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Citrus Heights Messenger

"Written by the people, for the people"

VOLUME 9 • ISSUE 05 Serving the City of Citrus Heights & Sacramento County MARCH 8, 2019

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direct link to our online edition!

**WE
SUPPORT
OUR
MILITARY**

The Sad Demise of the Red, White, and Blue Parade



Happier times. Dwindling participation in both parade entries and event attendance showed a lack of public interest in the event. MPG file photo

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Red, White & Blue Parade has come to an end. The parade was a popular community event for many years, but a combination of factors conspired to bring about its demise.

Dwindling participation in both parade entries and event attendance showed a lack of public interest in the event. Darci Carpenter, Citrus Heights events and community center technician, said she had seen a definite reduction in parade entry registration in recent years.

Citrus Heights Mayor Jeannie Bruins said, "Participation waned, not only from those in the parade but those coming out to see the parade. It was very apparent to me this [last]

year, as we were riding in the cars in the parade, that the public was probably about half what it has been in the past."

Mayor Bruins said that with the changing ownership at Sunrise Mall there was some "reluctance to continue to let us stage it there." There was also pressure from Sacramento County, which had approached the City about the inadequate traffic control measures. If the City were to continue holding the parade, it would require professional traffic control, which would be much more expensive. The Sunrise MarketPlace has also been creating its own series of summer events and isn't able to support the parade at the same level as prior years.

"All those forces came together to

let us know that it was time to consider different community events and to kind of regroup and go forward," said Mayor Bruins. "It just seemed like it had had its season, so we are looking forward to taking this year to regroup and take a look at what we want to do going forward starting in 2020, and continue to have community engagement, and to put our resources where events are growing."

For 2019, the City has decided to focus on other events that draw large crowds, such as the Sunday FunDay in September and the annual Howl 'o Ween parade in October. These, and other local events, are continuing to grow, and the City plans to support that success while planning for a signature Citrus Heights event in 2020. ★

City Council Holds First Public Hearing on Districting Process

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - In January, the Citrus Heights City Council announced its intent to transition to district-based elections in order to comply with the California Voting Rights Act. The February 28 City Council meeting included the first of two public hearings to inform the public about the districting process, present available options, and receive community input about drawing the district boundaries.

Representatives from National Demographics Corporation (NDC)—which assists states and local governments in the districting process by

providing demographic analysis and public opinion surveys—presented an introduction to districting and explained the timeline for creating the voting districts.

This meeting introduced the topic, educated the public about the districting process, and invited residents to provide input about district preferences. The second public hearing will be held at the City Council meeting on March 14. Based on public input received, draft maps will be released by May 16. Two public hearings, on May 23 and June 13, will be held to discuss and revise the draft maps and plan election sequencing. The official ordinance will be

introduced after the conclusion of those hearings.

In order for the districts to be certified, they must be drawn using population data from the 2010 census. Based on the population of voting-age citizens, each of the five districts needs to contain approximately 16,660 residents. There can be no more than a 10% difference—1,660 residents—between the most- and the least-populated districts.

The first election using the new districts will be held in 2020, when two Council seats will be up for re-election—seats currently held by Vice Mayor Jeff Slowey and Councilmember Bret Daniels. NDC explained

CA Has Some of the Worst Drivers

By Emily Lamb

If you're constantly frustrated with the drivers you share the streets with, you're not alone. And there may be some truth to your road rage. Car crashes are a leading cause of death in the US and were expected to cause around 40,000 deaths by the end of 2018.

To put it plainly, America's roads are dangerous. Texting behind the wheel is a major reason for many traffic fatalities, and it's only getting worse. In 2016, 3,450 people were killed by distracted driving. Plus, cheap gas and a strong economy means America's 222 million licensed drivers are driving more than ever. More people on the road leads to more accidents and citations.

Every state has their share of bad drivers, but some are worse than others. We ranked all states from worst to best based on the methodology outlined at the end of the article. These states have the worst drivers, in order; Maine, South Carolina, Nebraska, California, and North Dakota.

The US has been politically polarized for a long time. But after the 2016 presidential elections and the 2018 midterms, there's a rising divide between Democrats and Republicans. We took it upon ourselves to settle the score by determining which political party is better behind the wheel.

So, which is it—red or blue? The final score is a bit of a tossup. Considering two-thirds of the best driving states are historically red, and the worst driving state is blue, it looks like red takes the lead. But, the second and third worst driving states are conservative strongholds. So, we're calling it a tie.

Whether you live among the best or the worst drivers in the country, you still need a strong auto insurance policy. Especially if you live in Maine, South Carolina, Nebraska, California, North Dakota, or one of America's worst driving states.

Your rates depend in part on how well the people around you can drive. Why? Because the more bad drivers there are on the road, the higher the chance of a collision. Even if you're a fantastic driver, living in a state full of speed demons or reckless traffic weavers can cause your rates to skyrocket. Car insurance companies look at your zip code to determine your prices. And if your zip code has a propensity for poor driving, you'll pay more for coverage.

The rankings are a sum of weighted means calculated from these incidents: Accidents; Speeding tickets; DUIs; Citations; Fatalities.

Source: quotewizardblog.com ★

[illegible]

City Contracts with Alta Design for Safe Schools Corridor Plan

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - Under the Sustainable Transportation Planning grant, Caltrans awarded Citrus Heights \$196,000 for the Carriage Dr. and Lauppe Ln. Safe Schools Corridor Plan. The City sought these funds as part of an effort to meet the City Council’s three-year strategic planning goal to improve streets and infrastructure in Citrus Heights.

