

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

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Serving the City of Citrus Heights & Sacramento County

SEPTEMBER 7, **2018**

APPELLATE COURT ORDERED BROWN TO **RETURN 'UNLAWFULLY DIVERTED' FUNDS**



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THOUSAND VOLUNTEERS **NEEDED FOR UNITED WAY'S DAY OF CARING**



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RECORD SET FOR MONTHLY TRAFFIC AT SMF IN JULY





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Airshow Will Amaze



Established in 2004, the California Capital Airshow plans and operates the exciting, familyfriendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. Visit www. californiacapitalairshow.com for tickets and more information. Photos by Mark E. Loper, CCA

By MPG Staff

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow is just around the corner as excitement and anticipation continue to build. Mather Airport will play host to the world famous airshow on the weekend of September 21-23 with thousands on hand to witness one spectacular show after another.

Among the must see shows on display will be:

Beale Air Force Base U-2 Dragon Lady & T-38 Talons

Keeping a watchful eye on the world from their base not too far north of Mather Airport are America's aerial super sleuths from the 9th Reconnaissance Wing, Beale Air Force Base.

B-17 Flying Fortress and P-51 Mustangs

Many will say it was the B-17 Flying Fortress that brought Nazi Germany to its knees, while others say it was the P-51 Mustang that allowed it to get to and from its target. See both and decide for yourself!

USAF F-25 Lighting II Heritage Flight Team

America's 5th generation air dominance fighter and attack aircraft will demonstrate its awesome capabilities then form up for a historic flight with its namesake, the iconic WWII P-38 Lightning.

Shockwave Jet Truck

This custom built race truck is equipped with three huge jet engines producing 21,000 lbs. of thrust which easily propel the vehicle to speeds over 350 mph.

Royal Canadian Air Force **CF-18 Hornet Demo**

Celebrating the 60th anniversary of NORAD, this jet will amaze American audiences with an extremely aggressive demo flown by our friendly allies to the north.

California Air National Guard F-15 Eagle

Undefeated in air-to-air combat with more than 100 aerial combat victories, the 9G pulling, 58,000 lbs. of thrust pushing, Mach 2.5 capable world-favorite fighter will bring the noise and speed.

USAF Thunderbirds Air Demo Squadron

America's Ambassadors in Blue perform all around the world, displaying the pride, precision and professionalism of American Airmen while flying the F-16 Fighting Falcon, known as the Viper!

Weekend Bundle General Admission Tickets – 3 Days of Airshow Fun

The Weekend Ticket Bundle offers one adult general admission, plus four youth

tickets to the magical night show and concert on Friday, September 21, but also one adult general admission, plus four youth tickets to the U.S. Air Force Thunderbirdsheadlined airshows on Saturday, September 22 and Sunday, September 23.

Saturday and Sunday performances will take place from approximately 11:30AM-4:00PM.

Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year.

Visit www.californiacapitalairshow.com for tickets and more information.

Source: California Capital Airshow

Andrew Grant Continues Town Hall Series

Still No Word from Bera on Debates

By MPG Staff

SACRAMENTO REGION, CA (MPG) - Congressional candidate Andrew Grant, Republican challenger to Ami Bera, continued his Town Hall series last Tuesday night at Arden-Dimick Library in Sacramento.



give voters an opportunity to hear directly from Grant on his candi-Andrew Grant dacy and his agenda for Congress.

The town

They also allow for open dialogue with voters to hear their questions and concerns.

With incumbant Ami Bera continuing to avoid Grant's debate challenge, this dialogue is

Something Congressman
Grant feels Ami Bera (D-CA)

has been lacking.

Grant has invited incumbent Congressman Ami Bera to hold five debates in advance of the November election, but Bera has refused to commit to dates. In 2012, Bera challenged then-Congressman Dan Lungren to multiple debates saying, "Now is not the time for the politics of division, but rather the time for a clear exchange of ideas on how we begin to move forward as a region, state and nation."

Bera has been a representative of California's Congressional District since 2013. He previously served as associate dean for admissions at the UC Davis School of Medicine as well as the Chief Medical Officer for the County of Sacramento.

Grant is a business leader and former intelligence officer, who served in combat as a Marine, a senior official in the U.S. State Department, and for the Chairman of the Joint Chiefs of Staff.

Sources: Andrew Grant and Ami Bera





City Council Candidates Share Ideas

Discuss Education, Homelessness and the Future of Sunrise Mall

By Trina L. Drotar

CITRUS HEIGHTS, CA (MPG) - On Wednesday, August 29, citizens turned out to hear what the five candidates for city council think about homelessness, the future of Citrus Heights, education, and the best use of the property taxes. With only three seats up for election, the seats currently held by incumbents Jeannie Bruins, Albert Fox, and Steve Miller, the stakes were high for the two newcomers - Porsche Middleton and Treston Shull. The evening's two-hour forum was hosted by Citrus Heights Chamber of Commerce's Political Action Committee. On hand were Johnnise Downs, the committee's current chair, and Ray Riehle, past chair and the forum's moderator. Charlie Miller acted as timekeeper. The chamber's executive director, Cendrinne DeMattei, watched on. Middleton's response to the question of the

Continued on page 3

Incumbents Albert Fox and Jeannie Bruins, newcomers Treston Shull and Porsche Middleton, and incumbent Mayor Steve Miller. Photo by Sandy Thomas

www.CitrusHeightsMessenger.com

Cake4Kids Now Baking in Sacramento

Story and photos by Trina L. Drotar

SACRAMENTO REGION, CA (MPG) - A baker's dozen is thirteen as the cake enthusiasts who attended Cake4Kids' orientation at Arcade library on Saturday, August 18 know. This second orientation in the Sacramento region for the Sunnyvale-based nonprofit drew bakers of all backgrounds and ages hailing from Carmichael, Arden Arcade, Rancho Cordova, Elk Grove, Rancho Murieta and beyond to learn more about Cake4Kids.

Mary Barnes, Cake4Kids' Sacramento ambassador, led the hour long program. Barnes is a Sacramento native who first discovered the group when she lived in San Francisco. When she returned to Sacramento to pursue her legal career she wanted to bring the program with her and spoke about why she chose the eastern part of Sacramento.

"We thought about logistics," she said, "An area where there were a good number of residential areas to pull volunteers from."

This area, she explained, is close to freeways, homes, several nonprofits serving the demographic that Cake4Kids supports homeless, recent immigrants, those in foster care, and victims of human trafficking - and it doesn't cost money for parking so that left downtown and midtown out of the running.

"It is supported by Carmichael, east Sacramento, Sac State students, and ARC students. We thought it was a good location to start because of all of those factors."

In addition to being the nonprofit's Sacramento ambassador and tackling the job of finding volunteers, contacting agencies, and filling requests, Barnes, like other volunteers, works full time. She is also a volunteer baker and delivered the first cake in Sacramento to Opening Doors, an organization that serves individuals and families escaping human trafficking and refugees new to the area. She baked a vegan banana cake for a boy and decorated the cake with a racecar theme, complete with toy cars atop a protective layer of marzipan, and topped with vegan chocolate frosting.

"We have several requests for vegan cakes from this organization. We're challenging our bakers right away," said Barnes, adding that all requests had been claimed and filled since the first orientation in July with twenty attendees.

In 2010, Cake4Kids was born. Only thirteen cakes were baked and delivered that year. Fast forward eight years when more than 10,000 cakes have been baked and delivered by volunteers as far south as San Diego. The nonprofit also serves Fresno, Marin, Monterey, Napa, San Mateo, and five other California counties. Each cake is



In 2010, Cake4Kids was born. Only thirteen cakes were baked and delivered that year. Fast forward eight years when more than 10,000 cakes have been baked and delivered by volunteers as far south as San Diego. Above, Alyssa Van Hofwegen (left) and Mary Barnes show off a delicious example of one of the

prepared from scratch especially for the child, decorated, packaged in a cake box, and delivered to the requesting agency. Although volunteers never meet the children, they often receive thanks from the children or, in some cases, from the parents or caregivers.

