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Citrus Heights Messenger

"Written by the people, for the people"

VOLUME 9 • ISSUE 04 Serving the City of Citrus Heights & Sacramento County FEBRUARY 22, 2019

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BABY BASKET
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**WE
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Farley Does the Trick

Citrus Heights Police K9 to Serve Sacramento Region

By Elise Spleiss

SACRAMENTO REGION (MPG)
- Police K9 Farley, newest addition to the Citrus Heights Police Department (CHPD), may be performing an invaluable service, keeping illegal drugs from reaching the streets of Sacramento and beyond, but it's all just a game of fetch to him.

Farley is a single-purpose narcotics detection canine. The two-year old Labrador Retriever was sworn into the CHPD by Police Chief Ron Lawrence at the December 13, 2018 city council meeting. He was assigned to work with his handler / partner Detective Dave Moranz, a 28-year veteran of police work who has been with the CHPD since its inception in 2006.

Officers Farley and Moranz are a team, assigned to the United States Postal Inspection Service (USPIS) Narcotics Enforcement and Criminal Investigations Task Force. During their intensive five-week training, Farley was trained to sniff out and alert Detective Moranz to the ingredients in four illegal narcotics; marijuana, methamphetamines, cocaine and heroin. Farley received his official Peace Officer Standards and Training Commission (POST) certification on November 23, 2018.

After being on the job for only three months, Farley has been involved in the seizure of 40 pounds of marijuana, 9 grams of cocaine, 16 grams heroin, and 9 grams methamphetamine.

Farley begins searching for drugs only upon hearing



Detective Moranz and Farley are ready for duty. Photo courtesy Citrus Heights Police Department.

the words, "peanut butter" spoken by his handler. As far as Farley is concerned, he is not looking for drugs, only his tennis ball. Working as a team, Farley detects the scent of the narcotic and alerts Detective

Moranz by a behavioral change such as sitting close to the source of the odor of the controlled substances he is trained to alert to. Moranz watches him while he is working an area and checks to validate

what he has found. Farley is rewarded with a "good boy" and a few tosses of his tennis ball each time his mission is accomplished.

In an email, Police Chief Ron Lawrence

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Council Affirms that Planning Commission Members Must Be City Residents

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG)
- At the Citrus Heights City Council meeting on February 14, City Clerk Amy Van described a proposed amendment to the Citrus Heights Municipal Code that would require Planning Commission candidates live within city limits. The current code does not specify a residency requirement, so staff recommended that the Council formalize the requirement as a necessary condition of eligibility for the Commission.

The Citrus Heights Planning Commission is comprised of seven members appointed by the City Council. Each Council member appoints one Commission member to serve a four-year term. Through majority vote, the Council also appoints two at-large Commission members to serve two-year terms.

The Citrus Heights City Manager's office revitalized the recruitment and application process for the Planning Commission in October 2018. Staff increased community outreach using e-newsletters, service group announcements, and social media to inform local residents of the opportunity to apply for consideration for Commission appointment. The new recruitment process resulted in increased applications for the Commission, and the new application process includes convenient candidate video interviews for the Council to review. The revitalization process revealed that although residency within city limits is an expected condition of candidacy, there was no formal requirement.

Vice Mayor Jeff Slowey said he supports the amendment, stating, "It should be a minimum requirement that board members be residents of the city."

Councilmember Bret Daniels also supported the amendment, but he did ask whether all the current members of the Planning Commission live within Citrus Heights. Van responded affirmatively, so the proposed amendment will have no effect on the current Commission membership.

Mayor Jeannie Bruins called for a vote and the measure carried

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Sayonara Youth Center is Thriving

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - If there is a residential street or neighborhood that can be showcased as a template for totally revitalizing itself, it is Sayonara Drive in the city of Citrus Heights.

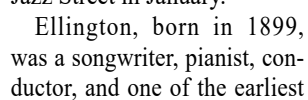
For the first ten years of cityhood, Citrus Heights endured the stigma of the crime and blight on Sayonara Drive. This three-block swath of land was known for gangs, drugs, shootings, assaults, and a myriad of other calls to 911. Located off Sunrise Boulevard, between Greenback Lane and Auburn Road, Sayonara was the street to avoid. Calls to the Sacramento County Sheriff's Department were,

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Sayonara kids pose with cards depicting one of the mission statements of the center, to make good citizens and leaders of their students. Photo courtesy of Julie Habeeb.

