



SacRT Awarded \$12 Million to Expand Smart Ride Service
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Red, White and Blue Parade
Coming Saturday
June 23rd at 9a.m.



Citrus Heights Messenger

"Written by the people, for the people"

VOLUME 8 • ISSUE 11 Serving the City of Citrus Heights & Sacramento County JUNE 8, 2018

STUDENTS LEARN RESPECT FOR THE FLAG AND COUNTRY



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GRAND OPENING RIBBON CUTTING



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Dignity Health Mercy San Juan Medical Center was awarded after a rigorous on-site survey was completed. The award is maintained by continuing to practice the ten steps as demonstrated by quality processes. Photo courtesy Dignity Health

By Melissa Jue, Dignity Health

SACRAMENTO REGION, CA (MPG) - Dignity Health Mercy San Juan Medical Center has been designated a baby-friendly hospital by Baby-Friendly USA, Inc., the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative (BFHI), a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). The BFHI encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies. The Baby-Friendly designation recognizes birth facilities based on the Ten Steps to Successful Breastfeeding, which includes

having a written breastfeeding policy that is routinely communicated to all health care staff; informing all pregnant women about the benefits and management of breastfeeding; helping to initiate breastfeeding within one hour of birth; and giving infants no food or drink other than breast milk, unless medically indicated. "We are thrilled to be designated a Baby-Friendly hospital," said Donna Brotman, director of women's and children's services at Mercy San Juan Medical Center. "Breast feeding protects your infant through the first year of life. Our staff members are committed to supporting new moms with the resources and skills needed to successfully initiate and continue breastfeeding." There are more than 20,000 designated

Baby-Friendly hospitals and birth centers worldwide. Currently there are 513 active Baby-Friendly hospitals and birth centers in the United States. The Baby Friendly designation is awarded after a rigorous on-site survey is completed. The award is maintained by continuing to practice the ten steps as demonstrated by quality processes. The American Academy of Pediatrics recommends that infants should be fed breast milk exclusively for the first six months after birth. Breast milk offers many benefits for the baby. It has disease-fighting cells called antibodies that help protect infants from germs, illness and even SIDS. Children who were breast fed as infants have a reduced risk for childhood cancer, respiratory infections such as asthma, obesity and adult diabetes. ★

Golden State Killer Authors Draw Hundreds to Barnes and Noble

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - It was standing room only at the Barnes and Noble bookstore in Citrus Heights on May 30, 2018. Hundreds of men, women and even children pushed their way through the crowd to reach the 100 chairs set up for the panel of three who had completed and posthumously published the book, *I'll Be Gone in the Dark: One Woman's Obsessive Search for the Golden State Killer* written by Michelle McNamara. They came to hear the compelling story of one woman's growing obsession to identify the man who, for over 40 years, had come to be known as the East Area Rapist

and later the Golden State Killer. The panel, which answered questions for an hour, was made up of Billy Jensen, investigative journalist and friend of McNamara, Paul Haynes, lead researcher, aka The Kid, and Michelle's husband, actor and comedian Patton Oswalt. The entire evening was filmed by an HBO crew for the making of a documentary on the case and the work of McNamara and her team. Attendees came from throughout California and beyond, some with a close and personal connection to the 1970s and 80s reign of terror Joseph James DeAngelo unleashed on California. This fear carried on for



Billy Jensen, investigative journalist and friend of the late *I'll Be Gone in the Dark* author Michelle McNamara, Paul Haynes, lead researcher, and Michelle's husband, actor and comedian Patton Oswalt addressed the packed Citrus Heights crowd. Photo by Heather Killian

more than four decades, affecting hundreds of thousands of lives of single women, couples and families over the course of DeAngelo's suspected crime spree of at least 12 murders, 50 rapes and 120 known burglaries. It is hard to fathom the scope of emotional

Continued on page 12

Home Invasion Robbery Suspect is Arrested

By Lieutenant David Gutierrez

CITRUS HEIGHTS, CA (MPG) - At approximately 1:10 a.m. on Friday, June 1, the Citrus Heights Police Department received a 911 call for service regarding a possible residential burglary in progress at the Crosswoods Oaks Retirement Center located in the 6600 block of Crosswoods Oaks Circle. Officers quickly arrived on scene and made contact with the 89 year old male resident/victim who had what appeared to be injuries consistent with being assaulted. The victim was transported to an area hospital with non-life threatening injuries.

The initial investigation revealed a suspect forced their way into the victim's residence through a sliding glass door and began to steal items while the victim was asleep. While the suspect was still inside of the residence, the victim woke up and was assaulted by the suspect. The suspect fled the scene prior to police arrival and was not initially located.

Detectives and Crime Scene Investigators responded to process the scene. Follow up investigation revealed the suspect was 18 year old Braden Frazier from Citrus Heights. Officers responded to Frazier's residence and took him into custody without incident. Detectives authored a search warrant for Frazier's residence. Once approved, detectives searched Frazier's residence and located items belonging to the victim, inside.

Detectives learned there was no known association between Frazier and the victim, and that Frazier acted alone. There are no outstanding suspects. Based on our investigation we believe this to be an isolated incident.

Frazier was arrested and booked into jail for home invasion robbery, assault with a deadly weapon, and elder abuse.

Upon learning of this violent crime, Chief Ron Lawrence said, "This was a reprehensible crime against an elderly victim who could not even defend himself. I am thankful the suspect was identified and arrested. Our hearts go out to the victim in this case."

CHPD is asking anyone who may have witnessed anything related to this incident or may have additional information, to contact the Citrus heights Police Department at 916-727-5500. ★

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Cendrinne DeMattei
Executive Director

the business climate in Citrus Heights and surrounding communities. By publicly endorsing such candidates we encourage our membership to follow our lead and ensure that business friendly candidates are elected. Along with the endorsement we provide financial support. It is not uncommon for members of the PAC to host fundraising events for the candidates we support.

The PAC is comprised of up to 15 members who are members in good standing of the Citrus Heights Chamber of Commerce. A majority of those members sit on the Chamber Board of Directors. Our current PAC Chair is Johnnie Downs.

Citrus Heights Chamber PAC Endorses Jones and Shubert

The Citrus Heights Chamber of Commerce PAC supports candidates for local elected offices. The goal is to find candidates who support policies that will improve

The election cycle determines who is interviewed. This year there are two significant races that may be decided in the June Primary. Both the Sherriff and the District Attorney races can be decided with a 50% plus 1 vote. Sherriff Scott Jones and District Attorney Anne Marie Shubert were endorsed by the PAC this year.

