



**Blithe Spirit Opens
in Citrus Heights**

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**One Nation Under God,
Indivisible, with Liberty
and Justice for ALL**



Citrus Heights Messenger

"Written by the people, for the people"

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Serving the City of Citrus Heights and Sacramento County

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Getting a Revival Right

Auburn Blvd. Business Group Crafts Vision for Revival



"We want to see this area have its own identity and we would like to see it become a walkable destination, but in order to make that happen we need to address the issues that are turning customers off," said Richard Hale (above), owner of Walt's Auto Service and founder of the Auburn Boulevard Business Association (ABBA).

**Story and photos
by Jacqueline Fox**

CITRUS HEIGHTS, CA (MPG) - Trail a finger down the list of businesses dominating the stretch of Auburn Boulevard from roughly the entrance to Rusch Park to Interstate 80 and you'll find it dominated by a somewhat incongruous offering of service-related outfits, many long-standing vibrant business, while others, suffering from aging signage, dingy parking lots, blight and empty storefronts within feet of their entryways.

Auto repair shops, a veterinarian hospital, tire stores, a printing business, a smattering of gas stations, a few hamburger stands, one new restaurant and a couple of long-standing cafes, as well as several industrial firms, one in business on the boulevard for more than 80 years—all vying for customers in an area struggling for identity as age and a lack of visual cohesiveness, fueled by the growing number of retail vacancies, blight, graffiti and a swelling homeless

population collectively work to drive potential customers away.

"We want to see this area have its own identity and we would like to see it become a walkable destination, but in order to make that happen we need to address the issues that are turning customers off," said Richard Hale, owner of Walt's Auto Service and founder of the Auburn Boulevard Business Association (ABBA), a group of roughly two dozen local business owners from the area, formed in 2016 to represent the businesses in the corridor from Sylvan Corners to Interstate 80.

Armed with a grant of \$25,000 from the city, ABBA's goal, says Hale, is to work alongside officials as they begin to craft their plan for completing the second phase of the Auburn Complete Streets Revitalization Project, which would continue with the improvements completed in Phase I in 2014. Phase I covered the stretch of the boulevard running from Rusch Park to Sylvan Corners. Phase II, which remains unfunded at this point,

**"This is the
beginning
of the future
of ABBA."**

**RICHARD HALE
FOUNDER OF ABBA AND
OWNER OF WALT'S AUTO SERVICE**

will address the boulevard from roughly Grand Oaks Boulevard to Whyte Avenue.

ABBA would like to see all of Auburn Boulevard obtain a "destination" status and attract new, relevant businesses to the area, such as a big box retailer or two, new restaurants and customer-friendly experiences, anything that would help define and revitalize interest by the community in the area, which will include improvements but also a plan for addressing the growth of homelessness in the area.

With nonprofit status, a board of directors and funding in place, ABBA members rolled up their

sleeves and convened for a two-part brainstorming workshop at city hall in September to begin crafting the bones of a final report city officials will use as they prepare to begin Phase II. Roughly 20 ABBA members, guided by city-funded facilitator, broke out into workshops focused on the four core issues of concern identified at previous ABBA meetings, concerns they view as having a direct impact on their bottom lines: blight and safety, homelessness, a lack of cohesiveness and brand for the area, and the widespread number of vacant storefronts.

"This is the beginning of the future of ABBA," said Hale. "We are going to have a say in how we shape what happens next on Auburn Boulevard and we are very glad you're all here."

City Manager Chris Boyd, who attended the first of the two-part workshops told the group the city was committed to a plan for revitalization that reflected the desires of the business

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Reported STD's Reach an All-Time High

By Corey Egel, CDPH

SACRAMENTO, CA (MPG) - Rates of sexually transmitted diseases (STDs) continue to increase in California, according to new statistics from the California Department of Public Health (CDPH). These diseases are reportable to the state and local health departments. The data are presented in CDPH's 2016 STD Annual Report: a summary can also be found on CDPH's website.

Over a quarter million cases of STDs were reported in 2016, a 40% increase compared to five years ago including, 198,503 cases of chlamydia, 64,677 of gonorrhea, and 11,222 of early syphilis. Particularly concerning to health officials, 207 cases of congenital syphilis were reported. If not caught early, syphilis during pregnancy can result in congenital syphilis leading to stillbirth or permanent, lifelong disabilities. Syphilis can also cause permanent loss of vision, hearing and other neurologic problems in adults. If left untreated, STDs can increase the risk of HIV infection and lead to lifelong reproductive health problems.

"The number of reported STDs in California is increasing at a concerning rate," said CDPH Director and State Public Health Officer Dr. Karen Smith. "This is the third year in a row that we have seen increases in chlamydia, gonorrhea and syphilis."

These three diseases can be prevented by consistent use of condoms, and they can be cured with antibiotics, so regular testing and treatment is very important, even for people who have no symptoms.

Chlamydia and gonorrhea rates are highest among people under age 30. Rates of chlamydia are highest among young women, whereas males account for the majority of syphilis and gonorrhea cases.

Regular screening for STDs is recommended for people who are sexually active. STD services also provide opportunities for further prevention of HIV through testing and pre-exposure prophylaxis, or PrEP.

"All Californians need to know how to protect themselves and their partners," said Smith. "Getting tested regularly is one of the most important steps." A directory of where to get tested can be found at the Centers for Disease Control and Prevention webpage.

CDPH is collaborating with the California Department of Education and community groups to implement the newly enacted California Healthy Youth Act, which mandates comprehensive STD/HIV prevention education in schools. For more information, go to the CDPH Sexually Transmitted Diseases Control Branch website at www.cdph.ca.gov

Source: CDPH



Studio Movie Grill Eyeing Kmart Site

Story by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - While the city has yet to receive an official application from the company, officials and some local business owners say there is serious interest by Dallas-based Studio Movie Grill to occupy a portion of the 90,000 square-foot Kmart building on Auburn Boulevard.

Devon Rodriguez, development specialist with the city said there is nothing yet to share publicly about Studio Movie Grill, but confirmed they have come forward as an interested tenant that would share the site with Big Lots, said to still be interested in taking up a portion of the site.

In late July, Rodriguez confirmed that Rebounderz trampoline fun center had pulled out of talks with the city to share the space with Big Lots. Rebounderz was set to take

up approximately 55,000 square-feet on the site, with plans to bring in a 24-hour, extreme fun center and a goal to open alongside Big Lots sometime in 2018.

With those plans off the table, Big Lots remains the only confirmed tenant to be in negotiations with the city.

Studio Movie Grill is considered an innovator in the in-theater dining movie concept, with roughly 24 locations across nine states, including California. Studio Movie Grill offers movie-goers an in-theater dining experience with classic cocktails, beer, wine, burgers, chicken fingers, pasta dishes, salads and of course popcorn.

Rodriguez also said previously that the property owners are unable confirm whether Big Lots was still a contender as a future tenant, but there have been no announcements about its departure, yet. Previous attempts to

reach the company were unsuccessful and as vacancy rates seemingly rise at steady pace on the boulevard, there are concerns about that space taking so long to lease.

