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# Citrus Heights Messenger

VOLUME 10 • ISSUE 41

Serving the City of Citrus Heights & Sacramento County

OCTOBER 9, 2020

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direct link to our online edition!

PRESORTED STD.  
US POSTAGE  
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Carmichael, CA  
Change Service Requested

## SacRT's Fare-Free Transit for Youth Continues



For those who do not have a student ID or RydeFreeRT card, they can visit SacRT's Customer Service and Sales Center located at 1225 R Street, Sacramento. Photo: SacRT

**By Jessica Gonzalez,  
Sacramento Regional  
Transit District**

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Regional Transit District (SacRT) announced that the fare-free transit program, called RydeFreeRT, is being extended for a second year. The successful ridership program was set to expire on Wednesday, September 30, 2020. However, thanks to additional funding from program partner City of Sacramento, RydeFreeRT has been extended through Thursday, September 30, 2021.

RydeFreeRT waives student/

youth fares on bus, light rail, and SmaRT Ride microtransit service across SacRT's service area, which includes the cities of Sacramento, Folsom, Citrus Heights, and Rancho Cordova and parts of Sacramento County. Approximately 220,000 students in grades TK through 12, home-schooled students, and foster and homeless youth are all eligible. The program began on October 1, 2019, and SacRT experienced a 127% increase in student ridership pre-COVID-19. Even during the "Shelter-in-Place" order, young people continue to rely on SacRT to meet their essential transportation needs.

Initial findings from an evaluation

supported by Sutter Health reveal the positive impact the program has already had on SacRT's youngest riders. Here is a snapshot at some of the early results:

There was a statistically significant increase in the share of students reporting using SacRT to get to and from school as well as a significant decrease in the number of students reporting automobile use.

Youth who used SacRT reported they can more easily access important non-school destinations because of the RydeFreeRT program.

Many students who do not use SacRT to and from school say they

*Continued on page 3*

## CHPD Gets Grant for Data, Safety

**Citrus Heights Police Dept  
Press Release**

**CITRUS HEIGHTS, CA (MPG)** - Citrus Heights Police Department received a \$36,900 grant from the California Office of Traffic Safety (OTS) to streamline processes to collect and report traffic data.

"Accurate and timely data is critical to the safety of our roads," Citrus Heights Police Traffic Sergeant Shaun Gualco said. "This funding will help paint a clearer picture of our biggest traffic safety issues."

"This program is new for 2021 and is an effort to improve how quickly crash data is collected and reported," OTS Director Barbara Rooney said. "High quality safety data is critical. It's used to determine the nature of our road safety problems and it informs our actions in how best to address them. We are happy to provide local agencies with the necessary tools to develop or enhance their electronic traffic reporting systems."

Grant funds will be used to:

Develop a new, or update an existing, electronic crash reporting system with software that is able to submit data to the California Highway Patrol's Statewide Integrated Traffic Records System (SWITRS); Develop an electronic citation system.

An additional \$161,000 grant was also awarded to the Citrus Heights Police Department from the California Office of Traffic Safety (OTS) to assist with the efforts to reduce deaths and injuries on the city of Citrus Heights roads. The safety of everyone traveling is the focus of this grant.

"These are trying times, and now more than ever, it is important that we are at the forefront of traffic safety," Citrus Heights Police Traffic Sergeant Shaun Gualco said. "This funding allows us to educate and enhance the safety of all residents."

The grant will fund a variety of traffic safety programs, including:

Patrols with emphasis on alcohol and drug-impaired driving prevention; Patrols with emphasis on awareness and education of California's hands-free cell phone law; Patrols with emphasis on education of traffic rights for bicyclists and pedestrians; Patrols with emphasis on awareness and education of primary causes of crashes: excess speed, failure to yield, failure to stop at stop signs/signals, improper

*Continued on page 8*

## Aspen Dental Opens

**By Thomas J. Sullivan**

**CITRUS HEIGHTS, CA (MPG)** - Aspen Dental, a new general practice opened Sept. 28, at 7861 Greenback Lane in Citrus Heights, is the first for the rapidly expanding Syracuse, New York-based dental management company in the greater Sacramento area.

Sacramento native Dr. Rami Saqa, 34, began his dental practice in the Midwest after graduating from dental school at the University of Illinois in Chicago. The opportunity offered by Aspen Dental to return home to serve patients in his own community was a "dream come true." He has been in professional practice since 2013.

