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Remembered
and Honored**

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Citrus Heights Messenger

VOLUME 10 • ISSUE 47 Serving the City of Citrus Heights & Sacramento County NOVEMBER 20, 2020

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By Mary Jane Popp



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Change Service Requested

New Name for Citywide Trail



Construction of the 2.9-mile paved trail—newly named Arcade-Cripple Creek Trail—is scheduled to begin in 2021. The goal of the project is to encourage more walking and biking in the region while also showcasing the natural beauty of the area. Photo provided by the City of Citrus Heights

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - At its November 12 meeting, the Citrus Heights City Council considered the top three name submissions for the citywide multi-use trail currently under design.

For the last several years, the project has been referred to as the Electric Greenway Trail Project, which will feature a new regional park (incorporating Arcade Creek Park Preserve, Tempo Park, and Mitchell Village Park) as well as a 2.9-mile paved trail. Much of the trail will follow the existing Sacramento Municipal Utility District (SMUD) corridor easement, between Sunrise Blvd. to the west and Wachtel Way to the east.

The project is part of the City's goal to improve conditions for pedestrians and bicyclists and to highlight

the beauty of the area's creek-side trails and open spaces. It will connect many of the parks in the area, provide a safe route between local schools and neighborhoods, and provide convenient connections to local shopping opportunities. The City is partnering with Sunrise Recreation and Park District, Orangevale Recreation and Park District, San Juan Unified School District, SMUD, and Sacramento County – so the project will also increase regional connectivity.

The majority of project funding comes from a \$6.2 million Active Transportation Program (ATP) grant, which City Engineer Leslie Blomquist described as “a highly competitive grant source.” The funds can only be used for projects that increase biking, walking, and other forms of active transportation. To

be eligible for the grant, the City is required to provide \$595,000 in matching funds, which they gathered from multiple sources – Per Capita grant funding, Measure A funds, Park Impact Fees, Stormwater Utility Funds, and Tree Mitigation Funds. None of the matching funds are coming out of the City's general fund.

The City and its project partners are working on the final design details of the project, including final trail alignment, lighting, and the public roadway crossings. One of the final pieces of the design process is selecting the official trail name, which will be used to develop site-specific signage, wayfinding signs, gateway/trailhead signs, and trail maps.

Although the project has been referred to as the Electric Greenway Trail Project, the trail itself had no

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County Gifts from the Heart Program in Full Swing



The lives of thousands of children, teens, adults with disabilities and seniors are touched each holiday season by the County's Gift from the Heart Program.

By Andrea Sandoval,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The lives of thousands of children, teens, adults with disabilities and seniors are touched each holiday season by the County's Gift from the Heart Program. For more than 30 years, this annual holiday gift-giving program that runs from mid-November until early December provides gifts to community members being served by Child Protective Services and Senior and Adult Services of the Sacramento County Department of Child, Family and Adult Services.

Local community partners and individuals from area businesses, county staff, government agencies, religious organizations, service groups, professional groups and families participate in this annual holiday gift-giving drive. Each year, more than 90 community partners donate nearly 10,000 gifts to more than 3,000 children, youth, adults with disabilities and seniors throughout Sacramento County.

“This year, because of the pandemic we are doing things a little differently,” said Volunteer & Student Intern Services Coordinator, Tonja Edelman. “It is going to be easier than ever to donate to those in need with our online shopping registry. You can purchase gifts from Amazon, Walmart and Target, based off our gift registry and then ship directly to Gifts from the Heart and picked up by social workers.”

Seniors and adults with disabilities would be grateful to receive clocks with large numbers, radios, blankets, warm clothes, space heaters, sheet and comforter sets, mittens, gloves, 2020 calendars, puzzles, bathroom and kitchen towels, bathrobes, lotion, body wash, postage stamps, large print books, slippers, audio-books, arts & craft kits, winter jackets, coffee pots, mugs, socks, knitted caps, kitchen plate sets, large print crossword puzzles, toasters or wallets.

Children served by Child

Continued on page 3

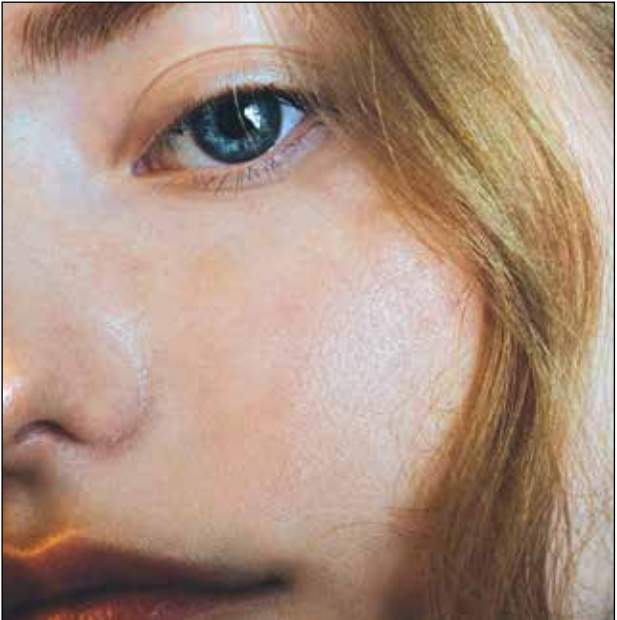
Alternatives to 9-1-1 for Mental Health Response

By Kim Nava,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Behavioral Health Services is seeking community input on alternatives to calling 911 in a behavioral health or quality of life crisis. The public is invited to provide comments sharing their thoughts and suggestions in this online survey. The survey will be available online through Friday, Nov. 13.

The Alternatives to 911 pilot program stemmed from a Board of Supervisors discussion in September budget hearings. District Two Supervisor Patrick Kennedy directed Health Services staff to propose alternatives to law enforcement responses to quality of life issues that can be better addressed by mental health professionals.

“It's important to develop a more appropriate and robust system for



The goal of the program is to increase mental health response to calls for service; decrease law enforcement need to respond to mental health distress, crisis or other quality of life issues. Photo by Chloe Amaya from Pexels

care for individuals in crisis,” said Kennedy. “We need to meet the needs of people outside of the criminal justice system and take a public health approach to their quality of life issues, both in the moment of

crisis and long term.”

The goal of the program is to increase mental health response to calls for service; decrease law enforcement need to respond to mental health distress, crisis or other quality of life issues;

decrease unnecessary emergency department visits and psychiatric hospitalizations; and decrease relapse into crisis by linking to ongoing outpatient mental health services.

“The direction from the Board was very clear on this pilot program: to minimize law enforcement involvement and provide greater efficacy while responding to mental health crises in the community,” said District One Supervisor and Board Chair Phil Serna. “It is important to get input from the community and develop a program based on that feedback, and I encourage people to provide their thoughts on the matter.”

County staff will continue to obtain community input through December, review and analyze proposed models, assess cost and provide a proposal for a pilot program to the Board of Supervisors in February 2021. ★

All Veterans Remembered and Honored

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Despite gathering amidst a pandemic many Citrus Heights veterans, their families and members of the community carried on the tradition of honoring the brave men and women past and present who have served their country. Veterans Day in Citrus Heights was held at the Sylvan Cemetery on Wednesday, 11/11, which is the anniversary of the signing of the armistice which ended World War II.

The service began and concluded with prayers by American Legion Post 637 Chaplain Barry Fitzgerald.

Immediate Past American Legion Post 637 Commander and U. S Marine veteran Paul Reyes emceed the program.

Post 637 member Tom Galovich, provided his resounding voice for the music throughout the morning with Battle Hymn of the Republic, God Bless America; and of course, the Armed Forces Medley where members of each branch of service are recognized.