The site is viewed as a huge eyesore to many business owners on Auburn Boulevard and in the center itself, many of whom have jointly formed the Auburn Boulevard Business Association (ABBA), and are currently collaborating with the city to craft a vision for revitalizing the boulevard, which will, no doubt, carry heavy weight with city officials as they also move toward the completion of Phase II of the Auburn Boulevard Complete Streets Revitalization Project.

Phase II includes the stretch of the boulevard from Rush Park to the Roseville Boulevard and is not currently funded, according to city officials, and is not set to begin until 2019.

www.CitrusHeightsMessenger.com

SMUD Exploring New Ways to Keep Vehicles from Hitting Power Poles

Sharp Rise in Incidents Can Jeopardize Safety and Power Reliability

SACRAMENTO REGION, CA (MPG) - SMUD is evaluating several measures to reduce the number of incidents that involve vehicles crashing into the electric utility's infrastructure, especially power poles. The five-year pilot program aims to increase public and worker safety, and reduce the number of associated power outages.

SMUD data shows an increasing trend of these incidents annually. In 2006 for example, there were 153 "car-pole" accidents. In 2016, there were 271. Increased traffic volume, distracted and unsafe driving, as well as other factors are to blame, but the end result is the same: increased potential for public and worker safety hazards and more power outages.

The pilot program will focus on power poles and electrical equipment that's been crashed into multiple times over the years. Measures include removing and relocating power poles; redesigning them; installing higher-visibility reflective strips; and installing large, high-visibility protective barriers, known as "Raptor" technology, around the power poles.

The Raptor is big and yellow. It is easily installed at the base of the pole and is designed to absorb the impact of a vehicle crash, sparing the power pole and preventing a power outage for SMUD customers. The Raptor has been used by other utilities and SMUD wants to see if they are a possible solution to improve safety, while making power poles more visible to motorists and more resilient to being damaged if a vehicle collides with the pole.

The main goal of the pilot is enhancing public and worker safety. SMUD takes public safety very seriously. Power reliability is also key. While car-pole accidents comprise about five percent of all types of SMUD outages annually, they account for about a quarter of the overall average duration



SMUD has installed some measures to mitigate damage to power poles and other electrical equipment by vehicles hitting them. The measures are part of a pilot program designed to increase visibility of and provide some protection to the power poles and to motorists. The work is part of SMUD's efforts to enhance public and worker safety and the SMUD grid's reliability. This photo shows a "Raptor" power pole barrier being installed in Wilton, CA. Photo courtesy SMUD

of outages for SMUD's customers. SMUD's Board of Directors, elected by SMUD customers to set policy, has made reliability one of SMUD's core values, so it's a priority for SMUD staff to fulfill it.

In addition to compromised reliability and safety, power outages caused by car-pole accidents cause loss of revenue to SMUD and increased costs for labor and materials to repair and replace damaged electrical infrastructure. For example, a pole replacement can cost more than \$11,000 for the pole, the five-man crew to replace it and other associated expenses for each incident. Beyond SMUD's costs,

pole replacements can take eight hours or more and cost the community's businesses lost revenue from power outages and associated traffic jams due to lane closures to make the repairs.

SMUD is doing its part to increase public and worker safety and reduce the frequency and duration of outages due to these traffic accidents. SMUD also urges motorists to do their part by driving safely, obeying traffic laws and avoiding anything that may cause distractions. For more information about SMUD and its commitment to public and worker safety, visit SMUD.org. ★

The Way Ministries Spreads Gifts for Body and Spirit to Those in Need

By Elise Spleiss

SACRAMENTO REGION (CA) (MPG) - "The Way Ministries is a ministry of Jesus, and loves on the needy by providing for and feeding the homeless, poor and needy." These words on their website barely hint at the impact of The Way's quiet presence in may locations throughout Sacramento County. Their motto, "Helping Hands, Healing Hearts, Casting Vision" describes the three types of ministries their volunteers are involved in every day of the week: Street Ministry (Homeless Outreach), Food Distribution, and Other Ministries. These programs reach out to serve not only the physical needs but also the spiritual needs of the homeless and others.

Since their congregation is on the street, founders Lonnie and Sarah Nix along with Carlo and Rhonda Sandoval and the Patrick and Char Miller work with their teams of volunteers in many capacities.

The street and homeless outreach ministry meets and serves people where they are throughout the county. If they have to "sit in the gutter and talk" with them to comfort them and meet their needs, they will.

The Rusch Park homeless outreach in Citrus Heights serves 30 to 50 hot meals at the park every Tuesday (rain or shine) at 4:00 p.m. at 7801 Auburn Blvd. Food, prayer and referrals to other resources as needed are offered. Community volunteers are always welcome to join the



The Rusch Park homeless outreach in Citrus Heights serves 30 to 50 hot meals at the park every Tuesday (rain or shine) at 4:00 p.m. at 7801 Auburn Blvd. Photo courtesy The Way

riding the rails, takes place on Wednesdays at a rail yards in Sacramento.

Food for Families, a growing family food distribution program is held at Serna Village at McLellan Park every Tuesday morning. The event provides boxes of food for over 250 families. The program began in 2012 with five to seven boxes of food a week being handed out from the back of Pastor Lonnie Nix's pickup. Today more than 250 families receive a giant box of food to prepare 8-10 meals weekly for their family.



Way Riderz, an active Christian motorcycle club, has a large presence within the ministry, helping at events and riding with other Christian and secular clubs on the weekends. Photo courtesy The Way

team for all these programs.

Deliverance Corner homeless outreach: The same ministry of food, prayer and resources serves 40 to 50 meals every Tuesday and Friday at 5:30 p.m. at Madison Avenue Baptist Church, 4148 Madison Avenue, North Highlands, at the corner of Madison Ave. and Hillsdale Blvd.

All these programs minister to participants with the goal to earn their trust and eventually have them move off street into a clean and sober living home.

A special hot dinner for the 50 children living at the Section 8 Logan Park Apartments in North Highlands takes place each Tuesday and Thursday evening.

Another unique food ministry for young people with little hope, caught in the lifestyle of

To make this happen in a timely manner, a well-rehearsed team of more than a dozen volunteers descends upon the gym at Serna Village early Tuesday morning to unload dozens of pallets holding boxes of fresh fruit, vegetables, bread, juice and canned goods delivered by a Placer Food Closet box truck. Three assembly lines then sort and prepare the boxes with food, a dessert and other staples. Families arrive at the gym during this process, mingle with their neighbors and are greeted by Pastor Nix who delivers a short message of hope and healing prior to the food distribution.

Donations, plus prayers and volunteer help are always welcome. Five dollars feeds a family of four for a week and

twenty dollars feed them for a month. Prayers, time and money are always needed.

The work week ends on Friday evening with a high energy church service starting at 6:45 at Crossroads Church, 5501 Dewey Drive in Fair Oaks. The close-knit Way family that keep these programs going, residents of the three clean and sober resident houses and others touched by other ministries gather for fellowship, song and to hear the Word.

Way Ministries is only able to fill the needs of those they serve because of their many faithful ministry partners! The number is growing, along with new programs either operated or supported by The Way!

Way Riderz, an active Christian motorcycle club, has a large presence within the ministry, helping at events and riding with other Christian and secular clubs on the weekends. They use their Harleys and other motorcycles as a tool to take advantage of opportunities to minister to those they meet on their rides.

