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# Citrus Heights Messenger

"Written by the people, for the people"

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Serving the City of Citrus Heights and Sacramento County

SEPTEMBER 15, 2017

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# Healing Invisible Wounds

Veterans Day Golf Tournament to Aid Veterans and First Responders with PTSD



Program graduates of SPARTA and Go Give 2 Live programs. Photo by Go Give to Live

By Elise Spleiss

**SACRAMENTO REGION (CA) (MPG)** - "We are dedicated to healing the invisible wounds of war and service." This is the motto of Go Give 2 Live, a local 501(c)(3) nonprofit working with The SPARTA Project to help local veterans, police, fire and emergency personnel get the care they need to recover from the stress and trauma they have experienced in the line of duty.

The SPARTA Project, the nation's premiere program for helping warriors and first responders with Post Traumatic Stress Disorder (PTSD) provides an intensive 5½ day retreat in Southern California to rehabilitate veterans/first responders. To help balance the demanding work, participants enjoy activities such as rock climbing, a rope course, equine therapy and meditation.

SPARTA has asked Go Give 2 Live to provide further resources to help them in their aftercare. Formed in January of 2015 Go Give 2 Live raises funds to support already established non-profits that have a proven record of helping veterans and first responders get the help they need to recover from the stress and trauma caused by their jobs.

According to program founder Lindsey Hutchison, most of the veterans in their programs are police officers, and local veterans returning from Afghanistan.

Lindsey and her team of volunteers are aware of local resources to help these men and women in the county where they live. Local programs include Joy House, a transitional sober living home with a focus on women veterans, and programs using the healing quality of horses and dogs to help transform their lives. A Community for Peace located in Citrus Heights offers a men's support group and a crisis center for victims and survivors of domestic violence, family violence, and sexual assault.

What sets Go Give 2 Live apart from other veteran recovery programs is the ongoing support graduates receive to keep them involved in their own recovery.

Being active in their community helps give survivors a new purpose in life.

Another important aspect of ongoing recovery is the creation of care packages of journals, educational books, pamphlets to local resources and other items send to graduates on an ongoing basis.

Following their own success in the

program, graduates are encouraged to become a shepherd or mentor to new participants to the program.

Volunteers working with Give2Live also aid emergency responders during disasters in counties throughout California. Presently they have a team of 14 volunteers actively working with six veterans who survived the Mariposa fire, doing home health checks and taking care of their pets. They also built a wheelchair ramp for a relocated veteran and provided a refrigerator full of food for one man whose home had been a total loss. They also assist in relocating animals affected by the fires.

A future vision of Lindsey's is to acquire or build a facility to create a one-day therapy camp where participants can come and go anonymously to work on their own unique issues in a safe environment.

To help provide funds for these programs Go Give 2 Live is hosting a Golf Tournament at Top Golf in Roseville CA on Veterans Day, November 11, 2017. From 9 a.m. to 1 p.m.

For every \$1,500 raised, one veteran or first responder will go through SPARTA's

*Continued on page 3*

## Beware of Fake Charity Scams Relating to Hurricane Harvey

By David A. Tucker, IRS Media Relations

The Internal Revenue Service today issued a warning about possible fake charity scams emerging due to Hurricane Harvey and encouraged taxpayers to seek out recognized charitable groups for their donations.

While there has been an enormous wave of support across the country for the victims of Hurricane Harvey, people should be aware of criminals who look to take advantage of this generosity by impersonating charities to get money or private information from well-meaning taxpayers. Such fraudulent schemes may involve contact by telephone, social media, e-mail or in-person solicitations.

Criminals often send emails that steer recipients to bogus websites that appear to be affiliated with legitimate charitable causes. These sites frequently mimic the sites of, or use names similar to, legitimate charities, or claim to be affiliated with legitimate charities in order to persuade people to send money or provide personal financial information that can be used to steal identities or financial resources.

IRS.gov has the tools people need to quickly and easily check the status of charitable organizations.

The IRS cautions people wishing to make disaster-related charitable donations to avoid scam artists by following these tips: Be sure to donate to recognized charities; Be wary of charities with names that are similar to familiar or nationally known organizations. Some phony charities use names or websites that sound or look like those of respected, legitimate organizations. The IRS website at IRS.gov has a search feature, Exempt Organizations Select Check, through which people may find qualified charities; donations to these charities may be tax-deductible; Don't give out personal financial information — such as Social Security numbers or credit card and bank account numbers and passwords — to anyone who solicits a contribution. Scam artists may use this information to steal a donor's identity and money; Never give or send cash. For security and tax record purposes, contribute by check or credit card or another way that provides documentation of the donation.

Consult IRS Publication 526, Charitable Contributions, available on IRS.gov. This free booklet describes the tax rules that apply to making legitimate tax-deductible donations. Among other things, it also provides complete details on what records to keep.

Taxpayers suspecting fraud by email should visit IRS.gov and search for the keywords "Report Phishing."

More information about tax scams and schemes may be found at IRS.gov using the keywords "scams and schemes." Details on available relief can be found on the disaster relief page on IRS.gov.

# September is Pedestrian Safety Month

Remember! Pedestrians Don't Have Armor

Special CHPD Release

**CITRUS HEIGHTS, CA (MPG)** - The California Office of Traffic Safety is again announcing that September is "California Pedestrian Safety Month" which began last year in response to the rising number of pedestrians being killed and injured on California roadways.

The Citrus Heights Police Department will be joining with other law enforcement agencies, city and state transportation agencies, pedestrian advocates and walking clubs to promote public awareness aimed at both drivers and pedestrians alike to always be aware of each other and share the road responsibly.

This month draws attention

to the 892 pedestrians who were killed on California roadways in 2016 alone, accounting for over 24 percent of all roadway deaths in the state, up from 17 percent just a decade ago. Citrus Heights PD investigated 2 pedestrian fatal collisions and another 5 major injury collisions. Most injuries are life changing and permanent. Officers will join the effort by engaging our local youth with pedestrian and bicycle safety presentations at local schools, and last month collaborated with the community at the 5th Annual Traffic Safety Fair held at the Sunrise Mall. The Safety Fair included a bicycle rodeo for kids, a chance for networking with members of the Police Department Traffic Unit,

and other public awareness activities related to pedestrian safety.

