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Citrus Heights Messenger

"Written by the people, for the people"

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BRINGING COUNTY ELECTIONS OUT OF THE SHADOWS



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CITRUS HEIGHTS STUDENT OF THE MONTH: IZABEL KIRK



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The American Legion Has Its Day

By Elise Spleiss
Photos courtesy of Dana Nichol

SACRAMENTO REGION, CA (MPG) - More than 70 members of American Legion posts throughout the state of California, along with members of the American Legion Auxiliary and Sons of the American Legion, spent an informative and interactive day meeting their legislators and sharing their concerns for the future of the more than 1.7 million veterans living in the Golden State.

The American Legion is one of the largest veteran advocates in the United States. Sons of the American Legion (SAL) also exists to honor the services and sacrifices of those who served their country.

Veterans Legislative Advocate Seth Reeb welcomed attendees with an explanation of the day's events and kept the program moving as Assembly members and Senators from El Dorado Hills, Napa, Merced, Thousand Oaks, Riverside, Fullerton, Dana Point (Orange County), and Oceanside, many of them veterans themselves, explained the legislation they are sponsoring.

Dr. Vito Imbasciani M.D., secretary of the California Department of Veterans Affairs and head of the CalVet Leadership Team, spoke of the tragic killing of three staffers by a former patient at the Yountville Veterans Home on March 10, 2018. The patient was in a special program for those suffering from post-traumatic stress disorder. SB1314 has been introduced to prevent this from happening again.

Senator Bill Dodd (D-Napa), a member of the Senate Committee on Veterans Affairs, and Assemblyman Adam Gray (D-Merced) each received the Department's 2017 Leo P. Burke Legislator of the Year Award for their leadership, support and dedication to the veterans and



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service members of California.

Senator Ted Gaines (R-El Dorado Hills) is working on Senate Bill SB 1375 that would reinstate the "VETERAN" license plate, which will be available only to veterans. Gaines spoke of his father who at 18 years joined the Army Air Corps during World War II, serving on a tail gunner on a bomber in Germany.

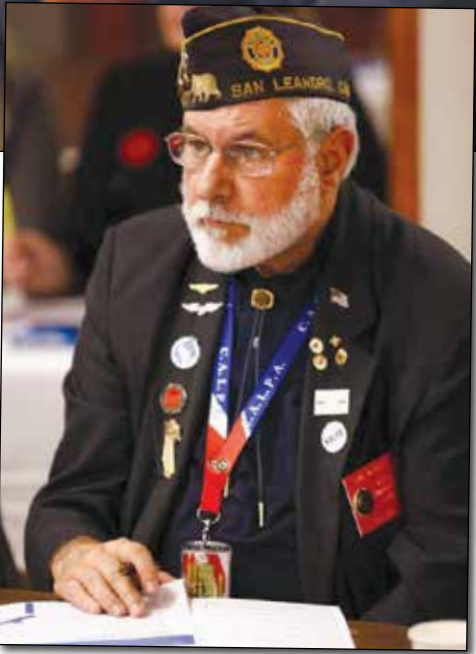
Assemblyman Jacqui Irwin (D-Thousand Oaks) and Chair of the Assembly Committee on Veterans Affairs described AB 2325, which would protect an eligible veteran's ability to access

county mental or behavioral health services.

Senator Josh Newman (D-Fullerton), Chair of the Senate Committee on Veterans Affairs, explained his Bill, SB 1080, which would streamline the state's driver licensing requirements for active duty military and their families so they can begin earning extra income from ridesharing companies such as Lyft and Uber without unnecessary fees and delays.

Other examples of bills included

Continued on page 5



Sacramento County Voting Guide

Sac County News Release

SACRAMENTO COUNTY, CA (MPG) - Voting is officially underway in Sacramento County! Early last week, Sacramento County Department of Voter Registration and Elections (DVRE) distributed more than 728,000 Vote by Mail ballots, meaning that voters across the County can begin casting their ballots for the June 5 election.

So how exactly can you vote this election? With Sacramento County being one of five counties to implement the Voter's Choice Act, residents can now pick when, where and how they want to

vote. Ensure you're ready for Election Day with the following guide:

- **Choose how you want to vote**
- By Mail: Place the voted ballot inside the envelope provided, sign the envelope and return. Note: Two stamps are required for postage and ballots returned by mail must be POSTMARKED on or before Election Day, June 5.
- Drop Box: As of May 8, voted ballots can be placed in any of the 53 secure Drop Box locations throughout Sacramento County. A complete list of locations can be

found online and in the Sacramento County Voter Information Guide that has been mailed out.

- Vote Center: Beginning on May 26, voters can vote in person for up to 11 days, including Election Day at any open Vote Center throughout the County. Remember, voted ballots can ONLY be returned to a Vote Center during the dates they are open. If you'd like to return your ballot before May 26, please send via mail, return to the Elections Office or place in any Drop Box. A complete list of Vote Center locations and hours of operation can be found online or in

Continued on page 3



Election day is June 5th. As of May 8, voted ballots can be placed in any of the 53 secure Drop Box locations throughout Sacramento County. A complete list of locations can be found online and in the Sacramento County Voter Information Guide that has been mailed out.

Scott JONES
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Sheriff Scott Jones is a trusted & effective leader who rebuilt the Sheriff's Dept. into the most diverse law enforcement agency in the region.

Scott Jones earned the support of local leaders like Supervisor Sue Frost, Citrus Heights Councilmembers Jeff Slowey, Al Fox & Jeannie Bruins and the Citrus Heights Chamber of Commerce.