Both the City of Citrus Heights and the San Juan Unified School District (SJUSD) receive frequent complaints about the traffic situation along the one-mile long corridor—Carriage Dr. and Lauppe Ln.—connecting Antelope Rd. and Auburn Blvd.

This stretch of roadway provides access to three schools: Carriage Drive Elementary School, Sylvan Middle School, and Mesa Verde High School. Although the bell times for the schools are staggered in an effort to decrease traffic congestion at pick-up and drop-off times, a lot of overlap still occurs. Two of the schools, Carriage Drive Elementary and Mesa Verde High School, also share a parking lot, which increases the traffic congestion even more. Carriage Dr. and Lauppe Lane also provide access to adjacent neighborhoods, so traffic congestion during peak times is a major issue.

The Carriage Dr. and Lauppe Ln. Safe Schools Corridor Plan will evaluate major challenges along the roadway, including increased parking needs and high vehicle, pedestrian, and bicycle traffic. The plan will assess safety issues at the Antelope/Lauppe intersection and the Auburn/Carriage intersection.

The City sent out a Request for Proposals, and bids were accepted and reviewed. Based on a qualifications-based selection process, Alta

Planning + Design, Inc. was chosen as the consultant to provide professional services for the Carriage Dr. and Lauppe Ln. Safe Schools Corridor Plan.

Under their agreement with the City, Alta will submit progress reports at least once a month. Kendra Ramsey will be Alta’s project manager for the plan, and the City’s contract administrator is Leslie Blomquist, senior civil/traffic engineer.

In a letter to the City, Alta’s vice president, Hugh Louch, detailed the scope of work for the Carriage Dr. and Lauppe Ln. Safe Schools Corridor Plan. Louch proposed a kick-off meeting and site walk to discuss project expectations. “As part of this initial meeting, we propose to review the project corridors to discuss the existing conditions, potential challenges, and opportunities. During this review, we will collectively discuss the physical site conditions, current traffic and parking operations, maintenance of the streetscape, and key connections to the schools. We know that the transition from planning ideas to built projects requires feasible solutions that are grounded in best practices and regulations, as well as considerations for long-term operations. Our notes will guide the initial assessment of existing conditions and help frame the initial questions for the stakeholder interviews.”

Alta will review the complaints from local residents about the corridor as well as background information including “traffic studies, traffic counts, collision data, travel patterns, school bell schedules and transportation policies, available right of way, and other relevant resources.” Alta plans to interview key stakeholders such as “City staff in Planning, Engineering, Police Department, and Code Enforcement, and SJUSD staff and school leadership.” Alta will also hold numerous community outreach events with

local residents.

The Alta team will evaluate the SJUSD crossing guard program to see what enhancements can be made to ensure children are arriving to school in the safest possible environment. Louch explained the important role of crossing guards: “They can help create gaps in traffic on busier neighborhood collector roads, remind drivers of the presence of pedestrians, help instill safe walking skills in children and parents, and help drivers yield when appropriate.”

Louch stated that field assessments will “document key challenges, physical constraints, operational issues, opportunities for safety improvement, and general conditions for pedestrians and bicyclists along the corridors.”

Based on all the information collected, Louch explained that “Alta will use GIS and aerial data to prepare a base map... used to show the existing conditions of the corridor.” The base map will be used in the creation of “up to two multimodal concept design alternatives...These illustrative plans and sections will show scale improvements with notes about the features, such as improved pedestrian and bicycle infrastructure, enhanced crossings, signage, and streetscape elements such as lighting, and landscaping.”

The contract with Alta covers approximately \$178,600, to be paid for with the grant funding, which is already included in the 2018/2019 budget and the 2019 – 2023 Capital Improvement Program. The estimated total cost of the plan is \$221,394; an additional \$25,394 in matching funds required by the grant will be accrued on staff time spent on the plan.

After Alta’s evaluations are complete and the design alternatives are submitted to the City, the findings will be used to create a final design to request funds for construction to implement the design. ★

City Council Holds First Public Hearing on Districting Process

Continued from page 1

strive to create districts that are compact and contiguous, so it is easy for people to understand which district they reside in. This can be done by using visible boundaries such as highways, major roads, parks, neighborhood landmarks, rivers, or other natural features of the landscape.

Another factor to consider is whether communities of interest—defined as a neighborhood or community that shares interests, views, problems, or characteristics—would prefer to be united together in one voting block or divided into separate districts so they have a voice in multiple elections. Communities of interest can also include school attendance areas and shared demographic characteristics such as

common languages.

The public is encouraged to participate in the process by submitting draft maps showing their preference for how the city should be divided into districts. NDC will professionally produce every draft map, including demographic information, so they can be submitted to the City Council for consideration.

A public participation kit is available online to members of the public. Residents can draw their proposed map on a printable city map showing population units, using a calculator to ensure that each district they draw contains a population of approximately 16,660. There is also an Excel file available to use along with the city map that will provide the resulting demographics for each district

created. An interactive map is also available, which allows residents to zoom in and out on the population unit boundaries.

To download the public participation kit, visit www.citrusheights.net. Residents can drop off paper versions of their draft maps directly to City Hall or email them to CitrusHeights@NDCresearch.com. Maps need to be submitted by May 13, 2019.

Vice Mayor Jeff Slowey expressed hope that the public will get involved in the process and take the time to draw maps for consideration.