Grace House, Oak House, Stewart House, Restoration House and Second Chance Ministry are safe, Clean and Sober places to recover from addictions and prepare to re-enter into society. Many government and private organizations work with The Way to place potential residents in these residence, including district attorneys and probation officers.

Way members work with other community food and clothing programs, work with children and seniors, in schools and at mobile home parks, and with veterans and housing programs throughout the county.

The men and women of The Way Ministries are committed to making an impact on the world around them for the glory of God, serving out of their love for people and for Jesus. ★

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Getting a Revival Right

Auburn Blvd. Business Group Crafts Vision for Revival

Continued from Page 1

owners and the community at large. But he reminded them the plan will take funding and time, likely two to three years.

“I think we have some of the greatest opportunities on the boulevard,” Boyd said. “Our objective is to finish the second phase and we need federal grants in order to make that happen by 2019. We are at a point now where we need to be very focused. The city can’t just do this as a local government. We need the businesses involved.”

“We are at a point now where we need to be very focused. The city can’t just do this as a local government. We need the businesses involved.”

CHRIS BOYD
CITY MANAGER
OF CITRUS HEIGHTS

Sketching out a vision for the corridor, ABBA members said they want to see their portion of the boulevard, part of the original Transcontinental Highway stretching from Reno to Atlantic City, not only attract customers and new businesses, but also deliver a renewed sense of community pride. Asked to consider the boulevard and not just their own business, ABBA were asked to comprise a list of desired of aesthetic, as well as cultural changes. What they came up with was a long list of things ranging from new boulevard signage reflecting the corridor’s historic relevance, a retro-inspired architectural theme with cohesive paint, fencing, signage and graphics for all the businesses in the area, a marketing and branding campaign for the boulevard to attract new business, community-focused events, such as a weekly farmer’s market, street closures for family festivals, and a neighbor-to-neighbor approach to building up interest in the area as a local destination, not just a mainline for the highway.

“We want to see more restaurants and big retailers that people want to shop at come in because they will entice more businesses to come in,” said Linda Finn who manages Aba Daba Rentals’ Citrus Heights location, which benefited from some upgrades under Phase I. She is currently planting flowers in front of the business, which is dominated by cement mixers and heavy equipment, guarded by a wrap-around, wrought iron fence.

“I’m planting flowers in the planter in the front, I’ve been getting out and talking to other business owners in the area, and, so far, being a representative on ABBA has really been inspiring. We all want to see the area get better.”



Linda Finn (above) manages Aba Daba Rentals’ Citrus Heights location.

Over and over again the group came up with adjectives to describe a revitalized Auburn Boulevard, adjectives such as “inviting,” “appealing,” and “secure.” They say they want it to be both industrial-friendly, but modern, contemporary and convenient. And, above all, it needs to be safe.

Realizing that vision will require a delicate balancing act between the city, business owners and local law enforcement as, many agree, the growing homeless population is at the root of many of the areas of concern. Vacant buildings are prime real estate for homeless encampments and transient behavior, which in turn, leads to blight, crime, drug and alcohol related problems and are a significant deterrent to companies scouting new locations.

“A lot of the concerns we all have are tied to the homeless population,” said Hale. “But we are working on how to address it and we have a plan to work with the city and law enforcement to figure out first, why they are here, and then how we take care of it.”

While the city’s Activate Auburn grant program offers funding to small businesses to refurbish storefronts, signage and make other aesthetic improvements, the homelessness issue and related problems seemingly continue to work against those efforts in some instances.

Martin Garcia, co-founder of Crepes & Burgers, which opened on the corridor in February, said although he received a grant to refurbish the building and that business was slowly building, he and his staff frequently deal with transients and a frequent presence of police activity involving the homeless, both of which are impacting operations and customer loyalty.

“The city offered to help me bring my business here,” said Garcia, whose previous restaurant, Crepe Escape in East Sacramento burned down in 2015. “This building was a complete disaster but the city told us they were working on a plan to make this area nice. But often at night we have a lot of homeless people congregating around the area and a lot of times there are a lot of police and sirens coming around to deal with it. We have to close at 9 p.m. now because after 10 p.m., we see the homeless out there walking around

and screaming and customers won’t stop to come in.

Police officers assigned to the city’s Crime Prevention Through Environmental Design program (CPTED) are working nonstop with business owners on ways to deter the homeless from sleeping in their doorways, congregating at night and vandalizing their shops, encouraging them to install better lighting, surveillance systems and fencing, and cautioning them to ensure there is no access to public Wi-Fi or outlets for charging phones.

The City’s Homeless Assistance Resource Team (HART), comprised of representatives from local non-profits, churches, the San Juan Unified School District, and Sunrise MarketPlace has received support to coordinate efforts with a city appointed Homeless Outreach Navigator, one individual, who acts as a case manager, connecting homeless individuals with city and county resources.

Despite the challenges, there is momentum. Roseville resident Ben Aibuede announced plans earlier this year to bring in a Checkers Burgers on the vacant corner lot at Auburn and Grand Oaks boulevards. Maita Mazda set up shop in a new 40,000-square foot facility in May and is upgrading another Mazda dealership at 2410 Auburn Blvd.

And, while perhaps representing one of the starkest examples of vacancy related concerns, there is a move afoot to bring in a Movie Studio Grill to share space alongside Big Lots, which is tentatively slated to take up a portion of the long-shuttered 90,000-square-foot Kmart building.

The city also is said to be courting the San Juan Unified School District to potentially purchase the surplus chunk of land that housed the former Sylvan Middle School for a future development project. Although he declined to specify details, Mayor Jeff Slowey told ABBA members at the first of the two meetings that the city was vigorously pursuing the parcel for “great things.”

ABBA’s vision for revitalization is now on paper and part of a working “action plan,” a first big step toward a formalized report to be crafted by the consultants and delivered to the city and ABBA members at the group’s next meeting November 14.

“We’ll be taking everything we have worked on here in the two sessions and drafting a very thorough and detailed report that reflects the vision for the future of Auburn Boulevard as the business owners have laid it out,” said the firm’s founder, Lucy Eidam Crocker who facilitated the workshops. “We are working with them every step of the way to make sure they are heard and represented.”

For more information about ABBA, please visit www.auburnblvd.com

For more information about the city’s CPTED program, please visit www.citrusheights.net ★

Blithe Spirit Opens in Citrus Heights

By Vanessa Voetsch

Play Written
by Noel Coward and
Directed by Blake Flores

Charles Condomine, a mediocre novelist, summons a medium to his home to study “the techniques” of spiritualists for his new book. Along with Ruth, his second wife, and Dr. and Mrs. Bradman, close friends, he participates in a seance conducted by Madame Arcati, his chosen medium. Madame Arcati supplies Charles with more than he bargained for. She produces a “protoplasmic manifestation” in the form of Elvira, Charles’s deceased first wife whom only he (and the audience) can see and hear. With farce and wit unleashed, playwright Noel Coward presents us with some of his best comic characters in a situation full of spirits and satire.

For more information or to make a reservation please call



Charles Condomine, a mediocre novelist, summons a medium to his home to study “the techniques” of spiritualists for his new book. Photo courtesy Theatre in the Heights

the theater at (916) 509-3445. Also see our website at www.theatreintheheights.com for more information and directions to the theater.