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Women’s Empowerment Receives \$25,000 from Save Mart to Improve Lives of Homeless Women



Victoria Castro and Andy Butler of Save Mart Companies present Lisa Culp of Women’s Empowerment with a grant for \$25,000. Photo courtesy Kristin Thébaud Communications

By Kristian Thébaud

SACRAMENTO REGION, CA (MPG) - Save Mart Companies C.A.R.E.S. Foundation recently presented Women’s Empowerment with a grant for \$25,000 to support health and employment programs for homeless women. Funds will provide weekly domestic violence support groups, cooking and nutrition classes, and wellness and recovery groups. Funds also will support onsite employment specialists and social workers who help homeless women secure employment, regain housing and create a healthier lifestyle.

“The majority of our students are survivors of domestic violence, and many struggle with substance abuse, mental health challenges, diabetes and high blood pressure,” said Lisa Culp, executive director, Women’s Empowerment. “We believe that employment is the best

long-term solution to ending homelessness, but securing a job first starts with ensuring you can be a healthy, active employee. We are so grateful to Save Mart for continuing to prioritize the health of homeless women and children in our community.”

The grant check was presented by Victoria Castro, Save Mart Companies public affairs manager, and Andy Butler, Save Mart store manager, at a Women’s Empowerment graduation ceremony.

“Through the Save Mart C.A.R.E.S. Foundation, The Save Mart Companies has had the pleasure of working with Women’s Empowerment for the past eight years,” Castro said. “We are so proud to partner with such an amazing group like Women’s Empowerment with all of the invaluable services they provide to the community.”

Women’s Empowerment was featured on NBC’s The

TODAY Show in 2015 for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The award-winning organization has graduated 1,503 homeless women and their 3,600 children. Last year, 92 percent of graduates found homes and 77 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women’s Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: www.womens-empowerment.org.

Source: Kristin Thébaud Communications ★

Mount Vernon Memorial Park to Host Memorial Day Service



Mount Vernon Memorial Park & Mortuary's Memorial Day Service at 11 a.m. on Monday, May 28, at the cemetery located at 8201 Greenback Lane in Fair Oaks.

By Dignity Memorial

FAIR OAKS, CA (MPG) - Around 4,000 are expected to attend Mount Vernon Memorial Park & Mortuary’s Memorial Day Service at 11 a.m. on Monday, May 28, at the cemetery located at 8201 Greenback Lane in Fair Oaks. Community leaders and Veterans organizations join each year at this service to honor the men and women that made the ultimate sacrifice for our country.

To properly honor those who fought and continue to fight for our country, Mount Vernon and volunteers have scheduled the

- following visuals and activities:
- A 50 foot flag hung by the Sacramento Metro Fire Department
 - Performances from the Army Band
 - A flyover by two T-38 jets
 - Consolidated Drum Band
 - A few words from guest speakers from the California National Guard
 - Two skydivers will land in the cemetery with a 30 foot American flag and a POW/MIA
- Mount Vernon will also have

hundreds of flags displayed throughout the park courtesy of the local Boy Scouts, who very graciously post the flags each year.

“This Memorial Day event is our way of saying ‘thank you’ to the men and women who have served and who have sacrificed,” said Lisa Goudy, general manager of Mount Vernon, an honored Dignity Memorial® provider. “It is our privilege to provide this service for our community and are looking forward to honoring our military for their service in defense of our freedom at this time-honored tradition.” ★



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15 Year Anniversary Ribbon Cutting

CITRUS HEIGHTS, CA (MPG) - Togo's Greenback Square held their 15 year anniversary ribbon cutting on Friday, May 11. They are located at 8053 Greenback Lane in Citrus Heights. Owners Keith and Victoria Ridge cut the ribbon along with assistant manager Cameron Herman. Attendees included City of Citrus Heights Council Member Al Fox, Jonathan Glatz of Assemblyman Ken Cooley's office, Vance Jarrard of Sacramento County Supervisor Sue Frost's office, Citrus Heights Chamber Executive Director Cendrinne DeMattei, Citrus Heights Chamber Board Members John Casey and Rosa Umbach, Citrus Heights Chamber Ambassadors, and Communications and Outreach Associate Breanna Niekamp of Sunrise MarketPlace. Photo courtesy Citrus Heights Chamber



Citrus Heights Student of the Month: Izabel Kirk

By Brett Tujague and Heather Berkness

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber's Education Committee honored Izabel Kirk, a senior at Mesa Verde High School, as the May 2018 Student of the Month. The award was presented at the Chamber's May 8, 2018 luncheon held at the North Ridge Country Club in Fair Oaks.

Mesa Verde vice principal and school counselor provided the following to illustrates Izabel's strengths and achievements and why she was selected for this honor.

Vice Principal Brett Tujague (Izabel's former English teacher) wrote: "Izabel Kirk is one of the best students I ever had as a teacher at Mesa. Her attention to detail and confidence as a student leader is something that all students should strive to achieve. She is a steady and committed student who takes pride in the small details day in and day out. Izabel's individual determination and mindset of success are her strongest attributes as a student. She is a natural, independent thinker and has the skills to break down ambiguous content into comprehensible pieces; a skill that she will undoubtedly utilize in her collegiate career.