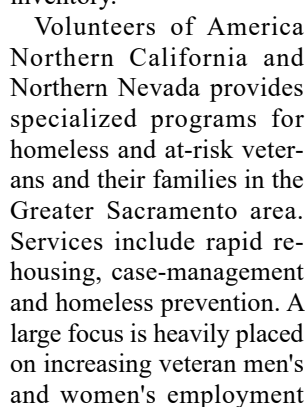
Na’Vaughn Martin, who carries the moniker of Mr. Sax and studies music at Howard University, will perform with the band at several locations throughout Sacramento. Martin had participated in a



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Volunteers of America Opens Transitional Housing Program for Homeless Veterans

This program offers the first new transitional housing beds for homeless veterans in Sacramento County, in over three years. The housing units are conveniently located at VOA's Mather Community



Founded locally in 1911, the Northern California & Northern Nevada office of Volunteers of America is one of the largest providers of social services in the region. The professional paid staff operates more than 50 programs in categories that include: crisis housing, supportive housing, employment and training services, and corrections. In fact, Volunteers of America provides shelter or housing to nearly 1,800 men, women and children every night in Northern California. Nationally, Volunteers of America helps more than 2.5 million people annually in more than 400 communities. Learn more about Volunteers of America Northern California & Northern Nevada at www.voa-ncnn.org. ★

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Farley Does the Trick Sayonara Youth Center is Thriving

Citrus Heights Police K9 to Serve Sacramento Region



CHPD Farley is the only one certified for narcotics detection.

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expressed his pride in Farley's accomplishments. "Having Farley on our team has been a tremendous asset. He is not only an expert at sniffing out illegal drugs and helping to solve crimes, but he is also a huge hit within our community. Everyone seems to love Farley! In a very short period of time, Farley has already proven himself as a valuable member of our policing team."

The team continues their training weekly at different

locations with different trainers to keep their skills sharp. Moranz described to this reporter one search where a substance was hidden high on the wall inside a covered a key case. Farley heard his command, took off and ended up twirling in a circle towards the source of the odor of the controlled substance. He then clamped his paws onto the wall beneath the box and stared at it until rewarded for his work.

Of the five K9's with the CHPD Farley is the only

one certified for narcotics detection. K9's Dax, Blitz, Luke and Jake are trained in officer protection, tracking and criminal apprehension. Farley spends his off time with his handler, Dave Moranz. Both are on-call to assist CHPD and USPIS wherever and whenever there is a need for a narcotics detection canine. Farley has also been called out by CHPD to assist in searching for illegal narcotics and on other cases. ★

Continued from page 1
on average 32% higher than anywhere else in the city. That was then. Now, almost 13 years since the Citrus Heights Police Department (CHPD) was formed in 2006 and began a methodical transformation of the street, crime is down more than 70%, 15 offending apartment building were demolished and a long, ongoing collaboration was created and is continuing to this day to keep Sayonara Drive safe for its families and the surrounding communities.

This collaboration is between Campus Life Connection, which oversees the work of the Sayonara Children and Youth Center, CHPD, local churches and other service organizations, and members of the community at large. All continue to work alongside the families of Sayonara Drive.

The mission of the Center according to the Campus Life Connection / City Life website is to "develop character, confidence, responsibility and faith in the lives of young people and their families through educational, social, physical and spiritual programs."

Integral to the project's success was the work of a new Problem Oriented Policing (POP) Unit created by then Police Chief Christopher Boyd to address the problems on Sayonara. Officers formed relationships with students at the first Sayonara Children and Youth Center housed in two small apartment units.

Eventually, as trust grew between police and residents, these officers, working with the City, volunteers from the community and local churches, along with the students and their parents became a successful team, eventually



Some of the high school students with Sayonara Site Director Julie Habeeb, sitting, far right.

taking back their street.

In 2012 a new 2,700 square foot Children and Youth Center and a new park and playground was built for the residents of Sayonara Drive with a federal grant.

Julie Habeeb has been site director since 2015 when Gladys Standard, the first site director retired. Habeeb, 28, works with over 100 students from elementary through high school who call this building and playground their home away from home.

Habeeb volunteered at the "old" center in 2008 while in high school. She kept in touch with the Center and some of the students during her three years in Los Angeles working for a non-profit. Upon her return in July of 2012 she was hired on staff with Campus Life Connection to be the Program Assistant at the Sayonara Center. In 2015 she was hired as site director at Sayonara.

At risk children and teens work and play hard and thrive at the Center. There is never a dull moment when students begin to arrive for the after-school program. Tutors and other volunteers help with homework, make healthy snacks, help on the computer or baking or artwork. When homework is completed many students and volunteers head next door to play on the half-sized basketball court.

Students are constantly learning during their time at the Center. One of the goals of the City Life program is "to raise leaders in their communities who will affect long term change." Not only do they learn at the Center but working with Sunrise Park and Recreation, playing football, basketball, martial arts, and attending CHPD Police Activities League (PAL) events.

During the summer there are middle and high school trips day camps and trips including Break Away at Bayside, swim lessons and Extreme Camp with the CHPD.

Two students tell why they like going to their after-school program and other outing. Sergio, 12 says, "The reason I attend the Center is because it's a fun place to be at and it's also a cool hang out spot. I look forward to fieldtrips with the Center. My favorites so far have been going to Santa Cruz and to Mojo Dojo."

Richard, 15 says, "If it wasn't for the Center I am sure I would have dropped out of school already."