Sacramento County Supervisor Sue Frost, a Citrus Heights resident and former mayor, faithfully returns to her home turf on Memorial Day and Veteran's Day to honor our local and other veterans who served their country at home and in other wars and conflicts.

Despite the myriad of issues facing our country today Frost addressed the audience, noting that "Americans are resilient

and strong. And in spite of all our differences, there is something that unites us and holds us together. I am comforted by our veterans – knowing about the places they have been, the stories they have shared, the battles that came before and how freedom prevailed".

Frost then quoted from the Declaration of Independence and Constitution, reminding those gathered of the specific rights of Americans and the duties of the government in relationship to those rights.

Frost further said, "Our veterans fought in wars to defend our way of live. It's our job as citizens to be vigilant, understanding what we have and our right and duty to protect it.

Frost remembered two faithful Citrus Heights residents who have recently died. Jean Duncan was a veteran and one of Citrus Height's founders (known as Mrs. Citrus Heights by some). She was a business owner, and devoted to her community. She was on the Sylvan Cemetery Board of Trustees and is responsible for the bell tower installed at the entrance in 2013

Otho Jack Mintz, a veteran and members of American Legion Post 637, was also a well-known presence in Citrus Heights as a full-time volunteer in many areas of the city. He could be seen snapping photographs at all veteran and other community events.

Post 637 Commander Sylvia Thweatt shared her research on the



Members of the Citrus Heights Police Department honor guard presented arms for the service. Photo by Jeff Stuart

thousands of women and children who have aided their men on the battlefield and in other areas throughout history from the Revolutionary War on. Sarah Emma Edmonds Franklin, a Canadian woman fought at "Robert" Thompson for the Union Army for four years, including at Antietam, the bloodiest one-day battle of the Civil War. Thweatt urged the audience to learn more about these little-known heroes of our wars.

CHPD Police Chief Ron Lawrence thanked the audience for being there to honor veterans, not just to celebrate another holiday.

He thanked residents for their unwavering support of the police, saying, "we don't police this community, we police with this community for you." There are presently 22 veterans in the force.

Jim Monteton, Sylvan Cemetery Board of Trustees member and U.S. Army veteran shared many heartwarming stories which have furthered his appreciation of his own family members for their military service back to Civil War.

The service ended with a prayer, a song and a recording of a 21-gun salute and TAPS.



The Justin Reyes family attended their first Veterans Day service at the Sylvan Cemetery. Residents of Citrus Heights, Justin is on active duty with the Army working at Travis Air Force Base. Wife Ingrid, six-year-old Kay, seven-month-old Sunny, and "Poodle" the poodle. Photo by Elise Spleiss

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\$3.59

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County Gifts from the Heart Program is now in Full Swing

Continued from page 1

Protective Services would be thankful to receive board games, educational toys, books, arts and crafts, funky socks, warm clothes, mp3s, electronic games, backpacks, tote bags, watches, hair products, hairdryers, flat irons, basketballs, soccer balls, footballs or fuzzy blankets.

To Participate: To take part in Gifts from the Heart 2020, visit the online stores and review the registry links. Once you select your items, please have it ship by Nov. 24, 2020. The address for delivery is in the registry. Target registry, Walmart registry, and Target registry.

You can also drop-off new unwrapped gifts/toys for any age group by Dec. 10, 2020 at one of the County lobby locations listed below.

7001-A East Parkway
3701 Branch Center Road
3331 Power Inn Road
9750 Business Park Drive,
Suite 220
799 G Street

700 H Street
7000 65th Street, Suite A

Those interested in donating may also write a check to the Department of Child, Family & Adult Services/Gifts from the Heart Program and mail to P.O. Box 269057, Sacramento, CA 95826-9443. 100 percent of donations are used to purchase gifts. All gifts and monetary donations are tax-deductible. Contact the Gifts from the Heart Coordinator for additional donation and contribution information.

Volunteers Needed: The success of the Gifts from the Heart program not only lies with kind sponsors but also with the wonderful volunteers who dedicate hundreds of hours helping to organize and distribute gifts. Each year, a team of more than 50 volunteers manages the pick-up, distribution and delivery of gifts from community and private sponsors. The volunteers, many of whom return year after year, spend weeks in the warehouse organizing

toys and gifts to be delivered or picked up by social workers. In 2018, program and community partner volunteers donated more than 12,370 hours at an estimated \$360,000 value.

Gifts from the Heart is looking for volunteers to work at their Santa's Shop on Saturday, Dec. 12 from 10am to 12pm. Volunteers will organize toys and other gifts in categories to set up the Santa Shop. Social distancing and mask wearing over nose and mouth for all volunteers will be required, and the space will be well-ventilated. If you cannot volunteer at the warehouse you can also participate in the Gifts from the Heart program by sponsoring gifts or becoming a community partner.

To learn more about Gifts from the Heart, becoming a community partner, making a donation or volunteering, email Volunteer and Student Intern Services Coordinator, Tonja Edelman or call at 916-875-2027. ★

Property Owners Covering Delayed Rent Payments

By Brooke Armour, California Business Roundtable

SACRAMENTO, CA (MPG) - Rob Lapsley, president of the California Business Roundtable, issued the following statement in response to a recent study by the Federal Reserve Bank of Philadelphia that shows an estimated 24,000 renters statewide are behind on their rent, totaling nearly \$1.7 billion in missed rent payments since the pandemic began:

"The Federal Reserve study is clearly defining the economic sacrifices made by private property owners that have allowed renters to stay in their homes, helping to prevent homelessness—all with little to no support from the state or federal government. This new report magnifies the urgent need to provide assistance that gives relief to property owners and tenants affected by COVID-related economic hardships.

"At the same time, the Legislature's short-term eviction protections are expiring early next year. We cannot afford to prolong the crisis for property owners and tenants, especially as the governor toggles counties between COVID-mitigation tiers and its related impacts on the workforce. We look forward to working with the governor and Legislature to jointly address financial support for housing and small business recovery immediately."

The California Business Roundtable was one of the main proponents of AB 1482 (Chiu-Grayson), which enacted a balanced approach to modernizing the state's rental housing laws to increase protections for tenants while also encouraging the construction of new affordable housing. The Roundtable also took a neutral position on AB 3088, the current rental housing eviction freeze set to expire on February 1, 2021. ★

Have questions about Medicare plans? Turning 65 soon? I can help you navigate the Medicare maze.



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Social Security Matters

About “Registering” for Social Security and Medicare



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I have a big 65th birthday coming up mid-March and would like your advice on registering for Social Security and Medicare. I am now unemployed, but I am seeking another gig to get me to age 67 before taking Social Security. **Signed: Wondering Senior**

Dear Wondering: You do not need to “register” with Social Security in advance. You don’t need to do anything with Social Security until you are ready to claim your benefits. Since you were born in 1956, your full retirement age (FRA) for Social Security purposes is 66 plus 4 months, and that is when you will be entitled to 100% of the benefit you’ve earned from a lifetime of working. But you can, if you wish, also wait beyond your FRA to get an even bigger benefit. For each month you delay after your FRA you’ll earn Delayed Retirement Credits of .667%, which is 8% additional benefit for each year you wait. That can continue up to age 70 when your maximum benefit will be reached. In your case that would mean an age 70 benefit



29% more than your FRA benefit amount. But whenever you’re ready, you can apply for Social Security online at www.ssa.gov/ retire (you must first create your “My Social Security” account to apply online).

