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# Citrus Heights Messenger

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

VOLUME 8 • ISSUE 07

Serving the City of Citrus Heights & Sacramento County

APRIL 13, 2018

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## Rusch Home History Day Takes Visitors Back 100 Years



City Council Member Jeannie Bruins and Ted Mitchell at the event (above). Sunrise Recreation and Park District Administrator Dave Mitchell (at left, lower photo) discusses future plans for the Rusch Home with life-long Citrus Heights resident Luanne Leineke (far right). Photos by Larry Fritz

**By Elise Spleiss**

**CITRUS HEIGHTS, CA (MPG)** - March 31, 2018 was a day of browsing through Citrus Heights history for the nearly 300 who visited the 102-year-old Rusch Home located at 7301 Antelope Road. Guests represented generations of long-time Citrus Heights residents, many having watched their city grow from a small farming town to becoming part of Sacramento County's Central Township in the 1850's to finally becoming incorporated as a city

on January 1, 1997. Now it is an up and coming city with a population of over 87,000. Everything from a resident of 80+ years to a new transplant would want to know was held within the walls of this 1,700 square foot home, surrounded by hundred-year-old heritage oaks, shrubs and heritage rose bushes. History unfolded before them in text and photos on 20 large colorful history display panels and in a 16-minute silent black and white film. Donated to the city by the estate of Maurice

Rasmussen, who was in charge of public relations for the Chamber of Commerce when it was started in 1958, the video is a traveling journey to 20 locations which still exist, along with the visual stories of people and organizations. Reliving step by step each turning point, milestone and highlight of the city's history,  
*Continued on page 10*

## Sacramento County Credit Rating Increased

**Sacramento County  
News Release**

**SACRAMENTO REGION, CA (MPG)** - As a result of Sacramento County's commitment to fiscal responsibility, major credit-rating company Standard and Poor's Rating Services (S&P) raised the County's credit rating two notches.

Following the Great Recession in 2008, Sacramento County diligently worked to strengthen the region's economy, financial flexibility and fiscal stability, providing more job opportunities and housing options while also implementing new budget processes and financial policies.

S&P raised Sacramento County's credit rating to the following:

- County Long Term Rating from "A" to "AA-"
- County Pension Obligation Bonds from "A" to "AA-"
- County Certificates of Participation from "A-" to "A+"

Additionally, the S&P's rating report highlighted the following factors as areas of strength for Sacramento County:

- Strong economy, with access to a broad and diverse metropolitan statistical area
- Strong management, with good financial policies and practices under S&P's Financial Management Assessment methodology
- Strong budgetary performance, with operating surpluses in the general fund and at the total governmental fund level in fiscal 2017

S&P summarized Sacramento County's position in their annual report, stating that their rating "reflect(s) our view of the County's restoration of positive available fund balances, resulting in an improvement in the county's financial flexibility, as well as our opinion of the county's improved economy, as reflected in improved wealth and income indicators." ★

## The Playmakers: "Team Means Family"

**Story and photos  
by Rich Peters, MPG Editor**

**SACRAMENTO REGION, CA (MPG)** - "Family: I am a Playmaker. I have been blessed with coaches who care about me, pour into me, coach me hard, and love me. Someday I may be a Mom or Dad. I will be prepared to finish the job and pay-it-forward. That is what a Playmaker does, and I am a Playmaker. I will not tolerate bullying, speaking negatively about someone, or being unkind. Team means family."

That is the first of the four core values in the Playmakers Creed that program founder and executive director Greg "Coach Roz" Roeszler instills into his student athletes from day one. Established in 2009, The Playmakers Organization is more than just an after

school program, it's a family. Family, followed by Academics, Serving Others and Winning With Honor.

There are three components to the program: Character and Leadership, Reading and Literacy and Sports and Recreation. "The program is about integrating sports with character," according to Skycrest Elementary 5th grade teacher Jinne Calvi.

Skycrest Elementary in Citrus Heights is just one of four current locations



To support Coach Roz (photo at left) and the Playmakers, join them at their annual BBQ dinner on April 28. Visit [theplaymakers.org](http://theplaymakers.org) for more information. (Photo of Coach Roz supplied by the Playmakers)

that the program is currently serving, along with schools in Rancho Cordova, Folsom and Woodland with expansion to Antelope and Rocklin on the horizon.

The nonprofit program is for third,

fourth and fifth graders from all different backgrounds and walks of life. They are referred by their teachers, but participate after school voluntarily. "We are

*Continued on page 10*



# Women’s Empowerment Graduates 1,500th Formerly Homeless Woman

24 Women Once Homeless Graduate From the Sacramento Job-Readiness Program

By Kate Towson

**SACRAMENTO REGION, CA (MPG)** - Community members from across Sacramento witnessed Women’s Empowerment graduate its 1,500th formerly homeless woman, Cynthia Miller of Citrus Heights, in mid-March. Miller joined 23 other graduates as they completed the comprehensive nine-week job-readiness program for homeless women.

Miller was homeless with her three young children when she was accepted into Women’s Empowerment’s job-readiness program.

“Women’s Empowerment truly gave me hope and it boosted my confidence. It was so empowering because it made me realize how much I have to offer our community.”

Miller’s immediate goal is to attend college in the fall to obtain her Certified Nursing Assistant (CNA) certificate and begin working at a senior living facility.

“My ultimate goal is stop this cycle of homelessness so my children don’t have to grow up in it anymore. I plan on providing a stable home for them and enrolling them in a school where they can make friends for life. Having all of the support from Women’s Empowerment helped me discover that achieving my dreams is possible.”