If you would like to be a volunteer at the Center call 916- 390-1117.

Sources: Campus Life Connection California Police Chiefs Association★

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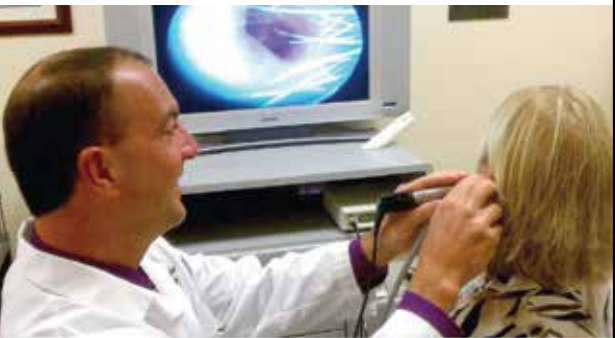
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Sacramento Life Center Baby Basket Drive Raises \$10K To Help New Moms



The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy.

By Kristin Thébaud

SACRAMENTO, CA (MPG)

- The Sacramento Life Center's fifth annual Baby Basket Drive for new moms raised more than \$10,000 from the community in December, which will buy more than 200 baskets for patients throughout 2019. The drive is held each December to kickstart the 500 baby baskets needed so that every Sacramento Life Center patient who gives birth in the coming year can receive a basket of needed items, including formula, diapers, newborn clothes, pacifiers and more.

Donations will be accepted throughout 2019 and can be made online at www.saclife.org by writing Baby Basket Drive in the message box on the donation page. Gifts can be made in any increment, but

a donation of \$50 buys one basket.

“One of the most overwhelming feelings is learning that you’re pregnant and fearing you won’t have the resources to care for your vulnerable baby,” said Marie Leatherby, executive director, Sacramento Life Center. “Sometimes something as simple as a gift of diapers and newborn clothes can give expecting mothers the confidence that they have a support system to help raise their child. These baskets give expecting mothers proof that they will always have a family here at the Sacramento Life Center and supporters out in the community rooting for their family.”

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned

or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling for men and women, education and resource referrals. The nonprofit also offers a school-based teen education program, a 24-hour hotline and a program for women experiencing reproductive grief. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svpclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: *Thébaud*
Communications ★

Railroad Museum Debuts New Exhibit Titled “Farm-to-Fork: A Public History” Created & Designed by Sac State Students

**By Traci Rockefeller
Cusack**

SACRAMENTO, CA (MPG)

- The California State Railroad Museum & Foundation are proud to announce an all-new exhibit titled "Farm-to-Fork: A Public History" which is the creation of graduate students of the Capital Campus Public History Program at California State University, Sacramento. The team of dedicated history students conducted the bulk of the research, image search, and approved the design concepts under the direction of California State Railroad Museum Director and Professor, Dr. Ty O. Smith, and Interpretation & Education Manager, Kimberly Whitfield. The curriculum put into action the philosophy that the Museum's highest calling is to be a laboratory of learning.

The focus of the new exhibit is to relate the multi-faceted story about the critical role the railroad played in transporting the Central Valley's agricultural bounty to the surrounding region, state and nation. In short, the railroad helped to create the very foundation for the global success known today as farm-to-fork. This new exhibit provides Railroad Museum visitors with the opportunity to gain a more

complete understanding about the production and delivery of goods, appreciate the deep history of the people and lives behind the foods we purchase, and learn how railroads played an integral role in that history.

As background, not long after California's Gold Rush in the 1850s and the completion of the Transcontinental Railroad in 1869, many early Californians turned to farming the fertile Delta. The bounty of high-quality fruit and produce grown locally was loaded into ice-cooled railroad cars. Locomotives then pulled the refrigerated freight cars through the Sierra to eager buyers farther east and beyond. This agricultural success was made possible by opportunity, new technology and hard-working people coming together at the right place at the right time in history.

Available now for public viewing, the “Farm-to-Fork: A Public History” exhibit is located in the Museum’s Roundhouse inside and surrounding the popular “reefer” car (also known as the refrigerator car) and will remain on display permanently. Viewing the exhibit is included in Museum admission: \$12 for adults; \$6 for youths ages 6-17; free for children ages 5 and under. For

more information about the exhibit or the California State Railroad Museum or Foundation, please call 916-323-9280 or visit <https://www.californiarailroadmuseum/>.

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California State Parks provides for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high-quality outdoor recreation. Learn more at www.parks.ca.gov.

The mission of the California State Railroad Museum Foundation (CSRMF) is to generate revenue and awareness on behalf of its destinations, while supporting the preservation, interpretation and promotion of our railroad heritage. The Foundation provides funding for ongoing support of numerous programs, both at the museum's Old Sacramento location and at the historic park in Jamestown, Calif. For more information, please visit www.californiarailroadmuseum.com.

