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Citrus Heights Messenger

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VOLUME 8 • ISSUE 14

Serving the City of Citrus Heights & Sacramento County

JULY 27, 2018

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A Squawking Good Time *Parrot Planet Moves to Citrus Heights*



Tim and Rebecca Metz with their kids Evie and Ethan (above photo). There is indeed something for all to experience when they visit Parrot Planet, from the experienced bird aficionado to the curious browser.

**Story and photos
by Andrew Rose**

CITRUS HEIGHTS, CA (MPG) - If you tell Dana Strome that her business is for the birds, she won't be offended. On the contrary, she will say you're right on mark. Strome is the owner of *Parrot Planet*, which recently

relocated to Citrus Heights. Strome, along with General Manager Sara Walter, cater to their feathered friends and owners. They welcome all to their new location on 5910 Auburn Lane.

Strome is a healer by nature. The Sacramento resident shuttles between her job as an urgent care

physician's assistant in Manteca and her shop, which focuses on all things parrot. Strome's passion for this particular type of bird started when her husband brought her a conure parrot, and from there she claims, "I lost my mind. I became a birdaholic." Strome's conure was her constant companion, even accompanying her to her medical training courses.

Strome was a San Francisco resident at the time and admits developing the reputation as "the crazy bird lady of Folsom Street." But unlike the *Birdman of Alcatraz*, who kept his aviary companions in his cell, Strome took her birds out to the people. Bird lovers subsequently flocked to Strome, and five years ago she opened her store in East Sacramento.

Parrot Planet had a good location and built a solid following. However, the gentrification in the downtown area became a problem. "Noise harmed the birds," explained Strome. Her new location, off of Greenback Lane, is a peaceful place for her parrots. Many of Strome's devoted customers, admitted bird fanatics, turned out for her grand re-opening on July 21.

Dropping by is a typical practice for customers. Rather than mere patrons, devotees of Parrot Planet are more like an extended family. These are *Parrotheads* in the literal sense, not Jimmy Buffett fans. While the store is their go-to place for food and accessories for their

Continued on page 3

Covered California to Increase Rates

By MPG Staff

SACRAMENTO REGION, CA (MPG) - Covered California announced last week that 2019 premiums are going up once again. The 8.7% average increase marks the fifth consecutive year of rising health plans.

"The proposed rates, negotiated with Covered California and filed Thursday with regulators and subject to their final review, mean those who receive a subsidy to help purchase coverage will pay an average of 6 percent more if they renew in the same plan next year, which translates to an estimated monthly premium of \$123 after tax credits," according to an official statement from California Covered. "Subsidized consumers account for 88 percent of Covered California's enrollment, and those subsidies rise along with rates to help offset any increases."

With rising costs and the zeroing out of the federal penalty for not enrolling in coverage, an estimated 260,000 people in California are expected to drop health coverage in 2019, according to Covered California Executive Director Peter Lee. This includes approximately 160,000 people who buy insurance through Covered California and an additional 100,000 people who buy directly from insurers.

Covered California claims the largest reason for another increase in premiums is due to the alarming rate of increased medical cost that is far and away outpacing general inflation and wage gains for workers. ★

**WE SUPPORT
OUR MILITARY**

Commander Gina Anderson Promoted to Assistant Chief of Police

**By Citrus Heights
Police Department**

CITRUS HEIGHTS, CA (MPG) - Chief Ronald A. Lawrence announced the immediate promotion of Police Commander Gina Anderson to the rank of Assistant Chief of Police for the Citrus Heights Police Department. Assistant Chief Anderson is the first person to hold this newly created position.

"I cannot think of a more deserving promotion than that of Gina Anderson to the rank of Assistant Chief of Police. Her extensive experience, education, background and training will continue to serve our organization well through her talent and leadership. Assistant Chief Anderson has been a dedicated and loyal police professional to both me and

the City, and she will serve exemplary as my executive officer."

- Ronald A. Lawrence, Chief of Police

Assistant Chief Anderson began her law enforcement career in 1993 as a police officer with the City of Davis, California. In 2002, she promoted to the rank of Police Sergeant with Davis PD. While with Davis, Anderson held a variety of assignments, including: detective, SWAT team operator, hostage negotiations team leader and community policing team supervisor.

In November 2006, Anderson was hired with the Citrus Heights Police Department (CHPD) as a Police Lieutenant. She was one of the original CHPD Lieutenants who helped create the new

department during its inaugural years and has experienced a variety of assignments including building the Professional Standards unit and serving in Special Operations and Patrol services.

In July 2013, Anderson was promoted by then Chief of Police Christopher Boyd to the rank of Police Commander. As a Division Commander for the past five years she has overseen both the Patrol Services Division and the Investigative Services Division. She has developed community partnerships, creatively solved community issues and developed innovative policing programs.

Assistant Chief Anderson earned a Bachelor of Arts degree from the University of the Pacific

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Gina Anderson began her law enforcement career in 1993 as a police officer with the City of Davis. She has recently been promoted from Citrus Heights Police Commander to the rank of Assistant Chief of Police.

A World (Language) of Help

By Michael Cella

SACRAMENTO REGION, CA (MPG) - “Buenos días! Lamentablemente, tienes diverticulitis. Debe comer alimentos ricos en fibra y estará bien.”

Imagine knowing no Spanish, yet trying to understand your doctor delivering your test results this way; maybe over the phone. And maybe it’s for a family member, and you’ll have to do your best to explain.

Understanding the language your health care provider speaks is a key component in the outcome of your treatment, according to a landmark 2002 study by the *Institute of Medicine*. The study was requested by Congress in 1999 in order to assess the extent of disparities in the types and quality of health services received by U.S. racial and ethnic minorities and non-minorities. It concluded that more interpreters should be available in clinics and hospitals to overcome language barriers that may affect the quality of care.

That’s where Language World Services Inc. comes in. An interpreting and translation agency that supports over 200 languages, Language World Services employs over 200 people at locations throughout California, as well as a twenty-person call center in Carmichael.

It all started eighteen years ago in a garage.

Language World Services CEO Bill Glasser’s life had inadvertently prepared him for this career, though it wasn’t always evident. Glasser was born in Spain and raised in LA, where he worked in the heavily Spanish-speaking restaurant industry. Having later moved to Sacramento, Glasser found himself laid off from his job in the Sacramento Bee marketing department, and looking for something to do.

Glasser’s friend, who was renting a room from him, had been volunteering as an interpreter at Schreiner’s

hospital on Stockton Boulevard. Despite being called in to volunteer more and more frequently, his friend’s requests for real full-time work from the hospital were consistently rebuffed. That’s when the then-unemployed Glasser recognized the need and started his interpreting business. “We didn’t have any standardization of protocols back then,” Glasser said of the industry. “It was the wild west.”

The majority of Language World Services’ work is in health care and human services. “There isn’t an unimportant call,” says Glasser. “You’re getting a cancer diagnosis, learning your child has a birth defect. As a human being you deserve the right to know what’s going on with your body.”

Immigration naturally plays a huge role in the industry. Glasser’s experience in this realm goes as far back as 1986, when he served as an interpreter for a group of lawyers helping to legalize families when President Reagan passed the Immigration Reform and Control Act.

