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# Citrus Heights Messenger

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

VOLUME 8 • ISSUE 02      Serving the City of Citrus Heights and Sacramento County      JANUARY 26, 2018

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# Fill The Boots for Burns



Firefighters accepting donations during a previous Fill the Boot fundraiser. Funds raised help adult and children burn victims recover from their injuries and move on with their lives. Photo courtesy of Firefighters Burn Institute

**By Rachel Crowell, FFBI**

**SACRAMENTO COUNTY, CA (MPG)** - Firefighters from throughout the Sacramento area are suited up and ready for this year's 24th annual "Fill the Boot for Burns" Boot Drive to be held in Citrus Heights February 8th through 11th. Firefighters from many of the fire departments serving Sacramento and the surrounding communities will spend their day shaking their boots and volunteering their time to collect donations at the intersections of Sunrise Blvd. and Greenback Lane in Citrus Heights. Firefighters will be collecting donations to support the Firefighters Burn Institute (FFBI) and assure that the best possible burn treatment and recovery programs are available in Northern and Central California.

The Boot Drive is open to the public and will include a FREE Safety Fair on Saturday, February 10th, from 11:00 a.m. to 2:00 p.m.

The Safety Fair will include fire department displays, helicopter landings, vehicle extrication demonstrations and fun activities for the kids. This event will be held in the Sunrise Mall parking lot, weather permitting.

Donations collected during the annual boot drives have also made it possible for the FFBI to pledge two million dollars toward the construction of the new FFBI Regional Burn Center at UC Davis Medical Center. The 7,900-square foot, 12-bed burn unit now provides comprehensive care with the most technologically advanced treatment options available to burn patients throughout inland northern California, northwest Nevada and southern Oregon.

The FFBI, founded in 1973 by Sacramento Area Fire Fighters, Local 522, has grown into the area's largest firefighter-run charity. It helped establish the first burn unit in Sacramento in 1974 and continues to donate

medical equipment, fund burn research and provide free burn recovery programs, including two annual camps for young burn survivors.

The Firefighters Kids Camp is held each summer for kids ages 7 to 17 years, and the Little Heroes Preschool Burn Camp for children ages 3 to 6. These camps provide burn survivor children a safe place to be just like everyone else and provide a positive environment to overcome challenges and achieve goals. Camp provides an opportunity for kids who have experienced terrible circumstances to see a future filled with endless possibilities.

Please come out and show your support and help our Firefighters "Fill the Boot for Burns!" For additional information please contact the Firefighters Burn Institute at (916) 739-8525 or visit their website at [www.ffbi.burn.org](http://www.ffbi.burn.org). ★

## Obey the Law, Go To Jail

*CA is Officially Out of Control*

**By MPG Staff**

**SACRAMENTO, CA (MPG)** - "We will prosecute those who violate the law," promised California Attorney General Xavier Becerra on Thursday, January 18th, as he threatened to fine employers, public or private, who voluntarily give information on employees, concerning their legal status to be in the country.

The State's Attorney General, willfully standing up for those breaking the law, warned that those who run business in California will be fined up to \$10,000 if they offer any assistance to federal immigration authorities.

Becerra threats are designed to prevent employers, public or private, from voluntarily sharing confidential employee information without a subpoena and requiring employers to notify their workers before a federal audit of their employee records. It gives the attorney general and labor commissioner exclusive authority to enforce new provisions of state labor laws. It also prohibits employers from re-verifying information on employment verification forms, unless compelled to by federal law.

The chief law officer for the State was blatant in his remarks, "It's important, to let people know, more specifically employers, that if they voluntarily start giving up information about their employees or access to their employees in ways that contradict our new California laws, they subject themselves to actions by my office."

The government of the State of California is officially out of control. ★

# Many Cheers to 60 years!

*Chamber Celebrates 60 Years at Annual Installation & Awards Dinner*

**By Cendrinne DeMattei, Citrus Heights Chamber Executive Director**

**CITRUS HEIGHTS, CA (MPG)** - It was the 60 year anniversary celebration for the Chamber at this year's Annual Installation Dinner, held at the Citrus Heights Community Center. With over 160 attendees, this gala evening was an event to not only install the Chamber's 2018 Board members but to recognize those in the community who earned special recognition by the Chamber for exemplary service. The evening kicked-off with a live auction for bottles of bubbly champagne and continued with festive music, a silent auction and raffle.

Citrus Heights Water District was awarded the Chamber's Member of the Year award for its continued support of education, for the schools and the community, in the areas of water efficiency in addition to being a founding member of the Chamber. Ray Reihle, Citrus Heights Water District Board President, accepted the award on behalf of the Water District.

The Police Officer Excellence Award was presented to Officer Jeff Schouten, with

the Citrus Heights Police Department and the Firefighter Excellence Award going to Firefighter/Engineer Dat Pham of the Sacramento Metropolitan Fire Department. Long-time Chamber member and active Ambassador, Victoria Ridge, owner and manager of Togo's at Greenback Square, received this year's Ambassador's Award.

Outgoing Board Chair, Johnnie Downs with Republic Services, recognized Rosa Umbach, Board Member and Education Committee Chair, with the Chairperson Award. This award is presented to the Board member who had the biggest impact during Chair's year-long term. Rosa has been a Board member since 2014.

In attendance were several 2017-18 Best of Citrus Heights winners who were recognized last July at the Best of Citrus Heights Awards Luncheon.

Incoming Board Chair, Amanda Blackwood, owner of OE Consulting Group, initiated her term with words of encouragement and optimism for the future of the Chamber, the community and the businesses in the City. Special guest, Courtney Dempsey, host of Good Day Sacramento, emceed the event. ★



John Casey presents the Ambassador Award to Victoria Ridge, of Togo's. Photo courtesy of City of Citrus Heights



SMUD recognizes winners of 2017/18 Powering Futures Scholarships



Recipients of SMUD’s 2017/2018 Powering Futures scholarships pose with the Board of Directors after being recognized for their hard work and achievements at the Dec. 21 Board meeting at SMUD’s Customer Center. Photo courtesy SMUD media

**SACRAMENTO REGION, CA (MPG)** - SMUD’s Board of Directors recently recognized the 21 college students who have been awarded Powering Futures scholarships for the 2017/18 academic year. All students received scholarships between \$1,500 and \$3,535 and the opportunity to work at SMUD as a paid intern. The awards were based on academic merit and financial need, and preference was given to students who have declared a major relevant to SMUD. Most of the students who receive a scholarship also accept

paid summer internships in a variety of SMUD departments, including Grid Operations, Customer Operations, Geographical Information Systems, Warehouse and Fleet Operations and others. The internships provide students with excellent opportunities to learn practical skills and help launch themselves into future careers. “The Powering Futures scholarship program helps us strengthen our talent pipeline and meet our future workforce needs,” said SMUD Human Resources Director Laurie

Rodriguez. “We’re proud to support such an exceptional group of Sacramento students this year, and we look forward to seeing them back in the summer for their internships. They’ll have a great chance to learn about working in the energy industry and gain real-world experience that will help them in all of their future endeavors.” The 2018/19 scholarship application period will begin on March 5. For more information, please visit [smud.org/Scholarship](http://smud.org/Scholarship). Source: SMUD media ★