The department has mapped out locations over the past several years where pedestrian collisions have occurred along with the violations that led to those collisions. Traffic Officers working overtime and others on routine patrol will be focusing enforcement both on drivers as well as pedestrian who violate traffic laws.

Both drivers and walkers are cautioned to put down the cell phones, since electronic distractions are seen in increasing numbers of pedestrian crashes. Other factors for drivers include unsafe speed and failure to see and yield to pedestrians in crosswalks and intersections. For pedestrians, the major dangers are

jaywalking and thinking that they can be seen at night, especially while wearing dark clothing. To learn about the dangers of being a pedestrian, who is at risk and safety tips visit Pedestrian Safety.

The California Office of Traffic Safety continues to remind motorists that "Pedestrians Don't Have Armor." This public service announcement highlights the importance of pedestrian safety awareness, regardless of whether one is on foot or behind the wheel.

Funding for this enforcement campaign is provided to the Citrus Heights Police Department by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. ★



# Starting a New Business? Get in Line

## County's Small Business Start-ups Hampered by Bureaucracy

Story by Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG)

- Pent up demand in many parts of unincorporated Sacramento County, and the county proper for retail food chains and other small businesses, some developers and business groups say, is being stalled under the multiple layers of bureaucracy built into the county's complex permitting process and related issues.

Even opening a franchise for one of the country's largest and perhaps best-loved food and drink chains can take years. Case in point: Jamba Juice, which has been pushing to open its first location in Carmichael for more than a year. The wildly popular fresh juice and smoothie maker, originally slated for opening in August at Carmichael Village on Fair Oaks Boulevard, is once again pushing back its opening to late October, due in large part to set-backs in the permitting approval process, according to Brooks Erickson of Carmichael Village, LLC, developers of the retail complex.

Construction and the permitting process for Jamba Juice began more than 24 months ago. Meanwhile, next door, Wing Stop's approval took nearly a year to green light. It followed the oft-stalled opening of Noah's Bagels, also in the complex, which opened its doors in 2015.

With two open spaces left to fill at Carmichael Village, Erickson wonders how long it will take him to get the green light for what he hopes will be one more food and drink outfit and potentially a small medical related service provider to complete the development project.

"I would say it is a complex process and also can be very surprising when you think you have crossed every "T" and dotted every "I" to find out that you have to keep waiting," Erickson said. "I respect the idea of (the permitting and vetting process) being necessary, but it absolutely seems



Troy Givens said a typical time frame for a franchise like Jamba Juice (above) should be roughly 90-120 days and, while he doesn't know the specifics of what may be holding up the clearance for Jamba Juice in Carmichael, he would be happy to sit down with Brooks Erickson or any other business owner to help figure out where the snags are and how to expedite the process. Photo by MPG staff

very burdensome. Even after you've won approval for the project, you're waiting on all kinds of things to be approved just to get construction done."

Erickson said Jamba Juice is just one of many examples of the frustration he and other developers, not to mention the franchisees and owners, face when it comes to dealing with the county permitting process, which includes clearance requirements from multiple agencies, usually at different intervals in the build out process, including health and safety, the fire department, and ADA regulators, each of which can potentially stall a previously approved permit or plan

from one department with a non-compliance order or demand for changes to meet their own department's regulations.

A green lighted set of blueprints can hit a number of snags in the process, ranging from issues pertaining to noncompliance with ADA regulations or county fire and electrical system guidelines, to equipment model makes and locations and flooring types, as well as overall construction plans for new infrastructures or remodeling of existing ones.

"What puzzles me is that somebody like Jamba with a national brand would have so much difficulty with our little county,"

Erickson said. "It's a puzzle to have so many different rounds of changes."

Linda Melody, executive director of the Carmichael Chamber of Commerce agrees the county's permitting process often holds up construction plans for many small retailers, specifically eateries. Carmichael's revival along the Fair Oaks Boulevard corridor is enjoying a wave of expansion in the retail food sector. But the growth is being hampered at various levels and she and chamber members are eager to see the momentum continue.

Melody said her agency would like to see pre-approved permitting requirements for existing retail spaces grandfathered in when approvals have been given for one area as others are considered, and that a true one-stop agency for blueprinting approval right down to the plumbing and electrical code sign-off would help.

"I have a hard time with the county penalizing businesses who have already had components of their projects signed off on get rejected at another level and then see them have to go back to the beginning of the process," Melody said. "You always hear the politicians talk about how much they love business but the rules are often not really all that business friendly."

Diann Rogers, president and CEO of the Rancho Cordova Chamber of Commerce, said her agency has long-been fielding similar complaints about the permitting process and that mitigating those concerns remains one of her agencies top priorities.

"Are there glitches, yes," says Rogers. "But in terms of the challenges, it is all over the board and it really depends on what type of business you're talking about and which layers of permitting and departments they have to go to."

Rogers said the Rancho Cordova department of economic development is preparing to launch a new "concierge" service to help business owners understand and work their way through the permitting process.

"It can be daunting," said Rogers, adding that she did not have specifics about the new program yet. "I know the goal is to help them navigate the process," she said. "I also can say that we have a (city) council that is open and willing to hear these issues, so they do listen to the biz community."

Evan Jacobs co-chairs the economic development committee for the Citrus Heights Chamber of Commerce. He said the chamber is aware of the ongoing issues of "complexity" involved with the permitting process and insists it is an issue of ongoing concern and discussion.

"We are working collaboratively with the city to see more layers of bureaucracy removed from the process in order to both retain and attract businesses to the area," said Jacobs. "I know we and many other advocates are out there working toward finding

a way to put a focus on this issue and see how we can make it easier for businesses to set up shop. There are many complexities involved."