Things can get especially tricky in this current climate. Individuals and their families’ stories can be heartbreaking, but interpreters are carefully vetted and trained to not take sides. Still, the human element is always a factor, and Glasser is proud of one example where an Indian family was detained at the border and the detention center called for a Punjabi interpreter – a rarity. Plenty of Spanish-speaking interpreters were provided by other agencies, but Language World Services was the one agency able to supply the Punjabi-speaking family with one. Language World Services has also started a program called Language World Serves, which offers volunteer Technological

advances have also altered the translation landscape, though not entirely. Much of the process around the interpreter has become automated, but the actual work is still very low-tech. “A person who speaks two languages brokers the communication,” explains Glasser. While technology companies are dropping millions to create AI that can do the work of the interpreter, speech-to-speech recognition, “The delicate and nuanced electronic activity that the human brain does may not get there,” Glasser maintains.

And there are plenty of problems that technology can’t solve. For instance, Hmong interpreters are harder and harder to come by as they age out of the industry and find new work. Glasser identified young Hmong translators and interpreters as a source of need, and he is always looking to bolster the stable. From first employing form 1099 translators that weren’t tested or trained to now fully vetted employees as staff members at places like University of San Francisco and Children’s Hospital Oakland, Glasser’s focus has always remained on human connection and simplifying the industry. “You understand someone’s language, you have the person,” says Glasser. “My perfect view is to make interpreting professional, to make it not such an exotic boutique service business, but to make it as simple as calling the geek squad.”

Perhaps they can call it the Speak Squad. Then they could tell you, “Good morning! Unfortunately, you have diverticulitis. But if you maintain a high-fiber diet, you’ll be just fine.”

Language World Services Inc. is located at 7220 Fair Oaks Blvd, Carmichael. Call 916-333-547 or visit [language-worldservices.com](http://www.languageservices.com) for more information. ★

Dignity Home Services: Moving Up While Helping People Who Are Moving Out

By Andrew Rose

SACRAMENTO REGION, CA (MPG) - James Radford, founder and CEO of Dignity Home Services, would like to see his new business succeed. In fact, he truly wants to clean up.

The Missouri native specializes in helping homeowners in transition. When an individual is moving out of their home and needs help with the process, Radford is now the one to call in the greater Sacramento area.

Radford says that he sets his business apart from other home cleaning services through a “solid, precise process.” In one fell swoop, Radford and his colleagues will haul items for residents, as well as clean carpets and windows.

The amiable man of thirty nine understands that his clients, leaving their homes, are often facing a challenging transition. Radford recognizes their situation and makes it his personal mission to help them any way he can. If needed, he will even assist clients with selling, storing, or disposing items removed from their homes. “I take it from a servant’s heart and a servant’s approach,” Radford maintains.

In this process, he emphasizes an expedient manner of serving them. “We do everything,” he proclaims. “What can take people two or three months, we can do in six or seven days.”



James Radford and his wife, Kate, with their children (L-R) Abigail, Silas and Joel.

Radford started his business when a friend of his fell and broke her hip. She needed to move out of her house immediately for assisted living and turned to James for help. Radford had a background in janitorial service, and was eager to pitch in. “Hey, why don’t we bring a crew out?” he thought, and Dignity Home Services was born. The job was done in five days and Radford was off and cleaning.

That was last February, and he now employs a crew of 10-12 people. The Dignity in Dignity Home Services extends to Radford’s employees as well as his clients. Instead of considering them mere laborers, Radford provides his workers with the opportunity to grow with him. “Everybody’s involved in the business,” he

asserts. Radford encourages his associates to literally buy into his vision, giving them the option to become stock holders. What’s more, he lets them in on the company’s internal workings, such as teaching them how to read profit and loss statements.

Radford asserts that this high level of employee involvement is his recipe for long term growth. Thus, the plain talking Eagle Scout from the Show Me State plans to enable his associates to grow their own businesses through franchising. His goal is to build a nationwide company in this manner.

On his road to success, the father of three (Joel is 16, Silas is 12, and Abigail is 4) also involves himself in the Roseville community as an active participant in Boy Scouts Troop #1051. His wife, Kate, serves as Director of Children and Youth for Roseville Baptist Church. She also pitches in to develop their homegrown business.

Dignity Home Services serves the following areas: Carmichael, Citrus Heights, El Dorado Hills, Grass Valley, Orangevale, Rancho Cordova, Rocklin, Roseville, and Sacramento. Radford provides free estimates and can be reached at 916- 247- 2425. Online, he can be found at <http://www.dignityhomeservices.com>. ★



The Dignity Home Services crew. Radford provides free estimates and can be reached at 916- 247- 2425 or online at <http://www.dignityhomeservices.com>.

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A Squawking Good Time

Parrot Planet Moves to Citrus Heights

Continued from page 1

parrots, her regular crowd will drop by and soak up the positive energy that flows between birds and human beings. During their visits, bird lovers are encouraged to bring their own parrots, and enjoy interactions with these highly sociable creatures. "When you become a bird person, you become part of a clandestine society," Strome proclaims.

Strome is pleased with her steady business and excitedly looks toward the future. She plans to hold more classes on bird care. "Education is paramount to being a successful bird owner," Strome explains. Strome reminds



Many of Strome's devoted customers, admitted bird fanatics, turned out for her grand re-opening on July 21.



Parrot Planet is located on 5910 Auburn Boulevard in Citrus Heights. The store is open Tuesday-Friday 11-6, Saturday-Sunday 11-5, and closed on Monday.

her customers that her bird business is indeed a full-service one. Parrot owners can bring their precious aviary friends in for grooming, boarding, one-on-one training, and even behavior

management. Strome also adds, "We would definitely like to open another location."

Dana Strome and Sara Walter graciously extend an invitation to everyone to visit their store. There is indeed something for all to experience when they visit Parrot Planet, from the experienced bird aficionado to the

curious browser.

Parrot Planet is located on 5910 Auburn Boulevard in Citrus Heights. The store is open Tuesday-Friday 11-6, Saturday-Sunday 11-5, and closed on Monday. For more information, call 916-594-9290 or email General Manager Sara Walter: sara@parrotplanet.com ★

Giltner Business Solutions, LLC

Holds Grand Opening Ribbon Cutting



CITRUS HEIGHTS, CA (MPG) - Giltner Business Solutions, LLC, (a home-based business offering notary public services, judgment recovery, and bookkeeping), held their grand opening ribbon cutting on Wednesday, July 18 at the Citrus Heights Chamber office. Owner Jenny Giltner, surrounded by family and friends, cuts the ribbon. Attendees include City of Citrus Heights Council Members Al Fox and Bret Daniels, Vance Jarrard of Sacramento County Supervisor Sue Frost's office, Citrus Heights Chamber Executive Director Cendrinne DeMattei and Ambassadors, and Breanna Niekamp of Sunrise MarketPlace.

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Cendrinne DeMattei
 Executive Director

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Leadership Citrus Heights (LCH) is a combination of educational experiences and skills training to develop your leadership skills. LCH is designed to develop community leaders, activists, visionaries and advocates at all levels. Most participants live or work within the Citrus Heights area and consider themselves emerging community leaders. Each should have a commitment to serve and a desire to share his or her skills with employer or community organizations. Participants represent a wide range of backgrounds such as business, education, government and non-profit organizations.

LCH is a program for and about Leadership practices and management skills, and a basic understanding of the management of Citrus Heights.

Classes are scheduled from 9:00 a.m. to 3:00 p.m. on the first Wednesday of the month starting October 2018 through June 2019.

Curriculum topics may include the following the history of the City of Citrus Heights, Economic & Community Development/ Conflict Resolution, Public Speaking / Project Management, and more.