Endorsements and campaign donations are made after interviews and vote. A simple majority determines who will be endorsed and how much money they will receive. If there are multiple open seats, common for many offices, 2 or 3 endorsements may be made.

The PAC sponsors Candidate Debates and Candidate Forums, offering the business community and the public an opportunity to learn the candidates' positions on important issues. Look for the Forums later this year. Important races include the Citrus Heights City Council and the San Juan Board of Education.

By Ray Reihle, with A Applied Mailing Service and Immediate Past PAC Chair

• Upcoming Meetings and Events •

Chamber Monthly Luncheon

Tuesday, June 12th – 11:30am to 1:00p.m.
Citrus Heights Community Center
“State of the City”
Mayor Steve Miller

Elected Officials Reception

Thursday, June 21st, 5:00p.m. – 7:00p.m.
North Ridge Country Club
\$20 Per Person, RSVP Renee- 916-722-4545 Ext. 24

**For More Information or to Join the Chamber,
Contact us at (916) 722-4545 or Visit our Website www.chchamber.com**

Northridge Elementary Students Learn Respect for the Flag and their Country

*By Suzanne Winters
and Elise Spleiss*

SACRAMENTO REGION, CA (MPG)

- June 14 is Flag Day. In preparation for this day, nearly 200 students at Northridge Elementary School in Fair Oaks learned all about the American flag during multiple classes on May 7 and May 8. Two members of American Legion Auxiliary (ALA) Unit 383 in Fair Oaks and Desert Storm veteran Pete DePalma spent two mornings with students from kindergarten through fifth grade, sharing the Flag Etiquette educational program created for the auxiliary. In the process they learned a lot more than etiquette.

With only 15 minutes to spend with each class, Auxiliary President Suzanne Winters, Education Chairman Judy Long and DePalma chose an interactive style of teaching. After introducing themselves they asked each class age-appropriate questions to get the students to think about what they might already know about the Pledge of Allegiance, the 13 colonies, the history of the American flag and other flag trivia.

They discussed what a veteran is, and how veterans throughout history have fought, and are still fighting for the freedom the flag stands for. DePalma showed the students how to do a proper salute, which they practiced with enthusiasm. He then fired a quick succession of questions at them such as, “Why do you say the pledge every morning at 9 a.m.?”; “Who designed our present flag?” (a 17-year-old high school student in 1958); and “Who was Betsy Ross?”

ALA President Winters further described the day, saying, “We went from classroom to classroom to educate K-5th graders about flag etiquette. We had a great time handing out flags to all the students. We gave the kindergarten class new boxes of coloring crayons and a paper flag for them to



Students in eleven kindergarten through 5th grade classes at Northridge Elementary School learned all about the American flag and how to treat it with respect on May 7 and May 8. Here American Legion Post 383 Commander-elect Pete DePalma and a student demonstrate how to correctly fold the flag. Photo by Jessica Norton, San Juan Unified School District

color. The upper grades received flag etiquette booklets.”

American Legion member Pete DePalma, president of the American Legion Riders and Commander-elect of Legion Post 383, volunteered to go as well. He is a combat veteran from Desert Storm. He brought along an American flag to help educate the students on what it stands for, what the stars and stripes represent, what each color of the flag symbolizes - innocence, valour, perseverance and vigilance - and why they are important.

Students in each class helped with a flag folding ceremony. They learned how to respect the flag and its proper disposal upon being retired.

The most fun was the question and answer time with the students. When asked how many flags were on the moon, there were a staggering number of answers. You can only imagine some of the answers when asked how the flags got there – some even may have discovered that aliens may have been

responsible. The upper graders knew about astronauts, Apollo space crafts and the lack of atmosphere on the moon. They even knew how many flags were flying on the moon. The answer was ‘none’ (as there is no wind to make the flags wave).

Everyone was very impressed with all the students, knowing what they have learned will extend into their families and the community. The American Legions sends a big thank you to Neighborhood Liaison Jessica Norton for setting up this event.

American Legion Auxiliary, Fair Oaks, Unit 383 was chartered in September of 2016. They have formed a devoted group of women who have embraced their community. The pillars, which ALA’s foundation rest on, are the rehabilitation of veterans, children and youth, serving the local community and disaster relief activities.

For more information of the American Legion Auxiliary visit www.al383.org or email: webcaptain@AL383.org. ★

Perko’s Restaurant Holds Grand Opening



Perko’s Café Grill held their grand opening ribbon cutting on Thursday, May 24. They are located at 6215 Sunrise Blvd. in Citrus Heights. Owner David Federico, surrounded by his team and family, cut the ribbon. Attendees include City of Citrus Heights Council Members Al Fox and Bret Daniels, Citrus Heights Chamber Board Members Rosa Umbach, John Casey, Paul Buchanan and Kathilynn Carpenter (Kathilynn is also the Executive Director of Sunrise MarketPlace), Citrus Heights Chamber Ambassadors and members, and Citrus Heights Police Department Commander Gina Anderson.

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SacRT Awarded \$12 Million to Expand SmaRT Ride Service

On-Demand Microtransit Seen as Solution for Underserved Areas

By Wendy Williams, SacRT

SACRAMENTO REGION, CA (MPG) - SmaRT Ride microtransit service may be coming to a neighborhood near you, thanks to a \$12 million grant to expand the on-demand, neighborhood-friendly bus service to twelve Sacramento communities. The Sacramento Transportation Authority (STA) recently awarded the discretionary grant to the Sacramento Regional Transit District (SacRT) to promote shuttle service in residential and commercial areas that are underserved by public transit.

“We are grateful to have the support of the STA for our SmaRT Ride program, which could very well change the nation’s transit industry should innovative programs like SmaRT Ride continue to flourish,” said General Manager/CEO Henry Li. “Implementing new approaches to solve mobility challenges is an exciting endeavor and our SmaRT Ride service is proving to be an excellent solution.”

The STA Board of Directors voted unanimously to award the \$12 million grant, which comes from Measure A funding and is guided by a Transportation Expenditure Plan.

“It was a logical decision given SmaRT Ride’s incredible success in such a short amount of time,” said STA Chair and City of Sacramento Councilmember Jeff Harris. “I’m pleased the STA had the foresight to save the funding until a viable opportunity presented itself. We are committed to providing public transportation to areas that are underserved by transit, and we believe SmaRT Ride has the potential to be the answer to this long-standing challenge.”

SacRT is in the process of developing the new service, with the Historic Franklin Corridor and South Sacramento communities identified as the next phase for SmaRT Ride. Service is expected to start in late July. SacRT planners will work with the STA to identify the boundaries of each new phase of the service roll-out. The grant funding is expected to cover operational costs for the next 2-1/2 years.