Theatre In The Heights is located at 8215 Auburn Blvd., Suite G, Citrus Heights, CA 95610. ★

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CITRUS HEIGHTS CHAMBER

CONNECTING ■ BUSINESS ■ EDUCATION ■ COMMUNITY

Cendrinne Demattei
Interim Executive Director
Officer Garing
Citrus Heights Police Department

The Citrus Heights Chamber provided two very informative sessions recently that offered low-cost valuable safety and security preventative actions for small businesses; Crime Prevention through Environmental Design and Cyber-Security.

The Crime Prevention through Environmental Design (CPTED) results have been impressive; in some communities, criminal activity has decreased by as much as 40 percent. What is the secret to CPTED? Design that eliminates or reduces criminal behavior and at the same time encourages people to “keep an eye out” for each other. These are just a few of the ingredients that go into creating an effective CPTED for a safer and livable community.

The Sunrise Marketplace hosted the CPTED event, offering three sessions throughout the

day. Their presentation highlighted low cost solutions to some common problems shared by many business owners.

Officer Garing of the Citrus Heights Police Department shared the four key concepts of CPTED.

Natural surveillance – a design concept directed primarily at keeping intruders easily observable using features that maximize visibility of people in and around business locations.

Territorial Reinforcement – Using features that define property lines and distinguish private spaces from public spaces using landscape plantings, pavement designs, gateway treatments; Natural Access Control - decreasing crime opportunity by designing streets, sidewalks and building entrances to discourage access to private areas using structural elements.

Target Hardening – accomplished by features that prohibit entry or access: window locks, dead-bolts for doors, interior door hinges, etc. For more information about CPTED, contact Citrus Heights Police Department POP Unit at (916) 725-2845 or email pop@citrusheights.net

Cyber-Security for Small Businesses was presented at the monthly Brown Bag Breakfast forum in City Hall. A Sacramento FBI Special Agent covered how to protect businesses from cyber threats, gave case examples and suggested preventative measures to the participants. Cybercrime will reach \$2 trillion in losses by 2019 with an average cost-per-stolen record of approximately \$150-\$200. More than half of the breaches in security are due to a lack of safety measures for businesses. Most common types of hacks for small businesses are:

- 1.) Business email compromise
- 2.) Point of Sale breaches (hijacked credit card information)
- 3.) False tax return filings
- 4.) Ransom Ware & Extortion (loaded with malware and on the increase)

Protective and preventative measures include; good back-up systems that occur daily or at least every other day, implement a 2-step process for accessing IT, business and financial transactions and simply turning off your computer. In addition to, turn off SSID broadcasting and use caution when accessing public Wi-Fi networks and finally, always change default passwords.

If you experience cyber security problems, contact the Internet Crime Complaint Center at www.ic3.gov or call (916) 746-7000. For public service announcements go to cywatch@ic.fbi.gov

• Upcoming Meetings and Events •

Citrus Heights Monthly Luncheon
Superintendent Kent Kern
Tuesday, Oct 10th, 11:30 a.m. – 1:00 p.m.
North Ridge Country Club

Brown Bag Breakfast Forum
Advanced Social Media
Tuesday, Oct 17th, 8:00 a.m. – 9:30 a.m.
City Hall, Large Conference Room

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

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Paul V. Scholl
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Citrus Heights Messenger

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Crossword Puzzle on Page 5

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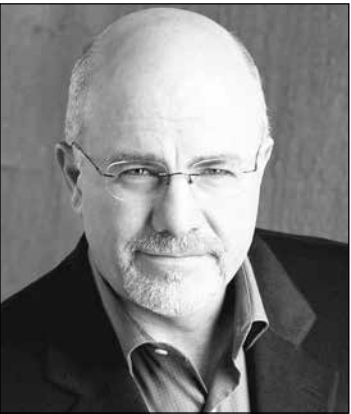
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Dave Says

Where do I put the money?

Dear Dave,

I have a savings account for my two-year old that has \$5,000 in it, and about half of that is in gold. I'm going to save for his college separately, and give this to him to help start his life after school. Is there a better place to put this other than a traditional savings account?

- Laura

Dear Laura,

First of all, you should not invest in gold. Gold is a very volatile, very dangerous investment. I don't have a dime invested in gold, and I would strongly suggest that you not invest in it, either. If you take a look at the life-long track record on gold it will scare you to death.

For the time being, you can leave it all in a traditional savings account. But if he's not going to use it for many, many years you could move it into a conservative mutual fund. In

fact, you started when he was at such young age, a nice, conservative mutual fund might be a really good idea.

When he gets a little older, he can start adding to it himself from the money he makes from odd jobs and chores and such. After 15 years or so, thanks to your foresight and his contributions, he'll probably wind up with a pretty nice chunk of cash.

Good job, mom!
—Dave

Debt snowball reasoning

Dear Dave,

Why do you recommend paying off debts from smallest to largest when doing the debt snowball?

- Michael

Dear Michael,

Lots of people think paying off the debt with highest interest rate first is the best approach. This seems to make sense mathematically, but I realized a long time ago if those people could do math they wouldn't be drowning in debt.

Debt is not a mathematical problem, it's a behavior problem. Personal finance is 80

percent behavior, and only 20 percent head knowledge. The reason the debt snowball pays off debt from smallest to largest — even though it may be mathematically incorrect — is that modifying your behavior and inspiring you to get out of debt is more important than the math. Your probability of becoming wealthy has a lot more to do with your behavior than any sort of financial sophistication or academic degree.

When you pay off a small debt you experience success, and that gives you hope. Then, you move on the next largest debt. When you pay that one off — and you've wiped out two debts — it energizes you. At that point, you really start to believe in yourself and the fact that you're on the road to becoming debt-free!

—Dave

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

Bullies Beware

Family Tae Kwon Do Plus Plans Anti-Bullying Workshop



"Bullying is a serious and we are going to teach kids and their parents how to do their part to make it stop," said Dominic Cirincione.

Story and photos by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - Family Tae Kwon Do Plus is gearing up for its bi-annual Citrus Heights Hyper Bully Defense workshop, part of a world-wide movement against bullying in schools and elsewhere by participating martial arts instructors, taking place simultaneously across the nation throughout October in recognition of "Anti-Bullying Month."

Family Tae Kwon Do will host a free, two-hour, age-specific defense workshop for kids, teens and their family members, exploring the nature of bullying, ways to recognize it and how to put an end to it. The workshop will be held on Saturday, Oct. 14 from 11 a.m. to 1 p.m. More than 100 participants are expected.

The anti-bullying and educational event, held twice annually in spring and fall, will teach participants how to defend themselves against bullying, especially bullying in schools, which, according to Hyper Bully Defense, a world-wide network of martial arts professionals and schools working in tandem to spread the word that bullying is a life-threatening, serious and growing epidemic.

"Bullying is becoming an epidemic in our country, no question about it," said Family Tae Kwon Do founder, Professor Dominic Cirincione. He said Hyper Bully Defense statistics on bullying show that roughly 100,000 kids miss school every day in the country because they have been bullied



The anti-bullying and educational event, held twice annually in spring and fall, will teach participants how to defend themselves against bullying.

or are in fear of being bullied by someone once they get there. "It's real. And some cases are even leading to suicides. We have to take this very seriously."