Troy Givens, director of the Sacramento County Department of Economic Development agreed that the process for setting up a small business in the county can be burdensome, particularly for a restaurant, where you have many health code requirements in play. He adds, however, that the county is always pushing to improve the process, noting the availability of free and confidential programs established to help business owners navigate the permitting process.

"We know there can be difficulties, especially for smaller business owners, but we are always looking at how we can make the process more user friendly," said Givens.

speed through the permitting process, however, there are specific qualifiers. For instance, a commercial or industrial project must create a minimum of 50 new and permanent jobs or show it will generate at least \$10 million in annual taxable sales. Neither of these options are likely for a small franchise, Jamba Juice included. Even if the revenue was in place, most fast-casual eateries employ part time workers.

Tom Scott is the state executive director for the National Federation of Independent Businesses based in Sacramento. His agency advocates for roughly 22,000 small and independently owned business members in California and thousands more nationwide. Scott said the layers of bureaucracy at the county with respect to permits are so imbedded and years in the making, a one-stop shop wouldn't put a dent

***"I have a hard time with the county penalizing businesses who have already had components of their projects signed off on get rejected at another level and then see them have to go back to the beginning of the process."***

**— LINDA MELODY**  
EXECUTIVE DIRECTOR OF THE CARMICHAEL CHAMBER OF COMMERCE

Givens referred to the county's Business Environmental Resource Center (BERC) launched in 1993. BERC provides confidential support for new and existing businesses as they make their way through the initial phases of setting up shop. The county, he added, also recently brought in a small business liaison to help potential new business owners with financing-related questions and support. Many of the frustrations, he says, often stem from the varying number of scenarios that arise with every start-up, whether related to health permit issues or basic blueprint snags, and whether they are a fast-food operation or a clothing retailer.

"We have a service under our department that is free and confidential, which takes a look at the permitting process at the local, state and even the federal levels and helps businesses navigate the system," said Givens. "We do what we can to help make the process go as quickly as possible."

Givens said a typical time frame for a franchise like Jamba Juice should be roughly 90-120 days and, while he doesn't know the specifics of what may be holding up the clearance for Jamba Juice in Carmichael, he would be happy to sit down with Erickson or any other business owner to help figure out where the snags are and how to expedite the process.

"I'm more than happy to meet with Mr. Erickson and other developers to try to figure out if there is a certain area where we can step in," Givens said.

The county also has a fast track program to help certain projects

in the problem, as it stretches way beyond the permitting process and in to areas concerning housing, rising rent costs, California's business taxes, (one of the highest in the nation according to recent studies), zoning issues, as well as employment-related legal complexities and wages.

"There's been a Carl's Junior effect in California for years," said Scott, referring to 2014 plans by the Southern California-based CKE Restaurants/Carl's Junior Restaurants, LLC to expand in the state. Faced with wait times of up to two years to expand in the state, the company moved into Texas and Nevada, where wait-times are roughly only two to three months.

Scott, who also sits on the planning commission for the city of Folsom, said the slow-pace of permitting and approving new eateries and other small businesses is rampant across all parts of unincorporated Sacramento County and the city proper. In some cases, there just aren't enough people to push applications through. In others, the rules are simply too draconian and driving business out.

"This problem is happening all over, and it's not just permitting," says Scott. "It's a chain reaction of things, and the bureaucracy has been building up for decades. Everyone wants the revenue from small business, everyone agrees small business is the backbone of our economy. But, on the other hand, they have created such a bureaucratic mess. So the real question is: OK, how do they undo it?"

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# Healing Invisible Wounds

Veterans Day Golf Tournament to Aid Veterans and First Responders with PTSD  
Continued from Page 1

much-needed life changing program. The hope is to raise enough funds from the tournament to cover three or four attendees to this program along with the Go Give 2 Live services. One hundred percent of funds raised will go right to the programs and aftercare. Player ticket packages range from \$100 and up. Sponsors can pay for a veteran or first responder to play. For information on participating as a player, sponsor or vendor go to [www.GoGive2Live.org](http://www.GoGive2Live.org). and click on projects or call 1-866-306-4569.

Lindsey Hutchison holds an MBA in Business Finance from Grand Canyon University, a BFA in Design & Marketing, and an AA in Business Management. She currently is employed in her family business, Hutchison Financial Group, working as an Account Manager/Insurance Agent. She is a member of Capital Region Family Business Center and the Roseville Chamber of Commerce, She is actively involved in her community, and has been on multiple mission trips outside of the county to help those less fortunate. Her passion has always been to help others. She has been involved in charities and nonprofits her whole life. This passion led to the formation of Go Give 2 Live, a 501 (c)(3) non-profit organization designed to provide much needed programs and services to veterans and first responders.



A future vision of Lindsey's is to acquire or build a facility to create a one-day therapy camp where participants can come and go anonymously to work on their own unique issues in a safe environment.. Photo by Go Give to Live

## What Should Transit Look Like in the Future in Citrus Heights?

**CITRUS HEIGHTS, CA (MPG)** - Have ideas on how to improve transit service in Citrus Heights? The City, in conjunction with Sacramento Regional Transit District, is developing a comprehensive transit plan to analyze connections to local, regional and other transit services, as well as analyze the current and future transit needs throughout the City. The **Citrus Heights Comprehensive Transit Plan** will help the City wisely invest in a transit service that meets the needs of current and future Citrus Heights residents. The plan will consider traditional and emerging mobility options and different operational models.

