



**Surviving the USS
Arizona Bombing**
PAGE 2

**Highway Patrol
Cadets Become
New Officers**
PAGE 4



Citrus Heights Messenger

"Written by the people, for the people"

VOLUME 8 • ISSUE 23 Serving the City of Citrus Heights & Sacramento County DECEMBER 7, 2018

**LOCAL PROJECT
"WARM WISHES"
NEEDS YOU**



PAGE 5

**FOCUS ON
RELIGIOUS
FREEDOM**



PAGE 11

**OES REPORTS
AT CHAMBER
LUNCHEON**



PAGE 12



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It Happens Here Too *Local Rotarians Fight Human Trafficking*



In partnership with 3 Strands and the Voices and Faces Project, an organization for survivors of trafficking and sexual violence, District 5180 rolled out a three-month public awareness campaign. Stock image

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - Human trafficking is the fastest-growing criminal activity in the world; it is a \$150 billion industry, with 40 million people trafficked worldwide. The FBI estimates that every day 100,000 people are trafficked in the United States, and the Sacramento region is actually considered to be a hotbed for sex trafficking. "People think it's not happening here, they think it's a third world problem, but it is happening here. It's happening everywhere," said Gail Moxley, a member of the Rotary Club of Citrus Heights.

The local Rotary District 5180 has launched a large-scale campaign to combat human trafficking in our area. There are 41 clubs in District

5180—including clubs in Citrus Heights, Fair Oaks, Carmichael, Rancho Cordova, Roseville, Sacramento, and Gridley. Clubs throughout the district are funding an education and public awareness campaign with approximately \$340,000 in combined grant and local funding. Rotary members Brian Gladden and Bob Deering initiated the project three years ago. "We had been wanting to do something...to spotlight what we do here in the region but to also affect change on a global scale," said Gladden, assistant governor for District 5180.

At the beginning of the project, they didn't know much about human trafficking, so they spent months getting educated about the issue. They met with multiple agencies to ask

"What can we do to help?" They met with victims' services organizations (such as WEAVE, My Sister's House, and Family Justice Center); health-care providers; educational leaders; law enforcement agencies (including the FBI, Sacramento County Sheriff, the Attorney General's office, the District Attorney, and California Highway Patrol); and State assemblymen Kevin Kiley, Ken Cooley, and Rob Bonta. These meetings revealed that human trafficking was mostly being addressed reactively through victims' services (addressing the needs of survivors) and law enforcement (arresting and prosecuting offenders). But there were no prevention programs in place to stop trafficking before it occurs.

Continued on page 3

City Council Approves \$12 Million Line of Credit

**Story by
Shaunna Boyd**

CITRUS HEIGHTS, CA (MPG) - When Citrus Heights first incorporated as a city in 1977 they had to make a Revenue Neutrality agreement with Sacramento County that allows the county to keep Citrus Heights property tax revenue for 25 years. Under this agreement, Citrus Heights will receive the property taxes starting in January 2023.

The city is now entering the period when their expenditures outweigh incoming revenue, but this is not a surprise. At the time of incorporation, projections showed that this would happen well before the 25-year Revenue Neutrality agreement expired. Current

projections suggest a \$5 million deficit over the next three years.

Ronda Rivera, Citrus Heights finance director and assistant city manager, presented a budget proposal to the City Council that staff believes will offer the flexibility needed to meet the city's needs on operations and capital improvements. The proposal addresses the city's need for funding in order to maintain vital projects, such as the Auburn Blvd. expansion, which is an estimated \$20 million project. In order to ensure funding from state and federal agencies, the city will need to show they have \$4.5 million of matching funds by 2020.

Because the city does not want to incur long-term debt, staff looked at

short-term solutions. The city asked the Sacramento County to extend the period of Revenue Neutrality beyond the 25-year agreement while allowing the city to collect half of the property taxes, but the county was not willing to modify the agreement.

The proposed budget solution is a revolving line of credit with Western Alliance Bank for \$12 million. The Community Center building would be pledged as collateral for the line of credit, with the debt scheduled to be paid off by September 2024—less than two years after the end of Revenue Neutrality. The city would also have the ability to begin repayment as early as March 2021. Without this line of credit, the city is projected to have only \$350,000 in

the general fund reserve by fiscal year 2021-2022. If the Council adopts this proposal, the new model predicts \$2.9 million in reserves.

After the presentation, Mayor Steve Miller opened the floor to public comments from local residents. David Warren expressed concern that the line of credit will be used to fund operating costs for the city instead of being used exclusively for capital improvements. He worries that a recession could reduce property tax revenue and then the debt wouldn't be repaid on time.

Bill Van Duken said it was well-known that the cost of incorporating as a city would eventually lead to this point of revenue shortfall. "Through

Continued on page 3

Volunteers Needed for County Homeless Survey

SACRAMENTO COUNTY, CA (MPG) - Volunteer registration for the 2019 Homeless Point-In-Time (PIT) Count is now open. The count will be conducted on the evenings of January 30 and 31, 2019.

The biennial PIT count is a county-wide special census which provides a snapshot of who is experiencing homelessness on any given night. The data gathered helps shape policy and programs designed to assist some of our most vulnerable residents.

Sacramento Steps Forward is partnering with Sacramento State's Division of Social Work and the Institute for Social Research on this crucial project.

Sacramento Steps Forward will be recruiting hundreds of volunteers who will be trained and grouped in teams to canvass the community in organized deployments during the two evening counts, rain or shine. Volunteering does not require any prior experience but you must: be 18 years of age or older; have a strong interest in helping people who are experiencing homelessness; and attend required training's to learn to safely conduct accurate counts with teams within carefully pre-mapped territories..

If you would like to form a group of coworkers, family or friends, we will accommodate your requests. More information will be provided to registered volunteers as we prepare for the event. Volunteer at Volunteer@SacStepsForward.org

The most recent biennial PIT Count was conducted in January 2017 and found that the total number of people experiencing homelessness in Sacramento had increased by 30 percent since 2015. Of those, people who are living outdoors on the street, in tents, cars, or RVs - increased by 85 percent. Sacramento followed a West Coast-wide trend reporting increasing numbers of people experiencing homelessness.