SmaRT Ride has only been in operation since February 12, when it was rolled out as a pilot service in Citrus Heights. Within six weeks, the pilot was expanded to Orangevale and Antelope, with a connection to the Historic Folsom Station. Ridership on the service has jumped by more than six times since its inception, and the response from the community has been overwhelmingly positive.

“I am very thankful we have the resources to provide quality, on-demand ride share services to our most vulnerable populations.” said STA Director and Sacramento County Supervisor



The STA Board of Directors voted unanimously to award the \$12 million grant, which comes from Measure A funding and is guided by a Transportation Expenditure Plan. Photo courtesy SacRT

Sue Frost. “Providing curb-to-curb service for an affordable price is a tremendous accomplishment, and we look forward to watching the service expand region wide.

Similar to other ride-hailing services, SmaRT Ride relies on a smartphone app to schedule customized trips. The app, known as Microtransit by TransLoc, is connected to proprietary software that allows bus operators to pick-up and drop-off passengers in an efficient manner. The service relies on small, neighborhood-friendly shuttle buses to easily maneuver on residential streets, and they conveniently accommodate people with disabilities.

“We initially saw the pilot service as a way to serve areas that may not have easy access to fixed-route service, but it’s also proving to help people connect to the larger SacRT transit network,” said SacRT Board Chair and Sacramento County Vice Chair Patrick Kennedy. “Interestingly, survey data indicates our residents are also enjoying the freedom to travel within their communities for shopping and dining experiences. SmaRT Ride has turned out to be a service that truly enhances one’s quality of life.”

The cost to ride is only \$2.75 per trip, \$1.35 for those eligible for discount fare (seniors, students and persons with disabilities); or, riders can use their SacRT monthly pass. The low-cost makes SacRT’s SmaRT Ride more affordable than a traditional ride-hailing service, which could cost riders more than five times the amount for a similar trip.

The on-demand service is also generating a significant amount of national attention due to its innovative nature. The pilot is proving to be an exceptional model for other transit agencies who are adopting similar programs. ★

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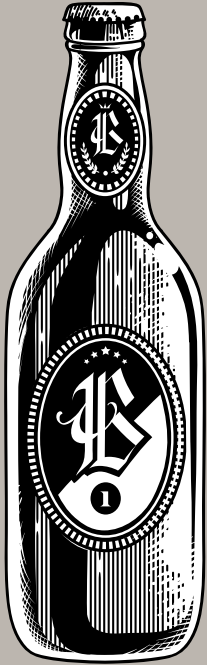
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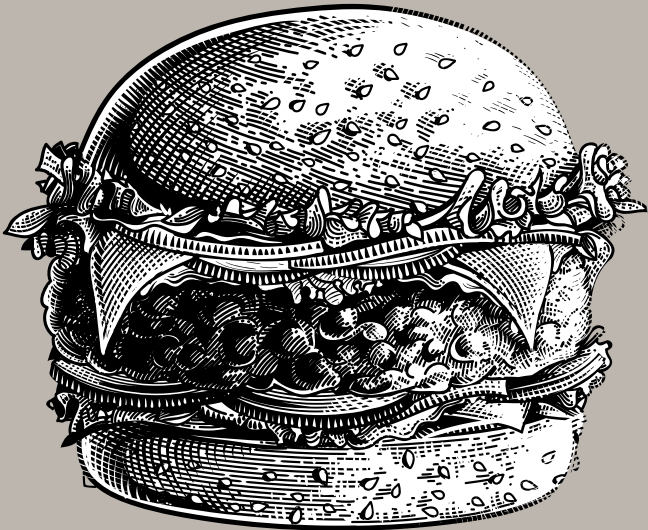
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- 

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- 

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- 

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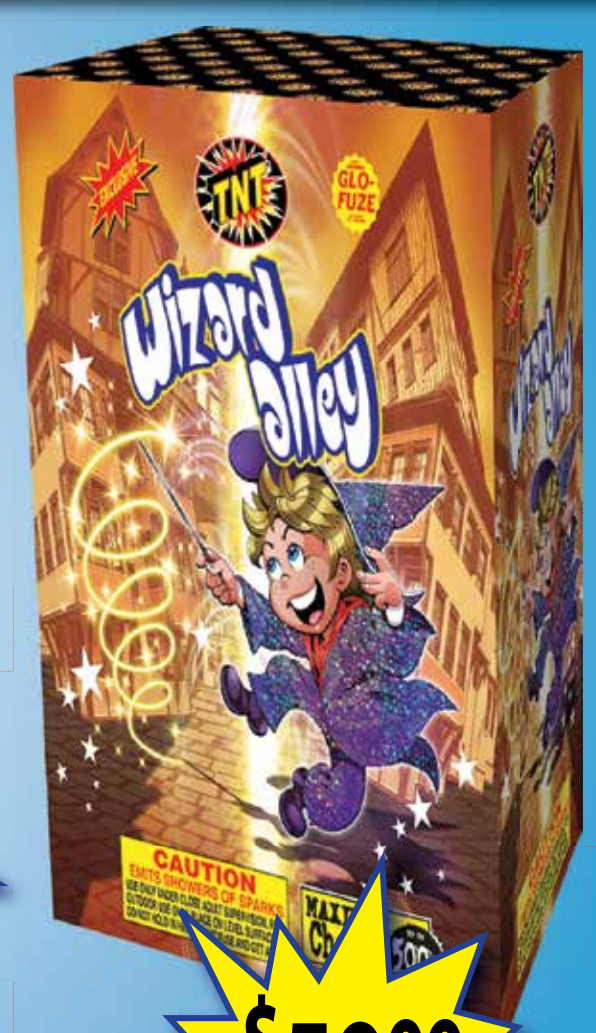
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Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Crossword Puzzle on Page 7

C	A	M	P	S		P	T	A		T	A	C	T
U	R	I	A	H		E	A	R		C	O	C	O
D	A	N	C	E		R	N	A		O	R	A	N
	B	I	K	I	N	I		B	E	R	R	I	E
		S	K	I			U	S	E	R			
S	A	T		S	E	W	N		R	A	C	I	S
T	I	E	D		C	O	D	A		L	E	N	T
R	O	L	E		E	R	R	O	R		S	L	A
A	L	I	A	S		M	E	N	U		S	A	K
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A	R	M	O	R		A	N	A		R	A	I	S
N	E	S	S			N	T	H		T	R	O	T

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Sudoku Puzzle on Page 7

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

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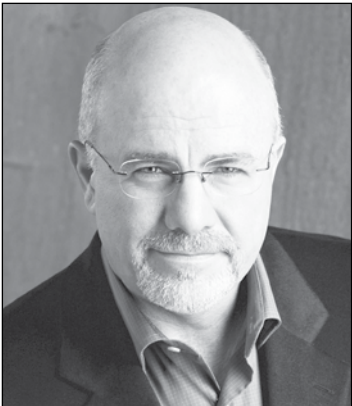
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Dave Says

with him and explaining how it makes you feel. Let him know what it's doing to your finances and your marriage. You might even write the financial side down, so he can see exactly what kind of shape you two are in and where the money is going.

