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Celebrating Safely



Local resident, Ben, set up a table at Grocery Outlet in Citrus Heights to collect donations for the Police Department's Holiday Referral Program." Photo: City of Citrus Heights

City of Citrus Heights

CITRUS HEIGHTS, CA (MPG) - In order to keep our community safe, and move up in the Governor's tiered system for re-opening, Sacramento County has put together recommendations for holiday gatherings. Among the list of recommendations, Sacramento County is encouraging everyone to view holiday light displays from cars if possible, adjust celebrations to include just those in your "regular social bubble," and wear a mask when around those outside your household. Visit [SacCounty.net/COVID-19/](https://www.sacramento.gov/COVID-19/) to view the complete guidelines.

Here are three ways to celebrate the holidays safely in Citrus Heights:

The Miracle on Fountain Square Drive Event

On Thursday, December 10 from 5 to 7 p.m. there will be a Drive-Through Starting at City Hall

The Citrus Heights Police Department, its Youth & Family Services Division, and Police Activities League, along with City Staff, have put together a safe, drive-through holiday event for our community! Come see the "Miracle on Fountain Square Drive" on December 10, from 5 - 7 p.m. Visitors

will drive a route around City Hall and the CHPD's front parking lot to drop off letters to Santa, wave hello to him, get a goodie bag, see specially lit trees and decorated patrol cars, greet holiday characters, and more!

If you would like to bring new toys or canned foods to donate, the CHPD will have collection bins. This event will be held in compliance with State and County COVID-19 guidelines and will be drive-through only with no pedestrians admitted.

Visit the Best Lights in Citrus Heights, and Nominate Neighbors or Your Own Home!

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Free Renters Helpline Remains Open to Help

Sacramento Self-Help Housing Press Release

SACRAMENTO REGION, CA (MPG) - Sacramento Self-Help Housing's free Renters Helpline continues to experience a significant uptick in calls, and remains open and staffed with experts available to help with potential renter discrimination, tenant/landlord disputes, education on new laws about rent increase and "just cause" evictions, and temporary moratoriums due to COVID-19.

On average, the helpline typically receives just over 700 calls per month. However, from March through October during the COVID-19 pandemic began, calls to the Renters Helpline have increased and averaged 775 per month (March through October 2020). The top three reasons callers reach out to the Renters Helpline do so for help with the following: 1) end of the



SSHH Renters Helpline Tenant Advisor, Virginia Perez, will help and inform those with possible eviction issues. Photo: SSHH

tenancy and evictions 2) rent increases, and 3) property maintenance.

During this challenging time, the Renters Helpline is an especially important resource for tenants as it provides an education in tenant/landlord issues and

questions, which is critical due to AB 3088, the COVID-19 Tenant Relief Act of 2020. While the new law is designed to protect tenants from evictions if they have COVID-19 related economic impacts and cannot pay rent, it is

complex and can be difficult for individuals to understand. The Renters Helpline can help residential tenants understand the intricacies and ensure they are complying with the law to avoid unnecessarily

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CHP Ramps Up Efforts to Reduce Impaired Driving



By Jaime Coffee,
California Highway
Patrol

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) is launching a new education and enforcement campaign to reduce the number of crashes caused by impaired drivers in California. Efforts associated with the yearlong Safer Highways Statewide grant will continue through September 30, 2021.

The Safer Highways Statewide grant provides the CHP with funding to conduct additional driving under the influence (DUI) saturation patrols, DUI checkpoints, and traffic safety education efforts throughout the state. Additionally, the CHP will participate in the National Highway Traffic Safety Administration's (NHTSA) Drive Sober or Get Pulled Over campaign.

"DUI is the result of poor decision-making, and too often, it has tragic consequences," said CHP Commissioner Warren Stanley. "If you drive while impaired, you could be arrested, or worse, involved in a crash."

In 2018, there were 566 deaths and 11,298 injuries associated with DUI crashes within the CHP's jurisdiction. Each one of these injuries and deaths represents a preventable tragedy and a continued need to focus efforts on reducing impaired driving.

The CHP reminds the public, "DUI Doesn't Just Mean Booze." Alcohol, cannabis, prescription medications, illegal drugs, or any combination of these, can impair your ability to drive and will result in an arrest if you are under the influence. Always designate a sober driver, take public transportation, or call a taxi or a ride-share service. There is always a better option than getting behind the wheel while intoxicated.

Funding for this program was provided by a grant from the Office of Traffic Safety, through NHTSA.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

Read More at www.CitrusHeightsMessenger.com

EDD Unemployment Scandal



In a sharply worded letter, the district attorneys asked Gov. Gavin Newsom to get personally involved and immediately implement changes at the state unemployment department. Courtesy EDD

By Emily Hoeven, CALMatters.org

SACRAMENTO, CA (MPG) - California may have paid up to \$1 billion in fraudulent unemployment claims filed on behalf of prison and jail inmates in what prosecutors are calling “the most significant fraud on taxpayer funds in California history.”

The state paid more than 35,000 claims under state prisoners’ names, with one inmate collecting nearly \$49,000, a group of district attorneys and a federal prosecutor said at a Tuesday press conference. California also paid more than \$421,000 to 133 Death Row inmates – including Scott Peterson, a San Quentin prisoner convicted of killing his wife and unborn child. Some of the claimants used pseudonyms like “Poopy Britches” or “John Doe,”

and most targeted federal benefits distributed by the state.

In a sharply worded letter, the district attorneys asked Gov. Gavin Newsom to get personally involved and immediately implement changes at the state unemployment department – including a system to cross-check prison and jail rosters against unemployment claimants. California is one of 15 states that doesn’t have such a system, according to the letter.

Anne Marie Schubert, Sacramento County district attorney stated “We are paying hundreds of millions of dollars in the name of serial killers, rapists and child molesters. We need to turn the spigot off.”

Governor Gavin Newsom claimed “I have directed the Office of Emergency Services to stand up a task force to coordinate state efforts and

support investigations by local district attorneys.”

It’s just the latest task force Newsom has launched in response to persistent problems at the Employment Development Department, where 590,000 claims remain backlogged. A task force in September shut down EDD for two weeks in order to implement a tool to speed up processing times and mitigate fraud. But in October, the agency froze around 358,000 debit cards amid investigations into widespread fraud – and a state report released last week found EDD continues to leave millions at risk of identity fraud.

EDD’s director is retiring Dec. 31, leaving Newsom to appoint her successor at a critical moment for the agency and hundreds of thousands of Californians awaiting benefits. ★

Homeless Veterans Relax and Reboot at Stand Down

By Elise Spleiss

SACRAMENTO COUNTY, CA (MPG) - Even amidst a global pandemic, there is one sector of our community who can count on having at least one day a year to completely regroup and ‘recharge their batteries’ thanks to the Sacramento Stand Down Association.

On November 14, from 9 a.m. to 3 p.m. veterans from all over Sacramento County gathered at McClellan Park, formerly McClellan Air Force Base at the Sacramento Standdown warehouse for the 29th year. Strict COVID safety guidelines were adhered to throughout the day. Due to the pandemic, a one-day event took the place of the usual two or three days.

The term ‘stand down’ is an historic military term for a relief point behind the front lines where troops were sent to take a break from the fighting. According to their website the purpose of the Sacramento Stand Down is to “provide a safe environment for veterans to connect with others who have their shared experiences and whose only goal is to help nurture hope so veterans can rebuild their lives. This belief is embodied in their goal of providing a hand up, not a hand out.”

Participants at this year’s event were provided a warm, dry place to spend the day with meals and other services available to them. Services were at a minimum due to the pandemic. Attendance was also down with about one quarter of the usual number of veterans, both men and women, attending. Although there



Rancho Cordova American Legion Post 709 First Vice Commander Daniel Ribeiro (left) and Chaplain Amy Goodwin-Solem (right). Photo provided by Commander Max Baumgartner

were fewer participants, those who attended were very appreciative of the services they received.

