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Citrus Heights Messenger

"Written by the people, for the people"

VOLUME 8 • ISSUE 08

Serving the City of Citrus Heights & Sacramento County

APRIL 27, 2018

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One Day for a Big HART



Miranda Viani, All Stage Canine Development; Sammy the dog; Dr. Averil Brickson with Seth (10) of C.H. Pet Hospital. Not sure what he was getting into at first, Seth later told his mother, "This is really good Mom."

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - A one-day Stand Down for veterans who are homeless or in need was held at Holy Family Catholic Church in Citrus Heights on April 3.

Sponsored by the Citrus Heights Homeless Assistance Resource Team (HART), planning for the six-hour event was a labor of love from the beginning. Eight planning meetings began the process months before with the collection of items of all kinds for veterans and their pets. Thirty vendors were recruited to provide a myriad of services. Plans were made for a wonderful breakfast and lunch to be served to the homeless and other veterans in need, along with volunteers and other staff.

Darlene Lyons and Terry Malone, co-leaders of the Stand Down committee, put the well-oiled volunteer machine into gear as the word went out to many faith based groups and community non-profits for donations and volunteers.

Over 1,000 items of clothing for both women and men including jackets, jeans, shirts, socks, gloves, hats and dozens of new shoes and boots and toiletries were donated. Mike Nichols, president of the Yuba Stand Down, donated military surplus duffle bags, fanny packs, backpacks and sleeping bags, thermals and more.

Karen Telford and Julia Thomson, with the Church of Latter Day Saints women's organization, started their work in January,

putting out the word to their seven stakes in the Citrus Heights area for clothing and other items that were still needed. Donations poured in. Kathy Fear and Tanya Haddack with LDS said of their passion to reach out, "LDS loves to go out into the community to find out where there's a need and fill it."

Other services provided included help with eligibility for veterans to qualify for resources through the Veteran Administration (VA) and other government agencies. There were many housing, health, disabled veterans and addiction resources available.

Eye testing aboard the Lion's Club Mobile Eye Care Van was provided. Dr. James Padgett a Folsom chiropractor gave five

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Best of Citrus Heights – Voting Going on Now!

By MPG Staff

CITRUS HEIGHTS, CA (MPG) - Each year the Chamber of Commerce recognizes its best of service members through the Best of Citrus Heights awards. Voting is going on now, so be sure to visit our website at: www.chchamber.com and click on the 2018 Best of Logo to cast your vote.

Voting takes place through May 18th and can only be cast online. You may only cast one vote per category. There are 42 different business categories listed for this year's voting.

Your vote supports the businesses that continue to provide service excellence to our City and to our community residents.

The Best of the Best award goes to the business that receives the most votes overall. Last year's winner was Sylvan Corners Pet Hospital. This year's winner will be announced at the luncheon.

All winners will be recognized at the July 10th Chamber's Best of Citrus Heights Awards luncheon, held at the Citrus Heights Community Center, from 11:30 to 1:00p.m. Register early on the Chamber website, as this event always sells out. There were over 200 attendees at last year's luncheon.

Hannibal's Catering will serve a buffet lunch. Display table and event sponsorships are available now. Please contact the Chamber office at (916)722-4545 to get more information about how you can promote your business through this highly attended, annual event.

Current sponsors include; City of Citrus Heights; Sunrise Mall; Sunrise MarketPlace; SMUD; El Dorado Savings Bank; California American Water; Hannibal's Catering and Rosa Umbach. ★

Bearpaw Apartments Are a Go

City Council Approves Bear Paw Village Project

Story by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - The City Council voted unanimously April 12 to approve plans for a hotly contested 42-unit Bearpaw Village Apartment Complex at Sylvan Corners, but with a few conditions favored by opponents who appealed and, despite losing that appeal, remain in staunch opposition to the project.

Tom Romeo, founder of Citrus Heights-based Bearpaw Shoes, owns the vacant 25-acre parcel at the southeast corner of Old Auburn Road where it intersects with Sylvan Road and Auburn Boulevard. His vision is to build a "Tahoe Village" style condominium-style complex where employees at his company located in the shopping center nearby may choose to live and be closer to the corporate office.

But the project's opponents, chiefly members of South Old Auburn Road Neighborhood Association (SOAR), filed an appeal of the project, citing, among other things, dangerously high increases in traffic flow in and out of one of the two planned auto entryways linking the complex to the adjacent shopping center through an alleyway, just behind Wonderful Chinese restaurant.

While the council's vote in favor of the project essentially killed their appeal, SOAR representatives did come out with a few wins, as four new conditions were imposed on the development, most critically a mandate for a new location for how cars will get in and out of Bearpaw Village.

According to the city's Planning Manager, Colleen McDuffee, Romeo must alter his plans and designate the



Tom Romeo has a vision to build a "Tahoe Village" style condominium-style complex where employees at his company located in the shopping center nearby may choose to live and be closer to the corporate office.

Sylvan Road vehicle entryway for pedestrian and emergency vehicles only and find another location for the second resident vehicle entrance. The project must have two entry ways for cars, according to fire department code, she said.

Opponents also called for the exclusion of oak trees from the landscaping, due to at least one nearby resident's concerns about allergies, and the council agreed those should be omitted. Also, Romeo must alter plans to build a pool and BBQ

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Sue Frost: Leading by Listening

Sue Frost, Sacramento County Supervisor, District 4
Education: Studied Nursing and Physical Education, Pacific Union College, Napa
Home town: Citrus Heights
Most admired person: Martin Luther King

By Jacqueline Fox

SACRAMENTO REGION, CA (MPG)
- Sue Frost was elected to represent District 4 in 2016 after serving on the Citrus Heights city council for four years. She is focused on fully implementing the county's initiatives for addressing homelessness, expanding the network of Public Business Improvement Districts (PBIDs), addressing gaps in public safety and infrastructure needs, and pushing for the cash-strapped county to build up its reserves.

Q: What do you consider your chief accomplishments for your district in your first year?

A: A big part of my first year was about getting to know the county and my district, establishing communications with my constituents and raising the bar on how we respond to their concerns. In addition to our initiatives on homelessness, we brought in an economic development consultant to help identify some exciting ideas on how to revitalize the business economy for Orangevale. We have approved a countywide Veterans' Commission to focus specifically on our veterans' needs. We also are working on a PBID for Antelope; identified funding for arts programs in Folsom, as well as a road safety program in Rancho Murieta, and launched the new, Smart Bus system in Citrus Heights.

Q: Can you bring us up to date on the county's initiatives to address homelessness?

A: The County preserved around \$750,000 from our general fund for the preservation



We have sanctuary state laws that I do not support. We get paid about \$5 million annually by the federal government to provide prison beds if we cooperate and start processing criminals who are here illegally.

of the Mather Community Campus. That allows us to maintain existing housing and wrap-around services. We launched the emergency shelter reservation system, which has helped house (or preserve housing for) 18 families since October. We have authorized the DHA (County Department of Human Assistance) to enter into agreements with Wind Youth Services for \$380,000 for homeless or at-risk youth, and another \$160,000 agreement with Sacramento Self Help Housing for rehousing services for unsheltered homeless populations in unincorporated areas of Sacramento County. The self-help program will function out of 15 locations and serve 75 people at one time. Finally, our fourth initiative provides flexible or "low barrier" housing for those who are chronically homeless and frequent users of our emergency rooms and county services. So far, we have identified 85 individuals to be assigned to Cases Management Services to help get them the services they need. So the smart thing about this is we are actually trying to get to the heart of where we can elicit change.

Q: Are you concerned about looming threats at the federal or state levels?

A: The biggest concern I have is the state legislature's budget. We have policy, such as the early prison release programs and redefinition of crimes and it is all unfunded and impacting our communities. As a result, our jail population and length of stays are increasing and we have people again in the system and getting sick, and there is no funding to deal with that. Also, we have sanctuary state laws that I do not support. We get paid about \$5 million annually by the federal government to provide prison beds if we cooperate and start processing criminals who are here illegally. So we have to stay nimble and we may have to make adjustments as we move forward.

