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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 2, 2016

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A New Chapter

Dedication of New City Hall a Crowning Achievement



The new Citrus Heights City Hall 6360 Fountain Square (above). Retiring City Manager Henry Tingle (at right) lead the team to bring the dream of a new city hall on time and under budget.

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - As August 25, 2016 dawned over Citrus Heights, preparations were already underway for the dedication ceremony for the new Citrus Heights city hall at 6360 Fountain Square.

Dozens of city staff and volunteers proudly sporting their blue t-shirts were ready to greet the hundreds of other city department workers, local residents, dignitaries, and local business and community serve organizations gathering to be part of this once in a lifetime event.

City Manager Henry Tingle welcomed the hundreds of seated and standing crowd stretched across the front of the brand new 35,000 square foot building.

Following the Citrus Heights Police Department posting of the colors and Pledge of Allegiance, Pastor Craig

Sweeney of Bayside Church offered a prayer for city leadership and gave a blessing over the Sacramento region for prosperity, over the city hall building and for "each person and family."

Jeannie Bruins called the day a "red letter day. She thanked those who had made the day possible. She especially recognized this day would not have been possible if not for Tingle who had kept the city financially healthy during his years as city manager. As Tingle retires on September 30, Chief Christopher Boyd will assume his position as new city manager on October 1.

In honor of Tingle's 18 years of keeping Citrus Heights always on budget and out of debt, the city council voted to dedicate the new city hall building in his honor. A bronze plaque bearing his

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Sacramento County Seeks Poll Workers for Election

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Office of Voter Registration and Elections is calling upon civic-minded citizens to work at polling places for the upcoming November election.

No prior experience is necessary, and training will be provided. Workers will be provided a stipend for their training and service on Election Day.

Citizens that are fluent in Spanish, Chinese, Vietnamese, Tagalog, Hindi, Korean and Japanese are strongly encouraged to apply as poll workers.

"We are grateful for the poll workers who serve their communities on Election Day," said Sacramento County Registrar of Voters Jill LaVine. "It's a rewarding experience, and the work they do is vital to the integrity of the election process."

Poll workers must meet the following criteria:

- Be at least 18 years of age or be a high school student that is at least 16 years of age and in good academic standing
- A resident of the State of California
- Be able to read and write in fluent English
- Available to work on Election Day from 6:00 a.m. until all duties are completed (approximately 10:00 p.m.)
- Attend a mandatory training class prior to each election (approximately 2½ hours)
- Have transportation to and from the training class and to the polling place on Election Day

With their supervisors' permission, County and State employees can work on Election Day while still earning their regular salary, plus earn the stipend from volunteering at the polling place.

Poll worker applications, stipend information and more are available at the Voter Registration and Elections Poll Workers website.

Source: Sacramento County ★

New Citrus Heights K9 Blitz Graduates with Honors

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Fifteen-month old German shepherd Blitz is the newest K9 officer to join the Citrus Heights Police Department (CHDP). Blitz, the son of Bodie, a retired Sacramento City police K9, celebrated his graduation into

the Citrus Heights K9 team on August 17, at the police K9 training center. His first day on the job was August 18. Blitz, originally named Ibo vom Valkyre after his father, was born on April 28, 2015, at Valkyre Kennels, owned by dog breeder, Rebecca Rodgers.

Blitz's father Bodie, who is now eight

years old, received local attention on May 12, 2012 when he was shot by a suspected car thief. During a foot pursuit, the suspect fired at Bodie's handler, Sgt. Randy Van Dusen, missing him but striking Bodie in the jaw. Bodie survived his injuries but retired from police service in May 2013. He now lives with Van Dusen and

his family and one of Blitz's litter sisters, Bailey.

Tim Kiesling of Gold Hill Canine, working with D Tac K-9 took Blitz home and began his early foundation training at eight weeks, teaching him the basics of K9 law enforcement work. Kiesling

Continued on page 10



**Citrus Heights' Most Trusted Leaders
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Society for the Blind Named Rehab Organization of the Year



Society for the Blind staff members accept the award for Rehabilitation Organization of the Year from the Association for the Education and Rehabilitation of the Blind and Visually Impaired.

SACRAMENTO REGION, CA (MPG) - Society for the Blind in Sacramento recently accepted the award for Rehabilitation Organization of the Year by the Association for the Education and Rehabilitation of the Blind and Visually Impaired. The award is given each year to an organization that has demonstrated exceptional commitment and service to the field, as well as leadership in working with students, families, colleagues and businesses.

"While there are so many strong organizations in this region, we find Society's expansion of services through the development of partnerships over the past few years to be an exemplary model of the standard all such organizations should follow," said Richard Rueda, president of the Northern California chapter of the association. "This organization is distinguished by its ability to dream big, allow partnerships to emerge, and sponsor and underwrite large portions of programming that ultimately benefit people with vision loss in Sacramento and throughout Northern California."

