



**Legendary Rock Band
Donates Their
Worldwide Hit Song
to Shriners Hospitals**

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Valentine
Coming
Your Way!**

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Citrus Heights Messenger

"Written by the people, for the people"

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Excited About the Future

*Council Recognizes Winners of Student Art Contest,
Approves Grant Funding for Tactical Police Gear*



Members of Citrus Heights City Council stand with the 13 student winners of Republic Services' annual Poster Contest.

**Story and photo
By Shaunna Boyd**

CITRUS HEIGHTS, CA (MPG) - Republic Services, which provides residential garbage and recycling services to Citrus Heights, recently held their annual Poster Contest in partnership with the San Juan Unified School District (SJUSD) and Citrus Heights schools, teachers, and students. This year's contest prompt was "Put Plastics in Their Place," and was intended to promote recent changes to recycling guidelines. Students in grades K-8 were eligible to participate in the contest, and members of the Citrus Heights City Council and city staff members helped choose the winning entries.

The contest winners were recognized at the January 24 City Council meeting. Twelve student winners received

certificates and \$25 gift cards to Barnes & Noble. The grand prize winner, third-grader Bethany Morales, was presented with a certificate and a \$50 gift card. Arlington Elementary had the most participation and received \$500 to spend on art-related school activities.

Dignity Health representative Dr. Jill Walsh, who will be the site medical director of the new Mercy Medical Group Citrus Heights Medical Office Building, updated the Council on the progress of the state-of-art medical center located at 7115 Greenback Lane in Citrus Heights. The expansion will include 50 physicians providing a wide range of primary care, family medicine, and specialty care services for patients. Dr. Walsh explained that they have planned a staggered approach to moving in to

the new building, with the first wave planned for June 2019, and then second and third waves in July and August 2019.

The new medical center will serve the growing medical needs of the community and improve access to quality care for residents. Michael Korpel, president of Mercy San Juan Medical Center, said, "We are a proud member of this community for over 50 years, and we are excited about the future."

Councilmember Bret Daniels expressed his appreciation for the care provided by Mercy San Juan, saying that over the years many of his family members have been cared for by the dedicated staff. He also wanted to bring up a concern about the "unintended consequences" of a new California law that says hospitals can't discharge patients unless they

have somewhere to go. Daniels is worried that the issue of homelessness in the community will impact the level of care. He said that if the beds are taken up by homeless persons, then there won't be room to admit other citizens in need of medical attention. He asked, "What is Mercy San Juan doing to ensure that there is going to be room for the citizens of Citrus Heights?"

Korpel replied, "The simple answer is that the law that was passed was the right thing to do. And we've been practicing the right thing to do already... We actively work with social workers and community partners to ensure people can be placed somewhere safe when they're discharged... It's the right thing to do and we've been doing it for a long time."

Continued on page 3

California Driver Cell Phone Use Creeping Up



By Tim Weisberg, OTS

More California drivers are using their cell phone behind the wheel, but less than previous years, a 2018 observational study by the California Office of Traffic Safety (OTS) and California State University, Fresno found.

The study, which was done between August and September of 2018, revealed fewer than five percent (4.52 percent) of California drivers were seen picking up and using their cellphones, compared to less than four percent (3.58 percent) in 2017. As part of the study, surveyors examined driver behavior at 204 locations across 17 counties statewide.

The 2018 numbers are three percent less than 2016 (7.6 percent), a year before the most recent cell phone law went into effect.

"Our goal is to end distracted driving, and there's still work to be done," OTS Director Rhonda Craft said. "This observational survey gives us an idea on where we stand getting drivers' attention away from their phones and where we still have work to do."

Other key findings from the study include:

- Cell phone use was more than 8 times higher (5.55 percent) among drivers with no passengers versus with at least one passenger (less than one percent).
- Cell phone use was higher on local roads than on freeways or highways.
- The most common cell phone use by drivers was to perform a function on the phone. This could be anything from texting, email, GPS, using an app or social media.
- Less than two percent of drivers were observed using their phone with a child passenger.

Under the 2017 hands-free cell phone law, drivers are not allowed to hold their phone for any reason. The phones must be mounted on the dashboard, windshield or center console.

The mounted phone can only be touched once with the swipe or tap of a finger to activate or deactivate a function. If cited, drivers face a \$162 fine for a first offense and at least \$285 for a second offense.

Since the first cell phone laws went into effect more than 10 years ago, the OTS has been urging people to put down their phones and focus on the road. ★

Mount Vernon Hosts Annual American Heritage Day

By MPG Staff

FAIR OAKS, CA (MPG) - The communities of Fair Oaks, Citrus Heights, Orangevale and Sacramento are invited to take a stroll through history at Mount Vernon Memorial Park's 17th Annual American Heritage Day event. Attendees will relive history as special guests George and Martha Washington, Abraham Lincoln and many more will make their way through Mount Vernon to discuss American history.

The 17th Annual American Heritage Day event will include a U.S. Army Huey Vietnam Helicopter and a 1040 Will's Military MB Ford and Wells Fargo Stage Coach on display.

There will be gold panning with Mother Lode Gold Rush City, a Gold Rush puppet show, great music by the



Former Presidents say Heritage Day is a great way to learn more about American History. "The children will simply enjoy it" Abe Lincoln said.

Park, 8201 Greenback Lane in Fair Oaks.

This event is free and open to all ages. For more information, contact Ruthie Demakas at 916-969-1251.

Built in 1965, Mount Vernon has been helping the community for over 50 years. Heritage Day is one of their ways to contribute to the communities of Fair Oaks, Citrus Heights and Orangevale. ★

Consolidated Drum Band, a replica camp and black powder muskets courtesy of the Delaware Regiment and performances by Native American dancers.

Interactive railroad display by the Sacramento Railroad Museum will be there with an interactive railroad display.

Heritage Day is Monday, February 18, 2019, from 10 a.m. - 2 p.m. (rain or shine). The location is Mount Vernon Memorial

Legendary Rock Band Donates Worldwide Hit Song to Shriners Hospitals for Children



Foreigner band members Kelly Hansen (Foreigner lead singer, left) and Mick Jones (Founding band member and song writer, right) pose with Alec Cabacungan, Shriners Hospitals for Children Patient Ambassador. Photo courtesy Shriners Hospital

FOREIGNER, the classic British-American rock band is donating its hit song *I Want to Know What Love Is* to Shriners Hospitals for Children. FOREIGNER recently recorded a special version of the song with Kelly Hansen as lead vocalist and created a new music video featuring Shriners Hospitals for Children patients.