"Aspen Dental is especially well known in the Midwest and in the eastern part of the United States where I started in practice," Saqa said.

Saqa, the father of five young children ages 3 to 13, found that



Dentist Dr. Rami Saqa applied to Aspen Dental Management, Inc. (ADMI) which was looking to add practice locations in Northern California. Photo by Thomas J. Sullivan

Aspen Dental's parent company, Aspen Dental Management, Inc. (ADMI) was looking to add practice locations in Northern California as part of its national business expansion plan. He applied to be

considered for what would soon be Aspen Dental's new Citrus Heights location. One other Aspen Dental practice is open in Modesto.

Saqa welcomed the opportunity to bring his young family home to

where he grew up and much of his extended family still lives.

"We were hoping to open earlier this spring, but that was delayed on account of the outbreak of Covid-19 which set construction back," he said. "It's great to be home again."

"Now that we're open, I'm enjoying getting to know my patients and helping them with their dental needs," he said. "I want them to understand the options they have for treatment, and the importance of good dental hygiene."

While it might be difficult to sense his smile behind his dental mask, Saqa, a large and friendly man, said he likes to put his patients at ease and to help them through any measure of dental anxiety about treatment they may have.

"It's easier to take care of cavities while they're small," he said.

*Continued on page 4*



**By Ben Christopher,  
CalMatters**

It's not easy to get work done during a pandemic. Even for the fortunate who kept their pre-pandemic jobs, productivity has taken a hit on the chin in 2020. The same goes for those in the lawmaking business.

The same goes for those in the lawmaking business.

In March, just days after the governor instructed all Californians to shelter in their homes, legislators left Sacramento to do exactly that — and they stayed away for two months. A second viral wave, plus more than half a dozen infections among lawmakers and their staff, prompted another extended recess.

The crunched calendar and the state's gutted budget put a serious damper on legislators' bill-passing ambitions.

The California Senate Office of Research reports the Legislature passed fewer than 428 bills to the governor this fall. Of those, he vetoed 56.

That makes 2020 the least quantitatively productive year in the Capitol since at least 1967.

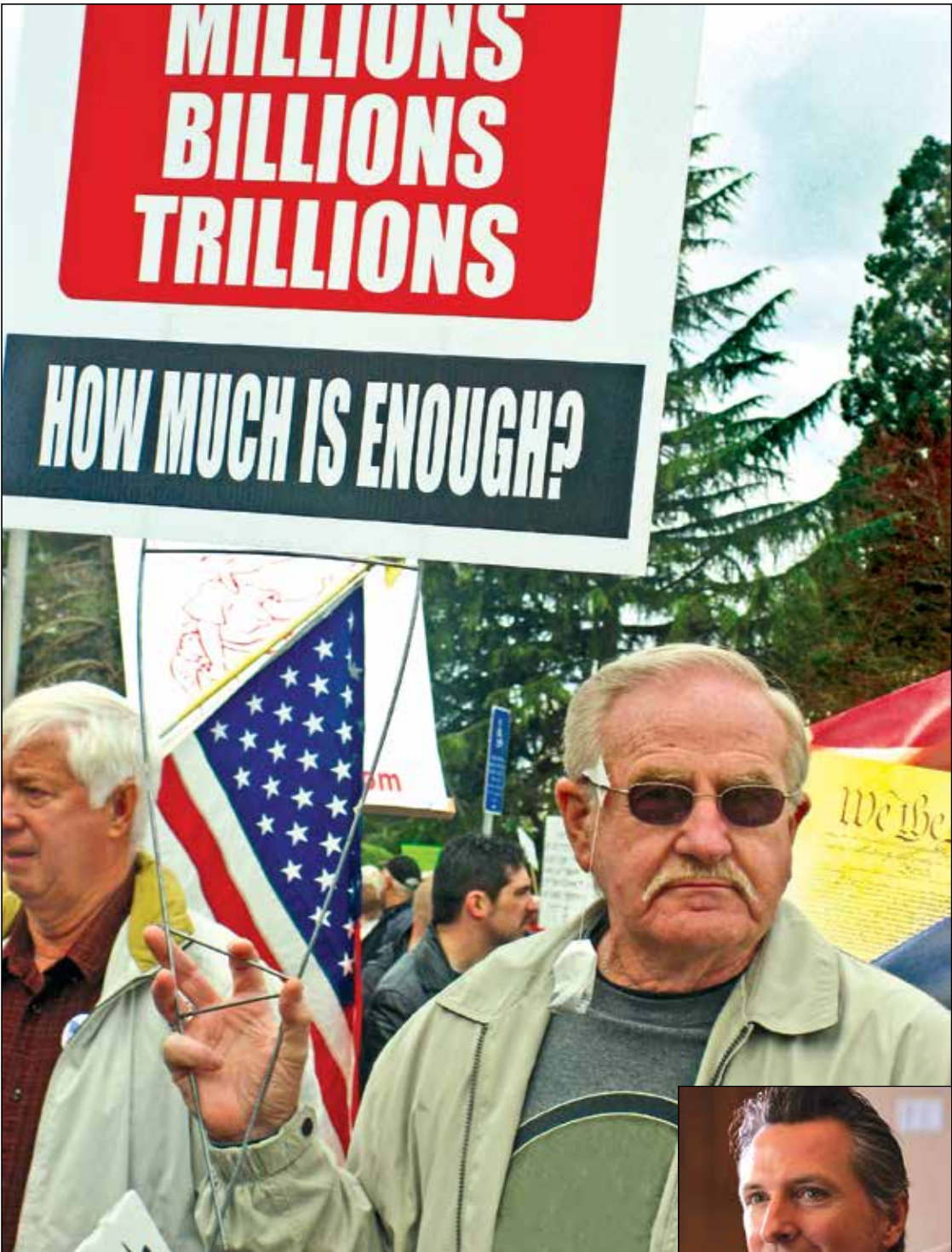
This was supposed to be a big year for new laws. California's legislature operates on two-year cycles. Any bills that don't cross the finish line the first year often get another look in year two – prompting a final crush of legislation.