Benefit Make-A-Wish by Donating Blood at BloodSource

By Alexander Sigua, BloodSource

**SACRAMENTO, CA (MPG)** - During January, blood donors can double their impact by giving blood with BloodSource and benefitting Make-A-Wish® Northeastern California and Northern Nevada at the same time. BloodSource will track the number of blood donations received at all 15 BloodSource Donor Centers and nearly 150 community blood drives during the month. For each blood donation, BloodSource will make a monetary donation to Make-A-Wish®, up to a grand total of \$7,500. “BloodSource and Make-A-Wish® provide young patients with hope, happiness and a new life,” said Erin Frye, marketing manager for BloodSource. “Many wish recipients are also young blood recipients. We look forward to continue supporting

Make-A-Wish® and helping them grant even more wishes for children throughout our community.” “We are honored to partner with another life-changing organization like BloodSource and that once again the local chapter of Make-A-Wish® was chosen as the beneficiary for this campaign. The funds raised will go directly to granting another local child’s life-changing wish,” said Make-A-Wish® CEO Jennifer Stolo. In addition to giving blood, donors can also donate to Make-A-Wish® by logging onto [my.bloodsource.org](http://my.bloodsource.org) and giving their MyBloodSource Rewards to Make-A-Wish®, equating to a personal monetary donation. Last April, more than 15,200 donors stepped up to support a similar campaign that raised nearly \$8,000 for Make-A-Wish®. To schedule a donation appointment, please

visit [bloodsource.org](http://bloodsource.org) or call 866.822.5663. Make-A-Wish® creates life changing wishes for children with critical illnesses and are on a quest to bring every eligible local child’s wish to life. Research has shown that a wish is an integral part of a child’s treatment journey. Make-A-Wish® Northeastern California and Northern Nevada was established in 1983 as one of the early local chapters of Make-A-Wish® America. Since then, the chapter has granted more than 6,300 wishes to children within its 37-county service area. For more information about Make-A-Wish Northeastern California and Northern Nevada, call 916.437.0206 or visit [necannv.wish.org](http://necannv.wish.org). BloodSource has been this area’s nonprofit community blood provider since 1948, and serves patients in more than 40 hospitals throughout Northern and Central California. ★

Come Celebrate Annual “Sacramento Museum Day”

Guests Can Enjoy Free or Half-Priced Admission to 26 Sites

By Traci Rockefeller Cusack

**SACRAMENTO REGION, CA (MPG)** - With 26 museums and local destinations participating during this celebratory year, the 20th Annual Sacramento Museum Day is proudly presented by Sutter Health and takes place on Saturday, February 3, 2018. To the delight of the greater Sacramento area community, the participating local museums will open their doors to offer free or half-priced admission to the community from 10 a.m. to 5 p.m. Most of the museums will offer free admission whereas two destinations located in residential areas – the Sacramento Zoo and Fairytale Town – will offer half-priced admission to offset parking and traffic control costs. Coordinated by the Sacramento Area Museums (SAM) and Visit Sacramento, the annual event is a popular cultural tradition designed to encourage all members of the community to experience the Capital City’s incredible wealth of art, history, science and wild-life – at little or no cost. Many of the museums are within walking distance of each other and easily accessible via public transportation. Event coordinators suggest that guests plan to visit no more than two or three different museums on this day in order to allow adequate time to enjoy the experience and to travel between individual sites. In addition to offering free or reduced cost admission, many of the destinations are offering special activities during Sacramento Museum Day. The activities range from special staffing by docents (for some smaller museums not normally open on Saturdays) to the following:

- The California Automobile Museum will feature a special Story Time with a celebrity reader at 11 a.m. and 12 p.m. Also, some of the eye-catching class cars will be on display outside the Museum (weather permitting);
- The California State Library will be featuring water transportation in California and a special Haiku and Japanese Art exhibit. The State Library has the largest haiku collection outside of Japan. Plus, kids can visit with the Library’s very own robo-dog, Browser;
- Maidu Museum & Historic Site will offer trail tours, children’s activities, tables for grinding acorns and beaded bracelets or necklaces;
- Museum of Medical History will be staffed by retired physicians to answer questions and

enhance the visitor experience on Sacramento Museum Day;

- Powerhouse Science Center Discovery Campus guests will have the opportunity to experiment with some of the hands-on engineering design activities offered in Design Lab and see live critters and insects up-close in the Nature Discovery Area. Additionally “Scooter” the Air Quality Management District’s mascot is plans to make a special guest appearance;
- The Roseville Utility Exploration Center will present a special “Bird and Bug Bonanza” from 10 a.m. to 2 p.m. This free family-friendly event will feature interactive activities such as a creek crawl in Cruddy Creek, joining the bug squad, story time with the library, exploring the local habitat and building a birdhouse (birdhouse requires \$10 materials fee);
- The Sacramento Historic City Cemetery will offer tours that day and, if Museum Day guests make a donation to the Cemetery, they will have the unique opportunity to ring the big fire bell;
- The Sacramento History Museum will offer their interactive and fun gold panning activities for kids outside in front of the Museum;
- The Sacramento Zoo will have craft stations hosted by Zoo teens and docents available throughout the day to answer animal questions and share biofacts. Also, guests are encouraged to stop by the Reptile House Lawn at 11 a.m. to meet some of the Zoo’s animal ambassadors during an Animal Encounter.

“We are thrilled to present the 20th Annual Sacramento Museum Day and invite the community to join us during this celebratory year,” said Sacramento Area Museums Chair Lynda Walls. “And we’d especially like to thank our continuing sponsor – Sutter Health – for helping us to present this important event each year so we can introduce the community to the amazing array of arts, culture and museum offerings available in the greater Sacramento region.” While admission is free at most of the participating museums during Sacramento Museum Day, admission to two destinations located in residential areas are half-priced as follows: Sacramento Zoo is \$7.50 for adults, \$5 for children ages 2-11 and free for children under two; Fairytale Town is \$2.88 per person and free for children ages one and under. Due to the popularity of

Sacramento Museum Day, some locations must limit the number of admissions for safety reasons. The event is scheduled from 10 a.m. to 5 p.m. but note the last guests will be admitted at 4 p.m. More detailed information about participating museums, addresses, limitations, suggested parking and public transit options is available at [www.sacmuseums.org](http://www.sacmuseums.org) (click on “News & Events”), or by calling Visit California at (916) 808-7777. Participating Museums for Sacramento Museum Day 2018\*

Aerospace Museum of California – California Automobile Museum – California Museum – California State Capitol Museum – California State Library – California State Railroad Museum – Don & June Salvatori California Pharmacy Museum – Fairytale Town – Folsom History Museum – Leland Stanford Mansion State Historic Park – Maidu Museum & Historic Site – Museum of Medical History – Old Sacramento Schoolhouse Museum – Old Sacramento State Historic Park – Powerhouse Science Center Discovery Campus – Roseville Utility Exploration Center – Sacramento Children’s Museum – Sacramento Historic City Cemetery – Sacramento History Museum – Sacramento Zoo – Sojourner Truth African American Museum – State Indian Museum – Sutter’s Fort State Historic Park – Verge Center for the Arts – Wells Fargo History Museum (Capitol Mall) – Wells Fargo History Museum (Old Sacramento)