The new release of *I Want to Know What Love Is* now is available for download on Google Play and iTunes. FOREIGNER is donating all sales proceeds to Shriners Hospitals for Children.

The Mick Jones composition *I Want to Know What Love Is* hit the top of the charts all over the world when it was released in 1984, and is FOREIGNER's biggest hit to date. It remains one of the band's best-known songs and is listed as one of *Rolling Stone Magazine's* greatest songs of all time.

"There is a spiritual undertone to *I Want to Know What Love Is*, and when you apply the lyrics to a cause like Shriners Hospitals for Children, it brings a whole new

meaning to the song,” said FOREIGNER lead guitarist and songwriter Mick Jones.

"It's hard to put a dollar amount on the value of this gift, but this is truly a monumental donation to my mind," said John McCabe, executive vice president of Shriners Hospitals for Children. "Participating in the music video will be an invaluable experience for our patients. The fact that sales proceeds from the download of this song will go to Shriners Hospitals for Children is a wonderful bonus."

“FOREIGNER has been involved with Shriners Hospitals for 10 years, and we’ve been looking for a way to make a more meaningful impact,” said lead singer Kelly Hansen. “The lyrics of this song really speak to the qualities we’ve observed in the children here at Shriners Hospitals. The kids show this amazing resilience and happiness that really makes one think how powerful love is.”

You may donate or download FOREIGNER music online.

Since 1922, Shriners Hospitals for Children has

provided pediatric specialty care to children with orthopaedic conditions, burns, spinal cord injuries, and cleft lip and palate. Shriners Hospitals has treated more than 1.3 million children from more than 180 countries over the last 95 years.

Shriners Hospitals for Children has locations throughout the United States, Canada and Mexico, and is changing lives every day through innovative pediatric specialty care, world-class research and outstanding medical education. All care is provided regardless of the families' ability to pay.

Shriners Hospitals for Children is a 501(c)(3) nonprofit organization and relies on the generosity of donors. All donations are tax deductible to the fullest extent permitted by law.

FOREIGNER is responsible for some of rock and roll's most enduring anthems including *Juke Box Hero*, *Cold as Ice*, *Hot Blooded*, *Waiting For A Girl Like You*, *Feels Like The First Time*, *Urgent*, and the worldwide No. 1 hit, *I Want to Know What Love Is*. ★

County Partnership with UC Davis Approved

***By Andrea Hansen,
Sacramento County***

SACRAMENTO COUNTY, CA (MPG) - On Jan. 15, the Board of Supervisors approved a collaborative partnership between Sacramento County and UC Davis Health to deliver primary care, behavioral health, and some specialty services to 5,000 Medi-Cal enrollees at the County-run Federally Qualified Health Center at Broadway and Stockton Boulevard.

“Sacramento County is thrilled for this relationship with UC Davis Health,” said Supervisor Patrick Kennedy. “Together we are committed to ensuring greater access to high-quality health care in our region. UC Davis Health already provides health care services at the Sacramento County Health Center and the expansion will allow for more access to primary care and high-quality health care to

Medi-Cal patients.”

Starting Feb. 1, the partnership will bring together a hospital system and Sacramento County health care providers to give coordinated, high-quality care to patients. The unique structure of the agreement is based on that of an Accountable Care Organization, where UC Davis Health provides all care for primary care and behavioral health services for enrollees at the Paul F. Horn Primary Care Facility in the Sacramento County Health Center as well as at UC Davis facilities.

"Patients will be phased in over a period of six months to the Paul F. Horn Primary Care Facility in the Sacramento County Health Center," said Peter Beilenson, Director of the Department of Health Services. "These enrollees will be provided with comprehensive primary care and behavioral health services, but will also have

opportunities to connect with on-site social service organizations that provide housing assistance, job placement, legal services, Medi-Cal system navigation and eligibility, and care coordination.”

This collaborative initiative has great potential for all involved:

- For patients and community members - primary and preventive care to Medi-Cal recipients who currently have limited access to care in the County will be increased and more coordinated

- For the Sacramento County Health Center and Sacramento County - the Health Center will be fully utilized and serve the ultimate vision of a person-centered medical and social service home for an underserved community with increased reimbursement for services provided.

*Source: Sacramento
County Media* ★

Sacramento International Airport Welcomes Contour Airlines with Nonstop Flights to Santa Barbara.

**Samantha Mott,
Sacramento County**

SACRAMENTO, CA (MPG) - Contour Airlines (LF) has announced it is coming to Sacramento International Airport (SMF) with non-stop service to Santa Barbara.

The new schedule offers daily nonstop flights to Santa Barbara Airport

(SBA) beginning April 2019. Contour will operate from Terminal B with a 30-seat Embraer E-135 regional jet airplane.

"This new route is a great opportunity for us to restore service to an important intra-California market that has gone unserved since August 2010," said Cindy Nichol, Sacramento County

Department of Airports Director. "This convenient nonstop service will appeal to business and leisure travelers alike and a great option for quick getaways to the central coast."

Santa Barbara is a popular tourist and weekend getaway destination. Service starts April 2019. ★

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Excited About the Future



Citrus Heights Mayor Jeannie Bruins congratulated third-grader Bethany Morales, the grand prize winner of Republic Services' annual Poster Contest.

