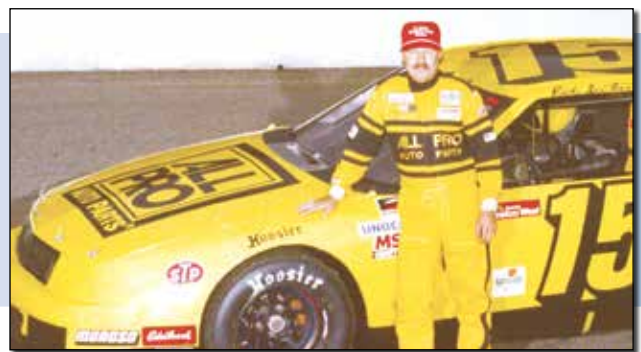




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# Citrus Heights Messenger

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

VOLUME 8 • ISSUE 05

Serving the City of Citrus Heights & Sacramento County

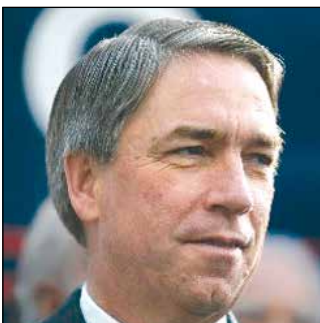
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## No Vet Left Behind

*Veterans' Stand Down Calls for Donations*

Story by Jacqueline Fox

**CITRUS HEIGHTS, CA (MPG)** - If you've vowed to serve local area veterans in some way but have not figured out how, the Citrus Heights Homeless Assistance Recourse Team (HART), in partnership with HART of Carmichael are going to make that vow very easy for you to hold to.

The nonprofit organizations are calling for donations, volunteers and event sponsorships for the annual Citrus Heights Veterans Stand Down, set for Tuesday, April 3 at Holy Family Church.

The Stand Down, says Citrus Heights HART board member Darlene Lyons, founder and owner of EZ Events in Auburn, is focused 100% on delivering food, clothing and other necessities to veterans in need, as well as their families, and, even their pets.

The original Stand Down concept is inextricably linked to veterans. Its origins, says Lyons, are tied to the services and support offered to enlisted soldiers returning to their infantry camps after combat during the Vietnam War. Secure "base camps" were set up where troops were offered access to personal hygiene products, medical and dental services, mail pick up, and a quiet, safe respite from combat where they could spend a day or so recovering from the trauma of front-line battle and reenergize their spirits, as well as their health.

The Citrus Heights model is held annually for veterans to check in with local service providers and obtain critical VA services, obtain food, clothing and donated hygiene products and enjoy meals prepared by volunteer organizations—all under one roof.

"That's the key to this event," said Lyons. "We make it possible for our veterans to come in to a one-stop location for a wide



The Stand Down, which is expected to serve some 200 veterans and accompanying family members, goes well beyond delivering the basics. Stock photo

range of support services, enjoy a great breakfast provided by the Knights of Columbus, have lunch and snacks, obtain referrals for critical services and replenish toiletry supplies, get clothing and socks and much

more."

The Way Ministries of Citrus Heights will be cooking lunch for all attendees, while the Retired Marines will oversee traffic and security for the Stand Down, Lyons said.

HART was formed to support the local homeless population with a centralized support network of services. But, says Lyons, it was revealed that among that contingency was a

*Continued on page 10*

## CHWD Board Issues Resolution Opposing SB 623

By Citrus Heights  
Water District

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Water District Board of Directors passed a resolution opposing Senate Bill 623 at its February 21st Board meeting. SB 623, authored by State Senator Bill Monning of Carmel, proposes the first-ever statewide water tax as a way to address a lack of access to safe drinking water for some people who live in rural, disadvantaged communities.

"CHWD agrees that there is a need for a sensible long-term funding solution to assist disadvantaged communities that do not have safe drinking water, but a tax on our customers' water bill is not the appropriate solution," stated Ray Riehle, CHWD Board president.

If passed by the State legislature, this tax could hamper CHWD efforts to maintain safe and reliable water infrastructure for its customers. It would also compromise local decision making and redirect local rate payer dollars to water projects outside of the Citrus Heights service area.

CHWD takes the position that assessing a public goods charge would unfairly penalize local water agencies that have already made, and continue to make, investments in water management programs and infrastructure and would make it more difficult and costly for local water agencies to fund critical local water efficiency and supply projects.

The CHWD Board of Directors believes that local control of District resources is vital to continue meeting the needs of their customers; and the District, not the State, should determine how to spend locally generated revenues to benefit CHWD customers.

CHWD has joined with its local partners, the Regional Water Authority (RWA) and

*Continued on page 3*

## City Gets \$190,000 Grant for Old Auburn Rd. Improvements

Story and photo  
by Jacqueline Fox

**CITRUS HEIGHTS, CA (MPG)** - The City of Citrus Heights has been awarded a \$190,000 grant from Caltrans Complete Streets Program to support the costs of performing significant upgrades to Old Auburn Road.

The Old Auburn Road Complete Streets Plan, according to documentation provided by the city's Community Services Director,

Rhonda Sherman, will address what city documents refer to as "challenging transportation conditions" along a roughly two-mile stretch of Old Auburn Road.

Those conditions include excessive speeds, inadequate bicycle and pedestrian lanes, missing sidewalks and what are being called "skewed" intersections that are reported to be creating safety hazards along the road, which supports some 18,000 vehicles per day.

The city is ponying up \$40,000 of its own funds in the form of "Staff Time" to complete the plan, which will launch this spring with an evaluation of existing conditions and the collection of traffic accident data and other "deficiencies" to develop complete streets solutions that aim to mitigate concerns and increase safety for users.

There will be a period of community engagement tied to the plan to help drill down on

specific concerns from nearby residents, business owners and others as part of the process of transforming Old Auburn Road into a "Complete Streets" project.

*Continued on page 3*

Old Auburn Road currently cuts a diagonal swath through Citrus Heights and much of the road, according to documents, lacks sidewalks and adequate infrastructure, creating safety hazards for residents, which are being exacerbated by the existence of diagonal intersections at Fair Oaks Blvd, Sunrise Blvd and Mariposa Ave.





# Junior Tennis Fund Seeks a Match

*“Bringing Tennis to Underserved Kids”*

By Rich Peters, MPG Editor

**SACRAMENTO REGION, CA (MPG)** - Established at the end of 2014, the Junior Tennis Fund Sacramento has donated over \$16,000 to the greater Sacramento Region over the years. Mainly donating to parks and recs, the goal of the organization is to bring tennis to kids who may not have ever had a chance to set foot on the court otherwise.

The JTFS is a collective giving organization that supports public youth tennis in the greater Sacramento area. They harness the power of collective giving to support community philanthropy and help create new tennis opportunities for all kids, especially the underserved, at public facilities, parks and schools.

Among the years of contributions, they have donated to the Carmichael Recreation and Park, South Gate Recreation and Park District, Rio Linda Recreation and Park District and the Mission Oaks Recreation and Parks District. Most recently they donated \$1,800 to Woodland Park.

“We are a youth development program that helps with social skills and gets kids out of the house,” said Carol Rose, Founder and Director of JTFS. “Kids like tennis and enjoy getting out there and chasing the ball.” Rose explained the beauty of tennis entering these children’s lives. “Tennis is a sport that instills core values, teaches life skills and helps to develop productive citizens. It’s a sport that can be played for a lifetime.”



JTFS members Joyce Williams (third from right) and Jolene Stinemetz (third from left) present the board members of Mission Oaks Recreation and Parks District with a donation.