Janet Payne, president of American Legion Auxiliary Post 383 volunteered at the event and shared her experience as a volunteer with this reporter in an email. “Arriving at the Sacramento Standdown we parked and entered the large warehouse wearing masks and ready to serve. Kim, the person in charge explained what needed to be done with military issue supplies to be separated by size: long under shirts, long johns and jackets, some with plush lining. There were also boots, sleeping bags, sleeping pads to go under the sleeping bags and blankets.

Outside there was a medical station where the veterans could get their vitals done and receive flu shots. The Veterans Administration (VA) was there to ensure every veteran was signed up with VA medical services. Medical students and a physician were available to answer any questions or concerns the veterans had. Citrus Heights Veterans of Foreign Wars (VFW)

and Volunteers of America (VOA) were also present with booths. “We passed out hand warmers, scarves and hats that were crocheted by volunteers. We served approximately 80 veterans,” said Payne

Other services included dental and vision, mental health and drug and alcohol counseling, housing, employment, and other essential services. A veterinarian was available to care for the veteran’s pets so they could enjoy a well-deserved break.

According to their website, “Sacramento Stand Down a nonprofit homeless Veteran service provider has served the community of Sacramento for over 30 years. Our organization brings together State and Federal agencies and fellow nonprofit service providers, who work together to create a comprehensive support network that encourages and assists homeless Veterans in addressing the multiple problems they face at one time and in one location.”

For more information on their services and events, go to sacramentostanddown.org ★

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SacRT Offers Free Rides

By Jessica Gonzalez, SacRT

SACRAMENTO, CA (MPG) - In support of local businesses across the Sacramento region, the Sacramento Regional Transit District (SacRT) is offering free rides on its SmaRT Ride ondemand microtransit shuttles in all nine service zones every Tuesday in December to encourage more people to shop local.

To ride for free, customers simply print or screenshot the free ride flyer and show the driver when boarding the SmaRT Ride shuttle. Visit sacrt.com/TransitTuesdays to access the free ride flyer.

SmaRT Ride is similar to other ride-share services where customers can use a smartphone app to request a ride that will pick up and drop off passengers within the service boundaries.

The nine SmaRT Ride Zones include: Arden-Arcade (7 a.m. – 7 p.m.) Carmichael (7 a.m. – 7 p.m.) Citrus Heights-Antelope-Orangevale (6 a.m. – 9 p.m.) Downtown-Midtown-East Sacramento (6 a.m. – 9 p.m.) Folsom (7 a.m. – 7 p.m.) Franklin-South Sacramento (7 a.m. – 7 p.m.) Gerber-Calvine (7 a.m. – 7 p.m.) North

Sacramento (7 a.m. – 7 p.m.) Rancho Cordova (7 a.m. – 7 p.m.)

SacRT is one of the largest microtransit service providers in the country with 45 shuttles, including nine zero-emission electric battery powered shuttles.

Transit Tuesday free rides are valid on December 1, December 8, December 15, December 22 and December 29, 2020.

Download the free SacRT SmaRT Ride app, it is available on Google Play and the App Store. To learn how to request a ride and find a SmaRT Ride zone map, visit sacrt.com/smartride or call 916-321-BUSS (2877).

SacRT is the 2020 national APTA Rail Safety Gold Award recipient for its multi-faceted and innovative approach to reducing crime and fare evasion and the 2019 national TSA Gold Standard Security Award recipient for the highest standard of excellence. We operate approximately 81 bus routes (fixed-route, dial-a-ride and microtransit), 43 miles of light rail and 52 stations, and ADA paratransit services all within a 400-square mile service area throughout Sacramento County, which includes service in the cities of Sacramento, Citrus Heights, Folsom, Rancho Cordova and Elk Grove. ★

Free Renters Helpline

Continued from page 1

evictions. For instance, if AB 3088 is not extended, many tenants will be facing evictions as of February 1, 2021 if they did not return the Declaration of COVID-19 Related Financial Distress to the landlord or failed to pay 25 percent of the rent from September 1, 2020 through January 31, 2021.

Originally launched in 2016, the helpline is made possible through a collaboration with Project Sentinel, and Legal Services of Northern California (LSNC). The free service provides tenant education on their rights, and dispute resolution services for residents in unincorporated Sacramento County, and the cities of Sacramento, Rancho Cordova, Elk Grove, Citrus Heights and Folsom. Experienced Tenant Advisors deal directly with concerns regarding landlord/tenant disputes and help to refer fair housing issues to the appropriate agency.

The Renters Helpline is one of a variety

of programs offered by Sacramento Self-Help Housing, a non-profit 501(c)3 agency celebrating 20 years of service that is dedicated to assisting those who are homeless or at risk of becoming homeless to find and retain stable and affordable housing. To help solve the ever-increasing number of homeless men, women and families in Sacramento County, Sacramento Self-Help Housing continues to accept donations to assist with the transition of their clients from the street and onto a path of sustainable independent permanent housing.

The Renters Helpline is available at 916-389-7877 Monday through Friday from 8:30 a.m. to 5 p.m. For more information about the Renters Helpline, please visit www.rentershelpline.org; for general information about the organization or other programs offered by Sacramento Self-Help Housing, please call 916-341-0593 or visit www.sacselfhelp.org. ★

CHP Focused on Eliminating Distracted Driving

By Fran Clader, California Highway Patrol

SACRAMENTO, CA (MPG) - Distracted driving can be a life-changing choice resulting in crashes and the deaths of thousands of people every year in the United States. Driven to make a difference, the California Highway Patrol (CHP) has implemented a yearlong *Adult Distracted Drivers* grant designed to keep California roads safe through education and enforcement.

CHP officers throughout the state will host in-person presentations and use Web-based or virtual platforms to conduct distracted driving traffic safety presentations. In addition, the CHP will conduct several distracted driving enforcement operations through September 30, 2021.

“Distracted driving continues to be a serious issue on our roadway, and it is entirely avoidable,” CHP Commissioner Warren Stanley said. “With the support of this grant, we can implement lifesaving efforts throughout California that will raise awareness and hopefully change

dangerous behavior behind the wheel.” Multitasking behind the wheel places extra demands on the driver, which can have tragic consequences.

On average, there are more than 20,000 drivers in California involved in a crash every year where inattention is a factor. “These statistics are likely much higher and are often under-reported to law enforcement since motorists do not always admit to driving distracted,” Commissioner Stanley added.

While there are many forms of inattention, cell phones continue to be the main source of diversion. Using a handheld cell phone while driving is not only a violation of the vehicle code, it is also an unsafe activity behind the wheel. Drivers should only use a phone when necessary and in a hands-free mode.

Funding for this program was provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

Celebrating Safely

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The City of Citrus Heights is excited to announce its second annual “Best Lights in Citrus Heights” competition. If you’re a holiday lights enthusiast, email photos of your decorated home in Citrus Heights to Communications@CitrusHeight.net to enter the competition. Nominations will be accepted through December 18, and entries will be listed on a Best Lights in Citrus Heights map, so community members can drive by and view the lights. Visit CitrusHeights.net/1085 to view the map and submit your nominations!

Citrus Heights Annual Holiday Referral Program | Help a Family in Need

The Citrus Heights Annual Holiday Referral Program has launched its twelfth year, and once again the Citrus Heights Police Department and the City of Citrus Heights are partnering with various local

service clubs, schools, neighborhoods, businesses, and community members to brighten the holidays for several Citrus Heights families. This collaborative effort between all facets of the community specifically targets assistance to families residing in the City of Citrus Heights who have had a financial or other hardship in 2020. Last year the Holiday Referral Program brought holiday cheer to more than 21 families, including 62 children and 35 adults.

