



City of Citrus Heights Buries Time Capsule at New City Hall

Page 8

TRAVEL Carnival Sets Bar with Newest Ship

Page 9



Citrus Heights Messenger

"Written by the people, for the people"

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September 16, 2016

VETERANS SHARE 7TH ANNUAL PICNIC



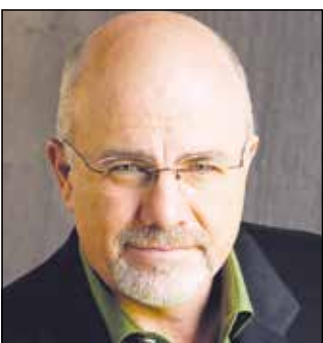
Page 8

WOMEN'S EMPOWERMENT GAINS GRANT FROM US BANK



Page 3

DAVE RAMSEY: WHAT'S THE DEAL WITH DEFERRED COMP?



Page 5



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The California Capital Airshow is Ready for Takeoff!



The Show will feature tons of military jet noise and a heart-pounding lineup of performances and entertainment for the whole family. Shown above: the world famous U.S. Navy Blue Angels will roar across the skies of Northern California as the headlining act of the 2016 Airshow. Below: An advanced bomber for its time, 'FIFI', the Boeing B-29 Superfortress was one of the largest aircraft to serve during World War II.

SACRAMENTO, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County, in partnership with the City of Rancho Cordova, is ready to paint the town Blue and Gold with the arrival of the world famous U.S. Navy Blue Angels! The Airshow will open its gates the weekend of October 1st and 2nd at Mather Airport with a heart-pounding lineup of performances and entertainment for the whole family. A variety of pre-sale ticket options are available online now at californiacapitalairshow.com/buy-tickets.

To kick-off the fun filled weekend, the Airshow will host a Performer Meet and Greet on Friday, September 30th, with a FREE 'Paint the Town Blue and Gold' block party from 6:30 p.m. to 8:30 p.m. Fans are



encouraged to come meet the Blue Angels, hangout with their favorite Airshow performer and the Kings Dancers, win door prizes, listen to music, take selfies and so much more. The block party will be located in midtown in front of LowBrau at 1050 20th Street in Sacramento between J and K Streets. Tell your friends as this is going to

be a party to remember!

In addition to the awe-inspiring Blue Angels performances on Saturday and Sunday - October 1st and 2nd - the skies over Sacramento will be screaming with the likes of the US Army Golden Knights, Royal Canadian Air Force CF-18 Hornet Demo,

Continued on page 2

Detectives Seek Information on 36-Year-Old Double Homicide Cold Case

SACRAMENTO COUNTY, CA (MPG) - On Saturday, July 26, 1980, a married couple was brutally murdered in their home located in the 8100 block of Donawood Way in Orangevale. The victims, John and Christoria Bilkei (66 and 69-years-old respectively), each died as a result of numerous stab wounds. The crime scene indicated there had been a violent physical struggle between the victims and the suspect(s) prior to their murder. Detectives also believe items of personal property were taken from the couple's residence.

On behalf of the children and grandchildren of John and Christoria Bilkei the Sacramento County Sheriff's Department's Cold Case Team is asking for the public's help in solving this decades old case by identifying the suspect(s) who committed this senseless double murder thirty-six years ago.

Anyone with information regarding this cold case is urged to call Sheriff's Homicide detectives at (916) 874-5057, or the Sheriff's 24-hour non-emergency number at (916) 874-5115. Those who have information and wish to remain anonymous may call (916) 874-TIPS (8477). You may also leave an anonymous tip on the Sheriff's website; just go to www.sacsheriff.com and click on "Cold Case" under "Tips and Alerts". Please reference Sacramento County Sheriff's case number #80-54812.

Source: Sacramento County Sheriff

**WE SUPPORT
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Plastic Bags are OK!

CITRUS HEIGHTS, CA (MPG) - Sacramento County recently passed a couple new ordinances regarding the use of plastic bags and shopping carts in stores. There has been some confusion for our Citrus Heights businesses and we wanted to clarify that these new Sacramento County ordinances do not apply to Citrus Heights.

Sacramento County recently enacted a Single-Use Carryout Bag Ordinance. Starting July 1, 2016, businesses located in unincorporated Sacramento County must charge 10 cents per bag. This ordinance does not apply to Citrus Heights businesses located in the City's boundaries. Businesses in Citrus Heights may continue to

use plastic bags and not charge customers for their use. For further information, you may refer to an article on the Sacramento County's website (<http://www.saccounty.net/BYOS/Pages/default.aspx>), which specifically states that the ordinance only applies to the unincorporated areas of Sacramento County.

In addition, late last year Sacramento County approved a new regulation aimed at reducing the nuisance and blight of abandoned shopping carts. The County now requires business owners who provide shopping carts for customers to submit an Abandoned Cart Prevention Plan outlining measures to be taken to eliminate the removal of carts from their premises. Although Citrus Heights is located in Sacramento County, we are an incorporated city.

Therefore, again, this ordinance only applies to areas in unincorporated Sacramento County. Citrus Heights stores are expected to manage and retrieve their shopping carts, but no specific plan is required to be provided by all business owners.