Some of her more memorable moments from my class came from comments she made in Socratic Seminars, which she frequently contributed in. Her comments in discussions



Izabel is an outstanding student at Mesa Verde high school. She has been very dedicated to her academics over her four years in High School and has worked hard to graduate in the top 10% of her class.

from texts by Bacon, Voltaire, Boethius and other novels students read and discussed were deep with meaningful insight. She is respectful of her peers' opinions and confident in her own. She consistently used diplomacy and tact when working with various groups, which I appreciated during our discussions related to provocative issues.

Perhaps, even above all these fine attributes is Izabel's positive, enthusiastic spirit; I enjoyed this part of her the most. Izabel has always worked very hard for her academic success and will continue her stride as a Hornet starting next fall at Sac State. Great Job Izabel!"

Counselor Heather Berkness wrote: "Izabel is an outstanding student at Mesa Verde high school. She has been very

dedicated to her academics over her four years in High School and has worked hard to graduate in the top 10% of her class. She continues to challenge herself by taking honors and AP coursework into her senior year. Most recently, Izabel has earned the Seal of biliteracy in French. She will be attending Sacramento state in the fall and is interested in pursuing a career in Accounting."

Local businesses sponsor the lunches for the student of the month and their guests. The Education Committee thanks Sides & Ferkovich Accountancy Corp., courtesy of Mike Sides, as this month's Student of the Month lunch sponsor and Stones Gambling Hall for providing a gift certificate to Sammy's Restaurant for the Student of the Month. ★

Sacramento County Voting 101

Continued from Page 1

the Sacramento County Voter Information Guide that has been mailed out.


- If you miss the registration deadline, you can take advantage of the new Conditional Voter Registration option that begins on May 22. Offered at the Elections Office and any open Vote Center, this extends the existing traditional voter registration deadline to

eligible voters, allowing them conditionally register and vote a provisional ballot from May 22 through Election Day.

- Did you become a naturalized citizen after close of registration? You can register to vote at the Elections Office or as of May 22, complete the Conditional Voter Registration form at any open Vote Center. New citizens must present a Certificate of Naturalization

which must have a naturalization date that is after the closing date of registration and they must declare that they have established residence in Sacramento County.

For additional information about the June 2018 Primary Election, the VCA and to learn more about how voting is changing in Sacramento County, visit the Department of Voter Registration and Elections website. ★



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Crossword Puzzle on Page 5

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Randy Wayne Parker please contact Misty Tank-sley at 916-676-3303 in regards to a legal matter.

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Sudoku Puzzle on Page 5

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

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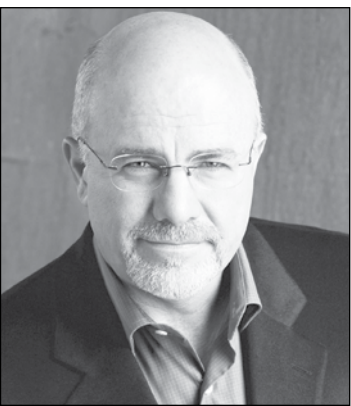
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First, lay a solid foundation

Dear Dave,
When is it okay to have a little fun, and buy things you want, when you're following the Baby Steps plan?
-Kaitlin

Dear Kaitlin,
The time for a little fun is after you've completed the first three Baby Steps. Baby Step 1 is saving \$1,000 for a beginner emergency fund. Baby Step 2 is paying off all debt, except for your home. And Baby Step 3 means you go back and add to your emergency fund until you have three to six months of expenses set aside.
Once you're debt-free except for your home — and you have your emergency fund completed — you've laid a solid,

Dave Says

financial foundation for your life. That's when you can have a little fun and spend some money on a vacation, new furniture, or something like that.

Children think about their immediate wants and do what feels good. Adults, on the other hand, devise smart, logical plans, and stick to them. I want you to have a great life, but you have to put in some hard work and say "no" to yourself sometimes in order to attain that great life!
—Dave

It's Baby Step 1 for a reason

Dear Dave,
I'll be receiving my income tax refund soon. It will be enough to completely pay off my two smallest debts, or get my starter emergency fund of \$1,000 for Baby Step 1 in place. What should I do?
-Brandy

Dear Brandy,
I love that you're excited about using your refund to start the Baby Steps, and begin gaining control of your finances. But we call the beginner's emergency

fund Baby Step 1 for a reason.
Bad things can happen while you're working to get out of debt. That's why I want people to get a little money set aside before they start Baby Step 2, which is the debt snowball. What if the alternator on your car goes out, or your refrigerator dies? Life happens, and things go wrong. When this kind of stuff pops up, and you don't have any money set aside, you're likely to quit the plan and wind up going even deeper into debt.
I know you want to get out of debt. I want you to get out of debt, too. But I want you to stick with the plan, and actually get out of debt, instead of falling off the wagon the first time you hit a bump in the road!
—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

Memorial Day - All Gave Some; Some Gave All

By Sylvan Cemetery

CITRUS HEIGHTS, CA (MPG) - Memorial Day will be celebrated on May 28 this year. Memorial Day, not to be confused with Veterans Day, is a day of remembering the men and women who died while serving in the United States Armed Forces. Veterans Day on the other hand celebrates the service of all U. S. Military veterans. Memorial Day, formerly known as Decoration Day, originated after the American Civil War in 1868 to commemorate the Union and Confederate soldiers who died in the Civil War. The end of May seemed

to be appropriate since many spring flowers are available. By the 20th century Memorial Day had been extended to honor *All Americans* who have died in all wars in the past 240 years.
Every year, Sylvan Cemetery in Citrus Heights honors those that gave their lives in the defense of their county. This year the Memorial Day service will be held on Monday, May 28, 2018, at Sylvan Cemetery, 7401 Auburn Blvd., Citrus Heights. The ceremony begins at 10:30 with a march through the historical section of the cemetery, stopping briefly at each flag station to read a prayer

and salute the flag. The men marching include the American Legion and American Legion Auxiliary, VFW, Sons of Union Veterans of the Civil War, Sons of the American Revolution, Boys Scout troop 228, Police Officers of the Citrus Heights Police Department and all others that wish to march. This march will last about 30 minutes. The march will conclude at the gazebo where there will be a one-hour ceremony from 11:00 to 12:00. Many of the men marching will be in uniform – past and present – from American Revolution to modern day. ★