*Source: T-Rock
Communications ★*

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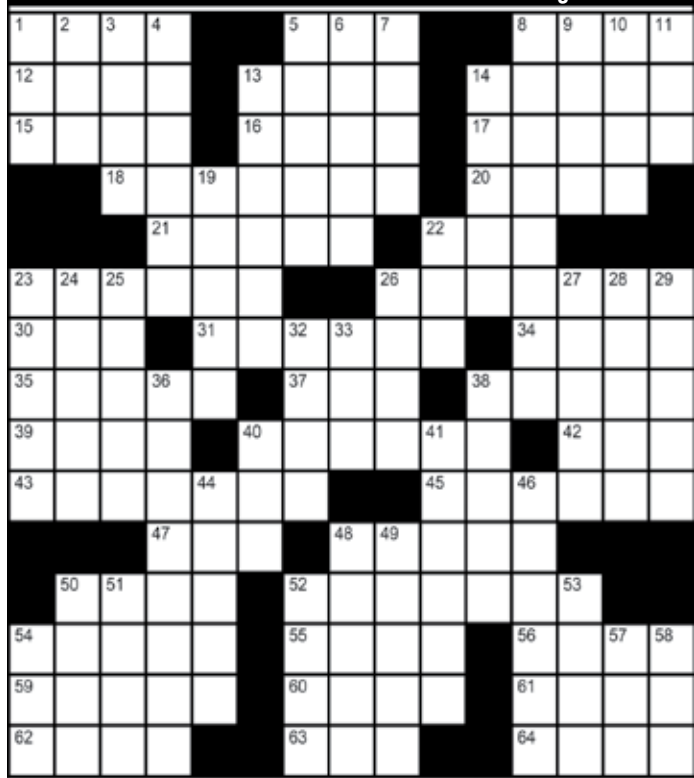
CLUES

ACROSS

1. *Animated Isle dwellers
5. Dropped drop
8. *Kind of editing
12. Doing nothing
13. Hoodwink
14. Support person
15. Toothy wheel
16. Distinctive flair
17. Tadpoles, eventually
18. *"Bohemian Rhapsody" protagonist
20. Norse capital
21. *Kathy Bates' Annie Wilkes, e.g.
22. Contrary conjunction
23. Withdraw, like Ukraine from Soviet Union
26. Sweet Madeira wine
30. *"Green Book" nominee
31. Completely lacking
34. Clip contents
35. Like pleasant winter day
37. Charge carrier
38. Food between meals
39. Relating to ear
40. Religious split
42. *"BlackKklansman" nominee
43. Sweet treat
45. *Paths to glory
47. One or some
48. Wharton's "The House of _____"
50. Shipping hazard
52. *"Challa, a.k.a. Black

54. Arranges into categories
 55. One with pants on fire?
 56. Japanese stringed instrument
 57. "Nominations for "A Star Is Born" (2018)
 60. "Olivia Colman's royal character
 61. Discharge
 62. Fill to excess
 63. Casual attire
 64. * "The _____ Emperor," winner of 9 Oscars
- DOWN
1. "Can you _____ it, man?"
 2. Schiller's address to joy
 3. "The Oscars show is filled with it, informal
 4. Tranquil
 5. Seductive beauties
 6. Tire in the trunk
 7. Say it isn't so
 8. "Ryan Gosling's role
 9. "Former American _____ and best supporting actress winner
 10. Emmet Brickowski's brick
 11. "Robinson in "The Graduate"
 13. King's order
 14. Run _____ of the law
 15. Red, as in healthy complexion
 22. * "The _____ and the Beautiful," winner of 5 Oscars
 23. Heidi's shoe
 24. Fill with optimism
 25. Locomotive hair
 26. Twiggys skirt
 27. Size
 28. "Kevin Hart stepped down from this role
 29. Ox connectors

Crossword Puzzle Solutions on Page 7



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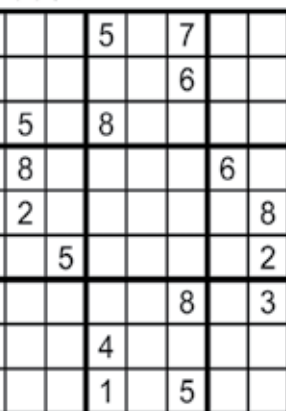
32. *Bale's role

33. "_____ la la!"
36. "Literary forgerer portrayer
38. "2-time Oscar-winning Dame
40. "Jessica Lange won Best Actress for "Blue _____"
41. Famous existentialist
44. Teen worry
46. Israeli money
48. "Jackson _____ of "A Star is Born"
49. Stupid or silly
50. Result of hair follicle infection
51. "Cogito, _____ sum"
52. Neighborhood map
53. "Best Picture and Best Foreign Language Film nominee
54. Dry, Demi-_____, Doux
57. _____ the season ..."
58. Giant Hall-of-Famer

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in the blank squares in the grid, making sure that each row and column and 3-by-3 box includes all digits 1 through 9.