Tuition investment is \$495 which includes; kick-off mixer, all modules, meals, materials and graduation. There is a \$25 application fee due at the time of application and will be applied toward the \$495.

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 Citrus Heights Police Department

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Women’s Empowerment Gala Raises Funds to End Homelessness for Women and Their Children

SACRAMENTO REGION, CA (MPG) - Five hundred guests at Women’s Empowerment’s 17th Annual Celebration of Independence Gala raised more than \$214,000 to support the organization’s job training program for women and mothers experiencing homelessness in Sacramento. The event, which took place at the DoubleTree by Hilton Hotel in Sacramento, had 75 graduates of the program in attendance dressed in ballgowns donated by the community. The evening included a formal dinner, live and silent auctions, live music and inspiring speeches from program graduates.

Mayor Darrell Steinberg presented Amanda Buccina and Rennie Jemmings of Sutter Health with the 2018 To Heal the World Award, created in honor of Women’s Empowerment’s founding social worker Erie Shockey. The award recognizes a local hero who inspires others to engage in social change and make Sacramento a better place for all. The two nurses were honored for providing street medical care to people who are homeless in Sacramento.

“This event is a powerful reminder that when we come together as a community we can break the cycle of homelessness,” said Lisa Culp, executive director, Women’s Empowerment. “From the generosity of our donors to the inspiring words of our program graduates, the Gala was a magical night of celebration. The critical donations raised that night will fund our vital mission of ending homelessness through empowerment and



Women’s Empowerment graduates celebrate overcoming homelessness in front of 500 attendees at the organization’s 17th Annual Gala in May. Photo by Jon Wallenhaupt

employment.”

Women’s Empowerment was featured on NBC’s The TODAY Show in 2015 for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The award-winning organization has graduated 1,527 homeless women and their 3,684 children. Last year, 92 percent of graduates found homes and 77 percent found jobs or enrolled

in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women’s Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: www.womens-empowerment.org. ★

The Job Search: New Light on an Old Issue

By Andrew Rose

SACRAMENTO REGION, CA (MPG) - Countless people have been there. It’s daybreak, and the angst sets in. Midsummer is traditionally the time of year when recent high school and college graduates focus on career issues. Meanwhile, many people who have been out in the workforce for some time are looking to rebuild their professional lives.

An anonymous university career advisor in Fresno reminds individuals to focus on the foundation of the career search. “The commonality is what I call your sales documents,” she proclaims. “This would be a resume and cover letter. A resume is not just a fact sheet; it’s a sales sheet.” She warns that even a quality resume submitted is a waste of time if it is not effectively targeted to an appropriate job prospect, calling it the “spray and pray” method.

While shooting straight for the dream job is enticing, the advisor proclaims, a structured game plan is the most effective tool. She illustrates her point, noting that after three-decades in helping people find work, “How the heck do I have any business applying for a job as a senator?”

Marty Nemko, author of *Careers for Dummies*, would concur, maintaining that too many job seekers don’t have realistic expectations of their abilities. “About seventy-five percent of people think they’re above average,” Nemko reports. He also maintains that many job seekers have the exact opposite problem, that they don’t have enough self-confidence to pursue the work they are meant to do. As a result, they sell themselves short with low paying and unfulfilling work.

Nemko will also maintain that the traditional progression from high school to university isn’t necessarily the right way to go for long term career success. Ironically, such a proclamation comes from a man who obtained his doctorate in educational psychology from UC Berkeley. “I didn’t succeed because I earned a Ph.D.,” Nemko asserts. On the contrary, Nemko holds that elbow grease, not his advanced degrees, paved the road to his success. He reflects on his own unfulfilling high school and university experience, being forced to absorb information that he ultimately didn’t need to know. “I would have done better learning on my own.”

The two experts would concur that higher education isn’t always the pathway to success for a teenager who is looking toward their career future. The university advisor notes that modern high schools are doing a better job than before with helping students establish careers after graduation. She notes examples of programs that train students as nursing assistants and diesel mechanics. Such individuals are able to hit the ground running with solid careers after graduation. “College isn’t for everybody,” the advisor reminds.

Nemko advises careerists to focus on the process



Marty Nemko was called “career coach extraordinaire” by U.S. News and is the author of the just-published, *Careers for Dummies*. Photo courtesy Marty Nemko

of employment, and that the dream job probably won’t fall into someone’s lap. When asked about mistakes job seekers make, Nemko laments that too many are unwilling to lay the necessary groundwork needed to find fulfilling employment. “I think they spend too much time on the sidelines, thinking about the perfect career.”

Similarly, the university career advisor asserts the importance of keeping an endpoint in mind, along with plans to get there. Working with students and alumni who are planning or retooling their careers, she will ask them, “What’s your game plan? What do you want to end up with, and what do you want to do?” She holds that this advice applies not only to those who are starting out in the work world, but also for established professionals who long for a change. She notes the importance of acknowledging one’s interests and how they might apply on the job market. The advisor reflects on meeting with an accountant who was sick of his job, and wanted something entirely different. His wife noted that he was good with children, and truly enjoyed his time as a little league coach. After hitting on that one insight, the dissatisfied professional clarified the objective of his career shift and asked, “How do I go from being a CPA to being a school counselor.” The advisor notes that he was off and running from there.

Marty Nemko was called “career coach extraordinaire” by U.S. News and is the author of the just-published, *Careers for Dummies*. ★



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Best of Citrus Heights Winners!

Chamber of Commerce Announces Winners at Annual Luncheon Event

CITRUS HEIGHTS, CA (MPG) - The votes are in and the people have spoken. The Chamber of Commerce held their annual “Best of Citrus Heights” event at the community center, honoring the top vote getters. The category winners were announced on July 10th to a full house of local business owners and friends.

To see the entire list of winners, or to join the chamber, please visit www.chchamber.com.

All photos were provided by Diana Miller Photography, one of the category winners!



★ Citrus Heights Rotary members accept the award for “Best Service Club”



The team from Crosswood Oaks accepts the award for “Best Senior Living Community”



Carol Elbert (center) and Farrah Greene accept their award for “Best Storage Facility”



Kerri London (left) and Lisa Goudy (center) accept the award for “Best Funeral Services”



KIA Fit won the award for “Best Health and Fitness”



The staff from Citrus Heights Police Department were awarded “Best Government Services”



BPE Law Group were awarded winners of “Best Legal Services”



The Citrus Heights Messenger and Messenger Publishing Group were winners of the “Best of Media & Publications” category



Society for the Blind Receives Donation for Device Lending Library

Sacramento Senator Lions Club Gifts \$10,000



Society for the Blind staff members show Sacramento Senator Lions Club representatives the device lending library that the club helped to fund with a recent grant.

SACRAMENTO REGION, CA (MPG)

- Society for the Blind received a \$10,000 grant from the Sacramento Senator Lions Club to fund a device lending library in the organization's Low Vision Clinic. The lending library will allow patients to borrow low vision devices such as hand-held magnifiers and portable electronic devices to determine if they are a good fit. These devices enlarge text or convert text to speech so people with vision loss can continue to read.

“Thanks to the Sacramento Senator Lions Club, our patients will now have access to vital assistive devices that allow them to maintain their independence,” said Shari Roeseler, executive director, Society for the Blind. “We could not have established this much-needed lending library without this grant.”