Before volunteer bakers can claim cakes, they must attend a mandatory orientation where they'll learn about the organization, the demographic served, logistics, and resources. One of the volunteer benefits is that each baker may take cake decorating classes and be reimbursed for up to \$100.00 each year. The ability to be a fabulous decorator is not a requirement, although some cakes are quite lavish. Each cake, she added, must have the child's name.

During the orientation, Barnes said that 60,000 children are in foster care and only 5% between 15 and 18 years of age are adopted in California. Nearly 30 percent of children are homeless in the United States, and Barnes referenced the thousands of U.S. based human trafficking cases annually. These are some of the at-risk children Cake4Kids serves.

Julie Eades, the organization's executive director, attended the inaugural orientation in July and said in a telephone interview that, "When you're on or near the poverty line, a cake might not be the thing you choose to spend your money on. We talk about the fact that these children get moved from home to home and sometimes they don't get any birthday celebrations. Not because nobody cares. It's just one thing extra that people caring for them have to think about."

Cake4Kids serves children and young adults up to the age of 24 and Eades said that some children as old as twenty have never had a cake before the one baked and delivered by a volunteer. She also said that the older children are extremely appreciative of the cake made just for them. Everyone should feel special one day a year.

Men, women, and children 16 years and older interested in baking cakes and bringing joy to a child should sign up to be a volunteer on the organization's website. Sacramento orientations will be held through December at Arcade and Arden-Dimick libraries. The goal is to have 100 volunteers on board. On October 20 and December 22, orientations will be held at Arcade library on Marconi from 12:30 p.m. - 1:30 p.m. On November 10, Arden-Dimick will host from 12:30 p.m. - 1:30 p.m. The September orientation date and location has not been set. For additional information, visit www.cake4kids.org.

Record Set for Monthly Traffic at **SMF** in July



Passenger traffic at Sacramento International Airport has shown a robust increase of 11.8 percent in July 2018 over the same time

SACRAMENTO REGION, CA (MPG) - Sacramento International Airport recorded 1.1 million passengers in July 2018, making it the busiest month in airport history. The airport expects to serve one million passengers each month through the end of 2018 and is on track to serve an estimated 12 million passengers this year, another recordbreaking milestone.

Passenger traffic at Sacramento International Airport has shown a robust increase of 11.8 percent in July 2018 over the same time period in July 2017. The busiest month on record previously was July 2007, when the airport served 1.013 million passengers. "We are encouraged by this growth and by our customer's

response, making Sacramento International Airport an attractive airport for continued growth," said Mark Haneke, manager of air service development and marketing for the Sacramento County Department of Airports. The increase stems from Sacramento regionally-

generated passenger response to the addition of several destinations and carriers at Sacramento International Airport, including: • New nonstop service to Austin, St. Louis, Orlando, New

- Orleans*, and Cabo San Lucas on Southwest. (*New Orleans service was temporarily suspended in August but returns on a daily basis in November) • The return of ultra-low cost carrier Frontier Airlines with
- service to Las Vegas and Denver
- The return of international carrier Air Canada with nonstop service to Vancouver

Passenger traffic reports can be found on the Sacramento County Airport System's About Page.



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5th Annual Zumbathon Fires up a Party for a Cause

Story and photos by Trina L. Drotar

ORANGEVALE, CA (MPG) -Orangevale Community Center was electric Sunday morning, August 26 as more than 200 men, women, and children filled the gymnasium for a two hour Zumba marathon to raise funds for the Firefighters Burn Institute's Youth Firesetter Program. With fourteen fully energized instructors from the region on stage to guide, instruct, and inspire, the crowd sweated and burned calories from the 10 a.m. start until noon. "Zumba Love," "Peace Love Zumba," "Make It Happen," "Free Zumba," and "Zumba Boss" were some of the slogans on shirts. Red was the color of the day and fun

Lorie Valdez-Hobart, the event's instructor coordinator and Zumba guru, reminded the group of the four rules of Zumba. "Let go," she said. "Let everything go that's bothering you. Two, keep it safe." She reminded dancers to take breaks and keep hydrated. Water bottles lined the walls while the gym shimmied and rocked to the sounds of Reggae and Latin rhythms and a touch of hip hop. Every so often, the instructors

was the attitude.



There are many ways to support the Firefighters Burn Institute including its annual "Fill the Boot for Burns" boot drive fundraisers and the 5th Alarm Chili Cook Off at California Automobile Museum on Saturday, October 20 from 6 p.m. – 10 p.m. For additional information, visit https://www.ffburn.org or www.firesetter.ffburn.org

would slow things down so danc- Zumba," Valdez-Hobart shouted ers could towel off beads of sweat and bring heart rates down just a

"There are no wrong moves in

to the audience who returned the shout. "Have fun!" And the party began in earnest with that last rule. Instructors rotated and

brought his or her personal style to the party. Dancers heeded the rules. Valdez-Hobart has been hosting the Zumbathon since 2013 when she was first contacted.

"I love doing this event!" said Valdez-Hobart, saying how "empowering it is to be able to bring over 200 people together through Zumba to raise money for such an amazing organization!"

The Firefighters Burn Institute provides many services for fire victims of all ages, including firefighters and children. Firefighters Kids Camp and Little Heroes Camp provide nurturing environments where young burn survivors can be active, do crafts, and have fun. Firefighter Robert Knaggs praised the camps and the opportunity for children to be outdoors safely. "They don't cool off as well after being burned," he said.

The Youth Firesetters Program offers a range of services to youth and their families. "We help the children build self-esteem," said programs manager Kara Garrett,



At one with Zumba

who works with youth as young as five in weekly classes to help them learn how to turn themselves

The program includes a nightly dinner, the opportunity to receive mental health and social services for the child and family, and requires the students to find a volunteer opportunity in for Burns" boot drive fundraisers and the 5th Alarm Chili Cook Off at California Automobile Museum on Saturday, October 20 from 6 p.m. - 10 p.m. For additional information, visit https:// www.ffburn.org or www.firesetter. ffburn.org.

Don Hobart and Lorie Valdez-

the community and sign a note

"promising to make the world a

Several firefighters, including

some new to the field, were on

hand to talk with, sell raffle tick-

ets, take photos with, and support

the event which has grown dur-

ing its five years and is expected

There are many ways to sup-

port the Firefighters Burn Institute

including its annual "Fill the Boot

to return next August.

better place," added Garrett.

City Council Candidate Forum

Education, Homelessness and the Future of Sunrise Mall

Continued from Page 1

top three priorities and how to address them was to "think outside of the box" - especially regarding Sunrise Mall. Expanding the quality of life, she said, would require "a lot of buy in." Bruins concurred about Sunrise Mall, adding education, and suggested that to make these changes, she'd "work with the local people." Miller said that there is "a lot of work to do" and that students need to be prepared for jobs. He mentioned financial stability through economic development, public safety and

Shull mentioned public safety and homelessness, and Fox said schools and housing, stating that there are one million jobs each year that go unfilled and that schools could teach those trades. He wants to change how Citrus Heights is perceived online and said that it should "be a regional

With 90 seconds to respond to how to address homelessness in the city, candidates had to think and speak quickly. Bruins, Fox, and Miller referred to HART (Citrus Heights Homeless Advocate Resource Team) and the navigators. "Homeless do not know boundaries," said Bruins. Miller agreed with others that "navigators have been successful." Fox said, "There are 800 students homeless on any night." He also reminded the audience and candidates that some "resident homeless" are not willing to seek the help offered by HART and mentioned the transient homeless. Middleton would "expand the HART program," and stated

that nearly a third of the homeless are veterans, and proclaimed "we can fix that." Shull said that "more services equal more homeless."

Questions about the economy and future of Citrus Heights were critical and sometimes harsh. About PERS (Public Employees Retirement System), Fox said "it is not the save all." Bruins spoke of "prudent financial management." Shull called Citrus Heights "an entertainment dead zone" and spoke of the need to reach into Folsom, Roseville, and Rancho Cordova and turn Citrus Heights into a hub. "Let people know we are the most business friendly city," he said.