Sacramento Steps Forward is a nonprofit organization committed to ending homelessness in our region through collaboration, innovation, and connecting people to services. Walking side-by-side with our partners, we seek to provide people experiencing homelessness with the support and services they need to find stability and long-term housing. Since 2012, Sacramento Steps Forward has been the lead agency for Sacramento's Homeless Continuum of Care. ★



Lonnie Cook Survived the USS Arizona Bombing

Story by Trina L. Drotar

CARMICHAEL, CA (MPG) - Lonnie Cook and his wife of 68 years, Marietta, have lived in Aegis of Carmichael since July after moving from Oklahoma. Cook is witty, a natural storyteller, just a tad bit feisty, and he recently celebrated his 98th birthday. He's a celebrity without a star on the Hollywood or Sacramento Walks of Fame. He has no viral videos on YouTube or Facebook. He is, however, one of only 335 men who survived the attack on the USS Arizona on December 7, 1941, and as of 2017, was one only five still living. And he knows exactly where he was when the bombs hit.

He entered the U.S. Navy when he was 19 years old. Only two years into his six year term, after having showered and changed into clothes to go ashore in, the bombs hit the battleship.

"It's good I didn't take too long," he said, "or I would have been blown up."

Cook was part of the 3rd division in charge of the gun turret. The ship, he said, sunk 15 to 18 feet before the orders to abandon were given. The next morning, he was one of several men who volunteered to go on the destroyers.

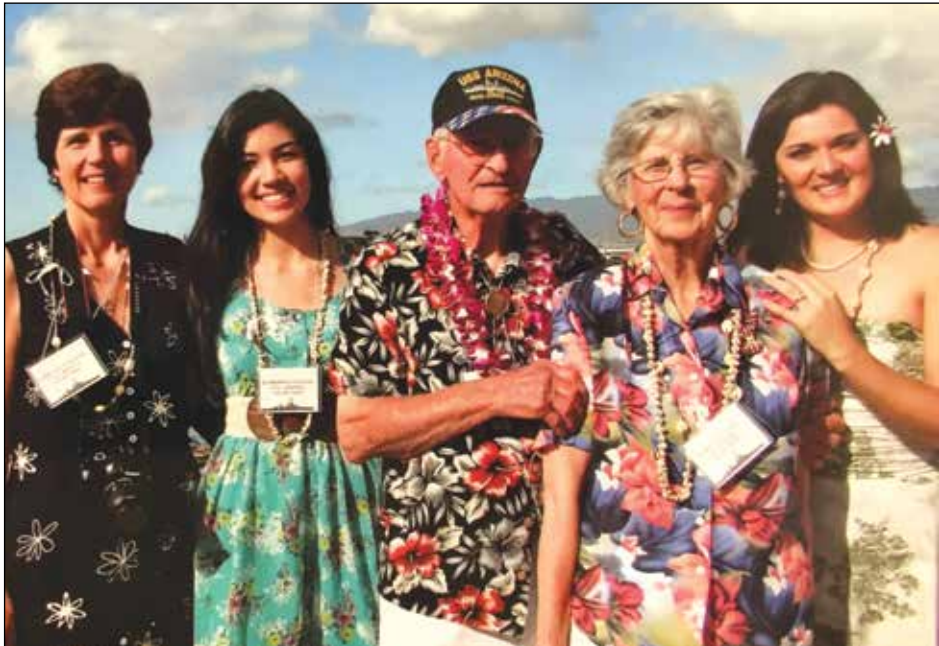
The couple was married two years after Cook finished his service. He attended college in Salinas and learned to weld. He spent 30 years as a welder.

"I helped build the two largest boilers west of the Mississippi River for Babcock and Wilcox and Kellogg, and I put a 20" gas line right through Brooklyn, NY in '57," he said.

The couple traveled the country for work, and he has many stories. He worked 75 straight graveyard shifts



Lonnie pointing to barbet of turret number 3 - his sleeping quarters and battle station.



70th anniversary of Pearl Harbor - Lonnie, Marietta, Daughter, Granddaughters.

once, but could not spend all the money he had earned. He needed the sleep.

"We bought a house, paid \$59 thousand for it. I don't remember what we put down. Three years later, I

put \$37 thousand cash in a paper sack, my 45 in my belt, and we went to Salinas Bank to pay the house off." This would be unimaginable today as would be the hunting he did on his way to and

from high school each day.

Cook, who is not a large man, was captain of his high school football team three out of four years, and he smiles a bit when he says that he crowned three

football queens. He is not a football follower and admits that he had considered basketball a sissy game, but he has since learned that it is not. Cook always chose hunting season over basketball.

He joined the service, he said, because he had no work and no money.

"I had to do something," he said.

His mom sent him to business school, but that did not work out because the city, with its street cars and police sirens, was too loud for the young man who grew up in the country.

"I couldn't sleep, so I told her I'm not going back, so I joined the service."

Two years later, he was on the USS Arizona expecting to go ashore on leave when the bombs dropped.

"Our shower was up just forward of where it blew up," he said. "I'd just come

back down to my locker." His work station was Turret 3 as part of the gun crew and he was at the bottom when the bombs dropped.

"I started up through the turret and I was half way up on the shell deck when it exploded and it turned the lights out and almost knocked me off the ladder, but I went on up into the gun room and we stayed there until we could go up on deck and take people off."

Most of the people on deck were crippled and burned beyond recognition he recalled and since the day's uniform was t-shirts and white shorts, the men had no protection.

Cook ended up on the USS Patterson DD-392 for temporary duty. He saw Lt. O'Hare shoot down six planes and become the first navy ace. He was in the Coral Sea battle when the Lexington was sunk, and went to Midway.

"When that was over I went to Alaska and took a tanker back to Pearl. I got transferred and went to electro hydraulic gunnery school in D.C. for three months," he said. "We got a call to go New York City to pick up the Battleship Iowa, which was a new battleship, and escorted it with President Roosevelt to Africa." The men spent time down the coast of Africa while President Roosevelt was engaged in meetings.

"I spent four days there, then came back to pick the battleship up, took it back to New York, and went down through the canal in time for January 1st."