If you are a business located in the City of Citrus Heights and still have further questions, please contact City Hall at (916) 725-2448.

Source: City of Citrus Heights



Citrus Heights' Most Trusted Leaders Are Standing with Sue Frost for Supervisor

- ◆ Vice Mayor Jeff Slowey
- ◆ Councilman Mel Turner
- ◆ Councilman Steve Miller
- ◆ former Councilman James Shelby

Sacramento Probation Officers
Endorse Sue Frost for supervisor



Paid for by Sue Frost for Supervisor ID#1380596

The California Capital Airshow is Ready for Takeoff!

Continued from page 1

US Air Force F-16 Viper, ‘FIFI’, the iconic B-29 Superfortress and more. Fans won’t want to miss our nod to honoring the 75th anniversary of Pearl Harbor with an emotional tribute that will showcase the service, sacrifice and heroism demonstrated during the activities throughout the Pacific theater during WWII. This theatrical production will be emotionally narrated and beautifully choreographed to music with thundering pyrotechnics. For a complete list of performers visit californiacapitalairshow.com/lineup/the-performers/.

But the fun certainly doesn’t stop here! While entertainment in the sky is endless, it continues on the ground:

- Blast-off at Aerojet Rocketdyne’s Space and Aviation LaunchPad or explore, play and learn at one of the other interactive kid’s activity zones for fun, hands-on science and engineering activities including flight simulators, robots and more!
- Star in your very own video! Grab your friends and family and race to SMUD’s Powering Forward exhibit for a cool photo project to take home your own Action Flipbook.
- Stop by Lasher’s Elk Grove Dodge Chrysler Jeep Ram Autograph Tent to meet your favorite Airshow performer and take a photo. You can

even command the ramp at the Dodge Ride-n-Drive in a new top-of-the-line Ram Truck!

- Experience the sights, smells and sounds of historic World War II aircraft in Warbird Alley. Get up close and touch the airplanes, talk to the crews, teach the kids and then watch these planes FLY! You can also re-live history by purchasing a ride in the world’s most famous flying B-29 Superfortress. A limited number of seats are available each day.

“The whole family can enjoy a weekend filled with thrilling performances while exploring aircraft displays, attractions and interactive exhibits designed to promote science, technology, engineering and mathematics (STEM),” said Darcy Brewer, executive director of the California Capital Airshow. “At CCA we use the power and magic of flight to inspire young people. Our unique environment provides rare opportunities to meet pilots, crew, engineers and cutting-edge innovators who have used their STEM education to literally change the world!”

Bring your sunscreen, hats, and comfortable shoes, because the Airshow is ready for takeoff! Gates open Saturday and Sunday at 9:00 a.m. and close at 5:00 p.m. each day – flying will begin around noon. The much-anticipated show features tons of jet noise, jaw-dropping aerobatics,



In addition to the awe-inspiring Blue Angels performances on Saturday and Sunday (shown on page 1) - October 1st and 2nd - Shown above: USAF Heritage flight demonstration featuring an Air Force F-16 and a vintage WWII P-51 Mustang and (clockwise below) ‘FIFI’, the iconic B-29 Superfortress, the US Army Golden Knights and the US Air Force F-16 Viper team.

stomach-churning aerial jumps, and gravity defying routines that will leave you speechless and wanting more!

“The Airshow is a fantastic value for a full day of fun and the memories made will last a lifetime. Once inside the gates, you’ll be amazed at the abundance of entertainment on the ground and in the sky!” added Brewer.

Airshow tickets are on sale now at californiacapitalairshow.com/buy-tickets/. Pre-sale discount pricing expires at midnight on September 30th.

The following sponsors and community partners have generously contributed to the 2016 California Capital Airshow: Sacramento County, City of Rancho Cordova, Aerojet Rocketdyne, Sacramento Jet Center, Lasher Auto Group, Dr. Pepper Snapple Group, Budweiser, Fox 40 and iHeart Media.

Visit the California Capital Airshow website for news and attractions. Want to get the inside scoop on the Airshow? Become an Airshow Insider via the home page on the CCA website. Fans can follow the Airshow on Facebook and Twitter (@calcapairshow) and Instagram (capitalairshow).

Established in 2004, the California Capital Airshow 501(c)(3) is an exciting, family-friendly annual event designed to honor the Sacramento region’s rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information, please visit www.californiacapitalairshow.com.

Source: CCA



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Women’s Empowerment Gains Grant from US Bank Foundation

Funds Will Help Sacramento Women And Children Break The Cycle Of Homelessness



Students and staff at Women’s Empowerment accept a check from U.S. Bank Foundation representatives Jessica Cook and Pam Maxwell.

SACRAMENTO, CA (MPG) - Women’s Empowerment has received \$26,500 from U.S. Bank Foundation’s Community Possible program through a \$1,500 sponsorship of its recent gala and a \$25,000 grant to help homeless women in Sacramento find homes and jobs that support their families.

“U.S. Bank has been a long-time partner with Women’s Empowerment and we are grateful for their steadfast support that guarantees more Sacramento women facing homelessness will be able to find steady jobs and safe homes for their families,” said Lisa Culp, executive director, Women’s Empowerment.

