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VOLUME 9 • ISSUE 06

Serving the City of Citrus Heights & Sacramento County

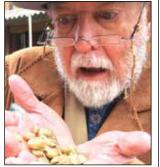
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MEET THE NEW ECONOMIC DEVELOPMENT MANAGER



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NOW '23,222 **PROHIBITED** PERSONS' **HAVE GUNS**



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Red Light, Green Light



Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights applied for the Highway Safety Improvement Program (HSIP) grant and was awarded \$486,000 of grant funding.

The funds will be used for the Signalized Intersection Safety Improvement Project, which includes upgrades to traffic signals and pedestrian signals, and improvements to increase safety at certain intersections.

The project will upgrade many traffic light signals from 8 inches to 12 inches. The larger traffic signals will be more visible to approaching drivers, increasing the time drivers have to react to signal changes and enhancing their ability to react to roadway conditions.

Pedestrian signals will be upgraded to the countdown model, which displays the time remaining for the pedestrian to finish crossing the street.

The countdown function reduces the number of pedestrians in the roadway when the signal light changes because pedestrians have more information about when it is safe to cross. Many pedestrian signals in the city already use the countdown model, but 11 still need to be upgraded.

The east side of Sunrise Blvd. at Macy Plaza Dr. (adjacent to the Sunrise Mall) currently has no push buttons or pedestrian signals to inform pedestrians when to safely cross the roadway.

There is not much room for pedestrians to stand while waiting at the light, and the crosswalks are very narrow. The planned improvements for this intersection include adding pedestrian push buttons and countdown pedestrian signals, installing ADA (Americans with Disabilities Act) accessible curb ramps, and widening the crosswalk.

Another major safety improvement is the installation of pedestrian safety fences within the existing raised medians at the Greenback Ln. and Auburn Blvd. intersection.

This intersection is heavily trafficked, with 73,000 vehicles crossing it each day. It has the most collisions as well as the most pedestrian-involved collisions in the entire city.

According to Citrus Height Police Department (CHPD) Traffic Sergeant Shaun Gualco, in the last five years there have been 10 pedestrian-involved crashes at the intersection, and one crash proved fatal. "The signal upgrades will increase visibility, which is always a plus," said Gualco. "And installing fences in a

high-collision intersection will force pedestrians into the crosswalks.'

CHPD Sergeant James Garing said, "Anytime you have safety improvements on any of our streets in our community it's a good thing. I just really wish people would use the crosswalks; I don't know why people would risk it."

Rhonda Fisher has been a resident of Citrus Heights for 40 years. She lives within a mile of the Greenback/Auburn intersection and she supports the idea of pedestrian fences: "I think it's going to be a good addition, a needed addition. It's a busy intersection. I've had a lot of near misses with pedestrians jaywalking there...I hope this will help."

Ray Helzerman has lived in the area since 1979. He said, "I think it's a good idea to have a barrier so people aren't running across. It's such a busy street, and sometimes at night people are running across in dark clothes in the dark."

Continued on page 3



By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - If you like food, you gotta love honey bees. These busy little insects pollinate most of the world's fruit, nut and vegetable crops. Without bees, almonds - California's number-one cash crop would disappear.

In an effort to shore up this small but vital segment of local agriculture, Sacramento County has embarked on two programs to protect and strengthen local apiaries.

The Bee Safe program, approved by the Board of Supervisors on Jan. 29, will use funding from the California Dept. of Food and Agriculture to train two county agricultural inspectors on honeybee inspection, theft prevention and pest protection.

The Bee Where program aims to bring together beekeepers and pesticide applicators to track and safeguard hive locations so that bees are not harmed by pesticide exposure.

Here's how it works:

Beekeepers are required by law to register their colonies and provide notification about the movement of bees. Not all do. New legislation, however, puts a sting in enforcing the regulations, in the form of possible fines.

Agricultural pesticide applicators will be made aware of bee hive locations within a mile of their application site, through the Bee Where program, and will be able to notify beekeepers 48 hours before the pesticide application is made. The program will give beekeepers the opportunity to move or protect their hives.

"We want to create a GISbased network of apiaries integrated with pesticide dispersal permits so that beekeepers can protect hives from damage, or the grower can use a different pesticide that is less harmful to bees," said Agricultural Commissioner Juli Jensen.

"Years ago, we would track hive locations with pins on a paper map. This is a much more efficient way to get beekeepers and growers on the same page."

The Bee Where program has been sponsored by a partnership between the California Agricultural Commissioners and Sealers Association, California Association of Pest Control Advisors, California State Beekeepers Association and the Almond Board of California.

For more information on Bee Safe and Bee Where, call Deputy Agricultural Commissioner Kevin Martyn at (916) 875-6603 or visit the Bee Where website. Source: Sacramento

County Media

CHPD Chief Ronald Lawrence Elected President of The California Police Chiefs Association

Citrus Heights Police Chief Ronald A. Lawrence was installed as the 54th President of the California Police Chiefs Association (CPCA) for a one-year term, on March 9, 2019, at its 42nd Annual Training Symposium held at the Hyatt Regency, Santa

Chief Lawrence brings extensive experience to the position of President of CPCA, having been in law enforcement for 29 years.

He has served as the Chief of the Citrus Heights Police Department since October 31, 2016, having previously served as Chief of the Rocklin Police Department for several years.

Prior to becoming a

CITRUS HEIGHTS, CA (MPG) Police Chief, he also served as a Police Captain with the Rocklin Police Department, a Lieutenant with the Palo Alto Police Department, a Sergeant and Police Officer with the West Sacramento Police Department, a Police Officer with the Lincoln Police Department, and a Deputy Sheriff with the Placer County and Sacramento County Sheriff's Departments.

Chief Lawrence was appointed to the CPCA Board of Directors in 2011 and was elected third vice president in 2016.

During his eight years on the CPCA Board, he has served on several committees and workgroups, chaired the association's Finance Committee, as

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Citrus Heights Police Chief Ronald A. Lawrence

Reconciling a Rivalry

Playmakers Brings Rival Players Together to Serve Underprivileged Kids

Story and photo by Shaunna Boyd

SACRAMENTO REGION. CA (MPG) - Last October, during the last game of their season, the football teams from local high schools Rio Americano and El Camino forfeited the game due to bad conduct - a bench-clearing brawl that ended the season with a lot of bad blood on both sides.

After hearing about the brawl, Greg Roeszler was inspired to find a way to turn the situation into a positive for both the players and the game itself. Roeszler — or Coach Roz, as he is affectionately called — has a long history with football: he played at Encina High School and at San Diego State University, went on to play for the NFL, and then eventually returned to Encina to coach the varsity football team. Coach Roz now runs a local nonprofit, The Playmakers Organization, that coaches character through leadership and provides free programs to underprivileged and at-risk youth.

Coach Roz saw an opportunity to heal the rift between Rio and El Camino through shared service to the community. He invited El Camino Head Coach JP Dolliver, Organization is bringing Rio Head Coach Sam Stroughter, and San Juan Unified School District Athletics Director Ron Barney to join him and Playmaker Director Phil Dubois at a meeting to

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(Left to right) San Juan Unified School District Athletics Director Ron Barney, Rio Head Coach Sam Stroughter, El Camino Head Coach JP Dolliver, Playmaker Founder Greg Roeszler, and Playmaker Director Phil Dubois plan to bring rival teams together through community service.

discuss a unique idea. Coach Roz suggested that the coaches and selected members from each team work together to serve at the upcoming Tim Brown Kids on April 12.