Continued from page 1
During public comment, local resident

an overly rosy view” of the homelessness issue. Warren said, “My experience at Mercy San Juan was very different from what was presented.” Warren claimed he saw many mentally ill or homeless people in the hospital and he believes that caused a delay in his own treatment and that of other citizens. He suggested that the Council ask Mercy San Juan to present a detailed plan for how they will deal with the homeless issue. Chris Ryan with the Citrus Heights Police Department gave a presentation about the department’s request for Edward Byrne Memorial Justice Assistance Grant (JAG) Funding. Under

this program, federal funds are allocated to augment public safety expenditures, which must be spent on law enforcement activities. The JAG funding available to Citrus Heights is \$27,961 for fiscal year 2017 and \$29,157 for fiscal year 2018; the funds must be expended by September 30, 2020 and September 30, 2021, respectively. The 2017 funds will be used to purchase Special Weapons and Tactics (SWAT) cameras, the

total cost of which will be \$48,000. The Department intends to use special monies from the Citizen’s Option for Public Safety (COPS) fund for costs exceeding the grant amount. The closed-circuit SWAT camera systems will give officers access to vital and time-sensitive information in high-risk situations, including the layout of structures, potential barricades, and the location of the suspect and victims. The 2018 funding will be used to purchase approximately 30 riot gear suits in various sizes, which will cost around \$40,000. To

cover the costs over the grant amount, COPS funds and/or the department’s budgeted general fund will be expended. The suits will allow officers to safely respond to partner agencies in need of mutual aid, and to engage effectively in crowd control events when necessary. Officer Ryan stated that the purchase of both the tactical cameras and the riot sunderpounding to high-risk calls while increasing officer and citizen safety. The Council voted unanimously to approve the grant funding for the requested expenditures. ★

Steve Miller Honored for Leadership as Mayor

Story and photo
By Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights City Council recently honored Steve Miller for his dedicated service as mayor. Miller was re-elected to the City Council in 2018 for another four-year term, and he nominated Jeannie Bruins to take over the gavel. Current Mayor Jeannie Bruins said that she and Miller have served together for many years; she thanked him for leading the Council and presented him with a book highlighting significant events during his term as mayor.



Current Mayor Jeannie Bruins presented a bouquet of flowers to Steve Miller’s wife, Nanette, as a token of gratitude for her support.

Porsche Middleton, the newest councilmember, expressed her admiration for Miller’s leadership and the way he handled difficult issues during his tenure. Miller said, “It was a privilege to be mayor,” and he thanked his wife, Nanette, for all of her support. ★

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**Publisher,
Paul V. Scholl**

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Citrus Heights Messenger

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SMUD Announces Regional Initiative to Develop a Future Mobility Center in Sacramento

Special SMUD Release

SACRAMENTO REGION, CA (MPG) - SMUD CEO and General Manager Arlen Orchard unveiled a vision for the Sacramento region to lead the way in mobility by developing a model for a future Mobility Center that will foster innovation in the clean transportation sector and serve as a catalyst for carbon reduction and inclusive economic development.

Building on California's policy leadership in tackling greenhouse gas emissions, and SMUD's commitment to electric transportation and innovative mobility solutions, SMUD is funding two feasibility studies to support the Mobility Center. The Mobility Center would bring existing regional efforts to secure an electric vehicle prototyping hub and the Autonomous Transportation Open Standards initiative under one umbrella organization. The Mobility Center is envisioned as a public-private partnership of governmental entities, leading universities, electric utilities, technology and automotive companies, and venture capitalists.

Once up and running, the Mobility Center will support, fund and commercialize new mobility technologies including electric vehicles, autonomous transportation, battery storage, shared

mobility solutions, public transit and new business and policy models for adoption on the international stage.

"As the Capitol of California, Sacramento is uniquely positioned to leverage cutting edge public policy, electric transportation expertise, university research, and an innovative ecosystem to lead in developing, supporting and testing emerging transportation technologies, and business and policy models, while at the same time improving the environmental, social and economic vitality of communities across our region," said Orchard. "SMUD is proud to support the Sacramento region in taking a leading role in the future of mobility and this is the first step."

This announcement puts in motion a feasibility study conducted by German based PEM Aachen GmbH, which has extensive expertise in key facets of the mobility sector. Spun off from RWTH Aachen University, PEM currently has a large testing and prototyping facility in Germany and has a strong interest in expanding with a location in the Sacramento area. Organized by the Greater Sacramento Economic Council, city of Sacramento officials, business leaders and university representatives visited the PEM facilities in 2018 and came away impressed.

In 2017, the city of Sacramento and business leaders helped launch the Autonomous Transportation Open Standards initiative to position Sacramento as a testbed for connected and autonomous vehicles throughout the Sacramento region. The Mobility Center will build on the ATOS model by providing a full life cycle suite of services from idea all the way to market.

In addition to PEM, EnerTech Capital has been retained to develop a financially sustainable consortium framework with a goal of attracting global investors to the Mobility Center. With offices in Toronto, Philadelphia, Montreal, Menlo Park and Calgary, EnerTech is a venture capital firm specializing in early to growth stage companies in the energy, transportation and technology space.

While the feasibility studies are funded by SMUD, the concept of a Mobility Center has garnered the interest of regional leaders such as the Greater Sacramento Economic Council, city of Sacramento, Sacramento County, University of California, Davis, Sacramento State, Valley Vision and VSP, as well as policy makers and venture capitalists.

"This collaborative effort to build a center of

mobility excellence in Sacramento will create economic development, jobs and promote innovative mobility solutions throughout the region," said Barry Broome, president and CEO of the Greater Sacramento Economic Council. "Expanding mobility will promote a robust workforce and expand opportunities in disadvantaged communities."

Once the feasibility studies are completed in late March, supporters will begin the process of securing partners and investors in the new Mobility Center.

As the nation's sixth-largest community-owned, not-for-profit, electric service provider, SMUD has been providing low-cost, reliable electricity for more than 70 years to Sacramento County and small adjoining portions of Placer and Yolo Counties. SMUD has been supporting electric vehicle technology and providing innovative customer programs since the 1990s. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD's power mix is about 50 percent non-carbon emitting. For more information, visit smud.org. ★

Journey Through Time with Neal Schon



Faithfully returning to their roots, the band will showcase songs from the very beginning and pay tribute to your favorite classic hits.

By Emily Tirapelle

JACKSON, CA (MPG) - Neal Schon's Journey Through Time will bring the Grand Oak Ballroom Stage alive with all the greatest Journey hits we've all come to love. They will also perform choice selections (some which have not been played in 40 years) from their earliest recordings. Neal Schon will take the stage alongside former Journey members Gregg Rolie, and Deen Castronovo, along with Marco Mendoza, Marti Frederiksen, and Chris Collins on Friday, February 22. One of only two scheduled tour dates!

Neal Schon, founding member of the Rock & Roll Hall of Fame inducted band Journey, is proud to present Neal Schon's Journey Through Time along with two time Rock & Roll Hall of Fame inductee and former Journey and Santana bandmate, Gregg Rolie. Schon and Rolie debuted Journey Through Time in February of last year at The Independent in San Francisco, CA to a sold-out crowd, performing songs spanning Journey's 14 year existence - including the first three albums Journey, Look Into The Future, and Next.