Expanding on that point, some kids pick up the sport and truly run with it, which led to the newest idea of JTFS. Beginning last year, the program, with the help of various coaches around the community, identify the kids that are working hard, taking the sport seriously and have the ability to take their skills to the next level. They award these kids scholarships for private lessons and then they automatically get signed up for an upcoming tournament through the Sacramento Area Tennis Association. SATA runs a series of tournaments throughout the year for all different age groups.

Upcoming for JTFS is one of the biggest fundraising days of the year, as they will once again be participating in the Big Day of Giving, the Sacramento Region’s annual 24-hour fundraising event and year-long

capacity building program. The event takes place on Thursday, May 3 and this year JTFS will join powers with the Effie Yeaw Nature Center and The Wish List Project at The Patriot Restaurant located in the Milagro Centre in Carmichael.

These organizations are inviting friends and donors to stop by, say hello and enjoy some great food and drinks – all in the spirit of giving. Donors for any of the non-profits will be given a discount for dinner that evening at The Patriot. Last year the region raised nearly \$7.2 million from tens of thousands of donors, according to the Sacramento Region Community Foundation.

For more information on becoming a JTFS member or sponsor, visit [www.juniortennisfund.org](http://www.juniortennisfund.org), e-mail [juniortennisfund@gmail.com](mailto:juniortennisfund@gmail.com) or call 916-359-3667. ★

# Capitol Pops Concert Band Enters 21st Year with New Energy and New Director



Concert Band founding members Georgia and Ray Latimer with new band director, Judith Steinle (center).

**Story and photo  
by Elise Spleiss**

**SACRAMENTO REGION, CA (MPG)** - The Capitol Pops Concert Band (CPCB) will return to the 2018 Sacramento area music scene with a new director, Judith Steinle. The band kicks off its 21st season on March 23. Steinle, 61, is CPCB’s first female music director. For over four decades she has worked in many musical venues working with students as an accompanist and music director in the San Jose area.

The band’s 50 all-volunteer musicians include high school students, senior citizens and all ages in between. Concerts are fun and fast moving with popular (thus the ‘pops’) music, including Broadway shows, movies, popular marches, patriotic pieces and new offerings.

The CPCB was formed in February of 1997, just one month after Citrus Heights was incorporated as a city. A committee of musicians led by Citrus Heights residents Ray and Georgia Latimer along with Alice Jacobs

and Jerry Lopes decided the new city needed a band and invited 50 musicians to create one that featured pops music. Jerry Lopes was director until 2014. Kurt Pearsall served until 2017.

Since 1997 the band has performed hundreds of concerts for thousands of people throughout the Sacramento area. Besides concerts sponsored by local park and recreation districts and at other community events, CPCB performs privately sponsored shows at venues including senior living facilities and schools. School students are especially encouraged to join.

Home base for the band is the Fellowship Hall at Christ the King Lutheran Church, 5811 Walnut Avenue in Orangevale. Practice is on Thursdays from 7:00p.m. to 9:30 p.m.

For information contact Band Manager Linda Glover at 916-725-5214.

For more information on concerts, visit their Facebook page and their website at <http://www.capitolpops.org>.

Concerts to date: All concerts

are free and open to the public.

Friday Mar 23: 7 p.m. to 9 p.m. at the California Automobile Museum, 2200 Front Street, Sacramento. Doors to the car museum open at 6 p.m. for free tours.

Saturday April 21: Capitol Pops Concert Band celebrates its 21st anniversary.

7 p.m. to 9 p.m. at the Rusch Park gym, 7801 Auburn Blvd.

Saturday May 12: 6 p.m. to 8 p.m. Outdoor venue. The Band will perform a free, open to the public joint concert with the Antelope High School Band. Bring your chairs and blankets.

Sunday, July 1: 6:30 to 8:30 p.m. Outdoor concert in honor of America’s birthday. The *Celebrate America Concert* will be held at Fair Oaks Village, 4238 Main Street (known as the chicken park). Bring your chairs and blankets.

Wednesday, July 4: 11 a.m. to 1 p.m. following the Roseville 4th of July parade. This concert is part of the annual July 4th Festival in Royer Park, Douglas Blvd. Bring your chairs and blankets. ★





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# Grand Opening Ribbon Cutting Held at Blondie's Pizzeria



By Citrus Heights Chamber of Commerce

Blondie's Pizzeria held their grand opening ribbon cutting on February 20. They are located at 6916 Sunrise Blvd., Suite H, in Citrus Heights. Owner Lori Wojdan, surrounded by her family and staff, cuts the ribbon. Attendees include City of Citrus Heights Mayor Steve Miller, City of Citrus Heights Manager Chris Boyd, City of Citrus Heights Economic Development Manager Devon Rodriguez, City of Citrus Heights Community Services Director Rhonda Sherman, Vance Jarrard of Sacramento County Supervisor Sue Frost's office, Jonathan Glatz of Assemblyman Ken Cooley's office, Citrus Heights Chamber Executive Director Cendrinne DeMattei, Citrus Heights Chamber Board Members Paul Buchanan and ilene Martzen, Citrus Heights Chamber Ambassadors and Chamber Members.

# City Gets \$190,000 Grant for Old Auburn Rd. Improvements

Continued from page 1

Street” as defined by Caltrans, according to the documents.

Old Auburn Road currently cuts a diagonal swath through Citrus Heights and much of the road, according to documents, lacks sidewalks and adequate infrastructure, creating safety hazards for residents, which are being exacerbated by the existence of diagonal intersections at Fair Oaks Blvd, Sunrise Blvd and Mariposa Ave.

Old Auburn Road was identified in the City’s Pedestrian

Master Plan as a Focus Area Plan, which essentially means it is within the city’s current transportation network and pedestrian study efforts and open to receive the county funding. The grant, say the documents, will help the city craft a snapshot of what Old Auburn Road should look like in the future, using a Complete Streets model in the process as well as pay for those improvements.

The city’s Pedestrian Master Plan will be used as a model for extending out a strategy for

redevelopment of Old Auburn Road.

“We have a history of using a Complete Streets approach for our roads to ensure that our roadways serve all users including bicyclists, pedestrians, and transit users,” the city documents say. “This money is the only way we can fund a plan to accommodate these users and plan the future of Old Auburn Road. Ultimately the plan will be community based and translate into future roadway improvements along this important corridor.” ★

# CHWD Board Issues Resolution Opposing SB 623

Continued from page 1

the Association of California Water Agencies (ACWA) in supporting alternative solutions to fund needed assistance to disadvantaged communities. Those solutions include making use of the Safe Drinking Water State Revolving Fund (SRF), issuing a General

Obligation Bond, drawing from an agriculture fund that is proposed to be set up by imposing a fee on nitrate related products, or drawing from the State’s general fund. CHWD agrees that everyone in California should have access to safe drinking water.

CHWD believes that local

elected officials know best how to spend locally-generated rate payer dollars. An additional tax on water bills that is sent to Sacramento, where a portion will be carved out to fund another layer of administration, is not efficient and is not an appropriate solution or sound policy. ★



CITRUS HEIGHTS  
CHAMBER  
CONNECTING BUSINESS EDUCATION COMMUNITY



Cendrinne DeMattei  
Executive Director

Last year, the Chamber provided many programs and projects to support economic development and to enhance opportunities for our businesses to thrive. In 2017, we introduced the Brown Bag Seminars. Recently renamed the Chamber U Seminars which better reflects our desire to offer educational information. Identifying topics that will be important and relevant this year and selecting experts in these fields was the goal. Plans are underway for 2019 to continue and expand on some of these subjects. The Chamber is actively developing the City and business communities’ future leaders with another robust Leadership class. Class participants selected a Chamber Non-Profit Member and their project is to design a fundraising event. This exercise helps develop team building, project management and presentation skills. The class graduates in June with a bus tour of the City and celebration reception.