Society for the Blind received the award for its expansion efforts, including its onsite Low Vision Clinic that now offers occupational therapy and services for young

children, its peer and support group programming for parents of children with vision challenges, and its new partnerships with groups like UC Davis Eye Center and Junior Blind.

"This is an enormous honor, and we are grateful for this recognition as we continue to find new ways to empower people of all ages living with vision challenges," said Shari Roeseler, executive director, Society for the Blind.

For 60 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers that included the Lions Clubs of America to a nationally recognized agency and the only rehabilitative teaching center for a 26-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults and seniors experiencing vision loss each year. For more information or to make a donation, visit www.societyfortheblind.org.

Source: Kristin Thebeaud Communications ★

Sheriff Scott Jones Proposes New Transparency Rules On Campaign Finances

SACRAMENTO, CA (MPG) - Sheriff Scott Jones recently announced three proposed changes to campaign finance rules that would allow more transparency on donations to federal election candidates and their donors.

"More has to be done to root corruption out of politics and expose conflicts," said Sheriff Scott Jones. "As Congressman - just as I've done as Sheriff - I will be proactive in ensuring transparency and accountability in government. That's why I'm proposing three simple rules that will help increase transparency in our election process. Campaign finance rules are stricter than ever but most of the rules are based on reporting processes that are out of date. Making these three simple changes to the FEC's disclosure rules will help the public understand where political money is coming from so voters can hold their candidates accountable in real time."

Sheriff Jones' proposed new transparency FEC rules include:

Implement FEC Reporting to Disclose Family Members of Federal Candidates and Elected Officials

Voters should know if wealthy families are trying to buy a seat in Congress. A simple requirement for campaigns to indicate if donors are relatives of federal candidates or elected officials would provide much needed transparency for voters interested in who is funding campaigns that affect their lives.

More Frequent Reporting Of Contributions

As running for federal office continues to require more and more fundraising, campaigns should disclose large donations daily throughout the entire campaign, not just in the final days before an election. As major contributions enter the door, voters should have the chance to see who is funding campaigns in real time.

Impose Proactive Steps To Prevent "Straw Donors"

Campaigns must work with the FEC to proactively prevent straw donor schemes that undermine the democratic process. For all first-time max out donors, campaigns would make a simple "best effort" to ensure the donor knows the rules surrounding federal donations. This includes donating in someone else's name, receiving a reimbursement for a donation, or using corporate money.

The election for the 7th Congressional District is sure to be one of the most watched Congressional elections in the entire nation this year. The 7th Congressional District is nested entirely within Sacramento County including the cities of Folsom, Elk Grove, Citrus Heights and Rancho Cordova.

Source: Scott Jones for Congress ★

San Juan Unified Piloting K-8 Home School Program

SACRAMENTO COUNTY, CA (MPG)

- San Juan Unified is piloting a K-8 home school program and is currently enrolling students for the 2016-17 school year. The optional home school program helps meet students' individual needs and offers support to families who choose to educate their children in kindergarten through eighth grade at home, partnering with a San Juan Unified

credentialed teacher.

As part of the program, students must receive at least 4-6 hours of daily instruction in English and complete coursework meeting California standards for each subject. Additionally, parents or guardians must meet regularly with the assigned credentialed teacher, with flexible scheduling available. By participating in

the home school program, families receive curriculum, ongoing guidance and vouchers for materials and activities for the school year

For questions regarding enrolling your child, please call (916) 971-7017 or email dcovello@sanjuan.edu.

Source: San Juan Unified Scholl District ★

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Citrus Heights Chamber Honors Det. David Jones



Pictured are: (L-R) Meaghan Perrelli of Sacramento County Supervisor Roberta MacGlashan's office, Keane Chukwuneta of Congressman Ami Bera's office, Detective David Jones of the Citrus Heights Police Department, Citrus Heights Chamber Education Chair Rosa Umbach, Citrus Heights City Council Member Jeff Slowey, and Landon Wolf of Senator Jim Nielsen's office.

By: **Commander Gina Anderson**

Citrus Heights, CA (MPG) - The Citrus Heights Chamber of Commerce Education Committee honored Detective David Jones for his outstanding work with the youth in our community. The award was presented to Detective Jones at the Chamber's August 9, 2016, luncheon held at the Citrus Heights Community Center.

As an agency, the Citrus Heights Police Department continues to focus on making a positive impact on the youth within our community, both for their safety and futures. In support of that mission, Detective David Jones coordinates our Juvenile Diversion and Education Program (JDEP) program to identify those youths who can be helped and kept out of the criminal system. The JDEP program is designed to reduce crime by providing rehabilitative programs to juvenile misdemeanor offenders. JDEP has moved to an eight-week cohort model, including an orientation and graduation which Detective Jones organizes. He

interviews potential candidates and their families to determine whether they will accept accountability and the commitment to the program's requirements. Through this program, Detective Jones works closely with allied resources, Terra Nova and A Community For Peace.