In fact, Hyper Bully Defense has some rather startling statistics to consider. For instance, roughly 34 percent of children in America report being bullied on a regular basis. Also, every seven minutes a child is bullied by another student somewhere in the country, equating to roughly nine kids an hour. Finally, close to 85 percent of bullying incidents happen in secret with no intervention and a vast number of victims do not tell anyone out of fear of reprisal by the bully and or shame.

"Bullying is a serious and we are going to teach kids and their parents how to do their part to make it stop," said Cirincione.

The workshops will offer participants physical and mental tools for quickly assessing their surroundings, recognizing a potential bullying scenario and, perhaps most importantly, for carrying themselves with confidence in order to disarm a bully.

Representatives from the Citrus Heights Police Department also will be there to provide educational information about bullying, as well as gun violence and drugs in schools.

"Nationally the campaign will involve some 800 schools across the country and roughly 12,000 kids," said Cirincione. "Our workshop will involve reaching out to all Citrus Heights schools and roughly 3,500 students."

The event is free, open to all, and there will be pizza. If you can't make the event but want to learn more, go to Citrus Heights Hyper Bully Defense online, sign up and link to the download for a free, 32-page handbook called "The Parent's Guide to Bullying." www.citrusheightshyperbullydefense.com ★

Citrus Heights Hyper Bully Defense Workshop
Where: Family Tae Kwon Do Plus 7831 Sunrise Blvd.
When: Saturday, Oct. 14 from 11 a.m. to 1 p.m.
(916) 725-3200
www.citrusheightshyperbullydefense.com

Family Fiddle Fun Jam and Performances

ORANGEVALE, CA (MPG) - The public is invited to attend the Family Fiddle Fun Jam and performances on Sunday October 8, 2017 from 1:00 to 4:30 p.m. at the Grange Hall in Orangevale located at 5807 Walnut Avenue near Madison Avenue.

Free admission, refreshments and parking.

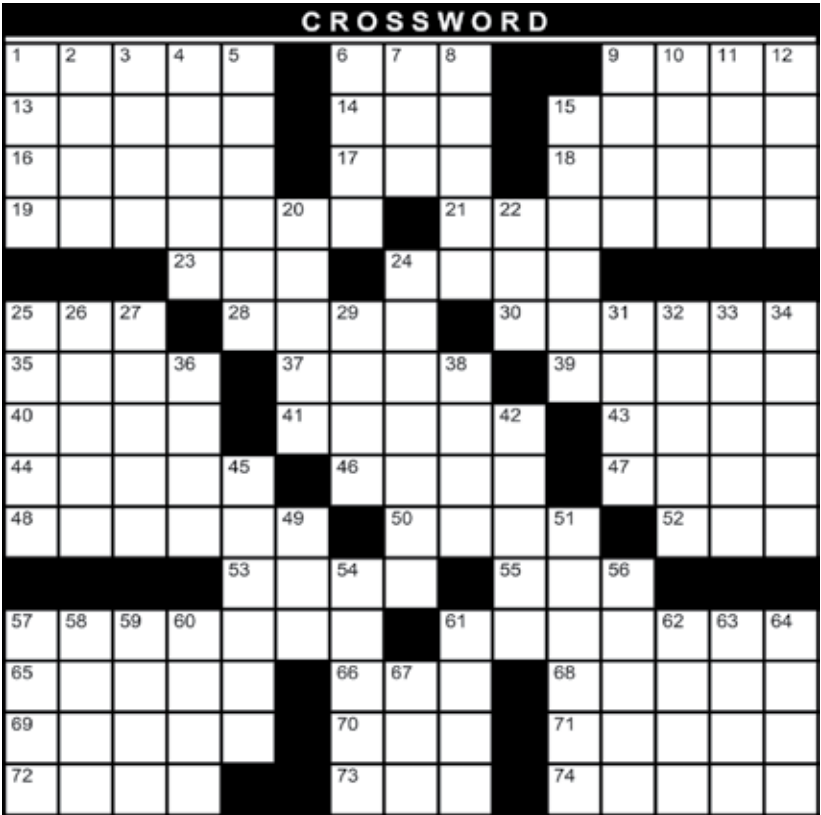
This is a family friendly monthly gathering of fiddle, country and folk music fans who enjoy early American roots music. The fiddle Kids go on stage at 2:00 p.m. which is

always one of the highlights of the day. There is also jamming all afternoon under the oak trees in front of the Grange Hall.

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- CLUES**
- ACROSS**
1. Skilled practice
6. Suitable
9. Golf hazard
13. Saint ____ of the Caribbean
14. Placeholder surname
15. Strapping
16. Whatsoever
17. Ever, to a poet
18. Tree common to Pacific Northwest
19. *O Captain! my Captain! our fearful trip is done...
21. **Come live with me and be my love...
23. Center of activity
24. Romanov ruler
25. It's wheels go round and round
28. Place for a hero
30. Between hexad and octad
35. Like a hand-me-down
37. Be inclined
39. Muralist Rivera
40. Hold sway
41. Strongboxes
43. F.B.I. operative
44. One who names
46. Justice's garb
47. "Wheel of Fortune" choice
48. Swell or very good
50. Antonym of "is"
52. Next to nothing
53. Metal leaf
55. Ship pronoun
57. **"Twas brillig, and the slithy toves..."
61. Study of rocks
65. Bye, to François Hollande
66. Electric swimmer
68. ____-Goldwyn-Mayer
69. *Pablo Neruda had two: a pen and a given
70. Tiny guitar
71. SAG member
72. "Star ____"
73. Observe
- DOWN**
1. Eagle's talons
2. ____ Bader Ginsburg
3. Berry high in antioxidants
4. Foul matter
5. Ancient rabbinic writings
6. Port in Yemen
7. **Once upon a midnight dreary, while I pondered, weak and weary...
8. 4 in a school year
9. *Dickinson: "Tell all the truth but ____ it slant"
10. Make over
11. Not many
12. Cremation pile
15. Like prison cell windows
20. Aids and ____
22. Expression of pleasure
24. Kitchen cover
25. **O my Luve is like a red, red rose...
26. Nothing out of the ordinary
27. Alabama civil rights site
29. **The Owl and the Pussy-cat went to sea in a beautiful pea-green



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- boat...
31. Never, or when these fly
32. Dancer's beat
33. "Encore!"
34. **Death, be not proud, though some have called thee mighty and dreadful...
36. Adele's "Rolling in the ____"
38. Young socialites, for short
42. Common thing
45. Brownish red
49. Campaign pro
51. **Do not go gentle into that good night...
54. Intestinal obstruction
56. Choose a president
57. Not in optimist's vocabulary?
58. Month of Purim
59. Ice on a window
60. Smell badly
61. High school musical club
62. "The Simpsons" palindrome
63. Get the picture
64. Of long ago
67. ____ out a living



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

For Solutions See Page 4

MONTHLY MEETING OF MILITARY RETIREES/SPOUSES:

Our next monthly meeting
October 12, 2017

at
North Highlands Park and Recreation
District, 6040 Watt Ave, North Highlands 95660.

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By Marlys Johnsen Norris,
Christian Author

During our lifetime there is only one journey that is meaningful and counts in the heart of our Creator/God. It is when we make a decision to accept and follow God's teachings about how to live our lives and fill that empty void He created in each one of us for His Holy Spirit to reside. When this happens we discover what it means to be walking in the God's perfect will for our lives and the journey God has designed specifically for us.