The Annual Business Walk continues to provide us with insights to how we can assist the business community. The Chamber responded directly to those businesses who expressed an interest or concern. New this year, was a follow-up letter with specific action items that were taken as a direct result of the feedback received. We want the participants to know that we value their input and concerns to any obstacles they may be experiencing and that the City and Chamber will work together on common issues. Our Economic Development Committee recently met with Comcast to review the Broadband Improvement Plans for Citrus Heights. We can now respond to questions from the community. In addition, we heard concerns about homelessness around our community. The Chamber has invited HART and CHPD Navigator to present at our next Monthly Luncheon on March 13. Providing updates to what’s being done to manage this challenge is another way to show the community that we heard them and that we care. Finally, the Chamber recently selected Economic Development Committee Chair, Wes Ervin, to sit on the Citrus Height’s Water District’s Customer Advisory Committee for their new Project 2030 Meter and Main Water Replacement study.

## • Upcoming Meetings and Events •

### Chamber Monthly Luncheon

Tuesday, March 13th – 11:30 am to 1:00 p.m.

Northridge Country Club

“Solutions and Strategies for Citrus Heights Homeless”  
HART and CHPD Navigator

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**Crossword Puzzle on Page 5**

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

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**Sudoku Puzzle on Page 5**

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

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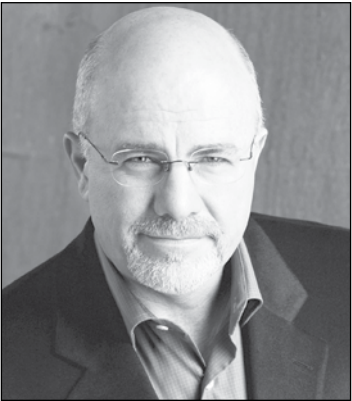
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# Dave Says

they use your cash to settle loans you will have — by that time — defaulted on. This will put you in a situation very similar to if you had filed Chapter 13 bankruptcy. Stay away from these people.

You have an income crisis, in addition to a debt crisis, at this point. For starters, I want you to start living on a tight, written, monthly budget. I'm talking rice and beans, no vacations, and no eating out until you pay off this debt. Where your income is concerned, maybe you should consider getting back into the kind of business you ran previously for a while. Look for a managerial or supervisory position in that area, at least until you're able to get back on your feet and save some cash.

Finally, cut up the credit cards, close the accounts, and put as much money as you can spare toward paying off that debt using the debt snowball system. Never go back into debt again!

—Dave

## Pay off house first?

Dear Dave,

My husband and I are in our forties. We have no children, and we bring home \$95,000 a year combined. We're also debt-free except for our home. We owe just \$10,000 on the house, and can take care of

that in a few months. Would it be okay to rearrange the Baby Steps a bit, and pay off our home before getting serious about saving for retirement?

- Nan

Dear Nan,

I don't usually give folks any wiggle room when it comes to sticking with the proper order of the Baby Steps. But if you're that close to being completely debt-free, I don't see anything wrong with paying off the house first.

Most people I talk to still have anywhere from \$100,000 to \$300,000 left on their mortgages. This is a little bit different story, however, and you two are obviously managing your money well.

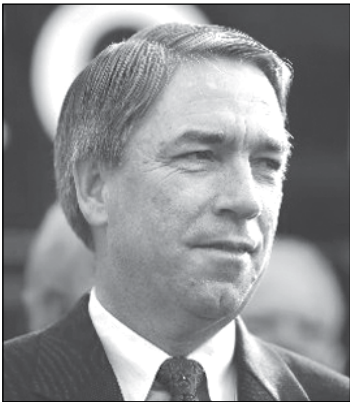
Knock out that mortgage, and start pouring at least 15 percent of your income into retirement. You're going to love the feeling — and the freedom — that comes with being completely debt-free!

—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](http://daveramsey.com) and on Twitter at @DaveRamsey. ★

# The Evolution is Here

## Get Used to Hearing About Artificial Intelligence



Commentary by Doug Ose

Have you noticed how evident AI is now in our everyday life? It started with coordinating traffic signals along major streets in an effort to expedite the flow of traffic. Home Depot now has the personal check-out line where one employee oversees four pay stations. Bel Air has the same thing. At McDonald's you will see at least one electronic ordering station that is connected directly to the preparation line that issues you a receipt

and directs you to pay the cashier. Complex algorithms control the electricity grid to constantly adjust the flow of electrons for efficiency purposes. Automobiles can now drive themselves.

There are significant implications to this evolution. The arrival of such advancements is self-inflicted. Those who advocate for higher minimum wages are creating huge incentives for business to invest in physical capital rather than human capital. Think back to when we were kids: our first job was scooping ice cream at Baskin Robbins at \$1.65 per hour, or being a carry out person at the local grocery store for \$2.10 per hour, or whatever. Those were learning situations. We were learning work ethics and consumer relations, getting exposed to the real world of working for a living.

As near as I can tell, the horse is out of the barn on "first job" opportunities. While those first jobs won't all disappear, there

will be a significant reduction in the number of them. Employers are now able to purchase equipment with artificial intelligence that can process relatively simple job tasks. The end result is that "first jobs" are being eliminated. The economic driver for this is clearly the regulatory burden being placed on employers. A machine never calls in sick. A machine doesn't require workers compensation insurance. A machine doesn't fill out a time card with all the potential private attorneys general actions that come with an inaccurately completed time card. A machine doesn't enroll in Obamacare. You get the point.

In my opinion, artificial intelligence is a positive development for our economy, enhancing productivity up and down the economic chain. I wonder about how far AI will progress over the next few years. For a number of reasons, I worry about the demise of "first jobs" for our young people. So should you. ★



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### CLUES

**ACROSS**

1. Birth-related  
6. Post-U.S.S.R. acronym  
9. Like white-headed eagle  
13. \_\_\_\_ and desist  
14. In the manner of, French  
15. F, unit of electrical capacity  
16. Blood line  
17. Neighbor of Ger.  
18. Upright  
19. \*San \_\_\_\_, 2018 Final Four spot  
21. \*NCAA's selection day  
23. Color of Scare  
24. Bring home the bacon  
25. \_\_\_\_ cry  
28. \_\_\_\_ ex machina  
30. \_\_\_\_ the hook  
35. Big-ticket \_\_\_\_  
37. Play parts  
39. Gulf of Naples resort  
40. Flick part  
41. Peruvian beast of burden  
43. Nonfatty meat, e.g.  
44. States of agitated irritation  
46. Nucleus plus electrons  
47. Montgomery of "Pretty Little Liars"  
48. House music  
50. Between ids and super-egos  
52. 100%  
53. Beware of these in March  
55. Shoshonean  
57. \*Winningest NCAA basketball coach  
60. \*Game tracker  
64. Slight amount  
65. One of a set of dice  
67. Garlic unit  
68. Curl one's lip  
69. South American edible tuber  
70. Curly-leaf and Plain-leaf state  
71. Mannequin Challenge state  
72. Kind of nurse  
73. \*Jump ball, e.g.