Medicare is an entirely separate program and, unless you have “creditable” employer healthcare coverage from a new job, you should enroll in Medicare a bit prior to your 65th birthday (“creditable” coverage is a group plan with at least 20 participants). This would be during your Medicare Initial Enrollment Period (IEP), which is a 7-month window starting 3 months before the month you turn 65 and ending 3 months after the month you turn 65. If you don’t enroll in Medicare during your IEP and enroll later, and if you didn’t have creditable employer healthcare coverage after age 65, you will be subject to a late enrollment penalty, which will permanently increase your Medicare Part B (and Part D) premiums.

Medicare Part B is coverage for doctors & outpatient services, and Part D is prescription drug coverage, both of which require a premium; Medicare Part A is hospitalization coverage which is free if you’re eligible for Social Security. If you have “creditable” employer

coverage when you turn 65, you can simply delay enrolling in Medicare Part B until your employer coverage is about to end, or until after it ends during an 8 month Special Enrollment Period during which you can enroll in Medicare Part B without penalty. But for Part D prescription drug coverage, you must enroll in a private plan within 63 days of your 65th birthday, or the end of your employer drug coverage, or you will incur a Part D late enrollment penalty for enrolling later. And remember that Medicare late enrollment penalties never go away – they are recurring for the rest of your life.

The bottom line is this: you don’t need to pre-register for either Social Security or Medicare. You can simply enroll when you are ready for benefits to start (keeping in mind that for Medicare, you must have “creditable” alternative coverage after age 65 to avoid late enrollment penalties).

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadviser@amacfoundation.org. ★



The Blue Trickle

Ordinarily, it’s not possible for a party to win the presidency and have a bad election night, but the Democrats managed it.

Pending the outcome of two Senate runoffs in Georgia, Joe Biden looks set to become a caretaker president who won’t be signing any legislation that doesn’t pass muster in Mitch McConnell’s Senate first.

He isn’t riding into the White House on the strength of a Blue Wave, as was so often predicted, but a Blue Trickle that saw Democrats fail to win control of the Senate (they need to win both Georgia seats in January to get to a 50-50 tie), suffer shocking setbacks in the House, and lose ground in state legislative races after investing heavily in them.

Biden clearly owes his victory (which President Donald Trump, of course, is still contesting) in large part to Trump’s personal unpopularity. In races where the president wasn’t on the ballot, in contrast, the weakness of the Democratic Party stood exposed and it

paid the price.

If the former vice president succeeded in making the presidential race a referendum on Trump, Republicans succeeded in making House races, in effect, a referendum on Alexandria Ocasio-Cortez and the woke socialism that animates Democratic activists and draws so much attention. (Nancy Pelosi posed for a cover of Rolling Stone with members of the Squad, and Ocasio-Cortez is on the cover of the latest issue of Vanity Fair.)

Bolstered by the media, Democrats were so certain they were riding the tide of history to inevitable pickups in the House that they didn’t pause to take note of the unpopularity of their agenda and the left of their party.

Republicans took the socialist label and hung it around the neck of Democrats. It was especially devastating in South Florida, where voters from Cuba, Venezuela and Colombia came to the United States to flee socialism. Republicans knocked out incumbent Democratic Reps. Donna Shalala and Debbie Mucarsel-Powell in heavily Hispanic districts.

In New York, Republicans used the most idiotic slogan of our times, “defund the police,” and the state’s law curtailing cash bail to pummel Democrats on law and order, and likely defeat two House incumbents. The GOP wielded the

Democrats’ anti-fossil fuel agenda in the Southwest and Biden’s tax increase in California to defend their seats and make pickups across the map.

When all is said and done, Nancy Pelosi’s House majority may be the smallest in 20 years, and it will certainly be highly vulnerable in 2022.

It is usually the losing side that is beset by a bitter civil war after an election. Make no mistake, there is plenty of that to come in the Republican Party. But despite winning the White House, the Democrats will be riven by recriminations and fights over the path ahead.

It is always a danger for a political party to believe its own PR. That’s a risk especially hard for Democrats to avoid when practically every instrument of the culture celebrates left-wing causes and works to create the sense that their triumph is inexorable.

This year, Democrats thought they were marching from strength to strength, when they were really on thin ice with an electorate that was prepared to reject Trump, but not to empower a party that has elevated socialists and outlandish ideas from defunding the police to the Green New Deal.

Rich Lowry is editor of the National Review.

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Emergency Grant Repair Program Seeks Proposals

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights is requesting proposals from qualified firms for the implementation and administration of the city’s Emergency Repair Program. The city’s Emergency Repair program offers grants up to \$10,000 for emergency/health and safety repairs and accessibility modifications to owners of single-family or mobile homes in the incorporated boundaries of the City of Citrus Heights.

To become more familiar with the city’s home repair loans and grants you may

view the city’s Housing Repair Program webpage. In addition you will find the city’s Housing Rehabilitation Program Guidelines.

Emergency Repair Program Administration – Request for Proposals

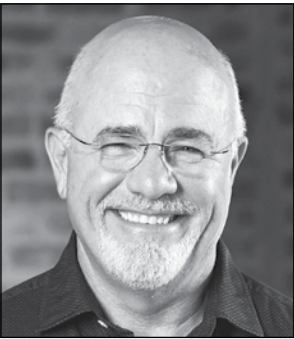
Publication Date/Time: 11/6/2020 4:15 PM

Closing Date/Time: 12/7/2020 4:00 PM

To submit a proposal call or email

Stephanie Cotter, Housing and Human Services Program Coordinator.

Phone: 916-727-4768, Fax: 916-725-5799, Email: scoter@citrusheights.net ★



Refinance in Baby Step 2?

Dear Dave,

My husband and I are on Baby Step 2, and we’ve paid off about \$30,000 in consumer debt since March. We were wondering if we should refinance our mortgage. Our current rate is 4.875%, with 28 years remaining on the loan. We found a 15-year refinance at 2.5%, which would raise our monthly payments about \$200, but we can handle that. We have \$150,000 in equity in our home and about \$207,000 left on the loan. What do you think we should do?

–Raye

Dear Raye,

You two have done a great job this year! I’m so proud of what you’ve accomplished and that you’re looking to the future.

Baby Step 2 wouldn’t be affected, except that your monthly mortgage payment will go up a little. I wouldn’t pay the refinance costs out of pocket, though. I’d roll them into the loan. You’d be saving more than 2% by locking in this crazy-low interest rate, and

Dave Ramsey Says

you’re knocking the whole thing down to a 15-year loan. I love all that. It’s definitely worth the extra \$200 a month to make it happen.

Think about it this way. You’re going to be saving more than \$4,000 a year with the interest rate reduction. You’re not going to see it in cash flow because of the \$200 increase in monthly payments, but over the scope of the loan, you’re going to be charged between \$4,000 and \$4,500 less per year for interest. All that money is going toward paying back the closing costs and reducing the principal built into the move from 28 years to 15 years.

Yes, you should do this!

–Dave

Which Comes First?

Dear Dave,

I just saved up my \$1,000 beginner emergency fund, and I’m looking at paying off my car and credit card debt – a total of \$3,400 – by the end of January. Before I started your plan, I took out a \$7,500 student loan to pay for my fall and spring semesters. I still have a year of school left, which will cost about \$10,000. Should I save up the money for my final year before attacking my student loan debt, so I don’t have to take out another one, or go ahead and begin paying it off?

–Emma

Dear Emma,

Well, it doesn’t make much sense to pay off the current student loan, then turn around and take out another one. Your first goal – after you get the credit cards and car paid off – should be saving cash to finish school. Once you’ve done that, start paying off the student loan.

Long story short, you’ve got to stop borrowing money. The idea of saving up to pay for things should be the default setting in your brain, Emma. Otherwise, you’re going to spend the rest of your life with car payments and other debt hanging around your neck. That’s not being responsible with your money, and it will keep you from saving for stuff that matters and becoming wealthy.