Society for the Blind operates a full-time Low Vision Clinic in Sacramento and a satellite office in Roseville. It is one of the longest running community-based clinics in the region. The Low Vision Clinic provides care, vision rehabilitation, low vision devices and transportation assistance to more than 375 people

each year. Clinics are staffed by three optometrists with special training in low-vision eye care and serve patients with cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy and other congenital and degenerative eye diseases. Clinic staff includes an occupational therapist who works with patients with some functional vision, teaching them techniques to use their remaining vision safely and effectively and providing training on assistive devices.

“The Senator Lions are pleased to make this gift in celebration of the Lions Club International Centennial,” said Senator Lion Vicky Brady, who coordinated the Centennial Gift. “Our longstanding dedication to assisting people with vision loss continues through this contribution to Society for the Blind.”

For more than 60 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers to a nationally recognized

agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults and seniors experiencing vision loss each year. For more information or to make a donation, visit SocietyfortheBlind.org.

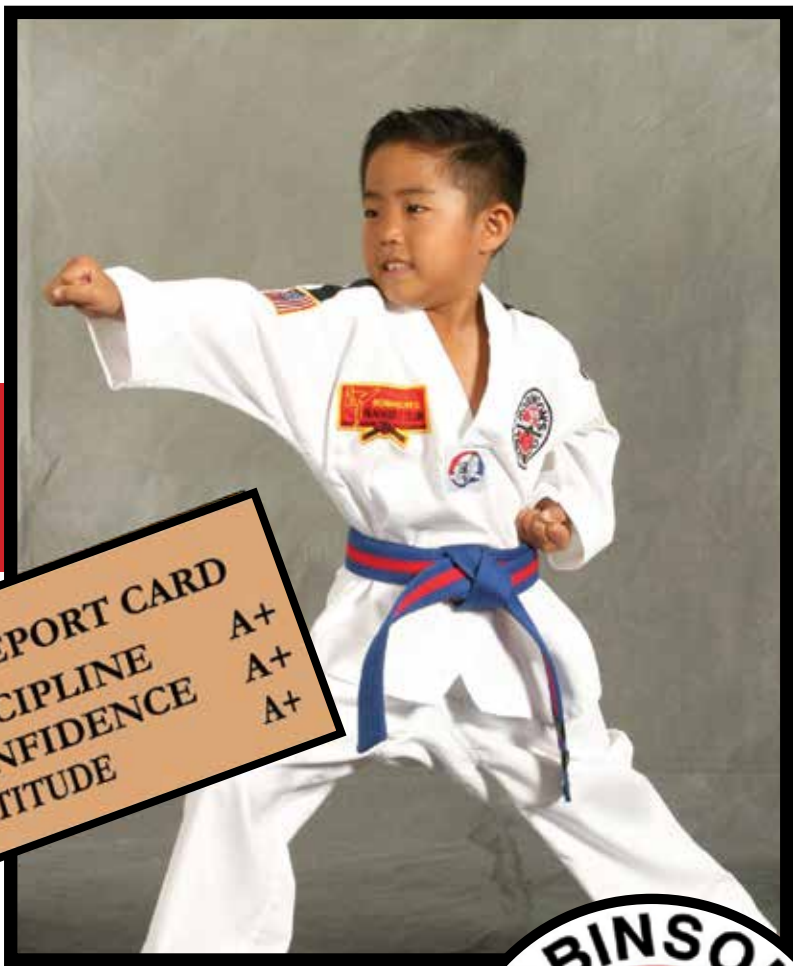
The Sacramento Senator Lions Club was chartered in Lions Clubs International in 1954. The Senator Lions Club belongs to District 4-C5 and resides in the Crocker Zone of the Sacramento Region. The club participates in local community service projects including sponsoring the UC Davis Children's Hospital; providing meals, toys and clothes to the needy via their Salvation Army partners; sponsoring the Sacramento Zoo's Sensory Garden and Fairytale Town's Japanese Garden; and more. To learn more, visit SacramentoSenatorLions.org.

Source: Kristin Thébaud Communications ★

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Crossword Puzzle on Page 7

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Dave Says

Hiring the right person
Dear Dave,
I own a small business with two employees, and I have a bit of a hiring conundrum. I'm looking at two candidates for a position, and on paper they're evenly matched. I've interviewed each of them four times, and I'm still undecided. I was hoping you had an idea for determining which is best for the job.
-Bryan

Dear Bryan,
As an entrepreneur, that's a great problem to have. I'm glad you understand the wisdom of interviewing potential hires more than once. Sometimes business owners hire a person after just one meeting. That's a really bad idea. Have you let your team members talk to them? Sometimes other people — especially those who might be someone's co-worker — will pick up on things you missed during a formal interview. You might also think about scheduling a meeting with each of the candidates off-site. People tend to be more at ease in an informal setting, like a restaurant or coffee shop, and this could lead you to discover new things. Sometimes, a more relaxed setting allows you to see the whole person, and decide if you like who

they really are. It can also lead someone to say things that might cause you to hire them — or *not* hire them.
Something we always do at my company is a final interview over dinner. Spouses are invited to this meeting, and we encourage them to speak into the situation. I'm not talking about a big test, just conversation and a friendly, family atmosphere. You can tell a lot about a person by how they talk to, and interact with, their spouse. And sometimes a spouse, if there is one, will catch things you missed during other interviews. I'm impressed that you're taking this seriously, and devoting some real time and energy to hiring. Your thoughtfulness leads me to think you'll make the right decision!
—Dave

You must pay a price to win
Dear Dave,
What can someone do if they can't convince their spouse to begin planning and saving? I've tried for years to persuade my wife to join me in following your plan, but I can't get her to start thinking about our financial future and stop living in the moment.
-Donald

Dear Donald,
It sounds like your wife, for whatever reason, is not willing to pay a price for a short period

of time. I'm sorry to say it, but that kind of thinking is a one-way ticket to a lifetime of mediocrity. If you're unwilling to pay a price to win, then you're going to end up paying the price that comes with never having paid a price.
In essence, you're asking me how to get her to grow up. I'm not sure there's a way to convince her at this point. If she's not willing to delay getting or doing things she wants, that's a sign of immaturity. You can't change that within another person. It must be a conscious, willing decision on their part.
Maybe you could try letting her know that being careful with your money and planning for the future doesn't mean you can't have any fun. It just means you may have to delay certain things for a little while. My wife and I do and have lots of cool things now, because we saved like crazy and sacrificed years ago. We lived like no one else, so now we're able to live like no one else. In other words, we paid a price to win!
—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 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

All the Right Moves to Protect Us From a Disaster

Commentary by Andrew Grant

SACRAMENTO REGION, CA (MPG) - The recent Trump Administration decision to fund additional flood protection couldn't come a day sooner. But with the threat of floods and fires raging throughout the state, it is easy to overlook that the Bay Area remains at constant risk from a major earthquake. Along with the tragedy of such a catastrophic event, what impacts the Bay Area directly affects members of our community; almost 90,000 people commute from the Sacramento Region to the Bay Area each day for work.
Given the alarming results of a major disaster in either area, it only makes sense that the federal government move disaster response personnel and material outside of the Bay Area to areas within our region with capable infrastructure and well-insulated from flooding. The U.S. government should move the Federal Emergency Management Agency's (FEMA) Region IX Center from Oakland to Sacramento County — preferably co-located with or near California's Office of