Held at the VFW Post 67 in Sacramento, 100 graduation attendees heard each graduate’s story and future plans. Each woman accepted their certificates of achievement



Recent graduate Cynthia Miller and her children. The award-winning organization has graduated 1,503 homeless women and their children. Last year, 92 percent of graduates found homes and 77 percent found jobs or enrolled in school or training. Photo courtesy Women’s Empowerment

from Intel, the California Assembly and Women’s Empowerment. She received a new handbag filled with a day planner and other items designed to help her succeed from the generous employees of Dignity Health, and enjoyed a lovely reception sponsored by Kiwanis Club of Greater Sacramento.

“Our graduation ceremonies are a unique community event where women like Cynthia can be celebrated for their accomplishments,” said Lisa Culp, executive director of Women’s Empowerment. “At Women’s Empowerment, we know that employment and education are

the most long-term solutions to truly ending homelessness. And today 24 formerly homeless women are re-joining our workforce, regaining safe housing and breaking the cycle of homelessness for themselves and their children. They are ready to achieve their dreams.”

Women’s Empowerment was featured on NBC’s The TODAY Show in 2015 for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The award-winning organization has graduated

1,503 homeless women and their children. Last year, 92 percent of graduates found homes and 77 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women’s Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: [www.womens-empowerment.org](http://www.womens-empowerment.org). ★

# Light Up or Leave It Alone?

Employers Face a New Problem

By Rick Reed

**SACRAMENTO REGION, CA (MPG)**

- Sacramento employers are caught between a rock and a hard place as marijuana is now a legal recreational drug in California, but still outlawed by the Federal government. In many ways nothing has changed for regional companies with Federal contracts, transportation or safety issues in the workplace despite California voter approval of ‘pot’ use.

Pacific Staffing asked top regional companies if recreational marijuana use in the first three months of 2018 resulted in any issues in the workplace. While not all could or would answer twenty-seven percent (27%) of those responding said ‘Yes’. Among the impacts noted by newly legal pot use were employees fired for keeping a ‘stash’ at work, more ‘red eye’ observed on the job, absenteeism, tardiness and one employer reporting a job injury from ‘inattention’.

While state law allows recreational marijuana use, most employers say little has really changed in at-work policy as sixty-two percent (62%) reporting say they still pre-test for employment, thirty-six percent (36%) random test for safety while another thirty-six percent (36%) described their company as ‘drug free’ with eleven percent (11%) stating a ‘zero tolerance’ policy that remains in place. While many of those contacted directly by phone between February 27 and March 23, 2018 recognize state law has changed, eleven percent (11%) consider ‘pot’ use similar to alcohol and unacceptable

at work. For job applicants and current employees any use might become problematic as testing remains unable to pinpoint exactly how long it’s been since marijuana was consumed.

One anecdotal comment noted, “Never, ever come to work drunk or high” as the best practice.

Another HR contact said misunderstanding by applicants recently resulted in problems in hiring, as a recent driver position drew nine people with seven dropping out of the potential employee pool because they thought ‘smoking pot’ was now ‘okay’ and failed a drug screen.

Sixty-Five percent (65%) of regional companies surveyed will hire in the second quarter, with demand in April, May, June equally split between motivation for workforce expansion (46%) and attrition (46%).

General labor, entry level to skilled trades employers say applicants are in short supply in the Sacramento area. Sales, manufacturing, warehouse/shipping, product assembly and a wide range of technical skills are in high demand. Companies also sought construction estimators, escrow experience, route/delivery drivers and accounting/finance backgrounds.

For more information, employment blogs & market surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com).

Sacramento Regional Top Companies Polled by Industry were Service at 42%, Manufacturers at 29%, Construction at 19% and Retail at 10%.

Source: Pacific Staffing ★

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# Rosa Umbach: Heart & Soul

Story and photo  
by Jacqueline Fox

**CITRUS HEIGHTS, CA (MPG)** - Rosa Umbach chairs the Citrus Heights Chamber of Commerce’s Education Committee and also is a member of its board of directors. Rosa was recently awarded the Chairperson’s Award for 2017 by the Chamber’s immediate past chairman, Johnnise Downs, in recognition for her influence in the community and support of the agency’s mission and board. Umbach, a mother of four, has a long history of working with individuals with disabilities and the homeless. But giving back has always been a family affair.

**Q:** What is your professional background?

**A:** I retired from the State of California in 2009. I worked in Information Technology. When I retired I was one of their managers working with disaster recovery planning and risk managing for 150 state agencies.

**Q:** How did you get involved with the chamber?

**A:** It was actually my husband, Ken, who got me involved. When he retired from his work in public policy in 2003, he started Umbach Publishing & Consulting and became a member. I started joining him and when I retired in 2009 I got very active by going to the education committee meetings and supporting chamber events. Eventually I became vice chair of the committee under Cendrinne DeMattei is now the chamber’s current executive director).

**Q:** Tell us about the work of your committee.

**A:** Our primary focus is to find out what students and teachers need across our area and that includes more than just supplies. If there are kids who need coats, I’ll go out and find coats on sale for kids in need. We survey our schools each year and we ask them for a list of their needs and we run the school supply drive in July and August. We do this in summer so that by the time the school year begins they have something to start with. We do one drive, but we distribute supplies, as well as any cash or gift cards twice a year, once in fall and again in the spring.

**Q:** The committee also oversees the Job Readiness Program. Tell us more about that?

**A:** This is a program for sophomore students. If they want to, they go through our business academy where they learn all of the facets of looking for a job and keeping a job, such as communications, resume preparation skills, work ethics and interviewing. It’s a very successful part of our programming. When I took over as



Rosa Umbach was recently awarded the Chairperson’s Award for 2017 in recognition for her influence in the community and support of the agency’s mission and board.

chair, we held the Job Readiness trainings once a year. Now we do it in fall and again in January because it has been so well-received.