'We're a transit city," said Fox referring to the many streets that serve as thoroughfares for commuters. "Brick and mortar will be smaller," he said and spoke of the need to build for the future of IT and artificial intelligence and supports Shull's call for entertainment. Middleton's approach was mixed use development. Her vision of family friendly "starts with walkability."

Bruins was a maverick in her call for Citrus Heights to "be willing to go up," referring to building taller like the controversial three-story Dignity Health. Miller addressed Sunrise Mall's 92 acres. "One hundred thousand cars travel by the mall," he said, "very few stop." He envisions local mall ownership and an all-

season, covered farmer's market. Education was another hot topic. The consensus was that work needs to be done. Bruins suggested the need to "partner with other entities," look at alternative education models, or consider charter schools. Miller said that education wasn't in the city's purview but now thinks it might be. Shull addressed the challenges of open enrollment. "Parents need to be more involved," he said. Fox said that parents need to "work with us." Middleton said, "We need to be willing to explore all opportunities. Right now is not working." She also touted building partnerships.

As for new growth, how Citrus Heights is doing, and how candidates see the city in ten years, the responses were varied, yet much the same.

"This city has done it right," declared Fox, who sees much future in Sunrise Mall and addresses the city as a regional presence. He discussed the need for "vibrant neighborhoods" and "public safety."

"We're a tear down city now," said Miller, who addressed the strip mails, the need for better education and entertainment, and "class one corporate offices."

"The mall is the greatest challenge," said Bruins. "I envision this as an employment center." She addressed internet sales and creating jobs that match that need.

"The critical key here is Sunrise Mall," added Middleton, and then noted the importance of activities and events at the mall.

"We can't get stuck in the past,"

For additional information on each candidate, visit https://www.citrusheights. net/156/Elections. To watch a replay of the forum, visit https://www.youtube.com/ watch?v=HCjwNEKcfKU or https://www.youtube.com/ watch?v=VLhyS r8VE.



Cendrinne DeMattei **Executive Director**

Business Walk

CITRUS HEIGHTS

The City of Citrus Heights and the Citrus Heights Chamber of Commerce will be visiting approximately 130 business locations in the City for the Annual Business Walk. Approximately 40 City staff and Chamber members will partner together to make the visits on Wednesday, October 10th from 10:00 a.m. until 1:30 p.m. This year's walk will cover the Greenback and Auburn corridor.

The purpose of the walk is to visit business owners and managers to conduct a brief survey, which provides the City and Chamber with a snapshot on the business climate. In the past,

this effort has helped businesses address signage questions, homelessness, and understanding Chamber benefits. The Business Walk teams also provide businesses they visit with resources and information on services offered by the City and Chamber.



• Upcoming Meetings and Events •

Crossword Oaks 6th Annual Shred Event

Saturday, Sept. 8th – 9:00am to 2:00pm 6650 Crosswoods Circle

On-site Shredding \$5.00 Donation per box All proceeds go to Wounded Warrior Project

Chamber Monthly Luncheon Tuesday, Sept. 11th – 11:30am to 1:00pm

Guest Speaker: Chief Ronald Lawrence, Citrus Heights Police Department Citrus Heights Community Center

• Welcome New Members •

All About Pets

Interiors 4 Less

Parrot Planet

Michael Siegel Law

- Car Keys Direct
- Tague Band Instrument Services
- Kelley Leads
- Reliable Home Improvement, Inc.
- Tamara Barbu-Brown
- Hannibal's Catering

HomeStory Doors of Sacramento ● Veterans Plumbing & Rooter Services ● State Farm - Doug Rowley

Quick Quack Car Wash

- Advance America
 - Towne Mart
- Dos Coyotes Sunrise

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Passionate Purpose Displayed by School Board Candidates

Forum Held for Four Candidates Looking to Secure Two Open Seats

By Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - On August 30, the 2018 San Juan Candidate Forum was held at Citrus Heights City Hall. Four candidates are vying for two open seats on the school board of the San Juan Unified School District. The candidates are incumbent Mike McKibben and newcomers Myel Jenkins, Magali Kincaid, and Zima Creason (who was unable to attend the forum).

The candidates spoke passionately about their reasons for pursuing a board seat. The event was not a debate, but rather an informational forum giving candidates the opportunity to share their views and educational priorities with district voters.

Myel Jenkins has experience as a manager in community foundations and non-profits serving teens and their families. She is also an experienced district volunteer who spent a lot of time in the classroom and in PTA leadership roles. Jenkins started attending board meetings in 2013 after participating in focus groups of African American families for the Local Control Accountability Plan (LCAP), which provides additional support to the highest-needs kids in the district. Jenkins served on the LCAP since 2014 and termed out last year. She also served on the Sexual and Reproductive Health Curriculum Choice Committee and on the Superintendent Parent Advisory Committee.

Jenkins believes the district needs to resolve the achievement gap since not all students are succeeding. She stressed the importance of responding to the changing demographics and the shifting enrollment cycles in the district. Jenkins suggests a multi-tiered approach focused on increasing early-education opportunities to make sure students are kindergarten ready and to create more pathways to prepare students for success.

Jenkins said, "I'm running because San Juan is important to me as a parent and as a community member. I'm running as a parent voice, advocating for all of our kids in San Juan and ensuring that no matter what your zip code is that your child has access to high-quality education."

Advisory Committee; the Curriculum, Standards, and Instruction Committee; and the Strategic Planning Committee.

For the last four years he has been a

Magali Kincaid strongly believes that every student deserves a quality education. As a college and law school graduate, she is an example of the achievements that are possible when students are given the motivation and confidence they need to succeed. Kincaid has volunteered in the classroom and been involved in PTA events and school site councils. She was appointed to the Curriculum, Standards, and Instruction Committee. She also served on the LCAP Strategic Planning Committee.

Kincaid said that the district needs to do more to address issues affecting vulnerable groups (such as students with disabilities, students of color, foster youth, and homeless youth) so they don't fall behind. She explained that there is more diversity in the district so there is a need to create meaningful partnership with students, parents, and communities so that all students are represented. She believes the district needs to provide opportunities for students to learn in many ways in order to reach all the diverse students in the district.

As an elected official, Kincaid believes it would be her moral responsibility to be both transparent and accountable to the students and the community. She stated, "I believe that our students are owed a quality education. I believe that education is not only a civil right, but a human right. And I fight every single day as an advocate of education. And I work hard to make sure that barriers to students, of all backgrounds, are broken down to make sure that our students are succeeding... We owe that to all of our students."

Incumbent Mike McKibben is a former teacher and has spent 15 years volunteering in district classrooms. He participated in school site councils and worked on the Second Step anti-bullying campaign within the district. He has served on the Superintendent Parent

Advisory Committee; the Curriculum, Standards, and Instruction Committee; and the Strategic Planning Committee. For the last four years he has been a SJUSD board member and has served as president, vice president, and clerk. McKibben said that his greatest accomplishment on the board is the upward trajectory in the district's graduation rates, test scores, literacy rates, and participation in the visual and performing

McKibben said that students in vulnerable groups feel marginalized and the district needs to ensure all students feel welcome and supported. He believes the district needs to address the high rate of suspensions by adopting alternatives such as restorative justice, cooling-off periods, and other options to keep kids in the classroom. McKibben's priorities are making sure students feel welcome and that they know they need to make a commitment to their education.

McKibben stated, "My job as a school board member is to be the toughest question asker that I can be, to try to find out what is the right policy, what is the right way...I want to be a very careful steward of our public funds... It is important and incumbent on board members to make sure that our dollars are spent as wisely as possible. And finally, I want to be a roving catalyst: the idea of trying to find out the best ideas and put them into place so our kids can grow and thrive and find their passion."

If you would like to watch the forum, it is available online at Youtube.com by searching "San Juan Candidate Forum

More Than Half of Workers Approaching Retirement Believe They Will Return to Work

SACRAMENTO REGION, CA (MPG) - Providing insight into the changing post-retirement landscape, a new survey by Home Instead, Inc. revealed that more than half (53 percent) of workers approaching retirement in the next five years believe they will likely return to work.

