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# Citrus Heights Messenger

*"Written by the people, for the people"*

VOLUME 8 • ISSUE 12

Serving the City of Citrus Heights & Sacramento County

JUNE 29, 2018

**ALL THEIR HARD WORK  
GOES UP IN SMOKE**



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## A City Full of Pride



Creative Solutions put together a great float full of pirates and mermaids (top photo), and you just couldn't resist smiling for the ladies from Kaia Fit and their team dance! (right photo)

*Story and photos by Paul Scholl*

**CITRUS HEIGHTS, CA (MPG)** - Does a community get any better than this? Neighbors from all over town gathered together to enjoy the annual city parade, celebrating our red, white and blue heritage, being proud to be an American, and certainly proud of the City of Citrus Heights, the city that could.

Onlookers enjoyed the big (the SWAT Team unit) and the small (the tiny police car racers) of the Police Department. Big floats by Quick Quack Car Wash, Creative Solutions and others brought even bigger smiles from all the kids.

The parade treat featured some great classic cars carrying local dignitaries, pageant queens, and a great flag-waving float with Ray Riehle crooning patriotic songs for the crowd.

There has been so much good work done to build this fine city, and lot to be proud of while at the same time building an even better future. You could see the home town pride on every neighbor's smiling face. ★



## Born in the USA



Papa refereed a squabble between rambunctious four-week-olds.

*Story and photos  
by Susan Maxwell Skinner*

**SACRAMENTO REGION, CA (MPG)** - Noted last year as the closest recorded bald eagle nest to Sacramento, the same eyrie was this summer blessed with more eaglet babies. These made debut flights earlier this month.

Orangevale kindergarten pupils named the 2017 hatchlings Poppy and Peekaboo. Now 15 months old, these juveniles are established in new American River territory. The children retained naming rights and this year honored explorer Admiral Richard Byrd by choosing "Byrd" for the Alpha chick. They decided on "Rainbow" for the youngest. The twins busted from baseball-size eggs a week before they were first photographed on March 23.

Nourished by non-stop room service, they achieved their parents' great size in 12 weeks. At 13 weeks, they spread seven-foot wings and flew. Genders are yet uncertain; popular lore has the precocious Alpha as male; the timid Rainbow

*Continued on page 4*

## CHPD Holds Annual Swearing-In, and Awards Ceremony

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Police Department held its 12th annual Swearing-In, Promotional, and Awards Ceremony at the Citrus Heights Community Center. The ceremony was attended by several regional law enforcement dignitaries, the Citrus Heights City Council, the Citrus Heights City Manager, Christopher Boyd, and members of the public.

During the ceremony, Police Chief Ronald Lawrence promoted Sergeant Chad Morris to Lieutenant, Officer Brian Barron to Sergeant, and Records Assistant Tiffany Campbell to Records Supervisor. A total of seven Police Officers, nine Reserve Police Officers, one Code Enforcement Officer, two Animal Services Officers, four dispatchers, one Records Assistant, and five professional staff were sworn in and took the oath of office.

Fifteen volunteers and six Police Explorers were also honored and received their badges.

The following officers, staff members, and community members were recognized and honored during the ceremony:

- **Sergeant Eric Dias** received the Chief's award
- **Reserve Officer Gregory Cowart** Received the Chief's award
- **Officer Richard Vryheid** received the department's first baby delivery ribbon
- **Officer Daniel Tserov** received a life-saving ribbon
- **Officer William Dunning** received a life-saving ribbon
- **Officer Jason Kohagen** received a life-saving ribbon
- **Officer Aaron Johnson** received a life-saving ribbon
- **Officer Justin Bridges** received a life-saving ribbon
- **The Problem Oriented Policing Unit and the Code Enforcement Unit** received a certificate of recognition
- **Officer Justin Bridges** received a certificate of recognition
- **Officer Nick Oldwin** received a certificate of recognition
- **Officer Bryan Gore** received a proactive policing ribbon
- **Officer Chrystal Battaglia** received a proactive policing ribbon
- **Officer Taylor Rutledge** received a proactive policing ribbon
- **Officer David Tserov** received a proactive policing ribbon
- **The Property and Evidence Team** received a team achievement ribbon
- **The Honor Guard** received a team achievement ribbon
- **Community Service Officer Larissa Wasilevsky** received a certificate of recognition
- **Long-time Police Volunteer, Donna McCain**, received the exceptional volunteerism award
- **Long-time Police Volunteer, Charlotte Corothers**, received a distinguished citizen award
- **Civilian Carson Boyd** (12 years old) received the distinguished citizen award

*Continued on page 12*



# California State Parks Offers Tips to Recreate Safely This Fourth of July Holiday

**SACRAMENTO REGION, CA (MPG)** - Fourth of July is around the corner and for many outdoor enthusiasts, it is the perfect time for camping, hiking and swimming with family and friends. California State Parks wants our visitors to recreate safely and enjoy their time by keeping their loved ones safe.

Because the hot summer weather invites many people to head into the water, whether it be in lakes, rivers or the ocean, it is important to protect loved ones from accidental drownings. Drowning is the fifth leading cause of accidental deaths in the U.S. About 10 people die from unintentional drownings every day, but can easily be prevented by learning water safety and lifesaving techniques.

Below you will find 10 tips to stay safe during this Fourth of July holiday:

**Wear a Life Jacket:** Make sure your life jacket is U.S. Coast Guard-approved and properly-fitted. Several public and private entities make life jackets available to the public on a loan basis. [View Locations](#)

**Protect Your Loved Ones:** Know your limits. Swimming in a lake, ocean or river is different than swimming in a pool. If someone is in distress, seek help from a lifeguard or call 9-1-1 if one is not available. Supervise children at all times by appointing a designated "water watcher," taking turns with other adults. Do not assume that someone is watching them.