The Playmakers and NFL Hall of Fame player Tim Brown to West Sacramento for a free oneday football camp for at-risk and special needs kids. Coach Roz suggested

that serving together at the camp could create a sense of camaraderie between rival players. He said, "There are so many good things that will come out Playmaker 9-1-1 Camp for of this. ... Players being led by the most powerful guys in the community in serving at-risk underprivretired Oakland Raider ileged kids — using the greatest game that God put on the face of the earth as the magnet."

> Barney said the District fully supports the teams "doing something positive to make a difference. ... I handful of people did the

for the community and at the same time developing positive relationships between the two schools." Barney explained that a Dolliver and Stroughter good rivalry motivates the players to perform at their best and is based on the result of a few bad mutual respect. He said teams all over the country deal with this type of problem all the time, and he hopes this could be an example of positive change. "This is big. ... It takes people to step up

think we're on the ground floor of something good here," said Barney.

The respect between was evident. Both coaches agreed that the fight was apples, and most of the players were out on the field trying to break it up. Stroughter said, "I had kids in the locker room afterward crying because they were seniors and that was their last game, and a

wrong thing and ruined their last game."

Both coaches also expressed frustration with social media, which they believe escalated the rivalry to the point that some of their players were throwing punches on the field. Dolliver said the kids typed things to each other with a screen between them that they never would have said face to face. "These kids are missing out by not treating this rivalry as a positive. ... Without Rio, that last game of the season is just another game," said Dolliver.

Stroughter and Dolliver are both committed to coaching their players on character as well as football. As Coach Roz said, "This is about loving the game more than loving the fight. ... We can take this thing and turn it into something that's good for the game. ... We've all been in football a long time. Has anyone ever heard of reconciliation like this? ... What if Sacramento has figured out and is implementing how you take a bad rivalry and make it a good rivalry, how you take a bad situation and turn it into a good situation? This could be the model. ... We very well could be on to something here beyond just our community."

If you are interested in learning more about The Playmakers Organization or signing up a youth for the Tim Brown Playmaker 9-1-1 Camp for Kids, visit www.theplaymakers.org.★



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Meet the New Economic Development Manager

Story and photo by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) -In January, the City of Citrus Heights welcomed Meghan Huber as the new economic development manager.

Prior to taking on this role in Citrus Heights, Huber worked as an economic development analyst for the City of Rancho Cordova for three years. Huber has a background in hospitality and sales marketing with Marriott and Hilton hotels.

Huber was looking for a new challenge, which led her to the position with Citrus Heights. She said, "I admire the City of Citrus Heights' origin story of incorporation despite really big odds, especially having the grit to fight all the way to the State Supreme Court. Citrus Heights is a City that takes its future into its own hands, and City and with our businesses and residents."

With prior experience working in economic development, Huber knew the best way to spend her first month on the job was "knee deep in data." She said, "I took the time to familiarize myself with the community through data analytics."

Huber explained that data analytics "allows you to move past the common perceptions of your community into understanding your true strengths and weaknesses, [so] we are able to connect our economic development initiatives directly to our community needs."

Retaining and supporting existing businesses is an important part of Huber's job, so she has introduced herself to local business groups like the Citrus Heights Chamber of Commerce, Sunrise MarketPlace, Auburn Blvd. Business Association, and Antelope Crossing Business Association.

In order to attract new Huber found that 67% of all



Meghan Huber is the new economic development manager.

businesses to the area, Huber spends time researching available real estate in the city so she can match businesses with appropriate locations to suit their needs.

"The most important part is to ask the right questions to get to know a business, their product or service, operations, [and] customer type so I can point them in the right direction," said Huber.

Start-up support is another essential element of business development, and Huber strives that passion is still here in the to ensure businesses have access to all the resources they need. "It's so important to continue to grow that ecosystem," said Huber. "I am also very interested in the work of how to generate economic development in a mostly built-out city, which needs unique ideas and creative problem solving."

Huber stated that the marketing aspect of economic development is about telling the "Solid Roots, New Growth" story of Citrus Heights, and attracting and maintaining "local businesses that confirm that story."

One "compelling story" Huber is using in her marketing materials is that the "intersection of Sunrise and Greenback is the thirdhighest traffic count area in Sacramento County.

So that's really significant for us because that is right where our retail core is, so that speaks to a high-volume foot traffic area – which is really great for potential retail recruitment."

Retail is a major industry for Citrus Heights and businesses in the city have fewer than 10 employees, so "Citrus Heights is a place where small business thrives."

Recognizing how vital small businesses are to the local economy, Huber said, "We build out tools and resources to support our current small businesses and attract new ones." As an example, Huber cited the Auburn Blvd. Business Association, which has 229 businesses averaging fewer than eight employees per business.

"To support this important corridor, the City of Citrus Heights created the Activate Auburn grant program that provides consulting for ideas on how to enhance the exterior of a property and funding to make those improvements," said Huber.

With an overall population of more than 88,000 people, and an expected increase in median income by 13% over the next five years, Huber said, "We are a really robust residential and business community and we're working to create tools and marketing initiatives that promote that and tell that story."

Huber also discovered that Citrus Heights "has a higher than average population of both millennials and retirees than other cities of our size, so that tells me that we're a genuine community since we can capture everyone."

She said this statistic really shows how the City "welcomes both ends of the spectrum."

Huber enthusiastically declared, "I adore my job," and her passion for the work is evident. She described her role as a "nexus point between business development and community advocacy."

Huber works to "amplify the voice of the City of Citrus Heights" and partner with property owners, brokers, and businesses - all of whom contribute to and are part of the local economy. *

Red Light, Green Light

Continued from page1

Helzerman appreciates that the City is "doing all they can everyone in the city.

The City asked residents and commuters to provide input on their preferred style out of four pedestrian fencing options: plant-climbing fence, scalloped fence, straight-topped fence, and unfinished hog wire fence.

approximately 4 feet tall to create a barrier discouraging jumping over. The designs allow for visibility so drivers can easily see over and around the fences.

The City plans to install the fencing around the existing median landscaping, and it would be installed in a series of panels, so it will be easy to replace a

section if it is damaged.

The options were presented through various public outreach do" to increase safety for measures, at an Open House last month, and through an online survey that was available throughout the month of February.

After reviewing all the feedback received on fence preferences, the options were presented to the City Council on March 14.

Leslie Blomquist, senior civil/ The fence options are each traffic engineer, told the Council that the City received a total of 501 responses, and the plantpedestrians from climbing or climbing fence received the highest average of positive votes.

The plant-climbing fence has curved panels with space for climbing plants and vines to grow up and within the panels.

This option would beautify the intersection, but would also require additional planting costs

and ongoing costs for maintenance and water use.

Since that intersection is a major entrance to the city, the Council agreed that it would be worth the extra money to add some visual interest with the plant-climbing fence.

Mayor Jeannie Bruins suggested that the plants installed along the fence should be drought tolerant in order to offset the water and maintenance costs as much as possible.

Vice Mayor Jeff Slowey commended City staff on their public outreach efforts, noting that it is rare to receive so many public responses to a City project.

The Signalized Intersection Safety Improvement Project is currently in the final design phase, and construction is expected to start in late summer of 2019. ★

Photographers Celebrate City's Urban Forest

Story and photo by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) -

The City of Citrus Heights has been taking extra steps to protect and increase its urban tree canopy, such as adopting a street tree ordinance, holding their first Arbor Day celebration last year, and applying for Tree City USA designation.

The City also hired an arborist to visit homes in the city and suggest ways to protect and care for existing trees; the arborist has already attended over 70 site visits.

Citrus Heights actually has more trees than the City of Sacramento, which calls itself the City of Trees.