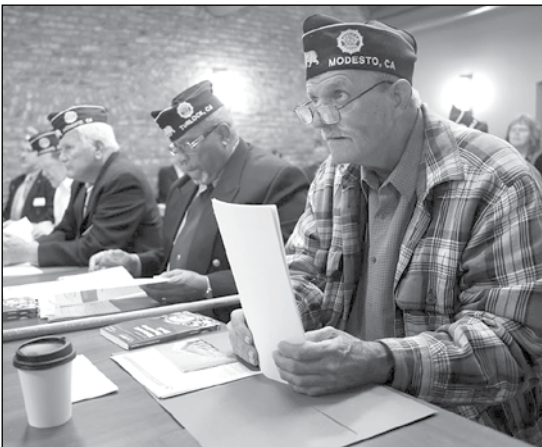
American Legion Day at the Capitol

Continued from Page 1

AB 2394, which exempts military retirement pay from California state income tax, AB 2801, which addresses the problem of veteran and law enforcement memorials being vandalized, and SB 1452, which would establish the War on Terror Memorial Committee to look into the feasibility of the construction of a memorial in or around the State Capitol Park.

Other proposed legislation addresses veteran housing, homelessness, issues with disabled veterans, and more funding for county veterans service officers from the current \$5.6 million to \$7 million. Elizabeth Perez-Halperin, a U.S. Navy veteran, was recently named Deputy Secretary of Minority Veterans at the California Department of Veteran Affairs. She gave a presentation of her work with minority and unrepresented veterans including African American, Latino, Native American, LGBT, and the homeless. In a recent issue of *CalVet Connect*, she describes her work, "To help immigrant veterans become naturalized citizens." Herself a member of the Native American community, she said, "I am committed to ensuring that we actively identify and address any challenges in serving ALL veterans."

The American Legion (AL) and American Legion Auxiliary (ALA), both founded in 1919, exist to



Proposed legislation addresses veteran housing, homelessness, issues with disabled veterans, and more funding for county veterans service officers from the current \$5.6 million to \$7 million.

help veterans and their families. The AL is active in supporting the interests of veterans and representing on their behalf. According to the ALA, they are the world's largest women's patriotic service organization. Working side-by-side with their American Legion posts, members volunteer tens of thousands of hours in their communities and raise millions of dollars to support its programs.
The Capitol event was held on April 25. ★

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CLUES

ACROSS

1. Meat jelly dish
6. *Sierra Nevada country
9. Cut the crop
13. Bake an egg
14. Cattle prod
15. Notre-Dame sounds
16. Orange type of tea
17. Hula dancer's necklace
18. Door fasteners
19. *North American Cordillera's highest peak
21. *Himalayan peak
23. *Type of resort
24. Monetary unit of Xi Jinping's country
25. Nothing alternative
28. Big rig
30. Bloody Mary juice
35. Byproduct of combing wool
37. Hermes and Apollo
39. Whitman's famous flower reference
40. Small European freshwater fish
41. "This _____" on a box
43. Country dance formation
44. _____ vs. pathos
46. Swing seat?
47. Long adventure story
48. Japanese warriors' religion
50. Red Cross supplies
52. Duke of Cambridge to Prince of Wales
53. Foot curve
55. Boiling blood
57. *Highest mountain in Cascade Range
61. *Highest peak in Russia
64. "_____ a high note"
65. Increase
67. Shrek and Fiona
69. Deals
70. Just one of #61 Down
71. Annie Oakley's show
72. What Simon does
73. "Swan Lake" steps

DOWN

1. Nile reptile
2. Type of outbuilding
3. Toothy freshwater fish
4. Jordan Spieth's 3-9
5. Floorboard sounds
6. Tangerine-grapefruit hybrid
7. Sigma Alpha Epsilon
8. Farewell in France
9. _____view mirror
10. Alleviate
11. *Strictly European mountain range
12. "_____, over here!"
15. _____ red, in a chemistry lab
20. City in Belgium
22. Giant pot
24. "Fiddler on the Roof" language, originally
25. *World's longest mountain system
26. Averse
27. Chinese fruit
29. * _____ Blanc
31. One thousandth of a liter, pl.
32. Spy's cover

33. Argentine dance
34. * _____ Ridge, world's longest underwater range
36. Kings of _____ band
38. "Why not?"
42. Jeopardy
45. "Tide" target
49. Mine deposit
51. Pergolas
54. Move like ivy
56. Cereal killer
57. Cold War enemies
58. Dwarf buffalo
59. Lazily
60. Rejections
61. Unagi, pl.
62. Pakistani language
63. Give an impression
66. *Mauna _____, Hawaii's highest peak
68. Oreo to milk

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
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57	58	59	60					61			62	63	
64						65	66			67			68
69						70				71			
72						73				74			

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Crossword Puzzle Solutions on Page 4

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	2	4				3	5	
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		3			4			8
1	4	7					3	
						7	1	

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 4

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By Marlys Johnsen Norris,
Christian Author

Haven't we all heard all kinds of people make the statement that "when they die they will be going to heaven?" The sad thing is they just "assume" that it will happen one day. When we know the words of he Bible and there is a Creator/God who brought everyone and everything into existence, dare any

Souls Hanging on a Thread

of us just assume anything? Our soul is the part of us that will last forever, either in heaven or hell!