He served in the Marshall Islands, Taipan, and made three landings in the Philippines before being transferred to Charleston, South Carolina to work on the hull of the USS 583 and picked up a convoy to the Azores. ★

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City Council Approves \$12 Million Line of Credit

Continued from page 1
frugal management,” said Van Duken, “we’ve been able to kick the can down the road. But we knew this day was coming and I applaud the city for looking at all options.” He urged the Council to adopt the proposal.

Kelly Severin said she appreciates the hard work of keeping the city debt free and thinks the city should remain debt free: “We want all these things, but sometimes we need to wait. Maybe we can’t do the Auburn Blvd. project when we want to.” Severin said it’s more important to stay out of debt and she is opposed to the line of credit.

Kathilynn Carpenter, speaking on of behalf of Sunrise MarketPlace, said it’s very important to continue investing in the city’s business corridors. She stressed the importance

of continuing the Auburn Blvd. improvements so the city can bring in revenue from new businesses. Carpenter supports the proposal and sees it as an investment in the city’s financial future.

Vice Mayor Jeannie Bruinns and council member Al Fox both said they support the proposal because it allows the city to remain financially sound without imposing long-term debt.

Council member Bret Daniels stated that due to “the 25-year extortion payments to the county, the Council established the general reserve fund knowing someday we’d reach this day when the tax money coming in won’t meet our financial needs.” He said he reluctantly supports the proposal because he thinks it’s the only fair thing to do for the citizens because it’s so important

to finish the Auburn Blvd. expansion.

Council member Jeff Slowey said that this proposal is not a typical line of credit, and this is one of the better deals he’s seen because the terms and conditions are in the city’s favor. “We have to have the money to show for Auburn. I’m disappointed we can’t say ‘debt free’ going forward, but we’re keeping all our options open.” Slowey said he reluctantly supports the proposal because the city needs to be able to pursue new economic opportunities.

Mayor Miller concurred with the statements of his fellow council members and called for the vote; the proposal passed unanimously. The city manager got approval to execute the necessary paperwork and the funding became available on November 29, 2018. ★

It Happens Here Too Local Rotarians Fight Human Trafficking

Continued from page 1
It became clear that the key to prevention is education. The Rotary was referred to 3 Strands (a local non-profit dedicated to fighting human trafficking), which has established curriculum for educating youth and the general public about the issue. The approach has two components: educational trainings brought directly into the schools and a public awareness campaign.

In partnership with 3 Strands and the Voices and Faces Project (an organization for survivors of trafficking and sexual violence), District 5180 rolled out a three-month public awareness campaign from July – October 2018. They paid for space on digital billboards on major free-ways and posters, signs, and advertisements at light rail stations, on busses, and at gas stations throughout the region. “The Ugly Truth” campaign dispels myths about so-called sex workers and offers facts about the exploitative and abusive nature of sex trafficking. The three-month campaign was extremely successful, reaching an estimated 78 million people. “It was a huge success to enlighten and educate

the region about the myths and realities of human trafficking,” said Gladden.

The educational component of the project is currently underway. District 5180 has met with every school district in the region to inform them about these trainings and to get schools signed up. District 5180 has enough funds to pay for trainings for 80,000 students and teachers. Trainings for younger students have softer messaging, while more details are provided to the older students. In 5th grade, the focus is on making safe choices. In 7th grade, the students learn that each person has an intrinsic value and that people are not commodities. Students in 9th grade are taught real-world signs to identify if they are being targeted for trafficking. The final level in 11th grade explains trafficking as modern-day slavery, putting the issue into historical context.

Teachers, administrators, and parents should also be on the lookout for signs of human trafficking: frequent absences from school, having two cell phones, having new jewelry, a new tattoo (which traffickers

sometimes use to brand their victims), or a major change in how a student dresses.

It is particularly important to educate younger students because the target age for sex trafficking is 12 – 14 years old. The majority of trafficking victims are vulnerable young girls targeted through social media. It’s not typically a kidnapping situation where someone is taken, sold, and never seen again. Most often the victims are trafficked right in their home towns, by men they have been brainwashed into loving and trusting. These men use fraud and coercion to get their victims to perform sex acts for money to prove their love. Many of these girls go home or back to school the next day and repeat the cycle over and over. “They begin thinking it is normal,” said Gladden.

District 5180 is hoping to do more than just prevent trafficking in our region; Gladden said, “The goal is to create best practices that can be mirrored anywhere in the world.” Educating youth and the general public about the signs of trafficking will hopefully result in greater awareness, and eventually a safer world for our kids. ★

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Cendrinne DeMattei
Executive Director

As this year wraps-up and we prepare for a new year, the Citrus Heights Chamber’s Board of Directors and the Chamber Staff want to pause and say thank you. Thank you to the over 300 members who continue to belong to the Chamber year after year. We welcome all the new members who joined us this year as we look forward to serving and helping you grow your business. And a big thank you to all of our Chairman Circle sponsors, noted below. We are grateful for your ongoing financial support so we can provide value to the members we serve.

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Sacramento Area Highway Patrol Cadets Become Officers

Story and Photos
By Trina L. Drotar

WEST SACRAMENTO, CA (MPG) - When they woke on the morning of Friday, November 16, the 46 men and women who arrived for final inspection spent their last morning as California Highway Patrol cadets. The class of 43 men and 3 women received their stars in a ceremony filled with pomp, circumstance, and a lot of fun.

Poor air quality had cancelled the cadets' run to the state capitol earlier in the week, and the final inspection had to be moved from the quad into the dining hall, and the emergency vehicle operator course (EVOC) demonstration was also cancelled, but none of those things dampened the spirit and the joy shared by cadets and their family and friends upon finishing a grueling six months at the state's only CHP Academy.

Among the graduates was Margarito Meza, the first graduate in the Law



Officer Erik Rodriguez with Family and Friends.

Enforcement Candidate Scholars (LECS) program at Sacramento State which began in 2017 to prepare college students from all disciplines for careers as sworn law enforcement officers at the local and state level. Program director Shelby Moffatt and a large group of LECS students were on hand to support Meza. Four are currently in the CHP Academy and are expected to graduate in 2019.

Early arrivals toured the Academy's museum and learned the history of the CHP and its role in popular culture. Timelines, motorcycles, including a rare 1941 model, and communications equipment

spanning several decades are on display in the museum which is open to visitors Monday through Friday from 8:00 a.m. until 4:45 p.m. and is free of charge.