Residents who do not want to draw a map but would like to provide input about factors that should be considered during the districting process can provide input by emailing city-clerk@citrusheights.net ★



Ben's Barketplace Holds Grand Opening



Ben's Barketplace held their grand opening ribbon cutting on Saturday, March 2. They are located at 7935 Greenback Lane in Citrus Heights. Owners Steve Burk, Christy DeCelle, Tony Labrado, and Founders Brad & Sally Romero cut the ribbon. Attendees include Citrus Heights Vice Mayor Jeff Slowey, Council Members Steve Miller and Porsche Middleton, Citrus Heights Chamber representatives and Sunrise MarketPlace representatives. Photo courtesy Citrus Heights Chamber of Commerce

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Citrus Heights Messenger
"Written by the people, for the people"

Serving Citrus Heights and Sacramento County Since 2006

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MPG

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Game Plots

VR Can Be Goofy Fun

By Noah Howard

SACRAMENTO REGION, CA (MPG) - Video games have always had a bizarre disconnect between their internal logic and the way that players interact with them. Many of my generation have fond memories of playing Halo with friends, ostensibly role-playing as far-future super-soldiers, but in reality using the game's weapons and systems as an excuse to goof off in a digital world (I recall playing a game of Halo where we turned down the game's gravity, causing enemies and vehicles to fly ridiculously off the map). But somehow, in virtual reality (VR) games, the effect is enhanced, creating a brand of goofiness that is sometimes deliberate and sometimes accidental, but is always strangely entertaining.

This frequently has to do with designers' inability to understand the new medium of virtual reality. In *Skyrim VR*, my in-game character is holding an unrealistically enormous greatsword, with movements mapped to the small plastic controller I'm holding in real life. If an enemy makes the unfortunate mistake of attacking me, they're met with a comedic flurry of blows delivered by a massive blade, wiggled around at arm's length like a huge metallic pool noodle.

Similar "glitches" can

occur with accidental interactions with the real world while inside the headset. Slow-mo fight-scene simulator *Superhot* has caused more than a few knocked over lamps and punched walls, and perhaps one of the most terrifying video game experiences occurred when my roommate grabbed my shoulder to get my attention away from my VR play session, not realizing that, inside the VR headset, I was surrounded on all sides by zombies.

In the absence of more experienced scholarship on how to design VR experiences, however, many creators have begun to embrace the inherent messiness and unique brand of humor that arises from the medium. The main menu in *Farpoint*, an otherwise serious VR shooter, takes place inside a small office with an adorable decorated desk. Sans any way to interact with the world other than the gun held in their virtual hands, players can have fun using their futuristic shotgun to knock over mugs and bobbleheads while they wait for their game to load.

Keep Calm and Nobody Explodes is a multiplayer game dedicated entirely to the concept of the chaos that VR produces. One player, inside the VR headset, is tasked with defusing a cartoonish, randomized, esoterically complicated



Many of my generation have fond memories of playing Halo with friends, ostensibly role-playing as far-future super-soldiers, but in reality using the game's weapons and systems as an excuse to goof off in a digital world.

bomb slowly ticking down to detonation. Other players, outside the VR headset, have the bomb-defusing manual but can't see the bomb inside the headset. The ensuing game is a frantic series of miscommunicated descriptions from both parties, as the outside players attempt to walk the VR headset player through a bizarre series of instructions as the pressure mounts towards the bomb's ensuing explosion.

Even once designers mastered the art of creating traditional non-VR games, many still took pains to preserve this type of accidental fun that arises from the player's creativity. Flexible physics systems, as in *The Legend of Zelda: Breath of the Wild*, or level editors, as in *Super Mario Odyssey*, have ingrained goofiness as a deliberate part of the game's design. We can only hope that, as VR design advances, creators will still be open to including a bit of chaos.

To respond to noah's articles email him at digitalartsnoah@yahoo.Com ★

EVENTS CALENDAR



7th Annual Casa

Auto Car Show

Date: 3-16-2019

Time: 9:00am to 2:00pm

Place: Casa Roble High School 9151 Oak Avenue

Orangevale, CA 95662

Info: 7th Annual Casa

AutoCar Show to benefit

the Casa Roble High School

Automotive Technology

Program. Saturday March 16,

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cars, food trucks, vendors,

and music. Kid and dog

friendly. \$20 per car, \$50

per vendor

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Date Night

Comedy

Date: 3-16-19

Time: 6-8pm

Place: Orangevale Church

of Christ 5915 Main Avenue

Orangevale, CA 95662

Contact: 916-988-2011

Info: You and your

significant other are invited

to "Date Night Comedy

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March 16 from 6 to 8 pm.

A multi- course dinner

and prerecorded Christian

comedian Ted Cunningham

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couple. Advanced ticket

purchase only. To find out

more and to get your tickets

today visit [http://ovchurch.org/date-](http://ovchurch.org/date-night-comedy/)

[night-comedy/](http://ovchurch.org/date-night-comedy/)

For questions or more

information please

contact Chuck at

minister@ovchurch.org

or 916-988-2011.

Bunco

Date: 3-22-19

Time: Doors open at 6:30pm

game starts at 7pm.

Place: The Orangevale

Grange 5807 Walnut Avenue

Orangevale, CA 95662

Contact: 916-849-5261

Info: The Orangevale

Woman's Club and

Orangevale Grange will be

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Bunco. There will be the

opportunity to purchase

raffle tickets for great prizes

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Pot. Most Buncos, wins, and

losses willalso be rewarded.

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the door, so call Sandi at

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tickets.

Community Volunteer

Awards

Date: 3-8-19

Time: 6pm

Place: Rancho Cordova

City Hall 2729 Prospect Park

Drive Rancho Cordova, CA

95670

Contact: 916-273-5704

Info: The Cordova

Community Council

Volunteer Awards is a

public event celebrating and

inspiring volunteerism in

the community while raising

the profile of outstanding

volunteer efforts. The theme

for 2019 is "May the

VOLUNTEER FORCE be with

you".