**DOWN**

1. \*Non-profit org.  
2. Eon, alternative spelling  
3. Queen of Hearts' pastry  
4. Brooke or John Jacob, of New York  
5. Tilted  
6. Head of family  
7. U.N. workers' grp.  
8. Chip dip  
9. Shakespeare, e.g.  
10. A in A-ab  
11. Like a tatting product  
12. Banned insecticide  
15. Tiny fox with large ears  
20. Like utopia  
22. Web address  
24. Subjects of wills  
25. \* \_\_\_\_ Four  
26. Make amends  
27. Indiana Jones' find, e.g.  
29. \*Team with most titles  
31. Samoan money  
32. Phantom's favorite genre?  
33. Physically weak

34. \* \_\_\_\_ Four  
36. Illegal kind of lab  
38. Urban haze  
42. Affair in Paris  
45. Dee of "Twisted Sister"  
49. Percy Bysshe Shelley's poem  
51. Book storage at a library  
54. Furnish with a fund  
56. "Bravo! Bravo!"  
57. Lush  
58. \*Top seeds in each NCAA basketball region  
59. Type of molding  
60. \*Advancing action  
61. Caffeine tree  
62. "Happily \_\_\_\_ after"  
63. Multiple choice challenge  
64. Recipe amt.  
66. \_\_\_\_ Bucket Challenge

### CROSSWORD

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

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### Crossword Puzzle Solutions on Page 4

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

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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 4

## 5 Year FIXED RATE Home Equity Line of Credit Loan

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Initial APR\*

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By Marlys Johnsen Norris,  
Christian Author

There come times in every life when we just do not think life is fair. Times when we have expectations and nothing happens the way we want them to. It just does not happen and with it comes a sense of heartbreak and hurt feelings. Dealing with them often is hard to deal with, but there is no alternative, we have to do it. No one can do it for us! No one! This is reality and the process does happen. It causes and helps us mature into

## Expectations, Disappointment And Heartbreak

adulthood throughout our lives. Age itself does not guarantee that maturity happens overnight, even though some do mature early in life! It may not seem fair, but for others it takes a lifetime! We are all different and uniquely designed by the Master Creator. God knows when we are ready.

Man was created to be dependent on God because within one's self he is inadequate. Many find God as a partner through life and when they do, the journey though life becomes a continuous blessing, as they learn to cope with issues of their hearts. They learn that feelings are not facts and rely on the Master Creator to help them live through them when things do happen that are painful. They tell God everything through the avenue of prayer. (Talking to God) Those who have a personal relationship are guided into the perfect plan God ordained the day they were created and conceived. They

believe and seek His perfect will for their lives daily.

God miraculous supernatural power can transform every pain into a blessing. He heals and brings renewal with foresight into one's heart that is walking with Him. God's Son Jesus was invited into their heart and soul though the Holy Spirit. He abides in every heart that has sought and found Jesus as their Savior and Lord of their life. Along with God comes a sustaining power to live the Christian life with healing and deliverance of sin and the haunting past. IS TODAY THE DAY OF SALVATION FOR YOU? Don't put it off another day! A Holy Loving Lord and Savior of your soul awaits your decision to NOW Go God's Way and find Hope again!

In His Love,  
Marlys Johnsen Norris  
Award Winning Christian Author  
ARM Columnist since 2006  
Marlysjn@gmail.com ★



By Pastor Ray Dare

Either you have just got out of trouble, or you're in it right now, or you're headed into it. Trouble is a part of life. You will have difficulties. You show what kind of Christian you are by the way you respond to problems. If you cop out, complain, gripe, and run from difficulty, you're not a very mature person either spiritually or emotionally. But if you learn from difficulty you keep growing.

In Acts 27 Paul was headed into a storm. He was being taken as a prisoner to Rome and he warned the captain, "Don't sail out of this harbor, because God has told me there's going to be a storm." In this story we learn three keys to dealing with difficulty.

**Confess my part.** If you brought it on yourself, admit it. Stop blaming other people.

## Pastor Ray's Encouraging Words

### How to Get Through a Storm

Stop making excuses. Face the problem and say, I brought this on myself. The truth is most of our problems we bring upon ourselves. The Bible says, "A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance." God will give you another chance.

**Confront it.** You don't run from it. You can't go under it, over it, around it. You go right into it. The only way to face a storm is head on. If you turn sideways, you're going to capsize. God says "Face the storm, don't fear it. Go straight on into it." God didn't say when you go through the storm it would be easy. He said "I will be with you." God didn't say it will be easy getting through what you're going through right now. But He did say, "I will be with you." And you are going to make it.

**Claim a promise.** There are over 7000 promises in the book that you can claim when you're going through tough times. Vs. 25 "Therefore keep up your courage, men, for I believe God

that it will turn out exactly as I have been told." God will keep His promises. God did not say the ship will make it. God say you will make it.

You may be in a storm right now and have no idea how you're going to make it safely to shore. You may have to get there on a broken piece of the ship, you may have to dog paddle, but you're going to make it. None of us have completely whole lives. We are all broken individuals. You may have a broken heart but you'll make it. You may have a broken home, but you'll make it. God says "I will be with you." Do you feel battered and bashed around? Don't throw away your convictions, your relationship with God, going to church, reading your Bible and praying. You don't give up hope. Confess your part, Confront the storm and Claim a promise and He will see you through.

Pastor Ray  
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<b>Wed., May 9</b> <b>Wed., July 18</b> 11:30 am to 12:30 pm <b>EAST LAWN</b> Sierra Hills Memorial Park & East Lawn Mortuary 5757 Greenback Lane, Sacramento, CA 95841 To RSVP or More Info: <b>916.732.2020</b> Lic. #FD-1242	<b>Thurs., April 5</b> <b>Thurs., June 7</b> 11:30 am to 12:30 pm <b>EAST LAWN</b> Memorial Park & Crematory 4300 Folsom Blvd., Sacramento, CA 95819 To RSVP or More Info: <b>916.732.2000</b>
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# DINNER WITH CHAMPIONS

## THE DANTE CLUB

March 18, 2018  
2330 Fair Oak Blvd., Sacramento, CA 95825

with Special Guests:



Master of Ceremonies  
Event Chairman: Mark Palmero - Ph 916.833.1185

5:00pm to 6:00pm No Host Bar – 6:00pm to 7:30pm Dinner  
7:30 The Show including interviews with Rico and Jack  
Dinner & Show tickets are \$60.00 in advance.

All proceeds benefit Northern California Auto Racing, Inc.  
Northern California Auto Racing, Inc. is a non-profit 501(c)3 IRS approved corporation to raise funds for an auto racing "Hall of Fame & Museum."  
Your donations are appreciated! Thank You!

I would like to purchase "Dinner with Champions" tickets @ \$60.00 each.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

If paying by Credit Card, please complete the following

Name \_\_\_\_\_

Phone \_\_\_\_\_

Credit Card # \_\_\_\_\_

Exp. Date (MM/YY) \_\_\_\_\_ CVV \_\_\_\_\_

Credit Card Billing Zip \_\_\_\_\_

☐ I will not be able to attend, but enclosed please find my contribution in the amount of: \_\_\_\_\_.

For Credit Card payment by phone, call Roy Wilhite at 916-709-8400, Mark Palmero at 916-833-1185 or Rick Scribner at 916-799-3251 to pay by check or credit card, mail this completed form to:

Northern California Auto Racing, Inc.  
9456 Greenback Lane  
Orangevale, CA 95662



2ND ANNUAL "DINNER with CHAMPIONS" FUNDRAISER MARCH 18, 2018

DWC-LOC-1818

## To purchase Dinner with the Champions tickets online go to [www.ncar825.com](http://www.ncar825.com)



# International MARKET

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WEEKLY MEAT SPECIALS



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

**\$2.69** /lb




Chicken Leg Quarters  
Pierna y Muslo de Pollo

**69¢** /lb



Beef Espadilla  
Thin Sliced Shoulder

**\$2.99** /lb




Pork Chops-Bone In  
Chuletas de Cerdo con Hueso

**99¢** /lb



Beef Ribeye Roast-Bnls  
Asado de Ribeye

**\$5.49** /lb



Beef Shoulder  
Clod Steak

**\$2.99** /lb



Pork Leg-Boneless  
Pierna de Cerdo Desahuesada

**\$1.49** /lb



Meaty Pork Neck Bones  
Huesos de Cuello de Cerdo

**99¢** /lb

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Bonus Buy

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 RAINCHECKS. PRICES EFFECTIVE MARCH 7 - MARCH 13.