Community members are invited to provide input about current challenges, opportunities for improvements, and proposed enhancements to transit service in Citrus Heights through an online community questionnaire beginning on Wednesday, September 6. Visit [www.citrusheightstransitplan.com](http://www.citrusheightstransitplan.com) to provide comments through October 15, 2017. "Transit is a vital mode of transportation for our Citrus Heights community", said Mayor Jeff Slowey. "We are looking for ways to improve service and access to get our residents to their jobs as well as key destinations throughout the

City." The community is also invited to stop by for a coffee charge before their morning commute on Wednesday, September 13. Drop by the Arcadia Drive and Greenback Lane Sac RT Bus stop to learn more about the plan, provide input, and enter to win a commuter fun pack, including a monthly SacRT pass or other prizes. Questions about the online community questionnaire and the project can be directed to the project manager, Mary Poole, with the City of Citrus Heights, at: [mpoole@citrusheights.net](mailto:mpoole@citrusheights.net) Source: City of Citrus Heights★

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**Crossword Puzzle on Page 5**

M	O	C	H	A		T	I	S			D	E	U	S		
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Sudoku Puzzle on Page 5

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

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# Why People Become Dependent on Alcohol or Drugs



By Don Troutman, Founder, Clean & Sober Transitional Living

**SACRAMENTO COUNTY, CA (MPG)** - No one ever starts out with the intention of being a drug addict. “Mom and Dad, I want to be an addict or alcoholic, yoked to alcohol or other drugs. I want to be unemployable, destitute, at death’s doorstep.” That’s not how substance abuse (AKA “substance use disorder”) is born.

Instead, it usually begins with playful experimentation that has no harmful consequences. It may begin with a drink that lubricates the wheels of conversation or helps squash anxiety or depression. It may begin with doctor-prescribed pain pills after an injury or surgery. But pretty soon, as if the switch is flipped, drinking to excess or drugging is not by choice anymore. When you’ve turned that corner, you need to drink or take drugs so you can merely make it through the day without getting physically sick or mentally anguished. Then the

other dominoes fall: jail, dishonesty, car accidents, child neglect, job loss...the list goes on and on.

**People only get sober when life stops working for them**, and the consequences of their drug or alcohol abuse become overwhelming. I stopped drinking initially because I was on the verge of losing my job. And when I gave up alcohol, I couldn’t visualize how my life would work. Where would I be without my alcohol and a social life built around a bar and a bottle? (Guess what? The drinking buddies vaporize when you don’t share their obsession with alcohol because that was the only thing you ever had in common.) So I filled that social gap with the camaraderie and support found in three or four AA meetings a day.

**People don’t become chemically dependent on drugs or alcohol overnight.** By the same token, they don’t achieve sobriety overnight or even in 28 days, as insurance policies would have us believe. There is no quick fix here. No counselor can wave a magic wand to make substance use disorder disappear. Recovery requires a complete social and cultural reboot. People have to be engaged in the world of recovery for at least a year before it begins to make any sense. That takes time, it takes practice, and it takes role models of recovery. That’s why Clean & Sober Transitional Living exists.

**People will only seek sobriety when faced with devastating consequences** like a ruined marriage, death from liver disease or spending precious time in jail or prison. I had one reason to stop drinking: the threat of losing my job. Now, with a sober window on life, I can see a million reasons to never drink again.

*Find out more about Clean & Sober Transitional Living at 916 961-2691.* ★

# State Easing of Public Safety Laws Emboldens Criminal Behavior

Killer of Sacramento Sheriff's Deputy had Lengthy Record and Was Wanted by Federal Authorities



From the Office of Senator Jim Nielsen

**SACRAMENTO COUNTY, CA (MPG)** - According to authorities, Thomas Daniel Littlecloud fired multiple shots at officers who knocked on the front door and walls of a motel room in their search for a different parolee’s room. Littlecloud struck and injured two CHP officers before he attempted to exit through the back balcony. Using a high powered assault rifle, he shot Sacramento Sheriff Deputy Robert “Bob” French, who died on the way to the hospital.

“Convicted criminals like Thomas Littlecloud should not have been allowed out

on our streets,” said former Chair of the Board of Parole Hearings Senator Jim Nielsen (R-Tehama). “State laws, court decisions and initiatives have turned the criminal justice system inside out.”

Senator Nielsen added, “The lack of meaningful penalties has emboldened career criminals like Littlecloud. This individual has been apprehended with firearms on multiple occasions.”

Since the passage of Assembly Bill 109 and Propositions 36, 47 and 57, criminals like Littlecloud now face diminished to no consequences for their continued criminality.

Senator Nielsen and others have made many attempts to strengthen laws to protect police officers and the public.

The Democrat-controlled Legislature denied passage of his proposals to support public safety. Earlier this year, Senator Nielsen introduced Senate Bill 652 to change current law to require that felons with firearms would return to state prison if they had been previously convicted of a violent felony. Even this modest change was rejected in committee.

Unfortunately, the weakening of the state’s criminal justice system allowed for the release of convicted felons like cop-killer Littlecloud whose criminal record spans 14 years.

The San Francisco Chronicle laid out the “extensive criminal history” of Littlecloud’s life that included: Assault on officers and first responders; Drug possession; Robbery; Grand theft; Assault with stun gun; Battery on emergency personnel; Two counts of assault on peace officer or firefighter; Six counts of assault with or possession of firearms; Federal indictment on charges of possession with intent to distribute methamphetamine, illegal possession of a firearm and ammunition, using a counterfeit credit card and identity theft.

“Littlecloud’s wide-ranging criminal behavior speaks for itself. Legislative acts, court decisions and initiatives facilitated this behavior,” Senator Nielsen added.

*Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba* ★

# County Approves Adopted Budget

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Board of Supervisors approved the Adopted Budget document for Fiscal Year 2017-18 to fund County operations on September 6th, 2017.

The document outlined the County’s \$4 billion budget, including a General Fund appropriation of \$2.4 billion.

The final budget for the fiscal year balances the needs of the County while at the same time

reserving funds for future needs. The County also enhanced funding in areas such as Child Protective Services, homeless services and addressing critical public safety needs.

In addition, funding has been applied to: Building general reserves; Parkways and Unincorporated Communities Clean Up and Safety Initiative; Implementing Foster Care Continuum of Care Reform;

Sheriff’s Department pilot program focusing on high incidences of unreported gun shots in the unincorporated County; Replacing and upgrading critical technology.

View budget documents online or in person on the 7th floor of the Administration Building, 700 H Street, Suite 7650.