\*SAM member museums not able to officially participate in the 2018 Sacramento Museum Day include the following: California Agriculture Museum (that is offering special adult programming that day until 2 p.m.); California Statewide Museum Collections Center; Crocker Art Museum (charging \$5 admission that day) and the Governor’s Mansion State Historic Park (closed to the public). Also, Locke Boarding House Museum – a SAM Affiliate member – plans to be open for guests that day. For more information about upcoming activities offered by Sacramento area museums, “like” them on Facebook at [www.Facebook.com/SacMuseums](http://www.Facebook.com/SacMuseums), follow them on Instagram and Twitter @ SacMuseums or visit the user-friendly website at [www.SacMuseums.org](http://www.SacMuseums.org). Source: T-Rock Communications ★

**Sacramento CHORAL SOCIETY & Orchestra**  
Donald Kendrick, Music Director

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Projected supertitle translations

*Requiem* | W. A. Mozart  
*Exultate Jubilate* | W. A. Mozart  
*Lux Aeterna* | Morten Lauridsen  
*Veni Sancte Spiritus, Agnus Dei* – *Lux Aeterna*  
*Lux in Tenebris* | James Whitbourn

Nikki Einfeld, Soprano      Karin Mushegain, Mezzo  
Michael Desnoyers, Tenor      Matt Boehler, Bass

**Saturday, April 7, 2018 at 8:00 pm**  
Pre-concert talk by Donald Kendrick 7:00 pm  
Sacramento Community Center Theater

Nikki Einfeld      Karin Mushegain      Michael Desnoyers      Matt Boehler

**SACRAMENTO METROPOLITAN ARTS COMMISSION**

Runner Responds to Brown’s Budget

**SACRAMENTO, CA (MPG)** - Board of Equalization Vice Chair George Runner issued the following statement in response to Governor Jerry Brown’s 2018-19 January budget proposal: “It’s a smart move by the governor to boost the state’s rainy day fund, since as he warns, the threat of a recession still looms, and California is still very much vulnerable to boom-and-bust

budgeting.” “However, since members of his own party are suddenly and surprisingly concerned about taxpayers, it would be great if the governor would use the budget process to work with Republicans to come up with ways to reduce the overall tax burden of California residents, which is very high.” “The governor could start

by refunding the money to Californians who paid the now suspended fire prevention fee, and by reconsidering the need for his catastrophic gas tax hike.” George Runner represents more than nine million Californians as an elected member of the State Board of Equalization. For more information, visit [www.boe.ca.gov/Runner](http://www.boe.ca.gov/Runner). ★

**O Friend!**  
**In the garden of thy heart**  
**plant naught but the rose of love, and**  
**from the nightingale of affection and desire**  
**loosen not thy hold.**  
**Treasure the companionship of the righteous and**  
**eschew all fellowship with the ungodly.**  
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# Sutter Health Opens Walk-In Care Clinic in Citrus Heights

Latest Sutter Health Location Offers Same-Day, Convenient Care for Non-Urgent Issues

CITRUS HEIGHTS, CA (MPG) - Sutter Health opened their newest Walk-In Care clinic in Citrus Heights today, expanding their capability to offer quick, convenient care for everyday illnesses and health needs in easily-accessible, stand-alone storefronts.

The newest clinic is a service of Sutter Medical Foundation and is located at 5406 Sunrise Blvd.

“Consumers are actively seeking quick and affordable solutions for their immediate healthcare needs,” said Don Wreden, M.D., Sutter Health senior vice president, Patient Experience. “Many people need high-quality care beyond the standard work week, and we’re innovating to make care even more convenient – all while maintaining the personal level of support people have come to expect from our pioneering team.”

Sutter Walk-In Care offers an innovative approach to healthcare:

- Nurse practitioners or physician assistants provide treatment for common illnesses, health screenings, vaccinations and wellness services such as smoking-cessation support.
- Each location is open 8 a.m. to 8 p.m., seven days a week, with reduced hours on most major holidays. Thanksgiving and Christmas Day are the only days when Sutter Walk-In Care clinics are closed.
- Patients can call ahead or visit the Walk-In Care website to save their spot, or simply just walk in to the location.
- Sutter Walk-In Care locations offer a comfortable lobby with outlets to charge laptops or phones, as well as complimentary Wi-Fi, fruit, coffee, tea and fruit-infused water.
- Sutter Walk-In Care is available to adults and children 18 months and older – patients



The newest Sutter Walk-In Care facility. Photo courtesy of Sutter Health

do not need to be an existing Sutter Health patient.

- Sutter Walk-In Care accepts most major insurance plans, and patients would be responsible for their standard co-pay or co-insurance. For those who prefer to pay out of pocket or have not yet met their deductible, pricing is clear and simple, with a standard office visit at a flat rate of \$129.

“We are excited to bring our Walk-In Care to Citrus Heights,” said Kelly Foss, Sutter Medical Foundation’s Walk-In Care manager. “By offering easy, extended-hour and same-day access, we can help with everyday illnesses, vaccinations, and sports/camp physicals to make it easier for our patients to get back to their lives feeling their best. People really appreciate being able to come in before heading to their office, after picking up their kids from school, or any other time that’s convenient for them.”

Walk-In Care clinics have the potential to relieve pressure on overcrowded emergency rooms.

“We want to reserve emergency departments for serious and life-threatening illnesses, rather than having people with minor medical problems going

there because they have no other option,” said Jessica Sawyer, physician assistant for Walk-In Care. “At the same time, allowing patients to receive non-urgent care and vaccinations quickly, near where they live or work, should help free up doctor-office visits for those with more serious issues.”

While Sutter Walk-In Care provides a wide variety of healthcare services, patients with serious problems or illnesses that require more immediate attention, such as severe cuts or broken bones, should visit an urgent care clinic, or their nearest hospital emergency department.

More Sutter Health Walk-In Care clinics are opening in Northern California. The Citrus Heights clinic is Sutter Health’s fourth location in the greater Sacramento Valley, joining three others in El Dorado Hills, Elk Grove and Roseville that opened in 2016. Six more clinics are in the Bay Area, including sites in Petaluma, San Francisco, Walnut Creek, Dublin and San Ramon. The latest Bay Area location opened last month in San Jose.

To learn more about Sutter Walk-In Care, please visit [www.sutterhealth.org/walk-in](http://www.sutterhealth.org/walk-in) or call 1-800-972-5547. ★

# Sam’s Tires and Wheels Celebrates with Grand Opening Ceremony



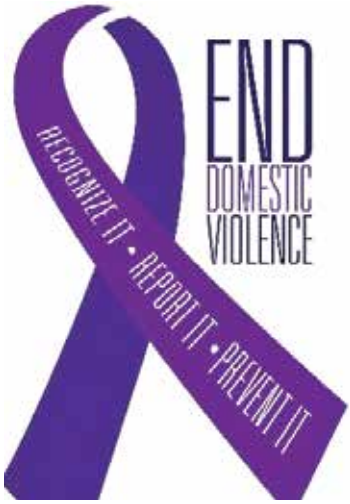
(L-R) Citrus Heights Chamber Ambassador Louie Grajeda, Citrus Heights Council Member Al Fox, Owner Arslan Umar of Sam’s Tires and Wheels, Citrus Heights Chamber Board Member Rosa Umbach, Citrus Heights Chamber Executive Director Cendrinne DeMattei, and Citrus Heights Chamber Ambassador Victoria Ridge. The ribbon cutting was held Thursday, January 11th. Their address is 6296 Greenback Lane, Citrus Heights, CA 95621. Photo courtesy of City of Citrus Heights

## Citrus Heights Police Announce Partnership with the Regional Family Justice Center; “Hope Thrives Here!”

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department is proud to announce its partnership with the Sacramento County Regional Family Justice Center (FJC) in our continued efforts to reduce domestic violence, elder abuse and child abuse, and their impact on our community.