**Q:** You are an advocate for individuals living with disabilities. How did this work come to you?

**A:** Yes. This work is very much a part of my heart. My mother’s sister, Aunt Ruth, was born with cerebral palsy. I began by first helping her at the facility where she was until she got her own apartment at age 60. I became the third generation of women in our family to care for her. I got to see up close how people living with disabilities were treated in the community and I wanted to be an advocate for them. She wanted to paint but she was not able to use her hands. So I helped have a helmet made for her that she used to paint with. When she was given an apartment, she was matched up with a young girl, Laura, as a roommate. I call her “Aunt Laura.” Aunt Ruth passed away in 2010. But today, I am Aunt Laura’s power of attorney. She became family. I have more people who are part of my family who aren’t blood related.

**Q:** Where did that experience take you?

**A:** When Aunt Ruth passed away, I wanted to continue working with individuals with disabilities. I learned about A Touch of Understanding. It is such an awesome group. They provide incredible trainings for

youth to give them tools for developing compassion from those who are different from them. I trained and have worked as a volunteer workshop coordinator for ATOU since 2010.

**Q:** Your spirit of giving back seems to be in your blood. Were your parents involved in volunteering?

**A:** Yes. My mother was a volunteer paramedic and my dad was a volunteer firefighter, both for Sutter County. When they passed away, the fire department escorted their caskets.

**Q:** Did you raise your children with the spirit of giving back?

**A:** Absolutely. My late husband and I always talked about this with our kids when they were growing up. We used to take them to the mall every Christmas and each of them would get a name from the Christmas tree for needy children and we’d take them to shop for a present to give.

**Q:** What other areas of volunteerism are you involved in?

**A:** Ken and I were, and I guess I still am, very involved with rescuing cats. It started with the recession, when a lot of people were losing their homes to foreclosure and leaving their animals behind. Also, I support a local couple who distribute toiletry kits to the area homeless and often will pass out meals. Those toiletry items seem like a small thing, but believe me they make a difference. ★



CITRUS HEIGHTS  
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CONNECTING BUSINESS EDUCATION COMMUNITY



Cendrinne DeMattei  
Executive Director

Many businesses join a Chamber and then try to figure out how to use it to increase sales or add more customers. The Chamber can help you do that with our Maximize Your Membership quarterly sessions. Designed with the new member in mind but open to all members, this working-lunch session provides membership with an overall look at how the Chamber works

## Maximize Your Membership

to serve them. In addition, the information shared gives the attendees many quick and easy ways to drive business their way. Some events and activities are relatively inexpensive to participate in and the Chamber staff is always available to assist in making a businesses’ efforts to promote successful. Whether through a ribbon cutting, hosting a Coffee Networking or attending a monthly Luncheon or special event, there are ways for a member to maximize its investment through the Chamber involvement. To learn more about how the Chamber can assist you with your marketing plans, please call the Chamber Office at (916)722-4545. Mon –Fri, 9:00 am to 5:00 pm.

Please join us in welcoming our newest members!

### • Welcome New Members •

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
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| ● Living Word Christian Fellowship   | ● Tytanium Ideas                    |
| ● Absolute Comfort Heating & Air     | ● Heather Santos - Associate Member |
| ● All Stage Canine Development, Inc. | ● Lighthouse Window Cleaning, Inc.  |
| ● Blondie’s Pizzeria                 | ● Panchito Mexican Restaurant       |
| ● Costco Wholesale #771              | ● Edible Express                    |

### • Upcoming Meetings and Events •

#### Chamber Monthly Luncheon

Tuesday, April 10th – 11:30 am to 1:00 p.m.  
Northridge Country Club  
Greater Sacramento Economic Council  
John Krueger, EVP

#### Chamber U Seminar

Tuesday, April 17th, 8:00 a.m. – 9:30 a.m.  
Topic: Business Assistance from the City  
Citrus Heights City Hall, Large Conference Room  
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For More Information or to Join the Chamber,  
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**Crossword Puzzle on Page 5**

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

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Sudoku Puzzle on Page 5

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

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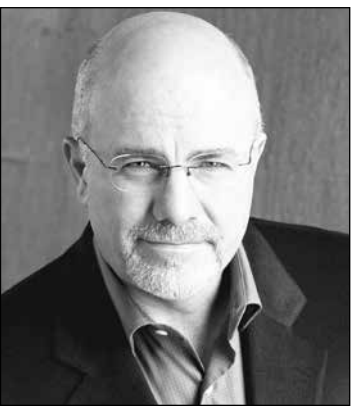
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Two extremes

Dear Dave,  
I'm about to graduate from college, and while I've been in school my mom has been handling most of my finances. Recently, I discovered she's been taking my student loan money and spending it on herself. So far, it looks like she's taken around \$12,000, and I have a total of \$25,000 in student loan debt. Since I realized this was happening, I've been reading your books and learning how to manage my own money. I don't know how to deal with this situation with her, though. She admits she did wrong, but says she can't pay it back. Can you help?  
-Alan

Dear Alan,  
I hate hearing this. There's

Dave Says

no easy way to deal with these kinds of situations.  
The first thing you need to do is take over complete and total control of all your finances. Shut down any accounts that have her name on them, and anything else financially-related that she can access. I know this sounds harsh, but she has proven she's just not trustworthy. It's a hard thing to hear about a parent, but at this point you've got to take steps to protect yourself. What she has been doing is theft, and financial child abuse.

One extreme is to press criminal charges. The other extreme is to just forget it, and pay it. In between is a promise from her to repay everything she has taken, but she's already out of control. That's a promise that wouldn't be kept. The problem with prosecuting someone criminally for this type of action — other than the emotional toll, because she's your mom — is the money's already gone. It's doesn't make them magically have the money to repay you. On top of all this, you'd have a really hard time legally getting the student loans removed from your name due to theft.