Do not enter the water if it is too cold: Waterways continue to rise as



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snow melts and can be dangerously cold and swift. Even the strongest swimmers can be stunned by cold water and become incapacitated.

**Ocean Rip Currents:** If you get caught in one, stay calm and do not fight the current. Swim or float parallel to the shore until you are out of the current and then swim toward the shore.

**Avoid Alcohol:** Operating your boat or an off-highway vehicle with a blood alcohol concentration (BAC) of 0.08% or more is against the law. Impaired boaters will be stopped and can be arrested even with lower BAC if the conditions are not safe. Your boat can be impounded.

**Know the Rules/Laws:** Take the time to visit the webpage of the park

you plan on visiting and learn about the rules, such as parking, if dogs are allowed and closed areas. It is also important to learn the laws for recreating in boats and/or off-highway vehicles.

**Prepare an Itinerary:** No matter what type of recreation activity you will be participating in, leave an itinerary of your trip with a family

member/friend with information such as name/age of all participants, travel destination and expected return date. This will ensure law enforcement personnel have a better understanding of your location in the event of a rescue.

**Natural Resources:** Whether you are hiking, horseback riding or operating an off-highway vehicle, stay on designated trails. You are not only protecting natural resources, but you are also ensuring that you do not get lost.

**Use the buddy system:** Hike or swim with a friend or family member. This is key especially if you are bit by a snake, encounter other wildlife or need medical attention. Buddies can seek help for you.

**Wildlife:** View wildlife from a distance. Never feed or touch them. Be cautious of where you are stepping. If you see a snake, maintain a distance of 6 feet. Most bites occur when people get too close or try to touch them.

Additional safety tips and information on laws can be found online at [www.parks.ca.gov/safetytips](http://www.parks.ca.gov/safetytips).

With over 340 miles of coastline, 970 miles of lake and river frontage, 15,000 campsites, and 4,500 miles of trails, California State Parks contains the largest and most diverse recreational, natural, and cultural heritage holdings of any state agency in the nation with 280 state parks. More than 67 million people annually visit California's state park system. Invent your adventure online at [www.parks.ca.gov](http://www.parks.ca.gov).

*Source: California Department of Parks and Recreation* ★

## Sac Intl Airport Served Over One Million Passengers in May



Sacramento International Airport served 1.052 million passengers in May 2018. Photo courtesy SacCounty News

**SACRAMENTO REGION, CA (MPG)** - The Sacramento International Airport achieved a significant milestone in May 2018, serving over one million passengers in a single month. The last time this benchmark was reached was in July 2007.

Sacramento International Airport served 1.052 million passengers in May 2018, marking a 12.3 percent increase in passenger traffic over May 2017. The number of available seats grew 11.8 percent in May compared to the same period last year.

With eight new nonstop markets added during the past twelve months and additional

capacity to existing destinations, the airport expects to continue serving at least one million passengers in the months of June, July, and August.

"Our outstanding passenger loyalty and strong airline partnerships have combined to build our momentum. The SMF team strives to continually expand our nonstop destinations and the results are showing," said Mark Haneke, manager of air service development and marketing for the Sacramento County Department of Airports.

Sacramento International Airport offers more than 155 daily

nonstop flights on 12 domestic and international carriers to 37 destinations. It is administered by the Sacramento County Department of Airports, which is responsible for planning, developing, operating, and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport, and Franklin Field.

The regional economic impact of the Sacramento County Airport System is more than \$4 billion annually. For more information, visit the Sacramento International Airport website.

*Source: SacCounty News* ★

## California Exposition & State Fair Appoints Joseph Robillard as Acting Chief of Police

**SACRAMENTO, CA (MPG)** - Cal Expo Police Chief Robert Craft has retired after 40 years of outstanding and dedicated service to the Cal Expo Police Department. While former-Chief Craft enjoys his well-deserved retirement, the California Exposition and State Fair has begun the process to recruit a new Chief of Police, which could take 4 to 6 months. With the 2018 California State Fair slated to start on July 13, and in an effort to maintain continuity in its Police and Security Department, Cal Expo believed it prudent to select a temporary Acting Chief of Police. After conducting interviews and performing reference checks, Cal Expo announced that Joe Robillard has been selected to serve as Cal Expo's Acting Chief of Police.

Mr. Robillard has worked at Cal Expo since 2007 and has many years of law enforcement

experience, including 13 years with the Yuba City Police Department, 20 years with the CA Department of Alcoholic Beverage Control, and 3 years with the State Lottery. Mr. Robillard has been an integral part of the Cal Expo police and security operations throughout the last 11 CA State Fairs.

More specifically, Mr. Robillard began his career at the Yuba City Police department as a young Police Officer and worked his way up to the position of Watch Commander. He then moved into State service with ABC as an Investigator and over time became the Chief of the Professional Standards Unit. He was subsequently appointed by Governor Schwarzenegger and then Governor Brown to serve as the Deputy Director of the Security and Law Enforcement Division for the State Lottery. Given his experience at the local regional and

State level, he brings a wealth of strong relationships with management personnel at other law enforcement agencies throughout Northern California. Cal Expo is very pleased to have a person of his background, experience and proven leadership to serve as Cal Expo's Acting Chief of Police.

"Chief Craft devoted his long and distinguished career to providing for the safety and security of everyone at the California Exposition & State Fair," said Robillard, "I am honored to serve as the Acting Chief of Police and will strive to continue the high level of public safety that Chief Craft so proudly developed and consistently provided."