Not free were the hours of intense physical and mental training that cadets endured during their six months away from family and friends. Cadets live on the West Sacramento campus for the duration of their training and education which includes a host of courses from basic Spanish to marksmanship to how to perform field sobriety tests. They must pass the EVOC driver training, attain certification in arrest techniques, and keep on top of their physical training. During the ceremony, a short film created by the graduating class provided family and friends a glimpse of life during the past six months at the Academy.

Prior to the ceremony in which cadets received their badges, they underwent their final inspection. Photos were snapped

and hugs were given to cadets for a few minutes before the inspection began. Commissioner Warren Stanley, Deputy Commissioner Scott Silsbee, Assistant Commissioners Amanda Ray and Nick Norton, and Captain James Mann greeted each cadet, moving through the ranks, shaking hands, and providing encouraging words to each.

In that group was Erik Rodriguez of West Sacramento whose family was joined by several of his military buddies who had flown in from Texas for his special day. The 34-year old veteran was honored with a plaque for being the class's most inspirational cadet, and he was recog-

are never first stationed in Sacramento.

Perhaps the brightest smiles to be found were from Cortez Sanders of Sacramento, his parents, and his extended family. His proud father, Bennett, was also recognized during the ceremony as he is a CHP employee. Sanders' mother, Adrienne, said that she is very proud of her son and all the work he put into becoming an officer. It was his father who held the honor of pinning the badge on his son, one of the traditions that did occur outside as is custom.

Cortez will report to Redwood City for his first assignment and will be joined there by fellow Sacramentan David



Cadets Lujan and Lee.

nized for his work as one of the company commanders. He will report to the San Francisco Bay Area for his first assignment as an officer.

Graduates are required to report to their first assignments within ten days and are sent where the greatest need is so many were sent to the southern part of the state. Cadets select up to three possible choices and

Waggoner who was honored as outstanding athlete. Also headed to Redwood City are Trevor Gossett of Sacramento and David Tran of Elk Grove.

For additional information, visit: <https://www.chp.ca.gov/chp-careers/officer/life-in-the-academy>. For additional information about the LECS program, visit: <https://www.csus.edu/hhs/lecs/>. ★



Officer Cortez Sanders Family and Friends.

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Families Needed to Provide Love to Foster Children

By Brenda Bongiorno, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - In California, there are more than 62,000 youth living in foster care and more than 34,000 waiting for a permanent family. In Sacramento County alone, there are less than 2,000 foster youth in need of a loving and affirming home.

Each November during National Adoption Month, Sacramento County reminds the community that you can make a difference in the life of a child by becoming a resource family. These resource parents, once known as foster parents, provide love, parental care, guidance and stability to children until they can either return to their parents or are provided a permanent home through adoption or guardianship.

Whether you are married or single, gay or straight, a homeowner or a renter, an aunt, teacher or simply a loving person that wants to positively impact the life of a child, Sacramento County Department of Child, Family and Adult Services hopes more people in our community will consider fostering a child.

Hundreds of new resource families are needed so that children and youth can live with a caring family in a home-based setting rather than in a group home. The more families who can open their doors to our children, the better. In particular, the County is looking for families who are able to foster teenagers, LGBTQ youth, African-American children, children with medical needs, emergency/last-minute placements and homes for sibling sets.

Sacramento County supports, trains and offers guidance, support and



Hundreds of new resource families are needed so that children and youth can live with a caring family in a home-based setting rather than in a group home.

assistance to resource families to make sure the journey is a positive transition. While reuniting children with their biological families is the primary goal, when that is not possible, staff can help resource parents adopt or take legal guardianship without having to undergo another approval process. This creates a continuous care experience for children who will no longer have to switch homes at the point of adoption.

On Nov. 15, we pause our busy lives long enough to speak the names of thousands of California children who are waiting in foster care for the love and support of a permanent family. Sacramento County, along with adoption agencies, are hosting the 30th Annual Calling Out of Names on the North Steps of the State Capitol from 9:15 a.m. – 4:45 p.m.

During the seven-hour vigil, adoptive parents, child advocates, community leaders and elected officials will continually read the names and ages of every child in California currently waiting for families. Some names have been read year after year.

“This powerful vigil for the community helps us to come together annually to

raise awareness and hope for children who are awaiting permanent homes in Sacramento County and throughout California,” said Michelle Callejas, Sacramento County Director of Child, Family and Adult Services.

Participating foster family agencies and sponsors:

- Legislative Sponsor: Assembly member Blanca E. Rubio
- Fiscal Sponsors: Better Life Children Services, California Department of Social Services, Koinonia Family Services, Lilliput Families, Sacramento County, Sierra Forever Families, Stanford Youth Solutions and Uplift Family Services
- Organizing Sponsors: California Alliance of Child and Family Services, Gail Johnson Vaughan and Sierra Forever Families

If you are interested in learning more about becoming a resource family for local foster children or an adoptive parent, attend the next Resource Family/Adoptive Parent Orientation or call (916) 875-5543.

Source: Sacramento County Media ★

Project Warm Wishes Needs You

By Michelle Bustamante

SACRAMENTO REGION, CA (MPG) - Can you imagine waking up all alone on Christmas morning with nothing to look forward to, no visitors coming, and nowhere to go? Each year countless seniors are left isolated and forgotten during the holidays.

Meals on Wheels by ACC serves approximately 1,500 home bound seniors through Sacramento County, many of whom suffer from loneliness day in and day out. For many, our volunteer drivers deliver much more than a meal, they deliver a connection to the outside world, friendship, and a warm smile.

This Holiday season we would like to invite you to brighten the day of a local senior by supporting our “Project Warm Wishes” and let a local senior know that they are remembered this holiday season. Now through December 14th, Meals on Wheels by ACC is gathering warm and cozy gifts of new purchased or handmade lap blankets,



A simple gift can bring a big smile. Photo courtesy Meals on Wheels

scarfs, gloves, socks, hats, tea or coffee, pet toys or treats (our seniors love their pets!) and more for our home bound seniors who might not otherwise receive a simple holiday gift.