Honestly, under the circumstances I think you're probably going to end up eating this. But sit down, and try to have a calm, clear discussion about what has happened, and why it happened. Let her know first, without a doubt, that you will criminally prosecute her if she ever uses your name to put money into her own pocket again. Second, tell her you're prepared to forgive her and forget about it — and she pays you back at some point, if she can — if she agrees to get some financial and emotional counseling.  
Try to get her some help, and get her under control, Alan. If you don't, I'm afraid things are only going downhill from here.  
—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. ★

River Cats to Partner with CW31 to Broadcast Games in 2018  
Local CW Affiliate Will Broadcast Nine River Cats Home Games During the 2018 Regular Season

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats and CBS13/CW31 have announced that they will partner to broadcast nine Saturday home games during the 2018 regular season. The games will be available locally in the Sacramento market on CW31, home of Good Day Sacramento.  
After a successful broadcast of the 2018 Exhibition Game between the Sacramento River Cats and San Francisco Giants on CW31, the partnership has been extended for 2018 to include games on April 28, May 12, May 26, June 9, June 23, July 14, July 28, August 11, and August 25. Each game is scheduled to begin at 7:07 p.m. and

coverage on CW31 will begin at 7:00 p.m.  
“We are thrilled to expand on our relationship with KMAX-TV to bring even more River Cats baseball to those in the Sacramento Region,” says Chip Maxson, General Manager of the River Cats. “This new partnership will go far beyond a broadcast as we hope to bring our fans closer than ever to the action, introduce them to the personal side of players and coaches, while also working to impact our community in new and exciting ways.”  
“CBS13/CW31 are proud to be the official Sacramento stations of the San Francisco

Giants, and now the Sacramento River Cats. The River Cats are a great source of local sports entertainment and we are looking forward to televising their games, while also featuring the team's players and coaches on Good Day Sacramento and CBS13 Sports Xtra.” says Jay Howell, Vice President and General Manager of KOVR and KMAX-TV.  
Ticket plans and single-game tickets are available now for the 2018 season. For more information, please visit rivercats.com, email tickets@rivercats.com, or call the River Cats Ticket Hotline at (916) 371-HITS (4487). ★

STATEPOINT CROSSWORD • EARTH DAY

**CLUES**

**ACROSS**

1. Caprese birthplace  
6. Vigor  
9. Opera house box  
13. Completely dedicated  
14. \*Earth Day month, acronym  
15. Boiling kettle emission  
16. Dog collar attachment  
17. Lao-tzu follower  
18. Think tank output  
19. \*Greenhouse gas  
21. \*Green transportation  
23. U.N. labor issues org.  
24. Copper coin  
25. Unit of electrical resistance  
28. Short for “and elsewhere”  
30. Take for ransom  
35. Blow up  
37. \*What exhaust pipes do  
39. Cabbage  
40. “I’m \_\_\_\_ you!”  
41. Alternative to talkers  
43. Russian autocrat  
44. Must-haves  
46. Was aware of  
47. Giant Himalayan  
48. Put on a pedestal  
50. “Team” homophone  
52. Say it to agree  
53. Halfway permission  
55. Mouth piece  
57. \*Homemade fertilizer  
61. \*Marked with different recycling codes  
65. Shylock’s practice  
66. O in OPEC  
68. Île de la Cité river  
69. Blackthorn fruit, pl.  
70. Future fish  
71. Mixed breed dogs  
72. One trick animal?  
73. Rain byproduct  
74. “Bye” to Banderas

**DOWN**

1. “\_\_\_\_ down!”  
2. Sheltered, nautically

3. \_\_\_\_ du jour  
4. Hindu sage  
5. Get a lungful  
6. Toupee spot  
7. \*Federal org.  
8. Exploratory spacecraft  
9. “\_\_\_\_ and the Tramp”  
10. Crude group  
11. Hockey score  
12. Highland tongue  
15. Target of crime  
20. Prominent  
22. Desk well content  
24. Grisham novel “The \_\_\_\_”  
25. \*Diminishing layer  
26. Sharpens  
27. Sacred song  
29. In a frenzy  
31. Half-rotten  
32. Offensively curious  
33. Winged  
34. \*The \_\_\_\_ Agreement  
36. Pie a la \_\_\_\_  
38. \*Oxygen generator  
42. Excellent, old fashioned  
45. Indian soldiers in Great Britain’s army, e.g.  
49. More, in Madrid

51. Unwholesome atmosphere  
54. \*Nature’s rage  
56. Impostor  
57. Intersection of two arcs  
58. Capital of Norway  
59. Negatively charged particle  
60. The hunted  
61. Same as pleaded  
62. South American monkey  
63. Sean Penn’s movie “\_\_\_\_ the Wild”  
64. \_\_\_\_ pool or \_\_\_\_ pit  
67. Debtor’s letters

**CROSSWORD**

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
			23					24						
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41			42		43				
44				45		46				47				
48					49		50			51		52		
					53		54			55		56		
57	58	59	60					61			62	63	64	
65						66	67			68				
69						70				71				
72						73				74				

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**Crossword Puzzle Solutions on Page 4**

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By Marlys Johnsen Norris,  
Christian Author

When God places His love in your heart wonderful things begin to happen in every life.

A brand new fire is kindled within as one begins to experience the awesome agape love of God provides. One's own love experience is healed, changed and transformed by His loving power. It is with this new love one has invited God's Beloved Son Jesus Christ into their heart

### The Fire of God

and they accept His sacrificial death on the Cross for all their sins. This decision is when His Holy Spirit enters and to inspire and help with all things in this brand new life. It's an awesome brand new beginning!