The Words of God in the Bible give the roadmap of instruction for the Way, the Truth and the Life to receive the "gift of God" to receive eternal life in heaven. Unless a person learns His Way, His Truth and receives His Life given by accepting Jesus, God's Son they are hanging by a very thin thread and their eternal home is not heaven!

Today hundreds of prophecies have already been fulfilled regarding the last days and the return of Christ Jesus. Most recently the day Jerusalem was established in Israel and 7 years ago recognition of Israel as a legitimate country. Since then, people have returned and the

country has nourished in every way as Old Testament prophecies have become reality and been fulfilled.

You my friend are important to the Father/God/Creator. He loves you abundantly and has a beautiful plan for your life - now - as well as in eternity! It takes the most important decision you will ever make for your life! Make it today! *Invite Jesus into your heart and life!* I promise you, what-ever struggles you have today, God will help you and you will never be the same, because God will help you. *He will never leave or forsake you.* He will become your best friend!

Marlys Johnsen Norris
Christian Author/Teacher
Defining Moments will be yours
Marlysjn@gmail.com ★



By Pastor Ray Dare

A lot of people spend their lives worrying about tomorrow. They never enjoy today because they're worrying about tomorrow. Why are we afraid of the future? One reason is we don't know what the future is going to bring. It's unknown. It's beyond our control. But the Bible says it is possible to face your future with confidence. God promises three things about your future.

He will guide you when you're confused. "Trust in the Lord with all you heart. Never rely on what you think you know. Remember the Lord in everything you do, and he will show you the right way." Pr. 3:5-6 (GN). God has already seen your future and God knows the best path for you. If He is your Shepherd, then He will lead and guide you.

Pastor Ray's Encouraging Words

Promises About Your Future

He will provide for you when you have a need. Jesus said, "So don't worry about having enough food and clothing...Your heavenly Father already knows ...you need them, and he will give them to you if you give him first place in your life and live as he wants you to." Matt. 6:31-33 (LB) When God is your Father, you don't have to worry about how you're going to make it. When I was a child, I didn't worry about how my father was going to pay the mortgage or the car payment or the electric bill. That was his problem! I trusted him to provide for my needs. If you have kids, they feel the same way about you. They trust you to care for them. That's the way God wants you to feel about Him, he wants you to have child-like faith. God wants to care for you. He wants to be your father, or maybe the father you never had. He has promised to provide for you.


He will be with you when you feel alone. Regardless of what you go through in the

future, you won't go through it alone. This is a basic truth is taught all through the Bible. There is never a time in your life when God is not with you. He never leaves you. He's with you all the time. And God will be with you no matter what you go through in the future. Isa.43:2 "When you go through deep waters and great troubles, I will be with you." You will never be without God in your life. Knowing that He's always there gives you peace.

Considering all that God has promised - what in the world is there to be afraid of? He says, "Listen! I have upheld you since you were conceived, and I have taken care of you from your birth. Even when you are old, I will be the same. Even when your hair has turned gray, I will take care of you. I made you and will take care of you. I will carry you and save you!" Isa. 46:3-5

Pastor Ray
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from the "Hidden Words of Baha'u'llah"


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Pulpa Para Hornear Stk sin Hueso

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/lb

WAYNE FARMS



Chicken Thigh Meat Boneless & Skinless
Carne de Muslo Deshuesada

40 lb Box.....\$58.99/ea

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Beef Fillet Mignon Stk
Filete Miñon Steak

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/lb

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IBP



Pork Spare Ribs Small Size (Single Pk)
Costillas de Cerdo

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/lb

BONUS BUY



Beef Tri Tip Fat On - Untrimmed
Punta de Ternera

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/lb

Farmland / SEABOARD



Bnls Pork Loin Roast or Chops
Chuletas de Cerdo o Asado de Cerdo sin Hueso

\$1.69

/lb

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All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE MAY 23 - MAY 29, 2018.

ATTENTION CUSTOMERS: Any old style rewards card or unclaimed reward points will be added to your account only until APRIL 30, 2018.

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ea

reg. price \$2.49

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\$2.49 /lb	\$1.99 /to	99¢ /lb	79¢ /lb	69¢ /lb	2/\$3
Guavas	Black Berries 6 oz	Papaya Maradol	Valencia Oranges	Plantain Bananas	Cantaloupe

2/\$3	10/\$1	5.99 /each	4/\$1	2/\$3	99¢ /lb	3lbs/\$1
Grape Tomatoes	Limes	Tommy Mangos	Green Onions	Strawberries	Tomato Cluster	Seedless Watermelon

AMERICAN/HISPANIC GROCERY

\$4.99 /ea	\$3.99 /ea	79¢ /ea	99¢ /ea	2/\$5
-TAX Western Family Charcoal Briquets 77 lb	-CRV Aquafina Water 24 x 500 ml	-CRV Gatorade Sport Drink 4 Kinds 32 oz	-CRV Jumex Juice 4 Kinds 1 Liter	Kettle Brand Potato Chips 8.5 lb