The FJC provides victims and their families a “one stop” facility for

providing resources. The FJC offers a safe and healing environment for victims of domestic violence, child and elder abuse, sexual assault, and human trafficking. They bring an array of needed services to victims through collaboration with



existing public, private, and community-based programs. The facility allows victims an opportunity to report a crime, provide

a statement, get assistance with a temporary restraining order, find safe housing, meet with a prosecutor or victim advocate, and most importantly, find the support they need.

There are 13 counties throughout California that are successfully utilizing FJC’s which have shown to be an effective model to putting an end to the cycles of violence. There are currently other jurisdictions within Sacramento County that are also utilizing the Sacramento FJC.

For more information about the Sacramento Regional Family Justice Center please visit: [www.hopethriveshere.org](http://www.hopethriveshere.org) ★

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## Citrus Heights Messenger

Serving Citrus Heights and Sacramento County Since 2006

It is the intent of the *Citrus Heights Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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**Crossword Puzzle on Page 5**

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

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**Sudoku Puzzle on Page 5**

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

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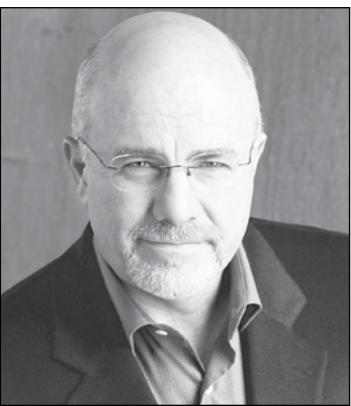
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No cash businesses?

Dear Dave,  
What is your opinion of businesses that no longer accept cash?  
- Heath

Dear Heath,  
Honestly, I think the whole scenario is kind of silly. Businesses that are suddenly into the “no cash” thing lose out on a lot of transactions. Believe it or not, there are still tons of people out there who make purchases only with cash. So, from a business owner’s perspective this philosophy can cut into your market share.  
I really don’t spend a lot of time thinking or worrying about the situation, though. When it comes right down to it, most businesses are doing that kind of thing for one or two reasons. Some of them just think cash is old school, and they want to give the impression they’re cutting edge and into technology. Others do it — depending upon the space they’re in — because their

Dave Says

sales using plastic are higher than with cash.  
I’m a cash guy. There are some situations where I might walk away if someone wouldn’t accept hard, cold cash, but in most cases I don’t think anything about it. I’ll just use my debit card, and buy what I need.  
—Dave

When can I have some fun?

Dear Dave,  
At what point can you spend, and have a little fun, when you’re following the Baby Steps plan?  
- Jen

Dear Jen,  
Everyone likes having fun, and there’s nothing wrong with spending some cash if you can afford it. I just want people to make sure they have their finances in order first.  
I recommend completing the first three Baby Steps before you run out and buy a bunch of toys. Just to review, Baby Step 1 is saving \$1,000 for a starter emergency fund. Baby Step 2 is where you pay off all debt — except for your home — using the debt snowball method. In Baby Step 3, you go back and fully fund your emergency fund

with enough cash to cover three to six months of expenses.  
Completing the first three Baby Steps puts you on pretty solid financial ground. At this point, once you’ve saved up the cash, it’s okay to take a vacation or buy a reasonably-priced toy. But don’t have so much fun that you forget about the other Baby Steps. Baby Step 4 means putting 15 percent of your income into pre-tax retirement plans, like mutual funds and Roth IRAs. Don’t neglect saving for college if you have kids. That’s Baby Step 5. Baby Steps 6 and 7 are paying off the house early, and building wealth and giving like never before.  
Remember, there are only three things you can do with money — spend, save, and give. You can do all three without putting yourself in a bind by following my plan!  
—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. ★

California Must Follow Trump’s Lead and Cut Taxes Now



By Senator Ted Gaines

President Trump’s federal tax reform held up a mirror to tax-loving California politicians and they are afraid of what they saw.  
At major issue to the panicked Progressive political class is the state and local tax (SALT) deduction, which, until now, has allowed taxpayers who itemize the ability to deduct their state and local taxes on their federal tax returns. The average California SALT deduction per claimant was nearly \$39,000 in 2015, but the deduction is now capped at \$10,000. California was the largest beneficiary of the now-reduced deduction, with tax filers claiming roughly \$100 billion in 2014. This deductibility has softened the blow of our state’s punishing tax regimen and helped cover up the fact that our politicians have been shoving our taxes into the stratosphere.  
With the capped deduction, coupled with California’s sky-high taxes, could California

taxpayers lead another Prop. 13-like revolt and tear down the high-tax, high-spending edifice that so comfortably houses fat cat politicians and their political allies?  
It’s this fear that’s led to the absurd, over-the-top howling about the tax bill, with embarrassingly apocalyptic rhetoric about this much-needed reform and the tired talking point that the Trump plan, by letting people keep more of their own money, was somehow “looting” the treasury. That would only be true if all money you earned belonged to the government and was doled back out to you by their grace. But that belief says much more about entitled legislators than the legislation itself.  
The problem is not SALT deductibility, it’s the taxes themselves.  
California’s top marginal tax rate of 13.3 percent is the nation’s highest, by far. Our state’s base sales tax rate of 7.25 percent is also the nation’s highest, and local add-ons push it above 10 percent in some cities.  
Even those punitive rates might be tolerable if California delivered first-class infrastructure or schools, for example, but our roads are crumbling and our schools hug the bottom of the achievement curve. What exactly have California taxpayers been getting for their money, whether it’s deductible or not?  
At the very least, SALT changes could spotlight the terrible bargain California taxpayers get and drag state legislators into an era of greater accountability.  
But until then, California politicians will be working overtime

to figure out an end-around on the President’s tax plan that will keep taxes high but allow continued SALT deductions, so they can pull the veil back over the people’s eyes.  
I have a better solution and I’m going to introduce a bill to make it happen: Cut California taxes. By lowering our income tax rates, we could help people in every tax bracket keep more of their paychecks, spreading prosperity throughout the state.  
Instead of investing time and energy scheming a way around the Trump plan, let’s take this opportunity to provide tax relief to California’s citizens.  
Instead of complaining about deductibility, let’s take a page from the majority of states with far lower taxes and give Californians lower taxes themselves. Why not aim to add to the tally of the six states, including deep blue Washington, with no state income tax at all.  
Letting people and businesses keep more of their money expands our economy and personal freedom. Trump knows this far better than California’s leading politicians, who will fight tooth-and-claw to keep state taxes among the highest in the country.  
Here’s hoping they fail, and President Trump’s tax cut becomes the catalyst for a tax cut in the Golden State.  
Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★

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CLUES

ACROSS  
1. Got ready for a close up  
6. Cookbook abbr.  
10. \*Super Bowl number  
  