People all over the world have just celebrated the day of His birth at Christmas. Now we begin a brand new year that will offer new ideas and experiences in life. This brand new beginning for one who has just decided to follow in the footsteps of the Lord and Savior of their soul is the greatest adventure of a lifetime.

Everyone will discover this is the key to true happiness just begun. Read and study the Word of God, the Holy Bible; then be obedient what it speaks to you. Join a church that teaches the authority of God's Word. This new path with God in a life will be a constant adventure that will bring

blessing upon blessing into one's life.

*"I indeed baptize you with water unto repentance; but He(Jesus) that comes after me is mightier than I, whose shoes I am not worthy to bear, he shall baptize you with the Holy Ghost and fire." (Matthew 3:1- John the Baptist)*

This decision will one day grant you will enter into the gates of heaven and live with the Lord in a brand new body that will be like Jesus' A body that can walk through walls and move everywhere miraculously the instant you lovingly think about someone, you will be in their presence. The greatest adventure of a Holy Fire of God's love transforms and that touches your life!

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



By Pastor Ray Dare

There's a myth that says you've got to clean up your act before you can come to God. You may think, "I've got to get my life together first!" Or, "If I went to church the roof would cave in." Wrong! That's like taking a sponge bath before stepping into the shower. The truth is God doesn't expect us to clean up our act before we approach him. Easter assures us of that. Jesus spread out his arms and said, "I love you this much. Now, just come as you are."

In Psalm 57:3, the Bible says, "He will send down help from

## Pastor Ray's Encouraging Words

### No Perfect People Allowed

heaven to save me because of his love". That's what Jesus did on Easter. And that's why we can bring our messes and failures to God. There are people who think God will never love them because they've made such a mess of their lives. But you know God wants them to come as they are. Help them hear the Good News of Jesus. Invite them to come to church with you this Easter. It's such a simple thing to do, but it can make a difference that will last for eternity.

Church is a place of grace, a place to start over. It's a place to get a fresh start. We don't care what sin you've done in your past. We don't care who you've done it with, how long you did it or where you did it. What matters is the direction your feet are headed now. Church is a shame free zone. Every saint has a past and

every sinner has a future because of God's grace. Every Sunday we put a sign up over our door that says, "No Perfect People Allowed", because the truth is there are only two kinds of people – those who think they've got it together and everybody else who knows they don't. Nobody has it all together. And if you've had a messy life, if you've had messy habits, messy sins, messy relationships... the church is a hospital for sinners not a hotel for saints. It's where people get healed, get well.

If you don't already have a church family; you're welcome at New Beginnings. Easter is a perfect time to make a fresh start. Just come as you are.

Pastor Ray  
New Beginnings Church  
10am Sundays, You're invited!  
www.NBC4U.org ★

## Stranger Danger Education Class

By Rick Reed

SACRAMENTO REGION, CA (MPG)

- Parents are urged to help educate their children of the dangers they may face on the streets. Black Belt instructors at Robinson's Taekwondo will help families learn stranger danger warning signs, how to avoid

unsafe situations, raise awareness and how to call for help effectively.

This is a free community service safety event offered by Robinson's Taekwondo. Since 1975 Robinson's has taught thousands of students self-defense in the Sacramento region. Serving the needs of

the community and making the world safer is part of the credo to be Black Belt martial artists.

The free class is on Friday, April 27 from 6pm-7:30pm at Regional Robinson's Taekwondo locations. Space is limited to parents are invited to register at www.robinsontkd.com. Click on event registration. ★



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#### "O SON OF SPIRIT!

The best beloved of all things in My sight is Justice; turn not away there from if thou desirest Me, and neglect it not that I may confide in thee. By its aid thou shalt see with thine own eyes and not through the eyes of others, and shalt know of thine own knowledge and not through the knowledge of thy neighbor. Ponder this in thy heart; how it behooveth thee to be. Verily justice is My gift to thee and the sign of My loving-kindness. Set it then before thine eyes."

from the "Hidden Words of Baha'u'llah

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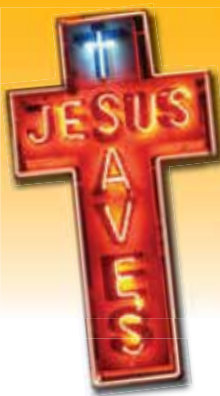
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# Vietnam Veterans Officially Welcomed Home

## Celebrating Official Vietnam War Veterans Recognition Day

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On March 29 Stones Gambling Hall, partnering with American Legion (AL) Post 637, sponsored a breakfast in honor of Vietnam War Veterans and the one-year anniversary of the signing into law of the Vietnam War Veterans Recognition Act.

Senator Pat Toomey of Pennsylvania sponsored the bill during the 115th Congress. It was signed into law by President Donald Trump, on March 28, 2017 to honor all Vietnam War veterans. March 29 is now officially among those days on which the American flag should be displayed.

Mayor Steve Miller thanked Stone's and AL Post 637 for partnering to put the event together. He said, "You left the warmth of family to serve a country you love. You braved the line of fire and cast yourself into harm's way to preserve the liberties we all hold dear. This is a story many of you here today know, and sadly it a story of many who never returned."

Former mayor of Citrus Heights and now a Sacramento County Supervisor, Sue Frost, gave a short history of the Vietnam War / conflict. She said, "The U.S. became involved in the Vietnam War because policy makers in the U.S. believed that if Vietnam fell to the Communist government that communism would spread throughout the rest of South East Asia."