Once you do this in a kind, but concerned, manner, it may be a real eye-opener for him. On top of that, you might consider giving him a little incentive to get on board with the idea of getting your finances in order. Suggest that once the debt is gone, and you've got some savings in place, there might be a little extra cash on hand to help get that car up and running.

Good luck, Stacy!
—Dave

Postpone the marriage?

Dear Dave,
My fiancé and I are planning to be married in less than a year. We've both been through your class at church, and the other night we started wondering if we should wait to have the wedding until we're both completely debt-free. Would you give us your opinion?
-Michelle

Dear Michelle,
Congratulations! I hope you two will have long and happy lives together.

To answer your question, I don't

think there's a reason to wait. When two people know they really love each other, they should get married whenever they feel in their hearts the time is right.

At this point, you shouldn't be thinking about money as anything except an indicator of where you're going. It doesn't matter who got into debt or how, because everyone makes mistakes. But if you're both serious about getting out of debt, living on less than you make, and are in agreement about how the dollars are going to be handled, then — where money is concerned — you're ready to be married.

Many relationship experts say if a couple can agree on four important things — kids, money, religion, and how to handle the in-laws — they have a great statistical chance of a happy marriage. I believe this, too. And make sure you meet with your pastor for some good, pre-marital counseling before the big day. With all this going for you, I think you two will be okay.

God bless you both!
—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. ★

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CLUES

ACROSS
1. *Kids' getaway, pl.
6. School org.
9. Inoffensive manner
13. ____ Heep of "David Copperfield"
14. *Corn unit
15. Cuckoo for what puffs?
16. Charleston, e.g.
17. Genetic info carrier, acr.
18. Bornean ape
19. *Beachwear
21. *Popular U-pick fruit, pl.
23. *Water sport equipment
24. Drug abuser
25. Scholastic aptitude test
28. Fastened with stitches
30. Type of discrimination
35. Tongue-____
37. Musical finale
39. Slow, musically speaking
40. Dramatic part
41. Fielding mistake
43. Bulgarian, e.g.
44. Richard Bachman to Stephen King
46. Carte du jour
47. Sushi restaurant libation
48. *Gastronomic outing
50. Email folder
52. Like Tom Thumb
53. Bathtime bubbles
55. Philosophical system
57. *Chilled brew
61. *It's out for summer
64. Monetary worth
65. Kum Ba ____
67. More ill
69. Tanks and such
70. Nurses' org.
71. Reason to strike
72. Nessie's loch
73. To the ____ degree
74. Moves like a pony

DOWN
1. Something to chew on
2. Speedy steed
3. Like a tennis skirt
4. Puts in a backpack
5. Arabic elders
6. ____meter or ____scope
7. *Limited with SPF
8. Plural of #2 Down
9. Millimeter of mercury
10. Antioxidant-rich berry
11. *Soft-serve server
12. ##
15. Cattle pen
20. Daughter of a sibling
22. Always, in verse
24. Disrobe
25. Spaghetti ____
26. Garlic mayonnaise
27. Denoting the final purpose
29. Live bait
31. ____pool
32. Donald Trump to Jared Kushner
33. *Garden bean support
34. *Blockbuster
36. Kind of principal
38. Popular steak condiment
42. Relating to runes
45. Train's "Hey, Soul ____"
49. Pool stick
51. *Warm-weather garb
54. Israeli statesman Moshe
56. Food grinder
57. Rocky's nemesis ____ Drago
58. Kind of package
59. Trees of genus Ulmus
60. Sonny and Cher and Abbott and Costello
61. Mohammad Reza Pahlavi, e.g.
62. Hedgepodge
63. "____ we forget"
66. *Unwelcome guest at #48 Across
68. High ____, as in an image

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Crossword Puzzle Solutions on Page 6

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		7		9	2			
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	1	8				3	2	
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					4			
		3	1			6		

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

For Solutions See Page 6

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By Marlys Johnsen Norris,
Christian Author

Boundaries to stop the Holy Word of God from penetrating into your life's souls come from the "enemy of God" – Satan! He is a liar from the beginning of time. He is the one who wants to enslave and kill anyone who has ever invited Jesus Christ into their heart and life. His boundaries take a person into a form of "bondage and slavery" (cults of all kinds) that is hard to escape if

Let Loose of Boundaries That Enslave You!

one stays there. *I know because I was there years ago!*

Boundaries accepted have been set by the enemy of your soul when God's message of "truth" is stopped! Truth that is written or spoken comes available only from the Holy Word of God.

Yes, moving into any form of boundaries against what God teaches most always brings a form of conviction! Conviction when accepted and applied always brings changes to move into the abundant life God promises in His Word. Hundreds of loving promises to be claimed and received when one decides to follow the teaching of the Bible. (NOTE: If you have a Bible, go to the back and look up the word "Promises" and then read them all and find one that applies to your situation.

You will find FREEDOM

AND HAPPINESS when you choose to follow God's Way for your life. His love for every one of us is far beyond anything we have ever known or will know ever! His desire is for you to know and love Him and to receive a brand new life living with Him into eternity one day. I promise you, you will never be sorry if you let loose of those boundaries that imprison and bind from living a full happy life. My prayers are with you!

Marlys Johnsen Norris
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By Pastor Ray Dare

Have you felt let down by life? Everybody gets disappointed from time to time. You may be facing some very serious disappointment. You may feel let down by another person or even by yourself. Things have not turned out the way you were expecting. The Bible gives us three things to remember when we're feeling let down by life. What you focus on in life determines your happiness. If you'll focus on these truths your discouragement will lift.

God has chosen to love you.
"God the Father chose you long ago, and the Spirit has made you holy...May you have more and more of God's special favor and wonderful peace." 1 Pet.

God is watching over you.
1 Peter 1:5-6 (NCV) "God's power protects you through your faith until salvation is shown to you at the end of time. This makes you very happy, even though now for a short time different kinds of troubles may

Pastor Ray's Encouraging Words

When Life Let's You Down

peace. That's why Christianity is called "Good News". It's base on His mercy, not your merit. His grace, not your goodness. You'll never deserve it. You'll never be good enough for it. God has chosen to love you.