The City recently invited residents to celebrate Citrus Heights' urban forest by submitting photos of local trees.

The City received 44 entries between October and January. City staff



The City recently invited residents to celebrate Citrus Heights' urban forest by submitting photos of local trees. The winning photographers were (left to right) Kristen Watson, Jim Cunningham, Nalini Singh, Tonya Wagner, and Jeff Reuber.

chose 25 favorite photos to share on social media for people to "like."

The final 10 photos represented two categories: solid roots, and new growth. The winning photographers were Kristen Watson, Jim Cunningham, Nalini Singh, Tonva Wagner, and Jeff Reuber.

This year's Arbor Day

celebration will be held on Saturday, April 6 from 9:00 AM to noon at Van Maren Park, 66041 Thalia Way in Citrus Heights.

To increase the community's tree canopy, more than 70 trees will be planted at this family-friendly tree planting event. To volunteer, send an email to planning@ citrusheights.net.

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Subscriptions should be mailed to Citrus Heights Messenger,

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Annual Roseville Gem Show Rocks On

By MPG Staff

SACRAMENTO REGION, CA (MPG) - Roseville Rock Rollers 57th Annual Gem, Jewelry, Fossil, and Mineral Show will take place at the Placer County Fairgrounds in Roseville March 23-24. Hosted by the Roseville Rock Rollers, also known as the Roseville Gem and Mineral Society, this year's show features gemstones, jewelry, fossils and minerals and has something for the whole family.

The group was established in 1960 as a group of local "rockhounds," according to show chair James Hutchings. That group, deeply interested in the science and art of the earths' natural beauty in rocks and minerals, first met in homes and then as their numbers grew, expanded to the use of a local school room.

This year's show has doz-



A "before" and "after" (left) sample of polished lace agate from Mexico, for sale at the Roseville Rock Roller's annual Gem and Mineral Show. Photo courtesy Roseville Rock Rollers

show's cafeteria.

In addition to exhibits, classes and demonstrations, show goers can pan for gold, purchase equipment, buy raffle tickets, have rocks, gems and mineral identified by experts or make purchases at a silent

Wishing to share the art and science of the mineral world, in the tradition of gem and mineral shows around the world, the Roseville Rock Rollers established their own

program to Geology Students at Sacramento State Geology Department, and our year round Lapidary shop on the fairgrounds," said Hutchings. "The lapidary shop on the Fair Grounds is the heart and soul of our Society, where we teach lapidary arts, jewelry fabrication, conduct mineral identification and mini tail gate rock sales."

Not to be missed are real treasures the group will have on display. "Folks tend to walk by the display cases," he said. "These simple, well lighted boxes contain the best of the best of personal collections of minerals in variety or by theme. The displays are, 'literally' miniature museums showcasing specimens in the possession of individuals who have spent a lifetime collecting the best of the best of their favorite species of rock or mineral," said Hutchings.

"We are looking for the general public who are looking for gem stones, set and unset, handmade, and fine art jewelry, and mineral specimens from every corner of the world! We find the single most striking comment from folks who, by accident, end up at our show is, "I had no idea such things existed in the world!"

For more information, tickets and coupons, visit the group's website at www.rockrollers.com

Sac County Extended Foster Care Program Offers More

By Andrea Hansen, Sacramento County

SACRAMENTO COUNTY, **CA (MPG)** - Each year in Sacramento County, approximately 170 youths turn 18 years old while in foster care - which for many can mean they will be without a family and often without supportive adults in their lives as they age out of the system. But, most 18-year-olds still need financial help, emotional support and other assistance as they enter adulthood and begin to plan for the future.

The Extended Foster Care program – provided through Sacramento County Department of Child, Family and Adult Services – allows of providing them with supportive housing while also teaching independent living skills to help them achieve self-sufficiency.

The program began in Sacramento County in January 2012, and social workers assist the young adults in maintaining a safety net of support while offering the experience of independent living in a secure and supervised environment. As of December 2018, approximately 360 youth are actively participating in the program.

To qualify, youth must meet one of five conditions: Be in the process of completing high school or an equivalent program (GED); Be enrolled in a university, vocational school or community college at least half-time; Be employed at least 80 hours a month; Participate in a program designed to promote employment or remove barriers to employment; Be unable to meet the above requirements due to a medical condition.

> livjngsmart Eat Healthy, Buy Local

work closely with the youth to determine which housing program will best suit their needs. Housing options include: Supervised Independent Living Placement (SILP); Least restrictive and most popular placement; Allows youth to select their own housing and live independently; Must participate in a readiness assessment that determines the youth's level of preparedness for independence including identifying strengths in areas such as budgeting, daily living skills and safety; Receive a monthly stipend; Meet monthly with a County social worker.

Transitional Housing Placement Plus Foster Care 18 to 21-year-olds to stay in (THP+FC) assists with costs foster care with the intent associated with rent, and provides a monthly stipend for utilities, furnishings, food and other necessities. You are required to meet weekly with a THP+FC social worker/case manager and meet monthly with a County social worker. It offers links to experts in the community to help in the navigation of jobs, resumes, applications, higher education and financial aid.

The Independent Living Program (ILP) provides financial assistance and services to current and former foster/probation youth, 16-20 years of age and offers assistance with vital documents, life skills classes, support groups, transportation and tutoring.

"Youth who agree to participate in the Extended Foster Care Program demonstrate more positive outcomes in areas such as employment, education and housing stability than their peers who do not," said Stephanie Sandmeier, Human Services Program Planner. "This program is vital to

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County social workers help our young adults move forward and make the right decisions for their future.'

Extended Foster Care is proud to partner with iFoster, a national non-profit which has developed a jobs program specifically for eligible foster youth between the ages of 17 and 24. iFoster helps prepare foster youth for the workforce by providing a curriculum focused on job skills, soft skills and life skills. The non-profit also partners with major employers like Raley's, Starbucks and CVS. When young people are ready for a job, they can be matched with a potential employer. iFoster matches youth with employers offering permanent employment, guaranteed hours, decent wages, opportunities for advancement and scholarship programs.

For additional information on Extended Foster Care, contact Human Services Program Planner, Stephanie Sandmeier.

If you want to support Extended Foster Care young adults with purchasing food and housewares for their new living spaces, please mail gift cards for grocery stores, Target, or Walmart to:

CPS Extended Foster Care & Independent Living Program, Department of Child, Family and Adult Services, 925 Del Paso Blvd, Suite 500, Sacramento, CA 95815.

To learn more about becoming a resource family or adoptive parent for local foster children, visit the Sacramento County Department of Child, Family and Adult Services Resource Family webpage, and attend the next Resource Family/ Adoptive Parent Orientation, or call 916-875-5543.

Source: Sacramento County Media



Beautiful, polished stones have been strung by hand in a variety colors and sizes to create one of a kind necklaces for sale during the Gem Show (above). Photo courtesy Roseville Rock Rollers

ens of exhibits for attendees, such as jewelry, metal, wire and glass beading arts, fossils, crystals and minerals, but that's not all. So that attendees aren't rushed, the show also provides a cafeteria. "A very fine hot lunch is available at our own kitchen in Johnson Hall," states Hutchings. The group has put together a menu of very reasonably priced food and beverages will also be available at the

gem and mineral show around 1962. The society grew, the show grew, and the show and the Society moved to the Placer County Fairgrounds where it continues today.