Q: What is your primary focus with respect to infrastructure?

A: Tax and promise with no results legislation has left us with an eroding road and water infrastructure and, in some cases, such as what we had happened with the Oroville dam, we are being put into harm's way. Meanwhile, we are building a bullet train to Bakersfield. We have to do better than that.

Q: What is your view of the current obstacles impacting small businesses?

A: Small businesses are the engine of the economy, but taxes and fees and the hoops they have to jump through make it difficult. The challenge is that costs are going up and somebody has to pay for that, which means it goes back to the tax payers. I think we need to be really careful about how we do this and make sure we're delivering the services we are supposed to be and not just doing things to enhance our political careers.

Q: What is your focus with respect to addressing gaps in public safety and emergency services?

A: We need more boots on the ground, especially in the unincorporated areas. We need to continue to enhance our community policing and support public private partnerships for crime prevention. Also, I support PBIDs. They have had really great success with reducing crime and addressing vagrancy and blight.

Q: Would you support lifting the county ban on commercial marijuana if the sector's tax revenue systems prove successful in other counties?

A: I'm watching to see how the federal government proceeds. It is still illegal in their eyes. I'd also need feedback from law enforcement to understand their successes and challenges, how it may be impacting youth, public health and safety in general.

Q: Why did you want this job?

A: I thought I could make a difference. My work in listening to my constituents is not that different from the work I did as an emergency room nurse or lending agent. I'm in public service now, and I'm looking at all sides to see how we can better manage tax payer resources. I think we need people here who haven't forgotten why we are here and who we work for. ★

Sacramento's Society for the Blind Receives \$15,000 from Whitmore Foundation

By Kate Towson

SACRAMENTO REGION, CA (MPG)
- Seniors with vision loss in the Sacramento region will have greater access to tools for independence, thanks to a \$15,000 grant from M&M Whitmire Family Foundation in Roseville to Sacramento-based nonprofit Society for the Blind. The grant will help fund Society for the Blind's Senior IMPACT Project that empowers people 55 and older with alternative, non-visual techniques and skills that enable them to perform day-to-day tasks and activities so they can maintain or increase their independence.

"As the senior population continues to grow rapidly in Sacramento, it is imperative that we provide services that help them stay as independent as possible," said Shari Roeseler, executive director, Society for the Blind. "When seniors begin to lose vision, they are not only three times more likely to fall and experience injury, they often feel profound loneliness. This grant from the M&M Whitmire Family Foundation helps us ensure they have a support system so they can feel hope and possibility."

The Senior IMPACT Project includes an eight-day retreat offered monthly at Society for the Blind that gives seniors an immersion experience where they learn alternative techniques and skills to travel safely, efficiently and independently. They practice alternative techniques and use adapted tools to perform tasks of daily living including cooking, cleaning, shopping, home maintenance, organization, personal finance and more. They learn how to use the latest in assistive technology to operate computers and mobile devices for home, school and work, and they learn Braille. Participants receive individualized attention from instructors and mentors who are blind or low vision, and they have the opportunity to join in discussion groups with peers on issues around vision loss and



Margaret Whitmire from M&M Whitmire Family Foundation presents a check for \$15,000 to Shari Roeseler of Society for the Blind.

participate in community activities. For those unable to attend retreats, Society for the Blind sends instructors to their homes to teach skills and offer resources. The Senior IMPACT Project also includes monthly peer support groups for English and Spanish speakers and workshops throughout the year.

For more than 60 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers that included the Lions Clubs of America to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults and seniors experiencing vision loss each year. For more information or to make a donation, visit SocietyForTheBlind.org.

The M&M Whitmire Family Foundation's purpose is to assist children in need and senior care within the Sacramento area. For more information, call (916) 660-0573. ★

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PizzaRev Holds Grand Opening Ribbon Cutting Ceremony



CITRUS HEIGHTS, CA (MPG) - PizzaRev held their grand opening ribbon cutting on Thursday, April 12. They are located at 5450 Sunrise Blvd., Unit E in Citrus Heights. Owner Harvind Uppal, surrounded by his family and team, cuts the ribbon. Attendees include City of Citrus Heights Mayor Steve Miller, Council Member Al Fox, Citrus Heights Chamber Board Member Rosa Umbach, Citrus Heights Chamber Ambassadors, Breanna Niekamp of Sunrise MarketPlace, and Executive Director Elaine Whitefeather of A Community for Peace and representatives. PizzaRev held a fundraiser for A Community for Peace the same day as their ribbon cutting.

Sacramento Metro Chamber Announces President and CEO

Amanda Blackwood will Lead Metro Chamber as its New President and Chief Executive Officer

By Sac Metro Chamber

SACRAMENTO REGION, CA (MPG) - The Sacramento Metro Chamber Board of Directors announced today that Amanda Blackwood will lead the organization as President and CEO effective May 1, 2018. In her new position, she will provide strategic direction, vision, and management for the programs and personnel of the Metro Chamber. Blackwood will take the position over from the current Interim CEO and President, Darrell Teat, who has been leading the Chamber since late last year.

“It is my honor to serve as the leader of the most established and prominent voice for business in the six-county Capital Region,” said Ms. Blackwood. “We are experiencing a time of major growth, energy, and a desire for progress. Many feel, including me, that the time is now to embrace our future strategically and with thoughtful intention. I will do everything I can to activate this region to embrace innovation, become more business-friendly at all levels, and continue to focus on our shared goal of making the Capital Region the best place to live, work, and play.”

Blackwood is joining the Metro Chamber after serving as owner and managing partner of OE Consulting Group, a women-owned and led firm established in 2014 that works with both for- and nonprofit clients to provide strategic solutions for talent management and business process challenges. Previously, Blackwood served as the chief development officer



Amanda Blackwood will lead the Metro Chamber as President and CEO effective May 1, 2018.

for Elevation Entertainment Group, where she provided leadership to ensure effective, efficient and culturally aligned operations for a statewide, multi-location, 700 team member workforce. Blackwood’s career spans both the private and nonprofit sectors with a strong focus on financial management including her past role as CFO for Folsom Asset Management, Inc. during which time she oversaw \$100 million in assets annually and 13 active companies.

Her passion for economic development and community investment has driven Blackwood to devote time and expertise to multiple regional boards and projects. Her experience working with chambers includes serving on the board of directors for the Citrus Heights Chamber of Commerce since 2016 and is currently serving as chair of the board. She has also devoted her time to the Governor’s Office of Innovation

as the committee chair for Valley Vision’s Innovation Pipeline, vice chair of Greater Sacramento Economic Council’s Young Professional Board, and is the current president of Nehemiah Emerging Leaders Program Alumni Association. Blackwood is a frequent public speaker including speaking appearances for the California Department of Human Resources and Girl Scouts USA.

“Amanda’s experience as a change leader in business and her strong combination of results-driven strategy and regional knowledge is one of the many reasons the Metro Chamber board selected her to lead us into a new era,” said Metro Chamber Board Chair Chris Delfino. “As a board, we value the energy and changes that the next generation of leaders are making in our communities. We know Amanda will bring a dynamic and new approach to the Metro Chamber, its programs, and our Capital Region through a voice that also represents our growing young professional workforce, small business sector, and women-owned businesses.”

“I would also be remiss if I did not extend the board’s deepest gratitude to Darrell Teat for stepping into the Metro Chamber’s President and CEO interim role at a time when we needed it most,” Delfino added. “He has been a strong leader and has been an incredible asset to all of us.”