She noted, "This day is set aside as a day for Americans to honor the courage and sacrifice of those who served in the Vietnam War, long deserved, and we all celebrate you today." Frost announced that



Gregory A. Miyata (left), Army Specialist 4, served as a medic in Vietnam 1970-1971 and Raymond M. Chow, E-3, U.S. Navy, two tours from 1968, on U.S.S. Sacramento munitions transport ship in Vietnam. Photo by Gigi Rayford

the Sacramento Board of Supervisors recently voted unanimously to establish a Veterans Advisory Commission to keep the board of supervisors advised on issues related to veterans. This was the result of feedback from veterans she has met in the field who feel they do not have a voice in the county.

Kermit Schayltz, a partner at Stones, spoke about a five-day trip to Vietnam from which he had just returned. He and some friends revisited some of the locations where he had served as an 18-year old in the 25th Army Infantry during two tours of service from 1968 to

1970. While there he was introduced to two former Viet Cong, now in their 80's. Schayltz said in a phone interview that he believed it was a healing process for both of them.

It is common belief by many that this bill is long overdue, especially in light of the negative and often hateful reception which many veterans returning home to the United States received following their tours of duty.

Therefore, in appreciation of Trump's actions as the first president to recognize Vietnam veterans in this way, AL Commander Paul Reyes read a

letter he wrote to Trump showing the post's appreciation. Vietnam veterans attending the event signed the letter to be mailed by Reyes to the White House.

Reporter's note: \*While the term war is used, there was no official declaration of war. Fighting began November 1, 1955; the U.S. entered the conflict / war 53 years ago on March 8, 1965 when the first American combat troops waded ashore at China Beach north of Da Nang. The conflict / war ended April 30, 1975 when Saigon fell to the Communists. ★

## Mitchell Farms DEIR Report Released



Visit <http://www.citrusheights.net/914/Mitchell-Farms-Subdivision> for more information.

By City of Citrus Heights

CITRUS HEIGHTS, CA (MPG) - On March 22, the City released the Notice of Availability for the Mitchell Farms Subdivision Draft Environmental Impact Report (DEIR). The DEIR along with more information about the project is available here <http://www.citrusheights.net/914/Mitchell-Farms-Subdivision>.

### Project Location:

The approximately 56-acre project site is generally located north of Arcadia Drive and Greenback Lane between Fair Oaks Boulevard on the east and Sunrise Boulevard on the west in Citrus Heights. The majority of the site is currently used as the Sunrise Golf & Disc Golf Course located at 7925 Arcadia Drive.

### Project Description:

The proposed project would include a mix of residential uses with a total of 260 single-family residential dwelling units located on approximately 32 acres with an average density of 8.1 dwelling units per acre and would accommodate approximately 663 residents.

The project would consist of five villages along the periphery of the site with a mix of three different housing types: 110 paseo units (alley-loaded single-family units), 72 patio units

(groups of 2 to 8 single-family units accessed from a central alley), and 78 traditional housing units. The remaining 23 acres in the central portion of the site, including the creek corridor, would be devoted to recreational areas and open space uses including a trail system.

### Submitting Comments on the DEIR:

Written comments on the Draft EIR and technical studies must be received no later than 5:00 pm on May 7, 2018. Submit written comments to: Casey Kempenaar, Senior Planner, City of Citrus Heights Planning Division, 6360 Fountain Square Dr, Citrus Heights, California 95621, Phone: (916) 727-4740, Email: [ckempenaar@citrusheights.net](mailto:ckempenaar@citrusheights.net)

### Planning Commission to receive on Draft EIR:

The Citrus Heights Planning Commission will receive comments on the Draft EIR at their regularly scheduled meeting on April 25, 2018, at 7PM at the City of Citrus Heights City Hall Council Chambers. The Planning Commission will not make any decisions at this meeting; however, it is an opportunity for the public to comment on the DEIR. ★

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Abram White Balsamic Reduction 5.6 fl oz **1.99**

## ASIAN GROCERY

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Double Happiness Brand **3.99**

Chia Seed **1.49**

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Solid Pure Grapefruit Oil 2.1 oz **\$7.99**

Sour Pomegranate 600 ml **\$4.99**

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Solid Pure Soap 10.3 oz **\$3.29**

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# The Revival of Gibson Ranch



Commentary by Doug Ose

April 1, 2018 marked the seventh anniversary of Sacramento County’s decision to privatize the management and operation of Gibson Ranch Regional Park. As many will recall, Gibson Ranch Regional Park was closed

day, my entity is responsible for all operating expenses, horse boarding continues, deferred maintenance projects are reimbursable, etc. Any interested party is able to see the approved documents by researching the subject on the County website. While not everybody is pleased at what has happened, the terms of the lease have been met. The park has been open every day since April 1, 2011. The County did not pay a single dime toward operating expenses through May 31, 2017, at which time the lease was amended through a public process to change some of the financial terms. Horses are still boarded at Gibson Ranch. Deferred maintenance was corrected and reimbursed to us.

by RVs. The country cabins have been rehabilitated. Each week-end we host countless family barbecues, picnics, and birthday parties. There is a community yard sale on the first Saturday of each month. Boy Scouts and Girl Scouts regularly use the park for troop activities. We have hosted the Sacramento Valley Women’s Soccer League for a few years. We regularly host large community events that inject economic activity into our region. You can check the website [www.gibson-ranchpark.com](http://www.gibson-ranchpark.com) to see the range of activities that occur. The decision to privatize made so many years ago by the Board of Supervisors has proven to be the right choice on so many levels. The park is open. The park is open at less than 25% of the



While not everybody is pleased at what has happened, the terms of the lease have been met. The park has been open every day since April 1, 2011. MPG File photo

to public use on the day after Labor Day, 2010 due to the fiscal condition of the County. The net annual cost of operating the facility on a day-to-day basis was about \$400,000.00 per year. After closing the facility, the County was still budgeting over \$200,000.00 per year for the park. Pursuant to a public process, the County ended up leasing the park to an entity I own. There were several requirements in the original lease: open every