## HAPPY HOURS

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

**DRAFT BEER \$2.00**

## KARAOKE SPECIAL

Come before 6pm (Valid Time)

**\$1 FOR 6 PEOPLE \$60.00**

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

**\$2 FOR 8 PEOPLE \$80.00**

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

**\$3 FOR 14 PEOPLE \$140.00**

3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 5 Main Dishes (Family Room) (14 inch) (Up to 7 pitchers) (10 Dishes To Choose From)

**\$4 FOR 18 PEOPLE \$180.00**

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

**\$5 FOR 28 PEOPLE \$280.00**


3 Hours Karaoke • 4 Pizzas • Pitcher Soda • Fruit • 7 Main Dishes (Party Room) (14 inch) (Up to 14 pitchers) (10 Dishes To Choose From)

### 10 DISHES TO CHOOSE FROM









OPEN 7 DAYS A WEEK:  
Mon-Thurs 4PM-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




Red Potatoes  
**59¢** /lb



Asparagus Large  
**1.49** /lb



American Eggplant  
**69¢** /lb



Sweet Mini Pepper 1 lb  
**2.39** /lb




Red Radish  
**3.99** /lb



Jalapeno Peppers  
**2lbs/\$1**



Russet Potatoes 10 lb  
**2.39** /lb




Fuji Apples 3 lb Bag  
**2.39** /lb



Mango 9 ct  
**8.99** /box



Sleeved Celery  
**59¢** /lb



Avocado 2 lb Bag  
**2.99** /lb



Mexican Squash  
**69¢** /lb

## AMERICAN/HISPANIC GROCERY



Corn Flakes  
**\$3.99** /box



Kellie's Corn Flakes 18 oz  
**2.39** /box



TAX + CRV Menards Energy Drinks 16 fl oz  
**\$1.39** /box



Puritan Salt & Vinegar Chips 5.5 oz  
**\$1.59** /box



Lantern Apple Juice 64 oz  
**\$1.99** /box



Polynesia Instant Coffee 8 oz  
**\$4.99** /box

## ASIAN GROCERY



Pork and Beef  
**\$6.99** /box




Pork and Beef  
**\$6.99** /box



Pork and Beef  
**\$6.99** /box



Pork and Beef  
**\$6.99** /box



Pork and Beef  
**\$6.99** /box




Pork and Beef  
**\$6.99** /box

## EUROPEAN GROCERY



Lava  
**\$10.99** /box



Lava  
**\$10.99** /box



Lava  
**\$10.99** /box



Lava  
**\$10.99** /box



Lava  
**\$10.99** /box



Lava  
**\$10.99** /box

## KOREAN/JAPANESE GROCERY



CJ Rice 40 lb Bag  
**19.99** /box



Asahi Lager Beer 16 oz  
**1.49** /can



Shin Black Beans Family Pack 4 x 4.55 oz  
**4.99** /box



Chung's Light Tuna in Oil 3 x 135 g  
**4.99** /box



Hot Seasoned Shredded Cattle Fish 3 Kinds 6 oz  
**2.99** /box



Bokchoy Cabbage 2.2 lb  
**5.99** /box



Asahi Lager Beer 16 oz  
**2.99** /can




Red Pepper Paste 16 oz  
**10.99** /box



Bottled Soybean Paste 16 oz  
**3.99** /box



Mitsubishi Soybean Paste 16 oz  
**4.99** /box




Hello Panda 4 Kinds 10 x 30 oz  
**2.99** /box




Miyako Bread 1 lb  
**1.99** /box

## HOUSEWARES



Cuckoo Electric Rice Cooker  
**\$109.99**



Cuckoo Electric Rice Cooker  
**\$109.99**




Cuckoo Electric Rice Cooker  
**\$109.99**



Cuckoo Electric Rice Cooker  
**\$109.99**



Cuckoo Electric Rice Cooker  
**\$109.99**



Cuckoo Electric Rice Cooker  
**\$109.99**

## FROZEN DEPARTMENT



Frozen Soybean Paste 2.2 lb  
**\$4.99** /box



Frozen Soybean Paste 2.2 lb  
**\$4.99** /box



Frozen Soybean Paste 2.2 lb  
**\$4.99** /box



Frozen Soybean Paste 2.2 lb  
**\$4.99** /box



Frozen Soybean Paste 2.2 lb  
**\$4.99** /box



Frozen Soybean Paste 2.2 lb  
**\$4.99** /box


## EUROPEAN DELI



Dutch Mill Grated Cheese  
**\$4.99** /box



Dutch Mill Grated Cheese  
**\$4.99** /box



Dutch Mill Grated Cheese  
**\$4.99** /box



Dutch Mill Grated Cheese  
**\$4.99** /box



Dutch Mill Grated Cheese  
**\$4.99** /box



Dutch Mill Grated Cheese  
**\$4.99** /box

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## Be Your Own Bo\$\$

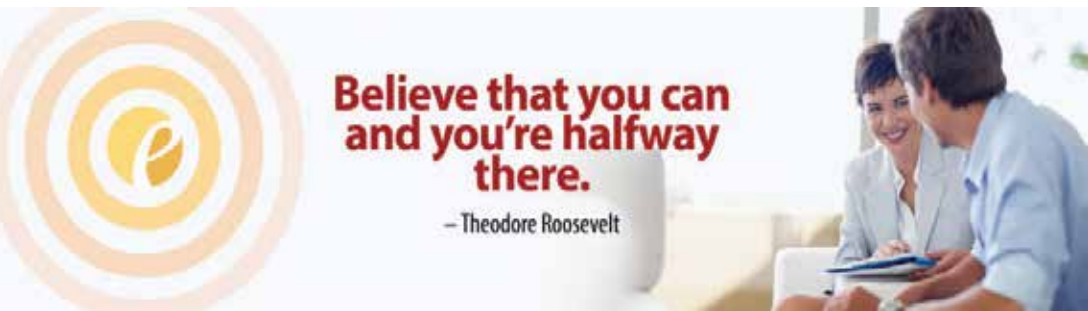
*Do you have what it takes to be self-employed?*

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The Entrepreneur's Source® is the world's largest and #1 franchise coaching organization dedicated to empowering potential entrepreneurs to achieve their personal and professional goals through self-employment.

The Entrepreneur's Source® is recognized as the industry leader in franchise education, coaching and knowledge of opportunities through out the country.

**With over 30 years of experience**, The Entrepreneurs Source® pioneered the franchise coaching industry. Since then, we have been coaching and empowering tens of thousands of individuals to break free from the employment cycle and empower them to achieve their dreams and become self-sufficient through business ownership.



**Believe that you can and you're halfway there.**

— Theodore Roosevelt

### WHY WORK WITH A COACH?

We have extensive experience in all aspects of business and franchise ownership. We are totally objective; so when we say, "Your success is our only business," we mean it.

- We help you formulate and refine your goals and objectives to provide a clear picture of what you are trying to accomplish.
- I provide and educational resources help us understand your strengths, goals, needs, and to find options best suited for you.
- I serve as a sounding board as you evaluate each option against your unique criteria.
- I will also introduce you to a variety of ways to finance the business, including paying yourself through the start-up phase.