Best in Business Awards

Luncheon

Date: 3-21-19

Time: Doors open at 11:30am

Place: River City Christian

Church 10933 Progress Court

Rancho Cordova, CA 95670

Contact: 916-273-5700

Info: Join your Rancho

Cordova Chamber of

Commerce as we honor

businesses and individuals

for their significant role in

driving business and

economic prosperity.

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announce the establishment

of the Rancho Cordova

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Fame.

Crab Feed

Date: 3-16-19

Time: 6pm to 8pm

Place: American River

Grange 2710 Kilgore Road

Rancho Cordova, CA 95670

Contact: 916-363-1629

Info: Join us for all you can

eat crab! Benefiting The

American River Grange. \$50

per ticket. Limited Quantity

tickets will be sold at the

door. Call 916363-1629 to

purchase tickets.

Person of the Year

Awards

Dinner

Date: 3-29-19

Time: 6pm to 9pm

Place: Arden Hills Spa &

Resort 1220 Arden Hills Lane

Sacramento, CA 95864

Contact: 916-208-3328

Info: Join the Carmichael

Chamber for an evening to

honor those who have given

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down dinner, music, live and

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Hard Rock at Fire Mountain Reaches Milestone

Exterior Structure Complete for Anticipated Hotel and Casino

Story and photos
by Shaunna Boyd

WHEATLAND, CA (MPG) - The exterior of the Hard Rock Hotel & Casino Sacramento at Fire Mountain (located at 3317 Forty Mile Road in Wheatland) is now complete. On February 13, the final steel beam was set atop the structure during a topping-off ceremony celebrating the construction efforts and the hard work and commitment of everyone involved. The project is the result of a historic partnership between the owners of Hard Rock International and two Native American Tribes—



At the topping-off ceremony on February 13, the first rendering of the Hard Rock Hotel & Casino Sacramento at Fire Mountain was unveiled to the public. Image provided by Zimmerman Agency.



Enterprise Rancheria Tribal Chairperson Glenda Nelson gave thanks to the tribal ancestors and offered thanks to everyone at the ceremony, in body as well as in spirit.

the Seminole Tribe of Florida and the Estom YumekaMaidu Tribe of the Enterprise Rancheria.

Despite a downpour of heavy rain, the event tent was crowded with people and surrounded by the workers who had constructed the building from the ground up. The day began with a performance by an all-female group of native drummers. Tribal Elder Ren Reynolds opened the ceremony with a prayer to the Great Spirit and the ceremonial lighting of sage to bless the speakers.

Mark Birtha, president of Hard Rock Hotel & Casino Sacramento at Fire Mountain, said, "Topping off is a major milestone, for us it denotes placing the last structural piece of steel...Today symbolizes the hope that this building will be everlasting...It is meant to celebrate the beginning of a new life, a new destination." The property will be a destination hotel casino resort, offering gaming along with a variety of amenities and entertainment options.

Jon Lucas, chief operating officer of Hard Rock

International, said, "This special day is just another milestone along the journey that's going to get us to this world-class destination resort. We're going to be the best in this market, and it will set us apart from the competition... It's about delivering authentic experiences that rock... It's the culture that we create with the brand, the personalities of the people who deliver the service like nobody else."

Lucas explained that the experiences and the non-gaming amenities will set them apart from the competition. "We're really excited today to reach this milestone and move on to the next phases so we can deliver a great, great product for this community that everyone will be proud of. Most importantly, it will employ over a thousand people, and that will help the economy here both indirectly

and directly."

Enterprise Rancheria Tribal Chairperson Glenda Nelson detailed the challenges the tribe has faced on their journey, such as obtaining and maintaining federal recognition and losing 40 acres of



The workers who constructed the building from the ground up wait to see the final beam set atop the structure.



Mark Birtha, president of Hard Rock Hotel & Casino Sacramento at Fire Mountain, spoke at the ceremony celebrating the safe and successful construction.

their ancestral land during construction of the Oroville Dam: "Many of you know how long the road to this day has been...We have worked diligently over the past 17 years to re-establish a land base within our aboriginal area to conduct meaningful

economic development for our citizens and for our community. Along the way, we never lost hope, we never lost our vision of who we were and where we were going. And we never lost faith that eventually truth, fairness, and justice would prevail. Today's milestone affirms that hope, vision, and faith."

Nelson expressed her gratitude to be working with Hard Rock International and the Seminole Tribe of Florida: "It is such a blessing to our tribe to be able to partner with another tribe that shares our same values and vision for the future of all Native Americans, and...partnering with Hard Rock is a real game changer, for our community and for tribal gaming in California."

The project has already created more than 2,000 construction jobs in the

Sacramento area. Scheduled to open later this year, the Hard Rock Hotel & Casino Sacramento at Fire Mountain will employ more than 1,000 people and will offer the latest in live music and entertainment, hospitality, world-class gaming, and exceptional cuisine. ★