Behind the scenes, the results are very positive. In 2017, the park had over 120,000 visitors. Annual revenue from operations exceeds \$700,000.00. The park is cleaned daily. There are no homeless people residing in the park. The bathrooms are clean and stocked. Over forty weddings occurred at Gibson Ranch in 2017, and we expect over fifty in 2018. An agricultural “farm to fork” operation has been established. We now have the capacity to handle dry camping

cost to the taxpayers that had previously been incurred. The activities and programs offered within the park are meeting the active and passive recreational needs of the community. This has been and remains a good thing for our community, though it is by no means perfect in every way. We continue to try to improve the park. You are invited to drop by announced or unannounced to see for yourself what Gibson Ranch has to offer. ★



# POPPOFF!

with Mary Jane Popp

- teach those more vulnerable they can safely stand up for themselves.
- 4) The term “sexual harassment” can refer to behaviors from teasing to rape. Can’t treat all inappropriate behaviors as abuse.
  - 5) Physical abuse and demands of sexual favors are extreme forms and deserve harsh punishment.
  - 6) Asking for sexual favors in exchange for a job, a promotion, or even a better assignment are quid pro quo and are against the law and criminal behaviors.
  - 7) Off-colored jokes, mild teasing, misguided compliments... although they might be offensive...are not criminal, just inappropriate. The recipient has the right to demand they be stopped. Counseling is usually warranted for the person behaving inappropriately.
  - 8) People bring different backgrounds, belief and sensitivities to the workplace. To create a safe psychological and physical environment for all people and asking that everyone become a bit more formal and less “familiar.”
  - 9) Yes, the pendulum is swinging far to the right, and for some, taking the fun out of the social aspects of working with others. Now is the time to be

- cautious, reserved, more polite and formal.
- 10) Beware the possibility of a “witch hunt.” Let’s stop harassment and abuse, but let’s not paint any silly comment with a harsh brush. Just keep in mind these office behaviors that should be avoided in a Sexual Harassment Free Workplace.
  - 1) No compliments on physical appearance even if they are innocent in nature.
  - 2) Men and women should not touch each other at all. Anything beyond a handshake is opening Pandora’s Box. Men and women...no pats on the shoulder, hugs, and any touching of the arms and legs.
  - 3) Avoid all forms of teasing. Everyone has a different reaction to humor.
  - 4) Language...If you wouldn’t say it in front of your mother, you shouldn’t say it in the office.
  - 5) No flirting. Whimsical office romances may still exist, but in today’s workplace, they can potentially get your reprimanded or even fired.
- Check out [www.DiamondAssociates.net](http://www.DiamondAssociates.net) for additional information. How sad we have come to this extreme. But perhaps that pendulum will find a happy medium. In the meantime, be careful. ★

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**For more information visit: [capitalregionssmallbusinessweek.org](http://capitalregionssmallbusinessweek.org)**

### Calendar of Events (April 30th–May 4th )

**April 30th** Small Business week Kick-Off (4:30-7 PM) *Dante Club*, \$20: Multi- Chamber mixer to network with small businesses from every chamber in Capital Region. Appetizers and a drink ticket included in admission price.

**May 1st** BizX (2-7PM) *Crocker Art Museum*: “Marketing Like a Boss” \$10-15

**May 2nd** Capital Connection (11-3PM) *Rancho City Hall*: Come hear from and meet with banks and other lending institutions about how your business can access capital and achieve its goals.

**May 3rd** Small Business Start Up Guide (10-12 PM) *Location TBA*: If you’re thinking about starting a new business or already in process of launching your new venture, come learn about the business fundamentals from a panel of experts.  
May Market Place (4-8 PM) *Automobile Museum*: Shop with 70 small businesses and learn about the latest products and services local vendors have to offer.

**May 4th** Small Business Awards Breakfast (7:30-10 AM) *Citrus Heights Community Center*: The small business awards celebrates local businesses that drive our economy.



# Capitol Pops Concert Band Marks 21st Anniversary with Free Concert at Rusch Park Gym in Citrus Heights

By Linda Glover

CITRUS HEIGHTS, CA (MPG) - The Capitol Pops Concert Band will celebrate its 21st anniversary with a free, open to the public concert at 7 p.m. Saturday, April 21, 2018, in the Rusch Park Gym, 7801 Auburn Blvd., in Citrus Heights.

Under the baton of recently appointed Director Judith Steinle, CPCB will perform traditional pops favorites, including lively hits from years past and popular music from television and the movies. The two-hour concert includes a 20-minute intermission.

This performance is co-sponsored by the Sunrise Recreation & Park District and the City of Citrus Heights.

Longtime band supporter Eisley Nursery in

Auburn will provide a special rosebush for the band's student scholarship raffle. Other raffle prizes will be available to attendees making voluntary donations. Spring flowers grown by Eisley Nursery will be available for purchase at the conclusion of the concert.

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. Based in Citrus Heights, the self-supporting, nonprofit community band of about 50 musicians represents a wide cross-section of the Sacramento area.

For more details on the Capitol Pops Concert Band, visit its Facebook page or [www.capitol-pops.org](http://www.capitol-pops.org). For more information, contact CPCB Manager Linda Glover at (916) 725-5214. ★



Under the baton of recently appointed Director Judith Steinle, CPCB will perform traditional pops favorites, including lively hits from years past and popular music from television and the movies. The two-hour concert includes a 20-minute intermission.