"As the Roseville Gem and Mineral Society has expanded, the show expanded to support the costs associated with its programs, such as the Rookie Rock Rollers, juniors program, the Annual Scholarship



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Now '23,222 Prohibited Persons' **Have Guns. This is Progress?**



From the Office of Senator Nielsen

SACRAMENTO, CA (MPG)

- Attorney General Xavier Becerra issued Armed Prohibited Persons System (APPS), a program designed to remove guns from convicted felons and dangerous individuals. A proponent of the APPS program and former Chairman of the Board of Prison Terms, Senator Jim Nielsen (R-Tehama) issued

the following statement:

"Known dangerous criminals must not be in possession of guns. The Attorney General and his agents are making an effort toward that goal."

"I appreciate that Attorney General Becerra is now focused on removing guns from dangerous individuals."

"The program, however, has failed to reduce the number of guns belonging to known criminals and potentially dangerous people."

"The AG identified obstathe annual report on the cles and problems, but pointing the finger at the courts, district attorneys and local law enforcements for the delay is not acceptable."

"In 2013, there were 20,721 names on this list. Now, there are 23,222."

"Over the years, I have asked the AG, privately and publicly, to develop a strategy to remove guns from known criminals and potentially dangerous people and keep Californians safe. I appreciate that he has come forward with a plan."

"I would like to see in the AG's plan a delegation of local law enforcement agencies to assist."

"We cannot afford to wait a year to assess this program's progress. Too much is at stake. The Legislature should receive an update in the budget hearings."

Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email atsenator.nielsen@ senate.ca.gov. Follow him @CASenatorJim.

Root Cellar Offers Spring Seminar

By Linda Johnson

SACRAMENTO REGION, CA (MPG) - Don't miss a rare West Coast opportunity to experience the dynamic genealogist, Lisa Louise Cooke, in an all day seminar April 6, 2019. Lisa Louise Cooke (www. GenealogyGems.com) is a genealogy entrepreneur who has books, webinars, podcasts and many seminars to her credit. Power of the Cloud; Brief Internationally known, Lisa Louise Cooke is an In-Demand, Exciting and est in this seminar, early Advance your genealogy

Topics of the seminar Cellar Members and

Common Surnames; Time Travel with Google Earth or How to Excite your Non-Genealogist Relatives; Cutting Edge Strategies for Solving that Cold Case and How to Find a Family Tree Identification for DNA Matches; How to Use Evernote for Genealogy: Note Taking Strategy & bonus "How-To" feature.

Due to the high inter-Knowledgeable speaker. registration is highly encouraged. The seminar cost is \$30 for Root

will include; Google \$45 for Non-Members. Search Strategies for No registrations will be accepted after March 23, 2019. No registrations will be sold at the door. Confirmations will be mailed and there will be no refunds.

Lunches are available but must be ordered with your seminar registration. For more information seminar@rootcontact: cellar.org

Join Root Cellar at the Fair Oaks Presbyterian Church and be sure to get your reservations in before the March 23, 2019 deadline. See You There! For more information go to www.rootcellar.org.

Lost Someone You Love?

By Dave Crosson

Going on that lonesome journey is full of pain and struggles. It is different for everyone. It is a lone adventure none of us look forward to having but it is something everyone will experience. It is a time when we think we have learned a lot about life only to then realize we must learn more.

There is a perfect place one can find answers and connect with others who are experiencing much of the same emotions. Because my husband and I realizes death can happen at any time, we wished to be more prepared so we attended a "Griefshare"

gathering to learn more about situations and struggles that an experienced holding these come when one of us will pass on. Had we known of such a group years ago the following events and emotions we experienced would have been easier to foretell and deal with in our lives.

We did this because a few years back, we lost seven (7) members of our family in one year. It was a devastating time for us. Always being at the hospital, then the mortuary making arrangements and then the cemetery with the deep emotions because of the loss of someone we loved dearly. My husband even had time taking work off from his job. zip code.

The Griefshare leader is classes for the past six years. He is David Crosson who is also a Law Enforcement Chaplin for the Police Department and was a educator prior to his retirement.

The group welcomes anyone to attend and is open to help anyone who has lost a spouse or loved one or friend! It meets on Sunday at 10:30 a.m. at Sunrise Community Church on Greenback Lane in Fair Oaks just east of the cemetery. (Take elevator or upstairs to first room B201)

You can find a Griefshare group in your area at www. greifshare.org and insert your

California Senior Legislature is Working for You

Commentary by Carl Burton, CSL

The California Senior Legislature (CSL) was created by legislation by assembly member Henry Mello in 1979. CSL is works to improve the lives of older Californians. The idea behind the legislation that created the CSL was to help seniors in providing model legislation for older citizens and advocating for the needs of older adults in California.

Who is research and write legislation to help senior citizens in California? The California Senior Legislature (CSL) is the group doing that work!

Consultation, Exam,

X-Rays (if necessary),

and 1 Adjustment for

* Excludes Medicare and Worker's Compensation.

California seniors know best what seniors need to live in a safe place and have a healthy lifestyle.

CSL member's research issues around housing, transportation, health, social services, recreation, an official nonpartisan education, and identifying "shadow" legislature that and stopping elder abuse and then submitting their proposed legislation to members of the regular California State legislature so they can propose legislation that address identified senior needs.

Since its establishment, the 40 CSL better volunteer senior senasuited than seniors to tors and 80 CSL volunteer senior assembly members, elected by their peers to represent all of California, have submitted over 300 proposals to the California State Legislature and over

200 bills have become law. CSL success proves its usefulness in providing model legislation to help our aging population which will grow to more than double by 2030.

Now I urge all California taxpayers to support our work on behalf of our senior citizen population by making a tax-deductible contribution on their state income tax return, under Contribution Code 438 - the California Senior Citizen Advocacy Voluntary Contribution Tax Fund.

Thanks for your support, Carl Burton, Assemblyman California Senior Legislature carl@carlburton.com

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- 5. *Chairman of the Communist Party of China
- 8. Parent group
- 11. Horsefly 12. Voldemort's title
- 13. Ohio city
- 15. Saintly glow 16. Never a UK currency
- 17. Disapproved by audience 18. *American concentration
- 20. Peters out 21. *Harry Truman to
- Margaret
- 22. Feedbag morsel 23. Mountain climber's tool
- 26. Overplay in front of audience
- 30. Negative conjunction 31. Within a building
- 34. Leafy green 35. Captain America actor
- 37. Party bowlful 38. Dictum, pl.
- 39. Network of nerves 40. Native Americans of the
- Pacific Northwest
- 42. "To _____ is human" 43. *#23 Across victim 45. Like a human
- 47. "Never ____ never 48. Raccoon's South
- American cousin 50. Mount Olympus' famous dweller
- 55. Does like a sponge 56. Horizontal wall beam
- 57. Pelvic parts 59. Actress Parker
- 60. Geologic time divisions 61. Steve Urkel, e.g.
- 62. Eat, past tense 63. Lt.'s subordinate
- Louise
- DOWN 1. Mozart's "L'___ del Cairo"
- 2. Homecoming guest 3. #50 Across wife
- 4. Kenya's neighbor 5. Native American earthen

structure

- 6. Orderly arrangement 7. Shoe emanation
- 8. Circus trainer's poker 9. Zac Brown Band's body part hit
- 10. A in FANBOYS 12. Like weighed down with metal
- 13. At right angle to a ship 14. *Thor Heverdahl's raft
- 19. Third axis
- 22. Dinghy propeller 23. Unable to move
- 24. Don't judge a book by it 25. Muse of love poetry
- 26. Shoshonean people 27. "It is silent" in sheet music
- 28. U in UV
- 29. *____ Harbor 32. *a.k.a. Operation Neptune 33. Black gold
- 36. Miniature Japanese carving
- 38. Hindu garmen 40. Blue overhead 41. Intelligence



46. Horse-involved activity 48. Man-made stone pile 49. Ladies' fingers 50. *Popular 1940s suit 51. "Ill at _ 52. Type of molding 53. High school club 54. Ireland's previous name

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Bv Marlvs Johnsen Norris, Christian Author

Everyone, regardless of their present age needs to for good to those who recognize and find their love God and are called purpose andmission in life. As well as regardless of whatever sins and bad conduct occurred in their past, one needs to seriously recognize once they seek Almighty God our Creator that life they now are living, was designed by God. The past was to teach things needed to know to bring them to a perfect point in life where they are able to recognize their divine call and purpose He has planned for them. Once one seeks His plan to be "IN HIS PERFECTWILL FOR THEIR LIFE" miracles begin to happen.