ASIAN GROCERY

2/.99¢		\$1.49 /ea	\$2.39 /ea		\$1.79 /ea		\$7.99 /ea
Coconut Milk 13.5 oz	Green Life Brand	Green Peas 190 g	Chili Oil w/ Black Bean 9.58 oz	Soybean Oil	Chicken Broth 42 oz	Kopiko Instant Coffee	Brownie Coffee 26.5 oz

EUROPEAN GROCERY

\$19.99 /ea	\$2.99 /ea	\$6.99 /ea	99¢ /ea	\$2.99 /ea
Solid 100% Pure Unsalted Butter 1 lb	Toke European Russian Style Deli Pickles 45 oz	St. Louis Green Green Outbreaks Olives 27 oz	Berkley Vermont 1 lb Bag	Traditional Floor Baking 250 g

KOREAN/JAPANESE GROCERY

3.99 /ea	7.99 /ea	8.99 /ea	4.99 /ea	2.99 /ea	9.99 /ea
Cooked Black Brown Rice 4 x 7.4 oz	Beef Ramen Box 5 Kinds 12 x 5.03 oz	Jack Tofu 2 Kinds 16 oz	Yaki Sushimati 70 g	CJ Korean BBQ Sauce 4 Kinds 2.66 oz	Corn Syrup 42.11 oz

1.99 /ea	2.99 /ea	1.99 /ea	7.99 /ea	2.99 /ea	3.49 /ea
Seaweed 5 x 15 oz	Nissin Ancho Noodle 4 x 125 g	Prepared Wasabi 1.26 x 3.17 oz	Asahi Beer 12 Pack Cans 12 x 12.11 oz	Shirataki Cooked Rice 3 x 7.05 oz	Milk Chocolate 5 Kinds 4.25 oz

HOUSEWARES

\$4.99 /ea	\$109.99 /ea	\$19.99 /ea	\$5.99 /ea
Good Free Unscented Sanitary Liners 4 Kinds	Electric Rice Cooker	Electric Kettle	Electric Pressure Cooker

\$7.99 /ea	\$24.99 /ea	\$3.99 /ea	\$6.99 /ea
Hair Color Conditioner	Hand & Foot Treatment Shampoo	Body Lotion	Body Cream

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\$3.99 /ea	\$1.99 /ea
Premium Blue Mountain 2.5 lb Bag	Vegetable Spring Rolls 20 pcs x 1 cm

EUROPEAN DELI

\$7.49 /lb	\$4.99 /lb	\$3.99 /lb	\$5.49 /lb
Bobak's Smoked Bacon	Andy's Deli Canadian Style Bacon	Alex's Meat Bologna German Casing	President Matrigal Swiss Cheese

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Maestro Kendrick Shares His Final Bow

By Anthony Barcellos

SACRAMENTO REGION, CA (MPG) - When a distinguished professor retires into emeritus status, we expect him to be taking a bow at his retirement party. However, Don Kendrick of Sacramento State found a way to have his students take a bow with him. And he did it simply by including them in the public performance celebrating his retirement.

Kendrick is the founder of the Sacramento Choral Society & Orchestra, which honored their creator with an event on May 12 at the Community Center Theater. The performers included 280 singers, 3 soloists, and an orchestra of 52 professional musicians. The huge force was assembled by combining the musicians of the SCSO with Sacramento State's three choirs — the Women's Chorus, the Men's Chorus, and the University Chorus — and the Sacramento Children's Chorus.

The concert comprised three works: Ottorino Respighi's Suite No. 2 of "Ancient Airs and Dances," Antonín Dvorák's "Te Deum," and the West Coast premiere of Dan Forrest's "Jubilate Deo." The Respighi work is a purely orchestral composition, so the tiers of seats for the singers were empty as Kendrick launched the performance with a sense of anticipation. As SCSO president Jim McCormick noted in his pre-performance presentation, Respighi "gets the endorphins flowing!"

The singers filed in and filled the performance space to capacity for Dvorák's "Te Deum," an ancient hymn of praise in Latin. With a text derived from the Book of Psalms, the "Te Deum" was a joyous foreshadowing of the new work constituting the evening's concluding work, which was also derived from the Psalms. Supertitles helpfully



SCSO Conductor led the 250-voice Chorus and Orchestra in the West Coast premiere of Dan Forrest's "Jubilate Deo." Photo by Ronnie Johnson

provided both Latin text and English translation.

After the intermission, Maestro Kendrick led the ensemble in Forrest's "Jubilate Deo" (Be joyful in the Lord), a cosmopolitan composition comprising seven world languages in seven movements. The boisterous first segment in Latin cites passages from Psalm 100 and exhorts the entire world ("omnis terra") to celebrate. The second movement is an ethereal exchange of statements and echoes in Hebrew and Arabic, a plaintive call for unity.

The third movement incorporated the Chinese two-stringed fiddle, played with bow by guest performer David An. The Mandarin text derived from Psalm 23's invocation of the Good Shepherd, and the music was a tranquil meditation highlighted by a soprano soloist.

After being lulled into a sense of peaceful serenity by two movements, the audience was jolted into full wakefulness with the percussion-driven opening of the fourth movement, as the chorus sang out a Zulu text calling for enthusiastic celebration. The kinetic impact of the movement was felt throughout the theater, and

the singers were swaying to the music's dance impulse.