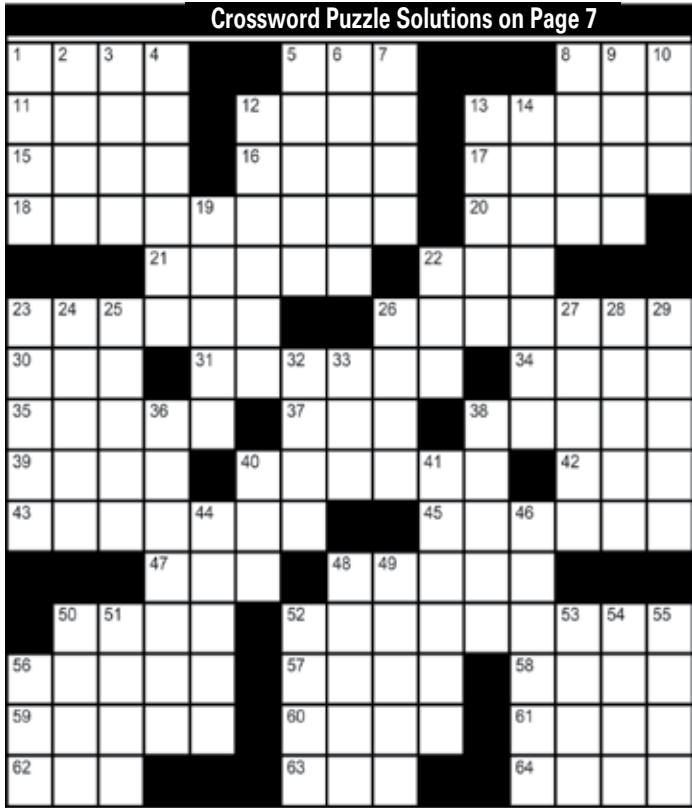
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CLUES

- ACROSS
- Trunk extension
 - Dojo pad
 - *Villanova ____ at end of each half in '18 championship
 - Away from port
 - Windmill blade
 - Key material
 - Hefty competitor
 - European sea eagle
 - Walnut ____, MN
 - * ____ Sunday
 - Smelling tainted, as in meat
 - Soft and sticky
 - Giant bird of "One Thousand and One Nights"
 - * ____ elimination
 - Making sounds like Babe
 - Beatle wife
 - Not absorb, nor repel
 - Twelfth month of Jewish year
 - Batman to Bruce Wayne
 - Elizabeth Gilbert's " ____ Pray Love"
 - Cubic meter
 - Ghost of Christmas ____
 - P in POI
 - Make work
 - Puffed up
 - ____ and effects
 - Mont Blanc, e.g.
 - Oddball's attempt?
 - Tropical tuber
 - *Penultimate NCAA round
 - Like cornflakes leftovers
 - Slavic version of John
 - Tangerine plus grapefruit
 - Chased up an elm
 - Blow off steam
 - Tear violently
 - Da in Russia
 - Before of yore
 - Pasturelands

DOWN

- Falls behind
- Archipelago unit
- Square one?
- Good-for-nothing
- Nobel Prize winner Curie
- Bug
- High school student
- Rumpelstiltskin's weaver
- Green-eyed monster
- Tie ____
- Ruled against, as President can
- Prod
- *Fill-in-the-blanks
- Pepsi and Coke
- Part of human cage
- Daytime entertainment, pl.
- Spouse's parent
- Neil Diamond's "Beautiful ____"
- Tiny leftovers
- Intestinal obstruction
- N in RN
- Mirths
- *1 or 68, e.g.
- Crew tool
- *Automatic vs. ____
- Creepy one
- *Coach's locker room talk
- Similar to sextant
- Andrew ____ Webber



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Solutions on Page 7

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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

God Has A Dynamic Sense Of Humor

will create happiness while negative words will hurt. Have you ever realized that we hurt God when we 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

Your heart was made for God, to develop a relationship with Him. Why is this so important? Because everything else you do isn’t going to matter in eternity. Your career isn’t going to last beyond your lifetime. Your hobbies aren’t going to last beyond your lifetime. Your bank account isn’t going to last beyond your lifetime. The only thing that’s going to last beyond your lifetime is your relationship with God. So, if you missed this, you’ve just missed the most important thing in life – developing a relationship with God.

The problem is, we get distracted. We get so busy doing other things. An example of this is found in Luke chapter 10. Jesus had some friends named Mary and Martha. They were sisters. One day they invited him over for dinner. So, Jesus goes over for dinner and Mary figures out what’s most important, she

Pastor Ray's
Encouraging Words

What’s Most Important

sits down at the feet of Jesus and starts listening. Martha on the other hand is busy. She’s busy worrying about all the details of dinner, making sure everything’s picked up and everything’s in its place. *“...Martha was distracted by all the preparations what had to be made. She came to Jesus and said, ‘Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!’ But Jesus said, ‘Dear Martha, you get so upset over all these details! But there’s really only one thing worth being concerned about, and Mary has discovered it.’”*

Jesus says Mary has figured out the one thing that’s worth being concerned about; making time in your life for God. Listing to God. Developing a relationship. The fact is, we all need to do a lot less not more. You can fill your life with really good things, and still not have any time for God. You can go to church six days a week. You can be involved in ministry and you’re so busy working for God that God doesn’t have any time to work in you. That’s why the Bible says, *“Be still and know that*

I am God.” Translation: sit down and be quiet! Chill out and relax. Stop trying to do so much. Let God do more in you and for you. It’s much more relaxing and much more fulfilling.

What I’ve discovered is that Satan can’t make you bad; he’ll just make you busy. He doesn’t care what distracts you. It doesn’t have to be evil that distracts you as long as you pay no attention to God in your life. My prayer is that we would remember the one thing that matters most. And it isn’t getting more money. It isn’t becoming famous. It isn’t even having fun. It’s getting to know the Creator who made you and it’s building a relationship with Him, so you can go and be with Him forever in Eternity when this life is over.

I invite you to be my quest at New Beginnings Church this Sunday at 10 am. For more information visit www.NBC4U.org or call 916-992-1997.