Emergency Services at Mather. The current office, in downtown Oakland, above BART, and atop the Hayward fault — is too vulnerable to withstand a major earthquake; its loss could seriously impact federal assistance.
Co-locating state and federal resources makes economic sense and (importantly) facilitates the critical rule that disasters are local; unless utterly catastrophic, the feds remain a supporting element. With a modern state operations center already in place, federal officials can seamlessly integrate. Material goods and equipment can fly in and stage at Mather's massive airfield. The National Guard, often called upon in disasters, is stationed nearby. Another critical step is relocating federally-controlled disaster support materials from the Bay Area to the Sacramento region, which would ensure these materials are removed from a potential disaster zone and made accessible for victims. The material is now in an equally precarious location, manmade land vulnerable to earthquakes at the base of the San Francisco Bay. Proximity is important, but with San Jose traffic and vulnerable

bridge crossings, flexibility to shift routes is a better bet. With highway 80, 5, and 99, three major airfields, and rail lines, Sacramento is unique in its ability to hold and deliver material to the Bay Area. Given the potentially enormous scale of a response, the Sacramento River could even be used to barge material to anywhere without being disrupted by traffic or a failed part of the infrastructure.
There have been previous failed attempts to move FEMA's resources to our Region. But we cannot wait any longer. Sacramento's economy and job market would undoubtedly benefit from bringing those resources here, while also sharing in the Bay Area's economy and in times of crisis, be its most important partner.
Andrew Grant is a combat Marine veteran who served as CEO of the Northern California World Trade Center. He is also a former official of the US Dept. of Homeland Security, a member of a national incident response team for presidential-declared disasters. He is currently a candidate for U.S. Congress in Sacramento County (CA-7). He lives in Folsom. ★

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CLUES

ACROSS
1. Imposing house
6. ____ de deux
9. Fan's approval
13. Cordial disposition
14. Eastern title
15. Water border
16. Wife of a raja
17. **If ____ Give a Mouse a Cookie"
18. Cautious gambler
19. *He won a golden ticket
21. *C.S. Lewis' fantasy realm
23. **____'s Island"
24. *One of Three Bears
25. Disreputable vagrant
28. **"Matilda" creator
30. Nancy Drew's focus, e.g.
35. *Put a lid ____!"
37. Cheap trinket
39. Small Asian ungulate
40. Approximately
41. Florentine iris
42. Member of National Socialist German Workers' Party
44. Type of wave
46. Per person
47. Design detail
48. Exactly right
50. Grassy land tracts
52. **But I heard him exclaim '____ he drove out of sight"
53. Living quarters
55. *12-year-old tribute from District 11
57. *A boy raised by wolves
60. **The Wind in the ____"
64. Like a haunted mansion
65. Dashboard unit
67. Shinbone
68. One Beattle
69. Word of possibility
70. Lack of muscle tension
71. Opposite of sun-kissed
72. Lt.'s inferior, in the Navy
73. As opposed to wants

CROSSWORD

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1. Designer Jacobs
2. Wet nurse
3. Columbus' caravel
4. "The Howard ____ Show"
5. Pupil protector
6. *Pay as you earn" tax system
7. *Four score and seven years "
8. Finnish steam bath
9. Keep it up!
10. Mischievous Norse deity
11. S squared in a square
12. p in mph
15. Bounced
20. Idealized image
22. *Ivan in "The One and Only Ivan," e.g.
24. Plural of more than one, linguistically speaking
25. *Puss' footwear
26. Same as rip
27. Botch
29. *Tortoise's opponent
31. They have their pluses and negatives
32. **"The Fox and the ____," sing.
33. Hardwood drinking bowl
34. *Rabbit hole wonderer

Crossword Puzzle Solutions on Page 6

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

For Solutions See Page 6

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Thank A Veteran Today



By Marlys Johnsen Norris,
Christian Author

Regardless of whether you are a believer and follower of Jesus or not . . . you will enjoy reading this book by Dr. James Dobson. (Counselor and founder of Focus on the Family) He shares his personal stories about friends, questions about his personal journey and personal insights. He shares about questions and experiences we all will have during our lifetime regarding our

When God Doesn't Make Sense

Creator/God. His writing opens up a lot of doors to truth and knowledge as well as answers to many questions we all seek.

Most everyone believes in a “god of some form” and some people come under conviction when the Father/God of the Holy Bible is mentioned. Truth may reveal that they do not know anything about Him because they have never read the book or anyone who has a personal relationship with Him. Hey, we all have traveled that road in the beginning!

E-mail me if you would like to know anything! One thing we all know is sure –

HE LOVES ALL OF US!

Some of us do claim to believe and have faith in the One who brought us into existence. However, there are times we question why God does not answer! He puts our lives on hold! Also, there are times of

personal struggles and pain we wonder why He is no hurry to answer our prayers. We question His all knowing love and sovereign power to take care of us as His created child. He is capable of “moving our mountains!”

We pray to be in His perfect will for our lives and instead of waiting patiently, some gripe and complain because they didn't get their way immediately. Folks, we are not to be spoiled children and have a lot to learn. God is not our servant and spoiler. God has a perfect time to answer every prayer we send to Him. We always have something to learn! God be with you dear one.

Marlys Johnsen Norris
Christian Author of 7 Books
“Recipes for a Happier Marriage” Recommended by Pat Boone
Marlysjn@gmail.com ★



By Pastor Ray Dare

There is a myth that says successful people do everything right. They don't. The fact is, successful people probably make as many mistakes and stumble and fail as many times as non-successful people. They just don't let it get them down. They don't give up. They keep on keeping on. They learn from those failures and they become better and better. They don't live a perfect life, they stumble and fall. But they get up and keep on going.

The best baseball players in the world, only hit the ball three out of ten tries! The best quarterbacks only complete about six out of ten passes. Winners in the stock market make money on only two out of five investments. You're not such a failure. If at first you don't succeed congratulations you're

Pastor Ray's Encouraging Words

Winners Never Quit

normal! But winners resolve to stick with it. They keep on keeping on.

Resolve means a conscious act of the will. It is a choice. I am choosing. I will not give up. Regardless of economic conditions. Regardless of problems at work, problems in the business, you don't give up.

Proverbs 24:16 “For though a righteous man falls seven times, he rises again.” Even good guys fall. Even righteous people stumble. They make dumb decisions. They make mistakes. They lose money. Even righteous men fall. But the difference is they get up again. They keep on going. That's the mark of a winner. Quitters never win, and Winners never quit.

You don't have to be discouraged. It's your choice. It's what you're choosing to look at. Is the cup half full or half empty? You have a choice. You can choose to think on God's word and you can choose to think on the promises of God. You can choose to think about what He promises you rather than looking at your circumstances. That is a choice.


Ray Crock, founder of McDonalds wrote an autobiography, he called it “Grinding It Out.” When he started McDonalds he was 52 years old. That tells us that it is never too late to try again, to start over. Just think about all the millions of people that have been helped financially because he gave them jobs. He made millionaires of the suppliers. All because one guy at the age of 52 decided to go for it, to try again, to grind it out!

What is it in your life that you need to grind out? What are you tempted to give up on? God says, “Don't do it!” “Don't give up, look up and let me give you the staying power you need.”

Don't allow discouragement to get the best of you. So what it you've failed at something, that's normal. Great people are not people who never make mistakes or fail, great people are people who refuse to give up. You resolve to grind it out.