God is working in you. Amid your problems, God is working behind the scenes. Even though you don't recognize it, even though you don't feel it, even though you may feel like God is a million miles away and you are all alone. You are not alone. God is working. You may feel like your situation is hopeless, it is not. As long as you've got God in your life, your situation is not hopeless. He always has a purpose beyond your problem. Always. 1 Peter 1:7 says, "These trials are only to test your faith... It is being tested as fire tests and purifies gold...So if your faith remains strong..."


God is watching over you.
1 Peter 1:5-6 (NCV) "God's power protects you through your faith until salvation is shown to you at the end of time. This makes you very happy, even though now for a short time different kinds of troubles may

make you sad." You may be going through difficult times right now and you feel like giving up. The situation may seem unbearable. Inside you're basically saying, "God, I can't take it anymore. I just can't take it any more!" But you're going to be alright because God is watching over you and His power is protecting you. Life will let you down. Circumstances will let you down. People will let you down. But God will never let you down.

In a world of disappointment Jesus came to say, there is hope. You can choose to live the rest of your life disappointed about what didn't happen or what did happen in the past, or you can choose to live in the hope of what Jesus is planning for your future. You get to choose. What will happen if you choose to trust Him? You will not be disappointed. Romans 9:33b says, "Anyone who trusts in Him will never be disappointed."

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


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To RSVP or More Info:
916.732.2020
Lic. #FD-1242
Thurs., June 7
Thurs., Aug 2 (Dinner @ 6:30 pm)
11:30 am to 12:30 pm
EAST LAWN
Memorial Park & Crematory
4300 Folsom Blvd.,
Sacramento, CA 95819
To RSVP or More Info:
916.732.2000
Reservations Required. Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.
If you prefer to RSVP via email, log onto our website and go to the seminar registration page.
 **www.EastLawn.com**

FREE
ADMISSION



FREE
ADMISSION

Total Health Expo

◆ Education and Resources for Body, Mind and Spirit ◆

Saturday, June 16, 2018

10 am to 4 pm

► Crowne Plaza Hotel Northeast 5321 Date Avenue ◀

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KP International MARKET

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WEEKLY MEAT SPECIALS

BONUS BUY



Beef T-Bone Steak
Filet de T-Bone

\$4.49 /lb

SPECIAL PRICE



Pork Loin Chops
Bone In
Chuletas de Cerdo con Hueso

\$1.29 /lb

USDA CHOICE



Beef Cross Rib/Shoulder Clod Roast
Pulpa Contra en Trozo sin Hueso

\$2.69 /lb

Tyson



Chicken Leg Quarters
Piernas y Muslo de Pollo

69¢ /lb

USDA CHOICE



Beef Cross Rib/Shoulder Steak & Espadilla
Pulpa Contra en Bistek sin Hueso

\$2.99 /lb

GREAT VALUE



Beef Porterhouse Steak
Filet de Porterhouse

\$4.99 /lb

IBP



Pork St. Louis Ribs
Costillas San Luis

\$2.79 /lb

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 RAUNCHES. PRICES EFFECTIVE JUNE 6 - JUNE 12, 2018. ATTENTION CUSTOMERS: Any old style rewards card or unclaimed reward points will be added to your account only until APRIL 30, 2018.

HAPPY HOURS

DRAFT BEER \$2.00

Mon - Thu
4:00 PM - 9 PM
Fri - Sat
4:00 PM - 10 PM
Sun
2:00 PM - 9 PM

KARAOKE SPECIAL

Sun - Thu Come before 6pm (Valid Time)
Fri - Sat Come before 5pm (Valid Time)

\$150 FOR 6 PEOPLE \$66.00

3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 2 Main Dishes (Small Room)
(14 inch) (Up to 3 pitchers) (10 Dishes To Choose From)

\$188.00 FOR 8 PEOPLE

3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 3 Main Dishes (Medium Room)
(14 inch) (Up to 4 pitchers) (10 Dishes To Choose From)

\$154.00 FOR 14 PEOPLE

3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 5 Main Dishes (Large Room)
(14 inch) (Up to 9 pitchers) (10 Dishes To Choose From)

\$198.00 FOR 18 PEOPLE

3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 7 Main Dishes (Large Room)
(14 inch) (Up to 9 pitchers) (10 Dishes To Choose From)

\$259.00 FOR 28 PEOPLE

3 Hours Karaoke • 3 Pizzas • Pitcher Soda • Fruit • 9 Main Dishes (Party Room)
(14 inch) (Up to 12 pitchers) (10 Dishes To Choose From)

10 DISHES TO CHOOSE FROM (DIPS SAUCE \$1)

Hamburger • Cheese Burger • Club Sandwich • Chicken Wings • Pork Lumpia • French Fries

OPEN 7 DAYS A WEEK:
Mon-Thu 11AM-2AM / Fri-Sat 2PM-2AM / Sun 2PM-12AM
10947 OLSON DRIVE, RANCHO CORDOVA, CA 95670
916-853-2006 • WWW.KP-KARAOKE.COM

FRESH PRODUCE

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


Green Cabbage
3lbs \$1.59


Celery
59¢


Romaine Hearts 3 Pk
99¢


Aloe Vera
79¢


Red Cherries
1.99


Carrots 1 lb Bag
2.39


Pickling Cucumber
89¢


White Potatoes 10 lb Bag
2.79


Key Limes 2 lb Bag
1.69


Avocado 2 lb Bag
2.49


Papayas
89¢


Yukon Potatoes
69¢


King Oyster Mushrooms
1.99

AMERICAN/HISPANIC GROCERY


America Crackers
\$1.49


Manchito Mean Crackers
99¢


Pepsi Soda 2 Liter
99¢


Sun-Z Liquid Veggies
99¢


Bottles of Sauce
\$2.99


Zuko Beans
\$1.99

ASIAN GROCERY


Napa Cabbage
99¢


Buy 5 Get 1 FREE
\$1.99


Sun-Z Liquid Veggies
99¢


Liquor
\$1.99


Lentils
\$2.99


Dried Beans
\$1.99

EUROPEAN GROCERY


La Flammar
\$1.69


Zakuski
\$2.99


Zakuski
\$1.99


Zakuski
\$1.99


Buckwheat
\$1.79


Phyllo
\$5.49

KOREAN/JAPANESE GROCERY


CJ Rice
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Nonghyun
\$6.99


Premium
\$1.99


Kobun
\$3.99


Seaweed
\$1.99


Seaweed
\$1.99


Seaweed
\$2.99


Ginseng
\$3.99


Ginseng
\$9.99


Ginseng
\$1.99


Ginseng
\$2.99


Ginseng
\$9.99

HOUSEWARES


Dishwasher
\$399


Dishwasher
\$449


Dishwasher
\$479


Dishwasher
\$109


Dishwasher
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Dishwasher
\$199

FROZEN DEPARTMENT


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Imitation
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Imitation
\$2.99