Not this year. The slim legislative pickings in 2020 mark a 33% decline from the 21st century average of bills passed in a session's second year.

While 2020 represents a low point for bill-passing, it marks a record high for gubernatorial decrees.

Since the beginning of the year, Democratic Gov. Gavin Newsom has signed 59 executive orders. That's how many his predecessor, Jerry Brown, issued between 2011 and 2018.

The obvious reason for the unprecedented blitz of edicts: this coronavirus, which raised



**Since the beginning of the year, Democratic Gov. Gavin Newsom has signed 59 executive orders. That's how many his predecessor, Jerry Brown, issued between 2011 and 2018.** MPG file photo

major policy challenges across the state. With the legislative process so hamstrung, Newsom rushed to fill the vacuum. Fifty-three of the orders this year have been COVID-related.

Republican legislators – and

occasionally Democrats – have pushed back on Newsom’s seizing of the reins of state. His administration has also been sued nearly 40 times for his COVID-related decrees.

But by and large, the strategy



has polled well.

In February, 53% of likely voters in California approved of the governor's job performance

while 33% disapproved, according to the Public Policy Institute of California's survey.

When the institute polled the state again in May, Newsom's approval rate had shot up to 65%. Disapproval sank to 26%.

It's hard to say how much of that spike was driven by the governor's handling of the coronavirus crisis – though both the May survey and a follow-up poll in September did give him particularly high marks in that area.

It's also consistent with both a national and international trend of citizens rallying around their leaders in this time of crisis. (President Donald Trump is the exception.)

That warm glow seems to have rubbed off a bit on the Legislature, though less so. With some state lawmakers facing tight races this November, that certainly can't hurt.

They may need all the help they can get. This year, candidates for both the Assembly and Senate have raised less than the total haul from this point before the 2016 election.

Today, social distancing protocols don't allow for the cocktail galas, house parties and backyard barbecues that down-ballot candidates depend on to raise money. The recession also means fewer people capable of giving — and more worthy causes that could use those donations.

But there are other reasons that legislative candidates might be struggling to rake in cash this year. A hugely competitive presidential race and high-profile propositions could be drawing away available cash. And the unusually large gap between California's March primary and the November general election created a natural lull — just as the pandemic was hitting California.