Solutions on Page 7



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By Marlys Johnsen Norris, Christian Author

Think about this and meditate on it a bit. **Our personal belief, understanding and faith about who He is as God (Father, Son, and Holy Spirit) IS extremely much more than our personal understanding. He is omnipresent, omnipotent, sovereign, holy, magnificent, magnanimous, marvelous Creator of all that is, Savior of our souls and giver of genuine and everlasting love.** God is so much more than any of us can even imagine and He loves every single one of us regardless of the sinful things we have done in our lives. His Holy Spirit reaches out to us in a million different ways to help us know and understand

God Is So Much More!

the abiding love of God for each one of us. Some learn early in life that God loves them while others may take a lifetime and often they do not yield to God until they are in their deathbed. Regardless - the love of God for each of us is the same. Every single one of us was created for the divine purpose to have a personal relationship to know and love Him in our lives. No one is exempt! The Holy Bible's words are truth to teach and guide every life. ***"For God so love the world He sent His Only Beloved Son into the world, to die a cruel death on a Cross (paying the debt for our sins) that we might receive the gift of eternal life."* (John 3:16)** Until we begin our sincere search to know and love God, we never really understand what Ivri is all about. Ivri is a Hebrew word for one who has crossed over into a new life with God. They have left the old life and entered into a new life and been "born – again" with the blessing to enter the Kingdom of Heaven. It is after taking that first tiny step when we begin our walk and experience the many blessings and answers to prayer awaiting us on our journey. You might ask "how and what do you need to do?" A brand new life awaits and only begins when one decides to "SURRENDER THEIR ENTIRE FUTURE TO GOD"... Then, humbly on their knees pray. Just talk to Him. Tell God you are sorry for all the poor decisions you made in your life and you need His help to be healed. Then, invite His Son Jesus into your heart and life. He is the Savior or your soul. Now, tell Him that you want to make Him "Lord of your entire life" to help and guide you in everything and have His sacrificial blood wash all your sins away forever. He will do it! So be it in the precious name of Jesus, it is done.

AMEN (means So Be It!)

Marlys Johnsen Norris
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PO Box 114, Orangevale, Ca ★



By Pastor Ray Dare

Usually we think that God only uses really gifted, multi-talented people. But that's not true! God uses ordinary people. God uses imperfect people. You don't have to be perfect to help other people. If that were true, nobody would get helped! You just must be headed in the right direction. If you are just one step ahead of somebody else, guess what? You're a leader! You can help that person take their next step. If you're in recovery for one reason or another (and the truth is we all need recovery in some way), the proof of your recovery is when you begin to focus outside yourself. You're no longer self-absorbed with "my problems, my hurts, my needs," and your focus begins to shift, "How can I help other people?" The Bible says, *"God comforts us in all our troubles so that we can comfort others. When*

Pastor Ray's Encouraging Words

Share Hope with Others

others are troubled, we will be able to give them the same comfort God has given us. So, when we are weighed down with troubles, it is for your benefit... we can be an encouragement to you." 2 Cor. 1:1,4 (NLT)

Your greatest contribution to the world will not be through your strengths. It will be through your pain, through your problems, the difficulties that you've gone through. People are helped when you're honest, when you're authentic about your weaknesses, problems and pain. When people see your strengths they think, *"Well that's great for him! That's great for her! But I'll never be that! I could never do that!"* But when you share about your weaknesses, when you say, "I went through this pain...I went through this difficulty...I had this problem...but this is how God brought me through it. This is how God helped me." People can relate to that, and they begin to think, *"Maybe God can help me too? Maybe God can see me through my situation too?"*

Don't waste your pain. Begin to give hope to others. Everybody needs hope, because everybody is hurting in some way. People need hope to cope. That's why God wants you to share your story. Share how God has helped you. You don't have to be a Bible genius to share your story. You don't have to have all the answers. You simply say, *"This is how God is changing me...this is what God is doing in my life."*

I want to encourage you to begin sharing your hope with other people, your story. People could care less about your religion. They don't want to hear about religion. What people are starving for is hope. Share your story how God has given you hope, it's that simple. As you begin to share with others you will begin to see hope rise on the inside others and God will begin helping them the same way He's helped you.

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6	2	1	3	5	4	7	8	9
7	9	5	6	8	1	3	2	4
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Sacramento County DA Reports



Defendant Convicted of Murder, Attempted Murder, Gun Charges

DATE: February 6, 2019
CASE: David Eggman
(Case #18FE000227)
PROSECUTOR: Deputy District Attorney Shelly McGill, Homicide Unit

David Eggman was convicted by a jury of the second-degree murder of Angelo Reyes, attempted murder, assault with a semi-automatic firearm, discharging a firearm at an occupied vehicle and being a felon in possession of a firearm. The jury also found true allegations that Eggman personally used a firearm causing great bodily injury or death.