Multi Grammy-nominated Neal Schon founded Journey in 1972 and remains the sole consistent member, having participated in every album and

tour to date. Schon was also a member of Santana and has performed with a variety of other acts including Bad English, Jan Hammer and HSAS. He has released 10 solo albums including his latest, Vortex. His guitar style has been described as soulful and melodic, admired by such fellow legends as Eric Clapton and Prince.

"Faithfully" returning to their roots, the band will showcase songs from the very beginning and pay tribute to your favorite classic hits. When the lights go down...in the Grand Oak Ballroom you'll be fully immersed into the lyrical symphony and emotion provoking sounds of the chart-topping hits that have been regarded as some of the most defining notes of Rock and Roll.


This exclusive concert is only one of two coming to California in 2019, secure your tickets now! Ticket sales begin Friday, January 11 at noon for \$80 each, available at the Casino Cashier's Cage or online at JacksonCasino.com. Will Call opens at 5 p.m., doors open at 6 p.m., and the concert starts at 7 p.m. Cash Bar and food will be available for purchase.

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Sacramento County Employees Show They Care

By Andrea Hansen, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Every year, Sacramento County employees participate in an employee-organized fundraising campaign to support local and global nonprofit organizations. To report on the success of the 2018 Employee Giving Campaign, the Campaign's Chair and Director for the Office of Economic Development, Troy Givans, presented the results on Jan. 29 to the Board of Supervisors.

The theme of this year's campaign, "Sacramento County Cares," highlights the generosity and concerns that employees show when they support the causes that improve the quality of life in their local communities and the world around them.

This year's campaign included a new online donation system, Giving Matters 365, which expanded the County's paperless initiative and streamlined donations through only payroll deductions, and credit/debit card



Troy Givans, left, and Supervisor Patrick Kennedy present the ceremonial 2018 Employee Giving Campaign check on Tuesday, Jan. 29, 2019. Photo courtesy Sacramento County

contributions.

Giving campaign events included the annual 5K race/walk held at Discovery Park and a successful golf tournament held at Ancil Hoffman Golf Course.

Donations were provided to six federations of charitable organizations, as well as 17 non-profit Sacramento County programs that serve our communities.

The grand total of the 2018 donations came to \$273,024.

2018 Chair, Co-Chairs and Loaned Executives: Chair, Troy Givans, Office of Economic Development

Loaned Executive: Kim Lettini Co-Chair, Chief Lee Seale,

Sacramento Probation

- Loaned Executive: Peggy Hower, Monika Lopez and Cindy Coy

Co-Chair, Doug Sloane, Waste Management

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Sacramento County Departments with the highest donations:

- 1-99 Employees – County Counsel; County Clerk/Recorder
- 100-299 Employees – Public Defender; Assessor
- 300+ Employees – Sheriff; Human Assistance

Source: Sacramento County Media ★

Assemblyman Ken Cooley Introduces the Climate Innovation Act to Prepare for Climate Risks

By Jillena Hernandez

SACRAMENTO, CA (MPG)

- On Monday, January 28, Assemblyman Ken Cooley (Rancho Cordova) introduced AB 296, the Climate Innovation Act, that would award grants for the research, development, and acceleration of innovations and technologies mitigating the impacts of climate change. The program would award matching grant funds through a competitive peer review process to make advancement on significant challenges climate change poses.

Scientific reports warn of the devastating impacts to human health, the economy, and our natural environment, unless action is taken to mitigate global warming immediately.

According to the recently released UN Intergovernmental Panel on Climate Change (IPCC) Special Report and the National Climate Assessment, impacts on natural systems from global warming have already been observed. Climate related



Assemblyman Ken Cooley

risks to health, livelihoods, food security, water supply, human security, and economic growth are projected to increase with global warming of 1.5°C (estimated to occur approximately in the next 20 years) and increase further with warming of 2°C (estimated to occur within the next 100 years). There is a significant possibility that unanticipated and difficult or impossible-to-manage changes in the climate system will occur throughout the next century as multiple climate related events occur simultaneously and key warming thresholds are crossed.

Though the predictions are dire, the world's leading climate scientists provide hope

– outlining a path forward. Future climate risks would be limited by enhancing investments in climate mitigation efforts, making behavioral changes, and accelerating innovation.

"The aim of AB 296 is to accelerate innovation and add more tools to our toolkit to better prepare us for the significant challenges climate change poses," said Assemblyman Ken Cooley. "With human ingenuity and innovation, we can enable the protection of our natural environment and limit impacts and risks global warming poses to human health, public safety, and the economy."

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmcd.org/members/a08/>

Source: Office of Ken Cooley ★

SAFE President and CEO Dave Roughton Named Businessman of the Year

By Carole Ferguson

SACRAMENTO REGION, CA (MPG) - The Sacramento Metro Chamber of Commerce has named SAFE President and CEO Dave Roughton the 2019 Businessman of the Year.

"I am extremely honored and humbled to receive this award," Dave Roughton said. "I love the Sacramento area, and I am proud to be able to contribute to Sacramento's

regional success by helping our members and small businesses gain financial wellness through products and services that put their needs first. I also believe it's vitally important for local companies like SAFE to actively support Sacramento's regional growth and prosperity through economic development and non-profit engagement."

Dave was nominated by longtime Sacramento public



Dave Roughton

relations and advertising executive Jane Einhorn. Her nomination reads in part: "Dave has led SAFE

through tremendous growth, solidifying it as the second largest credit union in the Sacramento area. ... Dave has been an active leader in the credit union industry for many years, having served on the California Credit Union League Board, Legislative and Regulatory Advocacy Committees, CO-OP Board of Directors, and as chair of the WesCorp Supervisory Committee. He's also an engaged member

of the Sacramento business community, serving on the Sacramento Metro Chamber of Commerce board.

Within SAFE, Dave has set a course for his company that led to the credit union recently being named the No. 1 Best Place to Work by the Sacramento Business Journal. Dave's business philosophy reflects the lessons he learned working with many great leaders throughout his career: to have happy

and loyal members, you must first have happy and loyal employees; inspire employees to provide exceptional experiences; walk the talk on promoting work-life balance; and show you believe in your employees by providing career growth opportunities and celebrating their successes."