Stop. Borrowing. Money. I hope I haven’t been unclear.

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Dave Ramsey Show, heard by more than 16 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions. ★

Sac Sailor Receives Challenge Coin aboard USS John Paul Jones




By Megan Brown, Navy Office of Community Outreach

ARABIAN GULF (MPG) - Capt. Todd Whalen, commodore of Destroyer Squadron (DESRON) 9 presents Fire Controlman 2nd Class Charles Estes, from Sacramento, Calif., a challenge coin in the pilot house of the guided-missile destroyer USS John Paul Jones (DDG 53). FC2 Estes was recognized for his hard work. John Paul Jones is part of Nimitz Carrier Strike Group and DESRON 9 and is deployed to the U.S. 5th Fleet area of operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and Pacific through the Western Indian Ocean and three critical chokepoints to the free flow of global commerce. U.S. Navy photo by Mass Communication Specialist 3rd Class Aja Bleu Jackson





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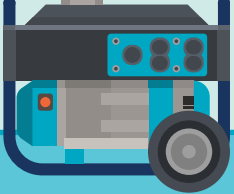
Installing over 600 devices that redirect power to limit the size of outages

1




Using more than 765 advanced weather stations to pinpoint where severe weather is most likely to occur

2




Adding backup generation in some high fire-threat communities to keep the lights on

3



Nearly doubling our helicopter fleet from 35 to 65 and adding more field crews to cut restoration time in half compared to 2019

4



Upgrading our Community Resource Centers (while following COVID-19 health guidelines such as the use of masks and social distancing) by providing water, snacks, and other resources

5

"PG&E" refers to Pacific Gas and Electric Company, a subsidiary of PG&E Corporation. ©2020 Pacific Gas and Electric Company. All rights reserved. Paid for by PG&E shareholders.



To learn more ways to prepare for a Public Safety Power Shutoff, visit safetyactioncenter.pge.com

When Everything Goes My Way

By Rev. James L. Snyder

I have had a certain dream many times over the years. The dream is that one day in the week; I can have everything go my way. The nightmare part of that dream is that it never tells me which day everything will go my way. One morning I told the Gracious Mistress of the Parsonage about my dream to see if she could give me any advice. “Don’t you remember,” my wife said, “that day was three years ago? You already had that day when everything goes your way.” One of the first things that would be a part of that day would be every time my wife asked me a question; I would understand the question and give her an answer that satisfied her. I am sure that would be a rather frightening day, especially for her. As I was thinking about this, another thought came to mind. What would a day look like when I could accomplish everything on my ‘To-Do-List’ and have time left over for something else, like fun? The Gracious Mistress of the Parsonage knew I was thinking along this line, and so she said most cheerfully, “What would a day look like

for you if you never thought of an Apple fritter?” Only she would come up with something like that. As far as I am concerned, that would be a terrible day. So, that’s scratched off. Another thought grabbed my mind. What would a day look like if I could anticipate every question the Gracious Mistress of the Parsonage would throw in my direction and have the answer on my tongue? The more I thought about this, the more I understood that if I had so many days where everything went my way, my life would become rather dull. It is the unexpected things in life that make life really exciting and challenging. If I could plan everything out and do everything I planned, I would get so bored I would not know what to do. Thinking about this, I thought, how in the world has the Gracious Mistress of the Parsonage managed to do this every day of her life? What would our house look like if both of us had everything go our way every day? How could we tell each other apart? Maybe I could handle one day when everything goes my way, but I certainly do not want every day to be just like that.

As I thought about this, I was smiling, and my wife inquired why I was smiling. I finally confessed, “I’ve concluded that I don’t want every day to go my way. That would be so boring.” “You know,” she said very seriously, “I think you’ve got something there.” Therefore, our house is divided into two sections. The one section is my wife, where everything goes her way, and I am happy. The other section is me, where everything does not go my way, and my wife is happy. I cannot believe that I discovered the formula for both of us being happy under the same roof. Why did it take me so long to figure this out? I could not help but think of one of my favorite passages of Scripture. “Can two walk together, except they be agreed?” (Amos 3:3). In this, my wife and I are in full agreement. Dr. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL 34472. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 352-216-3025 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com. ★



By Pastor Ray Dare

Hardy anyone looking back on 2020 will say, “Wow! That was a great year!” There has been too much sickness, too many jobs lost, too much division, too much of our way of life was lost in 2020. However, this month we celebrate Thanksgiving. How do you do that? How can you be thankful in such difficult times? Philippians 4:6, “Don’t be anxious about anything but in everything by prayer and petition with thanksgiving, present your requests to God and the peace of God which transcends all understanding will guard your hearts and minds in Christ Jesus.” Then it says, “Finally whatever is true and noble and right and pure and lovely and admirable, think about such things and the God of peace will be with you.” This verse gives two major ways that you can be thankful even during a pandemic. **Thank God in all**

Pastor Ray's Encouraging Words

How to Be Thankful in A Year Like 2020

things. That verse says, “IN every circumstance give thanks.” Not for every circumstance, no matter how bad it is, you can give thanks “In” the circumstance because you know (1) God always has a plan beyond the problem. God doesn’t cause the problem, but He always has a plan that’s greater than the problem. I can give thanks for that. (2) God will give me the power to overcome the problem, and (3) I will grow through the experience if I allow it to help me grow. In every circumstance, even in toughest of times I can be thankful IN the difficulty, not for the difficulty. You may think, “But how can I be grateful when I’ve lost so much? I’ve lost my job, I’ve lost my health, I’ve lost my business, I’ve lost being able to fellowship and gather with other people. How can I be thankful in that situation?” You look at what you have left, not what you’ve lost. And you have a lot left! You’re still alive and you still have a lot of blessings if you’ll take the time to count them. Focus on those things. **Think about right things.** Whatever you feed into your mind, whatever you think about, whatever you dwell on is going to determine how you feel. And the way you feel is going to determine how you act. So, if you want to change your life, it begins by changing what you think about, what you dwell on, what you focus on. God says focus on what is true, noble, right, pure, lovely, and admirable. Said another way “Think on God’s Word.” What is the result? “If you do this you will experience God’s peace...” The result of having the mind of Christ is the peace of Christ. How do you get that kind of peace that helps you be thankful in the tough times? You do not worry about anything, you pray about everything, you give thanks IN all things, you think about the right things, Phil. 4:6. **Pastor Ray**
New Beginnings Church
www.NBC4u.org ★



By Marlys Johnsen Norris, Christian Author

Lately watching television I have heard that some people obviously have no one they believe really cares about them. It broke my heart to hear this. But I do know that only Jesus can satisfy everyone’s soul and they can experience supernatural true love that comes from God alone. (I know this to be true because I had no sense of self-worth until Jesus came into my life the second time I accepted Him as my Savior and Lord and was born-again.) Possibly reading this some person will accept those words and move forward in their life seeking this truth. Saving Faith removes the yoke of unbelief as one begins their sincere walk to know the depth of love

Life Is A Gift Of God

God has provided thru Jesus Christ. Breathing into one’s life - faith in God’s divine plan for their life is an adventure God has planned before the foundation of the earth for everyone. Acceptance of His wisdom recorded in the Holy Bible causes one to excel beyond all their dreams as His anointing falls on a life yielded to God’s will for them. Plus, God promises to never leave or forsake one who comes to Him. Moving past the negative emotions and words spoken about one’s initial pain, God calls one into a greater life filled with His presence and blessings. With God one becomes a part of the majority as one learns and experiences the true love of God in their life. The future holds an “abundant and victorious life” for all who are obedient to enrich their life by following His words of Biblical

instruction. Jesus said, “I am the Way, the Truth and the Life and no man can come to the Father, except through Me.” (John 14:6) The cup of blessings flows from the Kings (Heavenly Father/God) anointing and though out one’s life. And they should ask often for a “fresh anointing”.. Anointing breaks all the barriers and bondages and provides healing and restoration just as it did three different times for David helping him to defeat the giants in his life. The anointing will also defeat those giants in our lives. All victories are won with our Kings help. To God Be The Glory! Marlys Johnsen Norris Award Winning Christian Author of 7 Books, Stephen’s Minister Columnist, Teacher, Speaker Marlysjn@gmail.com PO Box 114, Orangevale, Ca 95662 ★

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New MealPro Opens

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - MealPro, a meal prep service that specializes in healthy meals made with natural ingredients, opened recently in Citrus Heights, giving hungry customers a healthy, customizable eat-at-home option, with no cooking required.