This unique, community-involved program provides participating families with food, household items, and toys/clothes for children. Participation can include: donation of new items, adopting a family, volunteering, or all of the above. Please contact HolidayReferral@CitrusHeights.net or (916) 727-4746 to arrange a donation drop-off, offer to volunteer, or ask questions. ★



My decisions now keep the holidays safer.

Taking action today protects all of us tomorrow.

Give the gift of a healthier, safer holiday season. As cold weather gets closer, keep your loved ones safe by getting tested for COVID-19, wearing a mask, physical

distancing and avoiding large gatherings. Practice good habits and take care of each other.

Visit SacCountyCOVID.com to learn how you can make a difference.



Social Security Matters

No Simple Answer to Question on When to Claim Benefits



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: I'm almost 59 and hope to retire from working soon. Should I take Social Security as soon as possible, or wait for the maximum amount? **Signed: Planning Ahead**

Dear Planning Ahead: I'm afraid there's no simple answer to your question, except "it depends." It depends on your health; it depends on your need for the money when you retire; and it depends on your life expectancy. Plus, your marital status may also influence your decision on when to claim.

First of all, you cannot claim your Social Security retirement benefit until you are at least 62 years old. But if you claim at 62 your benefit will be cut by 30% from what it would be if you waited until your full retirement age (67). You actually have an 8-year window starting at age 62 and lasting until age 70 to claim your Social Security benefit. The earlier in that window you claim, the smaller your benefit will be. And the longer you wait to claim (up to age 70), the higher your benefit will be. At age 70, your benefit



will reach maximum at 24% more than it would be at age 67, and 76% more than it will be at age 62. Essentially, if you are in good health, don't urgently need the money earlier, and expect to enjoy at least "average" longevity (about 85 for a man your age today), you will not only get a much higher monthly benefit, but also collect much more in cumulative lifetime benefits by waiting until age 70 (or as long as you can) to claim. Of course, no one knows how long they will live, but there are online tools which can assist you with estimating your life expectancy. One relatively simple and user friendly tool is available from Social Security at this link: <https://www.ssa.gov/oact/population/longevity.html>.

Conversely, if you are not in good health and don't expect at least average longevity, or if you urgently need the money when you retire from working, claiming earlier may also be a prudent choice. If you are married and you predecease your wife, her survivor benefit will be based upon the benefit amount you are actually receiving, so by waiting to get a higher benefit for yourself you are also enhancing your wife's

eventual benefit as your widow, should you pass before her.

Be aware too that, should you decide to go back to work, until you reach age 67 you'll be subject to Social Security's "earnings test" which limits how much you can earn before Social Security takes back some of your benefits (the 2021 limit is \$18,960 and if that were exceeded, they'd take back benefits equal to half of the amount it was exceeded by). The earnings limit changes annually but goes away at your full retirement age.

So, these are the things you should consider in deciding when in that 8-year window to claim your benefits. I cannot directly answer your question for you, but I hope the above gives you what's needed to make an informed decision on when to claim your Social Security benefits.

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 Coming Anti-COVID Restriction Backlash

It already seems clear that the first major political and culture eruption of the Biden years will be a roiling populist backlash against the next round of COVID restrictions.

We saw this sentiment play out in sporadic anti-lockdown demonstrations last spring and it has driven ongoing resistance to masks, but it is, in all likelihood, about to reach an entirely new level - fueled by exhaustion with the virus, elite hypocrisy and the shattered credibility of the public-health establishment.

The ascension of Joe Biden will add force to the reaction. It is an iron law of American politics that whichever party doesn't control the presidency will suspect the other of plotting to impose a tyranny, so the fear and loathing of COVID restrictions, somewhat muted on the right while Donald Trump was president, will deepen and intensify.

The right's populism and limited-government impulse, which separated in the Trump years, will presumably be reunited in the push against lockdowns in a way

that they haven't been since the Tea Party.

"Lockdowns. Mask police. Curfews. What about freedom?" asked conservative Rep. Jim Jordan in a recent tweet, forecasting things to come.

It'd be much better if we could find a prudent middle path through the next several months, as the pandemic enters its worst phase and as new vaccines arrive that will soon start changing everything. But a significant segment of the American public has lost its patience with a new normal that has, at times, been arbitrary and poorly thought through.

When the new virus first hit our shores and we knew much less about it, the case for lockdowns was strong to keep the health-care system from getting overwhelmed and to play for time (and better treatments). In retrospect, though, the nationwide lockdowns of the spring closed down some states before they experienced their initial waves of the disease, imposing economic, mental health and medical costs without much upside.

After that kind of sacrifice, it's hard to double-dip and ask people to do it again.

Especially when the latest advice ran against the grain of one of the nation's oldest traditions, namely Thanksgiving, and when prominent pro-restriction officeholders discredit themselves with their own behavior.

In mid-November,

Chicago Mayor Lori Lightfoot told residents of her city: "You must cancel the normal Thanksgiving plans. Particularly if they include guests that do not live in your immediate household." Yet just days earlier she happily had joined a crowd celebrating Joe Biden's election victory. During this moment, the political class should have been especially sensitive to playing by its own rules, when those rules have been so relatively easy to bear for the elite and so punishing for ordinary workers.

To simplify and generalize, at the start of this year, they downplayed the virus for fear that it would stoke xenophobia. Then, they lurched into five-alarm-fire mode.

They poured cold water on masks before turning around and insisting on them despite ambiguous evidence on the efficacy of cloth masks.

They preached the gospel of social distancing until mass Black Lives Matter protests erupted, blessing these huge, often unruly gatherings because fighting racism is supposedly a paramount public-health issue.

The upshot will be poisonous contention in the months ahead before the advent of that most American solution - the clever technological fix, in the form of transformative vaccines.

Rich Lowry is editor of the National Review.

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Recycling Competition Awards

\$140,000 to California Schools

By Bernice Creager,
Keep California
Beautiful

SACRAMENTO, CA (MPG) - Keep California Beautiful was joined by representatives from the California Department of Resources for Recycling and Recovery (CalRecycle), the California Department of Transportation (Caltrans), and the American Chemistry Council to announce the results of the 2020 K-12 Recycling Challenge and the changes to the contest for 2021.

"We are fortunate to have support from a wide variety of industries and state organizations to continue educating, engaging and encouraging California students to recognize the value of recycling," said Ray Scott, Keep California Beautiful Board President.

The K-12 Recycling Challenge is the only school program in the state promoting California's diversion rate goals through collaborative efforts including industry, state agencies, non-government organizations, public and private schools, and waste haulers. The annual competition is endorsed by CalRecycle and is supported by corporate donations from a wide variety of industries including the American Chemistry Council, American Beverage

Association, the Carton Council, Dart, Pepsi, Metropolitan Recycling, LLC. and others.

Since its inception in 2015, the K-12 Recycling Challenge has awarded more than \$140,000 to winning schools across the state and helped divert more than 7.7 million pounds of recyclable material from California's landfills.

"We know that teaching the value of recycling at an early age works, and we recognize the benefit these habits will have in the long term," said Lindsay Stovall, American Chemistry Council Director of State and Regulatory Affairs. "It is a privilege to partner with Keep California Beautiful to support this important recycling competition."

"Thanks to Keep California Beautiful and its 'K-12 Recycling Challenge,' millions of California students have recycled more than 7 million tons of material," said Ken DaRosa, acting Director for CalRecycle. "That's millions of tons of metal, glass, paper and plastic kept out of our landfills and off of our streets."

In addition to the annual recycling competition, Keep California Beautiful has received the support of CalRecycle and Caltrans on other events, including the Great American

Cleanup which takes place every Spring.

"Caltrans collects nearly 300,000 cubic yards of litter a year from the state's highways—enough to fill 18,000 garbage trucks," said Caltrans Director Toks Omishakin. "California needs the public's help to keep our highways and the environment free of litter and safe for all Californians."