**For More Information contact Louis McNerney, Contact Lou at (916) 335-1126 or Visit his Website [www.theEsource.com/LMcnerney](http://www.theEsource.com/LMcnerney)**



## POPPOFF!

with Mary Jane Popp

### Anti-Alzheimers

Alzheimer's is not a word anyone wants to hear because it is a heartbreaking decline of memory and faculties. So could there be a solution...not a magic pill...but one that can forestall, even reverse many symptoms? Doctors **Dean and Ayesha Sherzai**, Co-Directors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center tell me that Alzheimer's disease, Dementia, and other neurodegenerative diseases are 90% preventable through the choices we make every day.

First of all, let's check the Top 10 foods to avoid like Processed foods (cookies, frozen dinners, and white bread, sugar and saturated fats). Add Processed meats, Red meat, Chicken, Butter and Margarine, Fried and Fast foods, Cheese, Pastries and Sweets, Sugary Drinks, and Excessive alcohol to the list.

So what's left? Some of the top Brain-nourishing foods are Avocado, Beans, Blueberries, Broccoli, Coffee, Dark Chocolate, Extra Virgin Olive oil, Flax seed, Herbal Tea, Herbs, Leafy greens, Mushrooms, Nuts, Omega 3 Fatty Acids, Quinoa, Chia and Sunflower seeds, Spices, Sweet potatoes, Turmeric, and Whole grains.

And here are some activities that build cognitive reserve.

#### 1) LEARNING A NEW

**LANGUAGE.** Main functions involved: language processing (new words and expressions), memory centers (memorizing, calling upon old memories to understand new material), frontal lobe (understanding the language in context), and problem solving (forming a written or verbal response).

**2) LEARNING A MUSICAL INSTRUMENT.** Motor skills, Memory Centers, Processing, and Mood (understanding the emotional subtleties of the music).

**3) COMPUTER PROGRAMMING.** Memorizing new codes and knowing how the codes work together, selecting new codes and typing...motor skills.

**4) WRITING A BOOK.** Attention and focus with typing passages, recalling research stories and ideas, organizing and structuring and re-creating emotions on the page.

**5) KARAOKE.** Reading and performing lyrics, interpretation of the song, modulating your voice, and recalling a particular song.

**6) PERFORMING STAND-UP COMEDY.** Memorizing your set, reading the audience, creating material and physical appearance on the stage.

**7) LEARNING TO DANCE.** Physical coordination, fine motor movements, responding to music, memorizing choreography, and understanding different dance techniques.

**8) CHESS CLUB OR GROUP CARD GAMES.** Remembering your cards and the rules for each game, step-by-step strategy concentration on the game, and planning how you will win.

**9) MENTORING OTHERS IN YOUR FIELD.** Remembering and drawing from your experience, focusing on the mentoring activity, reading another person's emotions and motivations, coming up with options and solutions.

**10) VOLUNTEERING TO TEACH.** Remembering the subject matter, focusing on the teaching, responding to student needs, examining and explaining multistep solutions.

**11) JEWELRY, CRAFTS, MODELS OR ART.** Understanding complex designs, memorizing techniques and patterns, concentrating on the activity, and the physical act of assembly.

**12) TAKING COMMUNITY COLLEGE COURSES.** Memorizing new words and concepts, understanding multistep thinking, applying new theories to find solutions.

The good docs told me even daily brisk walks result in a 40% lower risk of developing Alzheimer's later in life. Social support and engagement influence our brain and how it ages too. Check out their book **"The Alzheimer's Solution"** and [www.teamSherzai.com](http://www.teamSherzai.com). **KEEP ON KEEPIN' ON!** ★

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Donald Kendrick, Music Director

**SPRING SEASON 22**



## Praise and Jubilation

West Coast PREMIERE

*Jubilate Deo* | Dan Forrest

*Te Deum* | Antonin Dvorak

*Ancient Airs and Dances* | Ottorino Respighi

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

Projected  
supertitle  
translations

### GUEST CHORUSES

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

Saturday, May 12, 2018 at 8 pm

Pre-concert talk by Donald Kendrick 7 pm

Sacramento Community Center Theater



## Healthy, Wealthy & Wise



## Sunrise Mall FARMERS MARKET

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- ⇒ 80+ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
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### 2nd Saturday



**Artisan & Crafts Show**  
SUNRISE MALL FARMERS MARKET—YEAR ROUND

Join us every 2nd Saturday to pick up some unique handmade items and art from local artisans and crafters in conjunction with the weekly Farmers Market. Quality made art, furniture, clothing, free trade baskets, blown glass items, jewelry, ceramics and more await you! Open second Saturday of every month all year round from 8 am to 1 pm.



Present this coupon for a chance to win the **OCTOBER FARMERS MARKET GIFT BASKET** and receive 5 Raffle Tickets at the Farmers Market. One Per family. Expires October 31, 2017.

**TICKETS** CCT BOX OFFICE | 916.808.5181 or [TICKETS.COM](http://TICKETS.COM)  
[SACRAMENTOCHORAL.COM](http://SACRAMENTOCHORAL.COM)

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# NorCal Auto Racing to Hold Hall of Fame Fundraiser Dinner

Gary Gerould to MC “Dinner with the Champions” event with Racing’s Stars



Rick Scribner poses with his #15. Photo courtesy NCAR

By Roy Wilhite, NCAR

### SACRAMENTO REGION, CA (MPG)

- Rick Scribner, NCAR’s Vice-president, has been involved in Auto Racing for most of his life. He even met his wife, Janet, in turn #4 at West Capital Raceway.

Rick has raced Sprint Cars, Super Modified and Cup Cars on asphalt and dirt. He has a passion for auto racing (like most race car owners and drivers). His son Chris currently races the family owned #5 Late Model.

Rick is on the founding Board of Directors of Northern California Auto Racing, Inc., (NCAR). Rick and his company Scribner Plastics, Inc. is a strong supporter of NCAR’s drive to acquire a “Hall of Fame and Museum” for Northern California Auto racing’s large following of enthusiasts.


Like most racing individual’s, Rick is looking forward to the NCAR’S “Dinner with Champions” with Gary Gerould as Master of Ceremonies interviewing

Super Stars Rico Abreu and Jack Hewitt on March 18th at the Dante Club in Sacramento.

The Dante Club is located at 2330 Fair Oaks Blvd, Sacramento, California 95825.

To purchase tickets online go to [www.ncar825.com](http://www.ncar825.com).

You can also purchase your tickets by mail. Make your check payable to NCAR and send it to 9456 Greenback Lane, Orangevale, California 95662. For more information call 1-916-709-8400. ★



BAHÁ'Í FAITH  
LIGHT OF UNITY

**“O SON OF SPIRIT!**  
My first counsel is this;  
Possess a pure,  
Kindly and radiant heart,  
That thine may be a sovereignty  
Ancient, imperishable and  
Everlasting.”

from the *“Hidden Words* of Baha’u’llah  
More info: [Isacarmichael@yahoo.com](mailto:Isacarmichael@yahoo.com)  
Telephone: 1 800 22 unite

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**PIG'S EAR**  
**29¢**  
with the purchase of pet, fish food or supply.  
Large Size. \$1.49 value.  
Limit 1 PLU 323 CHM  
Limit 1 Coupon per family  
Effective 3/7/18 - 3/13/18

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**2 FREE FRISKIES CAT FOOD**  
5.5 Oz Tin All Varieties  
(Select Indoor Included & 9 Lives  
With Any Purchase of Pet, Fish Food, or Supply PLU 321  
Limit: 1 Coupon Per Family CHM  
Effective 3/7/18 - 3/13/18