Darrell Teat, who is currently serving as Interim President and CEO, will return to his firm, Darrell Teat & Associates effective May 1. ★



CITRUS HEIGHTS WATER DISTRICT

WaterSmart Landscaping Classes



Now that spring is here, it’s time to think about making your yard beautiful! If you’re looking for ways to make your landscape as beautiful and water efficient as possible, the Citrus Heights Water District has answers! CHWD is offering its customers a series of FREE WaterSmart landscape classes covering different eco-friendly topics throughout the summer.

These free WaterSmart classes are chock full of tips and tools to help you maintain or upgrade the yard of your dreams in the most water-efficient ways.

Saturday, May 19, 2018	9 a.m. – 12 p.m.	Eco-Friendly Landscapes and Water-Wise Irrigation Systems
Thursday, June 28, 2018	6 p.m. – 8:30 p.m.	Keeping Your Eco-Friendly Landscape Looking Great with Less Water, Less Work and Fewer Chemicals

All classes will be held at the Citrus Heights Community Center, 6300 Fountain Square Drive, Citrus Heights, CA 95621. Be sure to check the CHWD website at <http://chwd.org/our-water/events/> for additional class dates, times and easy online registration. Registration is handled on a first-come, first-served basis, so don’t wait to register because classes fill up quickly!

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Crossword Puzzle on Page 5

D	I	S	C	S		T	A	B		C	H	E	N
A	D	O	R	E		I	L	O		S	U	E	D
H	E	L	I	X		E	L	F		U	S	A	G
	M	I	S	T	E	R		F	L	I	P	P	E
		P	E	P			B	O	A	T			
S	I	P		T	O	P	I		M	O	N	A	D
H	O	L	D		C	H	O	P		R	A	D	I
A	W	A	Y		H	I	F	I	S		R	I	S
M	A	N	N	A		L	U	S	T		D	O	C
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B	U	B	B	L	E	S		R	A	B	B	I	T
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S	I	T	E			W	A	S		S	T	O	M

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Sudoku Puzzle on Page 5

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

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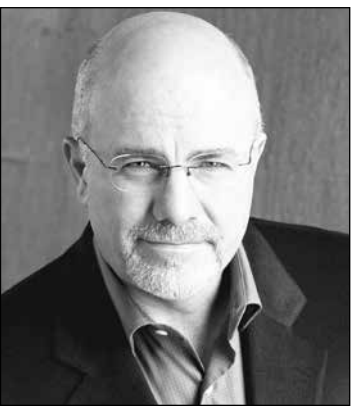
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Expenses, not income

Dear Dave,
I bring home \$4,100 a month in military disability pay and Social Security combined. My wife brings home an additional \$2,000 each month. Should we base our emergency fund level on her income only, since mine is guaranteed?
-Lewis

Dear Lewis,
Your emergency fund shouldn't be based on income. I recommend folks have three to six months of household expenses set aside in an emergency fund. What would it take to operate your household for that length of time if one or both of your incomes disappeared?
I don't anticipate your income stopping, Lewis. But income loss isn't the only thing you're guarding against with an emergency fund. You're also guarding against things

Dave Says

like an illness in the family, if the transmission in the car goes out, or your home's heating and cooling unit needs to be replaced. There are many more crises that can come upon a family other than a loss of income.
I don't mind if you two lean toward the three-month side of expenses, since your income is pretty stable. But always remember, an emergency fund should contain three to six months of expenses, not income.
Thank you for your service, sir.
—Dave

What happens to the debt?

Dear Dave,
I've started your personal finance course in high school, so I'm asking this for the entire class. What happens to your debt if you pass away with no relatives or heirs to take responsibility for what you owed?
-Elizabeth
Dear Elizabeth,
In many cases it simply does not get paid. Relatives or heirs of the deceased are not

responsible for a friend or family member's debt, except in cases where they have been a co-signer on that debt.
Let's say someone's parents died, and at the time of their death they had \$100,000 in debt in their names only. The only way that debt will be paid is if they owned enough stuff — if they had enough in the way of assets — to pay the debt. If they owned a \$200,000 home, the house would have to be sold in order to pay the debts. Their estate would be the only thing standing good for the debt. If they owned nothing, and had no co-signers on any of the debt, the creditor would not get paid. The bank lost that money.
Elizabeth, I hope that helped. Please tell your teacher I said thank you for leading the class!
—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 @DaveRamsey. ★

Boy Scout Troop 310 to Host Pancake Breakfast

Submitted by David Tanner, Troop 310

SACRAMENTO REGION, CA (MPG) - Boy Scout Troop 310 is hosting a Pancake Breakfast fundraiser Saturday, May 5 from 7 to 11AM at their sponsor's location, Divine Savior Catholic Church, 9079 Greenback Lane, Orangevale. This event includes

door prizes and a silent auction. Scout-made desserts and handcrafts will be on sale. Breakfast includes eggs, sausage and fruit as well as pancakes and costs only \$5.00 per person. All proceeds go toward Troop 310 for summer camp, our High Adventure Team, and other programs. These programs have worked for many

years developing the sons of this community into fine men. Please help keep us strong and insure our continued success in supporting our local community. For information, tickets or to donate to our silent auction, contact David Tanner at (916) 995-8263 or davidatanner@comcast.net. ★

Small Business Week Provides Many Opportunities

By MPG staff

SACRAMENTO REGION, CA (MPG) - Every year since 1963, the President of the United States has issued a proclamation announcing National Small Business Week, which recognizes the critical contributions of America's entrepreneurs and small business owners. More than half of all Americans either own or work for a small business, and they create about two out of every three new jobs in the United States each year. The week long series of events are designed to connect the region's small businesses with local resources and celebrate the important role that small businesses play in the region.
The 2018 Capital Region Small Business Week Celebration recognizes the critical contributions of America's entrepreneurs and small business owners. It is a collaborative effort of local, state, and federal agencies together with the private sector (both non-profit and for-profit.)

Mult-Chamber Mixer

You can kick off the Capital Region Small Business Week at the Multi-Chamber Mixer. Join other professionals at the Dante Club in Sacramento to network

Marketing Like a Boss

A feature event this year is "Marketing Like a Boss", presented by BizX. Whether you are an entrepreneur, a small business owner, or creative, you have an opportunity to take your marketing strategy to the next level by attending.
This year's event is expected to draw a large attendance for an afternoon focused on inspirational storytelling designed to energize, motivate, and give you the tips you need to market like a boss!
The event is scheduled for May 1 at the Crocker Art Museum, 216 O Street in Sacramento. The program runs from 2:00 pm to 4:30 pm, with an after party from 4:30 to 7:00 pm. The registration fee is \$15.

Capital Connection

Accessing capital can be a challenge for every small business owner. At the Capital Connection event you will learn how to bridge that gap

and get your small business the capital you need. Come and hear from and meet with banks, credit unions and other lending institutions that can help you achieve your goals.
The event is sponsored by Sacramento SBDC. It is scheduled for May 2 from 10:30 am to 2:30 pm at Rancho Cordova City Hall. There is a \$20 registration fee.

Small Business Awards

The Small Business Awards will be presented on May 4. The event will be held at the Citrus Heights Community Center from 7:30 am to 10:00 am.
This event celebrates the small businesses that drive our local economy. Nominations were accepted between January and February in a number of categories. This event concludes the week-long series of events for Small Business Week.
This event is sponsored by the Small Business Administration and the Sacramento Business Journal.