*Ben covers California politics and elections. Prior to that, he was a contributing writer for CalMatters reporting on the state's economy and budget. ★*

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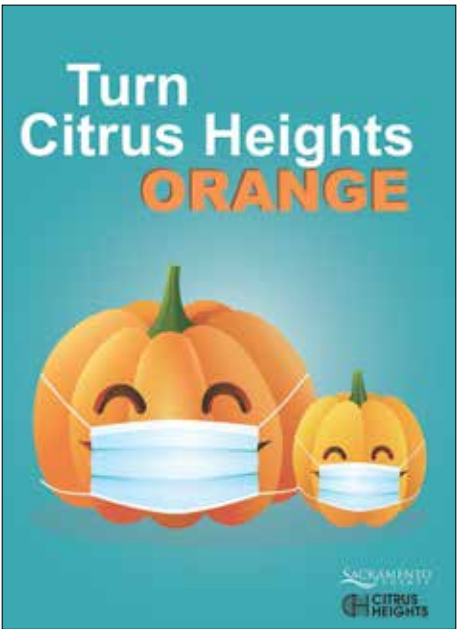
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# Turn Citrus Heights Orange by Halloween



## City of Citrus Heights

**CITRUS HEIGHTS, CA (MPG)** - Sacramento County officials recently shared information and guidance regarding Halloween events and activities in our region. It is important we keep our residents safe while simultaneously working to qualify for fewer restrictions under the Governor’s new “Blueprint For a Safer Economy.” Sacramento County is currently categorized in the State’s “purple tier,” which means we have the most restrictive Health Orders. However, the County recently hit numbers that will allow us to move into the next tier, red, if we maintain our counts for a minimum of three consecutive weeks.

This means that we need our community to stick to the Public Health Official’s recommendations as much as possible: continue to wear masks, wash hands, and keep social distance. The red tier is not our final destination. Our goal is to quickly move into the orange tier – which allows for the re-opening of most sectors in our business community, allows for more activities for families – and most importantly – indicates a slowing rate of spread of COVID-19.

With all this context in mind, please note the following guidance regarding Halloween activities and events:

**Trick-or-Treating:** If you choose to go out trick-or-treating, travel only with your household members, be sure to maintain six feet of social distance from others, and make interactions brief. If residents have set out candy bowls, please encourage

your child to only touch the piece of candy that they take, or use tongs. Please practice good hygiene and masking, and, of course, stay home and away from others if you feel sick or could be contagious;

**Passing Out Candy:** There are several ways to participate in handing out candy while still staying safe. Always wear a face covering around those outside your household and practice hand hygiene. Here are a few ideas ...

1. In an outdoor area such as a porch or driveway, you can set up to hand out candy using tongs;
2. Set up a candy bowl and hand sanitizer on a table out front. You can still sit outside and enjoy the great costumes (and keep an eye out for candy-hogs);
3. Make treat bags and hang them from streamers outside for trick-or-treaters.

**Celebrate Creatively:** Citrus Heights is known for it’s solid community roots and neighborhood spirit! We want to showcase your safe celebrations! Please email photos of your creative, safe celebrations to share on the City’s social media channels and newsletter to [NBaxter@CitrusHeights.net](mailto:NBaxter@CitrusHeights.net). Here are a few ideas to help you start brainstorming:

1. Host a virtual Halloween “watch” party with online video/chat and have best costume or craft project contests;
2. You can do reverse trick-or-treat by dropping off small gift bags on your neighbor’s porch;
3. Host a trunk-or-treat on your street with socially distanced parked cars in driveways;
4. Coordinate a contact-free neighborhood scavenger hunt or “I Spy” game;
5. Organize a neighborhood car parade or socially distanced costume parade for best decorations/costume.

Remember, please don’t have trick-or-treaters walk up to your door to hand out candy. The County Public Health Official also reminds us that gatherings with individuals outside of your household are not allowed in Sacramento County. Get official details of the Sacramento County COVID-19 Halloween Guidance at [SacCounty.net/COVID-19](http://SacCounty.net/COVID-19).

We want to “Turn Citrus Heights Orange by Halloween” (both in Halloween holiday spirit, and in regards to the State’s colored tier system for re-opening). We need your help to do it! Please celebrate safely to help reduce the spread of COVID-19. ★

# SacRT’s Fare-Free Transit



During the COVID-19 experience, young people continue to rely on SacRT to meet their essential transportation needs. Photo: SacRT

*Continued from page 1*

still do use SacRT to get to after-school and non-school activities.

New transit users appear to have been drawn from students who used to get a car ride to school.

The full results of the Sutter Health study should be completed in the next month.

“We are excited to continue to offer access to transit all day, every day for all Sacramento area youth that live in or attend school in our service area,” said Henry Li, SacRT General Manager/CEO. “We recognized the essential need for fare-free transit within the first few months the program launched, and we will continue to grow our future transit riders with the youth in the region.”