Cal Expo congratulates Joe Robillard as he assumes the role of Acting Chief of Police, effective immediately.

*Source: California State Fair Media Release* ★



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# Citrus Heights Chamber Honors Education Committee's Volunteer of the Year



Matthew Ceccato of Congressman Ami Bera's office, Jonathan Glatz of Assemblyman Ken Cooley's office, Citrus Heights Chamber's Education Committee's Volunteer of the Year Robin Stuhr of Atlas Disposal Industries, Vance Jarrard of Sacramento County Supervisor Sue Frost's office, Citrus Heights Chamber Education Committee Chair Rosa Umbach, and City of Citrus Heights Mayor Steve Miller.

By Rosa Umbach,  
Education Chair

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber's Education Committee honored Robin Stuhr as the Education Committee 2018 Volunteer of the year. The award was presented at the Chamber's June 12, 2018, luncheon held at the Citrus Heights Community Center.

As an Atlas Disposal Industries employee, Robin has been an active member of the Chamber's Education Committee for over five years and a member of the Citrus Heights Marching Band for many more. Four years ago, I asked Robin if she would assist me in coordinating the Student of the Month program.

There are dozens of tasks that need to be performed for the Student of the Month program.

Robin manages the scheduling and is the essential link and communicator with the schools so their students are recognized at the Chamber's luncheon.

Each year, Robin creates the schedule of the schools for the Student of the Month program. Then, the month before the student is honored, she contacts the principal for information about the student. The schools are to provide a written narrative for the student who has exhibited exceptional citizenship and academic achievement and a photo authorization form so we can take and use photos of the student. Sounds simple doesn't it. Notifying the school is easy, but with all the programs and issues schools are handling daily, it takes time for them to identify a student and to prepare the information needed for the program. We have a very tight timeline

to gather the information so the students can be recognized at the Chamber's monthly luncheon. Getting the information requires Robin to be in continuous contact with the schools. It takes many volunteer hours to have an effective program. I am most grateful for the time Robin devotes to the Student of the Month program.

On behalf of the Chamber and Education Committee, I congratulate Robin on her devotion and volunteerism in coordinating with schools and performing the tasks needed so the students in the Citrus Heights school receive recognition of their achievements.

Local businesses sponsor the lunches for the student of the month and their guests. Rosa Umbach, Education Chair, was this month's Student of the Month lunch sponsor. ★

# Citrus Heights Water District Celebrates Re-Opening



CITRUS HEIGHTS, CA (MPG) - The Citrus Height Water District held their Corporation Yard Re-Opening on Thursday, May 31. They are located at 6230 Sylvan Road in Citrus Heights. Water Distribution Lead Worker Mike Marideth cut the ribbon, surrounded by Citrus Heights Water District Board Members Ray Riehle and Allen Dains, District General Manager Hilary Straus, District Engineering Manager Missy Pieri and crew. Attendees include City of Citrus Heights Mayor Steve Miller and Council Member Al Fox, Congressman Ami Bera, Sacramento County Supervisor Sue Frost, Christina Rydell of Senator Jim Nielsen's office, Nick Chiappe of Senator Ted Gaines office, Jonathan Glatz of Assemblyman Ken Cooley's office, Charlie Curry of Assemblyman Kevin Kiley's office, Citrus Heights Chamber Board Chair Danny Vera, Executive Director Cendrinne DeMattei and Ambassadors.

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\*\*Burial includes basic services of the funeral director and staff, transfer of remains to funeral establishment, and transportation of remains to cemetery. Price quoted does not include any merchandise, such as casket, or cemetery property or services. Prices may vary based on selections.

FD 1489

# Sleep Choice Mattress Centers Opens with Ribbon Cutting



CITRUS HEIGHTS, CA (MPG) - Sleep Choice Mattress Centers held their grand opening ribbon cutting on Friday, June 1. They are located at 8085 Greenback Lane in Citrus Heights. Co-owners Steve Metzgar and Derrick Compton, surrounded by staff, cut the ribbon. Attendees include: Jonathan Glatz of Assemblyman Ken Cooley's office, Citrus Heights Chamber Executive Director Cendrinne DeMattei, Citrus Heights Chamber Ambassadors, and Communications and Outreach Associate Breanna Niekamp of Sunrise MarketPlace.



**Publisher,  
Paul V. Scholl**

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# Born in the USA

Continued from page 1

as female. Like Byrd's heroic namesake, the Alpha explored air, land and water during his dramatic maiden flight.

Fledge days are stressful for parents and observers. Flapping boldly between trees on June 11, Byrd over-flew home base. His triumph rapidly turned to trial. The novice clipped a high fence to crash-land near a public trail. Without strength or experience for ground-level takeoff, his confusion was agonizing. For 30 minutes, he beat a clumsy to-and-fro on the clay path. Observers formed a mobile shield against dogs and joggers until Byrd at last gathered speed and crested the fence to safety. Even after this trauma, the first-born refused to return to the nest. He ignored his sister's anguished cries; he defied mama's voluble instructions. Explorer Byrd completed extraordinary traverses over the river at its widest. He drank from the waterside.

While on the lam, the eaglet was brought enough fish to prevent starvation but not so much as to reward rebellion. After three days, his parents coaxed him back to the family buffet.

Compared to Byrd's surf-and-turf debut, his little sister managed a text book effort. Early on June 13, her papa delivered



A non-stop relay of prey ensured the eaglets' rapid growth.

breakfast and evidently issued flying orders. Rainbow launched and, talons trailing untidily, flew 50-yards to an adjacent pine. Here she lurched before gaining confidence for the home flight. Papa soon encouraged an encore. This time, the debutant fell asleep on a foreign branch before heading home.