*Source: Sacramento County Media, Thursday, September 7, 2017* ★

# Gun Show Comes to Cal Expo

**SACRAMENTO REGION, CA (MPG)** - The Crossroads of the West Gun Show, the largest gun shows in western America, will return to Cal Expo for their big Fall Gun and Hunting Show this weekend, September 16 and 17.

Bob Templeton, show manager, said that the show at Cal Expo will be the first major gun show held in the Valley since Spring, and promises to be a

good one. Featured will be the newly-developed “California Legal” semi-automatic rifles and kits for enthusiasts who want to build their own rifle or handgun legally.

One of the major selling displays in the show will be presented by Wholesale Ammo, California’s largest ammunition distributor and sales outlet. Featured will be bulk ammo for

all popular firearms, handguns, rifles and shotguns, all priced at well below regular store retail prices.

The show opens at 9 AM Saturday. It is open until 5 PM, and opens again Sunday morning at 9 AM. The show closes at 4 PM Sunday. Tickets are available online at crossroads-gunshows.com or at the door. ★

## STATEPOINT CROSSWORD • COMIC BOOK VILLAINS

CLUES

ACROSS  
1. Coffee + chocolate  
6. “\_\_\_ the season ...”  
9. \_\_\_ ex machina  
13. Tim or Woody  
14. Thou, today  
15. \*Fire or Fear or Mortis or Death  
16. “\_\_\_ came the spider...”  
17. Pimple fluid  
18. Two under par  
19. \*X-Men’s mutant foe  
21. \* \_\_\_ Quinn  
23. Aladdin’s alias  
24. Piglet sound  
25. Irish folk dance  
28. Sultanate on Arabian Peninsula  
30. Farm tool  
35. Fail to mention  
37. Crumbs  
39. Nary a soul  
40. Curly-leafed cabbage  
41. Betty Ford Center, e.g.  
43. Pacific Islands’ ceremonial drink  
44. Opposite of digest  
46. “Que Sera \_\_\_”  
47. Revered one  
48. Team list  
50. “Cliffs Notes,” e.g.  
52. Phone card acronym  
53. A grand theft  
55. Charged particle  
57. \*Norman Osborn’s organization  
60. \*\*Spider-Man’s villainous doctor  
64. Last European colony in China  
65. Belonging to you and me  
67. Tennis great Chris \_\_\_  
68. Like anchor aweigh  
69. Springsteen’s “Born in the \_\_\_”  
70. Join companies  
71. \*Deathstroke is an enemy of the “\_\_\_ Titans”  
72. \_\_\_ Aviv

DOWN  
1. Hat-tipper’s word  
2. Paella pot  
3. Heidi’s “Magic Wooden Shoe”  
4. Temporary tattoo ink  
5. Angel, in Rome  
6. Editor’s oversight  
7. Debtor’s letter  
8. Uncooked seafood  
9. Like Jekyll and Hyde’s personality  
10. \*Superman enemy, Morgan  
  
11. Like Andersen’s duckling  
12. Perceive  
15. “Game of Thrones” vest  
20. Sea near Australia  
22. It marches?  
24. One always busy and moving  
25. \*\*Batman’s foe  
26. Idealized image  
27. Rupert \_\_\_ from “Buffy the Vampire Slayer”  
29. \*Wonder Woman’s nemesis  
31. \*Thor’s brother  
32. Dump truck quantities  
33. End of a poem

CROSSWORD

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13						14				15			
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68						69				70			
71						72				73			

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Crossword Puzzle Solutions on Page 4

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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

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By Marlys Johnsen Norris,  
Christian Author

Many many people have their own idea about who God is! Actually their god is one made up using their own particular value system of right and wrong. They may claim to pray or even worship "it" but "it" is not the God who created heaven and

## Who Is The God Of Your Own Making?

earth, including everything in it, you and I! The Word of God proves this! However isn't their god also a god spelled with a small g?

God IS so very much more! He is the great I AM! He is Love! He is a merciful God! He is the same yesterday, today and tomorrow and He never changes. He is our Creator/ Deliverer/ Healer and a Sovereign God who loves us completely and unconditionally..

A god of your own making is *not* good enough for any of us - but it is good that you recognize you do need the One true God. It is a beginning and when one does truly invites the God of the Bible into their heart and life, they will be amazed at the many ways He shows His perfect love just for them. It is only then His very Spirit comes to

reside in ones heart and life, He forgives and promises never to leave or forsake you. He is a healer, deliverer, transforming power that empowers and blesses your life in many many ways for many years!

To KNOW and LOVE God - is an exciting adventure and He is the only One who can take you on the greatest adventure of your life. He EMPOWERS ones life as they read His Holy Book (Bible) of instruction and then to, SEEK HIS PERFECT WILL, live and do it - giving a testimony to bless others lives as well. (Matthew 6:33)

Marlys Johnsen Norris  
Christian Author of 6 Books  
**God Moves Mountains,  
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Marlysjn@gmail.com



By Pastor Ray Dare

Your time is God's gift. You don't earn the time you have and what you've got right now. It's all a gift. You wouldn't have any time if God didn't give it to you. What do you do with a gift? Enjoy it. God wants you to enjoy your life not just endure it.

Appreciate all the time you have. Live each moment with an attitude of gratitude. "Be grateful for every year you live." On your birthday, are you grateful for every new year?

Every morning, God deposits 86,400 seconds into a daily time account. You get to choose how you use it. But if you don't use it, you lose it. You don't get it again. It is a gift to be used for good and to be enjoyed. Philippians 4:11 says, "I've learned, in whatever state I'm in, to be

## Pastor Ray's Encouraging Words

### You Are Loved

content." This is Paul talking. We know he was a southerner. He says, "I thank God for you all..." But we know he was not a Californian because he says "I've learned, in whatever state I'm in, to be content." He could not have been a Californian!

The secret of happiness is the ability to accept life as it comes to you, not always be longing for something else. Accept life and enjoy life as God gives it to you, as it comes to you.