When we are a child many learn that God loves us in Sunday School or Child Evangelism classes and we accepted Jesus as our Savior. However, possibly do not understand that Jesus must also become "Lord" of our lives.

A Journey of a Lifetime

Our Lord is to be honored in every aspect of our life's journey, with reading His Holy Word, Obedience to its teaching, Service, Worship, Prayer and Fellowship in His house of Worship. Children most always do not understand the depth or importance of this decision until much later in life. Therefore, most certainly the journey may have begun -- but many unfortunately take *detours into the avenue of sin* and the divine journey is delayed.

Once a person has sincerely accepted Jesus as Savior they do belong to God forever!

Yes God knows everything about us and His Holy Spirit keeps pricking one's conscience in numerous ways. One may remember God but dismiss the idea as conviction sets in. God is forced to teach us through the circumstances and trials of life that are caused by the lifestyle we have chosen or fallen into. Time and again we come under conviction, but we don't understand why! We continue until something happens that helps point in a different direction. We do not realize but God has been there all the time. In His loving and gentle way He has opened a door that will lead to knowledge about His personal love for them. And it is here the

greatest journey of a lifetime begins.

This is when one seeks to really want to know the God of Creation. The Creator of all life and the universe, who has authored an eternal Book of Love for us, the Holy Bible. We secretly reach out to those who know and honor Him with their lives, we may even visit a church. We listen as God births a *hunger in our heart* and our life now is on the path He designed before we were even born.

One by one sins are dealt with even though we begin to understand the very day we accepted Jesus as our Savior as a child, they were washed in His shed blood while He died on the cross for our sins, past, present and future. We have so little time and so much to learn and now, He is Lord of our lives! The journey is one great adventure.

It will not ever end -- until that day we celebrate being with Him in Heaven. Praise His Holy Name. . .

Marlys Johnsen Norris
Christian Author of 6 books
Plus Walking with a Wise Entrepreneur
Marlysjn@gmail.com



By Pastor Ray Dare

Once you become a believer, God uses everything that happens in your life (God doesn't cause everything) but God will use everything that happens to you to mature you. "*For those who love God everything that happens fits into a pattern for good. For God...chose us to bear the family likeness of his Son....*" Rom.8:28-29 (Ph). One of the most common ways God matures you, is through problems.

How do you know if you are maturing spiritually? You learn to trust God through a problem. You trust God in spite of the circumstances. You don't demand explanations; because there are some things that we will never understand on this side of eternity. In the Bible, there's a book called Job. It's all about one thing; will a person continue

Pastor Ray's Encouraging Words

Why Is This Happening To Me?

to trust God if he loses everything...If everything goes wrong in his life? Job's answer was a resounding, "Yes!" But let's make this personal -- would you? Would you continue to trust God if everything went wrong in your life? The fact is, you will go through some storms in life. Eventually you're going to lose your health, a loved one; maybe a job or marriage. But will you continue to trust God in spite of the circumstances?

That's what spiritual maturity and faith really is, facing the facts without getting discouraged by them. Faith is not the absence of problems, always getting healed or getting everything you pray for. Faith is trusting when you don't. This is the ultimate test of faith; the point of surrender -- you give up control and you learn to trust. It's realizing that God doesn't always deliver you from problems, but He always has a greater plan beyond them.

God has a purpose behind every problem. "*For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.*" 2 Cor. 4:17 If you're just focused on the

here and now, like this is all there is to life -- then when your health fails, when tough times come, you will get discouraged. Learn to live with an eternal perspective. This isn't all there is! Earth's troubles are temporary in light of eternity! Things get better!

Life is a school and problems are the curriculum. Every time one problem gets solved, another one takes its place. Not all of them are big, but all are significant in God's maturing process. If you're facing a difficulty right now, I'm sorry. I'm sorry you're going through a difficult time. But don't let the problem get you down. God still loves you. God is still for you; He is still on your side. He still has a plan for you.

When you're in a difficulty, don't ask, "Why?" ask "What?" Not "Why God?" But "What God?" What do you want me to learn from this?" Then trust God and never give up -- but allow God to develop you through the difficulty.

Pastor Ray
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Behaviors You Never See in Successful People



Louis McNerney

When you spend decades working with executives and business leaders, you really can't help but observe what works and doesn't work over the long haul. One thing I've noticed, it's not intrinsic characteristics or personal habits that determine whether you're successful or not. It's your behavior. Yes behavior! How you react under long-term stress? Whether you meet your commitments or not. How you interact with others? Your attitude toward customers. How hard you're willing to work to do the job right? Whether you're focused and disciplined or scattered and distracted.

Want to Be Successful? Quit Being So Positive. If you want to make it big over the long-term, you might want to take a good, hard look in the mirror and see if any of these career-limiting behaviors describe you.

Naivety. We all start out wide-eyed and gullible, but the sooner you convert that to savvy and skeptical, the better your chances of coming out on top. It's simple: suckers and fools don't win. Learn to question everything you read and hear and always consider the source.

Panic. High-pressure situations are common in the business world. Things almost never go according to plan. It comes with the territory. If you can't override your adrenaline response and remain calm in a crisis, you're in trouble.

Fanaticism. Passion is a big success driver. When you cross that line and become over-the-top fanatical it works against you. You have a skewed perception of reality, flawed reasoning, and bad decision-making.

Laziness. Those who are driven to achieve great things also know one fundamental

truth: It takes hard work over the long haul. Always stay focused and disciplined. Most people are slackers. That's why most people don't achieve great things. Simple as that.

Quick-fix mentality. Steve Jobs said, "Half of what separates the successful entrepreneurs from the non-successful ones is pure perseverance". If you're not passionate about what you do, you won't stick with it. Many people want instant gratification these days. That's not going to cut it.

Acting out. Whatever feelings you have trouble dealing with jealousy, shame, inferiority, entitlement – transferring them to people you work with and acting out in anger will make you and everyone around you miserable.

Selfishness. If you act like the world revolves around you, you'd better have the talent to back it up. Being overly self-centered will diminish your effectiveness. Business isn't about you; it's about business. It's about your customers' experience with your products. Remember who serves whom in the relationship.

Living in the past or future. Granted, we can learn from the past, but dwelling on it is self-destructive. Likewise, you can plan for and dream about the future, but if your actions aren't focused on the present, you'll never achieve your plans or your dreams.

Lighthearted indifference. You hear phrases like "whatever works," "it's all good," and "no worries" a lot lately but you'll rarely hear them from highly accomplished people. They may be a lot of things but apathetic is not one of them.

Oversensitivity. If you're so thin-skinned that any criticism makes you crazy and every little thing offends you, you're going to have a rough go of it in the real business world. There's a good reason why business leaders usually have a good sense of humor and humility. It's sort of a requirement. Don't take yourself so seriously.

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

Sacramento County DA Reports



Former Teacher Convicted for Sexual Acts with Student

DATE: September 12, 2017

CASE: John Young (Case #17FE007685)

PROSECUTOR: Deputy District Attorney Kevin Jones, Adult Sexual Assault Prosecution Unit
John Young pled no contest to committing a sexual act with a person under 18 years of age.