Whether you're a marathoner, a busy professional, or a parent looking to get more out of your time - MealPro's customizable menu options make it easy to get "optimal nutrition, without the fuss of cooking."

The Sacramento-based company, adjacent to Bubba's Car Wash and across the street from the 99 Cents Only Store, occupies 5,000 square feet in the site of the former Lucky Derby Casino Restaurant at 7433 Greenback Lane in Suite A.

Andy Sartori, founder and CEO said MealPro, which cites Blue Apron and Hello Fresh among similar industry competitors, has made quick use of the former casino/restaurant's complete kitchen, ovens and food preparation areas, and now ships between 900 to 1,500 individual meals to a growing base of customers locally and regionally each day.



MealPro's pre-cooked meals are suited to the customers' needs and health. In the photo MealPro founder and CEO, Andy Sartori. Courtesy photo

began in 2016 as a private Sacramento label food delivery company. As demand steadily grew, he went looking for a space with a commercial kitchen facility, and found an ideal location on Greenback Lane.

Customers who order through their web site at www.mealpro.net/ can choose from the a la carte menu or customize their individual meals by changing ingredients or adjusting portion sizes, Sartori said.

Priced from under \$7.99 to \$12.99, MealPro's pre-cooked meals are made fresh daily. Primary protein includes turkey, chicken lean beef and shrimp. Their website features a pull-down menu which provides an accurate nutritional

already cooked, ready to be enjoyed. Customers just heat and serve.

"Our meals are based on what's best for the customer, whether that's a senior with a special dietary requirement looking for a high-quality, delicious low sodium or cholesterol meal, or the triathlete, who prefers a specialized daily menu plan," Sartori said.

Customers can decide if they want a one-time meal box delivery, or deliveries on a recurring basis. At checkout, its computer system generates a customer account, and the customer can then opt in to recurring orders.

"It takes about a minute from when the meal order is placed by the customer to be placed in the queue for preparation," Sartori said. "The customer can then decide if they want a single meal box delivered at a time, or delivery on a recurring basis."

MealPro employs a current staff of 10, but is looking to hire multiple positions for its new Citrus Heights facility, including sous chef, relief cook, meal prep artist, food technologist, recipe developer and specialty line cooks as customer demand increases, he said.

At checkout, MealPro's computer system generates a customer account, and the customer can then opt in to recurring orders to earn rewards points for every purchase. Rewards points can be redeemed for free future meals.

For local member subscribers, meals arrive on their scheduled delivery day. MealPro also ships throughout the U.S. and Canadian British Columbia with delivery taking 2-4 days per the time zone of the customer's address.

MealPro meals can be delivered to the customer's home or office. Sartori said its general menu will change seasonally, but it will always offer its customers variety, freshness and deliciousness, he said.

Visit MealPro at www.mealpro.net/ or call 844-463-2577 to learn more about current menu options and order package plans. ★



MealPro is looking to add staff for its new Citrus Heights facility. Photo: Tom Sullivan

"We're focused on creating a custom approach to nutrition, the kind that helps athletes perform, and busy professionals stay healthy. We want to make custom nutrition affordable and accessible to everyone - everywhere," Sartori said. "We believe our best work can make a sustainable, positive impact in people's lives."

Unlike other meal prep delivery services, MealPro has no fixed menu.

"Customers are free to pick the meals they prefer from a rotating menu and can decide if they want extra protein, no carbs, more veggies," Sartori said. "It's up to what they prefer."

Sartori, a University of Santa Cruz business graduate, said his company

analysis count of protein, calories, trans fats and carbohydrates per dish. Sample dishes include Cuban-style, roasted or grilled chicken, sizzling steak, beef meatballs or a turkey and veggie plate.

Want extra carbs, more protein, or a larger portion size? Just select and go.

Meals are made fresh daily using natural ingredients that are as close to their natural state as possible. Meals are plated in a microwave-safe food container and are locally delivered by United Parcel Service (UPS) trucks in a special thermal box and each individual meal is vacuum-sealed to retain freshness, he said.

No cooking or prep work is required, Sartori said, as individual meals arrive



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More High-Dollar Ballot Measures in 2022



By Dan Walters
CALMatters

Much has been said and written about the hundreds of millions of dollars spent for and against the dozen statewide measures on this month’s ballot.

Big money? Yes, but it was really just chicken feed, because the stakes in those ballot battles were infinitely greater.

Take, for instance, Proposition 15, a battle between a union-led coalition that proposed the measure, and a business coalition. Had Proposition 15 passed, it would have generated roughly \$10 billion a year for schools and local governments. That’s about 66 times as much as the one-time spending for and against the measure.

Other than the scale, there was nothing unusual this year about the lopsided risk-reward aspect of major ballot measures, and it will fuel another round of conflicts two years hence. There are at least four high-dollar ballot measures headed for the 2022 ballot:

MICRA – In 1975, Jerry Brown signed the Medical Injury Compensation Reform Act or MICRA, placing a \$250,000 cap on damages for what were called “pain and suffering” in medical malpractice lawsuits.

Consumer advocates and

personal injury lawyers have attempted numerous times in the Legislature to modify the law, contending that it protects bad medical care providers and short-changes their innocent patients. Providers and their insurers have turned back each challenge, saying that removing the cap would raise medical costs.

A measure already qualified for the 2022 ballot would adjust the cap for inflation retroactively to 1975, probably increasing it to well over \$1 million, and eliminate it for “catastrophic injuries.” The outcome could have multi-billion-dollar impacts and thus will mean multi-million-dollar campaigns.

PLASTICS – A certain-to-qualify measure would reduce or eliminate single-use plastic packaging through regulation and a tax.

California recycler Recology is the chief sponsor of the initiative, which would continue a crusade, also supported by environmental groups, that stalled in the Legislature thanks to fierce lobbying by a packaging industry coalition led by South Carolina-based Novolex.

As the battle shifts to the ballot, the Recology group will portray plastic packaging, particularly items used for takeout food, as environmental despoilers. The industry will counter that using plastic packaging is cleaner than the alternatives, particularly during a pandemic.

SPORTS WAGERING – Another virtually certain 2022 ballot measure also continues a contentious issue the Legislature failed to resolve – whether legal

sports wagering should come to California and if so, who should benefit.

A legislative measure would have given Indian tribal casinos and some horse racing tracks authority to take bets on sporting events, but the politically powerful casinos opposed it because it would also have sanctioned new forms of gambling in non-tribal card rooms, impinging on the tribes’ monopoly.

A tribal coalition’s pending ballot measure mirrors the failed legislation except for its card room enhancements. It’s uncertain whether the card rooms will try to mount an opposition drive but billions of gambling dollars will hinge on the outcome.

FLAVORED TOBACCO – Despite stalling on other issues, the Legislature did pass a ban on flavored tobacco products, which have been criticized as luring young men and women into tobacco use.