In terms of their next move, the majority of both those approaching retirement (68 percent) and those who have "unretired" and returned to work (65 percent) said they will change or have changed industries. What's more, nearly 80 percent of both groups said they want to make a meaningful impact in their communities in their post-retirement years, such as through volunteerism or a role involving caregiving, teaching or giving back.

"Finding a fulfilling postretirement career can be incredibly valuable for an older adult," said Buck Shaw, owner of the Home Instead Senior Care office serving Sacramento and surrounding areas. "For some Sacramento men and women, that fulfillment comes from being a professional caregiver, but many find new career or volunteer opportunities that help serve their skills, passions and life goals, and challenge them in a way their previous career might not have."

According to the survey, important motivators for returning to work for those who have retired were fighting boredom (44 percent) or keeping their minds sharp (22 percent), while finding new challenges and fulfillment were the most common motivators for those pending retirement.

Catherine Collinson, CEO of Transamerica Center for Retirement Studies, reaffirms that with people living longer than ever, it's important to focus more on maintaining a sense of purpose than holding on to the outdated

hallmark of retiring at age 65.

"With Boomers blazing the way, full retirement is no longer a point in time. The transition could be a decade or more, and involve shifting gears and working in a different capacity or finding a flexible arrangement, all with more time for family," Collinson said.

So what are the some of the hottest post-retirement jobs? According to Tim Driver, CEO of RetirementJobs.com, today's older workers are considering a wide array of flexible options, including at organizations that meet the criteria for age-friendly workplaces.

"Retail sales clerks and bank tellers are among the most popular options, as are jobs that allow you to work from home, such as online tutoring. And caregiving is often a job where creativity is rewarded – giving you the ability to create activities for older adults and get a peek into what older life looks like," Driver said.

To help workers start thinking about how to make the most of their post-retirement years, the Home Instead Senior Care network is introducing tips and resources including an online career assessment tool that asks users questions about their interests, skills and ideal work environment before recommending categories of jobs that might suit them.

"Whether you are looking for an opportunity to make a difference in the lives of others, share your expertise, network with new people or create something new, our hope is the career assessment tool will help spark ideas and conversation around what a rewarding next chapter could look like," explained Shaw.

For more information visit www.homeinstead.com.

Source: Home Instead
Senior Care ★







Thousand Volunteers Needed for United Way's Day of Caring



To sign up to volunteer for a Day of Caring project or become a sponsor go to www.yourlocalunitedway.org/daycaring. Photo courtesy United Way

SACRAMENTO REGION, CA (MPG) -

One thousand local residents are needed to spend a day caring for the community Sept. 21-22 by signing up for more than a dozen volunteer projects happening at nonprofits and schools across the region during United Way's annual Day of Caring, sponsored by Nationwide. As part of Day of Caring, United Way and Robla School District will host the Robla I Care Fair for families on Sept. 22 at Robla Community Park, 625 Bell Avenue in Sacramento. The event will include family activities and resources for United Way's Square One Project that is working to increase the number of students who graduate from high school prepared for college or career. To sign up to volunteer for a Day of Caring project or become a sponsor visit www.yourlocalunitedway.org/ day-caring.

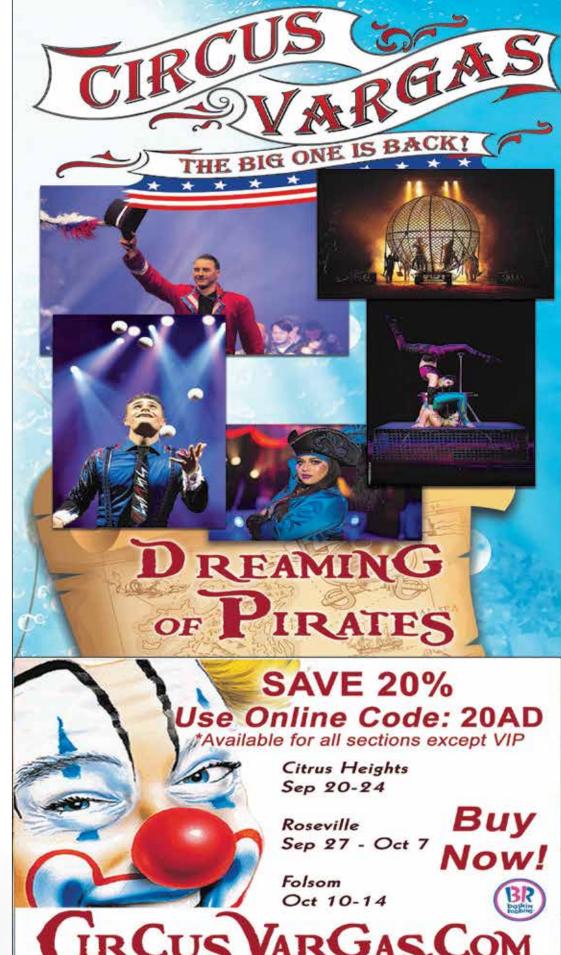
Since United Way California Capital Region held its inaugural Day of Caring in 2013, 3,692 volunteers have donated 18,054 hours of service for 182 projects benefiting nonprofits and schools across the region.

"This is the single largest volunteer day in our region," said Stephanie Bray, president and CEO, United Way California Capital Region. "This is our opportunity to volunteer our time and energy as we dig our hands in to help the nonprofits and schools that do so much for

our community every day."

Day of Caring is part of United Way California Capital Region's Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, United Way believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college or career. To donate or volunteer: www. yourlocalunitedway.org.

Source: Kristin Thébaud Communications







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- Have shorter, more frequent conversations
- As they become teens, the conversation needs to change
- Listen! Conversations go both ways
- Remember, kids watch what you do along with what you say

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Crossword Puzzle on Page 7 S S Κ Ε Α 0 Κ Ε F C C 0 D Α R Ε L Α Ν Α S Ρ Ε В 0 0 R 0 W G S G Α U Α U Κ Ε В Α Р R Α D M M Α G 0 0 Ε D U Ν G Α F ٧ U 0 G Ε Ε R D D Ε Т Ε S R U Ε Η 0 M D Α С Υ F Ν D Μ Α S 0 U С Η D lw Τ 0 Ρ Ε G R Ε Ε O R 0 R G Ε S D M 0 Ν U Α R Α

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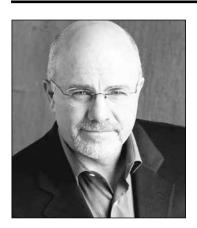
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Larger emergency fund?

Dear Dave,

My wife and I are following your plan, and we just paid off all our debt except for the house. Since we work for the same company, do you think we should have an emergency fund that is larger than you normally recommend?

-Don

Dear Don,

That's great news! You've finished Baby Step 2, and now you're ready for Baby Step 3, which is fully-funding your emergency fund.

I don't see a reason to set aside more than six months of expenses. My recommended range for an emergency fund is three to six months of expenses. If your employment situation is one where there's more risk of something going wrong, you should lean toward saving six months' worth. If your employment outlook is really stable, you can go with setting aside three or four months of expenses in an emergency fund.

I look at your situation as being more high-risk. You each have jobs, so that's the good news. But if the company went down, or experienced layoffs, you could find yourselves unemployed at the same time. My advice would be to save up six months of expenses for your emergency fund. With that kind of cash just sitting there, you should be able to make an easier and less stressful transition in almost any kind of unemployment scenario or other emergency.

—Dave

Dave Says

Secured vs. unsecured debt?

Dear Dave.

What exactly is unsecured debt, and how is it different from secured debt?

- Rich

Dear Rich,

"Unsecured" debt generally means someone loaned you money, but they don't have a lien on anything. Credit cards and student loans are examples of unsecured debt, because there's nothing they can directly repossess if the borrower doesn't pay. However, they can sue you if you don't pay, and get a lien against something after they sue you. In some cases, this is done against your income by garnishing your

Some examples of "secured" debt would be things like a home mortgage or car loan. A home mortgage loan is secured by the home. If you don't pay, they can foreclose and take the house. The same is true with a car loan. If you don't make the payments, they can take the car.