<p><b>AVODERM</b> NATURAL DRY DOG FOOD 24-26 Lb Bag Limit 2 Bags Per Family</p> <ul style="list-style-type: none"><li>•Lamb Meal &amp; Rice <b>\$31.99</b></li><li>•Chicken Meal &amp; Rice <b>\$33.99</b></li><li>•Lite •Original •Large Breed Adult <b>\$33.99</b></li></ul> <p>Effective 3/7/18 - 3/13/18</p>	<p><b>DIAMOND NATURAL</b> DRY DOG FOOD 40 Lb Bag</p> <ul style="list-style-type: none"><li>•Chicken •Lamb •Beef •Large Breed •Senior 35 Lbs •Lite 30 Lbs (Lrg Breed Lamb \$31.99) (Ex Athlete \$36.99)</li></ul> <p><b>\$29.99</b> Effective 3/7/18 - 3/13/18</p>	<p><b>EARTHBORN</b> HOLISTIC DRY DOG FOOD Natural Grain Free</p> <ul style="list-style-type: none"><li>•Pimitive Feast •Great Plain Feast •Meadow Feast •Coastal Catch (Reg. Price \$43.99)</li></ul> <p>28 Lb Bag Limit 2 Bags Per Family <b>\$39.99</b> Effective 3/7/18 - 3/13/18</p>	<p><b>NUTRO MAX</b> GRAIN FREE ADULT RECIPE DRY DOG FOOD •Chicken •Lamb •Mini Chunk</p> <p>25 Lb Bag Limit 2 Bags Per Family <b>\$24.99</b> Effective 3/7/18 - 3/13/18</p>
<p><b>9 LIVES</b> CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family <b>35¢</b> Effective 3/7/18 - 3/13/18</p>	<p><b>FANCY FEAST</b> GOURMET CANNED CAT FOOD All Varieties except Elegant Medley 3 Oz</p> <p>Limit 2 Cases Per Family <b>20¢/\$11.00</b> Effective 3/7/18 - 3/13/18</p>	<p><b>PURINA</b> CAT CHOW DRY CAT FOOD •Regular •Indoor 16 Lb Bag</p> <p>Limit 2 Bags Per Family <b>\$11.99</b> Effective 3/7/18 - 3/13/18</p>	<p><b>SCOOPAWAY</b> CLUMPING CAT LITTER 20 Lb Box •Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.49)</p> <p>Limit 2 Boxes Per Family <b>\$5.49</b> Effective 3/7/18 - 3/13/18</p>

<p><b>PURINA PRO-PLAN</b> CANNED FOOD SALE</p> <p>Limit 2 Cases •Selected Varieties Dog Food 13 Oz <b>\$1.09</b> Cat Food 3 Oz <b>69¢</b></p>	<p><b>WORLD'S BEST</b> CAT LITTER</p> <p>•Original •Extra Strength 14 Lbs Limit 2 Bags <b>\$12.99</b></p>	<p><b>Super Buy</b> <b>CANIDAE PURE</b> GRAIN FREE ADULT DRY DOG FOOD</p> <p>24 Lb Bag Limit 2 Bags •Lamb •Duck •Salmon Only <b>As Marked \$10.00 OFF</b> <b>OUR REGULAR LOW PRICES</b></p>
<p><b>WILDERNESS</b> DRY CAT FOOD <b>AS MARKED \$5 OFF</b> •Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags <b>OUR REGULAR LOW PRICES</b></p>	<p><b>PRECIOUS CAT</b> CLUMPING CAT LITTER</p> <p>18 Lb Bag Limit 2 Bags Per Family <b>\$5.99</b></p>	<p><b>WELLNESS</b> CANNED CAT FOOD</p> <p>Limit 1 •Selected Varieties Case •Grain Free 5.3oz. Core <b>\$1.35</b> Signature Select <b>\$1.39</b></p>
<p><b>PEDIGREE</b> DRY DOG FOOD</p> <p>•Adult 50 Lb Bonus Bag Limit 1 Bag Per Family <b>\$21.99</b></p>	<p><b>JONNY CAT</b> PREMIUM CAT LITTER</p> <p>10 Lb Bag Limit 2 Bags Per Family <b>\$1.69</b></p>	<p><b>MEOW MIX</b> DRY CAT FOOD</p> <p>•Original Choice 16 Lb Bag Limit 2 Bags Per Family <b>\$10.99</b></p>
<p><b>CAT COUNTRY</b> PREMIUM ORGANIC CAT LITTER</p> <p>Limit 2 Bags 20 Lb <b>\$7.49</b> 40 Lb <b>\$13.99</b></p>	<p><b>PEDIGREE</b> CANNED DOG FOOD</p> <p>•Choice Cuts in Gravy •Chunky Ground Dinner•Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct) <b>69¢</b></p>	<p><b>SCIENCE DIET</b> IDEAL BALANCE DRY DOG FOOD</p> <p>30 Lb Bag Limit 2 Bags •Adult •Mature Adult <b>\$34.99</b> •Large Breed Adult <b>\$39.99</b></p>

<p><b>PET-MATE COMPASS PET KENNELS</b></p> <table><tr><td>19" (5.00 OFF)</td><td>32" (15.00 OFF)</td></tr><tr><td>24" (5.00 OFF)</td><td>36" (20.00 OFF)</td></tr><tr><td>28" (15.00 OFF)</td><td>40" (20.00 OFF)</td></tr></table> <p><b>OUR EVERYDAY LOW PRICE!</b> (NEW Vari Kennels All sizes 20% off)</p>	19" (5.00 OFF)	32" (15.00 OFF)	24" (5.00 OFF)	36" (20.00 OFF)	28" (15.00 OFF)	40" (20.00 OFF)	<p><b>DINGO</b> MEAT &amp; RAWHIDE CHEWS</p> <p>•Meat in the Middle •Bones •Chip Twister All Varieties <b>20% OFF</b> <b>OUR SUPER LOW PRICES</b></p>	<p><b>PET CLOTHING SALE</b> <b>20% OFF</b></p> <p>•Fashion Brand •Outdoor Dog •Sweaters •Raincoats •Coats •Jackets <b>OUR REGULAR LOW PRICES</b></p>	<p><b>PENN PLAX</b> BIRD LIFE BIRD PRODUCTS</p> <p>•Regular •Natural All Varieties <b>20% OFF</b> <b>OUR SUPER LOW PRICES</b></p>	<p><b>SCOOP FREE</b> LITTER TRAY CARTRIDGE</p> <p>(Automatic Litter Box - \$99.99) <b>\$15.99</b></p>
19" (5.00 OFF)	32" (15.00 OFF)									
24" (5.00 OFF)	36" (20.00 OFF)									
28" (15.00 OFF)	40" (20.00 OFF)									