Having raised at least three previous broods, Mama Bald is a nursery pro. Her mate is younger – this is only his second adult season – but he is now a prolific hunter and confident dad. The parents' combination of protection and tough-love comes with sacrifice. Exhausted four months of 24/7 hunting, mama

and papa are now completing their parenting season. The nest is collapsing under the strain of many clumsy landings and sibling food-fights.

Repairs can wait. If this season follows the 2017 template – Byrd and Rainbow will be left in the care of sub-adult relatives while Mama and Papa wing off on distant vacation. By fall, they should return to rebuild and prep for a 2019 family. Hard lessons in self-sufficiency loom for the 2018 babies.

A testament to the regeneration of a species threatened with extinction only 50 years ago, this American River family is well now established in Sacramento County suburbia. The raptors' on-going residence is a joy to human neighborhoods in their flight-path.

Like the nation they represent, bald eagles are resilient. They're also selfless providers, committed to family. They are single-minded in preparing children for independence. They control vermin populations; they neither waste nor pollute. By instinct, they are fantastic stewards of the natural world.

Our national icon is well-chosen. From these fellow Americans, we might learn much.

Follow Susan Maxwell Skinner American River Nature Blog on Facebook. ★



Fueled by a room-service diet of fish, reptiles and rodents, the eaglets quickly grew juvenile feathers in place of hatchling fuzz.



Angela Sehr



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## Exciting News

Advanced Home Health and Hospice ("Advanced") is excited to announce that it is joining with ExcelinHome Health ("Excelin"), and its family of affiliated Texas home health agencies.

By joining forces with Excelin, Advanced is expanding its footprint from Sacramento, San Diego and North Bay California to Houston and South-Central Texas.

The company will continue its patient-centric, outcome-focused approach to providing quality home health care. The company will continue to provide skilled nursing, physical therapy, occupational therapy, speech therapy, medical social work, home health aides, and hospice services in the comfort of patients' homes. Building on its strong reputation in home infusion, wound care, cardiovascular care, and home rehabilitation programs, the company will continue to expand its clinical capabilities and strive to remain the home health and hospice provider of choice. As a best-in-class post-acute care provider, the company is focused on leveraging technology and innovative approaches in its relentless pursuit of delivering exceptional patient care and outcomes.



Angela Sehr, RN and founder of Advanced, will remain a key shareholder and will continue as a leader within the organization, providing inspiration, innovation, strategic leadership, and guidance for the agencies.

"I am very pleased to partner with Excelin, Corinthian Capital, and Palomar Capital Management. They share our values and vision. They have shown a genuine focus on and appreciation for the importance of quality patient care. They have also demonstrated a deep understanding of the rewards and challenges of caring for patients in their homes. I believe they will be outstanding, value-added partners. I cannot be happier than to be partnering with them going forward," said Angela Sehr.

The closing is subject to regulatory approval.

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**Crossword Puzzle on Page 7**

S	C	A	R	S		O	T	T		S	C	A	B
A	L	L	O	T		N	E	O		P	U	R	S
G	A	T	O	R		T	A	N		R	E	A	C
	P	O	T	A	T	O		G	E	O	R	G	I
		S	I	R			E	A	R	N			
A	L	I		T	U	T		E	G	G	C	U	P
D	E	L	E		C	O	R	E		S	A	L	P
A	V	I	D		K	O	A	L	A		G	O	B
M	E	A	D	S		T	S	A	R		A	N	O
S	E	C	O	N	D		I	N	S	T		E	W
				I	O	T	A		O	U	T		
P	A	R	A	D	E	S		A	N	T	H	E	M
O	N	I	C	E		A	I	L		T	E	L	I
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**Sudoku Puzzle on Page 7**

4	2	7	6	3	8	1	9	5
9	3	1	5	2	4	6	8	7
8	5	6	7	1	9	4	3	2
5	9	8	1	6	2	7	4	3
7	6	2	3	4	5	8	1	9
1	4	3	8	9	7	5	2	6
6	1	5	2	8	3	9	7	4
2	7	9	4	5	1	3	6	8
3	8	4	9	7	6	2	5	1

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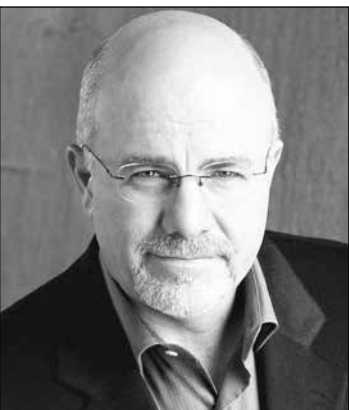
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# Dave Says

**No obligation here**  
Dear Dave,  
My father died recently. He walked out of my life 25 years ago when I was a teenager, and he never wanted anything to do with me after that. His brothers, who have already paid for some of his final expenses, asked if I wanted to pay to have his body cremated. They didn't ask for money, they just offered it as a chance to be part of things. I'm in good shape financially, and I could easily afford the cost. Morally, I wonder if I have a responsibility to help with things. Do you feel I'm obligated in any way?  
-Julie