Get More Information

For more information about Small Business week or to register for any of these events visit www.capitalregionsmallbusinessweek.org. ★

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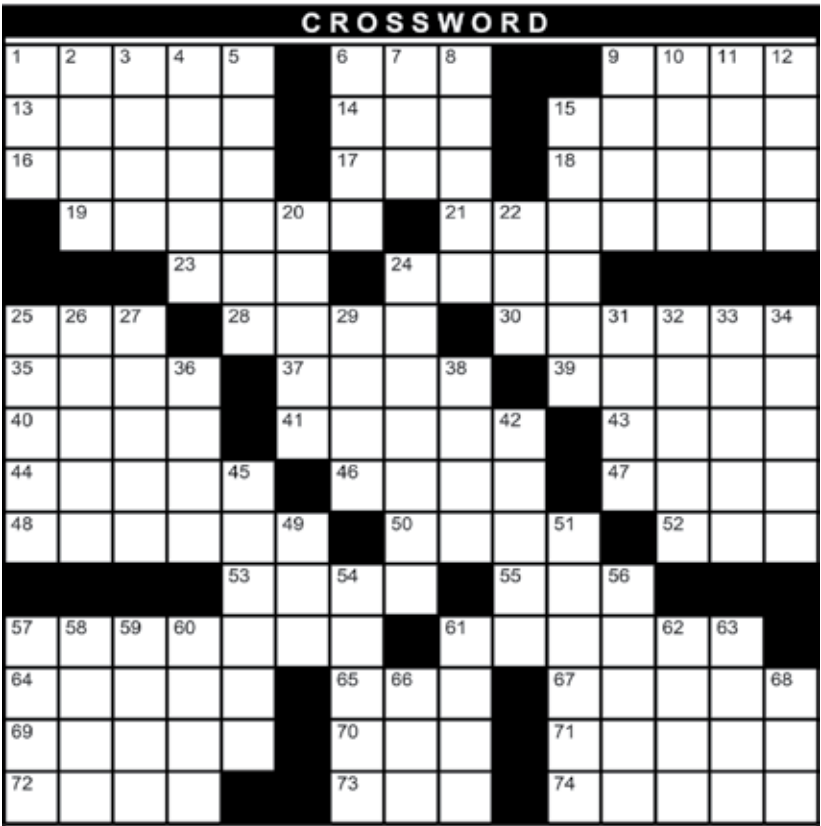
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- CLUES
- ACROSS
- 1. Can become herniated, pl.
 - 6. Jump key
 - 9. Popular last name in East Asia
 - 13. "I love you" or "J" ____
 - 14. International workers' group
 - 15. Like famous rock-n-roll shoe
 - 16. DNA half
 - 17. Will Ferrell's Christmas character
 - 18. Item on a cell phone bill
 - 19. *Ed's title
 - 21. *TV dolphin
 - 23. Coach's talk
 - 24. Gravy holder
 - 25. Hot tea amount
 - 28. Serengeti antelope
 - 30. Single-celled microorganisms
 - 35. Call status
 - 37. Karate blow
 - 39. Marconi's wireless telegraphy
 - 40. Opposite of home
 - 41. High fidelity sound systems
 - 43. CISC alternative
 - 44. Edible biblical rain
 - 46. One of deadly sins
 - 47. Ship's final destination
 - 48. Like broken promise
 - 50. Bring home the bacon
 - 52. Message in a bottle?
 - 53. Sound of laughter
 - 55. Promise to pay
 - 57. *Michael Jackson's chimp
 - 61. *Marlon Bundo
 - 64. Be of one mind
 - 65. Author of "The Star-Spangled Banner"
 - 67. Opposite of gregarious one
 - 69. Flash of light
 - 70. Bard's before
 - 71. *Like Garfield's lasagna when he's done
- DOWN
- 1. Morse T
 - 2. Footnote word
 - 3. Songs for one
 - 4. Like a potato chip
 - 5. The Brady Bunch children, e.g.
 - 6. Wedding cake layer
 - 7. * ____ the President's Men
 - 8. Very successful
 - 9. Intersection of two arcs
 - 10. Great deal
 - 11. Drop-off spot
 - 12. ____-do-well
 - 15. Bachelor on "The Bachelorette," e.g.
 - 20. Historical period
 - 22. Skeddadle
 - 24. Renewable energy source
 - 25. *Sea World's long-running attraction
 - 26. Des Moines native
 - 27. Yoga class core exercise
 - 29. *Punxsutawney seer
 - 31. Persian backgammon



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Crossword Puzzle Solutions on Page 4

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For Solutions See Page 4

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By Marlys Johnsen Norris,
Christian Author

What will man/woman give in exchange for their soul? Until they accept the fact that their life was created by God for a divine purpose to one day live in heaven with Him they will never understand. They are missing the point completely and are dead to all the blessings God has planned to give them in their lifetime. The choice is theirs alone!

The so-called pleasures of this world will never completely satisfy

The Walking Dead

them! Enjoyment for them is - but for a season - then places a person in “bondage” unable to escape. Wonder why in today’s world, we have drug addicts, alcoholics, food addictions to different kinds of foods, pornography and sex, gambling, sports! You name it, people trying to fill a void in their lives they will never understand until they decide to choose God! A void God created for Himself to fill and enrich His Creation.

This world belongs to Gods enemy! He lures them to all these addictions. Satan is a liar from the beginning (John 8:44) and he is the enemy who causes humankind to seek things other than God. He did it in the Garden with Adam and Eve because they listened to him, rather than being obedient to God’s instructions. When he is successful he laughs.

Wonder why today there are so many children living with only one parent? Babies now aborted! Children need two loving parents to guide their lives and teach them

values that will ultimately make their lives worth living not place them in bondage to these kinds of things. Children learn from what they see their parents do! Many of our lives have been touched having a member of our family doing these things. Come Alive and die to such things!

Escaping all these “forms of bondage” is only found when one sincerely begins to seek and to know the Heavenly Father/Creator/God. Freedom “coming alive” is found and experienced as one experiences the agape love of God, deliverance and His sustaining power that comes through His Beloved Son Jesus Christ as they accept His death on the Cross for forgiveness of all their sins. (Read John 3:16) I understand your dilemma and pain, YOU are in my prayers as I write this!

Marlys Johnsen Norris
Chrisitan Author of 7 books
Writer: American River Messenger
Marlysjn@gmail.com ★



By Pastor Ray Dare

God wants to give you His peace, He doesn’t want you to be uptight, pressured, worried and stressed out. It’s amazing to me that people go great lengths to find peace. They try therapies, long vacations to exotic places, drugs, drinks, fads and quacks. A lot of people look to chemicals to find peace. Whenever there’s a shortage of something, scientists make something synthetic to replace it. But God doesn’t want to give you synthetic peace; He wants to give you real peace, His peace.

How do I get God’s peace? The Bible says, “Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about...and the peace of

Pastor Ray's Encouraging Words

How to Find Real Peace

God will be with you.” Philip. 4:6-9 (LB) You find His peace in perspective. What you choose to focus on.

You replace problems with promises. You stop dwelling on the difficulty and you focus on the Deliverer. In the Bible, King David was a man with a lot of problems. He said in Ps. 56, “Lord, have mercy on me; all day long the enemy troops press in. So many are proud to fight against me; how they long to conquer me. But when I am afraid, I will put my confidence in you. Yes, I will trust the promises of God. And since I am trusting Him, what can mere man do to me? The very day I call for help, the tide of battle turns. My enemies flee! This one thing I know: God is for me!” Ps. 56:1-9 (LB) What did David do when problems came his way? He turned his worries into worship and wrote the book of Psalms. He refocused off of his problems and on to God’s promises.

What have you been stressed by lately? Your finances, a problem at work, your kids, your health, a relationship? Jesus

said, “Do not let your hearts be troubled. Trust in God. Trust in Me.” Real peace isn’t found in a pill, it’s found in a Person, his name is Jesus Christ, the Prince of Peace. You will never have ultimate peace in your life until the Prince of Peace is in the center. In the center of a storm, like a hurricane, there is a peaceful center. While everything around it is blowing a hundred miles an hour, there’s a peaceful center. When you have Jesus Christ in the center of your life, everything else could be blowing a hundred miles an hour all around you, but in the center of your heart you have peace.