The fifth movement offers a lyrical respite, "Benedic su nombre" (Bless his name), with Spanish-language text and a mood of contemplation. Strings are prominent, with both harp and guitar accompaniment.

The title of the sixth movement is "Song of the Earth," but it is not evocative of Mahler. Rather, it is a wordless celebration of the entire world, until eventually the singing of the performers resolves into one word: Alleluia!

The finale encompasses all that went before in recapitulation and closes the circle of life with evocations of the opening bars, particularly the "jubilate" (celebrate) theme. The title is "Omnis Terra" (the whole world), and it builds to a dramatic climax full of excitement and drama. The audience, full of pent-up energy because of the frequent reminders to be quiet as the performance was being recorded, finally burst into explosive applause and shouts of approval. Kendrick took his bows, as did his students and all the other performers with him. ★



POPPOFF!

with Mary Jane Popp

opportunity, and think big enough to make it happen.

2) TURN ENEMIES INTO FRIENDS. Often we judge and reach an unfair conclusion about a person. Give it a second chance.

3) ALWAYS DO MORE THAN OTHER PEOPLE EXPECT. Be friendly, be helpful, greet the world with a smile, and find a way to say yes---as often as possible.

4) ACCEPT GOOD TURNS WHEN PEOPLE OFFER THEM. The way prayers get answered is through the intervention of other people. We need to learn how to receive.

5) LIVE YOUR PRINCIPLES. Stick to your values and do the right thing. Ana's principles include integrity, positivity, productivity, and charity.

6) LIVE YOUR PASSIONS. Make space in your life for the things that make life worth living. For Ana, it's a long list that includes travel, cooking, and organizing charity events. What passions ignite the joy for you?

7) TURN CHALLENGE INTO ADVENTURE. Ana started over in a new country as a penniless immigrant where she was not fluent in the language---not once but twice.

8) MOTIVATE OTHERS TO HELP YOU. There's an infallible combination to build a motivated team: treat every person with respect and love that brings out their best, and do the best possible job yourself.

9) MAKE FRIENDS WITH BOTH TIME AND MONEY. Time and money are not your slaves, and not your boss. Build positive relationships of equals and friends with time and money, and they will integrate fully into your life---propelling you to success.

10) SET SPECIFIC GOALS. You can use the worksheets in Ana's book to write down what you want to accomplish in every area in your life. Set goals, and then figure out your priorities and timelines. Ana helps you through the process.

Find your Passion, Spirit, Purpose, and Connection the Doxa way in "The Doxa Method." You can check out her website at www.AnaWeberDoxa.com. Maybe you can develop a dialogue with your mind...ask questions, filter the choice, and learn to live in three time zones past, present, future and rotate the time zones to create your success! Dreaming is great, but making it happen is THE BEST!!! ★

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EAST LAWN MEMORIAL DAY CELEBRATIONS

Monday
May 28
2018

Coffee • Food • Music
• Special Tributes
• Memorial Day Service

Services are as follows:

- ★ East Lawn Memorial Park, 4300 Folsom Blvd: 10:00 a.m.
- ★ East Lawn Elk Grove Memorial Park, 9189 E. Stockton Blvd: 10:00 a.m.
- ★ East Lawn Sierra Hills Memorial Park, 5757 Greenback Lane: 10:00 a.m.

The Force Holding Animal Abusers Accountable

SACRAMENTO REGION, CA (MPG)
- Animal abuse, neglect and cruelty is more prevalent in our region than most people know. Local animal regulation agencies work cases every day, pulling animals out of precarious living conditions or caring for animals that were victims of abuse or neglect.

One of the most popular recent situations was the puppy Thomas, found on the side of the road – clearly injured. X-rays showed he had been struck in the skull with a blunt object, shattering his skull causing severe injury to his head and eyes.

The Bradshaw Animal Shelter,

where Thomas was brought by a kind citizen after finding him, immediately began lifesaving treatment to manage his pain and treat the infection spreading in his body. Meanwhile, the shelter went public with Thomas’s story – asking for any information about Thomas. No one came forward with information and Thomas’s abuse/cruelty case is still unsolved.

The good news is that through the generosity of the shelter’s non-profit, T.E.A.M. (Teaching everyone Animals Matter), Thomas was able to get brain surgery and is now living a nearly normal life.

Thomas is just one example of hundreds the area animal shelters see every year. Because of the serious nature of the crimes seen, the Sacramento County District Attorney’s office launched an Animal Cruelty Task Force – comprised of representatives from each animal shelter in Sacramento County and the Sheriff and Police Departments.

Together, these agencies are working to identify, investigate and prosecute those responsible for abuse, neglect and cruelty to animals. Research shows that the link between animal abuse and

crimes committed against persons is strong. Often, animal abuse is a gateway to crimes against humanity. With the help of the task force, Sacramento County Deputy District Attorney Hilary Bagley is looking to put a stop to this progressively violent behavior.

Deputy District Attorney Hilary Bagley on why she felt this task force collaborative was critical:

“For too many years in Sacramento it has been the worst of scenarios for animals. Prosecution relies on both law enforcement and animal control to make animal abuse investigation more of a

priority within their agencies.

Law Enforcement more often than not, doesn’t receive training in animal abuse. Like any other crime, animal abuse constitutes violations of the Penal Code and law enforcement is responsible for investigating them.

At the same time Animal Control agencies have lacked training their officers as investigators. The officers all need to develop the ability to take statements, write reports and understand their responsibilities to develop and investigate cases. Our community expects that both animal care and law

enforcement officers are performing their duties so that violators are accountable.