On December 16, 2017, Angelo Reyes went to a convenience store and ran into people he knew. A verbal confrontation ensued and the other party called David Eggman and others to the scene for reinforcement. Eggman punched Reyes, who then left and later went to a house where Eggman had gone. After another verbal confrontation, Eggman produced a gun and started shooting. Reyes was shot and killed. Reyes' brother was struck, but he survived.

An allegation that Eggman suffered a prior strike conviction for voluntary manslaughter will be determined at the sentencing hearing. Eggman faces a maximum sentence of approximately 85 years to life in prison. Sentencing is set for April 5, 2019, at 1:30 p.m. in Department 62 before the Honorable Michael Savage

Defendant Convicted for Foothill Farms Murder

DATE: February 5, 2019
CASE: Souksavanh Phetvongkham
(Case #17FE005490)
PROSECUTOR: Deputy District Attorney Matt Chisholm, Homicide Unit

Souksavanh Phetvongkham was convicted by a jury of the first-degree murder of Mario Benitez-Gallegos. The jury also found that

Phetvongkham personally used a deadly weapon during the murder.

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

An allegation that Phetvongkham suffered a prior strike conviction for aggravated felony assault will be determined at the sentencing hearing.

Phetvongkham faces a maximum sentence of 56 years to life in prison. Sentencing is set for March 8, 2019, at 11:00 a.m. in Department 31 before the Honorable Gerrit Wood.

Defendant Convicted of First-Degree Murder

DATE: February 1, 2019
CASE: Joshua Childers
(Case #17FE005883)

PROSECUTOR: Deputy District Attorney Satnam Rattu, Homicide Unit
Joshua Childers was convicted by a jury of the first-degree murder of Victoria Vasquez. The jury also found true a use of firearm enhancement.

On March 28, 2017, a Placer County 911 dispatch received a call from a man reporting he had shot his wife and she could be found in a mobile home park in South Sacramento. A record check of the phone number used to call 911 located an address associated with the phone number. Officers responded to the residence and found a deceased woman in a bedroom. Law enforcement located Childers by pinging his phone and he was taken into custody the same day.

Childers faces a maximum sentence of 50 years to life in prison. Sentencing is set for March 22, 2019, at 10:00 a.m. in Department 34 before the Honorable Ernest Sawtelle.



Pooches

We care about our animal companions, and we want to keep them healthy and happy. With the weather changes from wind and rain to cold and snow, we need the keep informed on how to keep them safe. Enter Dr. Carol Osborne who has some essentials to get your furry friends through any weather...anywhere. **Dr. Carol's** books tell all... **"Naturally Healthy Dogs"** and **"Naturally Healthy Cats."** Here are some tips.

1) Recognize Your Pet's Norm. To know what's abnormal, you must know what is normal. Be mindful of sleep patterns, play patterns, and eating patterns.

2) Try To Feed A Natural Whole Food Diet. Avoid dry dog food.

3) Fresh Water 24/7. Distilled or Reverse Osmosis is so good for pets.

4) Avoid Obesity And Over Feeding. This decreases your pet's life span by one-third.

5) socialization is a must. It reduces anxiety and promotes mental happiness. **6)**

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Daily Exercise. 20 minutes twice daily is the minimum.

7) Routine Vet Visits And Preventative Care. For your dog 1-6 years, do annually...seniors seven years and up should go every six months.

8) Avoid Unnecessary Pesticides. Avoid flea and tick prevention in the winter.

9) Avoid Over Vaccinating.

10) Routine Grooming And Bathing. It keeps your pet's skin and hair coat in tip top shape.

Of course, there are some of you who live or travel to the mountains for some snow fun. So Dr. Osborne filled me in on the Cold Weather Woes too.

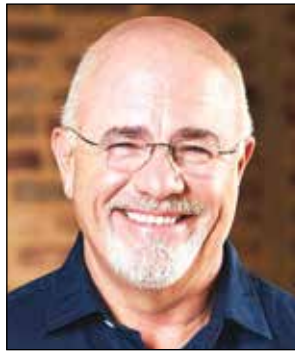
1) When Using Ice Melting Products Like Rock salt and De-icing chemicals, spritz your pet's feet with water when they come back inside to avoid irritation of their skin and paws. Signs of ingestion include excess drooling, depression and vomiting.

2) Antifreeze Is Deadly For Pets. Clean up spills/leaks immediately and make sure that it is stored in a sealed container locked in a secured cabinet. If you think your pet has consumed antifreeze, this is a life or death emergency. Go to your vet

ASAP and call ahead while you are on your way!