God's Holy Spirit gently speaks to their heart and they invite Jesus into their heart and life as Lord

New Life In Christ

and Savior of their soul. ought to become. We now God hears their prayers like never before and answers arrive! New decisions are made to learn, us! know and love God who created them. The words of the Holy Bible become important and speak to their heart.

"We are assured and know that (God being a partner in labor). All things work together and are (fitting into a plan) according to (His) design and purpose." (Romans 8:28 Amplified)

God clearly tells us we have a "victory" over our past as He has granted us new life when we accepted the sacrificial blood of His Beloved clean forever.

once we realize the loving and powerful hand of God that has molded us into the persons we are today. We should not allow anyone's perceptive of who we ought to be - change or detour us from the will of PO Box 114, Orangevale, our Lord and Savior. Our Ca 93552 focus now is on God's prospective of who we

view troubles and problems as vehicles into our destiny God planned for

Pray . . . and Open your heart today and experience the love God has just for you! You will never be sorry as you learn His will for your life.

"For God so loved and dearly prized the world that He (even) gave up His only Beloved (unique) Son, so that whoever believes in (trusts, clings to, relies on) Him may not perish -come to destruction, be lost - but have eternal (everlasting) life. For God did not send the Son into the world in order to judge—to reject, to condemn, to pass sen-Son, Jesus Christ. The tence on - the world; but blood of Jesus washed us that the world might find salvation and be made Healing, deliverance, safe and sound -though transformation take place Him" (John 3:16-17 Amplified)

> Marlys Johnsen Norris Christian Author of 7 Books Senior Gleanings -Messages in the Dust Marlysjn@gmail.com



By Pastor Ray Dare

I don't know what you're going to face this week and you don't either. But I can already tell you what God wants you to do: Let go of control. And know that God is in control. Let go and know that He cares.

Whenever we face outof-control situations, we tend to go to one of two extremes. For some of you, the more out-of-control your life gets, the harder you try to control it and that creates

stress! Some of you do the exact opposite: You just give up. You have a pity party and invite yourself to are unhealthy. They don't work. Instead of being a victim or trying to control the uncontrollable, you need to let go and know there is a God who loves you and who is in control. That brings neace.

Whenever you start to worry about anything in life it's a warning sign that

Pastor Ray's **Encouraging Words**

Let Go of Control

you have forgotten God's love. That's what worry is. Doubting God's love and trying to control the uncontrollable. "I'd better worry about this because God doesn't care about this, I'm going to have to work this out on my own because God doesn't care." Wrong!

Every time you are worrying, you're doubting that God really cares about the details of your life. "Does God care about my problems? Does God care about my hurts? The things I'm going through? The stresses I'm feeling? The worries I'm experiencing? Does God really care about what happens to me? The answer is yes! Of course!

1 Peter 5:7: "Cast all your anxiety on him because he cares for you." It says "cast ALL..." That means every it. Both of those reactions kind of anxiety you have financial, physical, social, spiritual, mental, relational. Why? "Because He cares for you." Does God care about your house payments? Yes. Does God care about the grades you get at school? Yes. Does God care about your investments?

Absolutely. He loves you! What are you worrying about? God knows the details of your life. He's going to take care of your needs. Parents, do you want your kids to worry about where their next meal is going to be? No. Do you want your kids worrying about whether they'll have clothes to wear to school? No. If my kids came to me and said, "Dad, I'm worried. I'm worried that we're not going to have enough to eat." I'd consider that a personal failure. Because it's my job as a dad to take care of my kids' needs. I love them, I care about them, I'm committed to meeting their needs. If their needs are not being met, I blame myself.

Even so, God doesn't want you worrying about your needs, because He's your heavenly Father. He says, "I'm going to take care of you. I know what you're going through. Release control and know that I love you, that I'm in control and that I'm going to provide for you."

Pastor Ray New Beginnings Church 10am Sundays, You're invited!

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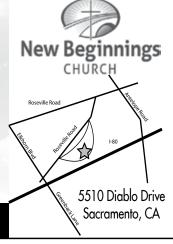


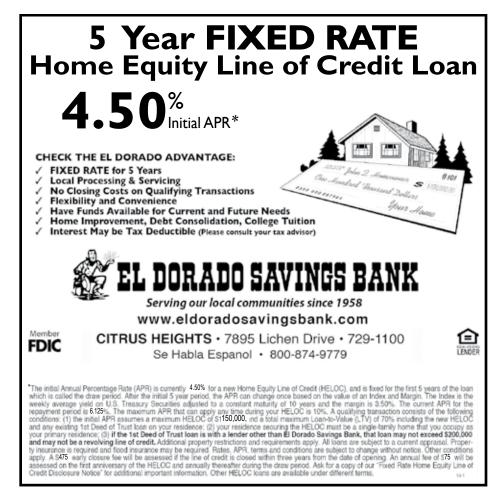


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Defendant Sentenced for Foothill Farms Murder

DATE: March 19, 2019 CASE: Souksavanh Phetvongkham (Case #17FE005490)

PROSECUTOR: Deputy District Attorney Matt Chisholm, Homicide Unit

The Honorable Gerrit Wood sentenced Souksavanh Phetvongkham to 56 years to life in prison. On February 5, 2019, a jury convicted Phetvongkham of the first-degree murder of Mario Benitez-Gallegos. The jury also found that Phetvongkham personally used a deadly weapon during the murder. An allegation that Phetvongkham suffered a prior strike conviction for aggravated felony assault was determined to be true at the sentencing

The victim and Souksavanh Phetvongkham had been friends until a recent falling-out. A mutual friend of the two gave a ride to Phetvongkham. During that ride, the two stopped and picked-up the victim. Phetvongkham and the victim agreed to fight and got out of the car. During the fight, Phetvongkham stabbed the victim multiple times, including a stab wound to the heart. The victim was taken to a hospital by his friend, but he died from blood loss.

Defendant Sentenced for Hotel Room Murder

DATE: March 15, 2019 CASE: Mario Michael Mayorga (Case #16FE022652)

PROSECUTOR: Deputy District Attorney Caroline Park, Homicide

The Honorable Eugene Balonon sentenced Mario Michael Mayorga to 76 years to life in prison. On February 13, 2019, a jury convicted Mayorga of the first-degree murder of Tina Morales. The jury also

found true that Mayorga used a deadly weapon during the murder. Allegations that Mayorga suffered two prior strike convictions for assault with a firearm and assault with a deadly weapon were determined to be true at the sentencing hearing.