**Pastor Ray
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Find Puzzles on Page 6

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5	7	8	3	6	4	9	2	1
1	4	9	8	5	2	3	7	6
3	1	6	2	7	5	8	4	9
7	8	5	4	9	1	2	6	3
4	9	2	6	8	3	7	1	5
9	6	1	7	4	8	5	3	2
2	5	7	1	3	9	6	8	4
8	3	4	5	2	6	1	9	7

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Sacramento County DA Reports



Defendants Sentenced for Multiple Armed Robberies
DATE: February 22, 2019
CASE: Ceariaco Cabrellis & Frank Moppins (Case #16FE002475)

PROSECUTOR: Deputy District Attorney Scott Schweibish, Career Criminal Prosecution Unit
The Honorable Allen Sumner sentenced Frank Moppins to 25 years in prison. An allegation that Moppins has a prior strike conviction for first-degree burglary was found true at the sentencing hearing. Ceariaco Cabrellis was previously sentenced to 27 years, 8 months in prison.

On September 26, 2018, a jury convicted Ceariaco Cabrellis and Frank Moppins of four counts of robbery with the allegation Cabrellis and Moppins personally used a firearm during the robberies. Cabrellis was also found to have caused great bodily injury to one of the victims.

On February 4, 2016, Ceariaco Cabrellis and Frank Moppins were at a park smoking marijuana. When they saw the four victims arrive at the park, the defendants asked them if they had any marijuana to sell or to smoke. The victims replied they did not have any marijuana and left. The defendants followed the victims, approached them and asked again if they had any marijuana. Cabrellis and Moppins then pulled out a gun and ordered the victims to get on the ground face down. When one of the victims refused, Cabrellis pistol whipped him causing a broken orbital socket and broken nose. The defendants proceeded to rob the victims of items they had in their possession before fleeing the scene.

Cabrellis had two pending felony cases against him at the time of this offense.

Defendant Convicted of Hotel Room Murder
DATE: February 14, 2019
CASE: Mario Michael Mayorga (Case #16FE022652)
PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit
Mario Michael Mayorga was convicted by a jury of the first-degree

murder of Tina Morales. The jury also found true that Mayorga used a deadly weapon during the murder.
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.
Allegations that Mayorga suffered two prior strike convictions for assault with a firearm and assault with a deadly weapon will be determined at the sentencing hearing.
Mayorga faces a maximum sentence of 75 years to life in prison. Sentencing is set for March 15, 2019, at 10:30 a.m. in Department 10 before the Honorable Eugene Balonon.

Defendant Sentenced for Murder, Attempted Murder for shooting at Cinco de Mayo Party
DATE: February 11, 2019
CASE: Kejhonne Henderson (Case #17FE008447)
PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit
The Honorable Stacy Boulware Eurie sentenced Kejhonne Henderson to 72 years to life in prison. On November 16, 2018, a jury convicted Henderson of the second-degree murder of Jordan Pannell and attempted murder. The jury also found true firearm allegations on both counts.

On May 5, 2017, Kejhonne Henderson was at a Cinco de Mayo house party in North Highlands. When Henderson got upset about the Mozy music being played, Jordan Pannell intervened. Henderson and Pannell walked outside, where Henderson shot Pannell nine times, killing him. As Henderson tried to flee, he was tackled by the second victim and the two struggled over the gun. Henderson shot that victim in the thigh. The second shooting victim survived his wounds. ★



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with Mary Jane Popp

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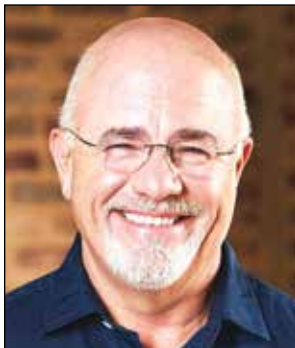
1) Be Grateful. Gratitude is a dynamic energy that allows you to exert a mighty influence on your world. It's like a connecting link between you and all channels of good in your life. Find one thing, however small, to be thankful for, and hold that feeling for 15 seconds. It will lower your stress hormone levels and put you in a better mood.

2) Exercise For Life. Exercise is the key to youthful vitality... at any age. Nothing does more to make

you vibrantly healthy than a regular fitness program. It unlocks brainpower, physical stamina, and mental clarity. It also gives your skin a youthful glow, and puts wings under your confidence. **3) Slow Down.** Set aside 5-10 minutes a day for you...self-care time. Enjoy silence, meditation, and prayer-time, and make sure to breathe slowly and deeply several times. It will revitalize your body and spirit. **4) Eat A Colorful Fiber-Rich Diet.** Fiber-rich produce is the most important health care your money can buy. Eating your fruits and veggies beautifies your skin, boosts metabolism, and elevates mood. When it comes to figuring out the best way to eat, "lots of plants" is a safe bet.

5) Keep Your Body Hydrated. Drink ample water every day. Proper fluid balance is essential to release waste and toxins from the body, achieve a healthy glow, beautify your skin, support kidney, liver, and brain function, and create vibrant health. Next time you think you are hungry, enjoy a glass of water first and wait 10 minutes. Chances are you were probably thirsty and not really hungry. **6) Take**

Yime Out And Tune In To God. Turn off the television, iphone, ipod, computer, gaming system etc. and spend quality time talking as a family or with friends. Perhaps one day a week or 1-3 hours daily, turn off all tech devices and the TV too. Most people are totally addicted to their tech devices and studies show that in-person communication skills are suffering as a result.
7) Clean Out Closets And Simplify. Simplify your living environment. Keep only those things in your home that you love...that have value...that make you happy, and that touch your heart in a meaningful way. Every day you make progress, you will feel lighter, more motivated to continue the process, and more empowered. It's a very enlightening process to de-clutter your entire living space.
I think my favorite part of this whole interview was when Dr. Jones quoted Ralph Waldo Emerson: "Write it on your heart that every day is the best day of the year." Check out her website www.susan-smithjones.com for her free newsletter. WHEN I SHARE WITH YOU IS BEST! ★



Dave Ramsey Says

Zero Percent Interest?