Are you are able to share a little holiday magic with a local senior? Your unwrapped gifts may be dropped off at Meals on Wheels by ACC, 7375 Park City Drive, Sacramento

95831 or arrangements for pick up may be available. For more information about Meals on Wheels by ACC, our Project Warm Wishes donations, general donations or how to become a volunteer please contact Michelle Bustamante at (916) 444-9533 or mbustamante@mowsac.org. From the Meals on Wheels by ACC family to yours, Happy Holidays! ★

Sacramento Children’s Home Launches Annual Holiday Giving Program

SACRAMENTO, CA (MPG) - The Sacramento Children’s Home has kicked off its annual Holiday Giving Program, bringing the local community together during the holidays to serve children and families in need. Last year, our program provided gifts for 1,200 children, and the community adopted nearly 70 families, providing them with gifts, gift cards and everyday essentials. Once again this year we have 1,200 children participating; many of whom the gifts they receive through our program will be the only gifts they receive this year.

The holidays are a joyful time when we can give thanks for all that we have and give back to those in need. There are several ways for community members to get involved with the SCH Holiday Giving Program, which ends December 14.

Wish Stars and Ornaments: The classic yellow wish star includes three wishes from an SCH child. Community members are encouraged to shop for their child and return unwrapped gifts to the Sacramento Children’s Home at 2750 Sutterville Road in Sacramento. Financial contributions of \$25, \$50, \$100 or more, as well as gift card donations

help us ensure that all kids and families have their holiday wishes fulfilled and basic needs met. Some male youth in our Residential Program do not have family to spend the holidays with, so financial support specific to our snow trip enables us to send our residents on a snow trip to Mt. Shasta over the holidays.

Adopt-a-Family: Community members can also adopt an entire family this holiday season. The adoptees are families that participate in Sacramento Children’s Home programs such as the Family Resource Centers and the Counseling Center.

Volunteer Opportunities: Every year, we rely on community volunteers to help run our holiday donation site. Last year, about 200 volunteers provided nearly 100 hours of support, which included greeting donors, accepting gifts, registering gifts into our system, sorting, and wrapping.

Giving Tree Sites and Holiday Sponsors: Local businesses and schools participate by hosting Giving Tree sites with stars available to the public for pick up. Businesses and corporations also have the opportunity to sponsor an SCH Holiday Party for individual programs such

as our Family Resource Centers and Crisis Nurseries to help strengthen families in our highest risk communities. For more information about all of these options and important dates, please visit www.kidshome.org/holiday-giving. The Sacramento Children’s Home was founded in 1867 and today it is the most comprehensive child and family service organization in Sacramento County serving more than 7,000 children and 4,300 families each year through a broad spectrum of residential, community-based, mental health and educational programs. Throughout its 151-year history, the Sacramento Children’s Home has been at the forefront of trauma-informed care and developing new ways to improve the outcomes of children and families. Through its multiple programs at six sites in the county, the Sacramento Children’s Home offers prevention, early intervention and treatment programs that are critical to strengthening families and stopping the generational cycle of child abuse and neglect. More information is available at www.kidshome.org Source: Sacramento Children’s Home ★

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By Marlys Johnsen Norris, Christian Author

True worship takes place in spite of any preference! Preference has nothing to do with worship! Sincere loving “Worship” is forgetting about self and focusing on giving all honor to a Holy Almighty God. It is giving of oneself wholly to worship and praise - to the Creator of all that is, was and will be. It is belonging to the “church”, which is the whole Family of God, He ordained. Not to any particular denomination.

Most probably many

“Worship” is Not Defined By a Preference

people who worship in a particular denomination will not fully understand those words right now. But they will the minute they enter the Kingdom of God in heaven. There we will be so consumed by the loving presence of God himself, church denominational preference will no longer matter! There, we will instantly know all things we are taking a lifetime to learn here on this earth.

In a twinkling of an eye, just thinking about someone we love and care about we will be immediately in their presence. Possibly we will have and know about understanding others so well only few words will need to be spoken. It will be an awesome experience as we hear gospel music everywhere. Gospel songs will be in our hearts and

on our lips. Worship in the Kingdom of God will be taking place no matter where we are. Uplifting hands of praise and worship will be on everyone’s lips as they embrace and exemplify the love of God every single moment. We will automatically extend our lifted hands of praise and dance as David danced with the clapping to the music as we lovingly participate to honor God.

And as we look into the eyes of God, our Father, Son and Holy Spirit, the peaceful joy in our hearts will exemplify what we see in His eyes. To God be all Glory and Praise!

Marlys Johnsen Norris
Christian Author, Stephens
Minister and teacher
“Messages in the Dust for
the Searching Soul”
Marlysjn@gmail.com ★



By Pastor Ray Dare

On Thanksgiving, our entire nation shuts down as we celebrate the Thanksgiving holiday. The irony is very little thanks to God takes place on Thanksgiving. We’re too busy doing other things...preparing the turkey, watching football, visiting with relatives and friends, looking over at the sale ads for the following day! It seems very little thanks takes place except for a 10 second prayer before the big meal! So, allow me to suggest 3 ways you can thank God this Thanksgiving holiday. Thank God for...

The grace He shows you. Grace is everything God does for you even though you don’t deserve it. Grace is God not waiting till you’re perfect before He starts loving you. When that really sinks in, it will change your life. The Bible says, “I will...not forget the

Pastor Ray's Encouraging Words

What Do You Have To Be Thankful For?

glorious things God does for me. He forgives all my sins. He heals me. He ransoms me from hell. He surrounds me with love... He fills my life with good things...he is merciful and tender toward those who don’t deserve it; He is slow to get angry...He never bears a grudge...He has not punished us as we deserve for our sins.” Ps. 103:2-11 (LB) Is that something you can thank God for?

The purpose He has for you. “The Lord will fulfill His purpose for me; your love, O Lord, endures forever.” Ps. 138:8 Have you ever felt like a failure? Like you’ve failed at something? Maybe you feel like you’ve let God down, or others down or yourself down? Maybe you want to give up on those things; maybe you want to give up on yourself. What do you do when you feel that way? Refocus your thoughts on God’s promise to fulfill His plan for you. You may have made some mistakes, but God is not finished with you yet! He has promised to complete that which concerns you! Phil. 1:6

The home He’s preparing for you. “We know

that our body...will be destroyed. But when that happens, God will have a house for us. It will not be a house made by human hands; instead, it will be a home in heaven that will last forever.” 2 Cor. 5:1 (NCV) Human beings were created to last forever. Every person has been created not just for this time here on earth but to last forever and ever in eternity. If you’re a follower of Jesus Christ, you don’t have to fear death. Death for the Christian is a homecoming, it’s a transition, a graduation to bigger and better things. It’s a promise, we don’t have to worry, we don’t have to fear death. Is that something to thank God for? Absolutely!