Paul says, "I've learned to be content". Contentment is something you learn. It doesn't come natural. I'm not naturally content and neither are you. We're always wanting something else. We need to learn to be content. The Bible says, one day, at the judgment when we stand before God to give an account of our life, God is going to evaluate you on how contented you were with the times He gave you. God is not going to ask for your list of accomplishments. But He's going to say,

"Did you enjoy the life I gave you? Were you content with the blessings I did give you or were you always comparing yourself to somebody else? Were you always complaining that you didn't have enough time or money or whatever? Were you always griping and ungrateful, taking what I had given you for granted? Or did you learn to be content?"

I have just enough time to do God's will. I have just enough time to do what God wants me to do with my life -- no more, no less. What God has planned for your life, He has given you the exact amount of time for that. If you say, "I don't have enough time", it means a) you're doing something that God never intended for you to do, or b) you're doing the right thing in the wrong way. You have just enough time to do God's will. Enjoy the gift time God has given you by learning to be content.

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## Rising Star Jennifer Reason to Perform at Pioneer Church

By Vi McNally

**SACRAMENTO, CA (MPG)** - Jennifer Reason, concert pianist, will perform at 3:00 p.m. Sunday, September 17, at Pioneer Congregational Church, 2700 L Street, across from Sutter's Fort.

This is the first concert in the 2017-2018 Sacramento Community Concert Association series. Hailed by German critics as a pianist "in the league of Carnegie Hall," a "rising star" whose playing is "lush, sensual and colorful: like a painting" (Sulzbach-Rosenberger),

Reason is a vibrant young performer. Recently she completed her 8th international tour, including twice appearing as a soloist to critical acclaim at the Interharmony International Music Festival in Germany, as well as at the Schlern and Orfeo International Music Festivals in Italy. She has also twice appeared in an ensemble setting at Carnegie Hall, as well as the Vatican, the Liszt Academy in Hungary, and the International Festival of Peace and Brotherhood in Italy.

Reason is a versatile performer of various styles



Recently Reason completed her 8th international tour, including twice appearing as a soloist to critical acclaim at the Interharmony International Music Festival in Germany, as well as at the Schlern and Orfeo International Music Festivals in Italy.

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# Gourd Festival Returns to Sacramento Region

Story by Jacqueline Fox

**SACRAMENTO COUNTY, CA (MPG)** - The Gourd is Back. The Northern California Gourd Art Competition and Gourd Exhibit is returning to Orangevale this September, roughly 14 years since it was moved from its original location in Folsom, due to construction of a new shopping center.

The gourd competition and festival, co-hosted by the Folsom and Amador Gourd Artists associations will make its return to Orangevale September 30 at the Orangevale Community Center, where organizers are hoping to keep the festival moving forward, as it has moved more than four times in the last decade.

“We are really thrilled to be able to have the festival back in Orangevale,” said newly installed chairman of the event, Barbara Rippetoe, an accomplished gourd artist and member of both the Folsom and Amador associations, which have a combined membership of 80 gourd artists. “I really wanted to help move the festival back to Orangevale and after a lot of discussion and investigating, we finally found a new home and are very excited to be coming back.”

The original festival, known as



Colleen Ballard and Barbara Rippetoe show off some of the fine gourd art to be presented at the festival. Photo by MPG staff



Gourds can be designed to be useful and artful. Photo by MPG staff

including a novice category for student entries from the classes held prior to the launch of the competition.

Competition divisions will be available for youth, novice, intermediate, advanced and master level gourd art makers. Gourds will be scored using a point system and judging will consider originality, quality of craftsmanship, creativity and artistry, color and use of accessories, as well as overall decorative work. These can range from pyrography (burning in designs and shapes) and carving gourds, to those embellished with a vast array of mediums, including paint, fiber art, jewelry, beads, feathers and more.

You don't have to be a gourd artist to get in on the action. The event is free and, in addition to the competitions, classes and even a gourd hat parade, individual artists will be selling their wares, which may include everything from purses, dolls, jewelry, drums and other items, all made from gourds, of course.

For more information, please visit: [www.californiagourdsociety.com](http://www.californiagourdsociety.com). ★

**IF YOU GO:**  
**THE NORTHERN GOURD ART COMPETITION AND GOURD EXHIBIT**  
**SEPT. 30 TO OCT. 1**

**ORANGEVALE COMMUNITY CENTER**  
**6826 HAZEL AVE.**

**COMPETITION ENTRY FEE: \$6.00 FOR MEMBERS, \$10.00 FOR ALL OTHERS**

**DEADLINE FOR ENTRIES:**  
**FRIDAY, SEPT. 29**

the West Coast Gourd Festival, was launched at Zittel Farm in 1996 in Orangevale. It was held at the farm annually through 2003 with solid attendance and a strong following of some of the region's most renowned gourd artists, Rippetoe said. But in 2004, a shopping center was built adjacent to the original location at Zittel Farm, forcing a move to Greg Leiser Farms in Knights Landing, followed by another move to Folsom Park until 2009. Complications with the Folsom Park location forced another move, this time to Davis Ranch Slough House, where the festival ran through 2015. It did not run in 2016, said Rippetoe.

Now, with a permanent spot back in Orangevale, says Rippetoe, expectations are high for a large turn-out, both by local gourd artists and novice competitors alike, as well as locals who just want to witness firsthand how many different ways there are to create art from a gourd, typically the dried, hard shell of

**“We are really thrilled to be able to have the festival back in Orangevale... and after a lot of discussion and investigating, we finally found a new home and are very excited to be coming back.”**

**— BARBARA RIPPETOE**  
CHAIRMAN OF THE EVENT

any one of the countless plants belonging to the *cucurbitaceae* (pronounced kyoo-kur-bi-tey-shuh) family of squash

or a pumpkin.