Source: Marketing Department, SAFE Credit Union ★

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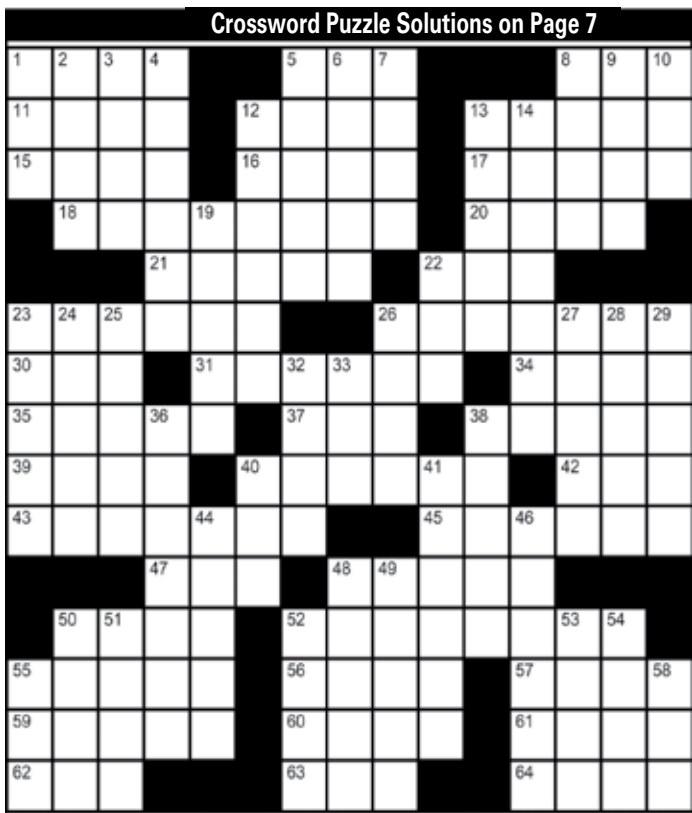
CLUES

- ACROSS
- Forever and a day
 - Organ of balance
 - What Jack Sprat couldn't eat
 - Quinceañera or bat mitzvah
 - Wagon part
 - You can count on these
 - Heart of the matter
 - Perceive by touch
 - Fedora part, pl.
 - *Voter test, now illegal
 - Ireland's other name
 - Written corrections
 - One from Laos
 - Kind of acid
 - *Segregation laws
 - *Stop segregation, e.g.
 - 40 winks
 - Zeus' wife
 - Nadya Suleman's children, e.g.
 - Subject of "Philadelphia" movie
 - Kind of southern pie
 - Chico or Groucho
 - Cured sausage
 - Member of Shoshonean people
 - *Montgomery Bus ____
 - Produced by inbreeding
 - Brown league
 - Kind of ray
 - Flying toy
 - *He challenged nonviolence
 - Juice alternative
 - Craving
 - Evening in Italy
 - Dead to the world
 - Harry Potter's mark
 - Vet nurse
 - Ottoman officer title
 - Café alternative
 - Kind of bean

- DOWN
- *The ____ of the moral universe is long but it bends

- toward justice"
- Lena Dunham or Allison Williams, 2012-2017
 - Red carpet purse
 - The Brady Bunch children, e.g.
 - Permission for absence from a college ____ pl
 - Be dependent
 - * ____ Housing Act
 - Climber's destination
 - ____ the season ..."
 - *Mandela presided over its southernmost country
 - Perpendicular to the keel
 - French bun
 - Authoritative proclamation
 - Not to be given to those in authority
 - Manhattan Project invention
 - Chocolate tree
 - "Dear Diary..." note
 - Cup of joe
 - Happen again
 - Do like Demosthenes
 - What moon did
 - Not this
 - Bupkis

- Oscillator, e.g.
- 70s Ford model
- Farm pen
- Meat grinder, e.g.
- For all to see
- Model-builder's wood of choice, pl.
- * ____ on Washington
- Blue-Green scum
- *Nobel Peace Prize winner
- Light bulb
- Necessary thing
- Office dispatch
- Roentgen's machine
- Langley, VA org.
- "Eureka!"



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Solutions on Page 7

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By Marlys Johnsen Norris, Christian Author

Everyone, regardless of their present age needs to recognize and find their 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 PERFECT WILL FOR THEIR LIFE” miracles begin to happen.

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“We are assured and know that (God being a partner in labor). All things work together and are (fitting into a plan) for good to those who love God and are called 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 Son, Jesus Christ. The blood of Jesus washed us clean forever.

Healing, deliverance, transformation take place 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 our Lord and Savior. Our

focus now is on God’s prospective of who we ought to become. We now view troubles and problems as vehicles into our destiny God planned for us!

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 sentence on – the world; but that the world might find salvation and be made safe and sound –though Him” (John 3:16-17 Amplified)

Marlys Johnsen Norris
Christian Author of 7 Books
Senior Gleanings – Messages in the Dust
Marlysjn@gmail.com
PO Box 114, Orangevale, Ca 93552 ★



By Pastor Ray Dare

Life has a way of wearing us down, unexpected things happen. Uncontrollable things happen, and we get stressed. What’s been weighing you down lately? A problem, a pressure, a conflict and you feel like you’re about to lose it because of the pressure?

If you’re carrying a heavy load and feeling overwhelmed by life’s circumstances, I’m sorry. I’m sorry you’re in those circumstances. Let me give you some good news. There is someone who cares about you very much, His name is Jesus and he wants to help you carry your load. In fact, he says, “Come to Me all you who are weary and carrying heavy burdens and I will give you rest. Take My yoke upon you...you will find rest for your souls for my yoke is easy...” Matt. 11:28-30. In these verses, Jesus gives us three secrets

Pastor Ray's Encouraging Words

The Secret to Stress-Free Living

to stress management:

Turn to Christ. Jesus says, “Come to Me.” How do you do that? You get alone by yourself and you just settle down, you read the Bible a little bit, you pray a little, you get quiet and then your focus begins to shift. Suddenly, you’re thinking less about your problem and you’re thinking more about God’s power. You’re thinking less about your circumstances and you’re thinking more about God’s control over those circumstances.