We have formed the task force to unite these agencies, share successes and learn from failures. Many on the force share an affinity for animals. We can only improve by communication, working together and joining all forces.”

The Animal Cruelty Task Force is just one example of progressive collaboration efforts across County agencies and across jurisdictional lines – all with the goal of creating a Sacramento County we all love.

Source: Sac County News ★

Sacramento County introduces Vote Centers!



Did you know?

Beginning with the June 2018 Primary Election, Sacramento County will be offering Vote Centers in place of traditional polling places!

What does this mean?

- Voters can now vote at ANY Vote Center in Sacramento County
- Vote Centers will open beginning May 26, 2018, giving voters more days to vote
- At a Vote Center, you can:
 - Drop off your mail ballot
 - Vote in person
 - Request a replacement ballot
 - Vote using accessible voting equipment
 - Receive voting assistance in multiple languages
 - Register to vote or update your registration

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



FUTURE FORWARD



KNOW WHERE TO START—TALKING TIPS FOR PARENTS

- Know the facts. Understand that marijuana negatively affects the developing teenage brain
- Talk often—build strong trust
- Have shorter, more frequent conversations
- Remember as they become teens, the conversation needs to change
- Listen! Conversations go both ways
- Remember, kids watch what you do along with what you say

For more information visit:
sacramentoccy.org

MARIJUANA IS NOT FOR ME





CELEBRATE.

Come to our Red, White and Blue Parade.

Saturday, June 23, 2018 - 9AM

Parade Route:
North of Madison Ave. at
Uplands Way to northwest
corner of Sunrise Boulevard





Pancake breakfast sponsored by the Citrus Heights Rotary - Tickets \$5
For more information: Call 916-727-5400 or visit CitrusHeights.net



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.

I think we need to make it easier for you to vote me out of office. Yes, you read that right - and no, I haven't lost my mind.

Right now, it is far too easy to get re-elected to the Sacramento County Board of Supervisors. In fact, it's so easy to get re-elected that no County Supervisor has lost their re-election campaign in over 50 years. This is not a good thing for the voters, and creates a scenario where County Supervisors have virtually no fear of ever losing their job. My colleagues and I should have to work hard every day to prove to you that we are doing a good job - the voters of our county deserve nothing less.

The reason for this absurdly high job security is complex with no single answer, but I believe a major factor creating this dynamic is how our campaign finance laws are written. Right now, a candidate running for County Supervisor is not allowed to receive any contribution over \$500 from an individual. This was undoubtedly a well-intentioned law when it was written, designed to make it easier for "political outsiders" to be able to compete with "insiders", but over time the political atmosphere has evolved and this law ironically makes things worse. Allow me to explain why.

Sacramento County cannot stop an individual from donating money to help someone win their election,

Citrus Heights Community Update

Bringing County Elections Out of the Shadows

we can only limit how much money they can directly contribute to their campaign. The Supreme Court has ruled that people can donate unlimited amounts of money if they spend the money on behalf of a candidate, rather than directly giving it to them. As such, during competitive County Supervisor races, a group will form and give themselves a vague name like "Citizens for a Better Future for Sacramento" and then spend tens, if not hundreds of thousands of dollars to help a candidate. This is called an independent expenditure (IE).

While anybody can form an IE, the reality is that only special interests have the resources to do it. Some of these IE's are upfront about who they are and why they support a candidate. But some are shadowy organizations funded by wealthy out-of-state donors that hide their intentions. And often these IE's push messages that the candidate would never approve on their own.

This dynamic makes it harder for regular citizens to help a candidate, while political insiders continue to donate the same amount as they normally would have. Further, our low contribution limits have caused IE's to become more and more prevalent in Sacramento County elections. Many recent Board of Supervisor elections have seen more money spent by IE's than by the actual candidates themselves, something I learned first-hand during my 2016 Supervisor campaign.

Not only does this rising prevalence of IE usage make it harder for outsiders to compete, but it also makes it harder for citizens to know who is donating to a candidate. If someone donates directly to a candidate, it would only take you a few clicks of a mouse to find out that information online. To find who has contributed to an IE takes significantly more work, and even if you were to find that information you may discover that the IE donated to numerous candidates at the same time, which only makes

the issue more confusing.

You may be thinking that even if we raised the contribution limits, IE's would still have a dominating effect on elections - but history shows that is simply not the case. Time and time again we have seen that contribution limits don't reduce the influence of money on elections - it just pushes underground into shadowy IE's. Donors prefer to donate directly to candidates rather than using IE's. Even billionaire George Soros recently donated around \$400,000 directly to District Attorney candidate Noah Phillips instead of using an IE. Our \$500 donation limit is not normal. Sacramento County Supervisors have one of the lowest limits for political offices in Sacramento County, second only to Folsom who will be voting later this year to potentially raise theirs. In our City of Citrus Heights there is no limit, and there is similarly no limit for Rancho Cordova City Council, Elk Grove City Council, Sheriff, District Attorney, or Assessor - and the limit for Sacramento Mayor is \$3,350.

I personally feel our low donation limit is bad for democracy and accountability, but I am your representative and do not want to push for raising/eliminating contribution limits unless the voters of my district tell me they want me to. Every time I write one of my columns I get dozens of e-mails from people who tell me how they felt about what I wrote, and I respond to each one of them. But this time, more than ever, I want you to tell me how right or wrong I am. I'm listening, and your opinion means a tremendous amount to me. E-mail me at SupervisorFrost@saccounty.net.

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

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