Pastor Ray
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O SON OF MAN!
Veiled in My immemorial being and in the ancient eternity of My essence, I knew My love for thee; therefore I created thee, have engraved on thee Mine image and revealed to thee My beauty.
from the “Hidden Words of Baha'u'llah

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CA Democrats Paint Rosy Picture of Failing California



By Katy Grimes, Investigative Journalist

SACRAMENTO REGION, CA (MPG)

The future of California is not looking as rosy as the state's Democrat Party politicians want us to believe. Whenever challenged on the stability of his economy, Gov. Jerry Brown's knee-jerk retort is, "California is the fifth largest economy on the planet," as if the size of the economy in the most populous state in the nation is relevant. With nearly 40 million people, California now feels and looks like a Banana Republic in the cities, as well as rural areas in the state.

Whether you are forced to check the public defecation map to navigate the streets of San Francisco, are on the 57 freeway in Santa Ana looking at miles of homeless tent cities and camps, or you are dodging heroin-addicted homeless zombies around the State Capitol and on residential streets in Sacramento, the results are the same — Nearly one-third of the nation's homeless population lives in

California.

California today is not the California I grew up in. And our Democrat politicians keep telling us to just get used to it.

Too many tax-paying Californian earners are leaving California for lower tax, higher-liberty states, willing to forgo the beautiful California weather for more freedom. This does not bode well for California's future any longer, with the tone deaf Socialist-Communist-Democrats saying we'd all better get used to this. And lest I forget to mention it, this is Jerry Brown's California where our four-term governor wants to outlaw private ownership of automobiles, supports universal single-payer health care, and issues in-state "visas" for illegal aliens... and constant tax increases are the only way the state and its largest cities seem to operate.

Even while watching the significant outmigration of the middle class, as well as hundreds of millionaires and billionaires, nearly every city has a tax increase on the November ballot.

Solving Growing City Budget With Tax Increases — AGAIN

In 2012 when Jerry Brown was getting his Proposition 30 sales and income tax increase on the wealthiest Californians, Sacramento city voters also passed Measure U, a "temporary tax" to allow the City to enact a half-cent sales tax for six years with all revenue going to the City's General Fund.

Proponents claimed the "temporary measure" was

needed to stop the loss of city services and jobs blamed on the recession. The City of Sacramento said Measure U was needed to restore and protect City services. "The intent was to restore police and fire services, park maintenance and other essential services that were cut between 2008 and 2013." The city made it appear unthinkable that voters would deny police, fire and parks their rightful budgets.

Most city residents already noticed the loss of city services along with skyrocketing city utility/services bills.

"Budget officials initially projected the tax would generate \$31.8 million in the current fiscal year," sacbee.com reported in 2015. "Instead, Measure U dollars are now expected to reach \$41.5 million this year and remain nearly \$10 million above original projections for the next four years."

But Measure U is set to expire in March 2019. So what does Mayor Darrell Steinberg and the City Council do? They put Measure U back on the ballot for November, to double the size of the tax and make it permanent, saying "inclusive economic growth" makes it necessary. "I'm confident when people see what we can do with a full penny, they will respond favorably," Steinberg said.

If you aren't familiar with "inclusive economic growth," you may want to pour a whiskey when you read, "Inclusive growth is economic growth that is distributed fairly across society and creates opportunities

for all," according to many "Sustainable growth" organizations. It's largely used in third-world countries, so I'm curious why Sacramento Mayor Darrell Steinberg chose this feel-good wording... unless perhaps he agrees that Sacramento is turning into a third world city.

In 2017, a city report found a 30 percent spike in homelessness over the past two years, which many in the region felt underestimated the problem.

And to our south, L.A.'s homelessness surged 75% in six years.

At the root of the financial problem in nearly every California city, as well as at the state, is swelling pension obligations, — though no one in Sacramento City Hall wants to admit this is what the Measure U tax increase is really about. "As the costs of pensions and employee salaries increase, the city of Sacramento is forecasting budget deficits beginning next year," sacbee.com reported. "Those gaps are expected to reach \$25 million by 2022."

In April, legislative Democrats killed three bipartisan bills that would have made significant changes to the future of California's pension system. Rather than agreeing to reduce the risk taxpayers face in the \$1.2 trillion public pension and health obligations, particularly if we face another recession, Democrats killed the bills, opting to grow the state employee pyramid scheme instead. "Sen. Connie Leyva, D-Chino, countered that she wanted to find ways to encourage more people to

join pension programs instead of 401(k) plans," sacbee.com reported. "I just think we need to do everything we can to get our young people into defined-benefit plans," she said, proving that their only plan is to bring in more state employees.

"CalPers, CalStrs and the State health plan have a total of \$1.2 trillion in unfunded liabilities. For years CalPERS has been lying about their return on investment, claiming it to be 7.5%. Instead in 2014-15, per State Senator John Moorlach, it is actually 2.4%."

The pension overhaul bills the committee rejected were:

- **Republican Sen. John Moorlach's Senate Bill 1032, which would make it easier for local governments to separate from CalPERS without paying the hefty termination fees that CalPERS charges to fund pension obligations for defunct agencies. If an agency quits CalPERS without paying the fees, CalPERS slashes the pensions it provides to the agency's former workers.**

- **Moorlach's SB 1031, which would prohibit pension funds from providing cost-of-living adjustments to retirees if the pension fund has less than 80 percent of the assets it would need to pay the benefits it owes. Most retired public employees can receive cost-of-living adjustments of 2 percent each year, but some contracts allow up to 5 percent. Moorlach's proposal would have applied**

only to state workers hired after Jan. 1, 2019.

- **Democrat Sen. Steve Glazer's SB 1149, which would have allowed new state workers to opt for a 401(k) plan instead of a pension. The concept is attractive to younger workers who do not intend to be career civil servants. The University of California is offering a similar plan, and 37 percent of new workers are choosing 401(k) plans instead of pensions.**

Which came first — the explosion of homeless on California streets, rivers, parkways and highways, or the unfunded pension crisis? Irresponsible politicians created both.

There is so much that's wrong with California, but not so much that it could not be fixed if we could just rid ourselves of the irresponsible, selfish, malignant, unstable Democrats in government — the same Democrats who put labor unions over people, illegal aliens over citizens, and their own power over the well-being of their constituents. Even New York Magazine agrees: Democrats Must Be More Ruthless — When They Have Power — NYMag.

For more information about California's public pension crisis, visit Sen. John Moorlach's PENSION CRISISpage — the only CPA in the California Legislature tells the unvarnished truth.

Visit: <http://www.flashreport.org/blog/2018/07/17/ca-dems-paint-rosy-picture-of-failing-california/>

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Sacramento County DA Reports



Defendant Sentenced for 13 Counts of Sexual Assault
DATE: June 29, 2018
CASE: Andy Kelly (Case #17FE019449)
PROSECUTOR: Deputy District Attorney Monica Robinson, Special Assault and Child Abuse Unit
The Honorable Geoffrey Goodman sentenced Andy Kelly to 129 years to life in prison. On April 20, 2018, a jury convicted Kelly of 13 counts of sexual assault including committing an act of oral copulation or penetration on a child 10 years old or younger, intercourse with a child 10 years old or younger, and lewd or lascivious acts with a child under the age of 14. From 2015 to 2016, Kelly molested a young family member. DNA evidence was recovered and corroborated the child's description of what happened to her.

Defendant Sentenced for Kidnapping, Carjacking, Sexual Assault
DATE: June 29, 2018
CASE: Eddie Ray Jones Jr. (Case #16FE019308)
PROSECUTOR: Deputy District Attorney Kevin Jones, Adult Sexual Assault Prosecution Unit
The Honorable Patrick Marlette sentenced Eddie Ray Jones Jr. to 65 years to life in prison. On January 11, 2018, a jury convicted Jones of two counts of kidnapping during a carjacking, two counts of robbery and one count of oral copulation by force or fear with kidnapping and use of a dangerous or deadly weapon or firearm allegations. The jury also found true a use of a firearm allegation on all counts.