John Young was a teacher at Sheldon High School where the 17-year-old victim attended school. Young began an inappropriate relationship with the victim, culminating in a sexual act between the two of them. The relationship was discovered when a victim's family member found text messages between the two, which referenced the inappropriate relationship and sexual conduct.

Young faces a maximum sentence of 3 years in prison. Sentencing is set for October 16, 2017, at 8:30 a.m. in Department 8 before the Honorable Lawrence Brown.

Defendant Convicted for Murder at Carmichael Party

DATE: September 13, 2017

CASE: Kenyatta Brown & Keyon Brown (Case #15F05786)

PROSECUTOR: Deputy District Attorney Casey Newton, Homicide Unit

Kenyatta Brown was convicted by a jury for the second-degree murder of 18-year-old Joslynn Sovenski. The jury also found true the allegation that Kenyatta Brown personally discharged a firearm causing death. Keyon Brown was convicted by a separate jury of accessory after the fact. Both defendants were also convicted of possession of an assault weapon.

On the night of September 18, 2015, brothers Kenyatta and Keyon Brown and the victim were at a party in Carmichael. Keyon Brown brought several guns to the apartment. The victim and her friend took videos of themselves handling and waiving the guns around while in the company of Kenyatta Brown and Keyon Brown. At 2:45 a.m., the Sacramento County Sheriff's Department received a 911 call reporting someone had been shot. Responding deputies found the victim on the apartment floor with a single gunshot to the chest. The victim died at the scene.

Initially, Keyon Brown repeatedly claimed that an unknown male shot the victim and fled the scene. He later admitted there was no unknown male shooter and that Kenyatta had been at the party, but left before deputies arrived. He also admitted to hiding one of the guns under a mattress. Based on Keyon Brown's new statement, several witness statements and videos from that night, Kenyatta was identified as the shooter.

Kenyatta Brown faces a maximum sentence of 41 years to life in prison. Keyon Brown faces a maximum sentence of 4 years county jail prison. Sentencing is set for October 6, 2017, at 9:00 a.m. in Department 26 before the Honorable Curtis Fiorini.

Habitual Sex Offender Sentenced for Child Sexual Assault

DATE: September 25, 2017

CASE: Lionel Phillip Jacques (Case #16FE001361)(Case #16FE009607)

PROSECUTOR: Deputy District Attorney Bruce Chang, Special Assault & Child Abuse Unit

The Honorable Emily Vasquez sentenced Lionel Phillip Jacques to 240 years to life in prison. On August 25, 2017, Jacques pled no contest to three counts of committing lewd and lascivious acts on a child under 14 years of age. Jacques also admitted to five prior lewd acts upon a child strike convictions and to a habitual sex offender allegation.

In 1986, Jacques was convicted of five child sexual assault charges in San Diego County. In that case, Jacques was a youth minister and victimized a member of his congregation for several years. Starting in 1996, Jacques sexually assaulted male relatives in multiple counties, including Sacramento County. Those assaults were discovered when Jacques dropped a memory (SD) card at his place of employment. When security workers examined the SD card to determine ownership, they found multiple images of child pornography and turned the card over to law enforcement. Detectives with the Sacramento County Sheriff's Department Internet Crimes Against Children Unit searched Jacques' digital devices and found images of Jacques sexually assaulting a victim.

Former Coach Pleads Guilty to Having Sex with Minors

DATE: September 25, 2017

CASE: Michael Martis (Case #16FE011239)

PROSECUTOR: Deputy District Attorney Maria Wilson, Adult Sexual Assault Prosecution Unit
Michael Martis pled guilty to unlawful sexual intercourse involving two minors.

One of the minors, age 15, played on a softball team Martis coached between 2006 and 2007. The other minor, age 16, was also a player on a separate team he coached in 2013. That relationship began with flirtatious text messages and developed into a sexual relationship.

Martis faces four years in prison and will be required to register as a sex offender. Sentencing is set for November 20, 2017, at 1:30 p.m. in Department 20 before the Honorable Michael Bowman. ★



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Madoff's Among Us

We've all heard horrible stories of folks who got taken by Bernie Madoff's fraud and scams, including friends and family. Just because Madoff is behind bars doesn't mean other scams aren't going on. If intelligent savvy people can get taken, what about you and me? **Bill Francavilla** knows about these scuzzy types. He's had some thirty years in the world of finances and he told me on my POPPOFF Show that there are scams going on as we spoke. These bad guys push greed and fear buttons to make the scam look good. **Bill** is author of **"The Madoffs Among Us"** and he hopes that he can help us make better financial decisions to protect our future. Would you believe each year over \$100 billion dollars is stolen from unsuspecting people? Studies have suggested that because there is a source of much embarrassment

POPPOFF!

with **Mary Jane Popp**

for people who got taken, it is grossly under estimated and unreported. Some suggest that only about 20% is reported. So let's get to some suggestions on how not to be taken by financial advisors.

There are five questions you should ask your present or prospective advisor.

- 1) "Tell me about your experience in the financial services business." That means, how long and with how many firms.
- 2) "Do you have any industry credentials? CFP? ChFC? Etc?"
- 3) "Tell me about your approach to financial planning." Does this person buy and sell securities. Does this person have a comprehensive, holistic approach? How often will we speak? Do you have an investment policy statement? Will you put together a financial plan?
- 4) "Will I be working with you personally or with another member of your team?"
- 5) "How much do you charge for your services?" Not just how much but "how?" There are many platforms, fee based, fee only, and commission.

According to **Francavilla**, if Americans took three small steps to protect themselves, they could

greatly minimize the possibility of being scammed.

- 1) Look in the mirror and tell yourself, "I can be scammed!" No one is impervious to being scammed or defrauded.
- 2) Resist the temptation to buy with emotion. Financial decisions have hard lines to them but when you buy out of greed or fear you are asking to be disappointed.
- 3) Remember in school when our teachers told us that "Knowledge is Power?" It was then and it is now. **Bill** knows that not everyone understands finance or even cares to understand financial planning, but he strongly encourages people to have at least a cursory understanding and appreciation for some of the language of financial services and some of the concepts. One need not be expert, but certainly conversant.

Naturally, there are many knowledgeable and honest advisors. But take the advice of someone in the know before you find yourself taken to the cleaners by the unscrupulous. Check out **Bill Francavilla's** website at www.BillFrancavilla.com and his book goes into great detail on avoiding the risks. Just remember **"The Madoff's Among Us"** and BEWARE! ★

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To RSVP or More Info: **916.732.2031**

Wed., Sept. 20 (Dinner @ 6:30 pm)
(Spanish & English)

East Lawn
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3939 Fruitridge Road, Sacramento, CA 95820
To RSVP or More Info: **916.732.2026**

Wed., October 11

11:30 am to 12:30 pm

East Lawn Sierra Hills Memorial Park
& East Lawn Mortuary
5757 Greenback Lane, Sacramento, CA 95841
To RSVP or More Info: **916.732.2020**

Thurs., October 12

11:30 am to 12:30 pm

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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.

On Wednesday, September 6th, the Board of Supervisors adopted our final budget for the 2017-2018 fiscal year. This was the first Sacramento County budget that I have participated in, so I wanted to share with you my thoughts. In short, I am pleased that we were able to fund so many vital programs and departments, but remain fearful that we lack the long-term vision for how to make us more fiscally responsible.