Mario Michael Mayorga and the victim were in a dating relationship. On November 24, 2016, Thanksgiving Day, the victim checked into a motel near Stockton Boulevard and Mack Road. The victim had Thanksgiving dinner with Mayorga and the two then walked to a friend's house. Another friend drove the two back to the victim's motel room at 1:30 a.m. At 11:30 a.m. that day, motel employees found the victim with multiple stab and puncture wounds

Child Sexually Violent Predator to Remain in Hospital Custody

DATE: February 1, 2019 **CASE:** Michael Gillette (Case #96F07315)

PROSECUTOR: Deputy District Attorney Stefanie Mahaffey, Mental Health Litigation Unit

The Honorable James Arguelles found true a petition of civil commitment against Michael Gillette as a Sexually Violent Predator (SVP), and ordered Gillette committed to Coalinga State Hospital for an indeterminate

On April 21, 1997, Gillette was convicted of lewd acts with a child under 14 years of age. He was sentenced to three years state prison. On January 18, 2013, Gillette was again convicted of lewd acts with a child under 14 years of age. Before he was released on parole for that offense, the People filed a petition to commit Gillette as an SVP. The petition alleged that Gillette had qualifying prior convictions and a mental disorder that caused him to be a substantial danger to the safety of others and likely to engage in violent predatory sexual acts in the future.

POPPOFF!

with Mary Jane Popp

eventually obliterates your own voice. Be clear regarding your convictions, take a stand, and learn to disagree. List Your "Tallcomings." When that inner voice is lashing out at you for your shortcomings, give yourself the gift of a more balanced view of can't keep your job unless your capabilities. What are you outwork everyone you good at? What are your skills and talents?

achiever or perfectionist in 5) Center Yourself-Don't you? Dr. Bryan Robinson Be Self-Centered. An unchilled mind constricts possibilities, keeping you self-centered. When your focus is narrow, you build up negativity without realizing it. Instead, keep a broad perspective that allows for gratitude for the

6) Stop "Stinkin' Your 1) Embrace Maybe. Thinkin." Exaggerated conclusions distort thinking, leave little room for clarity, limit choices, and lead to bad decision-making. When you notice "all-or-nothing" thinking, focus on flexible possibilities such as "I don't have to be all things to all people." Tired. If you are hungry, take 7) Don't Just Do Something-Sit There! address it in a healthy man- Doing nothing gives your ner. If you are lonely, reach mind and body a chance to withdraw from doing and makes space for 3) Get Comfortable With renewed creativity from

stems from insecurities and 8) Make A To-Be List To **Compliment Your To-Do List.** The compulsion for constant doing defends you from feeling unpleasant emotions and gives you safety and security even if the task itself is satisfying. When you commit to a more balanced life, you begin to notice you can just BE without having to DO. 9) Don't "Musterbate!" Remove such words as must, should, ought, and have to from your self-talk. These self-imposed "rules" can lead to frustration, and anger, and depression. Instead, replace those words with empowering and compassionate words such as "I can," "I choose," etc.

> 10)Use Wait To Act Instead Of React. When you find yourself brimming with impatience at others who seem to be dragging their feet, use W-A-I-T to #CHILL. Watch what's going on inside when you're triggered by waiting stress. Accept the stressor by saying you're choosing to wait. Invite the inner reactions to relax by offering compassionate words. Tell your inner reactions, "We've got

> Check out www. BryanRobinson.com. Take the test and find out how chill you are. Oooops! I need to CHILL!



Chill Are you a workaholic? Do

you pass on family events? Maybe you feel like you else. What about that oversays "Chill" and give yourself permission to stop. You need balance between professional and private life. Dr. Robinson, a psychotherapist, says unhealthy dedication can ruin your health and life. Here are some tips to overcome from many joys in your life. his book "Chill."

Become comfortable with "not knowing," for in the uncertainty, unexpected solutions often emerge.

2) Remember To H-A-L-T. When your overdoing takes hold, stop, and take a deep breath to ask yourself if you are Hungry, Angry, Lonely or time to eat. If you are angry, out to someone you trust. And if you are tired, rest.

Rejection. People pleasing the #CHILL experience.

Finances before, and after, the wedding

Dear Dave,

I'm getting married this summer, and I'm on Baby Step 4 of your plan. My fiancé is getting onboard with your advice, too, and she's currently in the process of paying down her student loan debt. Would it be a good idea to go ahead, and put most of my emergency fund savings toward helping pay off her debt

now? - Aaron

Dear Aaron, You've got a generous heart, and I know you love this lady, but I wouldn't recommend being involved in paying any of her debt until after the wedding. At that point, you two are joined together as one, and the concepts of "mine" and "hers" and "his" disappear. It all becomes "ours," and you can adjust your money situation to reflect your like you two are starting marriage and your financial makeover as a couple.

Dave Ramsey Says

Make sure that "we" have an emergency fund of at least \$1,000 in the bank at that point. Then, if you're both in agreement on the issue, you can throw the rest of what you previously had in your emergency fund at the debt. Both of you can also pile up cash between now and the big day, so that when you're "official" you'll have even more cash on hand.

Congratulations, and may God bless your lives together! - Dave

Length of coverage?

Dear Dave,

My husband and I are 24, we're debt-free, and we're just a few weeks of saving away from having a fullyfunded emergency fund. Each of us has a 401(k) plan at work, and right now we're concentrating on life insurance purchases. You always recommend term insurance, but how long should the coverage last?? - Jenny

Dear Jenny,

Congratulations on being super smart with your money! It sounds

out on the right foot.

Generally, I recommend 15- or 20-year level term policies—unless you have children. Since you didn't mention any kids, I can only assume they're not in the picture at this point. However, if you two decide to grow your family in the future, I'd advise converting those to 30-year term policies. You'll want the insurance there to protect everyone in the family, until the kids are grown and out on their own. In the years after, continued saving and wealth building will lead you to a point where you're both self-insured.

You two have done an excellent job with your finances. Keep up the good work! - 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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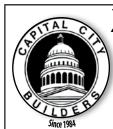


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CHEERS JEERS

By Damian Holbrook

Cheers to Grev's Anatomy

for making it to puberty. Fifteen seasons ago, Meredith (Ellen Pompeo, pictured, with Giacomo Gianniotti) scrubbed in to her internship, and we are still picking, choosing and loving her as the ABC series becomes TV's longest-running primetime medical drama.

Jeers to Off-Camera chaos.

Between Clayne Crawford's firing and Damon Wayans's threatened exit, Fox's Lethal Weapon can't seem to hold on to its leads, while The CW's Dynasty has lost

Nathalie Kelley (Cristal), James Mackay (Steven) and Nicollette Sheridan (Alexis). Both shows are too fun to be undone by behind- the-scenes drama.

Jeers to MTV

for stifling their Scream. Round 3 of the horror adaptation - which was designed to reboot the franchise with a cast including Tyler Posey and Mary J. Blige – wrapped over a year ago and there's still no premiere date. Did Ghostface kill this too?

Cheers to John Mulaney

for bringing NBC's Saturday Night Live back to life. After months of uneven hosts, the standup comic's second stint



Ellen Pompeo, pictured, with Giacomo Gianniotti) scrubbed in to her internship, and we are still picking, choosing and loving her.

helped reset the bar with hilarious sketches, plus a top-notch musical guest in country favorite Thomas Rhett and a welcome visit from alum Bill Hader. ★

When Will L&O: Hate Crimes Premiere??

Question: What's the latest with Law & Order: Hate Crimes? Could the current season. *L&O:HC* be the latest in a long line of potential new programs that received a lot of buzz but for whatever reason never made it to air? – Alex

indefinitely delayed. A

episode of SVU this season to launch a spinoff about a Hate Crimes unit, but that's no longer happening during

I wouldn't count it out from happening eventually, and it may even be encouraging that they didn't rush it to air, giving more time for the development and Matt Roush: Recently, casting process. It's a very it was reported that the topical but loaded subject, SVU spinoff has been and I'd like to see them get it right. (But with Dick

franchise while maintaining so many other productions in New York and Chicago, they clearly have a full plate.)