“RydeFreeRT has clearly had a huge positive impact on our youth and on our City as a whole. The City’s continued investment in this partnership with SacRT will have significant payoffs well into the future with our youngest residents being the primary beneficiaries,” said SacRT Board Director and Sacramento City Councilmember Jay Schenirer. “This program demonstrates another way that the City and SacRT is committed to creating lifelong transit users and supporting youth, particularly those who are in greatest need.”

“Fare free transit removes a financial barrier for young people going to school, working at a job or internship, or participating in an enriching extracurricular opportunity. By making our kids mobile, we are opening doors to their future,” said Sacramento Mayor Darrell Steinberg. “It is part of our City’s commitment to investing in our communities, particularly those that have historically been underserved.”

“RydeFreeRT has provided significant benefits to the students in our region, and SacRT and the City are continuing to help reduce barriers to not only help kids get to school when they reopen, but to have reliable and accessible transportation to anywhere they need to go,” said SacRT Board Chair and City Councilmember Steve Hansen. “The program is critical to reducing residential isolation, especially in disadvantaged neighborhoods.”

How RydeFreeRT Works for Year Two

Due to distribution challenges related to COVID-19, students and youth won’t need a RydeFreeRT sticker or card to ride transit, they simply show a student ID or a RydeFreeRT card. Youth who are experiencing homelessness or taking part in foster programs are also eligible to participate in the program, regardless of current residence or school address.


For students and youth who need a replacement card or who do not have a student ID or RydeFreeRT card, they can visit SacRT’s Customer Service and Sales Center located at 1225 R Street (adjacent to the 13th Street Station) to pick up a RydeFreeRT card. Once schools re-open, stickers and cards will also be available at most school locations.

For more information about SacRT’s fare-free youth program, visit [rydefreert.com](http://rydefreert.com).

SacRT is 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. ★

## ELECT PAM TOBIN

For San Juan Water District




### Leadership, Experience and a Strong Voice for San Juan Water District

As a trusted, well respected, and principled leader in the water industry, Pam Tobin understands the complexity of regional water management, sound fiscal planning, and has diligently served the community for many years.

*Endorsed by:*

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Ron Greenwood, Director, Carmichael Water District  
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## RE-ELECT SAUL HERNANDEZ

### FOR SCHOOL BOARD



## SAUL HERNANDEZ

*“I have worked closely with Saul on several community and educational projects. He has served our community and kids of San Juan Unified School District very well over the last eight years. I strongly endorse his re-election campaign and give him my full support.”*

**Sue Frost**  
District 4 - Sacramento County Board of Supervisors

*Endorsed by Citrus Heights Chamber of Commerce*

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## Visit [ReelectSaul.com](http://ReelectSaul.com)





# Stress Kills, Joy Heals

This is one interview I loved doing on my POPPOFF Radio Show. Why? Because it gave ME such a boost. These are very stressful times. There is a virulent killer out there called Covid 19. There is job loss, protests, looting, and don't forget isolation and depression taking over our lives. So what do we have to be joyful about anyway? I had the opportunity to ask the Ambassador of Joy **Barry Shore**. I know you are probably thinking...another one of those do-gooders who has lots of money and time on their hands to write a book about finding joy when they have the good life. Not so with **Barry Shore**. He was a successful entrepreneur who, in 2004, became a quadriplegic from a rare disease, and it happened overnight. Would send most people into a tailspin and give up on life. I mean, how can you have joy when you can't move anymore? But **Barry** did find joy. He is the founder of **THE JOY of LIVING INSTITUTE**. He has shared his enthusiasm for life on all the major networks over the years, and he has a book coming out soon called **"Stress Kills, Joy Heals."** He admitted to me that the world has taken a toll on everyone.

STRESS is everywhere and causes sleeplessness, irritability, gastro issues, anxiety, and high blood pressure to mention just a few. Can you reduce those issues, even eliminate this secret killer? His answer was find joy. How?

It's as easy as 1,2,3. So here goes.

1. He recommends **SKIPPING**. No

kidding. It's good old fashioned skipping. He says it's best when holding hands with someone you love but even alone skipping can get your heart pumping, your body moving, and puts a smile on your face. Hopefully that someone you love is family or very close to it.

2. The next one is really simple even when the pandemic is over. **SMILE**. As often as you can, let that smile shine. Look for reasons to smile. You see the sun... smile. You hear a joke...smile. You smell a rose...smile. And don't give me that stuff about why smile with a mask on. Your eyes can tell folks if you are smiling. It's the twinkle in your eyes that give it away.