Most recently, Detectives Jones has been instrumental in the development and implementation of the newly formed Youth Leadership Academy (YLA). The Youth Leadership Academy is an 8-week program designed to prevent youth from getting into trouble by providing leadership skills. Some youths are on the cusp of getting into trouble, yet want to improve themselves. Others, with the right motivation and mentoring, could potentially be our next Police Explorers. Detective Jones played a significant role by coordinating with outside resources such as A Community For Peace and Family Tae Kwon Do Plus. He also conducted a significant amount of outreach to our local schools and youth programs while recruiting for the program.

Before becoming a Detective, he served as a Motorcycle

Officer. During his time as a traffic officer, Detective Jones was dedicated to increasing the safety of children who were bicycling to school each day. Detective Jones worked closely with City representatives to enhance the Sharrow Traffic program. This program was designed to help motorist and bicyclist safely share the road, especially near the local schools. He led school assemblies, helped design a program mascot, ensured the streets were clearly marked with the Sharrow Arrow, and utilized social media to educate the public and school personnel. Detective Jones' efforts greatly contributed to the reduction of collisions in the areas. During his career, Detective Jones also served as a local School Resource Officer and Citrus Heights Police Activities League mentor and coach.

Lunches for the honoree and guests are sponsored by local businesses. Many thanks to our Community Resource Officer lunch sponsor Ken Umbach of Umbach Consulting.

Submitted by: Rosa Umbach, Education Committee Chair ★

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Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

Citrus Heights Messenger

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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

8	9	7	5	2	4	3	1	6
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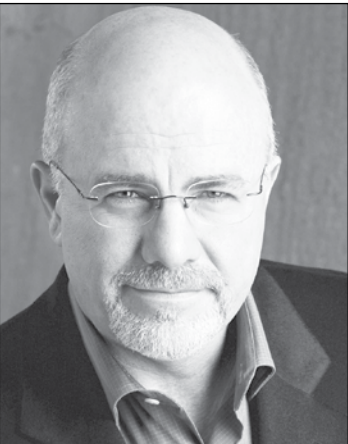
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Learning and living

Dear Dave,
I'm a recently retired widow, and my husband always took care of most of our finances. We never had any debt, but after starting to learn a little bit about how money works, I'm worried that there may be too much of it invested in CDs (certificates of deposit). The total nest egg is a little over \$1.5 million, with \$300,000 of that in CDs. There's also a \$317,000 annuity, a 403(b) and around \$900,000 in IRA mutual funds. I also have two homes and a new car that are paid for. How do you think I should handle things going forward?
- Joan

Dear Joan,
I'm really sorry to hear about your husband, but you two did a fantastic job with your finances. You're worth at least \$1.5 million, and you have no debt. You're set for life, but you're wise to want to be careful.
The CDs give you some stability, but obviously they're not earning much of anything. I think of them as money kicked up in a hammock — it's not working for you. You both worked hard for that money, so personally I'd like to see it working hard for you now. If you've

Dave Says

had good luck with a variable annuity, that's fine. You've also had very good luck with your mutual fund investing. So, with all this money in different areas, you're definitely diversified. It's just a matter of wrapping your arms around it all and developing a deeper understanding of things going forward.
At this point, I would urge you to find an investment professional in your area with the heart of a teacher — someone who's not trying to sell you stuff. You want to learn, Joan, and I'm really impressed by that. It's a smart and necessary thing. Every time you see an investment person, whoever it may be, your goal should be to leave the room smarter and with more understanding than you had before.
—Dave

Buy the car?

Dear Dave,
My wife and I are 31 years old, and we have no debt except for our home. We also have an emergency fund and college savings in place for the kids. Over the last several months we've saved \$22,000 for a newer car, but we're also worried about retirement. We've been putting 15 percent of our income toward retirement, and we're concerned that maybe we shouldn't spend the whole \$22,000 on a car. We make around \$100,000 annually and have \$50,000 in our nest egg. What do you think, Dave?
- Brandon
Dear Brandon,
In your situation, a \$22,000

car is not unreasonable at all. You guys are both 31 years old, and you're going to be in great shape for retirement if you just keep doing what you've been doing. On top of all that, you've got your emergency fund in place, in addition to a nest egg and car savings. If I'm in your shoes, I'd go out and find the best car \$22,000 can buy. You're doing all the right stuff. Your kids can go to school debt-free, and you're going to have the house paid off in no time. In short, you're going to retire multi-millionaires at the rate you're going — as long as you keep on keeping on!
Think about this, too. As a general trend, most people's incomes go up throughout their lifetimes. That being the case, chances are you're going to make and invest even more money in the years ahead. You and your wife could easily retire with \$5 million to \$10 million sitting there.
You've done a great job together, Brandon. Keep up the good work, and enjoy that car!
—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, EntreLeadership 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. ★