Imitation
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Imitation
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Imitation
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Krispy
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Krispy
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Sacramento County DA Reports



Former Teacher Sentenced for Attempted Possession of Child Porn, Use of Concealed Camera

DATE: April 30, 2018
CASE: Scott Macmillan (Case #17FE001087)
PROSECUTOR: Deputy District Attorney Bruce Chang, Cyber Crimes Unit
The Honorable Robert Twiss sentenced Scott Macmillan to 30 days county jail, 3 years probation and required him to register as a sex offender. On October 19, 2017, Macmillan pled no contest to attempted possession of child pornography, attempted use of a concealed camera to take photos of an adult victim for sexual purposes, and use of a concealed camera to take photos of a minor for sexual purposes. Macmillan was a teacher at Heron School in Natomas. Several students noticed he appeared to be taking photos of female students' private parts with his cell phone. Some students started watching Macmillan and managed to record him as he used his phone to record a 12-year-old student under her desk. One student notified school authorities, who notified the Sacramento Police Department. Police found Macmillan's phone in his car with multiple images of what appeared to be the chest and genital areas of girls. An adult staff member also reported that Macmillan had approached her with his cell phone as if he was trying to take a photo or video under her skirt.

Career Criminal Convicted for Attempted Murder of Officers

DATE: May 18, 2018
CASE: Justin Hurst (Case #16FE017117)
PROSECUTOR: Deputy District Attorney James Wax, Career Criminal Prosecution Unit
Justin Hurst was convicted by a jury of attempted murder and assault with a semi-automatic firearm on a peace officer, reckless evading of a peace officer, possession of an assault weapon, possession of a short-barreled shotgun and four counts of felon in possession of a firearm. The jury also found true enhancements that Hurst intentionally discharged a firearm and that he knew and intended to fire at peace officers. On September 1, 2016, two Citrus Heights police officers contacted Justin Hurst, who was asleep in a parked vehicle. Hurst was on Post-Release Community Supervision and had a felony warrant. Officers directed Hurst to keep his hands on the steering wheel, but he instead sped away and led the officers on a high-speed chase in a residential neighborhood. During the chase, Hurst fired multiple rounds at the officers. Hurst crashed his car into a resident's fence,

and was taken to a hospital to treat his injuries. A search of his car revealed 13 cartridge casings, four firearms and boxes of ammunition. Additional allegations that Hurst has a prior 1999 strike conviction for first-degree burglary and three prior convictions for being a felon in possession of a firearm will be determined at his sentencing hearing. If those allegations are found true, Hurst faces a maximum sentence of 42 years to life in prison. Sentencing is set for June 29, 2018, at 2:00 p.m. in Department 21 before the Honorable Steve White.

Defendant Convicted of Multiple Child Sexual Assault Charges

DATE: May 18, 2018
CASE: Andrew G. Young Jr. (Case #13F07569)
PROSECUTOR: Deputy District Attorney Brian Morgan, Special Assault & Child Abuse Unit
Andrew Young Jr. was convicted by a jury of 7 counts of committing lewd and lascivious acts on a minor under the age of 14, and one count of committing a lewd and lascivious act on a minor under the age of 14 with force. The jury also found true that Young had suffered a prior conviction for committing a lewd and lascivious act on a minor under the age of 14. The victim was a family member who was between the ages of 12 and 13 when the sexual assaults were occurring. Young faces a maximum sentence of 440 years to life in prison. Sentencing is set for June 15, 2018, at 1:30 p.m. in Department 27 before the Honorable Steven Gevercer.

Defendant Convicted for Sexually Assaulting Two Family Members

DATE: May 23, 2018
CASE: Robert Dew (Case #17FE000718)
PROSECUTOR: Deputy District Attorney Monica Robinson, Special Assault & Child Abuse Unit
Robert Dew was convicted by a jury of eight counts of committing lewd acts on a child under the age of 14. The jury also found true a multiple victims allegation. In 2016, Dew sexually assaulted a family member when she was 5 years old. During the course of the investigation into the assault, it became known to law enforcement that Dew had also sexually assaulted another family member from 2000 to 2002. Dew faces a maximum sentence of 22 years in prison. Sentencing is scheduled for June 29, 2018, in Department 11 before the Honorable Trena Burger-Plavan. ★



POPPOFF!

with Mary Jane Popp

Lead On

Do you think you can be a good leader? It seems like we could really use some good ones these days? Here are some facts you need to ponder. 52% of employees say business leaders aren't ethical. 70% feel their opinions don't count. And this one is sad for a country that always moved forward with new ideas, 79% report they're not managed in a motivating way. **Ken Pasch** has some definite ideas on how that can all change. He has had the experience needed from his time in the military and retiring from the Air force as a Colonel to his work with Johnson and Johnson to founder of KiVisions which advises good people on how to become good leaders. Now comes his latest endeavor to make dreams come true,

"On Course" Become a great leader and soar. He shared some great directions to achieve that dream on my POPPOFF Radio Show. Here are the top ten.

1) Know why you want to be a leader. What's driving your desire? If your primary motivation is to unlock, engage, and optimize human potential, Ken says you are **"On Course."** 2) Will that "desire to lead" sustain you through the dark times (and yes, there are likely to be dark times)? Before you "sign up", commit to becoming a great leader. 3) Do you have what it takes to accept and learn from criticism, regardless of whether that is delivered constructively or negatively? 4) Next, let's delve into a key differentiator for leaders: Do you have or are you willing to learn the Mindsets that will allow you to be mindful of the impact your actions have on others? 5) What actions will you take to achieve your goals? Concentrate on the Skillsets that will make you a leader others will follow. One critical example: Become a master communicator but don't mistakenly believe you must be a charismatic orator.

6) How will you measure your results? Most of what you will do as a leader will be subjectively based. You must incorporate subjective metrics into your toolkit. 7) What will you do with the knowledge you gain? In addition to applying what you learn, share it and build a pipeline of leaders. 8) Do you have the courage to allow innovation? There is a risk, but there's a greater risk by stifling the creative spirit. 9) When others measure your results, who gets the credit, who gets the blame? Ken's recipe is Share the credit, take the blame. 10) This is the True Leader's Code. Be dauntless. Do what needs to be done, by when it needs to be done, in a manner consistent with your values, and especially on days you don't feel up to it. Too many are counting on you to fulfill your calling, your purpose, your mission.