You have a lot of things to be thankful for. One of the healthiest things you can do is to sit down between now and Thanksgiving and make a list of 20 things or people you can be thankful for.

Pastor Ray
New Beginnings Church
10am Sundays, You’re invited!
www.NBC4U.org ★

Stand Against Christmas Censorship

Commentary by Mat Staver, Founder and Chairman Liberty Counsel

Liberty Counsel has launched its sixteenth annual Friend or Foe Christmas Campaign, pledging to be a “Friend” to those who recognize Christmas and a “Foe” to those who censor it. The campaign educates, and if necessary litigates, to make sure that Christmas and Christian themes are not censored.

The ACLU, atheist organizations, and other like-minded groups are relentless in their quest to secularize Christmas. Using strong-arm tactics, they intimidate communities, retail stores, government offices, and schools into stripping “Christ” from Christmas -- while people of faith often feel powerless to resist their bullying.

Since our inception, Liberty Counsel has helped lead the charge to put “Christ” back in Christmas, both in the courts and in the public arena. Our legal team is actively monitoring cases across the country where there is intimidation by officials and groups to remove the celebration of Christmas in public and private sectors.

These threats include atheist groups seeking to

ban nativity scenes from public property, senior living centers that prohibit residents from singing Christmas carols, public schools that ban students from wearing the Christmas colors of red and green, school officials who censor religious words from Christmas carols, and retailers which profit from Christmas while pretending it does not exist. In all of these situations, Liberty Counsel has successfully educated and reversed these unconstitutional anti-Christmas actions.

Liberty Counsel first provides a memorandum to offer guidance regarding publicly and privately sponsored religious holiday displays, religious holidays in public schools, and the rights of public school students in the context of religious holidays. Then, we consider further legal action, as warranted.

Being able to fight back against such bullying is more important than ever in 2018. The enemies of Christmas have gotten encouragement from the “We don’t see ourselves as a Christian nation” statements coming from radical secularists with the loudest voices and even members of our own government!

We will not be silenced by Goliath-sized secularists. We will stand up to

their intimidation tactics and their attempts to censor Christmas. But we need a war chest to defeat them.

Our powerful Christmas campaign is a unique opportunity to proclaim Christ this season. Contrary to what the ACLU and secular organizations may stand for in the public square, an overwhelming majority of Americans celebrate “Christmas.” The words “Merry Christmas” still roll off of our lips. And we proudly display the lifestyle and symbols celebrating the birth of our savior, Jesus Christ, for whose birth Christmas is celebrated. No secular organization is going to make honoring Christ politically incorrect for us! We will help faithful Americans stand their ground with your support.

If you encounter Christmas censorship, let us know. Our dedicated email address for reporting is Christmas@lc.org.

Liberty Counsel, with offices in Florida, Virginia and Washington, D.C., is a nonprofit litigation, education, and policy organization dedicated to advancing religious freedom, the sanctity of human life, and the family. Contact: Liberty Counsel. PO Box 540774, Orlando, FL 32854 . 407-875-1776★

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Stories from the Streets

By Andrea Hatch

SACRAMENTO REGION, CA (MPG) - Clearly the homeless population in the Sacramento area is continuing to increase but why? I decided to get out and try to understand what kinds of challenges these people are facing and what about their situation might not be obvious to those of us not in that community. How did they end up in that situation? What I learned was heart breaking.

The first man I encountered was a sweet soul. He told me that he has been homeless for three years. It started when he and his child's mom broke up. He was working, but found it difficult to continue to hold a job while couch surfing, to avoid sleeping on the streets. He eventually lost his job because hygiene became a problem. When I asked him what are some things that he struggles with most, outside of the obvious? He said, "Theft. It's bad enough that we are living on the streets, but to worry about one of our own stealing from us makes it worse. We already have very little and we shouldn't have to worry about it being stolen." This man seemed to be a kind man that just came across a bad situation that he can't pull himself out of. It is interesting to note that most employers require someone to have a physical address in order to be employed. In this gentleman's case no address – no employment.

The second man I spoke to was 29 years old and has been homeless for five years. His journey began when an arsonist burnt his home down in the middle of the night. He had no insurance to cover the damage and the arsonist was never caught. He said, "The hardest part is just trying to stay sane. I feel hopeless and I fear that even if I was able to get back on my feet it could be taken from me in a flash, again. Where has humanity gone? When did people stop caring about other people? I would give anything



Encampments are found everywhere throughout the region. Photos by Andrea Hatch



Many homeless are seeking direction to solve their problems.

to change my clothes every day, shower daily, eat whenever I wanted, and to just relax in the comfort of a home." This man was very intelligent and easy to talk to. I asked him what was most difficult about

being homeless and he said sleep. He said that between the police, rangers, sheriffs and even highway patrol it's hard to get enough sleep, which only makes sanity even harder to maintain.

I spoke with two women as well. I wanted the perspective of both genders to see how the stories might differ. One of the women told me she ended up on the streets due to drugs and would give it all up to get off of the streets. She said that her safety is a constant concern. The other lady was one who had been in a program and ended up losing her children and then her money ran out and she has been homeless ever since. Both women mentioned they have been attacked by the men in their community and have to depend on the protection of the other men, which is not

always a reliable protection.

Out of all of the people that I spoke to, it became obvious that every situation came about for different reasons. None of those that I talked to suggested they had a mental illness, but all advised that more than half of the people in their community do. Mental illness, be it drug induced or caused by a traumatic event absolutely adds, significantly, to the homeless population. The women I talked to mentioned that there is only one shelter for women and they can only shower between the hours of 7AM and 11AM, so they have to be close to that shelter or risk not being able to wash. The men's shelter that is closest to the downtown area can only hold 40-50 men at a time and showers are not provided daily.