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  - move
  - change your name
  - change your political party

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Limit 1 PLU 323 CHM  
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3 Oz - All Varieties Except Elegant Medley  
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Limit One Coupon Per Family  
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**53¢** CHM PLU 361



# Rusch Home History Day Takes Visitors Back 100 Years



Citrus Heights Historical Society Vice President, Teena Stern and President, Larry Fritz, in the Rusch House Kitchen. Photo by Elise Spleiss

Continued from page 1

the panels and film evoked many inquisitive and reflective moments. Parents also explained to their kids and grandkids that this is where they were raised and what they had experienced in the “olden days” of Citrus Heights. Some belabored of those good old days when Greenback was just a two-lane road lined by huge trees.

Larry Fritz, president of the Citrus Heights Historical Society, wrote the text for the assorted panels which were designed by volunteer Christine Stein. One of the panels that drew the most interest was of the first shopping center in Citrus Heights; the Mariposa Shopping Center off of the old US Highway 40 on Mariposa Avenue. It shows a Texaco gas station, Hall’s Groceries and Meats, Hall’s Furniture and Appliance, Pay-Less Cleaners, the Doughnut Den and the town’s first post office.

In the Rusch Home itself the kitchen’s large white sink and black and white checkered counter and floor are original with functional appliances. Even

though all the original furniture was removed when the home was donated to the county, all present furnishings are authentic period pieces and do not deter from the historical feel of all the rooms.

Each room held new surprises and interesting facts. One panel explained how Citrus Heights got its name, revealing that the new town was not actually known for citrus, but that the name was a marketing strategy by Alfred Trainor of the real estate company, “buying up and selling large tracts of land in the Sylvan District.” Other panels depicted the history of Mitchell Farms, the 160 acres surrounding Greenback Lane and Sunrise Boulevard and the Brown Farm, which was one-third of the Volle Ranch left to Emma Rusch, the youngest daughter of Herman and Louisa Rusch, who married Americus Brown.

Other informational panels on display featured the Rusch House, San Juan High School, Friends Church, Sylvan School, Sylvan Cemetery, 14-Mile Roadhouse and Citrus Heights Water District.

The milestone that had the

most impact was likely the progression of the city’s changing infrastructure, from the creation of the unpaved Lincoln Highway in 1913, to 1927 when it became Highway 40, to the 10-lane freeway that it is today.

History Day is sponsored by the Citrus Heights Historical Society. The Historical Society was formed in 1991 to preserve and promote the history of Citrus Heights. While it has been inactive in recent years, the Society is now working with the Sunrise Recreation and Park District to promote local history and the Rusch Home.

The History Day project was funded through a new History and Arts Grant Program. According to the City’s website, organizations and community members are urged to apply for a grant up to \$10,000 to “enrich the historical preservation and arts culture in our community through projects from public art pieces to theatre performances to historical documentaries.”

For more information, please contact Larry Fritz at 916-802-7241 or visit [www.facebook.com/CHHistoricalSociety](http://www.facebook.com/CHHistoricalSociety). ★

# Faster, More Reliable Internet Is Coming

By Citrus Heights News

CITRUS HEIGHTS, CA (MPG) - Over the last year you may have noticed a few more Comcast trucks in the neighborhood than usual. The cable and internet provider is engaged in a substantial fiber improvement project in Citrus Heights that will add more fiber to its network to pave the way for future innovation, grow capacity and support super-fast Internet speeds. To

continue to provide all the speed and reliability customers need, Comcast is extending more fiber further into the neighborhoods served and adding many more fiber-connected nodes. This will put customers, both commercial and residential, physically closer to Comcast’s fiber network and will increase capacity by reducing the number of homes each fiber node serves. The project began in Citrus Heights in 2017 and is scheduled for a July 2018

completion. The construction does involve digging, and will result in brief periods of downtime as service is transitioned. Comcast has been working to inform customers of impending work, including potential service interruptions, through a variety of methods including direct mail or email and door hangers. If you are a Comcast customer and have any questions, please call 1-800-XFINITY. ★

# The Playmakers: “Team Means Family”

Continued from page 1

old school,” said Coach Roz. “We have the toughest kids that don’t want to go to other programs.”

With Coach Roz in charge, the program is facilitated by Sacramento State student-athletes and fraternity brothers. Sac State senior and former Phi Kappa Tau president Alec Romero has been working with the Playmakers for three years and has become Coach Roz’s right hand man. He manages the rest of the coaches and has dedicated a lot of time and hard work to help make the program what it is today.

Fellow Phi Kappa Tau brother and Sac State sophomore Peter Francisco is the newest coach and had only been on the job for a couple of days but was already leading the charge on the basketball court, running layup drills and teaching the Playmakers how to both follow directions and compete.

The program starts off in the classroom after school with the Playmakers doing their homework then openly discussing anything that may be on their minds. The coaches are there for them and help guide a very structured but free speaking conversation. The class then transitions into a few warmup exercises before heading outside, in a single file line, to play



Coach Roz and Peter Francisco teaching the Playmakers of Skycrest Elementary how to properly run basketball drills.

whatever seasonal sport they may choose.

Coach Roz teaches the idea of what he calls the “reverse pyramid.” This is the counter sports culture idea that the veterans and leaders of the team actually go last, rather than first. “Pups, seniors, leaders,” Roz explained. “In life, you earn the right to go last.” This prepares the Playmakers for the idea that sometimes in life you must put your family first – something that Coach Roz and his team are teaching by example.

It is clear that the Playmakers are more than willing to learn and in return lead, but just need that extra guidance from

the likes of Coach Roz and his team. While it’s not always easy, by the end of each new concept, both on and off the court, everyone is on the same page and working together as a team – and team means family.

To support the Playmakers, join them at their annual BBQ dinner on April 28 from 6-9pm at the Divine Savior Church located at 9079 Greenback Lane in Orangevale. There will be a number of guest speakers, a tri-tip dinner and drinks, entertainment for all and a silent auction. Tickets are \$40 and available at [theplaymakers.org](http://theplaymakers.org). ★

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