Give up Control. He says, “Take My yoke upon you.” A yoke is a wooden frame that joins two farm animals together. The purpose of the yoke is to make your load lighter, because the load is shared in a partnership. A partner comes by your side and helps you carry your load. You see, the reason why you get so stressed-out is you’re trying to carry everything yourself. You act like it all depends on you. “I’ve got to take control of this situation.” No, you don’t. This may be a shock to you, but life isn’t going to fall apart when you give up control. Life will go on. In fact, it will be a lot more

enjoyable. Let me give you a little dose of reality, a little secret... you were never really in control anyway. Most of the things you think you’re trying to control, you never could control. Why not give up control to someone who CAN control everything?

Learn to trust. Jesus said, “you will find rest”. Rest is the result of trust. Stop trying and you start trusting. Trust that He loves you and cares about you. Trust that He knows what’s best for you. Trust that He knows what’s happening in your life. Trust that He knows how to bring good things out of bad things. Trust that He sees your future and promises that He has a good plan.

You come to Christ, you give up control and you learn to trust. Come to Christ, give up control, learn to trust. Come to Christ, give up control, learn to trust. That is the secret to stress free living.

Pastor Ray
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A Singing Valentine Coming Your Way!



What a great way to have fun! Ladies from the community are invited to attend rehearsals. Photo courtesy SVC

By Judi Nail

SACRAMENTO REGION, CA (MPG) - Valentine's Day is almost here! You can give that special someone an unforgettable gift! Candy, cards and flowers are nice, but adding a Singing Valentine will create a lasting memory! Quartets from Sacramento Valley Chorus will deliver Singing Valentines on Thursday, February 14. Your sweetheart, family member or good

friend will be surprised and thrilled when a quartet delivers two songs, a rose, candy and a beautiful card to him or her. The package is only \$40, and can be delivered to the home or business of your choice in the greater Sacramento area, including Placer, El Dorado and Nevada County. Singing Valentines are popular, so call early to ensure availability. Call 916-761-2998, to arrange for delivery.

The award winning Sacramento Valley Chorus, under the direction of Master Director, Dede Nibler, has approximately 90 members. The Chorus is preparing to compete Internationally in New Orleans in September.

Ladies from the community are invited to attend rehearsals any Wednesday night at 6:30 pm. For more information, visit SacramentoValleyChorus.com. ★

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Sacramento County DA Reports



Domestic Violence Offender Con- victed of DV, Sexual Assault

DATE: January 22, 2019
CASE: Hector Castro
(Case #17FE007268)

PROSECUTOR: Deputy District Attorney Allison Dunham, High Risk Domestic Violence Unit

Hector Castro was convicted by a jury of rape, sodomy, domestic violence, false imprisonment and criminal threat with personal use of a knife.

On April 19, 2017, the victim called 911 to report she had been beaten and sexually assaulted. The assault started when Castro caught the victim deleting a text message from a male friend. Castro punched and kicked the victim multiple times before strangling her with his hands. Castro then took a knife and threatened to kill the victim if she did not submit to intercourse and sodomy. After the sexual assault, the victim tried to leave the residence, but Castro blocked the door. The victim waited a few hours and left the apartment telling Castro she was going to do laundry, which is when she was able to call 911. In addition to the sexual assault, the victim suffered a black eye, multiple bruises on her body and bruising and scratches around her neck.

Sacramento police officers met the victim in a parking lot, where she reported she had been living with Castro and financially supporting and taking care of him. The victim stated Castro had been beating and sexually assaulting her on a daily basis for the past two years.

The victim endured Castro's abuse and never reported to the police because she both loved and feared him. The reason the victim reported this time is because she felt it was "now or never."

Castro faces a maximum sentence of 19 years and 4 months in prison. Sentencing is set for March 1, 2019, at 1:45 p.m. before the Honorable Trena Burger-Plavan.

Defendant Pleads to Felony Animal Neglect

DATE: January 22, 2019
CASE: Brandon Carter Goodnight
(Case #18FE020937)

PROSECUTOR: Supervising Deputy District Attorney Hilary Bagley-Franzoia, Animal Cruelty Unit
Brandon Carter Goodnight pled to felony

animal neglect, alleging he caused needless suffering to his two dogs.

On October 30, 2018, sheriff's deputies went to Goodnight's residence looking for a woman who was wanted on a felony warrant. In one of Goodnight's bedrooms, deputies found a deceased female dog that had obviously been starved to death. Although Goodnight initially attempted to blame someone else for leaving the dog in the bedroom for months, the animal had been micro-chipped to Goodnight in 2014.

In the backyard of the home, deputies found another starved dog barely alive. That dog survived and is recovering at the Sacramento County Bradshaw Animal Shelter.

Goodnight will be sentenced to the maximum allowed by law, 3 years in prison. Sentencing is set for February 13, 2019, at 8:30 a.m. in Department 61 before the Honorable Michael Sweet.

Defendant Sentenced for First-Degree Murder

DATE: January 11, 2019
CASE: Teris Vinson
(Case #17FE006798)

PROSECUTOR: Supervising Deputy District Attorney Rick Miller, Homicides

The Honorable Steven Gevercer sentenced Teris Vinson to 85 years and 4 months to life in prison. On December 4, 2018, a jury convicted Vinson of the first-degree murder of Janet Mejia and two counts of possession of a firearm by a convicted felon.

On April 10, 2017, Mejia failed to show up for work and missed a doctor's appointment the next morning. A missing persons investigation was initiated, which ended with the discovery of Mejia's body. She was found wrapped in an inflatable mattress in bushes near the Sacramento/Placer County line.

Mejia had been renting a room at a friend's apartment. The friend was in a relationship with Vinson. Sacramento sheriff's detectives discovered Mejia's blood on the carpet padding of her bedroom. They learned Vinson was her roommate at the time, and that he kept two guns at the residence despite being a convicted felon. DNA analysis revealed Mejia's DNA was on the muzzle of one of the guns. An autopsy revealed she had been strangled and shot in the back of the head. Vinson had been convicted of domestic violence on two prior occasions. ★



Love

Valentine's Davis on its way, but do we know why we celebrate this day? I mean besides the card companies, candy makers, and flower sellers telling us we don't love that special person unless we buy them all of the above. We are told that we have to give these things or we don't LOVE. Maybe we need to understand what this word means before we spend a whole lot on all these goodies!

Let's look at this word love. Do any of these fit you? LOVE is unconditional. The word "unconditional" means there are no expectations or limitations set. To love unconditionally is a difficult thing, and most humans are not good at it. But TRUE LOVE really does mean LOVE without trying to change the other person.