“It will be a point of deep pride and personal privilege as a father of four and as someone who’s had many, many family members die at the hands of the tobacco industry to sign that bill,” Gov. Gavin Newsom said.

The legislation was a defeat for the tobacco industry, which is fighting back with a referendum that would repeal the new law, just as this year’s Proposition 25, sponsored by the bail bond industry, erased a law that eliminated cash bail for criminal defendants.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers ★



Poppoff!

With Mary Jane Popp

Thank You

As we enjoy our turkey, yams, cranberries and pie, we need to reflect how that first Thanksgiving began. When checking history, I found some interesting facts. No somber black clothes and clunky shoes, and their feast was more like surf and turf with venison, turkey, mussels and scallops from the nearby ocean. Oh, and it was wild turkey, pumpkins yes, but not pumpkin pie along with cornmeal breads and puddings, all shared by the pilgrims and the Native Americans. Well, the good times lasted about a generation, quickly followed by fighting and bloodshed as relations deteriorated when the colonists took land from the indigenous people.

But as we go into a new era with our new President, I’m sure there are many things for which to be grateful, so I called some long-time friends to check out what they are grateful for.

MICHAEL MARKS. We all know him as “Your Produce Man” from the Channel 13 News and Good Day Sacramento. “I am grateful for the life I get to live and the opportunity God has given me to be a blessing to others.” **Michael** joins me every Wednesday with great fruit and veggie buys for the week in the noon news. Then came **CARY NOSLER.** We have enjoyed him for years as “Captain Carrot.” “I am so happy for the fact that our family can get together, with precautions of course, and we have not been affected by the covid 19. But I feel for those who have not been as fortunate.” **Cary** always has health tips for me on

Wednesdays in the noon news. Had to check in with **MATIAS BOMBAL** of “Matias Bombal’s Hollywood. He told me he is thankful for something his mother told him many years ago. “Look up at the beautiful blue sky and remember there is always hope. No matter how oppressive things become, you can see a patch of blue and there is still hope.” **Matias** always has movie reviews...even during these strange times...on POPPOFF every Friday evening at 6 & 10 PM. Oh, and all of them are on FM-104.5 & AM-950 KAH1 with me. But I would be remiss if I didn’t check in with the love of my life **RICK SPRUNGER.** We are coming up on our 50th wedding anniversary, so I wondered what **Rick** had to be thankful for. “I am thankful for the love and support from my wife, and the love and loyalty from our four-legged kids Trekker and Ice...no matter the situation. And I’m grateful every day that I feel healthier than the day before.”

So mine is next. “After nearly 50 years together, I can still say that Rick the love of my life and my best friend. and I cherish his love and support. Without that love and support, I could not still be doing what I love best...sharing my radio show and writing this column to you, my special friends. And love those doggie kisses from Trekker and Ice.” My hope for the next Thanksgiving? We can say goodbye to this cruel pandemic!

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AND MANY BLESSINGS!!!**



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CLG NEWS UPDATES

Provided by Citizens for Legitimate Government (CLG) See legitgov.org

Federal Election Commission Chair Calls Election ‘Illegitimate’ Due to Voter Fraud – ‘The law is not being followed, making this an illegitimate election.’ | 12 Nov 2020 | Trey Trainor, the Chairman of the Federal Election, stated during an appearance on Newsmax this Thursday that he “does believe there’s voter fraud taking place,” and confirmed that the refusal to allow poll watchers to observe the ballot counting process - among numerous other irregularities - does indeed constitute an “illegitimate election.” “I do believe that there is voter fraud taking place in these places,” Trainor said. “Otherwise they would allow the observers to go in.” “When you have claims of 10,000 people who don’t live in the state of Nevada having voted in Nevada, when you have the video showing where people are either duplicating a spoiled ballot right there, or they’re in the process of just marking a ballot that came in blank for a voter, that’s a process that needs to be observed by election observers,” Trainor said. The FEC Chairman added that poll observers are legally allowed to be present during the counting of ballots, and if they are refused entry to a place where the vote is being tabulated then “the law is not being followed, making this an illegitimate election.”

Michigan Witness: GOP Poll Challengers Were Assaulted at TCF Center trying to Protect the Vote – GOP challengers were prevented from seeing ballots –Witness says: ‘The most crooked thing I’ve ever seen’ | 12 Nov 2020 | Absentee ballots from Wayne County/Detroit were supposed to be counted by 8:00 PM on election night last week, but a 3:30 AM delivery of what witnesses have described as 50-61 boxes of ballots puts into doubt the validity of the surprising election results. That surprise brought a commanding Trump lead of 300,000 votes for Michigan’s 16 electoral votes into a 120,000 vote deficit after votes from Wayne County were counted. Ann Rudisill went down to the counting area after hearing that a large batch of suspicious ballots had arrived in the middle of the night. Rudisill noticed a total lack of security at the TCF Center when she entered. “There was no sign in sheet. There was nothing. Maybe a hundred of us walked in there.” She described poll challengers as being purposefully prevented from being able to review the ballots as they were being counted on Wednesday, the day after the election, by poll workers and Democrat Poll Challengers. “I was completely unable to see the ballots.”

Pennsylvania court: Secretary of state lacked authority to change deadline 2 days before Election – Judge ruled ballots that were previously set aside should not be counted | 12 Nov 2020 | A Pennsylvania judge ruled in favor of the Trump campaign Thursday, ordering that the state may not count ballots where the voters needed to provide proof of identification and failed to do so by Nov. 9. State law said that voters have until six days after the election – this year that was Nov. 9 – to cure problems regarding a lack of proof of identification. After the Pennsylvania Supreme Court ruled that mail-in ballots could be accepted three days after Election Day, Pennsylvania Secretary of State Kathy Boockvar submitted guidance that said proof of identification could be provided up until Nov. 12, which is six days from the ballot acceptance deadline. That guidance was issued two days before Election Day. “(T)he Court concludes that Respondent Kathy Boockvar, in her official capacity as Secretary of the Commonwealth, lacked statutory authority to issue the November 1, 2020, guidance to Respondents County Boards of Elections insofar as that guidance purported to change the deadline...for certain electors to verify proof of identification,” Judge Mary Hannah Leavitt said in a court order.


Trump Lawsuit Alleges Rampant Violations at Detroit Vote Counting Center | 11 Nov 2020 | President Donald Trump’s reelection campaign sued Michigan in federal court late on Nov. 10, alleging pervasive violations of election laws at a vote-counting center in Detroit. The lawsuit is accompanied by 234 pages of sworn witness affidavits which describe how Republican poll challengers were prevented from having adequate access to observe the counting process in violation of Michigan’s election code. The witnesses detail a battery of problems with the handling, processing, and counting of the votes, including instances in which election officials ignored their challenges.