Dear Julie,  
I'm sorry for your loss. I'm sorry, too, about what happened with your father. I can't imagine the mixed emotions you must have in your heart.  
When someone asks me a question like this, I try to put myself in their shoes. Under the circumstances, I don't think you

have any obligation whatsoever — morally or legally — to help pay for anything. If you want to help, and you can afford to do so, then follow your heart. At the same time, I don't think you should lose one wink of sleep over this if you decide not to contribute.  
Twenty-five years is long, long time. I don't know your dad, and I have no clue about his situation or state of mind back then and in the time since. I can't imagine doing that to a child of any age, though.  
Do what you feel in your heart is best. But in my opinion, there's no obligation here. God bless you, Julie.  
—Dave

**Step by step**  
Dear Dave,  
When is the right time to buy a house when someone is following your Baby Steps plan?  
- Samuel

Dear Samuel,  
That's a good question. Let's start by going over the first few Baby Steps.  
Baby Step 1 is saving \$1,000 for a beginner emergency fund. Baby Step 2 is paying off all consumer debt, from smallest

to largest, using the debt snowball. Baby Step 3 is where you increase your emergency fund to the point where you have three to six months of expenses set aside.  
Once you've done all that you can begin saving for a home. I'll call it Baby Step 3b. For folks looking to buy a house, I advise saving enough money for a down payment of at least 20 percent. I don't beat people up over mortgage debt, but I do advise them to get a 15-year, fixed rate loan, where the payments are no more than 25 percent of their monthly take-home pay.  
Doing it this way may take a little more time, and delay your dream of becoming a homeowner a bit, but buying a house when you're broke is the quickest way I know to turn something that should be a blessing into a burden!  
—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](http://daveramsey.com) and on Twitter at @DaveRamsey. ★

# Capitol Pops Concert Band Celebrates America with Independence Day Week Concerts

**SACRAMENTO REGION, CA (MPG)**  
- The Capitol Pops Concert Band will celebrate America's 242nd birthday and continue its 22nd season with a pair of free, public, family-friendly concerts during Independence Day week.  
The band will get things going with a spirited "Celebrate America" concert from 6:30 p.m. to 8:30 p.m. Sunday, July 1, 2018, at Fair Oaks Village Park, 4238 Main St., in Fair Oaks. This performance is sponsored by the Kiwanis Club of Citrus Heights.  
On Wednesday, July 4, 2017, the Capitol Pops once again will perform its outdoor Fourth of July concert, from 11 a.m. to 1 p.m. at Royer Park, 190 Park Drive, in Roseville. The band's annual performance is

part of a full day of red, white and blue festivities, including a morning parade, in Roseville. This concert is sponsored by Performing Arts of Roseville as part of its 2018 Roseville Music in the Park series.  
Under the baton of Director Judith Steinle, both CPCB concerts will include a mix of some of the band's traditional American popular standards and familiar patriotic selections celebrating the nation's founding in 1776. The concerts also will include music recognizing service veterans and branches of the U.S. military. Both shows will include intermissions of about 15 minutes.  
Concert-goers are encouraged to bring blankets, lawn chairs and refreshments to enjoy the performances on the grounds of both venues.

Various vendors will be at both sites.  
Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concertgoers throughout Northern California. Based in Citrus Heights, the self-supporting, nonprofit community band of about 50 musicians represents a wide cross-section of the Sacramento area.  
For more details on the Capitol Pops Concert Band, visit its Facebook page or [www.capitolpops.org](http://www.capitolpops.org). For more information, contact CPCB Manager Linda Glover at (916) 725-5214.  
Source: Capitol Pops Media Release ★

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**CLUES**

**ACROSS**  
1. Battle \_\_\_\_, pl.  
6. Baseball Giant and hall-of-famer  
9. Strikebreaker  
13. Give out  
14. What's old is new again, prefix  
15. Money carrier  
16. Floridian predator  
17. Sin's and cos' partner  
18. Don't just stand there  
19. \*Salad ingredient at a barbecue  
21. \*One of thirteen in 1776  
23. Knighthood designation  
24. "\_\_\_\_ your keep"  
25. Aladdin, for short  
28. "The Nutcracker" outfit  
30. Soft-boiled egg holder  
35. Mark for omission  
37. Torso  
39. Salpae, sing.  
40. Like a devoted fan  
41. Bear Down Under  
43. Mongolian desert  
44. Honey wine, pl.  
46. Russian monarch  
47. Shakespeare's "at another time"  
48. \*\_\_\_\_ Continental Congress  
50. Research facil.  
52. One of Bo Peep's flock  
53. Smidgen  
55. Three strikes  
57. \*Celebratory events on the 4th  
61. \*"The Star-Spangled Banner"  
64. \*How you might find most drinks on the 4th  
65. Have a cold, e.g.  
67. Opposite of ecstacy  
69. Step  
70. \_\_\_\_ de Janeiro  
71. Burnt \_\_\_\_  
72. \_\_\_\_ in captivity  
73. Canine command  
74. Like yellow polka dot

**DOWN**  
1. Go low, as in jeans  
2. Show appreciation  
3. Choir voice  
4. "\_\_\_\_": The Saga of an American Family  
5. Gibraltar, e.g.  
6. On top of  
7. \*Out-of-favor beverage?  
8. Polynesian kingdom  
9. Court petitioner  
10. Rugged rock  
11. Fungal spore sacs  
12. Between Phi and Kappa  
15. Fork tips  
20. Lorry in America  
22. Old-fashioned "before"  
24. Europe/Asia portmanteau  
25. \*One of 3 Presidents to die on July 4th  
26. "Drove my chevy to the \_\_\_\_"  
27. Hipbone-related  
29. Thomas the Engine's warning  
31. Lady née Stefani Joanne Angelina Germanotta  
32. Star Wars attacker  
33. Violinist's stroke  
34. \*"Common Sense" author  
36. Edible root of taro plant  
38. Dashing style  
42. Result of match play?  
45. More than snide  
49. Bambi's mom  
51. Interjection for disapproval  
54. Plural of #46 Across  
56. Recurring melody  
57. Fancy-schmancy  
58. Initial stake  
59. Iranian money  
60. Opposite of base  
61. A bunch  
62. River in Bohemia  
63. Demeanor  
66. \*Mad King George's number  
68. "\_\_\_\_, the Beloved Country"