Typically, unsecured debts will be the last debts you pay if you're in financial trouble. You'd make the car payment before paying on your student loan, and you'd make your house payment before paying on a credit card.

Hope this helps, Rich! —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 12 million listeners each week on 575 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at

Sacramento Regional Transit District Rolls Back Fares

Lower Fares, 25-Cent Transfers, and 15-Minute Frequency for Weekend Light Rail Service

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional

Transit District (SacRT) Board of Directors approved on August 27 staff recommendations to use funds resulting from cost-cutting measures and operational efficiency savings to reduce fares in an effort to invest back in the Sacramento community. Given the success that SacRT has had at controlling costs during the last couple of years, the district now has more flexibility to pass the savings back to customers by implementing improved and more frequent services. This is the first general fare reduction in SacRT's 47-year history.

The basic single ride would decrease by 25 cents from \$2.75 to \$2.50, and the discount single ride would decrease by 10 cents from \$1.35 to \$1.25. The basic monthly pass would decrease by \$10 from \$110 to \$100, the discount monthly pass would decrease by \$5 from \$55 to \$50, the paratransit single ride would decrease by 50 cents from \$5.50 to \$5. and the super senior fare would decrease by \$2 from \$42 to

Fare changes also include the reimplementation of a 25 cent transfer ticket (allows riders who purchase a single ride ticket with cash to transfer between bus and light rail, light rail to bus or bus to bus). Riders are already able to transfer for free using electronic fare media using ZipPass or Connect Card. An aggressive implementation schedule would allow SacRT to roll out the fare reduction as early as October 2018 in order to benefit the largest percentage

In addition, the SacRT Board recently adopted a Student Monthly Pass reduction from \$55 to \$20 for students in grades K through 12, and a fare reduction for Los Rios Community College District students taking 1 to 3 units from \$20 to \$5 per month.

"I am pleased that SacRT has been able to stabilize our financial outlook to reduce fares and improve service for all of our customers," said Henry Li, SacRT General Manager/CEO. "SacRT has spent the past three years relentlessly improving SacRT's efficiencies and effectiveness, and building reserves. The hard work of our staff and board has paid off, and now the Sacramento community can receive the benefits."

SacRT is focused on building ridership and promoting the use of a system that is clean, safe and convenient for its customers. Fare reductions, re-introduction of transfers and service improvements will make the network more convenient for riders to use.

"SacRT has been able to control costs through organizational changes and operational efficiencies. These efforts have helped to build reserves of approximately \$10 million and promote a more stable, longterm financial outlook," said Patrick Kennedy, SacRT Board

Chair. "Given the success SacRT has had at controlling costs, we can grow ridership through fare reductions and other measures."

In addition, SacRT will increase weekend light rail service frequency from 30 minutes to 15 minutes starting in January 2019. On Saturdays, the 15-minute service will operate from 8 a.m. to 8 p.m. On Sundays and holidays, the 15-minute service will operate from 10 a.m. to 6 p.m. All other times on Saturdays and Sundays/holidays, light rail frequency will be 30 minutes.

Prepaid tickets that were purchased by customers at the previous fare rate will not be exchanged or refunded; however, customers can continue to use prepaid tickets in the future. In the meantime, SacRT encourages customers to use the prepaid tickets that were previously purchased before the new fare changes go into effect.

Source: SacRT

It began as a whispered threat, this latest storm of ours. There was something in the air, a cleansing tonic, a murmur of sharpness.

The trees on the hills looked different, then, seeming to stand out in sharper focus, in cleaner profile. It was the magical paintbrush of

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a gentle sun brushing the front of and slashing at our homes. Cars them, against an ominous, creeping black background. And the blackness grew higher yet, until the western sky was a massive wall of black and swirling gray.

People stood outside and looked, and tried to find a weather report on the radio, and called in the children from play, and made sure the windows were rolled up in the cars, and let the dogs come in. In the fields, the cattle and horses trotted around, snorting softly as the dark sky swallowed our world.

And then it came, gently at first as a reminder to get in the house, then the wind brought buckets of rain, drenching the deep grass

in town slowed to a crawl under the onslaught. People parked and then dashed to the nearest building, wondering as they did, just what was so important that they had to be out this afternoon.

We flinched with every flash of lightning, every smashing thunder. In the cafés, patrons looked out at the parking lots now turned into waterfalls and nodded as though in wisdom.

"Think it'll rain?"

"If it don't it'll miss a good chance."

We listened for something else, too, hoping it wouldn't come. As the storm shut us down to tiny worlds inside, we kept one ear cocked for the tornado siren. Nothing. Good.

The storm lasted for two rinses down at the Curl Up 'N Dye beauty parlor, through a light trim at Kelley's Barber Shop, and half a chicken-fried steak at the Mule Barn truck stop. Then it was over except for the gutters running like trout streams, the new sun contrasting with the blackness of the rest of the sky, and the dripping of our world.

We won't have to water the lawn today. Life is good.

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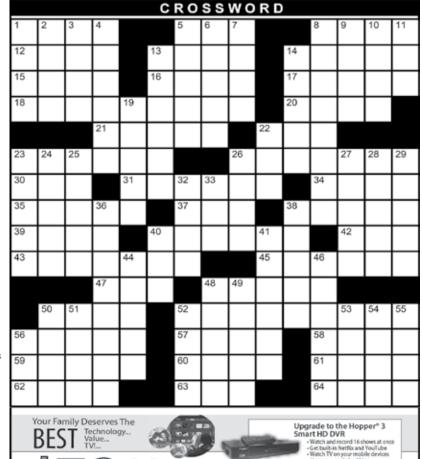
CLUES

- ACROSS 1. Hunk
- 5. Cough syrup amt.
- 12. Grand theft target 13. Broflovski of "South
- 14. Polished surface of gem
- 15. Simpleton 16. A in A = b x h
- 17. Tarzan's swing rope 18. *Dream football
- destination 20. Medley
- 21. Olden-day Celts
- 22. *Mo. of NFL preseason
- games 23. Confine a river
- 26. Khufu's resting place
- 31. First little piggy
- 34. List of chores 35. *First black head coach
- to win Super Bowl 37. Computer network
- acronvm 38. Rank
- 39. "... happily 40. *Team conference
- 42. Dress like Ancient Greeks 43 What's left
- 45. *NFL teams play at least 8 games here
- 47. Slow-witted
- 48. Like Cinderella's ball 50. Blade in Litchfield

52. *Worth 6

- 56. "Madama Butterfly," e.g. 57. Mythological hominid 58. Annette Castellano on
- "The Mindy Proiect" 59. Evil one ____ gum on a list of
- ingredients 61. Pains
- 62. Site of original sin 63. Operations 64. Fountain order
- DOWN
- 1. Cul de 2. Lululemon on NASDAQ
- 3. At the apex 4. Hispanic grocery and wine shop
- 5. Innsbruck's province 6. Lots and lots 7. Sound of thunder
- 8. *What fans do before the game bowl, Brazilian dish
- 10. Bingo-like game 11. 7th letter of Greek alphabet 13. Japanese theater
- 14. Miller's product 19. Went past
- 22. Sailor's "yes" 23. Village V.I.P.
- 24. Shade of violet 25. Fox crime drama, 2005-2017
- 26. "On Golden ____," movie 27. *"Go Pack Go" to Green Bay
- Packers? 28. "Pulling my leg," e.g.
- 29. Evade a ball
- 32. It binds 33. Little bit 36. *Playing field

38. "Bring back!" to Fido





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40. Refrigerator sound 41. Jousting match participant

44. Parlor piece 46. Monster with nine heads, pl.

48. Get overcast 49. Saintly glows

50. Hightailed it 51. Blood component 52. Pizza for home, e.g.

53. *Home to Bengals 54. Join by heating 55. U.S. space agency 56. Schiller's poem

Crossword Puzzle Solutions on Page 6 SUDOKU The support you need to find quality SENIOR LIVING SOLUTIONS CALL (855) 439-6734 aPlace for Mom 9 8 3 8 4 6 1 9 2 6 5 5 2 2 9 1 3 4 6 6 1 2 3 9 3

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The judgment of God falls on a nation, a person or family when they reject the principles and standards of His Word. The Constitution of the United States was founded to protect our freedoms! Liberties are lost when fathers lose or neglect Scriptural convictions: when parents neglect family responsibilities. When men and women demand more rights! The result is that agencies gain more powerful and establish

God's Judgment

more controls over every area of our lives. It is dangerous when those ideas become subordinate to arbitrary laws made by bureaucratic officials. Such as Supreme Court making laws and NOT the votes of the people as it should be!