On September 10, 2016, Jones was inside a restaurant on Mack Road when the female victim entered the restaurant with her 2-year-old granddaughter. After purchasing food to go, the victim returned to her vehicle and began placing her granddaughter in her car seat. Jones approached the victim from behind, told her he had a gun and pointed it at her through his coat pocket. He proceeded to order the victim into the vehicle and to drive. Over the next hour, the victim was forced to drive around while Jones smoked drugs. He then pulled out the gun, switched seats with the victim and drove to a secluded area where he forced the victim to orally copulate him. He then stole money from the victim's purse, dropped her and her granddaughter off on the side of the road and drove off in her vehicle. Jones was arrested later that month after leading police on a high-speed vehicle chase and attempting to escape on foot. The victim was able to describe Jones' distinctive tattoos and picked him out of a photo lineup. DNA evidence found on the victim's

shirt was also analyzed by the District Attorney's Crime Lab and was a match to Jones.

Defendant Sentenced for Sexually Assaulting Two Family Members
DATE: June 29, 2018
CASE: Robert Dew (Case #17FE000718)
PROSECUTOR: Deputy District Attorney Monica Robinson, Special Assault & Child Abuse Unit
The Honorable Trena Burger-Plavan sentenced Robert Dew to 20 years in prison. On May 22, 2018, a jury convicted Dew of eight counts of committing lewd acts on a child under the age of 14. The jury also found true a multiple victims allegation. In 2016, Dew sexually assaulted a 5-year-old family member. During the course of the investigation into the assault, it became known to law enforcement that Dew had also sexually assaulted another family member from 2000 to 2002.

Defendant Convicted for Murder of Moped Business Partner
DATE: July 13, 2018
CASE: Kyle Billy Fletcher (Case #15F02336)
PROSECUTOR: Deputy District Attorney William Satchell, Homicide Unit
Kyle Billy Fletcher was convicted by a jury for the first-degree murder of Daniel Aiello and possession and transportation of methamphetamine for the purpose of sales. The jury also found true that Fletcher personally used a dangerous weapon. Daniel Aiello had known Kyle Billy Fletcher for several years and was his business partner at Midtown Moped, a moped shop on X Street in Sacramento. On April 14, 2015, Mr. Aiello accused Fletcher of embezzling from the business and informed him that he filed a police report. On April 15, 2015, the Sacramento Police Department responded to a report of loud noises at the business. Officers found Fletcher in the process of moving a surveillance system from the business to his vehicle and detained him. Shortly after, officers located Mr. Aiello deceased inside the business with a belt around his neck. Officers also located approximately 50 grams of methamphetamine in Fletcher's vehicle. An autopsy was performed and the cause of Mr. Aiello's death was determined to be strangulation.

Fletcher faces a maximum sentence of 30 years to life in prison. Sentencing is set for August 24, 2018, at 9:30 a.m. in Department 11 before the Honorable Trena Burger-Plavan. ★



POPPOFF!

with Mary Jane Popp

Road Mental Health

Do you tailgate? Do you go to slow in the fast lane? According to Clinical Forensic Psychologist Dr. John Huber, your driving style reveals a lot about your mental health. Dr Huber is the chairman of Mainstream Mental Health, a non-profit organization that brings lasting and positive change to the lives of individuals that suffer from mental health issues. Are any of these you?

TAILGATERS: For drivers who leave a football width of space between you and them are likely reckless individuals with little thought for the long term future. If the car in front slams their brakes, an accident could immediately occur. These individuals are prone to have difficulty in being patient.

DRIVING SLOW IN THE FAST LANE: These individuals may either be completely oblivious to their actions or they may exude an unusual amount

of arrogance. When an individual drives slow in the fast lane, they are saying "they know best" and that others need to heel to that will. These drivers may be exercising their control issues on anyone unlucky enough to be behind them.

THE DISTRACTED DRIVER: Texting, Face Timing, Snapchatting or even excessive talking on the phone can cause a deadly accident. Those who partake in any of these activities behind the wheel are prone to have issues with prioritizing (choosing distraction over safety) and maturity.

REPEATEDLY HITTING THE BRAKES: When the lights of the car in front of you flash more than the lights on your Christmas tree, your patience may be getting the ultimate test. Those who hit their brakes too often may have self-confidence issues because this type of driving is overly cautious.

NOT SIGNALING: Not bothering to flick a switch telling the person behind you that that you are about to turn may reveal that the individual is indifferent to others. It also reveals that person is likely to be self-centered.

THOSE WHO HONK RIGHT WHEN THE LIGHT TURNS GREEN: If patience is a

virtue, then these types of drivers are surely missing the rule. Over aggressions is another mental health characteristic we may find with these individuals. Or they could be late to work and need to focus on learning to manage time more effectively.

SPEEDING/WEAVING IN AND OUT OF LANES: If you are out on the road and get passed by someone who appears to be playing a real life version of the video game "Grand Theft Auto," get out of the way. These individuals are not only reckless but are likely over confident and have some anger issues.

ROAD RAGE PROVOCATEURS: Anyone who gets out of their car with the intention of carrying out physical violence against another driver is someone who has self-control issues. In addition, they may have a penchant for violence. Avoid them at all costs.

Do you recognize any of these folks? If so, take note and perhaps rethink your actions or be aware of the other guy or gal. Check out www.mainstreamhealth.com for additional information. A little courtesy can go a long way! HAPPY AND SAFE DRIVING! ★

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

In 1977 the Supreme Court ruled that even though public employees cannot be required to financially support its political activities, they are still required to pay the union a “fair-share” fee to pay for the union’s collective bargaining activities (the costs the union incurs in negotiating their wages, pensions, benefits, work conditions, grievance procedures, etc.). This fair-share fee was only a small bit less than paying the full fee, and as such, less than 800 of our roughly 11,000 employees elected to only pay the fair-share fee.

But now with this latest ruling, any union member can cease paying the entirety of their union dues while still receiving all the benefits of being a union member. New employees will be

Fair Ruling on Fair Share

It is important to note that this Supreme Court decision does not impact all public sector unions the same. Public safety unions like the Sheriffs, Firefighters, and Probation are not worried about the impact, because they focus on service to their members, and don't tend to plunge into unrelated political fights that their membership doesn't support. I do not expect union membership in these public safety organizations to dwindle. And while the only union employees that work for the City of Citrus Heights are those that work for the Police Department, a large amount of public employees from the County of Sacramento, State of California, and the San Juan Unified School District live in work in Citrus Heights.

I agree with the Supreme Court decision because I fully believe any person should be able to have a career teaching children, fighting fires, or being any other form of public servant without having to pay a private third party for the opportunity to do so. I also believe it will bring some real benefits to the employees of Sacramento County.

Now, unions will have to work harder to justify their importance

There are other good things about this ruling as well, such as lower wage workers seeing a boost to their paycheck and making it easier for them to support their families. The average union dues are over \$500 annually — which means workers who decided to stop paying dues will effectively get an annual raise. This money could be the difference between starting a college account for their kids or not, being able to reduce debt, or simply feeling more secure that the bills are taken care of.