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**Crossword Puzzle Solutions on Page 6**

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	2	7			8	1	9	5
			5					7
5					2			
7	6						1	9
			8					6
		5						
2					1			
3	8	4	9			2	5	

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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By Marlys Johnsen Norris,  
Christian Author

The people of that day never consulted Almighty God about the plan to even build a tower. They all wanted to do it “their way” causing arguments and confusion, so God decided to give them different languages so they could not even understand each other when they spoke.

Now you know why our world is so full of different languages and peoples? It is recorded in scriptures

## Tower of Babel

it happened because people refused to even consult or listen to God’s instructions and went their own way - hence, confusion occurred when they were building the tower to heaven. Disrespect for our Creator/God Almighty always causes confusion because God is not in it.

Refusing to consult and listen to the instructions of God - will always bring confusion and dramatic consequences. Without asking God and His will daily in ones life decisions will always result in some form of loss, regrets and costly problems. The root cause is a high opinion of oneself, a feeling of great elation for one’s fleshly decisions. Yet the Word states that when a man is lifted up with pride he will fall into condemnation and of the devil’s world. That’s where we all live – it’s his world!

Also,  
*Six things God hates: A proud*

*look, a lying tongue and hands that shed innocent blood, A heart that devises wicked imaginations, feet that be swift in running to mischief, a false witness that speaks lies and he that sows discord among brethren. (Proverbs 6:16-19)* And disregarding God’s instructions is a sense of personal “pride” and God hates that kind of “pride” in anyone.

Let’s choose those things that God will bless in our lives!

Marlys Johnsen Norris  
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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 normal! But winners resolve

## Pastor Ray's Encouraging Words

### Winners Never Quit

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  
New Beginnings Church  
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engraved on thee Mine image and revealed to  
thee My beauty.**

from the “*Hidden Words of Baha’u’llah*”

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# Sacramento County DA Reports



## Defendant Convicted for Series of Armed Robberies

**DATE:** June 7, 2018  
**CASE:** Taher Farraj (Case #17FE007880)  
**PROSECUTOR:** Deputy District Attorney James Wax, Career Criminal Prosecution Unit

Taher Farraj was convicted by a jury of three counts of robbery. The jury also found true gun use and intentional discharge of a firearm allegations. Prior to trial, Farraj pled to being a felon in possession of a firearm and being a felon in possession of ammunition.

On April 15, April 18 and April 24 of 2017, Farraj robbed the same convenience store on Fruitridge Road while armed. Farraj would either ask for change or make a purchase to get the clerks to open the cash register. He would then pull out a silver revolver and grab money from the registers. During one of the robberies, Farraj fired the gun off at the store ceiling. The three robberies were captured on surveillance cameras inside the store. A probation search of Farraj's residence and car revealed clothing that matched the clothes worn by the suspect during the robberies and a .22 caliber silver revolver, which was loaded with 6 rounds.

Farraj has prior convictions for being a felon in possession of a firearm and the sale/transport of marijuana.

Farraj faces a maximum sentence of 35 years in prison. Sentencing is set for August 3, 2018, at 9:00 a.m. in Department 14 before the Honorable Tami Bogert.

## Sexually Violent Predator Who Assaulted Two Boys to Remain in Hospital Custody

**DATE:** June 7, 2018  
**CASE:** Clay Jones (Case #80213 & 81875)  
**PROSECUTOR:** Deputy District Attorney Denise Halstead, Mental Health Litigation Unit

A jury found true a petition of civil commitment against Clay Jones as a Sexually Violent Predator (SVP).

In 1988, Jones was convicted of 12 counts of child sexual assault against two boys ages 4 and 10. The assaults included sodomy and lewd and lascivious acts with a child under 14 years old, and forcible lewd act with a child under age 14. Jones was sentenced to 33 years state prison for these offenses. Upon his review for parole, he was referred to the Department of State Hospitals for consideration as a Sexually Violent Predator. Two psychologists gave an opinion that Jones had a mental diagnosis and because of this mental disorder he is likely to commit a sexually

violent predatory offense if released from the hospital.

## Defendant Sentenced for Murdering Ex-Girlfriend

**DATE:** June 15, 2018  
**CASE:** Dameshlo Green (Case #14F03237)  
**PROSECUTOR:** Deputy District Attorney Kevin Greene, Homicide Unit

The Honorable Helena Gweon sentenced Dameshlo Green to 75 years to life in prison. On February 27, 2018, a jury convicted Green of the first-degree murder of Tamisha Ridge and being a felon in possession of a firearm. The jury also found true that Green personally used a firearm that caused the victim's death. The Court found that Green had suffered a prior conviction, felony assault with a deadly weapon, which is a strike under California's three strikes law.

Green and the victim had and on and off relationship for more than 10 years. After 5 years of no contact, they resumed their relationship until the victim broke up with Green a few months later. On May 14, 2014, Green entered the victim's residence, went into her bedroom and shot her in the head with a shotgun.