While the competition will feature three new components in 2021, KCB and its partners are looking forward to continuing to promote education and awareness about recycling in communities across the state.

About Keep California Beautiful

Keep California Beautiful (KCB) is a non-profit organization dedicated to alternative waste management, beautification, community networking and outreach. KCB provides resources and support to more than 200 California communities annually to assist with cleanup, beautification and enhancement projects.

Since 1991, KCB and its partner programs have sponsored over 14,372 events involving over 855,958 volunteers, and have collected over 26,238,000 pounds of litter and trash from California's highways, public lands, waterways and beaches. ★



Dare to Live Without Limits

by Bryan Golden

One Small Step at a Time



"A journey of a thousand miles begins with a single step." – Chinese Proverb

Getting started on a journey, especially a long one, seems daunting. Your attention is focused on the end of the journey instead of the beginning. How long it will take, as well as the obstacles which must be overcome, fill your thoughts.

Every journey begins with the first step. A step which appears too large is intimidating. Small steps are much more manageable. You are more likely to take a small step than a large one. Taking a small step gets you started. Since small steps aren't overwhelming, you are more apt to continue moving ahead.

Taking your first small step is the most important one. It is the action which gets you started. Once you are moving forward, the momentum makes it easier to keep going. Each step leads to the next. Success breeds success.

Consistency is more important than speed. Taking step after step should become a routine habit. Big accomplishments are achieved one small step at a time. The tallest brick buildings are constructed one brick at a time. Marathon runners take one stride at a time. Successful weight loss occurs by losing one pound at a time.

Earning a college degree later in life while you are

working, is another example. The concept of all the effort required in order to graduate is scary. How will you find the necessary time? But if you break it down to one course at a time it becomes manageable. For your first course, pick one which meets one night a week.

Now you have a small step strategy which is workable. You are ready to embark on the path towards your goal. By attending one class a week you are on your way. Although you will require more years than someone who is going to school full time, you will earn your degree.

Failure occurs only when you give up. If you don't start, nothing will happen. Make your first step small enough so that you will get started. Any step, no matter how small, moves you forward.

After the first step, keep taking steps. Each day, take at least one step. The endless progression of steps is highly effective. Make no excuses, just keep taking steps. If you stumble, regain your balance and keep going. If you fall, get back up and keep going.

Keep track of your progress. It's easy to overlook how much you have accomplished. If you're saving money, write down your balance after each deposit. If you are going to school, make a list of the courses you have completed. If you are on a diet, keep a log of your weight.

Each step you take is a goal accomplished.

Be patient. Achieving your goal is a process. You don't arrive at the finish line after one step. You won't reach your desired weight after cutting back for one meal. You won't get in great physical shape after one visit to the gym. You won't earn your college degree after one class. Time goes by regardless of what you are doing. It really doesn't matter how long it takes to achieve your objective. People who do nothing, accomplish nothing. Get started today so that tomorrow you are one step ahead.

Start from where you are right now. Don't wait for your situation to change or improve. Today is the day you take your first small step. Don't allow doubt, fear, worry, or uncertainty to become roadblocks.

Taking small steps is productive. You feel so much better when you are making progress towards your goals. Being in control of your life is always preferable to waiting to see what happens.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columlist.com or write him c/o this paper. © 2020 Bryan Golden ★





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Bug! Bug! Where’s The Bug?

By Rev. James L. Snyder

As far back as I can remember, every time I would leave the house, the Gracious Mistress of the Parsonage would say, “Be careful. Drive safely.”

It’s as though she doesn’t think I could drive carefully without giving me some instructions. I think it has become just a routine for her.

Although I’ve not had many accidents, they still are accidents. Although most of them were not my fault, I still got blamed.

“Well,” my wife explained to me, “you were the one behind the wheel, so it has to be your responsibility. You should know how to control your car.”

Every year when it comes time to renew our insurance, she reminds me, “Don’t forget to renew our insurance because you just might need it this coming year.”

My wife had various places to go last Thursday, which is a normal thing for her. She’s always busy, particularly visiting thrift stores.

One thing about my wife is that she does not like insects.

As she was driving, she felt something on her leg. She simply shook it off and kept driving. She is always a very well focused

person, and she was entirely focused on getting to her next destination. All the while, something seemed to be crawling up her leg.

Then she stopped at a red light. There was a car in front of her which she didn’t pay much attention to. While she was stopped, she thought she would look into what was crawling up her leg.

Her foot was on the brake pedal, and as she looked down, she saw a bug crawling up her leg, which threw her into a frenzy. She jumped, her foot got off of the brake pedal, and she reached down to grab the bug and throw it out the window.

As she did this, her car lunged forward and hit the back of the car in front of her.

Officially, this was an accident. She got out, and the man in the car in front of her get out, and they looked at the damage, fortunately, there was very little damage. They exchange insurance cards and names, and so forth.

Then she went home. I was already home, and as she came in the door, her cell phone rang, and it was our insurance company. I sat there, overhearing all the information about her “accident.”

She hung up the phone, looked at me, and said, “It

wasn’t my fault. It was that stinking bug’s fault.”

“But,” I said as soberly as possible, “weren’t you behind the wheel?”

She just looked at me with both hands on her hips and then turned around and walked away.

Nobody was hurt, not even the vehicles themselves. But it was an “accident.”

The next morning she had to go somewhere else, and as she opened the door, I said to her very carefully, “Be safe. Drive carefully.”

She looked back at me and said, “Very funny.”

It’s so wonderful to have the upper hand finally.

As she closed the door behind her, I chuckled and then thought of a Scripture verse. “Therefore all things whatsoever you would that men should do to you, do you even so to them: for this is the law and the prophets” (Matthew 7:12).

One thing I have learned in life is to be careful what you allow to bug you.

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 jameessnyder2@att.net. The church web site is www.whatafellowship.com. ★



By Pastor Ray Dare

At the beginning of this brand-new year, I want to encourage you to go after that dream, that goal, that vision. Follow what God has called you to do and to be for Him. In order to do that, you must learn how to deal with the negative people in your life. Everybody who has accomplished anything in life had cynics, naysayers. Every opportunity comes with opposition. You can count on that one in life.

The naysayer in your life may not necessarily be a bad person. Naysayers may be good people, they may love you, but they’re not God. So, don’t treat their opinion like its God’s opinion. Proverb 29:25 says this, “The fear of human opinion disables; but trusting in God protects you from that.” I love that in the Message.

The fact is, you may be disabled and don’t know it. You have a disability. You know what your disability

Pastor Ray’s Encouraging Words

Ignore the Cynics

is? You’re addicted to the approval of others. And that’s your disability. The fear of human opinion disables. But trusting in God protects you from that.

When you’re trusting in God you don’t worry about the opinion of other people. Today’s English version says, “It’s dangerous to be concerned with what other people think of you.” What other people think of you is none of your business! You shouldn’t care about what other people think of you. You should only care about what God thinks of you. You may be locked in a prison of self-made fear. I want to help open that door, to help you get out and become who God wants you to be and to go after that dream.

How do you do that? You focus on God’s opinion. The bigger God’s opinion gets in your mind the smaller other people’s opinion gets in your mind. What God says about you is what matters and the other doesn’t.

Psalm 118:6. says “The Lord is for me, so I will not be afraid. What can mere

mortals do to me?” (NLT)

People can dislike you and it won’t harm you. You need to understand this: You don’t need anybody else’s approval to be happy. You’re as happy you choose to be.

There are naysayers in your life, and maybe it’s in your own head. Your own thoughts. We’re often our own worst critic. But, you’re not God either. What you think about yourself is often wrong. We lie to ourselves all the time. Don’t focus on what other people say or even what you think about yourself – focus on what God thinks about you.

To understand what God thinks about you, you get into His Word. Jesus said, “Then you will know the truth and the truth will set you free.” John 8:32. The truth is, God says you’re forgivable, God says you’re acceptable, God says you’re lovable, God says you’re valuable and God says you’re capable! Focus on what God thinks, not what other people think.