Analysis of Election Night Data From All States Show Millions of Votes Either Switched From President to Biden or Were Lost - Using Dominion and Other Systems | 10 Nov 2020 | Tonight we have obtained an unaudited analysis of data available for all the states looking for system glitches and other oddities in vote counts related to the Presidential race only. Last night we reported on another so called system ‘glitch,’ this time in a county in Wisconsin. Evidence was provided to us that showed that the vote totals for Rock County appeared to be switched between President Trump and Joe Biden. 9,516 votes were eliminated from President Trump and moved to Joe Biden. This 19,032 vote difference when corrected would eliminate Biden’s lead in Wisconsin. ★

Crime Reports

Citrus Heights Police Report

November 10th
November 15th



11/10/2020 • Time: 8:56 PM • IR Number: 12009269
Crime: 459 PC: Burglary - Commercial
Location Type: Other • Public Address: 80xx Greenback Ln.
Agency: Citrus Heights Police Department

11/10/2020 • Time: 7:19 PM • IR Number: 12009260
Crime: 211 PC: Robbery
Location Type: Department Store/Big Box Store • Public Address: 61xx Sunrise
Agency: Citrus Heights Police Department

11/10/2020 • Time: 12:05 AM • IR Number: 12009245
Crime: 496d(a) PC: Possession of Stolen Veh
Location Type: Street/Highway • Public Address: Greenback Ln/Auburn Blvd.
Agency: Citrus Heights Police Department

11/10/2020 • Time: 7:43 AM • IR Number: 12009252
Crime: 459 PC: Burglary - Commercial
Location Type: Department Store/Big Box Store • Public Address: 85xx Auburn
Agency: Citrus Heights Police Department

11/11/2020 • Time: 6:30 PM • IR Number: 12009288
Crime: 10851(A) VC: Vehicle Theft
Location Type: Street/Highway • Public Address: 66xx Carmelwood Dr.
Agency: Citrus Heights Police Department

11/13/2020 • Time: 7:23 PM • IR Number: 12009314
Crime: 496d(a) PC: Possession of Stolen Veh
Location Type: Parking Lot • Public Address: 75XX AUBURN
Agency: Citrus Heights Police Department

11/14/2020 • Time: 4:11 PM • IR Number: 12009330
Crime: 10851(A) VC: Vehicle Theft
Location Type: Parking Lot • Public Address: 63xx Auburn
Agency: Citrus Heights Police Department

11/15/2020 • Time: 10:45 AM • IR Number: 12009349
Crime: 484(A) PC: Petty Theft
Location Type: Motel Room • Public Address: 62xx Auburn
Agency: Citrus Heights Police Department

11/15/2020 • Time: 2:28 AM • Public Address: • IR Number: 12009345
Crime: 496d(a) PC: Possession of Stolen Veh
Location Type: Street/Highway • Public Address: Sunrise Bl/Arcade Lake Ln
Agency: Citrus Heights Police Department

Find more info at citrusheights.net

WEEKLY COMICS

Amber Waves



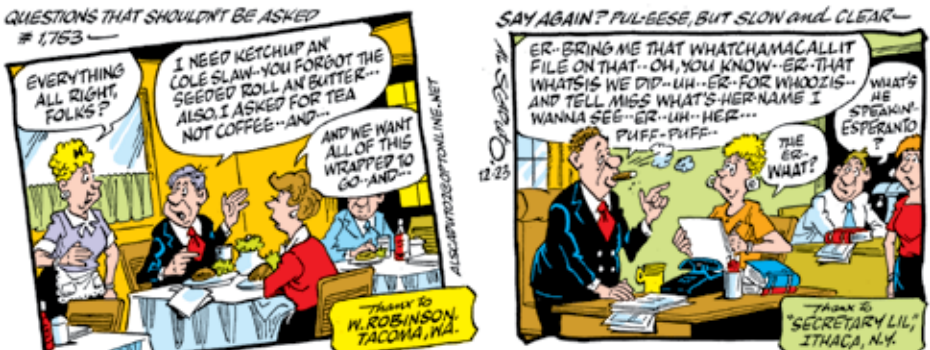
The Spats



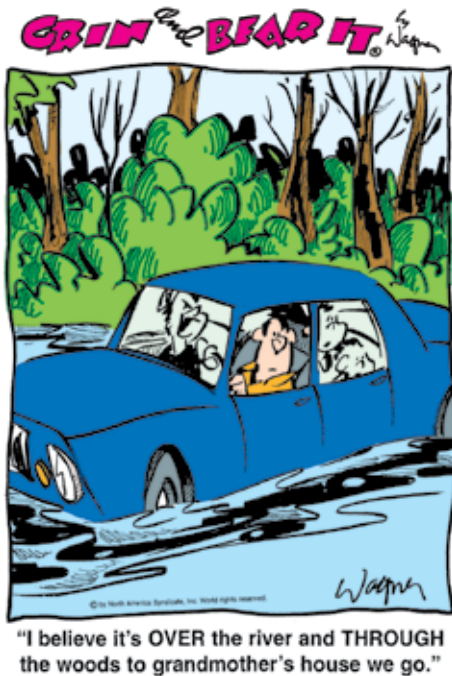
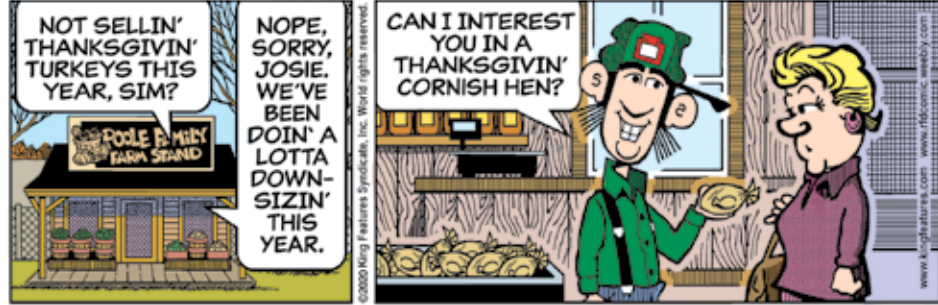
Out on a Limb



THEY'LL DO IT EVERY TIME



R.F.D.



Just Like Cats & Dogs



HOCUS-FOCUS



Crossword Puzzle on Page 9

G	L	I	T	Z		F	C	C		S	L	A	P	
R	A	D	I	O		R	I	O		C	H	O	I	R
A	M	E	N	D		U	S	A		L	U	C	R	E
F	A	S	T	I	N	G		T	H	A	N	K	S	
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N	I	S	E	I		K	A	L	E		K	I	E	V
S	T	E	R	N	S		R	O	M	P		D	R	Y
				H	O	L	Y		P	U	N			
	P	A	R	A	D	E		M	I	R	A	C	L	E
A	L	G	A	L		A	C	E		I	C	H	O	R
L	O	O	S	E		S	H	E		T	H	O	U	S
E	D	G	E		E	A	T		Y	O	U	R	E	

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Crossword Puzzle Solutions on Page 9

CLUES

ACROSS

1. Glamour's partner

6. Prime time monitor, acr.

9. Prelude to a duel

13. Video killed this type of star?

14. Orinoco or Grande

15. Temple Square performers, e.g.

16. Set straight

17. *Thanksgiving is on the fourth Thursday in this country

18. Filthy dough

19. *Opposite of Thanksgiving, traditionally

21. *The day's offering

23. Declare

24. Unacceptable in a juror

25. Fire fuel

28. Thé alternative

30. Jumped or leapt

35. Chipping choice

37. Plural of #25 Across

39. Coupon clipper, e.g.

40. A woodwind

41. Vernacular

43. The brightest star

44. One born to Japanese immigrants

46. a.k.a. leaf cabbage

47. Capital on the Dnieper

48. Rear of a ship, pl.

50. Boisterous play

52. Not sweet, as in wine

53. Has divine power

55. None intended, often

57. *Macy's offering

60. *34th Street offering

64. Relating to pond scum

65. Highest card in "War"

67. Blood of the gods, Greek mythology

68. Like unbagged tea

69. Female

70. Thousands, for short

71. Microsoft browser

72. *What we do on Thanksgiving

73. ___ welcome!

DOWN

1. Steffi of tennis

2. Tibetan teacher

3. Beware of these, in spring

4. Window treatments

5. Bay Area serial killer never captured

6. French Bulldog plus Pug

7. Alliance of former Soviet republics, acr.

8. Raccoon's South American cousin

9. Give the cold shoulder

10. Locket content, traditionally

11. Snob puts these on

12. Prior to

15. Necklace fasteners

20. Spiral-horned African antelope

22. ___-been

24. Mendicancy

25. *Thanksgiving Day football hosts

26. Galactic path

27. One in a gaggle

29. *Utensil absent at Pilgrim's table

31. Colonel or captain

32. Steer clear

33. "When pigs fly!"