Women’s Empowerment’s initial eight-week program for women who are homeless in Sacramento provides women with free onsite child care in the group’s child development center and transportation assistance. Each woman works with a master’s level social worker to address her root causes of homelessness, attending classes on job-readiness, confidence and empowerment. She receives health services, focuses on job readiness with her employment specialist and volunteer career mentor, and learns financial literacy. When she graduates after eight weeks, she can access Women’s Empowerment’s graduate services at any point in her life, which include certifications, counseling, GED preparation, access to a professional clothing closet, financial literacy, and paid job training through the group’s Get A Job Kit Training and small business.

“Women’s Empowerment provides the most comprehensive solution in Sacramento for women and children who are homeless,” said Jessica Cook, district operations manager with U.S. Bank and a Women’s Empowerment board member. “At U.S. Bank, we believe all people deserve the opportunity to dream, believe and achieve, including having a stable job and a home to call your own. We are proud to have Women’s

Empowerment as one of our Community Possible partners here in Sacramento.”

Celebrating its 15th anniversary this year, Women’s Empowerment was recently featured on NBC’s TODAY Show and on CNN.com for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,322 homeless women and their 3,000 children. Last year, 93 percent of graduates found homes and 83 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women’s Empowerment is funded solely through private donations from the community. To donate online: www.womens-empowerment.org.

Source: Kristin Theabaud Communications ★



The Real Estate Insider

with Realtor, Developer and Radio Host

Ellen Herrle

Listen weekdays 12n-1pm on Money, The Wall Street Business Network, 105.5 FM

Q&A with Buyers & Sellers

This column is here for you as a resource in sorting out buying and selling property. When you ask a question we answer here so everyone benefits. What don't you know about buying and selling property? Let me help.

It's easy, just email your question to us and we share the answer so everyone can learn from it. Email: ellenherrle@hotmail.com or leave a message at 916-761-2108.

Q : I’ve been renting for many years with no complaints, so why are all my friends saying it’s time to buy now?

Rodger, Carmichael

A : It’s good you found happiness as a renter, but what else do you have to show for the money? Renting works for many, but most should consider it a short-term prospect as your money is building equity for someone else! Buying a home is an investment that will likely return more than you pay in more ways than you can imagine. Advantages include equity but extend to taxes, insurance and more.

Likely most important in the long run is this place is yours! And, to paraphrase the old saw, ‘there is no place like home’! Having roots in a community can extend for generations beyond four walls rented by the month.

Recent news suggests now is the time with improving inventory of homes, low interest rates and stories about rising rental costs in the capital city among the most expensive in America. News from realtor.com says Sacramento is also one of the top ten hottest real estate markets, which bodes well for increasing values down the road. That’s why they are your friends and their looking out for you!

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Citrus Heights Messenger

Serving Citrus Heights and Sacramento County Since 2006

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Crossword Puzzle on Page 5

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

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Sudoku Puzzle on Page 5

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

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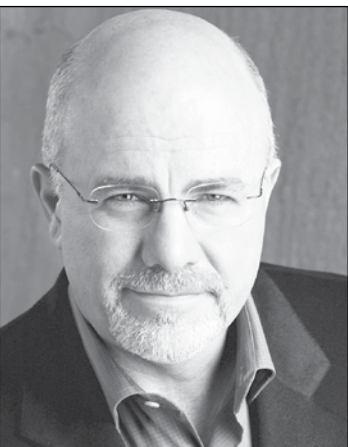
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Private school is busting savings

Dear Dave,
Our three kids are enrolled in a private Christian school. It's a great place, and we truly believe our kids are getting a wonderful, faith-based education, but the tuition is pretty expensive. We've already had to start digging into our savings to make this happen, and the kids are only in elementary school. Should we keep them enrolled, or should we transfer them to public school?
- Maureen

Dear Maureen,
I understand wanting your kids to get the best education possible. Private schools can provide some advantages academically, while a good Christian school might offer spiritual advantages. But the bottom line is this: If you can't cash flow it, you shouldn't do it. All of my kids went to public schools, and they are good,

Dave Says

moral people and strong Christians. In the process, they learned how to interact with people of all faiths, no faith, and how to display their faith and beliefs adequately in their personal lives and in the marketplace.
The truth is, you'll find great things and bad things in any school, private or public, Christian or not. And no matter where your kids go to school, as parents, you still have to teach them about the world — the good and the bad, the right and the wrong. Life can't be lived inside a protective bubble.
—Dave

What's the deal with deferred comp?

Dear Dave,
I work for a fire department in Mississippi, and I've been trying to get information on the state's deferred comp plan. No one here seems to know a lot about it, so I was wondering if I should keep looking for information or is it not worth the bother?
- Brandon

Dear Brandon,
Deferred comp simply means you are electing to defer and receive a portion of your compensation at a later time or date.

People who use these types of plans have a portion of their compensation withheld and directed into an investment of some kind instead, and you aren't taxed on it immediately. It's sort of like a pre-tax investment, but it's not transferrable to an IRA or 401(k).
I would only do deferred compensation after I've done everything else in terms of saving 15 percent of my income for retirement, including a Roth IRA. These are funded by after-tax dollars, but they grow tax-free. But I wouldn't do any of this until after I had paid off all my debt, except for my home, and had an emergency fund of three to six months of expenses in place.
Good question, Brandon!
—Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, Entrepreneurship and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.