Pastor Ray
New Beginnings Church
www.NBC4u.org ★



By Marlys Johnsen Norris, Christian Author

Often people think that God will answer their prayer request immediately never realizing that there is something in their past that needs to be dealt with before God will even hear a request. All spoiled children think their request must be answered right away!

Any kind of sin can negate God even hearing the request! A prayer will never be answered for anyone that holds unforgiveness in their heart. A person needs a sincere deep self-examination about their life. If a sin

Find “Joy” in Your Life - Today!

memory exists of unforgiveness, we know that our God will only answer it quickly after we tell Him we forgive that person.

We all seek to experience the happiness “joy” arises in our souls that make us extremely happy. “Joy” is a blessing that comes from the unconditional love of God! It is infused with a remembered answered prayer or eventful blessing in our life experience of freshness and vitality. It is a time when our sincere knowledge of a loving great God who is the “I Am” and the Creator of all that exists and is real in our lives.

All our offered prayers have long lives! God answers them in His time

frame, not ours because He knows best. Our God has all the answers to life and to death as well. God knows the beginning and the end! Once we have repented and asked God to forgive our misdeeds, God answers all our prayers at just the right time.

“Joy” comes in the morning! Another words as soon as it is the right time for them to be answered every prayer is answered by our loving and merciful God.

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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School Closures May be Killing our Kids



By Dan Walters
CALMatters

Throughout California, academic grades for children forced into makeshift learn-at-home arrangements rather than receiving classroom instruction have plummeted – and that’s among kids who are actually signing on via computer.

Too many public school students still lack the necessary equipment and internet access, but even when they have them, they may be left on their own as parents, unable to work from home, go to their service jobs. Thus, what used to be called truancy, just not participating, is also rampant.

What’s been happening, or not happening, in the huge Los Angeles Unified School District typifies a statewide syndrome.

“The drop in grades, which also is affecting other school systems, was disclosed Monday when LA Unified released a chart based on 10-week interim assessments,” the Los Angeles Times reported. “Poor grades surged in the district’s lower-income communities, which also is where student attendance rates are lower and where the COVID-19 pandemic has hit especially hard.”

“The attendance figures and interim assessments don’t reflect the desire or capability of students,”

District Superintendent Austin Beutner said in broadcast remarks. “They’re eager to learn and every bit as capable as they were before school facilities closed. But the struggle to cope with COVID-19 and online learning for children and their families is very real.”

As the Los Angeles experience underscores, this catastrophe mostly affects children in low-income families, just as COVID-19 has a disproportionately heavy health impact on those same families. And even before the pandemic struck, those children were already, as a group, falling behind their more privileged peers – a syndrome dubbed the “achievement gap.”

The long-term effects of truncated educations are obvious. The achievement gap, already yawning, will widen even further, dooming more children to lives of economic struggle, and the state will be deprived of the well-educated workforce it needs for 21st century prosperity.

It may be even worse. An academic team examined the potential effects of interrupting classroom learning and reported last week that it will mean a greater loss of life in the long run.

The study, published in the Journal of the American Medical Association, estimates that 24.2 million children aged 5 to 11 each lost a median of 54 days in school last spring. That, the researchers said, translates into 5.53 million fewer years of life due to lower educational achievement, nearly four times the estimated 1.47 million years of life that would be lost had

schools remained open.

“In this ... model of years of life potentially lost under differing conditions of school closure, the analysis favored schools remaining open,” the study concluded. “Future decisions regarding school closures during the pandemic should consider the association between educational disruption and decreased expected lifespan and give greater weight to the potential outcomes of school closure on children’s health.”

Most schools remain closed because local education officials and their unions are at odds on the conditions of reopening. The latter are seeking virtually impossible guarantees of protection before returning to the classroom.

It’s nothing short of educational apartheid, not fundamentally different from the separate-but-unequal segregation in the South during the pre-civil rights era.

Gov. Gavin Newsom has been unwilling to intervene – apparently not wanting to confront school unions. However, he’s insisted that his management of the COVID-19 pandemic is driven by science and equity, not politics, and in this case, now we have a scientific conclusion that continuing to keep children out of school could shorten their lives.

Newsom and other decision-making adults must get all kids back in the classroom ASAP. It’s a matter of life-and-death.

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

Ask Toni

How to Apply for Medicare Online when turning 65!



Toni King

Hi Toni:

I am turning 65 in March 2021 and I was surprised when Social Security told me to go online to sign up. Due to COVID-19 there is not a local Social Security office open that can help me if I have a problem with the online application. The Social Security rep suggested that I need a “My Social Security Account” to begin the process.

I am concerned that if I go online, I will have to begin receiving my Social Security check. I do not want to not begin my Social Security check until I am 70.

Can you please explain in simple terms where to go online, so that I can enroll in Medicare the right way? Thanks in advance,

~ Carla from Arizona

Carla:

With budget problems, Social Security discovered how much payroll or should I say “our” tax dollars could be saved by finally going online to have people file for their Medicare cards when they were turning 65 and not receiving their Social Security check.

Unless you are receiving your Social Security check at least 90 days prior to turning 65, then Medicare has no idea that you are turning 65 and should be receiving your Medicare card with Parts A and/or B because Social Security doesn’t know that you are turning 65.

Social Security processes all Medicare applications for Medicare. Medicare does not enroll their own applications.

Carla, you mentioned that you are not receiving your Social Security check, not working full time with true company benefits and that Social Security advised you to enroll online. The best timeline is 90 days prior to turning 65 to the month prior to your 65 th birthday and you should visit www.ssa.gov/benefits/medicare to enroll for Medicare to begin the 1st day of the month you turn 65. When you begin the process of enrolling in Medicare, Social Security will ask if you have a have a “My Social Security Account.”

If you do have a “My Social Security Account:”

- Please have your username and password to begin enrolling in Medicare Parts A and/or B application.

If you do not have a “My Social Security Account:”

- Carla starting a “My Social Security Account” does not begin your Social Security check.
- Please register yourself and your spouse for a “My Social Security Account” months before applying for Medicare so that you are ready to apply when turning 65.
- Visit www.ssa.gov/myaccount to open up a personal “My Social Security Account.” Let’s discuss how to apply online and a few of the problems we are discovering when helping others apply for Medicare online when turning 65.

With COVID-19 closing local Social Security offices, now one must call your local Social Security 800 number and inform the Social Security agent that you are not able to open a “My Social Security Account” and are locked out. Ask for help.

Information on application to apply for Medicare is below:

1. Begin with your information: Name, Social Security number, Gender and Date of Birth
2. Contact information with address, phone number, email address
3. Citizen information regarding you
4. Questions about your health benefits
5. Then submit your application online and view your receipt which explains what additional information may be needed such as marriage license when you are short of 40 quarters and applying under your spouse’s Medicare benefits or must mail your citizenship papers.
6. View your “My Social Security Account” for your Medicare number and Part A and/or B dates or wait for your new Medicare Card to arrive in the mail.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book. Email Medicare questions to info@tonisays.com or call 832/519-8664. ★

CLG NEWS UPDATES

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Poll Watcher Describes Pennsylvania Election Irregularities, Including 47 Missing USB Cards | 26 Nov 2020 | A Republican poll observer from Pennsylvania’s Delaware County, told a Senate GOP Policy Committee hearing in Gettysburg on Wednesday, that he witnessed a range of Election Day irregularities, including 47 USB cards that went missing. Greg Stenstrom, who, besides being a poll watcher, said he is an expert in security fraud, told the hearing that he witnessed a number of chain-of-custody violations, including around mail-in ballots, the balance of votes from drop boxes, and the handling of USB card flash drives—all of which he said broke rules defined by the Delaware County Board of Elections and the election process review. “They didn’t follow one,” Stenstrom said. “It shocked me that this could happen,” he added.