I believe we can improve our fiscal health by using a three-tiered approach.

First, we need to focus on the most critical things that we provide and have the bravery to reject new programs and services that are of less vital importance. Earlier this year when I issued a survey of Citrus Heights it came back to show that the number one most important issue was public safety, closely followed by transportation (the number three issue, which was a distant

Citrus Heights Community Update

Becoming Fiscally Responsible

third, was business development). So let's put a heavy emphasis on funding our cops and our roads.

Second, we need to slow the growth of county government employees. Not only do county employees cost us money in terms of salary and benefits, but every employee we hire raises our unfunded pension liability, which is currently at a staggering \$1.2 billion. When the great recession hit, our reserves weren't high enough and we had to make massive cuts to the number of employees we have and significantly cut the level of service we provide. But now that we are climbing out of the recession, departments are trying to get back to their pre-recession levels of employees. It seems obvious to me that our pre-recession levels were too high, and that we should make do with what we have. We currently have over 11,000 full-time employees – I believe we can provide excellent service to Sacramento County without the need to greatly increase this number.

Last, we need to make a far greater investment into our reserves than we currently do. We have the lowest reserves out of any large county in California – so low that the second worst county is in six times better shape than us. If we had to rely solely on reserves, we would only have enough money to last us eight days. Unfortunately, our current policy of investing 10% of

our general fund increases will solve our problem in about 80 years. I propose we increase our investment to 40% each year, which will fix things in about 20 years.

Focusing mainly on critical programs, slowing the growth, and investing in reserves are incredibly difficult things to do. It is easy to agree to these in principle, but when it comes to actually making tough decisions, most elected officials cave to the pressure of wanting to make everyone happy. But in my opinion, making tough fiscal decisions like these is something regular citizens of Citrus Heights have to do on a daily basis – and so too should your elected representatives.

Finally, I want to invite everyone to my next Citrus Heights community meeting on October 27th at 7:30 am at Coco's Restaurant (7887 Madison Ave). It will be an opportunity for you to get an update from me, and to ask me any questions you may have. Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

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. ★

Antelope Crossing Holds Annual Halloween Event

By Dale Covey

CITRUS HEIGHTS, CA (MPG) - Join the fun on Saturday, October 14th, from 11:00 a.m. to 3:00 p.m. at the 9th Annual Antelope Crossing Spooktacular for FREE FAMILY-FRIENDLY FUN. This event offers a wide variety of activities and entertainment for people of all ages.

You and your friends can enjoy local acts performing on the main stage, try your luck playing the Midway Carnival games, and sign up your child for the Costume Contest that starts at 2:00 p.m. Receive free raffle tickets for a chance to win prizes, have your face painted, explore the products and services of over fifty vendors, get valuable information at the Health Fair booths, and more!

The Spooktacular is sponsored



The Spooktacular is sponsored by the Antelope Crossing Business Association and the City of Citrus Heights.

by the Antelope Crossing Business Association and the City of Citrus Heights. It will take place at the Antelope

Crossing located at Antelope Road and Interstate 80. For more information, contact Dale Covey at (916) 729-1100. ★

Sunrise Crafts, Carvings & Carnival Offers Fall Fun

CITRUS HEIGHTS, CA (MPG) - Sunrise MarketPlace and Sunrise Mall have teamed up to host the Sunrise Crafts, Carvings & Carnival event on Saturday, October 21, 2017 at Sunrise Mall. The event is scheduled from 11am to 4pm.

This free family event will feature: More than 50 hand-made craft and specialty vendors; Live musical entertainment; Carnival with rides and fun games for ghouls of all ages (October 19-22). Tickets can be purchased at www.midwayoffun.com.

More great fun for the family will include a live pumpkin carving demonstration from 12pm to 2pm in the JCPenney Court inside Sunrise Mall. There will also be contest to enter to win a chance to participate in



the hands-on pumpkin carving event. Ten lucky winners will learn how to carve a pumpkin like a pro on October 21 from 12pm to 2pm in the JCPenney Court inside Sunrise Mall, conducted by carving artist, Luis Rodriguez, as seen on Good Day Sacramento. Online contest runs October 2-15. Entry and rules can be found at www.sunrisemallonline.com.

Kick off the start of the fall

shopping season at this family friendly event in the parking lot at Sunrise Mall. For more information about the event, contact Kathlynn Carpenter at (916) 536-9267. For the contest, contact Susie Rodgers at (916) 728-1916 or visit www.ShopSMP.com or www.sunrisemallonline.com.

Shop smart, savor selection and stay connected. Sunrise MarketPlace is a collection of more than 400 retailers, restaurants and professional services in one of the region's most heavily travelled commercial corridors in the heart of Citrus Heights, CA. For more information visit www.ShopSMP.com. Sunrise Mall, located at 6041 Sunrise Mall, Citrus Heights.

Source: Sunrise Marketplace ★

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FRESH STEP SCOOPABLE CAT LITTER 42 Lb Bag Limit 2 Bags per Family \$12.99 Effective 10/4/17 - 10/10/17

PRO-PLAN DRY DOG FOOD \$3 OFF 30-35 Lb Bag Limit 2 Bags Per Family •Chicken & Rice •Lamb & Rice •Beef & Rice •Sensitive Skin & Stomach •Lite •Bright Minds OUR SUPER DISCOUNT PRICE

EARTH BORN HOLISTIC CANNED CAT FOOD •Grain Free •Selected Varieties Limit 1 case 3 Oz. 79¢ 5.5 Oz. \$1.29

MEOW MIX CAT FOOD Market Select 2.75 Oz Cup Limit 1 Case 49¢

CHICKEN SOUP FOR THE SOUL DRY DOG FOOD \$7 OFF •Adult •Large Breed •Mature •Weight Care 30 Lb Bag Limit 2 Bags OUR ORIGINAL LOW PRICES

FUSSIE CAT PREMIUM DRY CAT FOOD As Marked 20% OFF OUR REGULAR LOW PRICES

CAREFRESH PET BEDDING 60 Liter (Ultra Not Included) \$12.99

FELINE PINE HEALTHY CAT LITTER 20 Lb Bag Limit 2 Bags \$7.99

PRECIOUS CAT CLUMPING CAT LITTER 20 Lb Box Limit 2 Boxes Cat Attract 11.99 Touch of Outdoors \$7.49

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NUTRO WHOLE SOME ESSENTIALS DRY DOG FOOD (Ultra Small Breed \$27.99) Limit 2 Bags •Sml Brd Adult •Senior •Chicken \$21.99 •Lamb & Rice •Adult •Small Bites \$22.99

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MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD 25 lb Bag •Adult •Grain Free Chicken & Turkey •Grain Free Beef & Lamb •Grain Free Salmon & White Fish Limit 2 Bags per Family ON SALE

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KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL \$11.99

BONUS COUPON FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/4/17 - 10/10/17 CHM PLU 367 45¢

BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS •All Varieties Except Natural - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/4/17 - 10/10/17 CHM PLU 569 \$11.9

BONUS COUPON JONNY CAT CAT LINERS Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/4/17 - 10/10/17 CHM PLU 449 \$18.9