These are some simple ways to get started. Check out www.KiVisions.com for more information on Ken Pasch, and get the details in **"On Course"** to make those dreams come true. Just BELIEVE! ★

Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

- Safe and Supportive Community for People of All Ages
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- Large Clubhouse and Gardens
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River Cats

SATURDAY JUNE 9

TICKETS @ RIVERCATS.COM

S.H.A.R.P

SEXUAL HARASSMENT, ASSAULT AND RAPE PREVENTION

Learn practical self-defense easily in this 3.5 hour seminar. Designed specifically for women to increase your awareness of dangerous situations and how to keep yourself and loved ones safe.

WOMEN'S SELF DEFENSE

Great for High School/College Students, Mom, Working women Ages 14 and up Space is limited so please register early and tell your friends. The first 20 people to register will receive a **FREE** Self Defense Key chain valued at \$10. Women will learn not only physical technique but strategy to defeat an attacker and escape. Many easy to use counter measures will be taught to give those who attend the ability to take care of themselves.

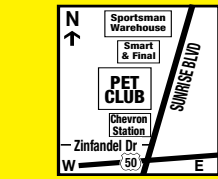
TIME: 1:00-4:30PM
DATE: SATURDAY, JUNE 23RD
COST: \$49 PER PERSON

REGISTER AT WWW.ROBINSONSTKD.COM

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Rancho Cordova, CA Roseville, CA
916-635-5008 916-781-8500
M-F 9-8, SAT 9-7, SUN 10-7 Effective 6/6/18 - 6/12/18



COUPON
\$2.50 OFF
ANY PURCHASE OF \$7.00 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 331 CHM Limit: 1 Coupon Per Family Effective 6/6/18 - 6/12/18

COUPON
FREE
PURE NESS PET BOWL
Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1. 99¢ Value PLU 349 CHM Limit: 1 Coupon Per Family Effective 6/6/18 - 6/12/18

BLUE BUFFALO DRY DOG FOOD
•Chicken (Reg. \$11.00 Off) 30 Lb Bag
•Chicken (Large Breed) •Fish & Sweet Potato (Reg & Lrg Breed) •Puppy (Reg & Lrg Breed)
AS MARKED \$8 OFF
•Senior (Reg & Lrg Breed)
•Lamb & Rice
•Healthy Weight
Effective 6/6/18 - 6/12/18

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties
Limit 2 Cases Per Family
4/\$1.89
Effective 6/6/18 - 6/12/18

NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD
•Potato & Duck, 26 Lb
•Reduced Calorie, 28 Lb
•Regular, 30 Lb
SUPER BUY!
Limit 2 Bags Per Family
\$5 OFF
Our Super Low Prices
Effective 6/6/18 - 6/12/18

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black Label 2.8 Oz
Gold Label 2.8 Oz. 20/\$14.00
Limit 2 Cases Per Family
20/\$13.00
Effective 6/6/18 - 6/12/18

MERRICK'S GRAIN FREE DRY DOG FOOD
25 Lb Bag
•Chicken/Sweet Potato
•Duck/Sweet Potato
•Buffalo/Sweet Potato
•Salmon/Sweet Potato
•Venison
Limit 2 Bags
Effective 6/6/18 - 6/12/18
ON SALE

TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
•Regular
•Unscented
Limit 2 Jugs Per Family
\$6.99
Effective 6/6/18 - 6/12/18

PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag
Limit 2 Bags Per Family
\$8.99
Effective 6/6/18 - 6/12/18

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)
Limit 2 Bags Per Family
\$4.99
Effective 6/6/18 - 6/12/18

CANIDAE DRY DOG FOOD \$10 OFF
FOR ALL LIFE STAGES
•Multi Protein (30 Lb & 44 Lb) •Chicken Meal & Rice
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OUR REGULAR LOW PRICES
Natural Grain-Free
EARTH BORN HOLISTIC DRY DOG FOOD
•Primitive Feast •Great Plains Feast •Meadow Feast
•Coastal Catch 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99)
\$39.99
All Varieties, 3.5 Oz. Limit 2 Cases
KAL KAN CESAR SELECT DINNERS DOG FOOD
69¢
NEW OKOCAT CLUMPING WOOD LITTER
•Regular
•Soft Step
11-13 Lb
\$3.00 OFF
16.7 Lb
\$4.00 OFF
Dust Free Natural Paper
12.3 Lb
\$4.00 OFF
Original
CORE GRAIN FREE DRY DOG FOOD
22-24 Lb Bag
Ocean Reduced Fat
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MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 2 cases
On Sale
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Limit 1 •Selected Varieties Case •Grain Free 5.3oz. Core
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40 Lb. Bag
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\$8.99
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•ES Unscented •US Ever Fresh •Multiple Cat
25 Lb. Box Limit 2 Boxes
\$11.99
WHISKAS DRY CAT FOOD
With Savory Nuggets
15 Lb Bag Limit 2 Bags Per Family
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WELLNESS DRY DOG FOOD
30 Lb Bag Limit 2 Bags (Lrg Breed Adult \$57.99)
•Chicken •Healthy Weight 26lbs •Grain Free Adult
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•Grain Free Lamb •Grain Free White Fish •Senior
\$52.99
FRESH STEP CAT LITTER
21 Lb Bag (14 Lb Bag - \$4.19)
Limit 2 Bags
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PETSPORT USA DOG TOYS
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•Flea & Tick •Oxy Med Fresh
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OUR SUPER LOW PRICES
SKOUT'S HONOR & WEE AWAY
Stain & Odor Removal Products
All Varieties
20% OFF
OUR SUPER LOW PRICES

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MODEL.....TANK.....
106...25 GAL.....**\$84.99**
206...40 GAL.....**\$99.99**
MODEL.....TANK.....
306...70 GAL.....**\$129.99**
406...100 GAL.....**\$174.99**
TETRA BOXED 10 GALLON TANK
With Economy Kit
Just add Heater For Tropical Fish
\$36.99
Limit 1 Per Family
PENN PLAX PLASTIC AQUA-PLANTS
20% OFF
OUR SUPER LOW PRICES
KORDON CORAL SEA
50 GAL SALT MIX WITH AMQUEL
\$12.49

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 6/6/18 - 6/12/18
\$1.59
CHM PLU 365

BONUS COUPON
WHISKAS TEMPTATIONS CAT TREATS
•All Varieties Except Natural - 3 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 6/6/18 - 6/12/18
\$1.19
CHM PLU 569

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medleys - 3 Oz
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 6/6/18 - 6/12/18
55¢
CHM PLU 361

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



CSHAA
Coalition for a Safe & Healthy Arden Arcade



SACRAMENTO COUNTY



Supervisors Provide \$1M in Grants for Non-Profits

SACRAMENTO REGION, CA (MPG) - The County Board of Supervisors will provide \$1 million through the 2018 TOT Grant Program to support nonprofit organizations located in Sacramento County that carry out community-based programs and/or services in the areas of economic and workforce development, arts and culture, community development, or health and human services. The County began setting aside funding for this purpose in 2017.