Everlasting Life

Are you needlessly afraid of death? The #1 fear—fear of death haunts and limits many people. They wonder if there is life after death, or if that is just wishful thinking or religious indoctrination. Over time, this fear can even cause physical and mental illness. It can keep you from living fully now, from enjoying all the richness and beauty of this earth-experience. What if you knew...no doubt...that no one really dies? Would that change your outlook on life? Dr. Mark Pitstick has helped people in hospitals, pastoral counseling settings, mental health centers and more for over 40 years. The good Doc wants you to have the security of proof that includes scientific, clinical, religious, and first-hand evidence that we really are immortal souls. He tackles that search in "Soul Proof." On my POPPOFF Radio Show, Dr. Pitstick gave me five reasons why you don't have to fear death.

POPPOFF!

with Mary Jane Popp

- 1) NO ONE REALLY DIES. Scientists agree that the five human senses detect much less than one percent of reality. When your body dies, only a tiny fraction of who and what you really are changes. The other 99.999% is energy, consciousness, spirit, light, intelligence, and love. All that continues on beyond physical death.
- 2) "DEATH" IS AN IMPORTANT PART OF LIFE. Childhood, adolescence, and other life stages impart unique lessons and so does the phase we call death. Although some people yearn for a life without change, that would get very boring very quickly. Death is like a reset button that allows your inner self to try on different roles in the never-ending saga of life. It's a sign that you have graduated from earth-school.
- 3) YOU CREATE YOUR OWN HEAVEN OR HELL. The ridiculous concept of a fiery eternal hell has been a big money-maker and people-controller over the ages, but there's no such place. The afterlife evidence clearly refutes any place of perpetual torment. And heaven is not a big place in the sky; it's a state of consciousness that can be assessed here and in the here-after—no matter what is going

- on around you.
- 4) YOU WILL SEE YOUR DEPARTED LOVED ONES AGAIN. Much contemporary proof shows that a blessed reunion with your dear ones occurs when you cross over. And, what's more, you can continue a different but distinct relationship right now with your loved ones who have passed on. So relax about your loved ones dying and remember that death is not a good-bye, just a "see you later."
 - 5) LIFE IS NEVER-ENDING, BUT EVER-CHANGING. If you can grasp that life consists of perpetual change, you have it made. Just as you enjoy reading different books or watching different movies, your essence likes to experience different facets of life. Your current earth-experience is just one-page of an endless story called life unfolding. Take a deep breath and continue creating the life of your dreams.

That's just a smattering of what Dr. Pitstick covers in "Soul Proof." You can check out the rest of the story at his website at www.soulproof.com. So live on and know it does not end at death. It's just a continuing journey and live it to the fullest! ★

Fox 40 Launches Studio40 Live

SACRAMENTO REGION, CA (MPG) - FOX40 has announced the launch of Studio40 Live, a new lifestyle show for the Sacramento region. Studio40 Live will debut on September 6th, and will air live weekdays from 12 noon-12:30pm.
Hosted by Gary Gelfand and Lori Wallace, Studio40 Live is unlike anything previously seen in the market. This upbeat, fast-paced and high energy show is the perfect platform to showcase local businesses, events and causes in the Sacramento/Stockton/Modesto region.
Gary Gelfand will expand his role at FOX40 and has been hand-picked to host Studio40 Live. Gary has 20 years of local media experience and is thrilled to be hosting the show.
Katie Parish, FOX40 Creative Director said, "Gary's positivity and contagious energy are exactly the traits we were looking for in a host. We are fortunate that we could expand his role at the station to get him involved in Studio40 Live." Gary will continue to be seen on FOX40