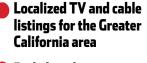
Question: Why are all of the Hawaii Five-O episode titles in Hawaiian languages? Speaking true Hawaiian is not common. -Don S.

Matt Roush: Isn't that reason enough to do it? Looking past the two white male leads who were built into the formula, Hawaii Five-O has tried from the start to honor and reflect Hawaiian culture, and the episode titles are part of that. I dig it.

To submit questions to TV Critic Matt Roush, go

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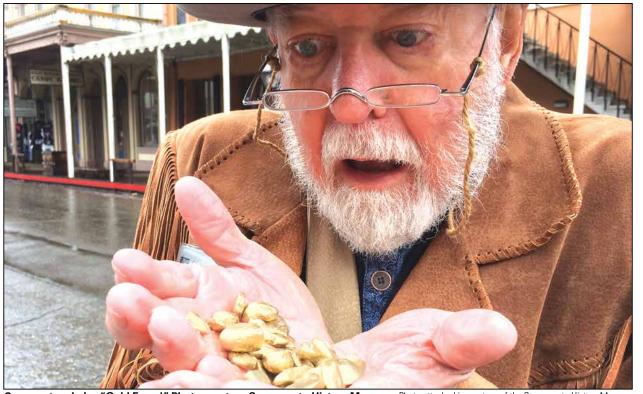
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Old Sac Launches "Gold Fever" Games

A New Season of Popular Old Sacramento Underground Tours & Interactive Games



Come out and play "Gold Fever!" Photo courtesy Sacramento History Museum. Photo attached is courtesy of the Sacramento History Museum

By Traci Rockefeller Cusack

SACRAMENTO, CA (MPG) -The Sacramento History Museum is proud to announce a new season of popular, fun and interpretive tour offerings at the Old Sacramento Waterfront. The new season officially kicks off the weekend of April 6 & 7, 2019 for both the Gold Fever! games and Old Sacramento Underground tours, which is celebrating

Guests to the Old Sacramento Waterfront can experience what it was like to catch gold fever while getting actively involved in the intriguing Gold Fever! games. Participants take on personas of characters in history – or "real-life rascals" - who scratched and clawed their way to make this area the center season, Old Sacramento

its 10th season this year.

the same experience twice, Gold Fever! games relive Sacramento's early days when gold fever ruled amid horrible disasters that threatened fates and fortunes. To spice things up even more, elements of chance are introduced that could change the fate of tour guests. Through the course of the lively tours that meander through the historic district, visitors discover if they successfully escaped the many floods, if they managed to keep their gold dust (or lost it all at the gambling tables) and if they survived the fires, disease and occasional steamboat explosion. Gold Fever! games last approximately one hour, are great fun for all ages, and cost \$12 for adults and \$8 for children 6 to 17 (children ages five and under are free).

Celebrating its 10th

guests the unique opportunity to explore what has been hidden beneath the city for more than 150 years, while uncovering the facts and legends that lie below historic buildings and sidewalks. Tour guests explore excavated foundations, enclosed pathways and interesting archaeology exhibits while hearing sounds of 1860 street life. Entertaining and knowledgeable tour guides lead the way while recounting tales of the devastation, perseverance, and determination that led to California's only successful street-raising project. Tours of the underground last approximately one hour and cost \$18 for adults, \$12 for youths (ages 6-17) and are free for children five and under.

All tour tickets include complimentary admission to the Sacramento History of the Gold Rush. Never Underground tours give Museum. Guests who

book an Old Sacramento Underground tour and Gold Fever! game at the same time (even if the nancy centers cannot be tours take place on different days) receive special combo pricing as follows: \$25 for adults and \$15 for youths. Old Sacramento Underground tour guests check-in at the Sacramento History Museum (101 Second Street) whereas Gold Fever! game participants check in at the Sacramento Visitors Center resents three pro-life (1002 Second Street). Tour crisis pregnancy centers dates and times fluctuate in Southern California: with the seasons and during holiday weekends; please visit the website for the most updated schedule. For more information or to purchase advance Beach) and Birth Choice tickets for Gold Fever! games and Old Sacramento visit www.sachistorymu-

seum.org. Source: Communications

State Pays for Pregnancy Centers' Win

Press Release from Liberty Counsel

LOS ANGELES, CA - A California federal district court has ordered the state of California to pay Liberty Counsel \$399,000 for attorneys' fees and costs regarding the victory in Mountain Right to Life v. Becerra, which now prohibits the state from enforcing the California Reproductive FACT Act, a law which compelled pro-life crisis pregnancy centers to promote abortion.

Court ruled in National Institute of Family and Life Advocates (NIFLA) v. Becerra that crisis pregforced to promote abortions, the state agreed the law was unconstitutional and a permanent injunction was entered blocking the law. Now California is required to pay \$399,000 to Liberty Counsel for attorney's fees and costs.

Liberty Counsel rep-Mountain Right to Life, known as the Pregnancy and Family Resource Center (San Bernardino), His Nesting Place (Long of the Desert (La Quinta).

The three pro-life cri-Underground tours, please sis pregnancy centers are faith-based and offer women pregnancy T-Rock resources, counseling, advice and alternatives to

abortion. The California Reproductive FACT Act directly opposed their mission and forced them to endorse the government language promoting the abortion message on their front door, in their waiting room, online and in every advertisement for the crisis pregnancy center. The message had to be printed in 48-point font and in up to 13 languages or the centers could be fined \$500 for the first violation and \$1,000 for each additional violation.

"This is a great victory After the Supreme for children, mothers, and families," said Mat Staver, Founder and Chairman of Liberty Counsel. "Pro-life pregnancy centers will no longer be compelled to speak a message that goes against their mission to save the lives of babies and women. The law violated freedom of speech. The First Amendment protects the right to speak and the right not to speak. Faith-based pro-life pregnancy centers cannot be forced to promote human genocide," said Staver. The announcement was made February 12, 2019.

> Liberty Counsel is an international nonprofit, litigation, education, and policy organization dedicated to advancing religious freedom, the sanctity of life, and the family since 1989, by providing pro bono assistance and representation on these and related





CHPD Chief Ronald Lawrence Elected President of The California Police Chiefs Association

Continued from page 1 well as the Political Action Committee.

"Leading the California Police Chiefs Association this year as President is truly humbling. I join a long history of California police chiefs who have been consistently dedicated to keeping Californians safe, and I am proud of the work we have accomplished over the years. We have proven ourselves trustworthy partners to all who have an interest in public safety.

We have championed good policy as well as opposed bad policy, in our focused efforts to protect California communities. There is much to accomplish in the coming year, and we stand ready to continue our legacy of leading professional municipal policing in the state.

Our top priorities will be to work collaboratively at addressing issues facing our profession, including homelessness and the mentally ill, strengthening community trust, helping frame the conversation around police use of force, and working to pass legislation to standardize policies and

I proudly stand shoulder to shoulder with all who are committed to working with our stakeholders on these priorities and many other issues that impact the safety of California residents," said Chief Ronald Lawrence.

Chief Lawrence is the second police chief to lead the Citrus Heights Police Department, taking the helm from the departments' inaugural police chief, Christopher Boyd, who is the current City Manager. Boyd served as CPCA's 49th President in 2014, prior to taking the City Manager position and hiring Chief Lawrence to lead Citrus Heights Police Department into the future. Boyd administered the Oath of Office for Chief Lawrence's CPCA inauguration on March 9, 2019.

During Chief Lawrence's tenure at Citrus Heights, the crime rate has lowered, and addressing homelessness has been a top focus.