13. Flow-controlling device  
14. Like pulling teeth  
15. \*Tight one?  
16. Do like ivy  
17. Half human, half cobra in Hinduism  
18. Ring like a bell  
19. Flying north in fall, e.g.  
21. High school breakout  
22. Distress signal  
23. Choice word  
25. One who increases bid  
29. One of “12 Angry Men”  
31. Kick out  
32. Extinct flightless birds  
34. Tony on a cereal box  
38. Of short duration  
40. \*Extra point  
41. Blood vessel  
42. Drawing support  
43. Life saver  
45. \_\_\_\_\_, precisely  
46. Minimal in magnitude  
48. Mortar and \_\_\_\_\_  
50. “\_\_\_\_\_, I” said Piglet  
53. Winter blues, acr.  
54. Getting warm  
55. \*Only undefeated NFL team  
60. Marchers in a kids’ song  
61. Albany-Buffalo canal  
62. Royal topper  
65. \*The \_\_\_\_\_ Bowl” in 1967  
66. Actress Campbell  
67. Happen  
68. Communist color  
69. Three-\_\_\_\_\_ sloth  
70. Button on electrical outlet  
  
DOWN  
1. Pipe material  
2. Crew propeller  
3. Multitude  
  
4. Never without “n”  
5. Remove from a throne  
6. Grabbing tool  
7. Fine, in Scotland  
8. It’s a long story  
9. \*One of 11 on field  
10. River-dwelling phlebotomist  
11. Absurd  
12. Lazybones  
18. \*Team with most Super Bowl appearances  
20. “Cheers” regular  
24. Itty-bitty bit  
25. Sonia Sotomayor’s garb  
26. Heavenly glow  
27. a.k.a. The Islamic State  
28. \*Team with most Super Bowl wins  
29. \*Justin’s “Wardrobe Malfunction” partner  
30. Drug abuser  
33. Sounds of amazement  
35. Little cave  
36. Et alibi  
37. Birth \_\_\_\_\_ or mortality \_\_\_\_\_  
39. Pestilence pest  
44. Moonfish  
47. Impassioned  
  
49. Author’s co-worker  
50. Broadcast in progress  
51. From this time  
52. Old hat  
53. r in d = rt  
56. Sandwich cookie  
57. \*Like Super Bowl broadcast  
58. Cote d’Azur locale  
59. Pouches  
63. Poe’s Morgue  
64. \*Former Ravens owner or HOFer Donovan

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Crossword Puzzle Solutions on Page 4

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

© Shashika Malik  
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

CHP Offers Free “Start Smart” Class for Young Drivers

CHP Special Release

SACRAMENTO REGION, CA (MPG) - The leading cause of death for Americans 15-20 years old is motor vehicle collisions. In an effort inform and to reduce motor vehicle collisions in California, California Highway Patrol (CHP) North Sacramento area will offer a free Start Smart class. According to the National Highway Traffic Safety Administration (NHTSA), mile for mile, teenagers are involved in three times as many fatal crashes as all other drivers.  
Recent collisions involving teenagers in our area demonstrate the importance of these

types of classes. The classes are used to promote traffic safety to both parents and teens. We encourage both parent/caregivers and teens to attend the class.  
The CHP’s Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15 -19 and their parents/guardians.  
The Start Smart class will cover collision avoidance techniques, driver responsibility, collision trends, distracted driving laws, alcohol related driving laws and the provisional license process. The program also offers an opportunity for new drivers and

parents/guardians to ask CHP Officers clarifying questions. The class incorporates videos and classroom discussion.  
Persons interested in signing up for the class will need to register for the class by following the link to our Eventbrite page on our Facebook account at Facebook.com/chpnorthsac or Twitter account at @chpnasac. It is highly encouraged that at least one parent/guardian attend the class with their teen driver. Funding for CHP’s Start Smart programs is provided by a grant from the California Office of Traffic Safety through NHTSA. ★

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By Marlys Johnsen Norris,  
Christian Author

Every one of us has some kind of need in our lives! God allows those needs to teach us many things we need to learn and realize. He uses them to teach us about himself and knows just the right time to answer those prayer requests. God reaches down often and His desire is to connect with us and draw close to Him. Once we really know Him

## Power of Prayer

and connect we hear His voice of encouragement and direction He desires us to follow. When we listen, He guides us into the perfect planned path He has designed before our birth that brings fulfillment and blessings.

Scripture states He is closer than a brother and He will never leave or forsake us when we search for Him with all our heart. It may be hard for some to understand that a powerful magnanimous loving God/Creator desires an intimate personal relationship with every one of us. How can that happen? It is only when each one prays and accepts His Beloved Son, Jesus who willingly came and gave His life on a cruel cross to purchase us and redeem us from our sinful natures that we inherited from Adam and Eve. That prayer and Jesus shed blood takes us into the mercy and grace of God the Father and His Holy Spirit enters. (Note since Old Testament times: There is no forgiveness without the

shedding of blood.)

That first seeking prayer takes each one into the presence of God forever. The deliverance, transformation, healing and blessings that will take place in every life is truly miraculous. The power of God is truly amazing and follows us every day as we experience His amazing grace and power as we offer our words of prayer to Him. He kneels and prays for every one to come and know Him. He knows everything about us, there are no secrets and in spite of His knowledge but He loves you unconditionally . . . always.

Maybe today is your day of understanding God loves you. Do not wait another moment, just be obedient and do what His Spirit is guiding you to do.....now!

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



By Pastor Ray Dare

Have you ever had “One of those days”? A dozen minor problems equal one bad attitude. They just all add up, it gets to you; the frustrations.

The acid test of your Christianity is how you handle the little things in life. That’s the bottom line; how you handle the little, insignificant irritations and daily frustrations of life. The Bible says what makes a Christian different from anybody else is their attitude, your attitude towards the little irritations in life. Philippians 2:14, *“Do everything without complaining or arguing so that you may become blameless and pure children of God without fault in a crooked and depraved generation in which you shine like stars in the universe.”* If you have an attitude of being a grateful person, a positive person, not a complainer, you will be so unique that you stand out

## Pastor Ray's Encouraging Words

### How to Cope With Daily Frustrations

and shine like a bright star in a dark night.

Your faith is not so much determined by how you act on Sunday, but how you act on Monday. It’s the real issues of life and your attitude that make the difference. So how do you handle the daily frustrations of life?

**Ask God to fill you with His love.** The difference is what’s inside of you. That’s what makes the difference. Not the situation. The difference is how you choose to respond to the situation. If I squeeze a tube of toothpaste, what comes out? Not necessarily Crest. Whatever that tube is filled with is going to come out. If by mistake they had filled that toothpaste tube with Colgate, then when you squeeze it, Colgate is going to come out. If they filled it with Silly Putty then Silly Putty’s going to come out. What I’m saying is, whatever’s inside, when it’s squeezed and put under pressure, is going to come out. Question, when the world puts the squeeze on you, what comes out? When you’re under pressure what comes out? Whatever’s inside of you is going to come out. People or

situations don’t make us angry; they simply bring out what’s already inside. The key is to be constantly filled with God’s love and peace on a moment by moment basis.