Host Gary Gelfand

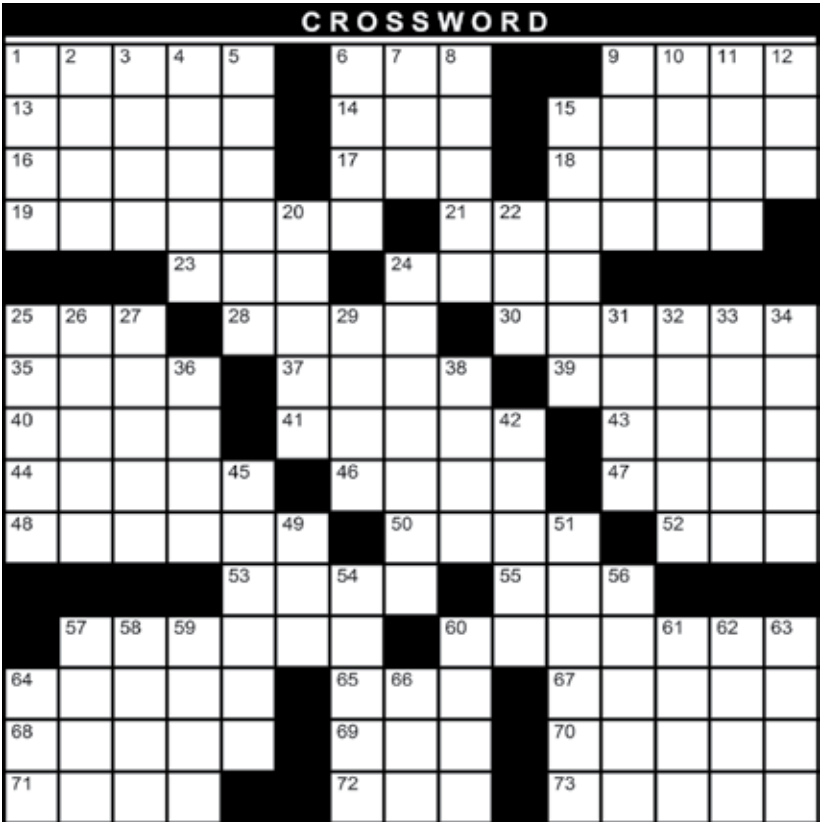
NEWS in the morning reporting on feature segments in the 8 and 9 AM hours.
Joining Gary as co-host is Sacramento native Lori Wallace. Local to Elk Grove, Lori has been on-air in this market for almost 10 years. Wallace, a mom to three boys, will bring a family perspective to the show.
Leigh White, VP/GM FOX40 said, "Sacramento is growing. Our vibrant community is on the verge of becoming something bigger. FOX40 is a fixture in Sacramento, and is engrained in this community. Therefore, Studio40 Live creates a wonderful opportunity to show off the businesses that are unique to our hometown, and helps define what we love about Sacramento."
To get your business featured on Studio40 Live, go to www.fox40.com/studio40live. KTXL, owned by Tribune Media. For more information please visit: www.fox40.com.
Source: Fox 40 ★



Co-host Lori Wallace

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- CLUES
- ACROSS
- 1. Church's focal point
 - 6. -di-dah
 - 9. Barber shop sound
 - 13. L in AWOL
 - 14. Chicken _____ king
 - 15. Tsar's pancakes
 - 16. Put someone in a bind
 - 17. Junior's junior
 - 18. "An _____ of prevention..."
 - 19. *She popularized "Rachel" haircut
 - 21. *Pin-up girl and Charlie's Angel
 - 23. Acorn producer
 - 24. Cab payment
 - 25. Rub-a-dub-
 - 28. *Prince wore fingerless gloves made of this
 - 30. *Fictional fashionista Bradshaw
 - 35. Elevator inventor
 - 37. * _____ Farm, created by Russell Simmons
 - 39. Gain knowledge
 - 40. Winter Olympic event
 - 41. Smidgeons
 - 43. Roofed colonnade
 - 44. Zagreb native
 - 46. "That hurts!"
 - 47. Big top
 - 48. Ensnare
 - 50. Do like buffaloes
 - 52. Indigo extract
 - 53. Get checkmated
 - 55. Hi- _____
 - 57. *Hermès bag namesake Jane
 - 60. **"Vogue" editor in chief
 - 64. Dugout vessel
 - 65. Galley equipment
 - 67. Samurai dagger
 - 68. Questioner
 - 69. Dark bread grain
 - 70. Operatic solos
 - 71. Ancient governors in Turkey
 - 72. X
 - 73. River in Hades



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Crossword Puzzle Solutions on Page 4

- DOWN
- 1. "Fantastic Four" actress
 - 2. Rock band Kings of _____
 - 3. De Niro's ride, 1976
 - 4. Notice, in Spanish
 - 5. Hertz' offering
 - 6. Have reclined
 - 7. Boxer Laila
 - 8. Israeli port
 - 9. Talk like a drunk
 - 10. In 1492, it sailed the ocean blue
 - 11. Mark of a ruler
 - 12. Dish with four and twenty blackbirds
 - 15. With long winters and short, cool summers
 - 20. Giraffe's striped-leg cousin
 - 22. Pendulum's path
 - 24. Prominent attribute
 - 25. *Gabbana's partner
 - 26. 180 on a road
 - 27. Prejudiced one
 - 29. *Shoe couturier
 - 31. Catch one's breath
 - 32. Ranked, as in by MPAA
 - 33. Shoemaker without shoes, e.g.
 - 34. Related on mother's side
 - 36. Way to cook tuna