3. **Barry** told me this one is really important. You have to learn to **LAUGH**. He recommends a deep belly laugh that goes for at least ten seconds. This is one case when more is better. Laugh until it hurts, and you'll find that **JOY** will enter your mind.

And that's where it all begins...in your mind. When you are thinking good thoughts you become a good looking person, a person always looking for the good.

That's all...skip, smile, laugh! He says it'll make a difference. Check out [www.barryshore.com](http://www.barryshore.com) and email **Barry** at [Barry@BarryShore.com](mailto:Barry@BarryShore.com), mention POPPOFF and Barry will send you a FREE \$50.00 gift of videos for strategies of joy and making a difference in your life. That should put a smile on your face!!! ★

# Art After Lockdown a Sweet Success



Thirty friends of Anne Bradley commissioned Paul Dessau, custom collage portrait artist, to create a collage of "Anne in the Junkyard". Sunshine Steel is her favorite salvaging haunt. Paul stretched his style to attach actual bits of metal and Anne-type attachments to the piece. The name of each donor is integrated into Anne's clothing on the collage. Left to right: Mary Ann Low, Anne Bradley, Sue Anne Foster and Paul Dessau. Photo courtesy of Sue Anne Foster

By Elise Spleiss

**SACRAMENTO AREA, CA (MPG)** - Sunshine and fresh air prevailed the weekend of September 19 and 20, as friends, family members and residents from as far away as Marin County freed themselves from their six-month Covid-19 generated lockdown to relax and enjoy the

California State Fair award winning sculptor and potter, Chris Thompson combines his favorite mediums of clay and metal into unique pieces. Visitors eagerly purchased many pieces over the two day open air art show. Photo by Sue Anne Foster

weather and unique artwork of local artists at Carmichael's Shangri-la outdoor art show.

Sue Anne Foster, sculptor and president of Valley Sculpture Artists, opened her home and property to showcase the diverse talents and pieces from local artists including kinetic

sculptures by Phill Evans of Fair Oaks and, also of Fair Oaks, Janet Regan who transforms copper in all forms, and the everyday gourd, into one-of-a-kind art pieces.

As with all artists demonstrating their work, the terms 'mixed media' and 'repurposing' have been given new meaning. With so many materials available in and outside of nature, these artists, including painter Mary Ann Low and ceramic artist and sculptor Chris Thompson, both of Sacramento are always experimenting and branching out into new forms of expression.

Roaming chickens, a large coy pond, and labyrinth adorned by a large, round floating filigree 'Art Nouveau' style sphere, all added to the atmosphere.

The highlight of the weekend was the presentation of a 30" by 40" collage portrait of artist Anne Bradley. Created by collage portrait artist Paul Dessau for his long-time friend, the piece was made with scraps of metal and other items in honor of Bradley's chosen medium. Bradley works with metals scavenged from Sunshine Steel in Sacramento to create her own mixed media pieces of art.

A picture is worth a thousand words. To see more of the diversity and creativity showcased at this annual open-air art show visit 'Sue Anne Foster' on Facebook. ★

# Aspen Dental Opens

Continued from page 1

Parent company ADMI provides full administrative and business support services including branding and marketing to its Aspen Dental-branded dental practices, according to its corporate web site. There is no single provider of dental care called "Aspen Dental," Saqa explained.

"Each Aspen Dental-branded practice is owned and operated by a licensed dentist just like myself," he said.

Saqa and his dental team of five can provide a full range of dental services ranging from full and partial dentures and preventative care, to general dentistry and restoration,

including tooth extraction, fillings, root canals, crowns and implants. Cosmetic dentistry services which including teeth whitening, veneers, and Invisalign® straightening are also offered. The Citrus Heights practice also offers emergency dental services.

Staff will be increased to nine in the future as an oral surgeon and endodontist are hired. The Citrus Heights practice has its own on-site dental lab which facilitates quick turnaround of custom-crafted dentures, repairs, relines or adjustments.

"We're committed to treating all our patients with the compassion and the respect which they

deserve," he said. "We're off to a good start in welcoming new patients in Citrus Heights, and we hope to see you soon."

Patients can call 916-347-5245 between 6:30 a.m. – 11 p.m., Monday-Friday, Saturdays 7 a.m. – 9 p.m., and Sundays 7 a.m. - 5:30 p.m. to schedule an appointment.