Charisma Code

Charisma. Do we really know what it is? We do know some people have it and let's be honest, others lack the "it" factor. As we inch closer and closer to choosing a President, there's one question we should be asking, "Do Americans pick candidates based on their personality and charisma or their policy and platform?" Non-verbal communication specialist, cultural anthropologist, and author of "The Charisma Code," Robin Sol Lieberman takes a stab at what makes each candidate attractive to supporters and how we all have different codes of appeal within us. You can even assess your own charisma type in life, love and business. Robin breaks them down into charisma colors...Green, Orange, Red, and Blue for the candidates we have been dealing with. We've all seen and heard about experts analyzing body language in court. How does that transfer to the campaign trail? Here are some pertinent characteristics.

HILLARY CLINTON—Green Charisma (Matches Oprah's type) Strong, resourceful, respectful, smooth, sincere,

POPPOFF!

with Mary Jane Popp

cool, heavy, empowering, experienced, self-assured, level, predictable, intellectual, steady, fixed, competent.
DONALD TRUMP—Orange Charisma (Matches Einstein's type) Eccentric, unconventional, flexible, spontaneous, inspired, open, intelligent, skillful, unique, strange, different, odd, wild, unfixed, free, genius, risk-taker, novel, big-thinker, visionary, creative, careless, instinctual.
Need to include a couple of additional politicians who have influence this election like...
BERNIE SANDERS—Red Charisma (Matches Martin Luther King Jr's type) Revolutionary, authentic, radical, responsive, real, courageous, contrary, passionate, fearless, direct, forward, all-in, uncompromising, bold, willful, convinced, firm.
BARACK OBAMA—Blue Charisma (Matches Marilyn Monroe's type) Cool, charming, enchanting, smooth, receptive, attractive, magnetic, reserved, modest, enjoyable, hypnotic, melodic, nurturing, calm, responsive.
In her book, Robin debunks charisma as an elusive quality reserved for only "special people." She sheds light on charisma as an innate power, a force that infuses the most basic communication and gestures with passion and purpose, magnetically attracting people and opportunities. "Charisma is the currency of connection," she told me on POPPOFF. She added, "Charisma inspires engagement, motivates

teams, and elicits commitment. It opens doors, dissolves borders, and makes any culture feel like home. According to Robin, "The people who are the best connectors are often the biggest influences, and those who influence culture change the world."
Robin left her California home when she was only 16 with a mission to travel the world, experience a diversity of cultures, and develop global relationships. Without being able to speak the languages, she started her world-wide journey in Kenya, and went on to Nepal, Sumatra, Sulawesi, Bali, and Nicaragua, among other places. At every stop, she was struck by a powerful force for connecting without words: Charisma. She also believes everyone can tap into this soul force. She breaks down this Charisma code into three components...Confidence, Magnetism, and Connection. As an advisor who works beside representatives of the United Nations, Robin Sol shares how charisma supports the U.N.'s new 17 sustainable development goals which frame global focus over the next 15 years and include: an end to poverty and zero hunger, ensuring responsible consumption and production, as well as decent work and economic growth for all, quality education and gender equality, clean water and sanitation, and widespread improvements in industry, innovation, and infrastructure. It's called "The Charisma Code" Communicating in a language beyond words.

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Crossword Puzzle Solutions on Page 4 humiliation DOWN 1. Band aid 2. Nonclerical 3. Naysayer's favorite prefix 4. Civil unrest, pl. 5. "Newbery Medal winner" _____ Magee 6. New Mexico art colony 7. "Howards _____" (E. M. Forster) 8. Core of personnel 9. Deal with the devil, e.g. 10. Tangerine grapefruit hybrid 11. "Howdy, _____!" 12. Casino chip 15. Long John Silver's appendage 20. Something concluded 22. Pleasurable interjection 24. Officially cancel 25. "Reason for punishment (F. Dostoyevsky) 26. Laundry booster 27. Mushroom's reproductive structure 29. Canaanite deity 31. Mars, to the Greeks 32. Fraction, e.g. 33. Plural of sputum 34. "The Book _____" (M. Zusak) 36. "The Famous Five" author _____ Blyton 38. "The _____ Runner" (K. Hosseini) 42. _____ incognito, a.k.a. unknown land 45. Curved like a foot 49. Creation of the right side of the brain 51. One who darts 54. Theater guide 56. Movie trailer, e.g. 57. Snake's warning 58. Biblical twin 59. _____ of Man 60. _____ gum, food additive 61. Pack like sardines 62. Pelvic parts 63. Corner pieces 66. Old-fashioned "before" 68. Position