- 38. Old El Paso product
- 42. Harry Belafonte's daughter
- 45. Chatterbox
- 49. Hawaiian dish
- 51. Kind of block
- 54. Stall call
- 56. Rubberneck
- 57. Diamond's corner
- 58. Full of ink
- 59. Fish eggs, pl.
- 60. Small songbird
- 61. "Put a lid _____!"
- 62. Home to the Jazz
- 63. Wine, neither red nor white
- 64. * _____ Calloway, wearer of the Zoot Suit
- 66. Archaic "yes"



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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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Maybe others were raised in one religious denomination or another

and as they grew older discarded any thought of it. There is an obvious reason why all religions seem to bring some form of “conviction” into a person's life. It is human nature to be threatened and demonstrates we all were created with a conscience to know right from wrong. God's plan is to guide and help each one of us in life's experience to become ALL we can become to help and build up our world.

God is not only the Creator of every life, but He is also the Divine Director who has designed a specific plan for each life and He seeks to be known and heard. When we grow-up we realize that our Creator's Divine plan is for each individual to become exactly “WHO” He desires us to become. And unless we know and recognize that fact, we will strive in

many different directions that will take us away and off the path our Director planned when He created us. (Note: the enemy of God does everything possible to cause separation to occur. Do not listen to him.) Yet, God's Holy Spirit is there and will do everything possible to help us move in the right direction. Our Creator desires an intimate personal relationship with us. One - that will last forever throughout all eternity.

Because we do not have to do-it-alone, we can accept that when God is in it, we will become more than we ever imagined we would be. Our Divine Director is also our best friend, helper, encourager and inspiration. His promise in His book, the Bible and tells us that He will never leave or forsake us!

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



By Pastor Ray Dare

Life has a way of wearing us down. Unexpected things happen we get stressed. What's been weighing you down lately? Has something beyond your control happened?

If you're carrying a heavy load and feeling overwhelmed by life's circumstances, I'm sorry you're in those circumstances, but let me give you some good news, you have someone who cares about you very much. Jesus wants to help you through your circumstances. “*Come to me* all you who are weary and carrying heavy burdens and *I will give you rest*. *Take My yoke upon you...you will find rest for your souls for my yoke is easy...*” *Matthew 11:28-30*

First, Jesus says, “Come to Me.” How do you do that? You get alone, settle down, read the Bible, pray a little, and your

Pastor Ray's Encouraging Words

God's Wealth Circulation

focus begins to shift. Suddenly you're thinking less about your problem and more about His power. Less about your circumstance and more about His control. The stress starts to drain out of your life.

Next, He says, “*Take My yoke upon you.*” You get stressed because you're trying to control everything. The world is not going to fall apart when you give up control. Life will go on. In fact, it will be a lot better and a lot more enjoyable! Let me give you a little dose of reality: you were never really in control anyway! All the major things in your life are totally out of your control.

A yoke is a wooden frame that joins two farm animals together. The purpose of the yoke is actually to make your load lighter. The load is shared in a partnership. Jesus says, ‘I want to help you carry your load.’ A yoke is also used to guide, steer and direct. You're now in step with Him at His pace, His control.

Jesus says, “*My yoke is*

EASY”. Is your yoke easy? If you are feeling overloaded right now, it means one thing: You're not properly yoked to Christ. His yoke is not upon you. You may be on your way to heaven but you're on your way stressed out! Any time you get under stress it means you have not given up control. Every time you get detached from God, you're going to get stressed out

The truth is you don't have one yoke on your life right now...you've got a dozen! You've got financial yokes, health yokes; business yokes... the yokes on you! The answer is not Tahiti! The answer is Trust! Come to Christ; give up control; learn to trust. Come to Christ, give up control, learn to trust. If you have to say that fifty times a day to get it to soak in your mind, do it! That is the secret to releasing your worry.

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Hot... And I Love It

Dr. James L. Snyder

Recently, I was enjoying the A/C with all of its amenities when the Gracious Mistress of the Parsonage came inside literally sweating.

“My goodness,” she said hardly able to get the words out, “it's hot outside.”

When she complains about it being too hot, it is too hot, guaranteed!

I was also complaining about how hot it was outside. Then I had one of those, what do you call it, euphoric moments. You know what I mean, a moment when something bad all of a sudden has a good side to it. Well, I had mine.

I did not realize this until the other day when my wife said something along the line, “Don't you think you should go out and mow the backyard?”

At the time, I was busily engaged in reading a book. As I was reaching for my bookmark to put in my book so I could come back and pick up where I left off, a brilliant thought exploded in my mind.

“I would love to go out and mow the backyard,” I said with a deep sigh, “but it's just too hot

outside today.” When I said that I was expecting a little confrontation from the other side of the room.