Gods Perfect Will: Is for man/ woman to be conformed to the image of Christ. God gives every Christian grace (the desire and the power) to be responsible in five areas:

- 1. Every thought -II Corinthians 10:4-5
- 2. Every word --Matthew 12:36-37
- 3. Every action --II Corinthians 5:10
- 4. Every attitude Romans 14:12-13
- 5. Every secret motive: "I the Lord search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings" Jeremiah 17:10

Personality traits that are contrary to the character of Christ can be changed at any age.

"Therefore if any man be in Christ, he is a new creature: old things are passed away behold all things are become new" Scripture calls this being bornagain of the Spirit of God as one accepts Jesus death on the cross for all their sins.

Truth out of balance always leads to error. Therefore "Be not deceived; God is not mocked; for whatsoever a man sows that shall he also reap. For he that sows to his flesh shall of the flesh reap corruption; but he that sows to the Spirit shall of the Spirit reap life everlasting." Therefore -- Seek the Lord with All your heart, He is waiting for you!

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

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By Pastor Ray Dare

Psalm 23:4. "Even when I walk through the valley of the shadow of death, I will fear no evil for you are with me." The key word to that verse is "you". You are with me. You're never going to walk through a valley alone. God is with you in the valley; even when you walk through the valley of the shadow of death.

Sooner or later, this shadow is going to cross your path. If it hasn't already, that shadow of death is going to cross your life. What is the shadow of death? It is your fear of death because you may not ready to meet God, it is your fear of the shadow of death that haunts you. Fear is always greater. That's what a shadow is; it represents fear. But here's the most important thing I've learned about a shadow. There cannot be a

Encouraging Words

What to Remember about Shadows

shadows in your life are the evidence of the presence of light in your life. If there was no light, there would be no shadow. Shadows imply the presence of light and Jesus said I am the Light!

The way you deal with shadows of death or the shadows of despair or the shadow of depression or the shadow of other fears... you name your fear. How do you deal with the shadow? Here's how you do it. You turn your back to the shadow and you look at the Light, and you don't see the shadow anymore. Every time you get afraid, you need to look at the light. Jesus said, "I am the light of the world. He who believes in me shall not walk in darkness. He who believes in me will not stumble in darkness. I am the light of the world."

The Bible says God is light and in him is no darkness at all. When you are scared by the shadows in your life, turn around and look at the light. Stop focusing on the stuff that's scaring you to death. Those bills, those fears, those worries,

shadow without a light. The that stuff that goes around in your mind, and just get your focus off your fear and get your focus on the Father. You look at the light and the shadow can't hurt you. In fact, you don't even see it.

> When you're going through a tunnel, how do you make it through a tunnel? You keep your eyes on the light at the end and you just keep going. God says, "Just remember, you're not going through by yourself. You may not be able to see me but I'm there." If you see a shadow, guess what, its presence shows there's light. Isaiah 43: 2, "When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up – the flames will not consume you!"

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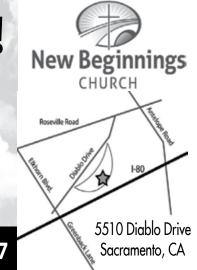
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Appellate Court Ordered Governor Brown to Return 'Unlawfully Diverted' Subprime Crisis Funds



Commentary by Katy Grimes, Investigative Journalist

SACRAMENTO REGION, CA (MPG) -

Gov. Jerry Brown was recently ordered by the state's 3rd Appellate District Court to repay more than \$331 million in funds the state illegally diverted from a national fund intended to help homeowners struggling with foreclosures from the housing crisis. Instead of complying with the court order, Democrats are pushing through a bill to legitimize the theft of funds.

The Assembly already passed Assembly Bill 1829, which makes the statutory changes related to the National Mortgage justifying this theft. AB 1829 was passed on a party line in the Senate Committee on Budget and Fiscal Review, 12 - 5, with all Republicans on the committee voting no.

Bill Analysis reports:

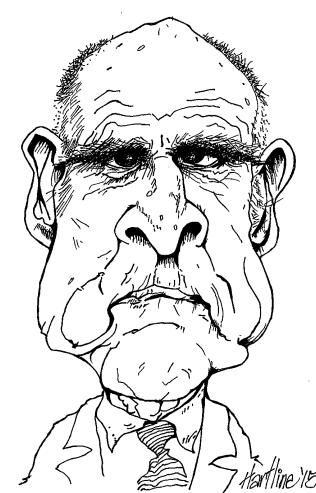
In 2012, the federal government and 49 states sued, and eventually settled with, the five largest mortgage servicers in the country related to their actions leading up to and during the 2008 financial crisis. The resulting National Mortgage Settlement (NMS) resulted in comprehensive new mortgage

servicing standards, provided more than \$20 billion in financial relief for homeowners damaged by the mortgage crisis, and provided about \$2.5 billion directly to states for a variety of uses, including "to compensate the states for costs resulting from the alleged unlawful conduct of the [bank defendants]." California's share of this \$2.5 billion was roughly \$410 million. Under the terms of the settlement, each state's Attorney General would designate the uses of the funds. The California Attorney General's Office designated allowable uses of the received funds.

"California received approximately \$410 million of the \$2.5 billion paid to the states by the big five mortgage servicers Ally (formerly GMAC), Bank of America, Citigroup, JPMorgan Chase and Wells Fargo - under a National Mortgage Settlement (NMS) with the federal government, the ruling states," Legal NewsLine reported.

Under then-California Attorney General Kamala Harris, the National Mortgage Special Deposit Fund was established in 2012 to directly help homeowners who suffered and were impacted by the housing crisis.

However, the money was "unlawfully diverted" to the general fund, affirming a lower court's ruling in a case taken against the state by the National Asian American Coalition, COR Community Development Corp. and the National Hispanic Christian Leadership Conference. Upon receiving the funds Governor Brown's administration raided \$331 million dollars from it and spent it backfilling budget deficits in various agencies.



Follow the money. Gov. Jerry Brown was recently ordered by the state's 3rd Appellate District Court to repay more than \$331 million of illegally diverted funds.

Legal NewsLine explains:

The money was to be placed in each state's NMS Deposit Fund and the attorneys general were charged with setting the parameters of how it could be spent, with the states ordered to comply. Then-Attorney General Kamala Harris drew up a set of instructions on how the money could be

But the legislature then passed an act setting up the special deposit fund, which included a provision that allowed 90 percent of the money to be diverted to the general fund, regardless of Harris' instructions. A total of \$331 million was sent to the state's main

Harris instructed that the money be spent, among other elements, on the administration and monitoring of the compliance elements of the agreement, supporting relief programs, ongoing investigations and enforcement, borrower relief, funds for legal aid and grants.

In 2014 a coalition of minority counseling groups sued Gov. Jerry Brown and his Department of Finance, accusing them of illegally diverting the NMSDF relief funds. In June 2015 a Sacramento County Superior Court Judge ruled that the funds were indeed "unlawfully transferred and must be returned." And the 3rd Appellate District Court upheld the lower court's decision. However, the Legislature is ignoring the Appellate Court

Apparently, those Senate Democrats who voted to pass the bill were apparently okay with taking money that was specifically intended for homeowners damaged in the housing crisis. Senate Democrats just turned their back on all the damaged California homeowners who lost so much during the housing crisis.

California continues to suffer from a housing crisis because of a lack of affordability. AB 1829 is not simply a clarification of legislative intent; it is a shameless theft by this administration of money intended for the California homeowners whom the funds were intended to help.