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For Solutions See Page 4

County Budget Balances Reinvestment, Fiscal Stability

SACRAMENTO, CA (MPG) - During final budget hearings on September 7th, the Board of Supervisors reviewed and approved the Adopted Budget Documents for Fiscal Year 2016-17.
"The nearly \$4B budget, including \$2.4B in General Fund, is a good balance between investing in critical Health and Human Services and shoring up fiscal stability," said Chair of the Board Roberta MacGlashan. "We're also making a much needed General Fund investment of \$1.4 million towards a phased-in plan for improving roads in the unincorporated County."
The Health and Human Services areas slated for increased funding include Mental Health, Public Health, Child Protective Services, Alcohol and Drug Treatment, and Senior and Adult Services.
The fiscal stability funding includes meeting the Board's directive of placing 10 percent of the Available Fund Balance into a savings account for a rainy day, repaying transfers made at the height of the recession, and setting aside funds for major projects required in the coming years, including the mandated replacement of the Voter Registration IT system, and replacing the Assessor's Property Tax IT system. "Funding for these investments comes from a variety of discretionary, federal and state funds," said County Executive Nav Gill. "In addition to putting aside prudent funds in reserves, we're making enhancements to key County services, including 72 positions in the Department of Health and Human Services, 40 of which are dedicated to Child Protective Services." View budget documents online or in person on the 7th floor of the Administration Building, 700 H Street, Suite 7650. Source: Sacramento County Media Dept.

Upwards Sports Basketball Season Begins Practice Nov. 28th

FAIR OAKS, CA (MPG) - Upwards Sports Basketball, a nationwide youth Recreation League Basketball program, is designed to help young players develop athletically, mentally, socially and spiritually. The program has expanded tremendously in our local area, from 39 players in 2007 to 395 players last season. Why has it grown so much? Upward Sports promotes a positive sports environment where participants learn constructive lessons of teamwork and cooperation, where the emphasis is on the child, not just the game. Life lessons and friendship are encouraged. Because of the program's benefits, many families return each year and encourage others to join, which is a main contributor to the program's growth.
Upwards Sports Basketball is open to both girls and boys, serving youth in Kindergarten through 6th grade. Online registration is available through



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Who Are you Voting For?

what we believe as an American citizen? Lies, arrogant remarks, attacks and conduct not becoming the future president of our country is way beyond an average persons boundaries. What shall we do fellow citizens?

Unless one of the candidates comes to handling themselves in a respectful manner, we have no choice at all than to just stay home and not vote at all for the first time in our lives. And will that be the responsible thing to do? Will the lack of our vote bring America down to a new low and a president that will ultimately destroy America?

We all need to sit down and seriously pray every single day that something miraculous takes place within these two people to have their minds, thoughts and words transformed by Almighty God who truly loves them both. Both of them will be responsible to Him in the end and only God has the power to change and transform the ways both are acting and speaking. Let's all pray for A MIRACLE FROM GOD TO HAPPEN SOON

Marlys Johnsen Norris
Chrisitan Author of 6 books
Marlysjn@gmail.com ★

This is the first time in my 82 years as an American I believe we have absolutely no choice at all in either party. Shall I/we go to the poll and merely cast a vote out of duty?

How can we even make a decision when we sincerely believe neither candidate truly represents



By Pastor Ray Dare

There's no such thing as a problem free life. As soon as I get problem A solved, problem B gets a promotion. Life is a school and problems are the curriculum. Every trial teaches us; every difficulty develops us. Many times when we have problems we think that God is punishing us or that we must be out of God's will because nothing is going right. The Bible teaches that God's will often include a positive use of problems in our lives. (1 Peter 4:12,19)

You are probably going through some problems right now that are really tough. What do you do when a problem is about to pull you under? There are four things you ought to remember. If you don't have a

Pastor Ray's Encouraging Words

About That Problem

problem now, save this, because you'll need this next week, or the week after, or in a month.

God sees everything you're going through. We have a tendency to forget that. We think, "God, I don't think You know that the house payment is due in three days." "God, I don't think You know that it's not easy to get a new job." "God, I don't think You know and understand the frustration I feel right now." He does, He knows and He cares.

Regardless of the cause of your problem, God can use it in your life. I don't know why some things happen. Sometimes we bring them on ourselves. Sometimes we're innocent bystanders. Sometimes it's part of genetic heredity. Sometimes it's part of being in a world full of sin. But regardless of what caused the problem, God can use that for good in your life. (Romans 8:28)

God can change the situation. He can heal an illness. He can turn a relationship around. He can reverse financial distress.

He can do anything. But you wonder why isn't He doing it? That's why you need to remember number four.

God wants to change me first. God sees your problem. He knows what's going on. He could change it in an instant. But God is much more interested in you than He is interested in your problem. God is much more interested in how you respond to life than He is in making it easy for you. He wants to grow you, He wants to develop you, He wants to build your trust and stretch your faith. God is much more interested in your character than He is in making everything cool. So, He wants to change you first. Instead of saying, "Lord, change the situation.... Lord, change so and so" say "Lord, change me!" Once you have been changed, you watch for a miracle. You'll see what God wants to do.

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A composite image featuring the Blue Angels in formation against a large American flag. The Blue Angels are four blue and yellow F/A-18 Hornets flying in a staggered formation. The background is a large, stylized American flag with stars and stripes. Overlaid on the image is the Blue Angels logo (a shield with a star and the text 'BLUE ANGELS') and the text 'U.S. NAVY Blue Angels'. Below the aircraft, there are three red stars, the Sacramento County logo, the word 'presents', the event title 'CALIFORNIA CAPITAL AIRSHOW' in large, bold, metallic letters, and the text 'in partnership with'. Below this is the Rancho Cordova logo with the tagline 'a fresh take.' and 'RANCHO CORDOVA CALIFORNIA'. At the bottom, the dates 'OCTOBER 1-2, 2016' and location 'MATHER AIRPORT' are displayed in large yellow letters. A row of stars separates the location from the ticket information: 'DISCOUNT TICKETS AVAILABLE NOW ONLINE' and the website 'WWW.CALIFORNIACAPITALAIRSHOW.COM'.