“Yes,” she said stammering a little bit, “it's too hot to go outside and mow the grass.”

That was it! I won this battle. I was so excited, this is probably the first time ever I won anything like this but I could not get back to reading my book. I wanted to break out into my happy dance. It is not every day that I accomplish something this significant.

Then, not surprisingly, she wanted to know if I could help her go outside and do something. I rather forget what it was but I took it as an opportunity to try my new ploy.

“That sounds like a wonderful thing,” I said as cheerfully as I could grind it up, “but don't you think it might be just a little too hot to go out and do that kind of work?”

“You know,” she said rather slowly, “I think you're right. It's probably too hot for us to go out and work up such a sweat.” She then walked away.

Talk about wanting to break into your happy dance! Did I discover something or what?

Just this morning she said

something to the effect that we needed to go to the store to get a few things. I was just about ready to open my mouth when she said, “And, if you mention how hot it is outside, you will be in deep, deep trouble.” And she was not smiling.

“Oh, no, my dear,” I said as I got up out of my chair, “the weather is perfect to go to the store.”

One thing I have learned and that is no matter how bad a situation may be, there is always something good that you can discover.

Jeremiah, known as the weeping prophet, discovered this sort of thing. “It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness” (Lamentations 3:22-23).

Every cloud has a silver lining, and sometimes you have to really work hard to find that silver lining.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnyder2@att.net. His web site is www.jamesnyderministries.com. ★

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Kerri Howell, Steve Miller and Teresa Stanley Endorse Sue Frost for County Supervisor

CITRUS HEIGHTS, CA (MPG) - Since finishing first with nearly 30% of the vote in June, Councilwoman Sue Frost has piled on strong endorsements from local leaders — including former rivals Kerri Howell (who received 20% of the vote) and Teresa Stanley (who took nearly 12%).

Citrus Heights Councilman Steve Miller also announced his endorsement of Sue Frost today. Miller had planned to run for Supervisor, but withdrew prior to filing. “Sue Frost is experienced in local government. She takes the time to get involved in the local community to better understand the issues. Sue listens to her constituents, takes their suggestions to heart and works toward finding the best solutions,” said Howell. “Sue Frost has been working with elected officials in the region for the past 4 years. Sue will work



Teresa Stanley and Sue Frost

hard to represent what is best for Folsom and all of District 4 on the Board of Supervisors.”

Citrus Heights Councilman Steve Miller states, “Sue Frost is independent and hard-working,” said Miller. “She will focus on public safety and fixing roads — and won’t be controlled by big money or special interests. That’s what we need on the Board of Supervisors right now.” “Sue Frost showed everyone

why she earned her reputation as a hard worker who listens to the community. She’s earned my support for Supervisor,” said Teresa Stanley. “Sue Frost has the experience, independence and the courage to stand up for her constituents and put them ahead of special interests.” Last week the Sacramento County Probation Association announced a unanimous endorsement of Sue Frost for Supervisor.

Sue Frost currently serves as Councilwoman in Citrus Heights, and recently completed her term as Mayor. She’s a business owner and former nurse who will make public safety the top priority, ensure sensible budgets, and bring new efforts to empower neighborhoods, help veterans and reduce homelessness.

Source: Tab Communications ★



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IRS Warns of Back-to-School Scams

WASHINGTON, DC (MPG) - The Internal Revenue Service recently warned taxpayers against telephone scammers targeting students and parents during the back-to-school season and demanding payments for non-existent taxes, such as the “Federal Student Tax.”

People should be on the lookout for IRS impersonators calling students and demanding that they wire money immediately to pay a fake “federal student tax.” If the person does not comply, the scammer becomes aggressive and threatens to report the student to the police to be arrested. As schools around the nation prepare to re-open, it is important for taxpayers to be particularly aware of this scheme going after students and parents.

“Although variations of the IRS impersonation scam continue year-round, they tend to peak when scammers find prime opportunities to strike”, said IRS Commissioner John Koskinen. “As students and parents enter the new school year, they should remain alert to bogus calls, including those demanding fake tax payments from students.”



People should be on the lookout for IRS impersonators calling students and demanding that they wire money immediately to pay a fake “federal student tax.”

The IRS encourages college and school communities to share this information so that students, parents and their families are aware of these scams.

Scammers are constantly identifying new tactics to carry out their crimes in new and unsuspecting ways. This year, the IRS has seen scammers use a variety of schemes

to fool taxpayers into paying money or giving up personal information. Some of these include: Altering the caller ID on incoming phone calls in a “spoofing” attempt to make it seem like the IRS, the local police or another agency is calling; Imitating software providers to trick tax professionals--IR-2016-103; Demanding fake tax payments using iTunes gift cards--IR-2016-99; Soliciting W-2 information from payroll and human resources professionals--IR-2016-34; “Verifying” tax return information over the phone--IR-2016-40; Pretending to be from the tax preparation industry--IR-2016-28

If you receive an unexpected call from someone claiming to be from the IRS, here are some of the telltale signs to help protect yourself.