The first step to peace is to invite Jesus into the center of your life. Where ever Jesus is, there is peace. Then open the Bible and learn what God promises, learn to dwell on those promises and the peace of God will be with you.

Pastor Ray
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Boneless & Skinless Chicken Thigh Meat \$1.49/lb
Carne de Muslo Deshuesada 40 lb Box \$54.99/ea

USDA CHOICE

Beef Cross Rib/Shoulder Clod Roast \$2.69/lb
Pulpa Contra en Trozo sin Hueso

IBP

Pork Neck Bones 99¢/lb
Huesos de Cuello de Cerdo

USDA CHOICE

Beef Shoulder Clod Steak \$2.99/lb
Pulpa Contra en Bistek sin Hueso

SWIFT/IBP

Pork Butt+Bone In \$1.49/lb
Trozo de Puerco con Hueso

SEABOARD

Beef Espadilla Thin Sliced Shoulder \$2.99/lb
Espadilla de Res sin Hueso

Superior Farms LAMB

Lamb Shoulder Chops \$7.99/lb
Lamb Arm Shoulder Chops \$7.99/lb
Lamb Rib Chops \$19.99/lb
Lamb Loin Chops \$13.99/lb
Lamb Leg Steaks \$9.99/lb
Lamb Riblets \$5.99/lb

Boneless Lamb Flanks \$7.99/lb
Boneless Lamb Stew \$8.99/lb
Hind Lamb Shanks \$3.99/lb
Short Cut Lamb Leg \$5.99/lb
Lamb Neck Stew \$3.99/lb
Ground Lamb \$6.99/lb

WEEKEND PROMOTION!

BUY 1 POCKY PACK GET ONE FREE BALLOON!

BUY 3 POCKY PACKS GET ONE FREE BACK PACK!

BUY 5 POCKY PACKS GET ONE FREE PREMIUM INSULATED GROCERY BAG!

BUY 10 POCKY PACKS GET ONE FREE CANVAS BACK PACK!

POCKY & PEJOY BISCUIT STICK SNACKS 8 KINDS

\$1.49 ea
reg. price \$2.49

THIS SATURDAY & SUNDAY ONLY 4/28 & 4/29 FROM 11:00AM - 5:00PM

FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Cabbage 3lbs \$1	Grape Tomatoes 99¢	D'anjou Pear 89¢	Bunch Broccoli 79¢	Seedless Watermelon 3lbs \$1	Roma Tomatoes 69¢/lb
Vine Tomatoes 99¢/lb	Popeye Spinach 2/\$3	Fresh Express Salads 2/\$3	Plantain Bananas 79¢/lb	Russet Potatoes 10 lb Bag \$1.99	Mangoes 5.99/box
Jalapeno Peppers 2lbs \$1					

AMERICAN/HISPANIC GROCERY

Philadelphia Original Cream Cheese 8 oz \$1.59	La Nueva Ponche (Fruit Punch) 32 oz \$3.49	Mi Hacienda Tortilla Chips 24 oz \$1.99	Latino Fusion Guacamole Drink 16.9 fl oz 99¢	Almond Balsamic Vinegar 12.25 fl oz \$1.99
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ASIAN GROCERY

Beanitos 10 x 25 gm \$1.49	Instant Noodle Soup Bowl 2.40 oz \$1.99	Instant Noodle Soup Bowl 400 gm \$1.99	Instant Noodle Soup Bowl 400 gm \$1.99	Instant Noodle Soup Bowl 400 gm \$1.99
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EUROPEAN GROCERY

Maya Wheat Flour 2 kg \$2.99	Sofal Premium Black Garlic 250 gr \$7.99	Sofal Tomato Paste 700 gr \$1.99	La Tapa 100% Pure Agave Juice 1 Liter \$2.49	La Tapa 100% Pure Agave Juice 1 Liter \$2.49
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KOREAN/JAPANESE GROCERY

Korean Gabe Rice 4 lb \$2.99	Nonghyun Noodle Soup Bowl 2.40 oz \$1.99	Seaweed Snacks 10 x 19 oz \$1.99	Seaweed Snacks 10 x 19 oz \$1.99	Seaweed Snacks 10 x 19 oz \$1.99
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HOUSEWARES

Electric Rice Cooker \$109.99	Electric Rice Cooker \$109.99	Electric Rice Cooker \$109.99	Electric Rice Cooker \$109.99	Electric Rice Cooker \$109.99
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FROZEN DEPARTMENT

Drumsticks 3 lb \$9.99	Drumsticks 3 lb \$9.99	Drumsticks 3 lb \$9.99	Drumsticks 3 lb \$9.99	Drumsticks 3 lb \$9.99
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EUROPEAN DELI

Schmaltz 450g \$5.99	Schmaltz 450g \$5.99	Schmaltz 450g \$5.99	Schmaltz 450g \$5.99	Schmaltz 450g \$5.99
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Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINDHECKS. PRICES EFFECTIVE APRIL 25 - MAY 1, 2018. ATTENTION CUSTOMERS: Any old style rewards card or unclaimed reward points will be added to your account only until APRIL 30, 2018.

Sacramento County DA Reports



Gang Member Sentenced for Possessing Firearm, Enhancements

DATE: April 9, 2018
CASE: Deandre Rogers (Case #16FE023618)
PROSECUTOR: Deputy District Attorney Kristen Andersen, Targeting Armed Recidivist Gang Enforcement Team (TARGET)
The Honorable Maryanne Gilliard sentenced Deandre Rogers to 30 years to life in prison. On March 2, 2018, a jury convicted Rogers of being a felon in possession of a firearm. The jury also found true a personal arming allegation and gang enhancement. At sentencing, the court found that Rogers has two prior strikes, which subjected him to three-strikes sentencing, and a prior five-year prison commitment.

On December 14, 2016, a video was released on YouTube showing Deandre Rogers rapping, disrespecting rival gang members, promoting his own gang and holding firearms. On December 15, 2016, officers conducted surveillance on Rogers, a known G-Mobb and Starz gang member. Officers followed Rogers to a restaurant and watched him get into the back of a vehicle. When they pulled the vehicle over, they located a Glock 21 with 17 rounds loaded in it. They also located a Glock 27 loaded with 12 rounds in another vehicle Rogers was seen accessing.
Rogers has two 2016 strike convictions. One of those convictions was for assault with a firearm in which Rogers and another individual shot two rival gang members multiple times. The other conviction was for carrying a concealed firearm in a vehicle, which was gang related.

Defendant Convicted of 12 Child Sexual Assault Charges

DATE: April 16, 2018
CASE: Chandler Ashford-Deshazo (Case #17FE011458)
PROSECUTOR: Deputy District Attorney TeriAnn Grimes, Special Assault & Child Abuse Unit
Chandler Ashford-Deshazo was convicted by a jury of six counts of committing a sex act with a child under 10 years of age and six counts of committing a lewd act upon a child. In 2016, Ashford-Deshazo began sexually

assaulting two female family members, who were both 7 years old at the time. Neither of the victims told their parents or each other about the abuse. On April 7, 2017, a family member caught Ashford-Deshazo during one of the sexual assaults. Ashford-Deshazo fled the house and was later arrested that night for being drunk in public. He was released on that charge the next day and immediately fled to San Diego, where he was apprehended two months later.
Ashford-Deshazo faces a maximum sentence of 90 years to life in prison. Sentencing is set for May 11, 2018, at 9:00 a.m. in Department 36 before the Honorable Stephen Acquisto.