<p><b>MARINELAND</b> <b>POWER FILTER SALE</b></p> <p>MODEL TANK SIZE PET CLUB SALE</p> <table><tr><td>PENGUIN 100B</td><td>20 Gal.</td><td><b>\$17.99</b></td></tr><tr><td>PENGUIN 150B</td><td>30 Gal.</td><td><b>\$24.99</b></td></tr><tr><td>PENGUIN 200B</td><td>50 Gal.</td><td><b>\$29.99</b></td></tr><tr><td>PENGUIN 350B</td><td>75 Gal.</td><td><b>\$39.99</b></td></tr></table>	PENGUIN 100B	20 Gal.	<b>\$17.99</b>	PENGUIN 150B	30 Gal.	<b>\$24.99</b>	PENGUIN 200B	50 Gal.	<b>\$29.99</b>	PENGUIN 350B	75 Gal.	<b>\$39.99</b>	<p><b>TETRA BOXED 10 GALLON TANK</b> With Economy Kit <b>\$36.99</b></p> <p>Just add Heater For Tropical Fish Limit 1 Per Family</p>	<p><b>KORDON WATER CONDITIONERS</b></p> <table><tr><td>Amquel 16 Oz</td><td><b>\$5.99</b></td></tr><tr><td>Amquel Plus 16 Oz</td><td><b>\$5.99</b></td></tr><tr><td>Novaqua Plus 16 Oz</td><td><b>\$5.99</b></td></tr></table>	Amquel 16 Oz	<b>\$5.99</b>	Amquel Plus 16 Oz	<b>\$5.99</b>	Novaqua Plus 16 Oz	<b>\$5.99</b>	<p><b>O.S.I. PREMIUM FISH FOOD</b> ALL VARIETIES</p> <p>•Freshwater •Goldfish •Marine •Spirulina <b>20% OFF</b> <b>OUR SUPER LOW PRICES</b></p>
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<p><b>BONUS COUPON</b> <b>FANCY FEAST</b> ELEGANT MEDLEYS CANNED CAT FOOD</p> <p>Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/7/18 - 3/13/18 <b>59¢</b> CHM PLU 568</p>	<p><b>BONUS COUPON</b> <b>PURINA</b> WHISKER LICKINS CAT TREATS</p> <p>•Soft &amp; Delicious - 2.5 Oz •Crunchy &amp; Yummy - 1.7 Oz Limit 2 Pouches with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 3/7/18 - 3/13/18 <b>69¢</b> CHM PLU 446</p>	<p><b>BONUS COUPON</b> <b>ARM &amp; HAMMER</b> CAT LITTER DEODORIZER</p> <p>20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/7/18 - 3/13/18 <b>\$1.49</b> CHM PLU 422</p>
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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.

Helping those caught in homelessness is an act of compassion — part of our duty as human beings. But handing out free stuff doesn’t really solve the problem or provide a path out of homelessness — but a job might.

Homelessness is increasing in Sacramento County every year, and the community is demanding action to reverse this worrying trend. Last year, Sacramento County introduced four new homeless initiatives geared primarily towards increasing access to homeless shelters and free/affordable housing, which is in critically low supply compared to the enormous demand. But while these programs are important, I can’t help but feel that we are neglecting to adequately address the issue of helping them get a job, which is the biggest thing that can be done to ensure people experiencing homelessness break the cycle and become self-sufficient.

When I am in Citrus Heights talking with my constituents, many people tell me we need to make more services available to people experiencing homeless. But an equally large number of people tell me that

Citrus Heights Community Update

A Working Approach to Homelessness

the more services we provide, the more homeless are attracted to the area, and the more we are making them dependent on government handouts.

This was especially evident to me during my most recent survey of Citrus Heights residents, where over 65% of respondents told me that they think we need to have a mix of “compassion” and “tough love” when trying to decrease the explosion of homelessness. I believe helping connect people to a job allows them to regain their sense of self-worth, establish a level of trust with their local government so they can be connected to available services, and eventually become productive members of society again (and potentially even give back). This is a concept that everyone should be able to agree with.

Many of the people experiencing homelessness have simply lost hope and given up; they do not remember what it is like to work for a paycheck and they lack self-confidence. By getting paid for doing work, they can help to restore their sense of self-worth, and also begin to establish a level of trust with their local government so they can be connected to available services designed to help them get back on their feet.

To that end, earlier this year I began working with staff to create a program to connect homeless individuals with jobs and training. We do not have to reinvent the wheel, there are programs across the country that have seen great success that we can use as a models. I’m not predisposed to one model over another — as long as we create something that works for Sacramento County.

One program that has been utilized now in 15 cities is where a local non-profit is contracted

to drive to areas frequented by panhandlers and offer them day labor, such as landscape beautification and garbage removal — or even homeless camp cleanup. This reminds them of the dignity and pride of what it is like to earn a paycheck, and has proven to be a catalyst for real change (in one city alone, this program has directly contributed to over 70 full time jobs and dramatically reduced panhandling). Another program in a nearby California city works with specific businesses to offer incentives to hire people experiencing homelessness.

As the plan is drafted, I will be inviting the Citrus Heights community to give me feedback so the best possible plan can be put forward for possible funding. I want to hear from everyone, so that it isn’t just political leaders and staff who have a say in the process. If you want to stay up to date, please sign up for my e-newsletter by going to [www.saccounty.net/suefrost](http://www.saccounty.net/suefrost) and click on the link that says “E-Newsletters”.

Finally, I want to invite everyone to my next Citrus Heights community meeting on March 15th at 6:00pm at City Hall in the conference room (6360 Fountain Square Drive). This is an opportunity for you to get an update from me and to ask me any questions you may have. Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at [SupervisorFrost@saccounty.net](mailto: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 Murietta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★

No Vet Left Behind



The Stand Down will offer veterans access to employment counseling, CalVet Benefit referrals, medical, vision and dental services, flu shots, eyeglasses, pet care, including microchipping, nail clipping and more.

Continued from page 1  
growing number of veterans who were struggling with figuring out the often complicated process to accessing VA services and benefit programs, not to mention they needed food, clothing and other essentials.

“We started out of course by forming the HART team to deal with homeless needs, but when we got more deeply involved in the community, we found out that there was a growing number of veterans among that group and we felt we had to do more,” Lyons said.

The Stand Down, which is expected to serve some 200 veterans and accompanying family members, goes well beyond delivering the basics. Through the help of donations and support from community and corporate sponsors, the Stand Down will also offer veterans access to employment counseling, CalVet Benefit referrals, medical, vision and dental services, flu shots, eyeglasses, pet care, including microchipping, nail clipping and more, and even haircuts and supplies to keep healthy.

Many homeless and housed veterans alike are struggling with substance abuse. For them, representatives from treatment

facilities will be on hand to connect them with appropriate recover services if they want them. If someone needs to renew their driver’s license or obtain a bus pass, there will be help on hand for that, too. There will even be representative providing legal aid support to veterans who have legal issues to sort out but need help getting started.

“Essentially this is a day for veterans to join under one roof to get the help they need to live lives of dignity,” said Lyons. “We have amazing volunteers, but we always need more of them. And, we have wonderful community and corporate sponsors who support this event, as well.

Current corporate sponsors include Target, Quick Quack Car Wash, Dignity Health, Chase Bank and Stones Gambling Hall. The Stand Down is also supported by a vast number of Citrus Heights-based organizations including Sunrise Marketplace, Inc., the Auburn Boulevard Business Association, Sylvan Ranch Community Garden, Sunrise Food Ministry and Francis House, and through key partnerships with the Citrus Heights Police Department and

Sacramento elected officials, among others.

Socks, boots, T-shirts, warm jackets, shampoo, toothpaste, backpacks and pet food are at the top of the list of items needed for the veterans, said Lyons. Volunteers are needed, as well, to help sort through donations and serve food.

“It takes an army,” said Lyons. “We need supporters and volunteers to help us make this day of service for our veterans a successful one.”

Lyons said shuttle service to and from the Stand Down will also be available for those who do not have transportation. ★

HOW TO HELP: CITRUS HEIGHTS VETERANS STAND DOWN

**When:** Tuesday, April 3 from 9 a.m. to 4 p.m.

**Where:** Holy Family Church, 7817 Old Auburn Rd.

**For information about Sponsorships and Donations:**

**Call:** (916) 305-9375 or e-mail: [babtmk@comcast.net](mailto:babtmk@comcast.net)

**More info:** [www.citrusheightshart.org/events](http://www.citrusheightshart.org/events)

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