Always on the move seeking shelter and food.

someone that has the skill, be okay if they don't have a physical address. It takes ALL of us to make changes, but it takes just one of us to kick start it. I know fear of the unknown is present, but you never know someone's story until you ask and really listen to the journey that led them to where they are. Make a move, change a life. ★

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TV GUIDE MAGAZINE

CHEERS & JEERS

Cheers to Tell Me a Story

for booking such a primo cast. From affable James Wolk finally playing dark opposite a refreshingly un-glam (and so good!) Paul Wesley to Kim Cattrall flipping the script on her sassy *Sex and the City* persona as a compassionate grandmother, CBS All Access’s grim twist on classic fairy tales is a treat you should already be addicted to. End of story.

Jeers to Holiday-Movie Overload

It’s not that we don’t love the sleigh full of seasonal flicks from the Hallmark Channel, Lifetime, Freeform and Netflix. It’s just that there are so many now, we’ve lost track of which *One Tree Hill* vet is visiting her quaint hometown and how many soap-opera alums are stranded at snowy country inns.

Jeers to The Walking Dead

for losing its way. With the exit of Andrew Lincoln, AMC’s once-killer zombie drama no longer has Rick Grimes’s central drive to salvage humanity at the heart of the horror, leaving fans with too many



It’s not that we don’t love the sleigh full of seasonal flicks from the Hallmark Channel, Lifetime, Freeform and Netflix. It’s just that there are so many now.

newish characters to sort through and very little reason to care about them.

Cheers to Superstore

for employing Eden Sher. *The Middle* star popped in to the NBC comedy’s November 8 episode as a hilariously peppy job applicant who made Sue Heck seem cool. Too bad she got a limited-time offer of one episode instead of a recurring gig. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Did The Walking Dead Cop Out With Rick?

Question: In the new *Murphy Brown*, why hasn’t there been any mention that Miles and Corky were once married? —*Sue*

Matt Roush: This is a classic case of sitcom “retcon” (as in “retroactive continuity”), in which a show decides to ignore events from its past life when it gets a fresh start. (The new *Will & Grace* ignored the original series’

ending, to its benefit.) I’ve read some suggestions (unconfirmed) that because the Miles-Corky marriage happened after series creator Diane English left the show, she opted to just ignore that it ever happened—and to be honest, it probably never should have—and that’s why it never comes up. Given how rocky some of those final seasons were, it may be just as well.

Question: On ABC’s recent *Mickey Mouse* special, original Mouseketeers

Bobby Burgess and Sharon Baird were introduced. Are they the only ones left from the 1955 show? —*Carole*

Matt Roush: Of the original cast members who were under contract for the full run of the original *Mickey Mouse Club*, only Annette Funicello and Doreen Tracey have passed away. According to a quick search, Lonnie Burr, Tommy Cole, Darlene Gillespie, Cubby O’Brien and Karen Pendleton are also still around, but may not have been available for the reunion.

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



Army for Others

We shop til we drop. We party hearty. Is that what the celebration of the holidays is all about? It doesn’t matter whether you celebrate Christmas, Hanukkah, or Kwanza, the ultimate goal is the same...caring and sharing, right? Unfortunately we get so caught up in the celebration, we tend to forget what it’s all about. I’m not pointing any fingers, because I’m right there with you...tree, decorations and parties to the max. Don’t forget the treats and eats we will regret when the New Year arrives and resolutions go into effect. But we still do it year after year.

But perhaps we can make a difference, and I can guarantee it will feel good. I usually go about my daily radio show at FM-104.5 and AM-950 KAH1 on POPPOFF, interviewing some incredible people from around the

POPPOFF!

with Mary Jane Popp

world. All well and good. And then I learned about a young couple not looking for glory or accolades, but really practicing that caring and sharing we talk about. Lieutenants Jesse and Aline Posner took over the Auburn Salvation Army earlier this year, and boy did they get hit by the trial of fire, literally. They were pulled in to help with the Klamath fire and then the Karr Fire and then the Camp Fire... all the while trying to help those in their own backyard. While serving some three thousand meals a day at the Butte county canteen, as well as helping with clothes, every day necessities and shelter for those who got away with their lives and nothing else, they fed 1200 people on Thanksgiving Day in Auburn, readied the bell ringing program, and now will fill baskets with food and toys for those in need for Christmas.

When I heard their story and dedication, I knew they and their work would be my project for the holidays. I have been choosing a project for many years from the SPCA to the Forgotten Soldier

Program, and I just knew it was time for the “Army for Helping Others” campaign. So I launched it. Now I am asking for your help. Christmas is fast approaching and those baskets need to be filled with food and toys for those who would not otherwise enjoy the holiday that you and I take for granted. I feel blessed and I know you do too. So I am asking for you to share some of your good fortune with these caring people. Can you please send a donation to help them, help others? It does not have to be a big amount. Make it out to the Salvations Army or a gift card from your favorite supermarket or department store so they can augment the baskets they are putting together. Any amount will be appreciated. A little from many adds up to so much good. Please send what you can to me...Mary Jane Popp... AM-950 KAH1 985 Lincoln Way, Suite 103, Auburn, California 95603. I will present it to these fine folks who will bring much joy to others. They are indeed the “Army for Others.” GOD BLESS! ★

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OES Reports at Chamber Luncheon

Rotary Club Announces Programs



Richard Hale of Citrus Heights Rotary at the Chamber Luncheon.

Story and photos by Trina L. Drotar

CITRUS HEIGHTS, CA (MPG) - November’s chamber luncheon had been scheduled prior to the Camp Fire in Butte County that was only 30% contained when Stephen Cantelme, Chief of Emergency Services at Sacramento County Office of Emergency Services (SACOES), spoke briefly about his office’s role in emergency management.



Stephen Cantelme, OES.

“Our office is heavily impacted,” he said. The SACOES office, located at McClellan, handles emergency preparedness, response, and mitigation and generally has a staff of ten. “We work for the county,” he said, “but we also represent the cities within the county.” The operational area includes all of the cities in the county; the more than 100 special districts which provide water, electricity, garbage, and parks and recreation services, among others; and the non-governmental organizations (NGOs) which operate within the county. All agencies, he explained, work together to try and meet challenges like the Camp Fire. “Our main mission is to provide plans and training,” in case of disaster in Sacramento county. The plans are developed to help the county respond to disasters and his office currently has nearly three dozen plans which are updated every three to five years. Training is conducted and feedback is used to update plans.