1 Corinthians 13 says *“Love is never irritable.”* We get irritated, frustrated, mad, uptight because we think everyone and everything has to revolve around us. When it doesn’t, we get irritated. Love concentrates on other people. A loving person would realize that the waitress has probably had a tough day and already had fifteen people griping at her. Love says, “I can be patient, I understand, I can wait.” That’s the type of people we want to be.

Pray, “Jesus, I need Your help with daily frustrations. Help me not to be negative. I don’t want to be a complainer. Help me to respond to daily frustrations with love. Fill me with Your love

so that I see the needs of others around me.”

Pastor Ray  
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# Sacramento County DA Reports



## Defendant Convicted of Assault and Torturing Toddler

**DATE:** January 5, 2018  
**CASE:** Lovely Ocean Williams (Case #16FE012205)  
**PROSECUTOR:** Deputy District Attorney Nancy Cochran, Special Assault & Child Abuse Unit  
Lovely Ocean Williams pled no contest to torture and assault by means of force likely to cause great bodily injury.  
Between February and April of 2016, Williams was in a relationship with the victim, who had a daughter younger than 3 years old at the time. During the two-month period, Williams assaulted the victim and tortured the victim's daughter. Williams burned the child with the heated end of a drug pipe and a hand-held butane blow torch. The child was burned over her entire body, and was specifically burned on her genitalia with the blow torch. Many of the burns have resulted in permanent scars.  
Williams will be sentenced to 7 years to life in prison. Sentencing is scheduled for March 6, 2018, at 8:30 a.m. in Department 61 before the Honorable Michael Sweet.

and felony possession of an assault weapon. The Honorable Lawrence Brown sentenced Isaac Richard Knutilla to 150 days in jail and five years formal probation.  
On November 4, 2016, Isaac Knutilla was contacted at a local hotel and found to be in possession of heroin, methamphetamine, cocaine, and marijuana while armed with a loaded .40 caliber firearm. Police officers later searched his residence and located an illegal assault weapon. At the time of these crimes, Knutilla was employed as a police officer with the Sacramento Police Department.  
District Attorney Anne Marie Schubert states, "The men and women in law enforcement do a tremendous job in protecting and serving our community. However, if a law enforcement officer or any citizen engages in criminal activity, they will be held accountable regardless of their profession or any other status they may have."

## Defendant Convicted for Kidnapping, Car Jacking, Sexual Assault

**DATE:** January 12, 2018  
**CASE:** Eddie Ray Jones Jr. (Case #16FE019308)  
**PROSECUTOR:** Deputy District Attorney Kevin Jones, Adult Sexual Assault Prosecution Unit  
Eddie Ray Jones Jr. was convicted by a jury of two counts of kidnapping during a carjacking, two counts of robbery and one count of oral copulation by force or fear with kidnapping and use of a dangerous or deadly weapon or firearm allegations. The jury also found true a use of a firearm allegation on all counts.  
On September 10, 2016, Jones was inside a restaurant on Mack Road when the female victim entered the restaurant with her 2-year-old granddaughter. After purchasing food to go, the victim returned to her vehicle and began placing her granddaughter in her car seat. Jones approached the victim from behind, told her he had a gun and pointed it at her through his coat pocket. He proceeded to order the victim into the vehicle and to drive. Over the next hour, the victim was forced to drive around while Jones smoked drugs. He then pulled out the gun, switched seats with the victim and drove to a secluded area where he forced the victim to orally copulate him. He then stole money from the victim's purse, dropped her and her granddaughter off on the side of the road and drove off in her vehicle. Jones was arrested later that month after leading police on a high-speed vehicle chase and attempting to escape on foot.  
The victim was able to describe Jones' distinctive tattoos and picked him out of a photo lineup. DNA evidence found on the victim's shirt was also analyzed by the District Attorney's Crime Lab and was a match to Jones.  
Jones faces a maximum sentence of 69 years to life in prison. Sentencing is set for February 8, 2018, at 1:30 p.m. in Department 62 before the Honorable Patrick Marlette.

## Defendant Sentenced for Deadly Stabbing

**DATE:** January 5, 2018  
**CASE:** Rodney Bruno (Case #16FE019105)  
**PROSECUTOR:** Deputy District Attorney Caroline Park, Homicide Unit  
The Honorable Michael Kenny sentenced Rodney Bruno to 86 years to life in prison. On October 10, 2017, a jury convicted Bruno for the first-degree murder of Virgil Torres. The jury also found that Bruno used a deadly weapon in the course of the murder. Bruno was sentenced under the three strikes law and the court found that Bruno had previously been convicted of a 1980 strike conviction for voluntary manslaughter and a 2008 strike conviction for robbery.  
On October 2, 2016, Rodney Bruno was upset with Virgil Torres. Bruno and Mr. Torres were at a home in the Tahoe Park area when they began to argue. The argument quickly escalated into a physical fight. Bruno stabbed Torres multiple times in the course of the altercation. Torres died as a result of those stab wounds.

## Former Police Officer Sentenced for Drugs, Weapon Possession

**DATE:** January 11, 2018  
**CASE:** Isaac Richard Knutilla (Case #16FE021432)  
**PROSECUTOR:** Deputy District Attorney Neil Ferrera, Special Investigations Unit  
Isaac Richard Knutilla pled no contest to all charges filed in this case; specifically, felony possession of controlled substances with a firearm

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# POPPOFF!

with Mary Jane Popp

the messy side...not terrible...but could use some help. First question I put to her, what about those Ten Commandments of organization? Here goes.

- 1) Knowing who you are is the key to organization, mainly because if you're pretending to be someone else, it's hard to remember where that pretend person put something.
- 2) Change is hard, so be honest about organization tasks. People who never hang up their coats in a closet, probably never will. Get a coat rack and call it a day.
- 3) Perfect isn't real. Magazine perfection is styled by a professional whose job it is to make everything perfection for the millisecond it takes to snap a photo.
- 4) No shame, no blame! Your liking clear, spotless surfaces doesn't make you OCD (it's not a personality disorder), it's your personality type.
- 5) Box it. When you cannot part with a useless item, store it away in a box and revisit that box in a few months (a year), and whatever you missed keep, whatever you forgot, let it go.
- 6) If it ain't broke, don't fix it.

Change is hard, so if storing TP right next to the toilet works for you, do it, but for heaven's sake try to make it look nice, unless you live alone on Antarctica. Then... who cares!

7) Organizing at its core is about retrieval. Period. Can you easily find and get things when you need them? Everything else is an argument about aesthetics.

8) One-step solutions are golden. Hanging up your coat is a five-step process whereas popping it on a hook is a one-step. Light bulb (at least it was for them).

9) Be loud and proud. So you write important "To Do's" on your hand in a pinch. Who cares? Don't apologize or defend it, and tell any scolds where they can go.

10) There's no best way to organize, so just be the best one for you.

That's a start. You can always check out **Katie** and **Kelly's** website [www.pixiesdedit.com](http://www.pixiesdedit.com). Don't fret. We all have to start somewhere. The key is you have to START! Stop procrastinating. Sorry, that's another column altogether! Good Luck! ★

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# Trump and Mental Fitness

# Recent Employment Trends

## Show Real Concerns

**Commentary**  
**by Dennis M. Scholl, PhD**

To my knowledge there is no published guideline, guidebook, code of conduct or the like for someone to behave “Presidentially.”