Visit: <https://www.aspendental.com/dentist/ca/citrus-heights/7861-greenback-lane/dentist-and-services> to learn more about pricing and discount offers. The Citrus Heights Aspen Dental officer also works with most major dental insurance plans and offers payment and third-party financing options. ★

# Signs on Utility Poles Pose Serious Safety Hazard

SMUD News Media

**SACRAMENTO COUNTY, CA (MPG)** - Utility poles covered with signs and notices for political candidates, lost animals, yard sales and events present serious hazards for utility workers. This is a particular problem during election season.

Nails, staples, tacks, and screws used to post signs can cause serious injury to line workers who climb the wooden utility power poles every day. These items are especially hazardous when the poles are climbed during bad weather

to restore power during storms and at night.

When the signs fall off or are removed, the fasteners often remain in the pole, causing line workers to get cut or injured. Nails and staples can obstruct climbing gear, which can cause workers to slip or fall as they climb. Even the tiniest puncture in line workers' rubber gloves can expose them to severe shock from power lines.

When advertising for a political candidate, lost pet, garage sale or other event, please do not post signs on utility poles. ★



## VOTE EARLY! AVOID LINES



### November 3, 2020 Presidential General Election

- **All voters will be mailed a ballot**
  - Ballots will be mailed to voters the week of October 5<sup>th</sup>
- **You can return your ballot starting October 5<sup>th</sup>**
  - By mail, no postage necessary
  - At a Ballot Drop Box
  - At a Vote Center (starting October 24<sup>th</sup>)

You can find a full list of Ballot Drop Box and Vote Center locations in your County Voter Information Guide, in your mail ballot packet, on the SacVote App, or at [www.elections.sacounty.net](http://www.elections.sacounty.net)


**Vote Early! Vote by Mail.**

### Keep Yourself Safe. Vote Early and Vote by Mail.

- **Planning on voting in person?**
  - Voters should anticipate long lines
  - Social distancing will be enforced at all Vote Centers (6 feet of clear space)
  - Gloves, hand sanitizer, masks, and one-time use only pens will be made available to voters
  - The Ballot Marking Devices will be sanitized after every voter
  - If you have a disability or need assistance, please let the Vote Center staff know

No voter should have to choose between their health and participating in the November 3, 2020 Presidential General Election

Visit [www.elections.sacounty.net](http://www.elections.sacounty.net) or call Toll Free (800) 762-8019





# PREPARING FOR A PUBLIC SAFETY POWER SHUTOFF

Public Safety Power Shutoff (PSPS) is a statewide effort to prevent wildfires by proactively turning off power to communities when severe winds and dry weather conditions are forecast. While turning off the power helps prevent wildfires, we also know it will disrupt lives and cause hardship for our customers. That’s why PG&E does not make this decision lightly and will only call a PSPS to help keep customers and communities safe.

## HERE ARE 5 WAYS TO PREPARE FOR A PSPS:



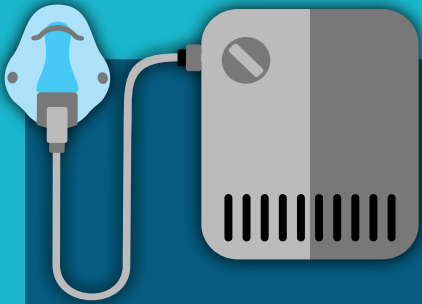
Make sure PG&E can reach you before a PSPS by updating your contact information at [pge.com/mywildfirealerts](https://pge.com/mywildfirealerts).

1



Pack or restock your family’s emergency kit including food, water, batteries, masks, radio and a first aid kit.

2



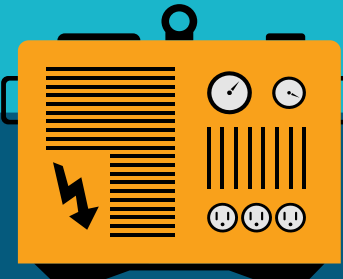
Make preparations for anyone in your family who depends on electricity for medical needs.

3



Practice manually opening your garage door (if you have a garage).

4



Ensure any backup power sources are ready and safe to operate.

5



For translated support in over 200 languages, please contact PG&E at 866-743-6589.



To learn more ways to prepare for a PSPS and any emergency, visit [safetyactioncenter.pge.com](https://safetyactioncenter.pge.com)



# Three Measures Test Attitudes on Crime



By Dan Walters  
CALMatters

Gov. Gavin Newsom said earlier this year that as the state’s prison population continued to decline, he wanted to start closing down prisons. He made good on that intention last week when the Department of Corrections and Rehabilitation announced plans to shutter Deuel Vocational Institution near Tracy, which had been constructed in the 1950s as a place where young felons could be transformed into solid citizens.