Specifically, the settlement funds would have directly helped many California homeowners, including low-income families and people of color. Ironically, Democrats stood side-by-side with "Occupy" groups, proclaiming their outrage over the actions of "Big Banks" and "Wall Street" which hurt homeowners in California. The Legislature is also thumbing its nose at the judicial system. Over the years there have been many sneaky, back-room and duplicitous actions perpetrated on the people of California by the governor and Democrat-controlled Legislature. But stealing money intended to help people damaged by what Democrats called "predatory lenders" and "Wall Street" in order to bail out the gross abuses by the Governor's and Legislature's wasteful and spending is probably among the

lowest actions. Now, when the illegal diversion of funds have been called out by the courts and this Legislature has a chance to make things right, Democrats not only can't acknowledge the

The legislature then passed an act setting up the special deposit fund, which included a provision that allowed 90 percent of the money to be diverted to the general fund, regardless of AG Harris' instructions. A total of **\$331** million was sent to the state's main fund. 🗾 🗾

LEGAL NEWSLINE Legal Newsline is a legal journal covering high profile civil litigation lawsuits across the country

wrongness of their diversion, they're actually seeking to legitimize it.

In a unanimous opinion authored by Judge Andrea Lynn Hoch, the appeals court largely affirmed but remanded the case to a trial court with an order to issue a writ of mandate "directing the immediate re-transfer from the general fund to the NMS Deposit Fund the sum of \$331,044,084," Legal NewsLine said.

After this "reclassification" of intent, the State will probably appeal to the California Supreme

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CHEERS JEERS

by Damian Holbrook

Cheers to Trial & Error

for its sustained appeal. Season 2's "Lady, Killer" case was such a criminally fun platform for Kristin Chenoweth's kooky defendant and the entire ensemble cast (Sherri Shepherd, pictureed, slayed!) that we will be raising several objections if NBC doesn't bring it back next summer.

Cheers to Suits

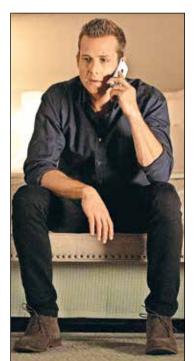
for playing its ace. After the exits of Patrick J. Adams and Meghan Markle, plus Katherine Heigl's knockout arrival, it's cool the show still knows it's at its best when Gabriel Macht's multilayered Harvey (pictured) confronts the Specter family ghosts, as he did recently while handling his unfaithful brother's divorce.

Jeers to a Designing Women reboot

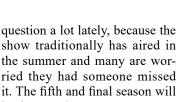
Between Pose, RuPaul's Drag Race and Riverdale's Cheryl Blossom, TV's top divas these days are true originals. Go cook up something fresh and leave the classic comedy about sassy Georgia peaches (pictured) alone. You can't improve on perfection.

Jeers to The Affair

for cheating Alison out of a happy ending. The only thing worse than making it look like Ruth Wilson's character killed herself was the reveal that she'd been offed by her beau (Ramon Rodriguez). TV needs to stop passing off violence against women as a plot twist.



Suits' Gabriel Macht's multilayered Harvey (pictured) confronts the Specter family ghosts.



F Farmer

Matt Roush: The fifth sea-

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



Wealthy on Any Income

Have you dreamed about becoming wealthy, but woke up to stark reality? Rennie Gabriel told me you can on POPPOFF. He went from broke to multimillionaire at age 50 in twelve secrets and is at the top 1% of American wealth. Here's a brief summary of his twelve secrets to "Wealthy on any Income."

1) IDENTIFY YOUR BELIEFS AND VALUES. Things like "If I made more money I wouldn't need a spending plan or budget" will only keep you trapped. The richest people in the world know where their money is coming from and where it's being spent.

2) PLAN YOUR FUTURE. This is the longest and most important step. Begin the process of creating financial freedom, or getting out of debt, by determining where you want to be in five years. It MUST be written down. Your goal must be Smart, Specific and measureable, Action

POPPOFF!

with Mary Jane Popp

oriented, Realistic, and have a Time deadline.

3) RECOGNIZE GOOD DEBT FROM BAD DEBT. Good debt allows you to create financial freedom. Bad debt, like consumer spending on credit cards, will make you a wage slave to credit card companies the rest of your life.

4) ACKNOWLEDGE THE SIX ROADBLOCKS TO FINANCIAL FREEDOM. Debt, Economic Conditions, Taxes, Asset and Risk Management, Human Problems, and Procrastination.

5) HOW TO GET OUT OF **DEBT WITHOUT PAIN.** Use spending plan tools that allow you to live on less than you earn, pay off consumer debt, and set aside money to create wealth.

6) FIND OUT WHERE YOU ARE TODAY. Use a balance sheet to see what you own and what you owe. Until you know where you are first, you cannot get to anywhere you want to go.

7) GETTING TO WHERE YOU WANT TO GO. Use a cash flow form to build an spending plan instead of a budget. This is the map that tells you how you got to where you are and the road map to where you want to go.

8) TRACK YOUR PROGRESS. There's the

spending plan register to track your progress, measure your pleasure from the money you spend, create consciousness, and stay within your spending

9) WHAT TO DO WHEN EXPENSES EXCEED INCOME. You look at fixed, variable, and discretionary items and all of them can be changed with some creativity.

10) CREATE FINANCIAL FREEDOM BY PAYING YOURSELF FIRST. This is a concept that the wealthy have used for 5000 years, and will still be working when you and I are gone. This is how you create the fund to invest like banks and the wealthy and achieve financial freedom.

11) HOW DO YOU HANDLE **EMERGENCY SPENDING** WITHOUT CREATING FINANCIAL DISASTER? Set up an emergency and/or opportunity account. Spend only 80% of the income you earn. Then set up two accounts, one for financial freedom and the other to spend later for emergencies or opportunities and put 10% of your income into each.

Secret 12 is create your prosperous financial future beginning today. Check out www.wealthonanyincome.com. All the details are in **Wealthy on** any Income."

WHY DID THEY CANCEL FACE OFF?

Question: With all the new/old shows making a comeback, how about bringing back The Closer with Kyra Sedgwick?— Carole

Matt Roush: Too soon. And very unlikely. When Kyra Sedgwick left The Closer after seven seasons, which then became Major Crimes for the next six, it seemed she had gone as far as she was willing to go with Brenda Leigh and was ready to move on. (Unfortunately,

ABC's Ten Days in the Valley didn't quite work out.) Given that between the two series, more than 200 episodes were filmed, that's a pretty solid legacy. I loved her character and the show in general, and if she decided to come back to the role, I know I'd watch. The show had a great, long run, but asking for more is a bit greedy.

Ouestion: Is The Last Ship coming back this fall on TNT? - Charles

Matt Roush: I'm getting this

show traditionally has aired in the summer and many are worried they had someone missed it. The fifth and final season will begin Sept. 9.

Question: I really love the show Vikings on History. When will the new season start? —

son resumes on Nov. 28, with the remaining 10 episodes. A sixth season is already in production.

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

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Sacramento County DA Reports



Gang Members Sentenced for Crime Spree Ending in Murder

DATE: August 27, 2018 CASE: Tevita Kaihea & Charlie Hola (Case #15F07862)

PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit

The Honorable Maryanne Gilliard sentenced Tevita Kaihea to 112 years to life in prison. Charlie Hola was previously sentenced to 48 years and 8 months to life in prison on June 22, 2018. On April 18, 2018, a jury convicted Kaihea of the first-degree murder of Roman Gonzalez, attempted murder, two counts of robbery, vehicle theft and being a felon in possession of a firearm. Hola was convicted of the second-degree murder of Roman Gonzalez, two counts of robbery, vehicle theft and being a felon in possession of a firearm. The jury also found true multiple firearm allegations and gang enhancements for both defendants.

Tevita Kaihea and Charlie Hola are members of the Tongan Crip criminal street gang. On September 3, 2015, Kaihea and Hola stole a car from the 47th Avenue Light Rail Station. They drove the stolen car to a Church's Chicken on Florin Road, where they committed an armed robbery. They then shot a south Sacramento resident in the face when the resident noticed the two acting suspiciously in the neighborhood. That victim survived the shooting. After dumping the car near Sacramento City College, Kaihea and Hola got into a gang fight ending in the shooting death of Norteno gang member Roman Gonzalez. Kaihea shot and killed Roman Gonzalez on the Sacramento City College campus.