GOP Poll Observer: Hundreds of Thousands of Votes Counted With No ‘Oversight’ in Pennsylvania | 26 Nov 2020 | Several witnesses who spoke during a Republican state Senate-held event in Pennsylvania said that hundreds of thousands of votes were allegedly counted with no “civilian oversight.” Justin C. Kweder, a certified canvass observer and lawyer, said he served as an observer at the Philadelphia Convention Center. GOP observers, he said Wednesday, were kept between 10 and 200 feet away from the vote-tabulating process. Because of the distance, “it was impossible for me or any observer to see what the workers were doing with any type of specificity.” “The observers were not able to challenge any decision or determination being made about the processing of these mail-in ballots,” Kweder also said.

Ballot Count Upload Error in Arizona - Over 6,000 False Biden Votes Discovered | 24 Nov 2020 | Joe Biden’s lead in Arizona dropped from 10,377 votes to 4,202 after a machine error was discovered on Tuesday. The error was from a faulty upload from Greenlee County, which showed 22,110 votes – but should have been 3,723. State officials say that it was temporary and has now been corrected. Biden’s lead is now back to being listed as 10,377.

‘One kind of fraud’: Biden won thousands of illegal votes by non-citizens, study shows | 22-Nov 2020 | A new study estimates that presumptive President-elect Joseph R. Biden benefited from thousands of illegal votes by non-citizens, providing President Trump’s backers with another potential argument for a fraud-tainted election. The study comes from the non-profit research institute Just Facts, and its president, James D. Agresti, who looked at election returns from seven battleground states: Arizona, Georgia, Michigan, Nevada, North Carolina, Pennsylvania and Wisconsin. He compared U.S. Census numbers on noncitizens (a total of 21.7 million) with each battleground state’s demographics and election results. He then applied previous election polling of non-citizens.

Group files emergency petition in Wisconsin after finding 150,000 potentially fraudulent ballots | 24 Nov 2020 | The national conservative group Amistad Project filed an emergency petition Tuesday with the Wisconsin Supreme Court challenging the state’s unofficial results in the 2020 presidential election, saying it has identified over 150,000 potentially fraudulent ballots. Results from the Nov. 3 balloting in the state show Democratic candidate Joe Biden defeated President Trump by a roughly 20,000-vote margin. Phill Kline, director of the Amistad Project of the Thomas More Society, said the number of potentially fraudulent ballots identified are “more than enough to call into question the validity of the state’s reported election results.” “Moreover, these discrepancies were a direct result of Wisconsin election officials’ willful violation of state law,” he also said.

Thousands in Georgia Registered at Postal, Commercial Addresses, Portraying Them as Residences, Researcher Says | 24 Nov 2020 | Thousands of people registered and voted in Georgia using addresses of postal facilities or businesses, but making it look like they were residential addresses, according to a former Trump campaign official whose team analyzed the states’ voter data. The addresses listed on the voter rolls included information that didn’t make sense for the actual locations, but on paper made the addresses look like residential ones, according to information published by Matt Braynard, former data and strategy director for President Donald Trump’s 2016 election campaign. “Georgia: We have identified over a thousand early/abs votes cast by individuals whose registered addresses are in fact at post offices, UPS, and FedEx locations, willfully disguising the box numbers as ‘Apt,’ ‘Unit,’ etc.,” he said in a Nov. 22 tweet. He published a sample of 15 such address entries in a Nov. 24 tweet... Nearly all those “who disguised a postal facility as their residential address” used an absentee ballot to vote, he said. ★

Crime Reports

Citrus Heights Police Report

November 24th

November 28th

11/24/2020 • Time: 10:06 AM • Public Address: • IR Number: 12009598
Crime: 487(a) PC: Grnd Thft:prop/Etc \$950+
Location Type: Other Residential • Public Address: 72xx Whyte Av.
Agency: Citrus Heights Police Department

11/24/2020 • Time: 4:15 PM • Public Address: • IR Number: 12009629
Crime: 10851(A) VC: Vehicle Theft
Location Type: Parking Lot • Public Address: 84XX Auburn
Agency: Citrus Heights Police Department

11/24/2020 • Time: 9:15 PM • Public Address: • IR Number: 12009622
Crime: 484(A) PC: Petty Theft
Location Type: Theft from Vehicle • Public Address: 75xx Sunrise
Agency: Citrus Heights Police Department

11/25/2020 • Time: 9:00 PM • Public Address: • IR Number: 12009648
Crime: 484(A) PC: Petty Theft
Location Type: Parking Lot • Public Address: 59xx Birdcage St.
Agency: Citrus Heights Police Department

11/26/2020 • Time: 8:00 PM • Public Address: • IR Number: 12009672
Crime: 10851(A) VC: Vehicle Theft
Location Type: House (Includes Driveway) • Public Address: 67xx Connemara Cr.
Agency: Citrus Heights Police Department

11/27/2020 • Time: 12:00 PM • Public Address: • IR Number: 12009678
Crime: 487(a) PC: Grnd Thft:prop/Etc \$950+
Location Type: Parking Lot • Public Address: 61XX San Juan Av.
Agency: Citrus Heights Police Department

11/27/2020 • Time: 7:20 PM • Public Address: • IR Number: 12009682
Crime: 211 PC: Robbery
Location Type: Department Store/Big Box Store • Public Address: 61XX San Juan Av.
Agency: Citrus Heights Police Department

11/27/2020 • Time: 4:02 AM • Public Address: • IR Number: 12009665
Crime: 487(a) PC: Grnd Thft:prop/Etc \$950+
Location Type: House (Includes Driveway) • Public Address: 73xx Calvin Dr.
Agency: Citrus Heights Police Department

11/28/2020 • Time: 8:20 PM • Public Address: • IR Number: 12009718
Crime: 211 PC: Robbery
Location Type: Street/Highway • Public Address: 73xx Auburn Oaks Ct.
Agency: Citrus Heights Police Department

Find more info at citrusheights.net

WEEKLY COMICS

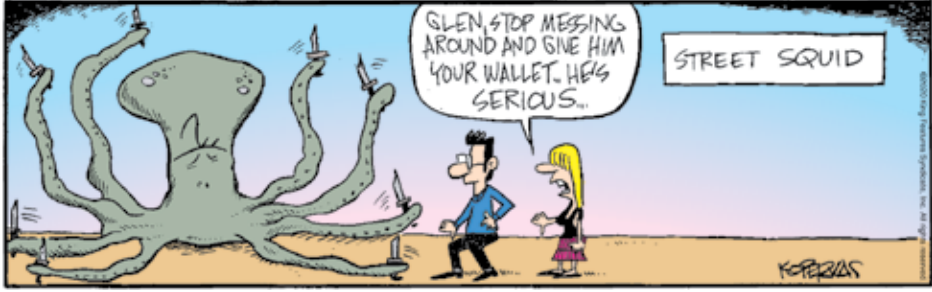
Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



Crossword Puzzle on Page 7

S	T	O	P			C	O	W			B	A	I	T		
L	A	M	E			C	A	V	A		S	A	L	S	A	
A	X	I	S			O	R	A	L		P	S	A	L	M	
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				T	U	F	T	S			I	L	L			
		F	L	A	M	E				A	C	T	I	V	E	
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Sudoku Puzzle on Page 7