The festival kicks off on Friday, Sept. 29 with gourd art classes taught by several well-known gourd artists, including Toni Best, Joyce Campbell, Vickie Echols and Bettie Lake. Classes are open to all. Then, from Sept. 30 to Oct. 1, gourd artists will compete in several design categories and divisions,



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# Circus Vargas Unveils Original New Production- *SteamCirque!*

## SACRAMENTO REGION, CA (MPG)

- Circus Vargas returns to to the Sacramento region, embarking on a brand new epic adventure under the big top! The biggest American, Animal-Free traveling Big Top circus is making a splash across California and will be entertaining the Sacramento area Residents from September 21 through October 15, 2017 with its latest hit production, SteamCirque!

The Big Show includes goggles, gears, and gadgets setting the stage for Circus Vargas' retro-futuristic new production. Join them on a journey of fantastic proportions where children of all ages will marvel at the wacky and wonderful cast of characters that come alive in this exciting steampunk, science-fiction fantasy inspired circus odyssey!

Arrive 45 minutes early for



SteamCirque is inspired by adventure, colored by imagination and brought to life by the amazing cast of Circus Vargas!

an entertaining, interactive

pre-show celebration, where kids can create their own magic under the big top, learning circus skills such as juggling, balancing and more! Meet and mingle with the entire cast after each performance. Capture the fun by posing for pics or selfies with your favorite cast members, all part of an unforgettable Circus Vargas experience!

The Storyline presents an eccentric group of adventure seekers stumble upon a traveling circus in an imaginary Victorian city, far, far-away. SteamCirque's peculiar protagonist, part magician-part inventor, attempts to industrialize the circus by incorporating his steam powered mechanical contraptions into the ordinary, typical circus rigging, filling the big top with new, imaginative acrobatic apparatus for the artists to perform their acts. It becomes a test of wills,



Circus Vargas will be entertaining the Sacramento area Residents from September 21 through October 15, 2017 with its latest hit production, SteamCirque!

the steampunkers versus the circus folk, who will win? Audiences will have to come and see to find out!!

For Circus Vargas performance dates, times and to purchase tickets, visit [www.circusvargas.com](http://www.circusvargas.com), call

877-GOTFUN-1 (877-468-3861) or visit the box office at each location.

Follow Circus Vargas on Facebook and Twitter for updates, discounts and behind the scenes video. ★



For Circus Vargas performance dates, times and to purchase tickets, visit [www.circusvargas.com](http://www.circusvargas.com), call 877-GOTFUN-1 (877-468-3861) or visit the box office at each location.



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# Hey Man, Let’s Talk Pot

CDPH Launches Cannabis Public Education Campaign

By Corey Egel, CDPH

**SACRAMENTO, CA (MPG)** - The California Department of Public Health (CDPH) has launched a health information and education campaign about what’s legal in California and potential health impacts of cannabis use. Senate Bill 94 (SB 94) - Medicinal and Adult Use Cannabis Regulation and Safety Act (MAUCRSA) - makes it legal for adults 21 or older to possess, consume and cultivate cannabis in California. Sale of cannabis from licensed retail outlets will become legal January 1, 2018. CDPH received funding to develop a campaign, as detailed in SB 94, describes: The scientific basis for restricting access of cannabis and cannabis products for persons under the age of 21 years; The penalties for providing access to cannabis and cannabis products to persons under the age of 21 years; The potential harms of



CDPH engaged in extensive conversations with stakeholders in California and partners in other states with legalized cannabis to target the most vulnerable populations and apply their lessons learned.

using cannabis while pregnant or breastfeeding; The potential harms of overusing cannabis or cannabis products. “CDPH engaged in extensive conversations with stakeholders in California and partners in other states with legalized cannabis to target the most vulnerable populations and apply their lessons learned,” said CDPH Director and State Public Health Officer Dr. Karen Smith. “We are committed

to providing Californians with science-based information to ensure safe and informed choices.” CDPH has and will continue to incorporate the latest data available into public messages to increase awareness about how cannabis affects bodies, minds and health. On CDPH’s website, individuals can find information about legal, safe and responsible use, and health information for youth, pregnant and breastfeeding women, parents and mentors, and health care providers. CDPH produced fact sheets with safe storage tips and the important things Californians need to know about purchasing and possessing cannabis for personal use. An educational digital toolkit for local governments and community organizations will be available in the future. For additional information, visit the Let’s Talk Cannabis web page at [www.cdph.ca.gov](http://www.cdph.ca.gov) ★



# POPPOFF!

with Mary Jane Popp

**Be Everything**  
Question of the day...what do you want to be? Do you have a life dream? What if I told you that you can learn how to be everything? **Emilie Wapnick** tells me it is possible to be multiple things and that doesn’t mean you are a flake! Maybe you are a multipotentialite...someone with many interests and creative pursuits. **Emilie** is that and more as speaker, career coach, blogger, and community leader. But don’t be surprised when I tell you she was not able to settle on a single path. She studied music, art, film production, and law! But she insists that if you feel like you are always working on several things at once, and can never focus on just one thing at a time, you might be a multi-tasker: someone with many interests and creative pursuits. Here are five things that multipotentialites do extremely well. 1) **IDEA SYNTHESIS.** Combining two or more

concepts and creating something new at the intersection. 2) **RAPID LEARNING.** You can grasp concepts and pick up skills quickly. 3) **ADAPTABILITY.** You can make yourself right at home in many settings and roles. **BIG PICTURE THINKING.** You are able to see how individual ideas connect to the wider world. 5) **RELATING AND TRANSLATING.** Multipotentialites are natural connectors, both in the sense they love connecting with people on an emotional level, and they love helping people understand and connect with one another. If you think you fit the bill, **Emilie** adds that although there isn’t a single career for Multipotentialites, most can be happy using one of the following four work models. 1) **GROUP HUG APPROACH.** Having one multifaceted job or business that allows you to wear many hats and shift between several domains at work. 2) **SLASH APPROACH.** Having two or more part-time jobs and/or businesses that you flit between on a regular basis. 3) **EINSTEIN APPROACH.** Having one full-time job or business that fully supports you, while leaving you with enough time and energy to pursue your other passions on the side. 4) **PHOENIX APPROACH.** Working on a single industry for several months or years and then shifting gears and starting a new career in a new industry. I found this to be the key to this whole approach. It’s okay to mix and match. The four models provide plenty of opportunities for customization and flexibility. Mix and match the four approaches as you please. Switch models every few years. Be a hybrid. It’s all good. These work models aren’t meant to restrict you. They simply provide a structure and starting place so that you can make sense of your many facets and conceptualize how they might translate into a fulfilling career and life. You are not alone. Meet other famous Multipotentialites like Maya Angelou, David Bowie, Benjamin Franklin, Steve jobs, Hedy Lamar, even Galileo. Good company. There’s lots more to learn in **Emilie Wapnick’s** book “**How to be Everything.**” She is a TED speaker and has been featured in “Forbes” and “The Huffington Post.” Now go for it! ★