Dear Dave,
I know you're against financing purchases. However, is it okay to finance things like furniture at zero percent interest?
—Detrick
Dear Detrick,
We just finished an extensive study of more than 10,000 millionaires. Not a single one of these folks said they became rich by borrowing money to buy things at zero percent interest. Since none of those millionaires gave credit for their wealth to zero percent interest financing, and since we know banks charge interest on loans, how is it you think these people are loaning money at "zero percent interest?"
Is it possible the pricing of the item has the interest rate built into it? I think the chances of that are pretty

high. If not that, companies offering this kind of financing have very accurate and highly researched data that tells them the vast majority of people who take out zero-percent loans don't pay off the loans in the specified period of time. Do you know what happens if you don't live up to the terms of those contracts? It becomes a regular loan, and they back charge you for the interest.
So, on average you're paying for it all. I don't know why you'd want to play with snakes, Detrick. Snakes bite, and some of them can kill you. Avoid debt like the plague. It destroys your most powerful wealth-building tool—your income.
—Dave
Explaining the Envelopes
Dear Dave,
I've listened to you for a little while, but I was wondering about the envelope system you recommend. How does it work?
—Danielle
Dear Danielle,
Don't let the word "system" intimidate you. It's just grandma's old-fashioned,

common sense way of budgeting money.
Back in the day, many people were paid in cash at their jobs. Then, they would take the money home and divide it up into different envelopes. The envelopes held cash for different categories in their budgets—food, clothes, rent, and other bills and such. When a particular envelope was empty they stopped buying that item, because the money budgeted for that category was gone. If you wanted a dress, but the clothing envelope was empty, you didn't buy a dress that month.
It's just a simple cash system that, combined with doing a written monthly budget, will help keep you from overspending!
—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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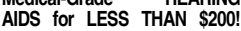
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Sacramento Keeps On Fooling Us

SacRT Board Approves New Bus Network

Commentary by
Jon Coupal, HJTA

“Fool me once, shame on you. Fool me twice, shame on me,” so the saying goes. Unfortunately, California voters have been fooled (aka lied to) so many times by our political leaders that perhaps they have come to expect it. For a politician to actually keep his or her word is now the exception, not the rule.

And it’s not just voters who get fooled. Interest groups and other officials are often snookered by those with more political power. Several recent displays of this political behavior show beyond any doubt that promises made in Sacramento have an extraordinarily short shelf life.

The first example deals with California’s one-of-a-kind “cap and trade” law, a market-based regulatory system for incentivizing reductions in greenhouse gas emissions. Under this program, impacted industries must pay for emitting greenhouse gases by purchasing credits at auction. The program was set to expire in 2020, but in 2017 there was a big political push to extend “cap and trade” in a way that would impose another huge cost to refineries and utilities, which would then pass those costs to California drivers, truckers and electricity customers.

Surprisingly, many industries forced into the “cap-and-trade” auctions supported the extension. They did so because they were threatened by Gov. Jerry Brown, environmental extremists and powerful regulators that if they didn’t, they’d be hit with an alternative program run completely by the government bureaucrats at the California Air

Resources Board. Taxpayer groups, small-business interests and most Republicans opposed the extension because it would further raise California’s already sky-high cost of living. In addition to the cost, there was nothing in the political deal that guaranteed CARB wouldn’t move forward with punishing regulations anyway.

Regrettably, the “it could have been worse” argument persuaded a handful of Republican legislators to vote for the cap-and-trade extension. And, true to form, the taxpayers’ predictions have come true. CARB has adopted a regulation relating to a “price ceiling” that will increase the cost of the cap-and-trade program by an additional 60 percent. Today’s gas prices and electricity costs will seem like a bargain compared to what they will be in a few short years under this new regulation.

The next example deals with the promises made regarding Senate Bill 1 in 2017, which imposed a huge increase in the car and gas tax. An effort to repeal those taxes with Proposition 6 failed at the ballot in November when the interests which benefit financially from the tax overwhelmed the repeal advocates with tens of millions of dollars in deceptive ad campaigns as well as illegal campaign activity.

The politicians who favored the tax hikes promised that money from SB 1 would be used to fix California’s crumbling roads. But now, Gov. Newsom has said he would like to hold back those funds from local governments that fail to approve enough housing projects, typically

high-density, transit-oriented housing projects.

If local transportation funds are held hostage until local governments genuflect to state-imposed mandates on housing, that would expressly violate the promises made to voters that the state’s transportation woes would finally be addressed.

A third example of a deal about to be broken involves beverage taxes. Before the 2018 election, the American Beverage Association spent several million dollars to gather signatures for an initiative that would have required a two-thirds majority for approval of any and all new state and local taxes in California. The proposal was strongly supported by taxpayer groups and the business community at large. But the ABA made a deal with Gov. Brown to remove the initiative from the ballot in exchange for a new law that would ban state and local beverage taxes for 13 years. Although the beverage-tax ban was passed, the deal will almost surely be broken. Supporters of beverage taxes have already proposed a ballot initiative, and the law can always be changed by a new crop of legislators who never met a tax they didn’t like.

There is an object lesson here. Political deals made in Sacramento are born to be broken. In light of this, it would behoove those who still believe in free enterprise, limited government and property rights to simply advocate for that which is right and decline to sit down and negotiate away our freedoms. Because all these deals have one thing in common – taxpayers always lose.