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

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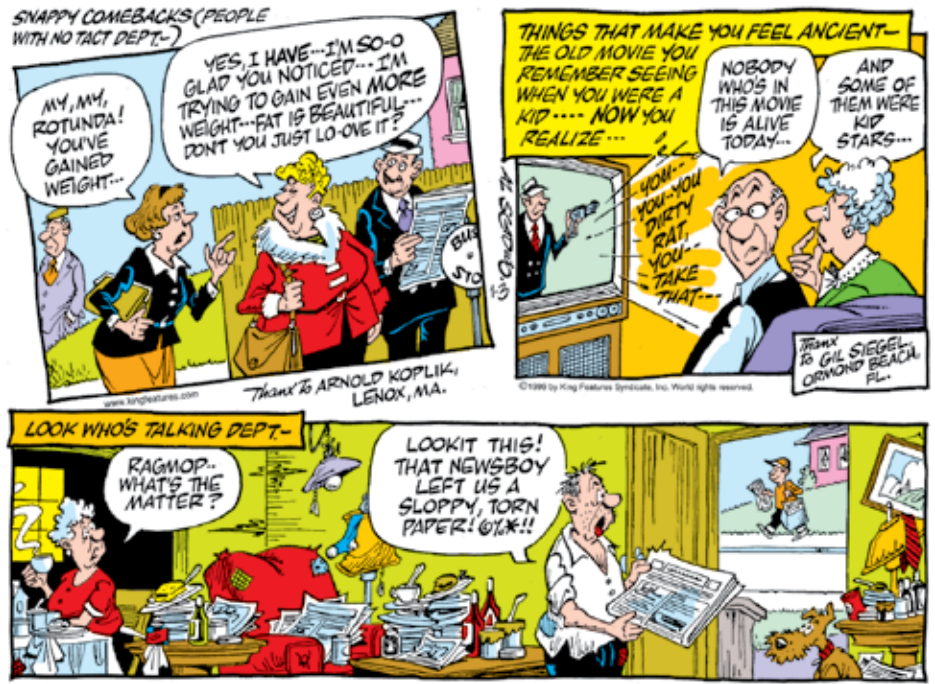
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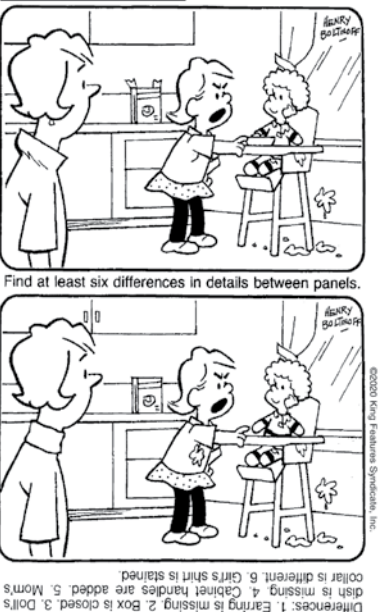
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CLUES

- ACROSS
- 1. Octagonal sign
 - 5. "Don't have a ____!"
 - 8. Can of worms
 - 12. Pathetic
 - 13. Spanish sparkling wine
 - 14. Pico de gallo
 - 15. WWII side
 - 16. Like word of mouth
 - 17. Church song
 - 18. *Victoria in Zimbabwe or Horseshoe in Canada
 - 20. *Home to Rock of Cashel and Blarney Castle
 - 21. Massachusetts university
 - 22. " ____ Be Home For Christmas"
 - 23. Olympic torch, e.g.
 - 25. On the move
 - 28. Menu words
 - 29. *Golden Gate or Mackinac
 - 32. Goodbye, to bambino
 - 34. Ruling in Islamic law
 - 36. Variable, abbr.
 - 37. Can, with thou
 - 38. South American monkey
 - 39. *Versailles or Buckingham
 - 41. Thus far
 - 42. Yoko's John
 - 44. Collectively
 - 46. Party bowful
 - 47. Memory failure
 - 49. Goals
 - 51. *St. Basil's or Canterbury
 - 55. Independent, slang
 - 56. Initial stake
 - 57. Field of Dreams state
 - 58. More than one stylus
 - 59. Barnes and Noble or Barnum and Bailey
 - 60. Jaunty rhythm in music
 - 61. Don Quixote's enemy
 - 62. Urge Spot to attack
 - 63. Besides
- DOWN
- 1. BBQ side
 - 2. Taxon, pl.
 - 3. Fail to mention
 - 4. Bygone Spanish money
 - 5. Jeweler's unit
 - 6. Egg-like curves
 - 7. *The Western one in Israel or the Great one in China
 - 8. *La Sagrada Familia or St. Peter's
 - 9. Having wings
 - 10. ____ of Man
 - 11. Scottish cap
 - 13. Ceiling panel in the Pantheon
 - 14. Type of wheat
 - 19. Cuban dance
 - 22. Glacier matter
 - 23. Medieval knight's spiky weapon
 - 24. Coffee shop order
 - 25. *Home to Taj Mahal
 - 26. Phonograph record
 - 27. Artist's support
 - 28. Back, at sea
 - 30. Director Reitman
 - 31. Indian restaurant staple
 - 33. Giant Hall-of-Famer
 - 35. *Moulin Rouge or Netherland's landmark
 - 37. Incense without prefix
 - 39. Weasel-related onomatopoeia
 - 40. Enigma machine's output
 - 43. One born to Japanese immigrants
 - 45. Roman magistrate
 - 47. Hawaiian veranda
 - 48. V.C. Andrews' "Flowers in the

Crossword Puzzle Solutions on Page 7

1	2	3	4		5	6	7		8	9	10	11	
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- 49. Naysayer's favorite prefix
- 50. Bucolic poem
- 51. Type in all ____
- 52. Agitate
- 53. Hole punchers
- 54. Like the White Rabbit
- 55. Any doctrine

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

Solutions on Page 7

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Holiday Gifts and Supplies Needed



A Women's Empowerment graduate and her daughter make gifts for loved ones at last year's Holiday Craft Party. This year, the nonprofit that helps homeless women is seeking help to provide holiday gifts and a Craft Party in a Box for each family who has graduated from the program. Photo Credit Thebaud Communications

By Kristin Thébaud,
Thébaud Communications

SACRAMENTO, CA (MPG) - During this difficult year, local residents can bring joy to formerly homeless women and children in Sacramento this holiday season by contributing to Women's Empowerment's Holiday Gifts and Crafts Drive. The group is seeking 300 unstuffed gift bags and specific fillers for children, teens and women. Gifts for teens and women are especially needed. Women's Empowerment also needs craft supplies to provide a Craft Party in a Box for each family since this year the group cannot hold its annual craft party for women and children to make holiday gifts for their loved ones. For a list of gift and craft needs, visit Womens-Empowerment.org. Items are needed by Dec. 8.

"There is dignity in both receiving and giving gifts, so each year we provide an opportunity for the women and children in our program to receive holiday gifts and to make gifts for their loved ones," said Lisa Culp, executive director, Women's Empowerment. "2020 has been at best difficult and at worst tragic for the women and children we serve. Providing gifts and our Craft Party in a Box will bring unspeakable joy and dignity to these women and children who

have survived such a challenging year."

Thanks to donations, Women's Empowerment will include a warm hat, gloves and socks in each gift bag for the women and children. For those interested in making a financial donation toward a gift bag, the average cost is \$40, but any amount helps. Women's Empowerment also needs extra \$15-\$20 gift cards for Target, Walmart and grocery stores for emergency needs throughout the year.

Women's Empowerment's programs combine employment readiness, self-esteem courses, health classes and services, support services and paid job training to help women overcome homelessness across diverse ages, races and cultures. Women's Empowerment was featured on NBC's The TODAY Show in 2015 for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The award-winning organization has graduated 1,691 women and their 3,792 children. Last year, 70 percent of graduates found homes in the midst of the housing crisis, and 79 percent secured jobs or enrolled in school or training. Women's Empowerment is funded through private donations from the community and grants. To donate: Womens-Empowerment.org. ★



By County
Supervisor
Sue Frost

Through the generosity of the Citrus Heights Messenger, this column serves to provide an update about matters affecting the community of Citrus Heights.

In the midst of rising COVID cases statewide, on November 13th Sacramento County was officially demoted to "purple tier" status, the State's most restrictive level. These restrictions include, among other things, the closure of indoor operations for gyms, fitness centers, and restaurants. This move by the State will have a devastating impact on local businesses already shutting down at a heart-breaking rate. It ignores what science is telling us.