City of Citrus Heights Buries Time Capsule at New City Hall



Henry Tingle, City Manager, city council member, Sue Frost, Mayor Jeannie Bruins, and council members Mel Turner, Jeff Slowey and Steve Miller pause before the time capsule is lowered into the space it will occupy for the next 30 years. Photo by Stephanie Cotter

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights held its first city council meeting in its new chambers on September 8, 2016. The first order of business was the ceremonial burial of a 12'x 9'x4' time capsule holding decades of historical papers and other memorabilia.

The five pound stainless steel time capsule was initially purchased from Future Packaging and Preservation. It is scheduled to be opened in 2047, as part of the city's 50th anniversary celebration.

Prior to its interment, Management Intern and project manager Haley Reed, gave a Power Point presentation explaining the purchase of the time capsule and its contents preservation process. Reed explained how the contents were gathered, showing the long list of items included. The project was a collaborative effort with involvement from members of the History and Arts Commission, city staff and members of the community

Reed, who began the project in February, is a member of the History and Art Commission, and is

working on her Masters in History at Sacramento State.

Following the presentation, council member Sue Frost and Citrus Heights Police Lt. Jason Russo lowered the capsule into a space inside a corner of the counter in front of city council chambers. The heavy granite counter top was then placed over the capsule, which will be permanently sealed in at a later date.

A plaque to be attached in front of the capsule reads, "City of Citrus, January 1, 1997 - Time capsule to be opened January 2047 celebrating the 50th anniversary of the city of Citrus Heights."

Items included in the capsule reflect the first 20 years of the history of Citrus Heights plus the decades prior to its incorporation in 1997. Included are 'letters to the future', written by Mayor Jeannie Bruins, Police Chief Christopher Boyd, and City Manager Henry Tingle, to be read by the people of Citrus Heights in 2047. Bruins and Tingle also donated previous employee ID badges to the collection.

Two bricks from the former city hall complex are included. A small piece of a brick will also be presented to each city council member.

Important history from the beginning of Citrus Heights pre-cityhood will be found in signed copies of "Images of America" by James Van Maren, and "Ladies in White". Jim Van Maren's book, published in 2011 as part of the 'Images of America' series goes back over 150 years to the town's roots. Written in 2013 by historical archivist Teena Stern and Alice Fellows, "The Ladies Auxiliary" and "The Ladies in White" highlights the contributions of the women of Citrus Heights volunteer fire fighters during World War II, many continuing to work as emergency response volunteers until 1986.

Of her experience working on this project, Reed said in a text, "Working on the time capsule project has been a delight. At times I felt as if I was putting together an intricate historical puzzle which future Citrus Heights residents will piece together revealing a proud sense of community which has been deeply engrained in our past."

The time capsule ceremony was videotaped and will be available for viewing on the September 8 city council meeting video at 'citrusheights.net' or call 725-2448 for information. ★

Veterans 7th Annual Appreciation Picnic



The girls of Girl Scout Troop 223 were eager to help serve the veterans and went above and beyond their own service during the day.

By Paul Reyes with Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - On Saturday September 27th Citrus Heights held its 7th Veterans Appreciation Picnic at Rusch Park. Some 400 Veterans and their families came to this annual event to spend a day relaxing, listening to music, checking out the many veterans resources, and hopefully winning one of the many great raffle prizes.

The event was collaboration with the Citrus Heights American Legion Post 637, members of GFWC Citrus Heights Women's Club, American Legion Auxiliary Unit 637, Citrus Heights Lions Club, Reichert's Funeral Home and others who donated food, supplies and the many raffle prizes.

This year's guest of honor was Alejandro Jauregui of Williams, CA. Jauregui served two tours of duty in Iran and was on his second tour in Afghanistan in 2012 when he stepped on an IED, resulting in the loss of both legs.

Jauregui commented in a text, "I'm very grateful and honored to be chosen as this year's honoree. WWII vets are often referred to as the "greatest generation", but I know military friends and I often spoke about how indebted we are to the Vietnam vets. They went through hell and came back to hell and have made sure that our nation's vets never go through that again."

Also honored was Sgt. Jason Baldwin of the Citrus Heights Police Department as Police Officer of the Year. His accolades were too many to mention but suffice it to say he deserved the award.

Police Chief Christopher Boyd and his family were also in attendance. Boyd

was recognized with a Certificate of Commendation for his 10 years of service as our Chief of Police. Boyd will be stepping down as police chief to become the new city manager, replacing Henry Tingle who retires the end of 2016.

New at this year's picnic were two "Missing Man" tables, the traditional military version and, continuing with our solidarity with the Citrus Height police officers, a Missing Man memorial was built to remember all police officers who have lost their lives in the line of duty. The Legion received a very appreciative thank you from the police department for this memorial as it meant quite a bit to them all.

The CHPD provided their imposing emergency rescue vehicle, a gutted army tank, a 2009 Navistar Maxxpro MRAP, as a popular photo opportunity.