TRUE LOVE is a strong and lasting affection between spouses or lovers who are in a happy, passionate and fulfilling relationship. An example

POPPOFF!

with Mary Jane Popp

of TRUE LOVE is the emotion shared between a couple who has been married say 40 years and who are still passionate about each other and care deeply for each other. TRUE LOVE is truly unconditional.

Now let's talk about how Valentine's Day got its start. The history of Valentine's Day is obscure, and further clouded by various fanciful legends. The holiday's roots are in the Roman festival of Lupercalia, a fertility celebration commemorated annually on February 15. Lupercalia was a very ancient, possibly pre-Roman pastoral annual event, observed in the city of Rome to avert evil spirits and purify the city, releasing health and fertility. Pope Gelasius I recast this pagan festival as a Christian feast day around 496 A.D., declaring February 14 to be St. Valentine's Day. So the day of romance we call Valentine's Day is named for a Christian martyr.

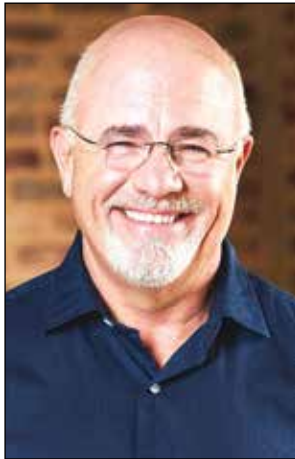
But St. Valentine may have been two different men. Officially recognized by the Roman Catholic Church, St. Valentine is known to be a real person who died around 270 A.D. One account

from the 1400s describes Valentine as a temple priest who was beheaded near Rome for helping Christian couples wed. A different account claims Valentine was the Bishop of Terni, also martyred, on the outskirts of Rome. It's thought they may refer to the same person. You can find Valentine's skull in Rome. The flower-adorned skull is on display in the Basilica of Santa Maria in Cosmedin, Rome. In the early 1800s, the evacuation of a catacomb near Rome yielded skeletal remains and other relics now associated with St. Valentine.

Now don't worry about celebrating St. Valentine's Day on the exact date of February 14, because of the abundance of St. Valentines on the Roman Catholic roster. You can choose to celebrate the saint multiple times a year like St. Valentine of Viterbo on November 3 or you can get a jump start by feting St. Valentine of Raetia on January 7. Ladies, you might choose to honor the only female St. Valentine (Valentina), a virgin martyred in Palestine in 308 A.D.

Why not share the love every day? HAPPY VALENTINE'S DAY! ★

Dave Ramsey Says



Let her take care of the payments

Dear Dave,
My daughter is in college, and I've always warned her to stay away from credit cards. Recently, I learned she got a department store credit card despite my advice. She has stayed within her credit limit, but she has never made any of the payments. At this point, she owes about \$3,500. She's a good student, and I want to look at this as a young person's mistake. Should I pay it off for her this one time?

— Joseph

Dear Joseph,
You're right, this is a typical young person's mistake. Like a lot of mistakes *our kids* make, it's one that's bad and wonderful at the same time. It's bad because, if she had just listened to dear old dad, she would've avoided a mess. It's wonderful, though, because it gives you the opportunity to provide her with a real world, teachable moment.

I understand you wanting to help her out "this one time." It means you have a good heart, and that you care about your daughter and love her. There's a reality here, though, I hope you won't overlook. *It's her debt*, not yours. She knew what she was doing when she signed up for that credit card. She knew what it meant, what was expected, and she is the one who should have to make good on the repayment. The entire deal is legal and fair.

At this point, my advice is to put your arm around her, talk to her, and lovingly explain where she went wrong and why it was a bad idea. You can even help her find a *part-time job* if she doesn't have one right now, so she can pay off her debt and get out of this mess. But leave the payments to her.

My guess is by the time she finishes working her tail off to pay this debt she will have learned a lesson she'll remember for the rest of her life!

— 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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TV GUIDE MAGAZINE

CHEERS & JEERS

by Damian Holbrook

Cheers to Gotham
for beginning its end at the end. Usually, flash- forwards are cop-outs, but the final season’s opening shot of our heroes—and villains!—teaming up in the near future was a perfect tease to the hell Jim Gordon (Ben McKenzie, pictured) is about to unleash on the, uh, Bane of his beloved city before the Fox series wraps.

Cheers to Tidying Up With Marie Kondo
for sparking the joy of how-to shows that actually teach us how to do things! In translating her bestselling guide to getting rid of clutter, the guru of domestic simplicity has given Netflix a soothing, bingeable original that’s as instructive as

it is inspiring for anyone whose home looks like a Hoarders episode.

Jeers to Owen (Kevin McKidd) on Grey’s Anatomy
for his sickeningly bad form. Our stomachs turned when the trauma surgeon told lover Amelia (Caterina Scorsone) that he was having a baby with Teddy (Kim Raver)—while all three of them were trapped in an elevator—then almost hooked up with her. We thought doctors were supposed to do no harm!

Jeers to The Masked Singer
for being so weird! Fox’s new oddity wants judges Jenny McCarthy, Robin Thicke, Nicole Scherzinger and Ken Jeong to guess the



Usually, flash - forwards are cop-outs, but the final season’s opening shot of our heroes—and villains! (Ben McKenzie, pictured).

crooning celebs disguised as giant deer, with host Nick Cannon or plush cyclops, while we want to know who will be paying our therapy bill for the nightmares these outfits inspire. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Is MODERN FAMILY As Good As It Used To Be?
Question: Might be a totally controversial topic, but do you feel like Modern Family has gotten stale over the years? I mean, I don’t think it’s bad or anything. There are a few gems every now and then, and I still adore Mitch (Jesse Tyler Ferguson), Cam (Eric Stonestreet), Phil (Ty Burrell), Gloria (Sofia Vergara) and Jay’s (Ed O’Neill) characters, but the show just hasn’t been the

same the last three or four seasons. — Flo
Matt Roush: I appreciate how reluctant you are to call a favorite show out when it no longer lives up to your expectations, but you’re hardly alone on this one. *Modern Family* is still popular enough that ABC (and the 20th Television studio) is reluctant to let it end gracefully, but it’s obvious to most that its best days are behind it. For me, the problem with this show (unlike *The Middle*, which always lived in its

shadow) is that the younger family members for the most part didn’t develop into characters who are still fresh and funny. The traits that were amusing in the adults still by and large work after ten seasons, some weeks more effectively than others, but *Modern Family* is an example of how difficult it can be to sustain such a high degree of quality over the long haul, especially when so many of the situations are built on misunderstandings and farce. (The show’s high concept of breaking the fourth wall also now seems more intrusive than innovative.)
To submit questions to TV Critic Matt Roush, go to: tvinsider.com To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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Homeless Housing Development Applications Approved

By Kim Nava,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County continues to commit funding and services aimed at helping individuals and families experiencing homelessness in our neighborhoods with compassion and dignity and promoting smart strategies and coordination.