If something doesn't change in the immediate future, these businesses are going to be going into the winter months being forced to only be open outdoors. It will be incredibly difficult for businesses to convince customers to eat dinner outside in the cold when they could eat indoors a few miles away in Roseville.

Our public health department already knows what is causing our increase in COVID cases: private gatherings and outbreaks in some long-term care facilities. It is not a major

Citrus Heights Community Update

Unsustainable and Subjective

problem at the businesses that are being forced to close operations and where safety measures, such as social distancing, have been successfully implemented. Shutting them down when they are not significantly contributing to the problem is unnecessarily harmful.

Our public health department also already knows that well over half of the COVID cases are coming from the City of Sacramento, even though they represent only about one-third of the County population. Citrus Heights has 5.7% of the County population, and only 4.1% of the cases. Citrus Heights shares a border with Roseville, and shares more in common with them than Citrus Heights shares with Sacramento City. Our State policies should allow us to take things like this into consideration. Yet, California remains ignorantly adhered to flawed policies that hurt our community, even when given a clear pathway to do things more efficiently and safely.

You may have seen it in the news, but in early October, I signed onto a letter along with several other local and State leaders, that was written to Governor Newsom and Human Services Secretary Mark Ghaly. In this letter, we requested that the State allow Counties like Sacramento to reopen communities by zip code where COVID metrics meet the State's requirements for

progressing to the next color-coded tier. As of writing this article, that letter has not even been responded to, let alone considered.

A balanced zip-code approach isn't some bogus theory that lacks a scientific basis. A zip-code based approach is precisely what is being utilized in America's most populous city, New York. They use a targeted approach to address clusters of COVID cases by targeting the most affected zip-code hot spots. Doing so allows them to allocate important medical resources to the targeted communities that are most in need. This approach also ensures that communities not experiencing an increase in positivity are not negatively impacted by restrictions that are not necessary.

I am going to keep fighting to put pressure on the State to allow us to consider more sensible policies locally in Sacramento County, and I won't stop until this pandemic is over. Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

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- Sweet Potato & Chicken 24-26 Lb Bag

\$5 OFF

Limit 2 Bags Per Family
Effective 12/2/20 - 12/8/20

FRISKIES BUFFET
CANNED CAT FOOD

5.5 Oz All Varieties

ON SALE
Everyday

Limit 2 Cases Per Family
Effective 12/2/20 - 12/8/20

AVODERM
NATURAL DRY DOG FOOD

26-30 Lb Bag Limit 2 Bags Per Family

\$4 OFF

Limit 2 Boxes Per Family
Effective 12/2/20 - 12/8/20

NUTRO
WHOLE SOME ESSENTIALS
DRY DOG FOOD

Lamb Meal & Rice 30 Lb Bag
•Adult •Small Bites •Large Breed

\$37.99

Limit 2 Bags Per Family
Effective 12/2/20 - 12/8/20

FRISKIES
TENDER & CRUNCHY
COMBO DRY CAT FOOD

16 Lb Bag

\$9.99

Limit 2 Bags per Family
Effective 12/2/20 - 12/8/20

SCIENCE DIET
CANINE MAINTENANCE
CANNED DOG FOOD

13 oz can •Selected Varieties (Reg price \$1.99)
Healthy Cuisine 12.5 oz can (Reg price \$2.25)

\$1.69

Limit 2 Cases Per Family
Effective 12/2/20 - 12/8/20

SCOOPAWAY
CLUMPING CAT LITTER

42 Lb Bag •Multi-Cat Formula

\$12.99

Limit 2 Boxes Per Family
Effective 12/2/20 - 12/8/20

EARTHBORN
HOLISTIC DRY DOG FOOD

Natural Grain-Free

\$39.99

•Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch •Weight Control •Large Breed 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99)

WILDERNESS
DRY CAT FOOD

•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags

\$6 OFF

AS MARKED
OUR REGULAR LOW PRICES!

FRESH STEP
CRYSTALS CAT LITTER

8Lb Bag Limit 2 Bags

\$11.99

GRAVY TRAIN
DRY DOG FOOD

35 Lb Bag Limit 2 Bags

\$14.99

PURELY FANCY FEAST
CANNED CAT FOOD

2 oz. All Varieties Limit 1 Case

\$1.09

NATURE'S MIRACLE
PREMIUM ORGANIC CORN COB LITTER

Bio-Enzymatic Formula 10 Lb Bag Limit 2 Bags

\$6.99

CHICKEN SOUP FOR THE SOUL
DRY CAT FOOD

•Adult •Indoor/Hairball •Weight/Mature Care •Kitten 13.5 Lb Bag Limit 2 Bags As Marked

20% OFF

OUR SUPER LOW PRICES

CORE GRAIN FREE
DRY DOG FOOD

22-24 Lb Bag •Ocean •Reduced Fat

\$64.99

NATURALLY FRESH
CAT LITTER 100% Natural Walnut-based

14 Lb Bag 10 Lb Pellets 12 Lb Bag

\$4.49

Limit 2 Bags

9 LIVES
DRY CAT FOOD

•Grilled Tuna & Egg 12 Lb Bag Limit 2 Bags Per Family

\$7.99

SOLID GOLD
DRY DOG FOOD

•Wolf King Bison •Wolf Cub Bison (24 Lb Bag) •Hund n Flacken •Holistique •Millennia •Fit n Fabulous 28.5 Lb Bag Limit 2 Bags As Marked

10% OFF

OUR REGULAR LOW PRICES

BOXIE CAT
CAT LITTER

•Probiotic •Gently Scented •Scent Free (Natural & Extra Strength) 16 Lb 28 Lb

\$2.00 OFF \$3.00 OFF

Veterinarian Recommended Limit 2 Bags

HAMILTON PET LEASHES

- Collars •Harnesses All Varieties
- Leads •Nylon
- Leashes •Leather

20% OFF
OUR SUPER LOW PRICES

PET CENTER
CHICKEN BREAST TENDERS

100% Natural 16 Oz Jar •Chicken Nibblers

\$11.99

K&H HEATED BEDDING

•BED •WARMER •PAD •MAT All Varieties

20% OFF

OUR SUPER LOW PRICES

VITTLE VAULT
AIRTIGHT Food Containers

Except (30 gal \$19.99 50 gal \$27.99)

20% OFF

OUR SUPER LOW PRICES

THUNDERSHIRT
DOG & CAT ANXIETY CALMING PRODUCTS

•Caring Collar & Disk •Gel Patch

20% OFF

OUR SUPER LOW PRICES

BOXED GLASS TANK WITH STARTER KIT

10 Gal Tetra LED Deluxe . . . \$53.95
20 Gal Tetra LED Deluxe . . . \$91.95

\$112.95 \$187.95

AQUEON BOXED 10 GALLON TANK
With Economy Kit

Just add Heater For Tropical Fish

\$36.99

Limit 1 Per Family

REPTILE SUPPLY SALE

Zoo Med Reptibark 5 Oz . . . \$5.49
Tetra Reptomin 3.7 Oz . . . \$3.79
Tetra Reptomin 10.59 Oz . . . \$8.49

REEF CRYSTALS

50 Gal. Salt Mix

\$14.99

BONUS COUPON
FANCY FEAST
GOURMET CANNED CAT FOOD

3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 12/2/20 - 12/8/20

ON SALE
Everyday

CHM PLU 361

FRISKIES
PARTY MIX CAT TREATS

2.1 Oz •Selected Varieties
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 12/2/20 - 12/8/20

\$1.19

CHM PLU 573

BONUS COUPON
JONNY CAT
PREMIUM CAT LITTER

20 Lb Bag
Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 12/2/20 - 12/8/20

\$3.79

CHM PLU 362