Prison Inmates Convicted of Murder, Assault

DATE: August 29, 2018

CASE: Rudy Delossantos & Michael Robles (Case #16FE016544)

PROSECUTOR: Deputy District Attorney

Charles Gonzalez, Prison Crimes Unit Rudy Delossantos and Michael Robles were

convicted by a jury of murder and assault by a life prisoner for the killing of Humberto Torres.

Delossantos and Robles were inmates at California State Prison - Sacramento. On July 7, 2016, the pair attacked fellow inmate Humberto Torres in the main exercise yard. Delossantos was armed with an inmate

manufactured weapon and stabbed Torres in the chest and back. Robles punched and kicked Torres in the torso, face and head. Responding correctional officers stopped the assault by deploying pepper spray grenades. Torres received immediate medical assistance, but he died from excessive blood loss suffered as a result of the multiple stab wounds.

In 2006, Delossantos was convicted of firstdegree murder. In 2005, Robles was convicted of six counts of attempted murder.

Both defendants face a sentence of life in prison without the possibility of parole. Sentencing is set for October 5, 2018, in Department 24 before the Honorable Shelleyanne Chang.

Defendant Convicted of Assault, Sexual Battery While on Duty as Firefighter

DATE: August 30, 2018

CASE: Jared Evans (Case #17FE010141) PROSECUTOR: Deputy District Attorney Bret Wasley, Adult Sexual Assault Prosecution Unit

Jared Evans was convicted by a jury of felony assault under the color of authority and misdemeanor sexual battery.

On April 1, 2017, the 19-year-old victim had a seizure and briefly stopped breathing. Her family called 911. The Sacramento Fire Department arrived on scene and transported her to a hospital. The responding crew consisted of Jared Evans, an intern and a driver. While on duty in the back of the ambulance and supervising the intern. Evans made a comment about the victim's breasts. Moments later, Evans reached his hand into the victim's shirt, pulled out her breast and showed it to the intern. He put her breast back in her shirt and said to the intern, "Sorry bro, I had to." When Evans learned the victim was 19, he stated, "At least she's legal." Once the intern reported what had happened, the Sacramento Fire Department Internal Affairs called the victim. They quickly learned that even though she had just suffered a seizure, she could hear and feel what occurred. She heard the comment about her breasts and felt her breast being touched. She told her mother and cousin after the incident, but did not report it out of fear that no one would believe

Evans faces a maximum sentence of 3 years in county jail prison and will be required to register as a sex offender. Sentencing is set for October 5, 2018, in Department 38 before the Honorable Sharon Lueras.

Game Plots

The Value of Quantity over Quality

By Noah Howard

SACRAMENTO REGION, CA (MPG) - The most common criticism

of major big-budget video game studios is their reliance on repetitive, unoriginal filler. Ubisoft, in particular, has become synonymous with their game-world maps filling up with copy-and-paste icons, each indicating a meaningless collectible or busywork sidequest. To complete these tasks, so goes the classic critique, is to be reduced from elite soldier, ancient assassin, or (insert video game avatar here), to little more than an errand runner for wealthy studio executives who care only about writing "50 hours of gameplay!" on the back of the box. Quality, the gaming community screams, is always preferable to quantity.

But as my life has progressed from middle schooler (when I first started writing this column), to high schooler, to now college student with a job, these filler distractions in bigbudget games have begun to take on increasing value. I find myself struggling to progress through God of War, the newest blockbuster extravaganza (and likely universal Game of the

Year winner), instead returning again and again to Mass Effect: Andromeda, a mediocre 2016 release, to complete a few of the menial tasks that for so long I

As I slowly shift into the world of adult commitments, I simply have less time and less mental energy to invest in a sprawling, dramatic, tightlyconstructed cinematic story like God of War. Though the dynamic between that game's two main characters (a father and a son) is irrefutably engaging, I prefer to spend my limited relaxation time exploring Mass Effect: Andromeda's familiar planetscapes than investing in God of War's emotionally heavy intra-family drama.

As such, these pieces of busywork drivel that I have, for so long, seen as a blight upon otherwise competent games have taken on new meaning and new importance. The value in games, now, has shifted from their immense storytelling potential to simple escapism, a way to temporarily project my brain out of the worries of this world and occupy it with the trivialities of another. The simple ability to exist in these



As I slowly shift into the world of adult commitments, I simply have less time and less mental energy to invest in a sprawling, dramatic, tightly-constructed cinematic story.

spaces, even for short spurts of time, is what matters, especially because the multi-hour blocks of free time necessary for storybased experiences have become increasingly rare.

As a result, I finally understand why Ubisoft-esque games are so popular with adult gamers whose tastes, supposedly, are refined enough to know what they're missing. As the gaming hobby slowly gives way to other commitments, quantity is as good as quality when it comes to the primary reason why most people play video games: to, for a short time, inhabit another body and visit another world.

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



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Veterans Appreciation and Resource Picnic Honors Heroes



The event was sponsored by American Legion Post 637 with help from members of the GFWC Citrus Heights Women's Club and other organization and individuals. Photo by Elise Spleiss

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The collective spirit, experience and stories of dozens of veterans who served their country in World War II, Korea, Vietnam and other conflicts was evident to those attending the annual Citrus Heights Veterans Appreciation and Resource Picnic on August 25, 2018 at Rusch Park.

The event was sponsored by American Legion Post 637 with help from members of the GFWC Citrus Heights Women's Club and other organization and individuals.

Appearing on the park's covered bridge at 10:00 sharp, forty members of the Citrus Heights Community Marching Band, under the direction of Cody Tickner, kicked off the day with a rousing patriotic concert including the Military Medley, Danny Boy and the El Capitan March.

The Folsom Marine Corp League Color Guard presented arms and led the Pledge of Allegiance. At noon the famous traditional Wild Wade's Barbeque lunch was served. Local caterer Julie Dalli, 11 members of Brownie Troop 223 and Girl Scout Troop 890 helped with the food. For dessert there were plenty of Girl Scout cookies.

Dozens of services and resources for attendees were

provided at the Department of Veterans Affairs Mobile Vet Center and from representatives from Assemblyman Ken Cooley and Congressman Ami Bera's offices. Other resources included "Roads Home," getting homeless veterans a place to live, and "Affordable Homes for Veterans," helping them get to purchase that first home.

Keeping it in the family, retired Air Force veteran DJ Carlos Verrett provided a constant background of music, both nostalgic and modern, and called out the winning much coveted raffle and door prize numbers.

A partner with the military community in Citrus Heights, the CHPD had a large presence at the event. The force has over a dozen military veterans serving their city. Kids and adults alike visited the large Police Command Post and the Incident Response Vehicle, a retrofitted Lenco Bearcat armored vehicle.

Financial sponsors include the Rotary of Citrus Heights, City of Citrus Heights, Walmart, Mr. Singh of Antelope and Citrus Heights City Market.

Three individuals were recognized for outstanding service to the Citrus Heights Community. U.S. Navy Veteran Melissa Washington, founder and president of Women Veteran's Alliance, was honored for her

non-stop efforts supporting our veterans. Her organization brings much needed visibility to women who have served their country and continue to serve in their communities. According to Washington, WVA is the fastest growing professional women veteran networking organization. It is 100% woman and disable veteran owned.

Washington's daughter, Maya, an 8th grader at 12 Bridges Middle School in Lincoln, is following in her mother's footsteps, supporting WVA at community events and whenever else she can. By going door to door in her neighborhood and creating a fundraising video which was shared on social media, she raised over \$2,500 for the WVA at the Women Veterans 5k Fun Run in May.

The 2018 American Legion Police Officer of the Year award was presented to Motorcycle Officer Emily Lombardi. She was honored for her work on the CHPD since 2013. She was the first female officer to successfully complete the Sacramento County Motor School. Since then she has been a leader in her unit and, along with educating the public on safe driving habits, attends a myriad of community meetings and city events in effort to work towards building positive connections with the public.



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