Jon Coupal is president of the Howard Jarvis Taxpayers Association ★

By Devra Selenis,
SacRT

SACRAMENTO, CA - The Sacramento Regional Transit District (SacRT) Board of Directors approved a new bus network proposal, which comprehensively redesigns SacRT’s bus system. “We are excited to begin the process of rolling out our new bus network in a few months,” said SacRT General Manager/CEO Henry Li. “To ensure the success of the new network, SacRT will conduct frequent monitoring of the new bus service to optimize and adjust service where it’s needed most.”

A draft plan was released for public review on December 10, 2018. Since then, major outreach efforts took place to let riders and stakeholders know about the proposed plan, called SacRT Forward.

Based on the comments received, and reviewing ridership and demographic data, staff spent the past two and half months making adjustments to the plan. A revised bus network proposal was released for public review on February 18, 2019, and approved

by the SacRT Board of Directors on February 25, 2019. The new service is expected to start in summer 2019.

“We have been actively listening to our riders and the community for the past year and a half to make changes that will best fit their lifestyle and help improve mobility options for the Sacramento region,” said SacRT Board Chair and Sacramento County Supervisor Patrick Kennedy. “Travel patterns have changed, regional mobility options have been expanded and development has occurred on the periphery.”

The focus of the new network has been on building a solid network of core routes on major corridors that will lead to economic growth and reduce congestion. Adjustments have been made to almost every route, some minor and some much more substantial, which will provide improved schedules and better service reliability. The new network consists of: 27 regular routes; 14 peak hour only routes; All routes have 7-day service (with the exception of bus route 33); All routes have

45 minute or better service (with the exception of one rural route); Complements the new 15-minute weekend light rail service

In many areas that don’t have high demand for fixed-route bus service, or are not designed for large buses to navigate the neighborhood, SacRT will deploy SmarT Ride micro-transit service.

Annual bus ridership is forecasted to go up between 400,000 and 1,000,000 boardings a year with the new service improvements. For route by route details, visit sacrt.com/sacrtforward.

SacRT operates approximately 70 bus routes (fixed-route, dial-a-ride and microtransit) and 43 miles of light rail all within a 400-square mile service area throughout Sacramento County, which includes service in the cities of Citrus Heights, Folsom, Rancho Cordova and Elk Grove. Sacramento buses and light rail trains operate 365 days a year. SacRT’s entire bus and light rail system is accessible to the disabled community. ADA services are provided under contract with Paratransit, Inc. ★

First 5 Sac Recognized for 20 Years of Service



By Kim Nava,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - At its Feb. 5 meeting, the Sacramento County Board of Supervisors recognized the First 5 Sacramento Children and Families Commission on its 20th anniversary.

First 5 Sacramento was established by the Board of Supervisors in 1999 as the result of the “California and

Families Act of 1998.”

Since its inception, First 5 Sacramento has recognized that 90 percent of a child’s brain is developed by the age five and is committed to the vision that Sacramento County will have strong communities where children are safe, healthy and reach their full potential.

Over the past 20 years, First 5 Sacramento has been at the forefront of providing early childhood services,

advocating for policy change and supporting the capacity of providers.

By partnering with community leaders, First 5 Sacramento supports a county-wide prevention and early intervention system that is culturally competent, promotes optimal health and development, narrows disparities and improves the lives of children and their families.

First 5 Sacramento has invested over \$318 million to serve nearly one million children, families and providers in Sacramento County.

Source: Sacramento County Media ★



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Menchie's Frozen Yogurt Grand Opening



Menchie's Frozen Yogurt held their grand opening ribbon cutting on Saturday, February 23. They are located at 5450 Sunrise Blvd., Suite C in Citrus Heights. Owners Gurmeet Singh and Simar Kaur, surrounded by family and their team, cut the ribbon. Attendees include Citrus Heights Vice Mayor Jeff Stowey, Citrus Heights Police Department and Citrus Heights Chamber representatives. Photo courtesy Citrus Heights Chamber of Commerce

Stock Ranch Road Retirement Community Holds Grand Re-Opening



Stock Ranch Road Retirement Community Happy Living by Corgir held their grand re-opening ribbon cutting on Friday, March 1st. They are located at 7418 Stock Ranch Road in Citrus Heights. Executive Director Anne Marie Ampalayo, surrounded by Regional Director Ben Levesque, Sales Manager Kelly Stimbert and their team, cut the ribbon. Attendees include Citrus Heights Chamber representatives and Citrus Heights Police Department Representatives. Photo courtesy Citrus Heights Chamber of Commerce

Parents of Multiples Needs You

SACRAMENTO REGION, CA (MPG) - The Parents of Multiples, Sacramento (POMS) are hosting the annual convention for the Northern California Mothers of Twins Clubs (NCAMOTC). The Sacramento club is celebrating our 50th year of service to multiple birth families in the greater Sacramento area! Please join with us in celebrating this milestone year of support to multiple birth families.

NCAMOTC's annual spring convention draws attendees from twenty (20) Mothers of Twins clubs in Northern California who are parents from all over northern California, as well as guests from southern California, in addition to our club members, who are local residents. We are anticipating approximately 150 attendees.

To help us meet our service goals, we hold a fundraiser during our annual convention. We are seeking support from businesses for prize drawings to be held during the event. We would welcome any donations. All donations are greatly appreciated and tax deductible.

Your generous contribution will make a direct and lasting difference for the families that we serve. Please contact us to arrange for pickup or delivery. Parents of Multiples, Sacramento (POMS) is a 501 (c)(3) non-profit.

Thank you for your consideration,
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2019 Convention Committee Member
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