I have no burning desire for unions to die off, or even to shrink. But I do have a desire to ensure that the employees of Sacramento County are given options regarding what they can do with their hard earned paychecks. The unions can come out of this situation alright, just so long as they truly listen to their members, deliver the types of services people need, and stay out of political campaigns that their membership aren't fully in support of.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

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



Angela Merkel is, her supporters like to gloat, the leader of the free world. Just don't ask her to spend as if she is. Donald Trump has made the German chancellor one of his favorite rhetorical targets, especially over Germany's anemic defense expenditures. This has led to worries about the future of the trans-Atlantic alliance, and reflexive support for Merkel among the American political elite. Trump shouldn't openly mock Merkel, or suggest that there have been annual dues to NATO that Germany has failed to pay. Trump tends to view foreign countries like contractors trying to scam him in a development deal. This scants history, geo-strategy and the national pride of other countries -- as usual, Trump would benefit from at least a gesture toward statesmanship. Yet Germany's defense

Continued from page 1

in 1992. She later went on to earn her Juris Doctor Degree from McGeorge School of Law and is licensed by the California State Bar. Assistant Chief Anderson is a graduate of the esteemed FBI National Academy in Quantico, Virginia, as well as a graduate of the Police Executive Research Forum's prestigious Senior Management Institute for Police executives. Anderson has served on many boards and commissions,

spending, or lack thereof, is a disgrace. One would think the country would have been embarrassed onto a different trajectory after German troops -- Panzergrenadierbataillon 371, to be exact -- had to use broomsticks instead of guns in a NATO exercise in 2014. But Germany evidently doesn't embarrass easily. NATO countries, after a long vacation from history after the end of the Cold War, agreed at a summit in Wales in 2014 to spend 2 percent of their gross domestic product on defense annually within 10 years. It is the biggest economy in Europe and fourth largest in the world that is the serious laggard. Germany spends all of 1.2 percent of GDP on defense. As Elisabeth Braw points out in *Foreign Policy* magazine, its military is short on tents and winter clothes, most of its tanks aren't battle-ready and it has a shortfall of about 20,000 officers and NCOs. It is promising to get to 1.5 percent GDP ... by 2025 (when a Trump second term would be ending). Merkel is happy to browbeat other EU countries over their fiscal and migrant commitments, but please don't bother her to spend on her own defense. The old saw is that NATO exists to "keep the Soviet Union out, the Americans in, and the

Germans down.” But the last item, given the deep streak of pacifism in postwar German politics, is no longer apt. The EU, not military conquest, is now Germany’s tool for European influence. Germany still has a gauzy view of what matters. Its foreign minister has argued that its development aid should count against its goal for military spending, fundamentally confusing soft and hard power. Needless to say, if Vladimir Putin is tempted to challenge NATO somewhere on its periphery, he’s not going to be dissuaded by Germany’s foreign-aid budget or its openness to Middle Eastern migrants. It’s not clear how seriously Germany takes the Russian threat (although it sent some troops to Lithuania last year). Germany has been supportive of the proposed Russian pipeline, Nord Stream 2, that would make Europe more dependent on Russian natural gas and bypass Ukraine. It’s Trump, the alleged tool of Putin, who has been complaining bitterly about the project. With Putin looming to the East, NATO remains a vital tool of Western power. It’s not an imposition to ask that Germany act like it.

*Rich Lowry is editor of the
National Review. (c) 2018 by
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including as a member of the Citrus Heights Chamber of Commerce board of directors.

"I am honored to have been selected by Chief Lawrence to help lead the Citrus Heights Police department with him and look forward to leading and mentoring our new Department leaders. I appreciate the commitment of our community leaders to give value to the relationship between police and community. As the Assistant Police Chief my priority will be

to maintain these relationships, enhance our youth programs and continue to invest in our future leaders in order to maintain continuity of community policing services for years to come."

- Gina L. Anderson,
Assistant Chief of Police

An internal Police Commander recruitment process is currently underway to find Anderson's replacement as Police Commander. ★

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EverGreen Acquires Sunshine Natural Foods

Story and photos
by Trina L. Drotar

SACRAMENTO REGION, CA (MPG) - Not a full year after Badal and Farzana Haider opened EverGreen Fine Nutrition and Beauty on Sunrise Boulevard in Rancho Cordova, the couple acquired Sunshine Natural Foods on Madison Avenue in Fair Oaks.

Sunshine Natural Foods has been in business since 1983, previously owned by Navin and Ulupi Patel who recently retired. The Patels contacted Badal and Farzana about purchasing the store. The first time, Badal explained, it was too soon after opening EverGreen. The Patels, however, contacted the Haider again in March after not having found suitable buyers.

Sunshine comes with a solid customer base, some who have been shopping there for 15 years or more and driving 10 miles or more to the store which is conveniently located on the northeast corner of Madison Avenue and Fair Oaks Boulevard.

Both stores cater to their customers. Elijah, who works at both stores, was working one recent morning at Sunshine. He greeted each customer with a smile and energy as they entered the store and assisted each in finding what he or she was looking for by asking questions and listening. And he offered to special order products that were not currently stocked.

Badal explained that stock is “based on customer demand,” meaning that the



Sunshine's customers can dispense their own local wildflower honey. For more information: visit www.evergreenfnb.com or call 916-500-3334.

stores may carry different products.

EverGreen offers a large selection of natural cosmetics including lipstick and nail polish and non-food items such as tote bags and shorts. Sunshine has a large refrigerated section and recently began carrying Spoonk

acupressure mats per a customer's request. Sunshine's customers can also press their own peanut butter or dispense their own local wildflower honey.

Customer service goes beyond the meet and greet, however, as the company's website and social media accounts show. The stores regularly offer educational sessions so that customers and the community can learn about products and health issues. In February, EverGreen also participated in raising funds for the Children's Heart Foundation, an organization that Farzana says is important to her.

Fun is also important; EverGreen has hosted in-store henna body painting events, Santa Claus, and often takes its message of health and wellness on the road. Staff has sponsored booths at a local school carnival and attended a trick or treat event at the Sacramento Children's Museum.

Sunshine offers space for community brochures for local Chi Gong classes, Ecohousing, and yoga festivals. Additionally, each store has a kiosk for

research and a broad selection of reference materials.

Badal remains behind the scenes

focusing primarily on the finances and capital improvements in addition to his day work at Intel. Farzana manages both stores with the aid of her assistant managers, Evica at EverGreen and Olga at Sunshine.

Evica brings a quarter century of experience and knowledge to EverGreen and its customers. She has a huge selection of reference books and recently discussed hyperthyroidism and the benefits of lifestyle changes. She's knowledgeable about the varieties of honey on the market and plans to bring in organic, local honey.

Olga, Sunshine's assistant manager, “was part of the EverGreen build from the ground up,” said Badal, adding that she “has a medical degree outside of the U.S.”

Also at Sunshine is Gaylyn, a certified nutritionist and health coach who worked for Sunrise Natural Foods of Roseville for five years. Gaylyn and Farzana are working together to educate newer staff to continue to offer a high quality of customer service and satisfaction with a focus on healthy lifestyles.

For more information: visit www.evergreenfnb.com or call 916-500-3334. If you go: EverGreen Fine Nutrition and Beauty, 4044 Sunrise Blvd., Suite 160, Rancho Cordova or Sunshine Natural Foods, 8121 Madison Avenue, Suite F2, Fair Oaks. ★



Sunshine Natural Foods has been in business since 1983.



Sunshine comes with a solid customer base, some who have been shopping there for 15 years or more.



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