On Jan. 29, the Board of Supervisors approved two State applications for the Sunrise Pointe and Capitol Park Hotel No Place Like Home (NPLH) developments to address homelessness in the region. If successful, these developments would result in 180 units of permanent housing for persons experiencing homelessness, of which 87 would be NPLH units reserved for people experiencing homelessness with serious mental illness.

In the co-applications, the County and development sponsors will compete for a total of \$12.7 million, with \$2.8 million coming from the County's noncompetitive allocation. The County commits to provide services for 20 years to the NPLH tenants.

The State's No Place Like Home (NPLH) Program, enacted in 2016 through Assembly Bills 1618 and 1628 and approved by voters on Nov. 6, 2018, as Proposition 2, provides \$2 billion in bond funding statewide for new Permanent Supportive Housing (PSH) for people who are experiencing

homelessness, chronic homelessness, or who are at risk of becoming chronically homeless, and who are living with a serious mental illness and are in need of mental health services. State bonds will be repaid through the diversion of Sacramento County Mental Health Services Act (MHSA) funding.

"This action is important for several reasons, but mostly because it will result in permanent housing and services for individuals and families in our County who are homeless and coping with serious mental illness. By utilizing our Mental Health Services Act funds for these services to support this housing, we will see this benefit for many years to come," said Sacramento County Board Chair Patrick Kennedy, Supervisor for District 2.

Sacramento County Board-approved two NPLH development co-applications. They are: Sunrise Pointe is proposed to be located at 7424 Sunrise Boulevard in Citrus Heights and consists of 47 one-two- and three-bedroom units. Of these, 22 will be NPLH designated units. All units will serve families and individuals experiencing homelessness. Of the NPLH units, 40 percent will be allocated to the category of chronically homeless, and 30 percent each to categories of homeless and at risk of chronic homelessness; and Capitol Park Hotel is proposed to be located at 1125 9th Street

in downtown Sacramento. This development will be an acquisition and rehabilitation of a historic building and will include 134 units for households experiencing homelessness. Of these, 65 will be NPLH designated units. Of the 65 NPLH units, 40 percent will be allocated to the category of chronically homeless, and 30 percent each to categories of homeless and at risk of chronic homelessness.

All units will be awarded Project Based Vouchers for households experiencing homelessness.

"I credit collaboration and commitment for these two strong applications. Sacramento County and Sacramento Housing and Redevelopment Agency (SHRA) have worked together over the past months to weave the necessary funding together, developers have identified sites and sought funding and local approvals, and the cities have shown their strong support for new housing solutions. We look forward to the next phases of work, particularly when we can begin to move families and individuals into their new homes at the completion of construction," said Cindy Cavanaugh, director of Homeless Initiatives.

Sacramento County is working towards the goal of ending homelessness and ensuring every person that wants care, shelter and services receives them.

Source: Sacramento County Media ★

A Chamber Farewell

By Cendrinne DeMattei



Cendrinne DeMattei

I will unlock the Citrus Heights Chamber's office door for the last time since giving my resignation from my position as Executive Director two weeks ago. I will turn on lights, hang my coat and log-on to my computer as I have done for the past year and half. Of course, I question why am I leaving a job that is going well - difficult, challenging and no doubt stressful but overall well? I had planned on staying at least three years in the position so what had changed? It's a simple reason but not an easy one. I'm leaving to work with my husband in our residential real estate business. After a near-death road bike riding accident last year, my husband is back at work and yes, back to riding the bike that he loves. He wants to grow this business that he has managed for over 20 years and I want to help him.

I am reassured by knowing that the Chamber does not operate and thrive with just one person. And even though there has been turnover in this position before, the Chamber has continued to serve and support its members. I know it takes a mix of individuals willing to volunteer and the Chamber has many members who do. These individuals bring a slew of talents, resources, funds and knowledge with them. Small business owners, utility companies, large corporations and the City elected officials and staff, along with a handful of

retired citizens, all make-up the Chamber's membership. In addition, there are those who agree to sit on the Board of Directors for the Chamber. It may surprise most people to know that the Chamber only has two employees, the Executive Director and one Membership Services & Office Administrator. The majority of what the Chamber accomplishes is through its members who volunteer. I console myself knowing that those members are still in place. As a matter of fact, membership grew to 316 members in 2018 - a 22% increase from the prior year.

I am also reassured to know that the current Board of Directors is diverse, with a good mix of large and small businesses from a variety of industries. This group of 16 individuals were invited and voted into the position because they bring with them the perspective and background in business needed to take the Chamber to a newer and more impactful level.

I will miss seeing this Board navigate through ongoing challenges by

using new, innovative ideas. I will miss the event planning and community meetings where the implementation of over 64 events and activities occur. But I will mostly miss the times when I actually get to meet and visit our members at their business locations. On Saturday, February 2nd, we held a ribbon cutting for one of our newest members. The Stay Golden Salon is a women-owned business located at 6456 Tupelo Drive, Suite A6, in Citrus Heights. Co-owners Korrinne Lancaster and Maci Mayorga have never owned a salon before and I was impressed when I saw the improvements that they made to their new salon. Many family and friends, along with several Chamber Ambassadors and Board Members attended the Grand Opening Ribbon Cutting. And as I walked away from that event, on that rainy Saturday afternoon, I realized that this is why a Chamber is still relevant in today's business world. The Chamber supports businesses of all sizes and types. We celebrate, connect, promote and provide necessary resources and information to help them thrive.

So as I hand over my keys and drive out of the parking lot of our office building for one last time, I will know that the Chamber's members will continue to be served as always by the dedicated Board of Directors, the volunteer members and staff.

Farewell,
Cendrinne DeMattei ★

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