## Defendant Convicted for Attempted Murder of Woman in Her Home

**DATE:** June 15, 2018  
**CASE:** Jordan Lynch (Case #17FE014700)  
**PROSECUTOR:** Deputy District Attorney Sam Alexander, Career Criminal Prosecution Unit

Jordan Lynch was convicted by a jury of attempted murder and burglary. The jury also found true allegations that Lynch personally used a deadly weapon and caused great bodily injury.

On August 9, 2017, Lynch attempted to enter the 47-year-old female victim's bedroom through the window. The victim woke up and closed the window before he could enter. Lynch then went to a sliding door and used a metal pole to smash the glass and gain entry. He immediately grabbed the victim and stabbed her in the side, lacerating her kidney. When she tried to get away, Lynch stabbed her in the neck. The victim was finally able to escape and neighbors were awakened by her screams. When Lynch tried to flee, the neighbors tackled him and held him until police arrived.

At sentencing, the Court will determine an allegation that Lynch has a prior 2016 strike conviction for robbery. If found true, Lynch faces a maximum sentence of 27 years in prison. Sentencing is set for July 13, 2018, at 2:00 p.m. in Department 21 before the Honorable Steve White. ★



## POPPOFF!

with Mary Jane Popp

processing (learning a sequence of steps), mood (understanding the emotional subtleties of the music).

**3) COMPUTER PROGRAMMING.** Main functions involved: memory centers (memorizing new codes), processing (knowing how the codes work together), attention (selecting which codes to use, motor skills (typing).

**4) WRITING A BOOK.** Main functions involved: attention and focus (typing passages), memory centers (recalling research, stories and ideas), processing (organizing and structuring the material), mood (re-creating emotions on the page), motor skills (typing).

**5) KARAOKE:** Main functions involved: language centers (reading and performing lyrics), mood (interpretation of the song), cerebellum (modulating your voice), memory centers (recalling a particular song).

**6) PERFORMING STAND-UP COMEDY.** Main functions involved: memory centers (memorizing your set), mood (to read the audience and create your material), motor skills (your physical presence on stage).

**7) LEARNING TO DANCE.** Main functions involved: motor skills (physical coordination), basal ganglia and cerebellum (fine motor movements), mood (responding to music), memory centers (memorizing choreography), processing (understanding different dance techniques).

**8) CHESS CLUB OR**

**GROUP CARD GAMES LIKE BRIDGE, GIN RUMMY, POKER ETC)** Main functions involved: memory centers (remembering your cards and the rules for each game), processing (step-by-step strategy), attention and focus (concentrating on the game), problem solving (planning on how you will win).

**9) MENTORING OTHERS IN YOUR FIELD.** Main functions involved: memory centers (remembering and drawing from your expertise), attention (focusing on the activity), mood (reading another person's emotions and motivations), problem solving (coming up with options and solutions).

**10) VOLUNTEERING TO TEACH.** Main functions involved: memory centers (remembering the subject matter), attention (focusing on the teaching), mood (responding to the student's needs) processing (examining and explaining multistep solutions).

**11) JEWELRY, CRAFTS, MODELS, OR ARTS.** Main functions: visuospatial skills (understanding complex designs), memory centers (memorizing techniques and patterns) attention and focus (concentrating on the activity), motor skills (the physical act of assembly).

If you can't find something in this list of stuff to do to sidestep Alzheimer's, I give up. Need more info? Check out [www.teamsherzai.com](http://www.teamsherzai.com). I guess the old adage "if you don't use it you lose it rings true! ★

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MARIJUANA IS NOT FOR ME





# Citrus Heights Vietnam War Veteran Awarded Purple Heart

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - “It’s fantastic to be able to say good-bye to Vietnam.” These are the words of Citrus Heights resident and retired U.S. Army Private Alan L. Weiscopf, 66-years-old, upon receiving a Purple Heart awarded to him on June 8, 2018. The ceremony took place 47 years after he was wounded in 1972 while serving during his second tour of duty in Vietnam.

Weiscopf was presented with his Purple Heart and citation along with two other awards and recognition for his service in Vietnam at a ceremony held at Stone’s Gambling Hall in Citrus Heights. A small group of family, friends, dignitaries and media members were present to preserve the moment and celebrate with him.

Matthew Ceccato, District Director for the Office of Congressman Ami Bera, welcomed guests and recognized veterans present. He explained the significance of the Purple Heart then introduced Major General Lawrence Haskins, Commander of the California Army National Guard, who would pin the long overdue medal on Weiscopf’s jacket.

Weiscopf spent two tours in the Central Highlands of Vietnam, serving as an Infantryman with the 173rd Airborne Brigade Combat and Team (Sky Soldiers) from January 1970 to January 1971. He also served as an Infantryman with the 1st Calvary Division (CAV) on the outskirts of Saigon from December 1971 to February 1972.

The Certificate of Recognition from the City of Citrus Heights describes Weiscopf’s injuries: “On patrol on February 13, 1972, during Weiscopf’s second tour in Vietnam, his unit stumbled upon a nest of the North Vietnamese Army and was attacked. During the fire-fight, Weiscopf was struck in the left cheek by a piece of shrapnel from a grenade.”

The Purple Heart is the oldest



Back row: (L-R) Kyle Parnell, Master Chief Petty Officer Parnell, USN, Josh Bonvillion, Todd Zancaner, Sgt. Patrick Parnell, USAF. Front row: (L-R) Roberta Williams with Khloe, Mrs. Karen Weiscopf with Weston, Purple Heart recipient Alan Weiscopf, Jaxton Bonvillion, Major General Lawrence Haskins, CA Army National Guard, Tosha Bonvillion, Keri Williams. Not shown: 2nd Lieutenant Robinson Hess, USAF ROTC. Photo courtesy Gigi Rayford

military medal and was originally designed and ordered by General Washington on August 7, 1782. Since then it has been redesigned to honor “all service members who were killed or wounded on behalf of the United States government.”