Horses Healing Heroes, 4 Paws 2 Freedom and Canine Companions for Independence were a resource favorite, matching up these animals with our veterans. Dozens of other veteran and non-profit resources were available.

Attendees again enjoyed the traditional BBQ lunch of hot dog, hamburgers, and hot wings prepared again by Wild Wade's BBQ & Grill of Citrus Heights. Members of the American Legion Auxiliary Unit 637, GFWC Citrus Heights Women's Club and the Lion's club provide hundreds of cookies and beverages.

Our day was a big success and we look forward to another great event next year!

Contact: Paul Reyes, Commander American Legion Post 637; 916-743-2008 ★

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Wed, September 21 Dinner

This is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a **FREE** Emergency Planning Guide.

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Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.

The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.



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Workshops \$5 for each session. Everyone is welcome.

For more information on how to become a Senior Computer School volunteer or to enroll for classes, contact the Sacramento Computer School Learning center at (916) 485-9572 or email to student2917@hotmail.com



Travel Notes:

Carnival's new flagship will spend the remainder of her inaugural season cruising the Mediterranean before embarking on a 13-day repositioning voyage to New York on Oct. 21. With the ship's second cruise out of the Big Apple in November, Carnival Vista will arrive at her new home of Miami to offer year-round Caribbean sailings.

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Carnival Sets Bar with Newest Ship

By David Dickstein

Clearly, the Fun Ship 2.0 upgrades Carnival Cruises has been making fleet-wide since 2011 are just a tease for something bigger and better. That something, the freshly christened, bar-raising Carnival Vista, comes to America in November. It's indeed bigger; Carnival's first new ship in four years is the largest in the fleet for both passenger capacity (3,954) and tonnage (133,500). As for better, subjective as that descriptor is, the Vista makes a strong case having on one ship all the Fun Ship 2.0 refurbishments being added to the older vessels, ranging from concept bars and upgraded dining options to inventive entertainment offerings, along with industry firsts among the many new features on board.

At Carnival's invitation, I checked out the bright, shiny ship one sail after its maiden voyage. Exploring and observing from bow to stern, starboard to portside, here are observations made during the 10-day Mediterranean cruise: **First Impressions:** Disconcerting as it was to walk onto a Carnival ship and not be awestruck by towering glass elevators, the three-story, vortex-shaped DreamScape is a grand replacement of the atrium's signature piece. The HD LED tube changes graphics several times during a cruise, and is just



Carnival has found an innovative way to combine excitement with exercise with its brand-new, no extra cost SkyRide (shown above right). Created by the founder of Rollerblade, it's like riding a bike, only you're pedaling while suspended on a rail above the deck. And the view! Breathtaking vistas are found inside the ship as well on the three-deck-high screen of the first IMAX at sea.

gorgeous. True to its name, the Vista was designed with views in mind; several dining venues have indoor-outdoor seating. Carnival's fun for all ages reputation is bolstered by new offerings for often underserved older teens and the cruise line's first-ever raft and watertubing adventure called Kaleid-O-Slide.

Industry Firsts: Carnival has found an innovative way to combine excitement with exercise

with its brand-new, no extra cost SkyRide. Created by the founder of Rollerblade, it's like riding a bike, only you're pedaling while suspended on a rail above the deck. And the view! Breathtaking vistas are found inside the ship as well on the three-deck-high screen of the first IMAX at sea. The 187-seat IMAX, combined with the intimate Thrill Theater, a separate screen showing exhilarating multi-dimensional,



The upcharging Jiji Asian Kitchen and Bonsai Sushi Bar (shown above) failed to impress due to ill-trained staff and so-so food, what did wow were the premium Fahrenheit 555 steakhouse (grilled double-cut lamb chops were sublime) and Cucina del Capitano that serves up eggplant parmesan, braised short ribs and fried calamari rivaling the best land-based Italian restaurants.

shorter-length movies, makes the Vista the first nautical multiplex. The first brewery on a North American ship also is onboard, offering three craft beers.

From 2.0 to New.0: Besides cool industry firsts, Carnival Vista offers a "greatest hits" of the line's newest features. SportsSquare, already on the Breeze, Magic and Sunshine, is a fresh and colorful take on such shipboard recreational mainstays as basketball, mini-golf, foosball and ping pong. The equally all-ages SkyCourse, also on those other three ships, is an elevated ropes course featuring two levels of challenge. The best of the Fun Ship 2.0 upgrades are all present and accounted for. Branded bars specializing in rum and tequila drinks, and a cocktail "pharmacy" calledAlchemy Bar are popular watering holes, and the best burgers on the high seas come off the grill at Guy's Burger Joint, created in partnership with celebrity chef Guy Fieri.

The Food: Nothing on the ship beats those burgers, not even the surf and turf at the steakhouse, but if your heart is set on trying other fare, newer choices include Seafood Shack, serving up New England-style dishes for an upcharge at lunchtime. On the menu until its gone are fish caught on port days in indigenous waters, and you can even have that fish prepared for that night's dinner wherever you decide to dine. Dishes representing the region you just visited are part of nightly "Port of Call" specials in the main dining room,

and not once did the fish or lamb selections disappoint. While the upcharging Jiji Asian Kitchen and Bonsai Sushi Bar failed to impress due to ill-trained staff and so-so food, what did wow were the premium Fahrenheit 555 steakhouse (grilled double-



Disconcerting as it was to walk onto a Carnival ship and not be awestruck by towering glass elevators, the three-story, vortex-shaped DreamScape is a grand replacement of the atrium's signature piece. The HD LED tube changes graphics several times during a cruise, and is just gorgeous.

cut lamb chops were sublime) and Cucina del Capitano that serves up eggplant parmesan, braised short ribs and fried calamari rivaling the best land-based Italian restaurants.