The IRS Will Never:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
- Threaten to immediately bring in

local police or other law-enforcement groups to have you arrested for not paying.

- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.

If you get a suspicious phone call from someone claiming to be from the IRS and asking for money, here’s what you should do: 1) Do not give out any information. Hang up immediately. 2) Search the web for telephone numbers scammers leave in your voicemail asking you to call back. Some of the phone numbers may be published online and linked to criminal activity. 3) Contact TIGTA to report the call. Use their “IRS Impersonation Scam Reporting” web page or call 800-366-4484. 4) Report it to the Federal Trade Commission. Use the “FTC Complaint Assistant” on FTC.gov. Please add “IRS Telephone Scam” in the notes. 5) If you think you might owe taxes, call the IRS directly at 800-829-1040.

Source: IRS Media ★



Craft Beer and Tapas Pairing

The Courte at Citrus Heights invites you to enjoy a wonderful evening of craft beer, food and flavor on us! Featuring Chef-prepared tapas along with Specialty Craft Beer, it is sure to be an evening that you will not want to miss!

What: The Courte Beer and Tapas Pairing
When: Thursday, September 8, at 6 p.m.
Where: Stones Gambling Hall, 6510 Antelope Rd., Citrus Heights, CA 94621
RSVP by calling (916) 721-0644, as space is limited.

Complimentary with RSVP



The Courte at Citrus Heights
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marketing@courteatcitrusheights.com
http://courteatcitrusheights.com/



A New Chapter

Continued from page 1

likeness and a relief of city hall in the background was unveiled and will be mounted on a column at the entrance to the building.

The dedication plaque commemorating the day also bears the likeness of the building and will be mounted on another column at the entrance, both to be enjoyed for years to come. The lower portion of this plaque bears the names of present city council members, the executive team and project team members who worked on the building of the new city hall. Tingle's photograph will also be hung in the hallway of city hall.

John Stock was present at the ceremony. He said the property

had been in his family for 100 years and they are pleased city hall ended up there. He said, "My dad was very involved with Henry over many years with many projects and would be happy to see such a beautiful building on the property".

Following the ribbon cutting and a group photo guests were free to tour the building. The first sight to greet people entering the front door is the one feature requested by Tingle, the colorful city seal set into the floor.

Other features include: dramatic artwork inside and outside; the 85 foot tower at entrance of building; a three-tiered, 25 foot wide fountain with leaf inlays around base; the Traffic and Signal Light Room for monitoring traffic on

main thoroughfares; new City Council chambers seating for 125; a media broadcasting room for city council meeting, with 5 cameras, rear-projection screens and a ceiling-installed document camera; parking for 166 vehicles surrounding the building; a Wellness (relaxation) room available for staff during days hours and long evening meeting; community meeting rooms that can hold up to 65 people; an outdoor patio shared by meeting rooms with a small rose garden and fountain; an official 'Christmas tree' across from the fountain to be used in annual family Christmas celebrations

A thank you went out to project partners: Developer Capital Partners (Rod Johnson); Architects Perkins, Williams & Cotterill (Brian Williams); Contractor Ascent Builders (Tyler Gahagen). ★

New Citrus Heights K9 Blitz Graduates with Honors

Continued from page 1

realized Blitz was an unusually fast learner and had an innate understanding of what was expected of him during his training, making him a good candidate for police work.

This training, combined with the advantage of five generations of police work breeding, led to Blitz's being sold to the CHPD at about 14 months. Word of his proficiency had preceded him and he was chosen over a 'pool' of 25 contenders for the position. He soon began the extensive 150 hours of training with his new handler, Officer Joe Davis, culminating with him becoming a certified police dog in just three weeks.

According to handler Davis, upon being accepted into the K9 program a dog's training focuses on testing for his or her innate instincts and reactions, whether they have a natural ability and to function in all environments and situations, and to observe how he or she may respond around all kinds of people encountered during their career. A successful candidate is a K9 that does not hesitate or fail under pressure or when threatened. Testing and



Blitz was an unusually fast learner and had an innate understanding of what was expected of him during his training, making him a good candidate for police work. Photo by Micky Adams

training is continuous.

Over 30 CHPD officers and administrative staff were present for the event. After posing for photos and interviews with the media, Blitz and Officer Davis showed off their teamwork and

skills in catching the bad guys.

Blitz and dad Bodie also shared a graduation cake baked by Sgt. Nicole Garing, CH K9 Unit Supervisor, made of oatmeal, applesauce, honey with a peanut butter icing. ★

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Effective 8/31/16 - 9/6/16

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