As a Licensed Professional Psychologist with forty-three years of doctoral level experience I do know there are professional standards, ethical guidelines, and codes of conduct in my profession as well as for physicians and for other mental health specialties – including psychiatry.

I acknowledge many, especially Democrats and the MSM (Main Stream Media), are concerned about the “Unpresidential” sometimes blunt, perhaps hurtful to others, brash, and at times crude comments and “tweets” by our Commander-In-Chief.

But more troubling to me as a responsible mental health professional is the audacity of other mental health specialists rendering “professional” opinions and even diagnoses for anyone, let alone our President, when they’ve not met a person face-to-face!

We may not like some of President Trump’s behaviors – but such emotional reaction does not ethically justify rendering professional opinions or diagnoses about mental or emotional stability or sanity! It is

harmful, if not outright wrong, for qualified mental health professionals to make public technical pronouncements about our President’s stability and character.

Such unprofessional behavior further amplified by biased MSM could lead the public to unduly worry there is present some genuine danger to our national security from unsubstantiated attribution of mental and emotional problems for our President.

Knowing President Trump is a “counter puncher” I would not be surprised to learn his personal attorney files lawsuits or complaints to appropriate professional licensing authorities against unprofessional actions – although malpractice might be excluded because the President WAS NOT A CLIENT/PATIENT OF THE “Professionals” involved nor was any responsible party such as Congress or the President’s physician!

It is doubly unprofessional for mental health “experts” to opine or publish derogatory or defamatory assessments of anyone, let alone the US President, without first engaging the health/medical professional having a doctor to patient relationship. And, of course, the actual professional/physician involved must first receive the patient’s permission to disclose the information.

It is a blessing in America that we are free to express personal

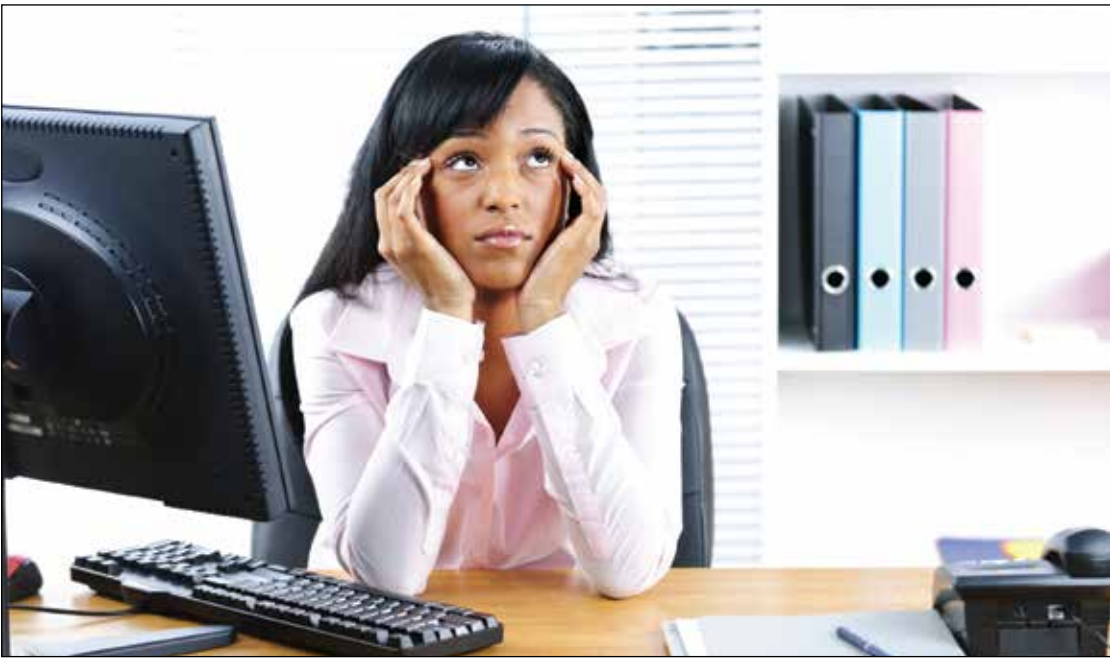
opinions – but I would not, ethically, render a “professional” opinion without having done a qualified professional assessment and evaluation up to appropriate standards – and I would only provide my professional findings to those with a legal right to the information.

My personal opinion is Americans, and others, should be more confident about the truthfulness of statements and more comfortable about the stability of behavior of a duly elected President [who from the outset stated he would not be politically correct - if attacked personally he would respond in kind, and who has been a successful businessperson, entertainer, and now effective Leader from outside the political class] than they should be in “Experts” who appear unable to act responsibly within the ethical guidelines of the Professions to which they claim adherence.

Certainly, those professionals who are behaving badly should be aware they have done harm to the public reputation of their professions.

*Dennis Scholl, PhD, an eminent psychologist for 42 years and has done psychological analysis of personnel for both the US military and civilian agencies.* ★

*Dennis M. Scholl, PhD  
Licensed Psychologist  
LtCol, USAF, Retired*



A shortage in the Sacramento region of qualified applicants has grown to include entry level/general labor applicants, construction trades, equipment operators and licensed route and delivery drivers.

### Pacific Staffing Reports

**SACRAMENTO REGION, CA (MPG) -** The ongoing active Sacramento hiring marketplace raises employer concerns in the first quarter of the New Year. In speaking directly with top employers Pacific Staffing discovered hiring, retention and payroll pressure among 2018 employment market concerns. Pressure from increasing competition with higher wage firms based in the Bay Area also causing pay issues in Sacramento.

In telephone contacts between November 23 and December 15th, sixty-five percent (65%) of regional companies report they plan to hire in the first three months of 2018. That projected hiring is lower than the previous quarter, as thirty-five percent (35%) of employers say no hiring is anticipated in January, February and March.

With a robust demand for workers, Pacific Staffing also learned that some regional companies are paying signing bonuses for scarce skillsets and retention of current skilled workers to maintain workforce

needs. While eight percent (8%) of hiring in the first quarter is attributed to seasonal needs, not a single company is reporting any layoffs in the new calendar’s first three months. Overall demand is evenly split with 43% of employers attributing hiring to replacements, and for expansion.

A shortage in the Sacramento region of qualified applicants has grown to include entry level/general labor applicants, construction trades, equipment operators and licensed route and delivery drivers. Companies also report strong demands for bookkeeping, accounting/finance, customer service and sales.

Having surveyed Sacramento regional employers since 1992 each new year brings new challenges. In 2017 those changes included Basic work ethics- less loyalty to employers and dedication to doing a job, as noted in our previous trends report. In between August 23 and September 20, regional employers also were asked if people and their expectations of work were making it difficult to manage.

This question generated the largest single positive response as seventy-seven percent (77%) said Yes, noting people were ‘unrealistic’, ‘underqualified’, and younger workers less driven to work. This change in ‘work ethic’ as ‘generational’ attitude with an ‘entitlement’ outlook causing attendance, productivity and retention issues.

More cultural change came to the front as a surprising number of Sacramento HR contacts noted more parental interference in hiring and workplace settings as reported in our previous report for quarter three of 2017. Pacific Staffing learned one quarter, or twenty-five percent (25%) of all companies reported having had this experience recently when asked about it directly. This (parental interference) is an unwelcome new trend and seems to be growing in the workplace, with employers suggesting it was embarrassing ‘meddling’ for both parent and adult children. For more information, employment blogs and market surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com). ★

## A Shot In The Dark



“A Shot In The Dark” will be performed Fridays and Saturdays at 8p.m. January 26-February 18 and Sundays, February 4 and 18 at 4p.m.