34. *Condimment of the day

36. ___-do-well

38. Without help

42. Allegro and lento

45. Get some air

49. Seed alternative

51. Jonathan Franzen's 2015 novel

54. Rental agreement

56. Chip snack

57. Weary walk

58. Bug-eyed

59. Tear down

60. Track competition

61. Cabbage in France

62. Displeasure on one's face

63. Gaelic tongue

64. Draft choice

66. Repeated Cuban dance step

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Sudoku Puzzle on Page 9

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

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

Solutions on Page 9

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California State Parks Experience Goes Virtual for K-12 Students

California State Parks Press Release

SACRAMENTO, CA (MPG) - The school field trip to California State Parks is being reimagined thanks to a new partnership between California State Parks, Parks California, and Computer-Using Educators (CUE). California is home to some of the country's most unique and precious cultural, natural, and historic resources, and a new passPORTS online adventure will help make it possible for students from across the state to experience them.

The new pilot program, passPORTS, will use a blended access approach that combines quality teaching practices with the latest technology to reduce barriers to park access. Using videoconference technology and web resources, the Parks Online Resources for Teachers and Students (PORTS) program introduces K-12 students to live State Park Interpreters, allowing them to connect their classroom studies within the context of California's state park system. "We are excited to embark on a new partnership with Parks California and CUE to provide deep and meaningful digital learning experiences for K12 students and invite them for an in-person class visit to our parks, recreation areas, natural reserves, and culturally important places when the time is right for schools," Brad Krey, PORTS Program Manager said. Geoff Kish, Vice President of Programs at Parks California said, "passPORTS is an exceptional opportunity for kids to connect with and learn about California's State Parks from the comfort of their home. Programs like this play an important role in making state parks accessible for all people, regardless of where they live."

This enhanced initiative builds on 15 years of successful PORTS programs with a new combination of digital instructional materials for use in the classroom, as well as in-park use, and provides funding to school districts to cover bus and transportation costs, giving students their passPORTS to the Parks. "We believe parks provide deep and meaningful interdisciplinary learning experiences for students regardless of physical, social, cultural, economic circumstance, or ability," said Scott Shepherd, Parks Access Coordinator, California State Parks. "Our work will not only increase equitable access to parks for all California citizens, but

in turn mobilize a new generation to play, learn, serve, and share in California State Parks."

The goal of the passPORTS program is to provide more students with access to California State Parks through a blended access approach, using both online learning adventures now and in-person field trips once COVID-19 restrictions are lifted. "The Parks offer interdisciplinary learning opportunities which afford schools a wide variety of curriculum engagement. California State Parks encourages students to learn more about nature, science, and history," said Scott Shepherd. "These experiences not only support learning but also build respect for the natural environment and our diverse history and helps students to develop their understanding of California's unique resources."

Shepherd says, "Naturally, we want students, as well as their teachers and parents, to discover that our parks are learning laboratories, as well as places for environmental awareness, advocacy, and stewardship. But, we also want them to discover that these are places to enjoy the wonder of our state. Through collaboration with California State Parks and the K12 community, we aim to develop both sustainable and equitable access for the next generation of park visitors and champions."

For more information about passPORTS please visit our website at www.ports-ca.us.

The partner organizations involved are CUE, California State Parks, and Parks California.

The Parks Online Resources for Teachers and Students (PORTS) Program is a long-standing and award-winning K-12 distance learning program that has provided over 650,000 students with real-time digital access to California State Parks content experts. Please visit ports-ca.us to learn more.

As statutory partner to California State Parks, Parks California has a simple mission – to help strengthen parks and inspire all to experience these extraordinary places. From redwood groves and desert springs to urban parks and lighthouses, the organization works with partners to steward these natural wonders and make California's parks more welcoming, accessible, and relevant to all visitors. For more information, please visit parkscaifornia.org. ★

Ask Toni

Turning 65 with Cancer ... Is Medicare Advantage Right for Me?



Toni King

Hi Toni,
I am turning 65 this February and have no idea what I should do because I have lung cancer. Currently I am on a COBRA policy from my old employer with all my medical bills now being paid because I have met my deductible.

I receive my care from a major cancer center in my area and my chemotherapy with my radiation treatments to start in December.

Do I enroll in Original Medicare with a Medicare supplement and get Part D, go with a Medicare Advantage plan, or stay with my current COBRA plan until it ends in about 15 months?

If you could help me sort this out, I would greatly appreciate your help.

Thanks, John from San Diego, CA

Hello John:

Recently, I had a phone call from a frantic daughter, who was trying to help her father who had been diagnosed with pancreatic cancer and he had chosen a Medicare Advantage HMO when he turned 65. Now her father must wait until Medicare's Annual Enrollment Period from October 15 to December 7 th to make a change back to Original/Traditional Medicare because MD Anderson is not in that Medicare Advantage plan's HMO network. She must hope that she can find a Medicare Supplement that will accept her father due to his medical condition. She is not sure if he will pass the medical underwriting.

I have great news for you, John, because you are turning 65 in January and there is a special enrollment time called Medicare Supplement/Medigap open enrollment. As I have said before, this is the best time for someone to purchase a Medicare Supplement/Medigap because the open enrollment lasts for a 6-month period beginning the first day of

the month in which you are 65 or older and have just enrolled in Part B for the first time.

During the Medicare Supplement/Medigap open enrollment period, you may enroll in a Medicare Supplement/Medigap Plan and not have to answer any health questions to be accepted by any Medicare Supplement Plan.

If you decide not to keep your COBRA plan, you do not have to worry about your medical care being taking care of with the Medicare Supplement/Medigap, but after the 6-month window, you will have to submit to a complete underwritten application for a Medicare Supplement. You may not qualify for a certain policy or it may cost more, if there are other health issues including the cancer after this 6-month window.

I have been advised by many healthcare professionals that some of the newest healthcare and cancer procedures are not readily approved by Medicare Advantage plans, but these procedures are generally approved with "Original or Traditional Medicare." These healthcare professionals must fight every day to get the care many desperately need when they have a Medicare Advantage plan. Talk to your medical professional who knows your health situation when making your Medicare plan choice, even if you are someone with a serious health condition, such as heart problems, Alzheimer, MS, end stage renal disease and the list could go on and on...always talk to those that know your health situation.

There are specific Medicare rules when changing from a Medicare Advantage plan to a Medicare Supplement. Call the Toni Says Medicare Hotline at 1/832-519-8664 to have your Medicare questions or concerns answered, or visit the Medicare Annual Enrollment webinars which explain what Medicare is and how to properly find your Medicare Part D plan at www.tonisays.com.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book to Toni Says® Medicare column readers. ★

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CITY OF CITRUS HEIGHTS
NOTICE OF ORDINANCE ADOPTION

The following is a summary of an ordinance adopted by the City Council of the City of Citrus Heights at its meeting of **November 12, 2020.**

ORDINANCE NO. 2020-010

AN ORDINANCE OF THE CITY OF CITRUS HEIGHTS AMENDING CHAPTER 94 OF THE CITRUS HEIGHTS MUNICIPAL CODE RELATING TO SPEED ZONES

AYES:	Council Members:	Bruins, Daniels, Middleton, Miller, Slowey
NOES:	Council Members:	None
ABSENT:	Council Members:	None
ABSTAIN:	Council Members:	None

The full text of the adopted ordinance is available in the City Clerk's office, 6360 Fountain Square Drive, Citrus Heights, CA 95621 or (916) 727 – 4704 or www.citrusheights.net.

Amy Van
City Clerk

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