# CHURCH RUMMAGE

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<b>Wed., July 19</b> <b>Wed., Aug. 9</b> (Dinner @ 6:30 pm) 11:30 am to 12:30 pm <b>East Lawn Sierra Hills Memorial Park &amp; East Lawn Mortuary</b> 5757 Greenback Lane, Sacramento, CA 95841 To RSVP or More Info: <b>916.732.2020</b>	<b>Thurs., Aug. 3</b> (Dinner @ 6:30 pm) <b>Thurs., Sept. 7</b> (Dinner @ 6:30 pm) 11:30 am to 12:30 pm <b>East Lawn Memorial Park &amp; Crematory</b> 4300 Folsom Blvd., Sacramento, CA 95819 To RSVP or More Info: <b>916.732.2000</b>
<b>Wed., Sept. 20</b> (Dinner @ 6:30 pm) (Spanish & English) <b>East Lawn Andrews &amp; Greilich Mortuary</b> 3939 Fruitridge Road, Sacramento, CA 95820 To RSVP or More Info: <b>916.732.2026</b>	<b>Thurs., July 13</b> (Dinner @ 6:30 pm) <b>Wed., Sept. 13</b> 11:30 am to 12:30 pm <b>East Lawn Elk Grove Memorial Park &amp; Mortuary</b> 9189 E. Stockton Blvd., Elk Grove, CA 95624 To RSVP or More Info: <b>916.732.2031</b>

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Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.

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# CHPD Identify and Arrest Sexual Assault Suspect

## CHPD Crime Release

CITRUS HEIGHTS, CA (MPG) - On September 1st, The Citrus Heights Police Department (CHPD) identified the suspect responsible for the sexual assault that occurred on August 31, 2017. The suspect was identified as 31-year old, Dustin Smith of Citrus Heights. CHPD Detectives obtained a search warrant for Mr. Smith and his residence. Mr. Smith lives within close proximity to the victim.

At the time of the search warrant service, Mr. Smith was at home. The search of Mr. Smith's residence revealed evidence that associated him to the sexual assault. Mr. Smith was taken into custody without incident. He was booked into the Sacramento County Jail for rape, burglary, elder abuse, and oral copulation.

The Citrus Heights Police Department was determined to take the suspect quickly into custody and return peace of mind to our residents. Our commitment to our Citrus Heights community is that we will always do everything in our authority to investigate, track down and capture dangerous felons in our town in our unwavering dedication to the public's safety.

During the investigation, CHPD Patrol Officers and CHPD Detectives canvassed the area, interviewed numerous people, collected forensic evidence from the scene, and collected video evidence from nearby residences. All of which provided valuable leads as to the identity of Mr. Smith.

The original crime report stated: The sexual assault took place in the 7100 Block of Wanner Way in Citrus Heights. At approximately 6:30 AM on August 31st, the Citrus Heights Police Department Communication Center received a 911 call from an elderly female who reported she had been sexually assaulted inside of her home by an unknown male. The victim advised the suspect had



Dustin Smith of Citrus Heights was booked into the Sacramento County Jail for rape, burglary, elder abuse, and oral copulation. Photo courtesy Citrus Heights Police Department



CHPD in-house Forensic Sketch Artist Sergeant Janet Schaefer, developed this composite for the investigation. Photo courtesy Citrus Heights Police Department

fled the scene on foot.

Within minutes officers arrived and located the victim in her home. Although the victim did not have any visible signs of trauma, officers were able to confirm a sexual assault had occurred. Officers conducted an extensive area search, but were unable to locate the suspect.

The suspect is described as a white male adult in his early 30's, approximately 5'8" tall, and 140 pounds. He had long brown hair that was tied into a pony tail, brown eyes, and was clean shaven. The suspect was last seen wearing a white T-Shirt with no sleeves, and white basketball style shorts with green trim.

The preliminary investigation revealed the suspect entered the victim's house through an open window. Although the victim and suspect are not known to each other, it is believed this is an isolated incident.

The Citrus Heights Police Department would like to thank all the members of our community who provided us with tips related to this case. We know success is dependent upon our many great community partnerships.

We would also like to thank our in-house Forensic Sketch Artist, Sergeant Janet Schaefer. As you can see by the side by side

comparisons between her composite sketch and Mr. Smith below, Sergeant Schaefer's skills are exceptional.

Upon hearing of the arrest of Mr. Smith, CHPD Chief of Police Ronald Lawrence said:

"Vile crimes such as those committed by this suspect are reprehensible, and I am pleased he is behind bars. As a result of outstanding, good old-fashioned police work by dedicated professionals of the Citrus Heights Police Department, we have successfully investigated, identified, and peacefully captured this despicable rapist. I am very proud of our police professionals who worked tirelessly to investigate this heinous crime over the past 36 hours. I am thankful for all of our community members who offered assistance in helping to bring this suspect to justice. But most importantly, I am especially grateful for the courage of the survivor who demonstrated tremendous strength to help us identify this suspect that ultimately led to his capture."

CHPD staff says "We want to again remind everyone to lock windows and doors at night, and to utilize monitored alarm systems. We also recommend using exterior motion lighting. If you must open your windows at night for fresh air due to the heat, you can purchase window locks that will restrict how far the window can be opened." ★

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