3) Keep Your Pets Protected From Frigid Temperatures. If it's too cold for you, it's too cold for your pet. Offer a little extra food during the winter months because more calories are burned trying to maintain body heat. **4) Frost Bite** include your pet's ears, nose, tip of the tail and ears. Frostbitten areas initially turn a reddish color then become gray. Treat frostbite with a warm bath and wrap your pet in warm towels. Don't rub an area that has frostbite. **5) Homemade Meals For Your Pet** are healthy and cost effective to ensure your pet is getting essential nutrients without risk of indigestion, weight gain due to overeating and the high caloric intake of processed foods. Cuisine made of equal portions of a lean protein (chicken, turkey, beef, veal, duck, fish eggs) long lasting carbohydrates (potatoes, rice, pasta, oatmeal) and fresh veggies (broccoli, spinach, green beans, lima beans, peas, carrots) are ideal.

And you can call with questions to 866-DRCAROL (372-2765) or you can check out www.drcarol.com. LOVE those critters! ★



Dave Ramsey Says

the loans, she'll start getting phone calls looking for the money, too. I don't think you want to subject your mom to the stress and hassle of collector calls or bad marks on her credit, do you?

Believe me, I understand what happened. Your mom loves you, and she wants the best for you. She's willing to do whatever it takes to help her daughter succeed. What I want you both to understand going forward is that the idea you have to borrow money to attend college - or do anything else, really - is a myth. There are many ways to get a great education, and find excellent career opportunities, without borrowing a dime. Scholarships and grants are everywhere these days. There's absolutely nothing wrong with working before and during college to help cash-flow an education, or you can begin your studies at a community college where the costs are much less. In addition to four-year schools and community colleges, anyone looking

to further their education shouldn't ignore the possibility of trade or technical schools. At these institutions, you can get valuable training that's highly marketable. Not to mention completing a trade or technical school program usually takes less time and is cheaper than a bachelor's degree.

My goal here isn't to fuss at you or beat you up, Terri. It's just very important you understand what's at stake - now and in the future. My hope is to give you and your mom some good information that will help each of you make smarter, more informed financial decisions down the road!

— 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. ★

A teachable moment

Dear Dave,
My mom is single, and she co-signed on my student loans for college. Would it affect her credit if I couldn't or didn't make the payments?
— Terri

Dear Terri,
Yes, it would. The truth is, your mom shouldn't have co-signed for you in the first place. There's only one reason lenders want a co-signer, and that's because they're afraid the person taking out the loan won't be able to pay back what's owed.

You'll be trashing your and your mom's credit if you don't pay the bills on time. If she co-signed for you, and you don't do the right thing and pay back



Carrie Hennessey



Trevor Scheunemann

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MAGAZINE

CHEERS & JEERS

by Damian Holbrook

Cheers to The Passage for tapping a new vein of vampire drama. In Fox’s creepy adaptation of Justin Cronin’s epic trilogy of books, bloodsuckers suffer from a virus that has gotten so out of hand, even Mark-Paul Gosselaar (as federal agent Brad Wolgast, pictured, with Saniyya Sidney) may not be able to stop it. But we love watching him try!

Jeers to CBS for not living its best life in Pieces. This unsung gem, starring Betsy Brandt, Thomas Sadoski and Colin Hanks as beleaguered suburban siblings, is easily the best broadcast sitcom

about a modern family, but we haven’t seen a new episode since last May!

Cheers to Schooled for being a lesson in spinning off with class. The Goldbergs’ ’90s-set spawn featuring Lainey (AJ Michalka, pictured) as a William Penn Academy teacher not only retains the heart and hilarity of its mother ship, but the ABC comedy has held its own in the ratings too. Surely that warrants a shrimp parm from Beverly?

Jeers to Not Believing us about You. We called Lifetime’s take on Caroline Kepnes’ best-seller a juicy stalker soap months ago and nobody listened. The ratings sank



AJ Michalka as a William Penn Academy teacher not only retains the heart and hilarity of its mother ship.

lower than creepy Joe (Penn Badgley, pictured), the show moved to Netflix for the upcoming Season 2...and now Season 1 is a massive hit on the streaming service. Huh. ★

for even one more episode—see the recent Timeless finale—that it would be unfeasible to expect most canceled series to get that one last shot, even if there was a service devoted to such a thing. Miracles do happen, of course (again: see Timeless), and streamers have given series as diverse as Longmire and The Mindy Project a robust afterlife after the networks dropped them. But the reality is that TV on nearly every platform (even including streamers) is a high-risk business, and some shows just aren’t going to make it.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

ASK
MATT

BY MATT ROUSH TV Guide Senior Critic

Is There a Good Place For Canceled Shows?

Question: Do you think a streaming network could be successful whose only mission was rescuing and continuing to broadcast (or bring proper closure to) canceled series (quality only)? — Maurice

Matt Roush: As pipe dreams go, this is a noble one, but with so many impractical pitfalls I don’t even know where to start. What would you call it? The Endgame Channel? I was

especially intrigued by the “quality only” qualifier, because I can testify through my mailbag that almost every show, no matter how short-lived or critically derided, has some sort of fan base. (I’m expecting a complaint about CBS axing the mediocre Happy Together any day now.) The real issue, of course, is economic. All of the moving parts, from writers and producers to cast to crew, have to align to keep a show continuing

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Council Affirms that Planning Commission Members Must Be City Residents

Continued from page 1
unanimously.