According to Ceccato, “As of today (6/8/18), 313,794 were awarded for service in Vietnam and today I can proudly say we can add one more to those ranks.”

He also received the Vietnam Service Award “given to members for service during the Vietnam War by all members of the U.S. armed forces.”

Weiscopf’s third award was the Republic of Vietnam Gallantry Cross, “a military decoration the former government of South Vietnam created in 1950 and awarded to military personnel, and civilians, and armed forces units and other organizations in recognition of deeds of valor or heroic conduct in combat with the enemy.”

Following the ceremony, Weiscopf stated he had tried 30 years ago to obtain his medal but was told his medical records could not be found so he “just gave up.” He got on with his life until he inquired again and was told they had run out of the medals which were back ordered.

The long wait came to an end and the presentation set into

motion by military veteran’s advocates Marcia “GiGi” Rayford and Porsche Middleton who, upon realizing their friend had served and been wounded in Vietnam but had never received his Purple Heart, contacted the office of Congressman Ami Bera who took care of the paperwork and supplied the medal to be presented to Weiscopf.

Weiscopf is the third of four proud generations to serve their country since World War I. Stepsons Sergeant Patrick Parnell, U.S. Air Force, and Chief Petty Officer Chris Parnell, U.S. Navy, stood by his side along with soon to be fifth generation, his grandson Robinson Hess, a member of the U.S. Air Force ROTC at California State University, Sacramento.

Along with his awards, Weiscopf finally heard the words that are music to the ears of thousands of Vietnam veterans who returned home in the 1960s and 1970’s but are only now hearing: “Welcome Home.” Now they can get on with their lives.

A large thank you went to Stone’s for the use of their facility and hospitality during the event, to the staff at the office of Congressman Ami Bera and veteran advocates Porsche Middleton and Marcia “GiGi” Rayford for working together to make this event a reality.



## By County Supervisor Sue Frost

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

In the most recent June 5th election, most of the Sacramento County voters were shocked or confused and some were angry. They were unaware that one year prior, the Sacramento County Board of Supervisors had fundamentally changed the way we vote. In this election, all voters were mailed absentee ballots, and our 500+ traditional polling locations were closed and replaced with 77 “vote centers” that opened 11 days early to allow a longer voting period. While I was the sole vote in opposition to this switch, I wanted to use this opportunity in my monthly column to explain what we learned and what needs to change moving forward.

One change that will benefit everybody in November when we vote again is for people to take advantage of the vote centers. Not enough people realized that some vote centers were open for 11 days before the actual Election Day (and additional vote centers were open 4 days before the election). There was a serious change in behavior among voters that resulted in only around 10,000 people voting at a vote center - which was only around 3% of the voters. Vote centers sometimes reported seeing only 1 person a day actually vote.

I think I know why this happened. People did not know that even though they got an absentee ballot, they could have thrown it away if they wanted and just gone to the nearest vote center to obtain

## Citrus Heights Community Update

### New Vote System - Challenges & Opportunities

a ballot and vote. They thought vote centers and drop off sites were the same thing.

Why was this a problem? On Election Day, many voters were turned away because ballot boxes were too full, and some other people reported being stuck in enormous lines. I think we can fix these problems by doing three things.

First and foremost, we need better communication. One of the benefits to this new program was saving money so it seems to me we can find the resources to get the word out more effectively. Some materials were mailed to voters, and banners were displayed throughout the County. We can assess how effective these strategies were and come up with a better way of getting clear information in the hands and minds of voters.

Second, I think we need more drop-off locations, even if that means we have less vote centers. More importantly, we need more drop-off locations outside the City of Sacramento. 65% of all 11 day vote centers were in the City of Sacramento, which only has 32% of voters. We need to make sure there are more convenient locations spread throughout the county with secure bins large enough to accommodate a large number of voters in a single day.

Lastly, we need to make sure people understand all of their options. For many, this may have been their first time receiving an absentee ballot. The postage required can change based on the thickness of the ballot but what people may not realize is that if they mail it without postage, their vote will still be delivered and counted (the county just ends up covering the cost). But for people who do not like mailing their vote, they need to know that they can drop it off or throw it away and receive a brand new ballot at the vote center. Those who prefer to vote in person, like they always have, have the ability to vote at any of the 77 vote centers - whether it is the one closest to home, work or preferred grocery store.

There is some good news though. This year we believe we will end up with a 47% turnout, which would be the highest level in 20 years for a non-presidential primary in Sacramento County. The system needs improvement and if we can capitalize on the good parts while fixing the problems, we can have a great system. As always, I am listening and your opinions are important to me. Let me know how you feel about the changes in the way we vote.

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 Murieta, North Highlands, Carmichael, Foothill Farms, Fair Oaks and Rancho Cordova.

## Annual Swearing-In, Promotional, and Awards Ceremony

Continued from page 1

- **Civilian Cheyanne Anquoe received the distinguished citizen award**
- **Civilian Anthony Klein received the distinguished citizen award**

The ceremony is the police department’s way of expressing a deep appreciation for all of the hard work, sacrifices, and continuous dedication every member displays to each other and to our awesome community every single day.

“The citizens of Citrus Heights deserve to be proud of their police department, as they are well protected and professionally served by group of dedicated individuals. Those recognized at this ceremony, as well as all of our police employees are committed to providing the highest of service possible.” – Chief Ronald A. Lawrence

Source: Citrus Heights Police Department Media Release



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