That's Entertainment: Playlist Productions-branded shows, coming out of Fun Ship 2.0, put an end to cheesy stage shows with dazzling use of LED screens, contemporary choreography and actual music from this decade. Playlist's newest production, the movie-themed "Flick," had a triumphant world premiere

during our sail. Standards from over 25 movies, including "Titanic," of all films, are sung and danced to with a mystical bent in Cirque du Soleil style. The talented cast and a live seven-piece Cuban-inspired band kill with "Amor Cubano," a hot new show featuring a refreshing playlist of Latin and Caribbean numbers. "America Rocks!," the third new show on the Carnival Vista, invigorates well-worn cruise show favorites from the likes of Bruce Springsteen, Kiss and Lynyrd Skynyrd. Even if the songs are tired at least the technical aspects and high-octane energy of the singers and dancers are mind-blowing.

Unique Accommodations: Carnival debuts two nifty "neighborhood" concepts with Vista. Family Harbor on Deck 2 offers staterooms that sleep up to five people and an exclusive lounge stocked with large-screen TVs, games, refreshments and a concierge. Carnival marketing says the new Havana Cabana suites (for guests 12 and older) on Deck 5 will make you feel like you're staying on an island resort. Believe the hype. The sense of going tropical is complements of special d cor, a private lanai and exclusive access to the lively indoor-outdoor Havana Bar that serves complementary Cuban-style food during the day along with specialty coffees and cocktails.

Development Areas: For a new ship with the latest systems available, ventilation inside the casino is surprisingly poor. Exacerbating the problem is the inability to walk around the cloud of smoke when heading from the lobby to key food and entertainment venues on Deck 4. I can't recall another megaship that doesn't have an alternative path to circumvent the gaming area. Also, opting against traditional stadium seating in favor of individual chairs, the design of the 1,400-seat Liquid Lounge where the big production shows are staged is problematic. Without stationary chairs, people were configuring rows that essentially created barricades, removed natural aisles and gave some folks no leg room - a potential fire hazard. Also, only the two back rows are tiered and fastened, so line of sight was lousy for all but the very tall and those in the first rows.

Bon Voyage: Carnival's new flagship will spend the remainder of her inaugural season cruising the Mediterranean before embarking on a 13-day repositioning voyage to New York on Oct. 21. With the ship's second cruise out of the Big Apple in November, Carnival Vista will arrive at her new home of Miami to offer year-round Caribbean sailings. For additional information, contact any travel agent, call 1-800-CARNIVAL or visit carnival.com.

Bottom Line: Overbrimming with novel features and others that improve on the familiar, Carnival Vista sets the bar for the company. Casino notwithstanding, the fleet's biggest and brightest is a breath of fresh air, and ranks among the best ships this frequent cruiser has sailed. ★

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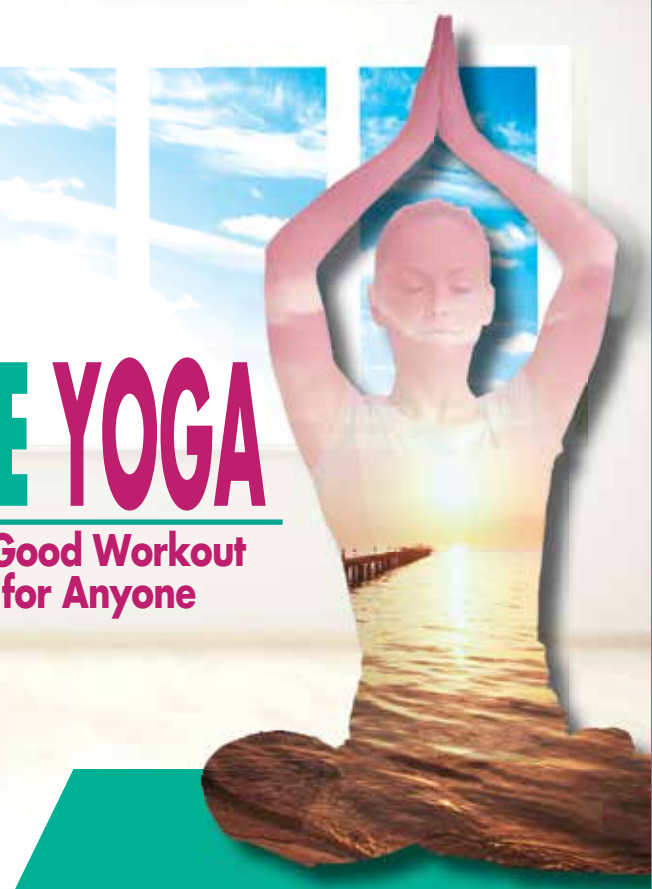
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