An eight-month long project to redesign the City’s website is now complete, and Van presented the new design to the Council. She said, “The website serves as the hub of all things Citrus Heights.” The redesigned website highlights the “Solid Roots, New Growth” slogan in a modern, clean style. The navigation section has been simplified and new components have been added to the homepage.

The website features numerous vibrant photographs taken at different locations within the city, and links within the photos take visitors to a description of where the image was taken. Van said, “All the photos are representative of Citrus Heights and help tell our story.”

Mayor Bruins thanked

everyone for their hard work on the new website, stating, “It looks like it’s much easier to navigate and will help showcase the brand of the City.”

During public comment, Sheryl McCormick voiced concerns about the traffic outside of Carriage Elementary School on Carriage Dr. McCormick has been working traffic safety at Carriage Elementary for two years and has witnessed many near accidents as students cross the street to get to their parents’ cars. McCormick has seen numerous drivers take left turns out of the school from a right-turn-only lane. Additionally, the cars lined up to get into nearby Mesa Verde High School block traffic for the elementary students and their parents.

Mayor Bruins thanked McCormick for bringing

this issue to the attention of the Council and said that members of the Police Department in attendance at the meeting would follow up on the matter.

Arthur Ketterling brought forward another traffic-related concern, stating that when the signal at San Juan Ave. and Greenback Ln. changes, the crosswalk sign doesn’t always change to allow pedestrians to cross. When it does change, the sign doesn’t give much time for pedestrians to get across the street. Ketterling stated that he has seen kids riding bikes through the crosswalk to make it before the signal changes, and he is concerned that that could cause the kids to get hit by a car.

Mayor Bruins said the Council will look into the timing for the signals and ensure pedestrian safety. ★



By County Supervisor
Sue Frost

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

Exactly a year ago, I wrote an article in the Citrus Heights Messenger outlining why I thought Sacramento County was in need of a work program for people who are homeless. Since then, I worked to help craft a plan that would not only employ people who are homeless, but also work to beautify Sacramento County at the same time. I am thrilled to announce to you that the plan was formally adopted at the end of January, and will begin to be implemented in March. I want to take this opportunity to explain the program to you, and share with you why I believe it will work.

Ten homeless people will be identified who are both willing to work and get clean. They will meet four days a week at a central location, and then be driven to the American River Parkway to get paid minimum wage to do cleanup work. The American River Parkway has been completely trashed in many sections due chiefly homeless encampments and negligent teenagers, so this work is much needed.

In the afternoon, they will

Citrus Heights Community Update

From Theory to Reality: Getting Homeless into Jobs

then be driven downtown to go through a job training program. This job program is aimed to get them various certifications in the construction industry. With the surge in construction in this region, there is a lack of construction workers, and this is the perfect field for them to get entry level work in.

After ten weeks of working and going through the classes, they will have graduated out, and a new group of ten will start the program. After leaving the program they will then get help in finding employment by getting introduced to employers, receiving job interview training, getting help creating a resume, and getting help obtaining job-appropriate clothing. This is also coupled with trying to find them a permanent housing solution.

I take great issue with new government programs that are started and turn out to be ineffective, yet get funded for eternity. With that in mind, this will be a trial program that will last for 40 weeks. After those 40 weeks, we will evaluate the program to see if it’s working, whether changes need to be made, or whether we need to end the program entirely.

To get this job done, the County (with major help from Sacramento Regional Sanitation District) decided to contract with PRIDE industries, a nonprofit headquartered in Roseville. Their primary mission is to help people who have disabilities overcome employment obstacles, and empower them to lead productive, independent lives as contributing members of our community. It seemed

to me to be a perfect fit to have them work with people who are homeless, as many of their challenges are similar to people who have disabilities, such as regaining a sense of self-worth and finding reliable transportation.

I’m excited about this program because I believe finding jobs for people who are homeless is an important piece to this overall problem that we are not looking close enough at. I like the idea of giving them training in a field that sorely needs jobs, and I like the idea of teaching them what it is like again to feel accomplished for earning a paycheck by putting in a hard day’s work.

I know this is a drop in the bucket in terms of solving this overall problem, but I am hopeful that we might be onto something really great here, that over time and careful development we can end up putting to work far more than just 40 people.

Before signing off, I want to invite you to my next Citrus Heights Community Meeting on March 18th at 6:00pm at Citrus Heights City Hall (6360 Fountain Square Drive). Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or e-mail me at SupervisorFrost@sac-county.net.

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

Ribbon Cutting

California Fish Grill held their grand opening ribbon cutting on Friday, February 15. They are located at 5406 Sunrise Blvd. in Citrus Heights. General Manager Alex Juarez, surrounded by his team, cut the ribbon. Attendees include representatives from the Citrus Heights Chamber and the Citrus Heights Police Department. ★

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