Gang Members Convicted for Crime Spree Ending in Murder

DATE: April 19, 2018
CASE: Tevita Kaihea & Charlie Hola (Case #15F07862)
PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit
Tevita Kaihea was convicted by a jury for the first-degree murder of Roman Gonzalez, attempted murder, two counts of robbery, vehicle theft and being a felon in possession of a firearm. Charlie Hola was convicted for 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.
Kaihea faces a maximum sentence of 113 years to life in prison. Hola faces a maximum sentence of 49 years to life in prison. Sentencing is set for May 18, 2018, at 1:30 p.m. in Department 12 before the Honorable Maryanne Gilliard. ★



POPPOFF!

with Mary Jane Popp

Forgive

You've heard the saying you can forgive but you can't forget. Perhaps you can achieve the forget part so you can have freedom. **Dr. Randy Kamen** is a psychologist who helps people with many life issues, and helped pioneer new territory in mind-body medicine. She wrote "**Behind the Therapy Door**" because she is committed to a personal growth journey...liberating herself from an abusive family of origin and creating a beautiful life for herself. So we explored the ways to forgive on my POPPOFF Radio Show.

DO YOU FEEL THAT CERTAIN THOUGHTS THAT LOOP AROUND IN YOUR HEAD INTERFERE WITH YOUR POTENTIAL FOR HAPPINESS?

There is a saying that holding on to anger or resentment is like drinking poison and hoping the other person dies. Forgiveness is about giving up the suffering

of the past and being willing to forge ahead with a greater potential for personal freedom. Research shows that forgiveness benefits the mind, body and soul. We are happier, healthier and more connected with others when we develop the capacity to forgive. Even though each of us has our own unique story of anger and hurt, there are two components to forgiveness: **Grieving** what was and what could have been and **Letting Go**. Regardless of the offense, the process of forgiveness remains the same. After you've grieved, you must **Choose** to release the anger and hurt. We do this so that we can liberate ourselves from our own suffering.

WHY THEN IS IT SO HARD TO GIVE UP A GRUDGE AND FORGIVE SOMEONE WHO HAS HURT OR BETRAYED US?

Probably because we have told ourselves "the story" that keeps looping around in our minds for so long that the story now has a life of its own. Learning to tell ourselves a **Different Story** with a brighter future filled with possibilities puts us in the position to let go of what **Could Have Been**. When we realize how the old story continues to hold us back, it's a compelling argument for why we need to forgive.

IF WE ARE TO LIVE UP TO OUR FULL POTENTIAL AND LEAD OUR LIVES FULLY, THEN FORGIVENESS BECOMES ESSENTIAL. Forgiveness is about letting yourself Feel the full range of emotions---grief, anger, and hurt while cracking your heart open with loving kindness towards yourself. Surprisingly, forgiveness begins with oneself. Once **you** internalize that **You are Worthy of Forgiveness**, then you might find it easier to summon the **Compassion** for the person who injured or disappointed you. **Patience and Practice** matter when learning to forgive. You cannot rush the process. The more you let the idea of forgiveness infuse itself into you **Conscious and Unconscious Awareness**, the more skilled you will become at internalizing this powerful skill. Gratitude and forgiveness are key components to rising into your magnificence. As one of **Dr. Kamen's** students recently said, "Who am I not to be Magnificent?"
Check out her website and get a free chapter from "**Behind the Therapy Door**" at www.DrRandyKamen.com/free-chapter. Live life with forgiveness and light! ★

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Sacramento CHORAL SOCIETY & Orchestra
Donald Kendrick, Music Director

SPRING SEASON 22

Praise and Jubilation

West Coast PREMIERE

Jubilate Deo | Dan Forrest
Te Deum | Antonin Dvorak
Ancient Airs and Dances | Ottorino Respighi

Rachel Songer, Soprano
Anne-Marie Endres, Soprano
Shawn Spiess, Baritone

Projected supertitle translations

GUEST CHORUSES
Sacramento Children's Chorus – Alexander Grambow, Director
Sacramento State University Chorus

Saturday, May 12, 2018 at 8 pm
Pre-concert talk by Donald Kendrick 7pm
Sacramento Community Center Theater

TICKETS CCT BOX OFFICE | 916.808.5181 or TICKETS.COM
SACRAMENTOCHORAL.COM

Marketing Like a BOSS

PRESENTED BY BizX

Whether you are an entrepreneur, small business owner, or creative, you have an opportunity to **take your marketing strategy to the next level** by attending BizX 2018!

This year's event will gather more than 150 entrepreneurs, creatives, and small business owners on May 1, 2018, for an afternoon focused on inspirational storytelling designed to energize, motivate, and **give you the tips you need to market like a boss.**

When: Tuesday, May 1, 2018
Program: 2 to 4:30 p.m.
After Party: 4:30 to 7 p.m.

Where: Crocker Art Museum, 216 O Street, 95814

Speakers:
Tina Reynolds, CEO Uptown Studios (Emcee)
Rich Forman, CEO and Co-Founder of Apptology
Gina Lujan, Founding CEO of Hacker Lab
John Davidson, Head of Partnerships, eSports, and Influencer Marketing for GameStop

SACRAMENTO STATE COLLEGE OF BUSINESS ADMINISTRATION
Uptown Studios
City of SACRAMENTO Innovation & Economic Development
SACRAMENTO COUNTY
berc Helping Business Succeed

For More Information Visit: Sacberc.org/NewsEvents/Pages

SacRT Seeks Public Input for World-Class Transit System

SacRT Special Release

SACRAMENTO REGION, CA (MPG) - The effort to develop a new generation network for the Sacramento Regional Transit District (SacRT) has officially been launched. The first stakeholder public input meeting was held earlier this month, and nearly a dozen community workshops are planned for April and May. It's all part of a new route optimization study, now coined "SacRT Forward," which seeks to create a world-class transit system that is reflective of today's travel patterns.

"Our transit system has not seen a route redesign in 30 years and travel patterns in the region have changed substantially since then," said SacRT General Manager Henry Li. "SacRT Forward will take a blank slate approach in creating a new network that will focus on connectivity with light rail as well as service frequency, and bus routing that takes customers to destinations where they want to travel to."

SacRT Forward will have variety of community involvement components, including two stakeholder meetings, SacRT

Board workshops and nearly a dozen community events where planners will solicit input from current riders and potential riders alike. "We want everyone's feedback in this process so that we can come up with the best transit network possible," said SacRT Board Chair and Sacramento County Board of Supervisors Vice-Chair Patrick Kennedy. "Our vision is to create a state-of-the art transit system that features new low-floor light rail trains along with excellent bus connectivity and reliability. We have made great strides in the last two years improving SacRT's

service, and now we look forward to the next round of changes as we strive to develop an exceptional transit network in the growing Sacramento region."

There are 11 opportunities for Sacramento residents to learn more about the 15-month long project. SacRT's planning and outreach teams will be out in force during the months of April and May seeking public input during a series of pop-up workshops. Below are a list of upcoming public workshops that residents are invited to stop by and comment on the project.

Participants will be asked to provide feedback on ways SacRT might be able to redesign its bus routes given available resources. This means individuals will be asked to prioritize their preferences, and in many cases determine which trade-offs they prefer in order to remain revenue neutral. Another series of workshops will be held in the fall to evaluate two proposed networks that will be developed by the SacRT Forward planning team based upon community and stakeholder input.


SacRT is working with Jarrett Walker & Associates to help

develop two network proposals for community review. The first network redesign will offer a revenue neutral proposal, while the second proposal will feature a route design that presupposes increased funding levels. Both proposals will be available for community review in winter 2018.

SacRT Forward's Public Information Plan is posted on sacrt.com along with additional details about the route optimization study.

For more information visit www.sacrt.com/apps/sacrtforward.

The June Election is right around the corner!