Grants will be allocated through a competitive process and applicants must meet eligibility and funding requirements. Applications will be accepted online beginning June 4 through the County’s Office of Economic Development with a deadline of July 10, 2018.

Funding for the TOT Grant Program will come from County Transient Occupancy Tax (TOT) revenues. Transient Occupancy Taxes are levied on guests who occupy rooms in hotels, motels and other temporary lodging accommodations in the unincorporated area of the County.

2018 TOT Grant Program Application Deadline and Notification Dates
Grant DEADLINE: July 10, 2018, 5:00 p.m.

Grant Application Period
June 4 – July 10, 2018

All applications and documentation requested in announcement must be submitted by 5:00 p.m. on July 10, 2018.

Online Applications Only: all applications are only accepted electronically: Apply online beginning June 4.

Duplicate and incomplete applications will be disqualified.

Applicants will receive electronic receipt notification upon submission.

Grant Application Review Period July 11 – 30, 2018:

Economic Development staff will review applications for completeness and compliance with minimum eligibility requirements. Applicants will be notified electronically if proposals meet the minimum qualifications. Qualifying organizations will receive the Board of Supervisors Hearing schedule where final recommendations and approval will be made in September, 2018.

August 2018:

Subject Area Expert Panel Application Review: Subject area experts will review, evaluate, and rank qualifying applications and may contact organizations with follow-up questions.

Grant Program Hearing Notification: Applicants will receive a second electronic notification of schedule for the Board of Supervisors Hearing where recommended award selections will be made.

Grantee Award Approval
September 2018:

The Board of Supervisors will make the final determination and approval for all TOT Grant Program recipients.

Economic Development will notify applicants of funding selections within 5 business days of Board Hearing approval. All notifications will be made electronically.

Economic Development will draft and administer agreements between the County and grantees.

For more information about the grant program, visit the TOT Grant Program website.

Source: Sac County News ★

Bringing Closure, One Case at a Time

SACRAMENTO REGION, CA (MPG) - In Sacramento County alone, there are more than 72 active “John Doe” and “Jane Doe” Coroner cases, some of which date back to 1975. In an effort to connect people with the resources to find their long-term missing loved ones, the Sacramento County Coroner’s Office has partnered with local and national law enforcement agencies to host the Missing in CA event on June 9.

On any given day, the Coroner’s office works to identify deceased individuals in an effort to bring closure to families. Often, individuals are identified quickly using finger prints or personal identification. In some instances, family members or friends will report a person missing to law enforcement who then works with the Coroner’s Office to see if any unidentified cases meet the

reported description.

Long-term unidentified cases are often transient or disconnected from family. In these cases, investigators work with national law enforcement and reference missing persons websites for matching descriptions. Often a sketch or facial reconstruction model is used, particularly if the body is too decomposed when discovered.

Though it may seem unlikely that long open cases will never be identified but that simply isn’t true. An unidentified male discovered in 1980 was identified in June 2016. The more information collected about an individual the more likely they are going to be identified. This information can come from several sources. For example, the Coroner collects DNA, dental records, x-rays, jewelry, and documents tattoos and birthmarks for all unidentified cases.

“This event is an opportunity to gather additional identifying information,” says Kimberly Gin, Sacramento County Coroner. “The more information we have, the better chance we have at identifying these individuals and bringing closure to their families.”

Law enforcement will be on hand at the event to take reports and gather information and identifiers from families of missing persons. This information including photos, DNA and dental records will be compared to coroner unidentified cases in Sacramento and surrounding counties.

For more information about unidentified Coroner cases visit the Sacramento County Coroner website or call 916-874-9320. Visit the Missing in CA event page for additional details and information.

Source: Sac County News ★

Golden State Killer Authors Draw Hundreds to Barnes and Noble

Continued from page 1

damage and destruction one person can wreak upon an entire state with their actions. There were dozens of horror stories being shared throughout the room. One woman described her ongoing ordeal, “You felt it every day. Everybody was talking about it. It was a fear, you felt it. The fear just descended upon you.”

She compared it to being in a tule fog where you know there is something there but you can’t see it. Other audience members told of the EAR protection patrols parked down the street during this time and their parents always sleeping with a gun nearby.

In rebuttal to these thoughts, however, Oswald urged victims and others not to give DeAngelo that power, even in retrospect. “He was a violent schlep that is in the cage he should have been in 30 years ago.”

One man indispensable to the search for the rapist/murderer but not present on the panel was recently retired Contra Costa County criminologist Paul Holes. The mere mention of his name throughout the evening brought a loud applause from the largely female audience. He has become a true crime heartthrob ever since he was sighted at the April 25 press conference to announce DeAngelo’s arrest.

Oswald shared how Holes worked side by side with his wife on the case. It was Holes who had created the DNA profile for the “Unidentified white male known as the East Bay Rapist.” And it was Holes who uploaded his computerized crime scene DNA profile into the GED match in December of 2017, a genealogy database where a third cousin of DeAngelo was found,

eventually leading to the suspect’s arrest.

Holes described his work with McNamara as “an emotional roller coaster,” adding, “Michelle proved herself as a natural investigator,” and had earned the respect of his entire task force.

McNamara had completed much of the first half of the book before her death. She died in her sleep at 46 years old, the result of complications from taking prescription drugs with an unknown heart problem. Her own entries end with a sentence added by Oswald that reads simply, “Michelle McNamara died on April 21, 2016.”

The panel spoke of the hardest issue they faced following McNamara’s death as working to maintain her unique style of writing to the end. “Finishing the book was like putting together

puzzle pieces (from her drafts).” It only worked because they all knew her rhythm.

The Editor’s Note for Part Three reads: “To prepare the book for release, Michelle’s lead researcher Paul Haynes, aka The Kid, and acclaimed investigative journalist Billy Jensen, who was a friend of Michelle’s, worked together to tie up loose ends an organize the materials Michelle left behind.”

The epilogue to the book is a five and a half page “Letter to an Old Man” which McNamara wrote. It includes all her questions to the rapist when he is caught and it ends with an ironic challenge, considering her book was

“You’ll be silent forever, and I’ll be gone in the dark,” you threatened a victim once. Open the door. Show us your face. Walk into the light.” ★



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