The county’s Continuity of Operations (COO) plan just went through this process. This plan is for the county to be able to continue its operations in the midst of a disaster and meet the essential needs of the county. Cities and special districts also have plans, perhaps a dozen or so. The agency is also available to neighboring counties, like Butte County, that might require assistance. About a dozen people, he said, from OES are currently in Butte County, not including law enforcement and fire personnel. Cantelme briefed chamber members on the Camp Fire. A coroner from Sacramento County was already up there and the next phase, he said, would be to send environmental people from the county

up. Since Butte is a smaller county than Sacramento, it doesn’t have the extensive resources available and he said that Citrus Heights will likely receive a request for assistance. “The threat is still pretty extensive up there.” The terrain, weather, and dry conditions make it difficult for firefighters to get a handle on the fire, adding that Chico is in better shape because of its resources. Cantelme’s center is a hot

center, always set up and ready to go at a moment’s notice. He praised the McClellan office as one of the better ones in the country. Visitors may phone ahead and schedule a visit during a non-emergency time. The office also serves as a facilitator for the majority of Homeland Security grants that come through this operational area. Cantelme’s office manages the grants and assists cities and special districts with receiving grant funds. “We have approval authority made up of members from law enforcement, public health, fire, and our office.” Emergency management functions in levels from the lowest at the county. If it cannot be handled at that level, he said, it moves to the next level – the region, which includes all counties within that region. If the region cannot assist, it might go to a neighboring region or to the state. If the state cannot get the resources to the county, the requests move to the federal government. “That’s when we start working with FEMA.” Volunteers are always welcome and may work in

the Medical Reserve Corps or in the office, or as part of a CERT team. The lunch event was sponsored by Rotary Club of Citrus Heights, and Richard Hale, the organization’s president, spoke about projects his Rotarians are involved with, including handing out between 800 and 900 dictionaries each year to every third grader within the San Juan Unified School District and working with the international project, Rise Against Hunger, which supplies packaged meals to developing countries. Each package costs \$1.86 and feeds six people. Other community projects include an annual Easter egg party at the Sacramento Receiving Home, a river safety program at Rusch Park, Citrus Heights veterans appreciation barbeque, and multiple projects working with the police department. Hale also recognized the many Rotarians in attendance and thanked Bill Van Duker who has been a Rotarian for 55 years and heads up the dictionary distribution. “Giving back to the community is very, very important to our club,” which puts back nearly \$50,000 every year. Student of the month, Mark Holkan, was recognized with certificates and introduced by Rosa Umbach. New chambers members include All About Pets, an all-animal veterinarian clinic; Evolution Electric, Inc.; and The Oars Senior Living. There will be no chamber luncheon in December or January due to the January 25th installation of new officers and community awards dinner. The next luncheon will be held at North Ridge Country Club on February 12, 2019. For additional information about SACOES, visit <https://sacoes.org>. For additional information about Rise Against Hunger, visit: <https://www.rise-againsthunger.org/>. For more information about Rotary Club of Citrus Heights, visit <https://portal.clubrunner.ca/9105> ★

Getting at the Real Cause of Rising Drug Prices

Commentary by Sandip Shah

Democrats and Republicans alike are lining up to criticize pharmaceutical companies for gouging customers and stranding sick patients. President Donald Trump tweeted that drug companies “should be ashamed that they have raised drug prices for no reason.” Senator Dick Durbin, an Illinois Democrat who disagrees with the President on virtually everything else, is leading a charge to clamp down on drug prices, which he claims are the “#1 driver for increases in premiums” for health insurance. These concerns are justified, but the blame is misplaced. Many patients do face high prices at the pharmacy, but that’s not because of drug company predation. The problem: the middlemen sitting between manufacturers and patients. Pharmaceutical companies regularly negotiate substantial discounts with insurers, pharmacy benefit managers, and other supply chain players. These discounts shave down the price of the average brand-name drug by about a third. Discounts have kept drug prices in check. Last year, the average cost of brand-name pharmaceuticals increased just 2 percent -- a percent increase well below that of doctor’s visits, hospital stays, and other parts of the healthcare sector. Generic drugs have also curbed costs. Generics are cheaper than the brand-name drugs they’re copied from. Over the last decade, generic drugs have reduced patient health care costs by



Health insurers and other middlemen have steadily ratcheted up their cost-sharing requirements. The product price holds steady, but patients bare an increasingly large slice of the cost.

an estimated \$1.67 trillion. By preventing disease, patients don’t develop conditions requiring more invasive, expensive treatments down the road. Every dollar spent on drugs could save up to \$10 in avoided ER visits and hospitalizations for patients with congestive heart failure, high blood pressure, diabetes, and more. But then, the mystery: Given the heavy discounts on brand name products and the prevalence of low-cost generics, why do many patients still face high prices when they fill their prescriptions? Because health insurers and other middlemen have steadily ratcheted up their cost-sharing requirements. The product price holds steady, but patients bare an increasingly large slice of the cost. Since 2006, insurance deductibles have increased by 350 percent and co-insurance has jumped 89 percent. Instead of passing discounts to patients, insurers pocket them. More than half of the out-of-pocket requirements for brand name drugs in commercial health insurance are based on the full list price of the drug.

In other words, insurers act as if those discounts don’t exist. This abuse fuels an odd phenomenon: for some patients, buying a drug with insurance costs more than paying for it directly out-of-pocket. Roughly 40 percent of brand name drugs are more expensive if patients use insurance. The New York Times recently profiled a UnitedHealthcare customer who went to fill his prescription for a generic cholesterol drug. He was told he owed \$84. That patient later searched online and found the same drug for just \$45. This mismatch happens all the time. Voters and their elected officials have ample reason to be angry about sky-high drug prices, but pointing fingers at drug manufacturers isn’t helpful. Drug manufacturers have kept prices in check with substantial discounts and low-cost generics. Sandip Shah is the founder and president of Market Access Solutions, a global market access consultancy, where he develops strategies to optimize patient access to life-changing therapies. ★



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Supported by grants 1801CAMISH, 1801CAMIAA & 1801CAMIDR, U.S. Admin. for Community Living, Dept. of Health & Human Services