By Vanessa Voetsch

**CITRUS HEIGHTS, CA (MPG) -** On Broadway, Julie Harris played the good hearted and guileless child of nature who is hauled before the magistrate on a charge of murder, having been found unconscious, nude, and clutching a gun, with her lover dead beside her. What is most shocking to the magistrate is the complete frankness with which she describes her life as a parlor maid and her affairs with both the dead chauffeur and her aristocratic employer. She is so ingenious that the magistrate, at the risk of

his juridical neck, decides that she could not have committed the murder. The investigation expands to include both the aristocratic employer, who cannot answer yes or no in less than a paragraph and whose own polysyllables make him yawn, and his wife who descended in direct line from Attila the Hun and looks it. She has been having an affair with her husband’s best friend. The magistrate finds the right culprit and the open hearted little parlor maid offers herself to him as a present.

A Shot in the Dark is written by Marcel Achard, adapted by Harry

Kurnitz and directed by Martin Levario. It is Featuring Jordan Coble, Stephen Wellman, Ryan Rubi, Arie Knyazev, Spencer Foss, Carolyn Gregory, Sharon Perera, and John Logsdon.

Performance dates are Fridays and Saturdays at 8p.m. January 26- February 18 and Sundays, February 4 and 18 at 4p.m.

All tickets are \$15 for all ages. For more information or to make a reservation please call the theater at (916) 509-3445. Also see our website at [www.theatreintheheights.com](http://www.theatreintheheights.com) for more information and directions to the theater. ★

## Two-time World Champion Barry Zito to Return to Raley Field

By Daniel Emmons

**SACRAMENTO REGION, CA (MPG) -** Former Sacramento River Cats, Oakland Athletics, and San Francisco Giants pitcher Barry Zito will be at Raley Field on Friday, August 10, 2018 to sign autographs for fans and throw the ceremonial first pitch.

The River Cats will host a pre-game VIP meet and greet with Zito, which will include those who have purchased a Giant Pack. He will also be available for autographs on the concourse after throwing out the first pitch.

Barry Zito began the 2000 season with the River Cats, the franchise’s first year in Sacramento, and made his Major League debut that same year with the Oakland Athletics. Zito spent seven seasons with the Athletics before signing with the San Francisco Giants after



the 2006 season. Two World Championships highlighted his seven seasons with the Giants. Zito was a member of the Nashville (Triple-A Oakland) roster in 2015 and pitched six shutout innings at Raley Field during the team’s series against Sacramento that year.

The fan-favorite Giant Pack includes a Senate level seat for each of the 13 biggest River Cats games of 2018 and is available for just \$299 (an \$800 value). Fans who purchase the package are also guaranteed premium giveaway items for the 2018 season, including a limited edition

Madison Bumgarner Sactown jersey t-shirt. A full list of included game dates is available online at [rivercats.com](http://rivercats.com).

Giant Pack buyers will also receive exclusive access to a presale for the 2018 exhibition game on March 24 at Raley Field between the Sacramento River Cats and the San Francisco Giants. Presale date has not yet been determined.

For more information, please call the River Cats ticket hotline at (916) 371-HITS (4487) or email [tickets@rivercats.com](mailto:tickets@rivercats.com).

The Sacramento River Cats are the Triple-A affiliate of the three-time World Champion San Francisco Giants. For more information about the River Cats, visit [www.rivercats.com](http://www.rivercats.com). For information on other events at Raley Field, visit [www.raleysfield.com](http://www.raleysfield.com). ★

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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.

As I enter my second year as your County Supervisor, I find myself reflecting on what I have learned about the communities that I represent. I have learned that we have a community of people in Citrus Heights who love where they live and constantly want to help pitch-in to improve things. I have learned that people are proud of what their city has become and can see the direct benefits of what cityhood can bring when compared to some neighboring communities who are not cities. And I have learned that people here are generally happy with Sacramento County when they drive on County roads that are in good condition. Unfortunately, the roads are in a horrible condition and residents are rightfully upset.

I get it because I am upset myself. I see the deterioration of the streets that have needed repaving for years, and just last month I had to pay \$500 for new tires that my mechanic directly attributed to poor road conditions (tires I bought only 2 years ago). Because of this frustration, the question I get more than any other lately from residents in Citrus Heights is, "why can't you fix the roads in the County?" I wish it were that simple, because if it were I would have done it many months ago. So I wanted to take this opportunity in my monthly article to explain to you why it's not so simple, and what we can do to change things.

What many people do not understand is that the vast majority of

## Citrus Heights Community Update

### High Speed Rail is Slowing you Down

funds that are spent on local roads are from the state and federal government. Not only that, but many of these funds are competitive dollars, meaning we are only going to win those funds for major projects that have nothing to do with resurfacing, like the road widening happening right now on Hazel Avenue. So even if I wanted to prioritize local road resurfacing, the money Sacramento County could divert towards roads would be insignificantly small compared to what the state and federal government have the ability to do. And this completely ignores the fact that Sacramento County has virtually zero reserves in our budget (if we had to rely solely on reserves, we would only have enough money to last us eight days).

The problem Sacramento County is experiencing with our roads is not localized to just our county or even region. This is a problem afflicting the entire State of California, as of last count our state had over \$57 billion in road maintenance that has been postponed due to not having enough money for our roads, highways, and bridges (also called deferred maintenance). This enormous deferred maintenance bill would feel more understandable if California was broke, but at the same time we have this bill we are spending outrageous amounts of money on California High-Speed Rail (CAHSR), which in my opinion is only a fraction as important as having reliable roads. CAHSR has the potential to benefit a small fraction of the population, specifically those that would use it to commute. Meanwhile, roads are used by everyone, including passengers, freight, fire service, police service, etc. To top it off, the train doesn't even come close to Citrus Heights, as the furthest north it goes is San Francisco.

When voters approved CAHSR, it was supposed to cost \$40 billion. As of today, the current estimate

has risen to \$79 billion, and experts are now expecting that by the time the project is completed it will cost nearly \$100 billion. The first segment of CAHSR is currently being constructed - it is 118 miles through the Central Valley from Merced to Shafter and is supposed to be the easiest part of the construction. Just how easy is the "easy" part? It was expected to be done this year and cost \$6.4 billion, but is now expected to be finished in 2024 and will cost \$10 billion.

Even if we let CAHSR continue to build the central valley line, and we abandoned CAHSR after that we would save enough money to pay for every cent of deferred maintenance for all roads, highways, and bridges in California. Not only that, but we would also save enough to pay for all deferred maintenance in every department across the State, including things like water systems, courts, parks, colleges, fairs, etc. The California Legislature and the Governor have the capacity to fix our roads, they just need to change their priorities and focus on what California needs the most.

Finally, I want to invite everyone to my next Citrus Heights community meeting on March 15th at 6:00pm at the Citrus Heights City Hall 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. I always stay after the meeting to make sure that every person has an opportunity to ask their questions. 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@sacounty.net.

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

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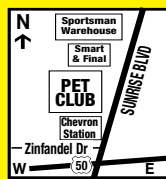
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