Innovative programs have been initiated, including specialized technology such as small Unmanned Aerial Systems (sUAS) to assist patrol officers combating crime and dealing with critical incidents.

Focusing on youth programs in the community has also been a local priority for Chief Lawrence, to

California police chiefs, include initiating a Public Safety Pathway Program at one of the City's local high schools, to mentor and lead students who have an interest in the law enforcement profession.

Chief Lawrence holds a Bachelor of Arts Degree in Criminal Justice from Union Institute & University and a Master of Arts Degree in Leadership from Saint Mary's College of California.

Chief Lawrence is a graduate of the FBI National Academy in Quantico, Virginia (Session 230), and a graduate of the California POST Command College (Class 47), an executive leadership development program focused on the future evolution of policing.

"We have many opportunities facing law enforcement this year, and our main objective will be to work on key legislative and public safety issues that impact our members to improve their ability to serve and protect California communities effectively," said Chief Ronald Lawrence.

The California Police Chiefs Association represents the state's municipal police chiefs whose agencies protect over 26 million Californians.



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.

As you are undoubtedly aware, California voters went to the polls last November and voted not to

repeal the "gas tax", which is the largest tax increase in the history of California. The gas tax is here to stay, and local roads in Sacramento County will start getting repaved later this fall. But strangely enough, even though this tax has only been in place for a little over a year, there are local governmental entities currently having discussions about how to raise even more money. I want to take this opportunity to explain to you why this is happening, and where I think we should go from here.

Sacramento County does not have enough money to pay for our roads, and even with the gas tax, we are still dreadfully short of what is needed just to maintain the current awful condition our roads are in. The gas tax was advertised as "fixing our roads", but in actuality it was just a small drop in the bucket. Right

Citrus Heights Community Update

A Bumpy Road to Fully **Funding Road Repairs**

additional \$15-20 million even a fraction as imporyearly just to maintain the roads at their current level. To improve the roads to a standard that people would deem as "good", we would need an additional \$50 million yearly.

What many people do not understand is that local roads in California used to be primarily funded by the State and Federal government, but over the past several years they have heavily cut back on local funding. Not only that, but much of the funding that does come in comes in the form of competitive dollars, meaning we are only going to win those funds for major projects that have nothing to do with resurfacing, like the road widening that recently happened along Hazel Avenue.

The problem Sacramento County is experiencing with our roads is not localized to just our county or even region. This is a problem afflicting the entire State of California, as even with the gas tax, our state has around \$85 billion in road maintenance that has been postponed due largely to the State and Federal government diverting funds away from local municipalities. This enormous bill would feel more understandable if California were broke, but

that is not the case. Not only did Governor Newsom just announce a nearly \$15 billion surplus, but after backtracking on some of his comments, he announced that we are still moving forward with California High-Speed now, even with the gas tax Rail (CAHSR). In my the County would need an opinion, CASHR is not

tant as having reliable roads. CAHSR will be used exclusively on passengers, with a focus on commuters. Roads meanwhile are used by everyone, including passengers, freight, fire service, police service, etc.

When voters approved CAHSR, it was supposed to cost \$40 billion and connect San Francisco to Los Angeles. Experts are now expecting that it could cost over \$98 billion, but I suspect given how this has been run so far that it would run far higher than that. Governor Newsom made comments recently that he wants to focus on completing the first section, a 188-mile segment between Merced and Bakersfield estimated to cost \$10.6 billion, before moving forward with the full project.

Instead, I suggest we cut our losses, end CAHSR, and finally make real investments to our crumbling infrastructure. Sacramento County cannot afford to let California prioritize a handful of central valley commuters over the needs of virtually every Californian in the State.

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@saccounty.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.

City's Drone Program **Increases Officer Safety**

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - At the Citrus Heights City Council meeting on March 14, City staff updated the Council on the Consolidated Annual Performance the trail network. and Evaluation Report (CAPER), which is the annual evaluation of the City's Community Development Block Grant (CDBG) program.

The CAPER assesses the City's progress toward carrying out its annual programs and activities as well as the City's five-year goals.

In reviewing the CDBG 2018 program, City staff found that they had exceeded most of the goals for the year.

The City's goal was to use the Housing and Urban Development (HUD) grant funds to assist more than 15,000 household/persons, and the actual total served was 20,083 households/ persons.

The 2018 CDBG expenditures included the Citywide Accessibility Improvement Project, the Housing Repair Program, and various public services.

City staff also gave an overview of the General Plan Annual Progress Report (APR), which must be submitted each year to the Governor's Office of Planning and Research.

The Governor's Office uses the information in the APR to review how land-use decisions affected the goals listed in the General Plan.

The APR must also include detailed tables that show the status and progress of housing projects, from entitlement process

through completion. Citrus Heights' APR for 2018 highlights the completion of the Sunrise Blvd. Street Improvement, the implementation of additional Safe Routes to School, and Fire on the Unmanned the continued increase of Aircraft System (UAS)

City staff explained that jurisdictions that do not has three drones and four are often excluded from applying for State grants.

The State of California is requesting a lot of additional information in order to address the housing crisis, so the APR also details the City's Regional Housing Needs Allocation (RHNA) and shows how the City is progressing toward meeting housing needs for residents.

Vice Mayor Jeff Slowey mentioned that even though Citrus Heights is making good progress toward meeting housing needs, it is likely the City will run out of available land for housing before they can meet the RHNA

recommendation. Vice Mayor Slowey suggested that the APR include a note about the lack of available land so that it won't suddenly come as a surprise to the Governor's Office when the City no longer has space available for new housing projects.

"The Governor has threatened to withhold transportation funding over housing. And we all know, from a RHNA numbers standpoint, it's allocated based on population. ... And we're built out. We're the densest city in the county, and we have very little available land. I'd like to start putting that in... anytime you can in these reports."

Lt. Chad Morris of the Citrus Heights Police Department presented an update about the Department's collaboration with Sacramento Metro drone program.

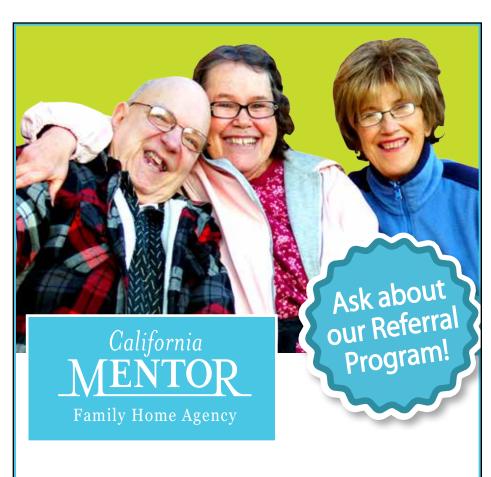
The UAS team currently submit the report on time FAA Part 107 licensed pilots who are able to operate them. There are also 24 prospective pilots preparing to take the FAA 107 exam.

The drones are used in many types of deployment: missing person searches, traffic collision investigations, rooftop clearing in burglary incidents, high-risk suspect contact, hot-spot area checks, open field searches for criminal activity, creek flooding checks, and trainings and demonstrations.

Councilmember Bret Daniels expressed excitement about the program: "I think this is the greatest thing to come around for officer safety. ... When we look at spending money on these things, we have to remember that these can shorten an incident remarkably. ... I just hope we can continue to increase this program and showcase it for other cities too. That's what we do in Citrus Heights — we set the bar."

"It's important to make sure our public trusts us in using these," said Councilmember Daniels, "so maybe a presentation in the future will include how we protect people's privacy."

Lt. Morris assured the Council that the program only operates in public places where there is no expectation of privacy. *



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