Beginning with the June 2018 Primary Election:

- All voters in Sacramento County will be mailed a ballot
- You choose how to vote: by mail, at a Ballot Drop Box, or at a Vote Center

Important Dates

May 7	Ballots will be mailed to all registered voters	June 2	All 78 Vote Centers open
May 8	All 53 Ballot Drop Box locations open	June 5	Election Day! Last day to turn in your ballot
May 26	18 Vote Centers open		

Learn more at www.Elections.SacCounty.net Call Toll Free (800) 762-8019



Look for Advertised Sale Items Everyweek at www.petclubstores.com

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Rancho Cordova, CA
916-635-5008



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Roseville, CA
916-781-8500

PET CLUB is Excited to Offer: Blue Buffalo, Chicken Soup, Earth Born, Evo, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods

FREE

1 LB SPORT MIX PREMIUM DOG BISCUITS

with the purchase of pet, fish food or supply.
Limit 1 lb PLU 332 CHM
Limit 1 Coupon per family
Effective 4/25/18 - 5/1/18

\$5.00 OFF

ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 351 CHM
Limit: 1 Coupon Per Family
Effective 4/25/18 - 5/1/18

NATURAL BALANCE DRY DOG FOOD

- Lamb Meal & Rice • Sweet Potato & Fish
- Sweet Potato & Venison • Sweet Potato & Bison
- Sweet Potato & Chicken

26-28 Lb Bag

SUPER BUY

\$5 OFF

Limit 2 Bags Per Family
Effective 4/25/18 - 5/1/18

FRISKIES BUFFET CANNED CAT FOOD

5.5 Oz All Varieties

20/\$9.00

Limit 2 Cases Per Family
Effective 4/25/18 - 5/1/18

EUKANUBA DRY DOG FOOD

30 Lb Bag

- Adult Maintenance \$29.99
- Large Breed Adult \$34.99
- Reduced Calorie • Senior \$33.99
- Adult • Large Breed \$33.99

Limit 2 Bags Per Family
Effective 4/25/18 - 5/1/18

ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER

20 Lb Box • Unscented • Double Duty (Clump n Seal Regular 19 lb \$8.99) (Slide 19 lb \$9.99)

\$5.99

Limit 2 Boxes Per Family
Effective 4/25/18 - 5/1/18

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD

Lamb Meal & Rice 30 Lb Bag • Adult • Small Bites • Large Breed

\$37.99

Limit 2 Bags Per Family
Effective 4/25/18 - 5/1/18

SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD

13 Oz • Selected Varieties (Reg price \$1.69) **NEW** (Healthy Cuisine 12.5 oz \$1.59 Reg price \$1.79)

\$1.49

Limit 2 Cases Per Family
Effective 4/25/18 - 5/1/18

FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD

16 Lb Bag

\$9.99

Limit 2 Bags per Family
Effective 4/25/18 - 5/1/18

SCOOPAWAY CLUMPING CAT LITTER

42 Lb Bag

\$9.99

Limit 2 Bags Per Family
Effective 4/25/18 - 5/1/18

PURINA BENEFUL PREPARED MEALS

All Varieties 10 oz Limit 1 Case

\$1.39

PURELY FANCY FEAST CANNED CAT FOOD

2 oz. All Varieties Limit 1 Case

\$1.09

SOLID GOLD DRY DOG FOOD

As Marked \$7 OFF OUR REGULAR LOW PRICES

- Hund n Flcken • Wolf King Bison (24 Lb Bag)
- Holistique • Millennia 28.5 Lb Bag Limit 2 Bags

PURINA BENEFUL DRY DOG FOOD

• Original • Healthy Weight 31.1 Lb. (Selected Varieties 15.5 Lb \$13.99) Limit 2 Bags

\$24.99

ELEVATE SUPER PREMIUM DRY DOG FOOD

NEW Antioxiant Blend 28 Lb Bag • Chicken • Lamb • Salmon • Pork (25 Lbs) Limit 2 Bags Per Family

\$3.00 OFF

OUR SUPER DISCOUNT PRICE

9 LIVES DRY CAT FOOD

• Grilled Tuna & Egg 12 Lb Bag Limit 2 Bags Per Family

\$7.49

SUPER BUY

FRESH STEP CRYSTALS CAT LITTER

8lb Bag Limit 2 Bags

\$10.99

SCIENCE DIET SMALL BITES DRY DOG FOOD

• Adult • Light • Mature 17.5 Lb Bag Limit 2 Bags Per Family

\$22.99

PEDIGREE CANNED DOG FOOD

• Choice Cuts in Gravy • Chunky Ground Dinner • Chopped Ground Dinner 22 Oz Can Limit 1 Case

99¢

BLUE BUFFALO NATURALLY FRESH CAT LITTER

14 Lb Bag Limit 2 Bags Pellet

\$5.49

Clumping \$8.99 Multi-Cat Clumping \$9.99

NEW Formula MERRICK'S CLASSIC NATURAL DRY DOG FOOD

• Chicken/Green Pea/Ancient Grains 25 Lbs Limit 2 Bags • Beef/Green Pea/Carrots • Lamb/Green Pea/Ancient Grains

ON SALE

CORE NATURAL DRY CAT FOOD

3 FREE Core Cat Cans 5.5 Oz With Each purchase • Original • Indoor • Turkey Grain Free 12 Lb Bag Limit 2 Bags

\$35.99

GREENIES DOG TREATS

12 Oz Pkg • Chewy Texture • Easy to Digest • Regular • Grain Free • Teeny (43 Ct) • Reg (12 Ct) • Petite (20 Ct) • Large (8 Ct)

\$4 OFF

OUR SUPER LOW PRICES

ROSY'S ORGANICALLY GROWN KITT GRASS

• Single Tub

\$2.99

CONAIR PRO GROOMING SUPPLIES

• Clippers • Trimmers • Shampoo • Brushes • Combs • Deshedding Tool All Varieties

20% OFF

OUR SUPER LOW PRICES

KONG PRODUCTS

• Classic • Dental • Air Dog • Chews • Wubba • Stuffed • Treats • Soft Toys All Varieties

20% OFF

OUR SUPER LOW PRICES

PETMATE REPLENDISH Auto-Watering & Auto-Feeding System

20% OFF

OUR SUPER LOW PRICES

TETRA BOXED GLASS TANK WITH STARTER KIT

10 Gal Economy \$36.99
10 Gal LED Deluxe \$53.99
20 Gal LED Deluxe \$91.99
29 Gal LED Deluxe \$112.99
55 Gal LED Deluxe \$187.99

PENN-PLAX CASCADE POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
CASCADE 100	20 Gal.	\$13.99
CASCADE 150	35 Gal.	\$19.99
CASCADE 200	50 Gal.	\$26.99
CASCADE 300	100 Gal.	\$27.99

PENN PLAX PLASTIC AQUA-PLANTS

20% OFF

OUR SUPER LOW PRICES

INSTANT OCEAN SEA SALT

50 Gal. Salt Mix

\$12.99

BONUS COUPON

FANCY FEAST GOURMET CANNED CAT FOOD

3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 4/25/18 - 5/1/18

53¢

CHM PLU 361

FRISKIES PARTY MIX CAT TREATS

2.1 Oz • Selected Varieties Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 4/25/18 - 5/1/18

\$1.09

CHM PLU 573

JONNY CAT PREMIUM CAT LITTER

20 Lb Bag Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 4/25/18 - 5/1/18

\$3.29

CHM PLU 362

One Day for a Big HART

A Day to Leave No Veteran Behind



Ruben Hernandez, Citrus Heights Animal Control; Paul, Army Veteran with his new dog bed; Nichole Piva, City of Citrus Heights Housing & Grants; John Wilburn with ‘Shep.’

Continued from page 1

hours of his time to provide care for 30 men and women.

Co-chairs Lyons and Malone reported over 115 volunteers had helped during the event. The LDS “Just Serve” committee planned the volunteer staffing for Monday and Tuesday. Two dozen volunteers worked all day Monday to set-up the large hall and smaller rooms for vendors and the dining hall inside the church’s main building, plus the adjacent “clothing” hall. Volunteers for both days came from veteran organizations, five churches, LDS missionaries, Sertoma (hearing health), Blue Star Moms and many others.

Being an all-day event, guests and volunteers got hungry. Both breakfast and lunch were served to the veterans, vendors and volunteers. The Knights of Columbus helped prepare and serve breakfast. They also worked with a team of Texas

Roadhouse Restaurant lead preparation and service volunteers to cook and serve a much-anticipated lunch including their famous BBQ sliders. No one went away hungry.

But the day was not just for humans. Twelve service or pet dogs brought by their owners were treated to free baths, check-ups, vaccinations and chipping provided by Dr. Averl Brickson veterinarian at Citrus Heights Pet Hospital. Veterans left with dog food and their choice of pooch accessories, including dog beds, colorful leashes, collars and other goodies donated by many sources. Arcade Creek Kennels provided a safe place for their pets to hang out while their owner spent the day being pampered.

At the end of the day, two veterans relaxing in the Lion’s eye van offered their view of the day. Henrietta, an Air Force veteran, saw the day as

“informational,” saying, “I didn’t know where to start, you have to start somewhere.” This was her first C.H. Stand Down, being referred while at one of The Way’s meals at Rusch Park. Raymond, a Navy veteran, also a first timer, learned of the event at the VA Hospital at Mather. He knew of services available but was there “to get things started and get things done.”

HART thanks the many sponsors for their generous support of this event, including Sacramento County Supervisor Sue Frost for her generous donation of \$1,000, Texas Roadhouse, Sunrise Mall, Blue Star Moms and Mesa Verde Boosters.

HART meetings are held the fourth Thursday of each month at noon at the Holy Family Catholic Church at 7817 Old Auburn Road, Citrus Heights.

Source: Homeless Assistance Resource Team ★



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.

Since I was first elected to office 6 years ago, and continuing now as Supervisor, I have tried to be open minded and research all sides of every issue so I can make informed decisions and support policy that best meets the needs of our communities.

That is why last year I asked the Sheriff’s Department to allow me to personally experience some of the training our deputies undertake to help them handle potentially deadly situations. Watching news coverage of the tragic shooting of Stephon Clark has compelled me to share with you what I experienced and learned from that training - even though some of my advisors have recommended that I not touch this issue with a ten-foot pole.

When I arrived at the training facility, I was brought to a portable room where an instructor talked to me about how much “force” to use in given situations, such as how to disarm someone using words - or failing that, when to use force or draw a taser - and lastly, when to draw a firearm.

After the discussion, I was given a holster with simulated weapons that had recoil, and put in front of a huge projector screen that ran a series of simulations. The operator of the simulator was able to change the simulation based on what I was doing and saying, and the simulator itself could detect my gunshots and

Citrus Heights Community Update

In Their Shoes

react accordingly. This combination made me feel like I was actually there, and I completely forgot that I wasn’t in actual danger.

In my first simulation, I was at the park responding to a call where I was told kids were playing with a gun. When I arrived, I saw two boys sitting in the park holding something dark. In a matter of seconds I recognized that the object they were holding was a gun, but before I knew it one of the boys was accidentally shot. I was stunned! When I saw two innocent-looking boys holding something dark my heart wanted to think it was a book. After the simulator turned off for debriefing, we talked about why I did not identify myself as law enforcement, draw my gun and shout at them to drop the weapon. I was informed that had I handled things differently, nobody would have been shot.

In my next simulation, I witnessed a woman being robbed at an ATM. Learning my lesson, I drew my gun and started yelling commands, and continued to yell commands as I saw the man draw a gun. Almost immediately, the man had shot the woman, dropped his gun, and started to run away. I fired my “gun,” shooting after him as the simulation again turned off for debriefing. We talked about why I should have shot the man earlier than I did, how chasing and shooting him as he ran away meant shooting him in the back when he had already surrendered his weapon, and how I could have accidentally shot an innocent bystander at a distance. My reaction added risk and liability to an already bad situation. I was asked how many bullets I thought I fired and was off by five. I was asked about what the man looked like, and was shocked that I could not recall anything about him other than he was a man.

As the morning went on, I had some simulations where I adequately solved the problem, and others that went just as bad as the first two. But the longer it went on, the more comfortable I was in the simulator and the better I was doing overall.

The experience opened my eyes to what our deputies have to be

prepared to face while on patrol - and the training they receive on how to handle those situations. Before this experience, it was easy for me to watch a video of a police encounter and say how I would have done things differently. But after going through it, it has changed my perspective on all the police encounters I have watched - and has given me a greater appreciation for how hard it is for the officers.

I understand now how a person could recall firing only four bullets when he in fact fired ten. I understand how in a split second you can fear for your life and assume the worst. And I understand that since only a handful of officers will face those situations in their career, it must be extremely difficult to mentally prepare them for when they do happen.

With the benefit of hindsight and multiple camera angles, we can see how the shooting of Stephon Clark might have been avoided. This opens our eyes to the need for intense policy review and enhanced training - but not by shouting people down, breaking car windows or blocking roads and freeways. Providing our officers the best available training so they can be as prepared mentally and physically as possible should be a top priority.

The simulator I went through was a single projector screen. But other law enforcement agencies in California have a more realistic series of five screens that surround trainees, providing more options - and a more realistic, higher intensity level of training.

Moving forward, I will be working to secure funding to either purchase this equipment or sending Deputies to train in a facility that already has such a system.

Finally, I want to invite everyone to my next Orangevale community meeting on May 9th at 6:00pm at the Orangevale Community Center (6826 Hazel Avenue). If you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District in Sacramento County. ★

Bearpaw Apartments Are a Go

City Council Approves Bear Paw Village Project



“There is no variety in this project,” Jayna Karpinski-Costa said. “They are planning to charge \$1,800 a month for these and I just don’t see how they can do that.”

Continued from page 1

area, bringing them back further from adjacent single-family homes, and also must include the planting of more screening trees.

“I guess this is kind of a win for both sides,” says SOAR President, Jayna Karpinski-Costa, adding that she is happy to finally see the project go before the city council for the first time, even if the appeal was shot down. “We consider it a win if the project is altered in any way. The council unanimously said, ‘No, we don’t need all those cars coming out of there.’ So now that will be gated for pedestrians and emergency vehicles only.”

Karpinski-Costa also said SOAR was pushing for the complex to be more inclusive for seniors with one-story and one-bedroom units included in the mix, as well as change in the rental fees being proposed to make it more affordable.

“There is no variety in this project,” Karpinski-Costa said. “They are planning to charge \$1,800 a month for these and I just

don’t see how they can do that.”

Also of concern to SOAR members and others, according to Karpinski-Costa, was the fact that the Planning Commission largely ignored their letters and requests to address concerns that took a vote before the council to finally realize. And, in some cases, those concerns were expressed several years ago.

“Here’s the thing, we went to planning in 2013 with our concerns and we asked them to address them and they didn’t,” said Karpinski-Costa. “It never went to the council. They just rammed it though planning and now here we are, five years later. The whole process did not include our input or the council’s input for a long time. That’s not the way this should have been handled. The good news is, we got our \$250 appeal filing fee back.”

John Richey, general counsel for Bearpaw, which has 25 employees, said Romeo has owned the property as well as several other parcels on Auburn Boulevard for decades. It’s Romeo’s vision, Richey said,

to mitigate issues of blight and homelessness in the vacant parcel and elsewhere, and create a multi-residential complex that is in keeping with plans for a revitalization along Auburn Boulevard and surrounding areas.

“The thing is, Tom has owned that property for several years and it’s always been a problem,” said Richey. “Tom is a visionary. He wants to build the townhomes for employees and people who come to visit the headquarters, and he wants to extend the vision of turning Auburn Boulevard into a walkable area. We want to stay in line with the city and other business owners’ goals to make this area a forward thinking, walkable and livable section of the community.”

McDuffee said there is no timeline for next steps for the Bearpaw Village project. Romeo, however, must apply for permits and of course submit a revised proposal that addresses the council’s new conditions on the project. ★



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