“Given the need to achieve savings and the decline in the prison population since 2007, the state budget called for the closure of a prison. (Deuel Vocational Institution) was chosen for closure based on cost to operate, impact of closure on the workforce, and population housing needs, and prioritization of public safety and rehabilitation,” Secretary Ralph Diaz said in a statement.

The announcement is the latest manifestation of the immense change in California’s approach to criminal justice, from the lock-’em-up policies of the 1980s and 1990s – which increased the prison inmate populations eight-fold – to the “reforms” of the past decade that have reduced

those populations by more than a third.

Some of that reduction stemmed from federal court orders to decrease the severe overcrowding that developed despite construction of dozens of new prisons. However, it mostly reflected a leftward shift in the state’s political atmosphere and former Gov. Jerry Brown’s desire, during his second governorship, to reverse the tough sentencing policies he had embraced during his first tour of duty four decades earlier.

Brown encouraged the Legislature’s dominant Democrats to modify the state’s tough sentencing laws, symbolized by the “three strikes and you’re out” doctrine approved by voters in the early 1990s, and personally sponsored one of several ballot measures to go easier on those convicted of crimes.

In effect, Brown and others in the criminal justice reform movement have sought a return to the penal philosophy that California had adopted during the post-World War II era – that counseling, education, drug treatment and vocational training could convert offenders into productive members of society. It was the philosophy that led to construction of Deuel Vocational Institution in the early 1950s.

The new reformist approach, however, is not without its critics who contend that crime will increase with fewer offenders behind bars, although there’s no statistical support for that, at least so far. The debate over whether reform is working has also found its way, as do

many contentious California issues, onto the ballot via three propositions. In numerical order:

– Proposition 17, placed on the ballot by a reform-minded Legislature, would allow felons who have completed their sentences, but are still on parole, to vote. It’s a mostly symbolic gesture but draws ire from criminal justice hardliners who say it would dishonor victims.

– Proposition 20 is the hardliners’ response to the recent spate of laws that lighten punishment, including Brown’s Proposition 57, a 2016 measure that made parole easier for “nonviolent” inmates. If passed, Proposition 20 would make fewer felons eligible for parole, particularly those convicted of sex crimes, by changing the definition of “nonviolent.”

– Proposition 25 is a referendum to repeal one of the Legislature’s landmark criminal justice changes, a 2018 law that eliminates cash bail for criminal defendants on the assertion that bail discriminates against the poor. The bail bond industry, facing extinction, sponsored the referendum and is seeking a “no” vote to repeal the law, arguing that it allows dangerous defendants to roam freely and commit new crimes.

Together, these three measures test whether California voters endorse the criminal justice reform movement or believe that it’s gone too far.

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



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.*

This year has been one filled with extraordinary circumstances, forcing us to adapt in the way we do even the most routine of things. The budget process for Sacramento County is no exception. For those who may not have been following the County’s budget process this year, here is a quick refresher.

Ordinarily, we adopt our budget for the upcoming fiscal year in June. This year, the circumstances created by the COVID-19 pandemic created too much uncertainty for the County’s revenue streams. To adjust, the board of Supervisors adopted a temporary budget that extended the level of funding for each department from the ’19-’20 budget. On September 9th, we started budget hearings for the new fiscal year with the up to date requests from each department. I want to take this opportunity to provide you some of the major takeaways from the adopted budget.

Let’s start with the bad news. Anyone who has followed since I was first elected to the Board of Supervisors knows that I have been a constant advocate for building up our budget reserves. Sacramento County has consistently been operating with budget reserves significantly smaller than any county of similar size. Specifically, less than 1% of our operating budget. Facing a significant decline in revenues in a pandemic induced economic downturn, we were forced to dip, yet again, into our reserves, leaving only \$12.7 million. For perspective, the

## Citrus Heights Community Update

### Sacramento County Budget

County’s total adopted budget is \$6.41 billion, with \$3.08 billion coming from the general fund. That means our reserves are less than one half of 1% of the general fund. With the newly adopted budget precariously balanced on one-time funding and revenue projections looking bleak, I fear for what this means for the budgets to follow as we may begin to look at cutting costs.

It is not all bad news, though, and some parts of the budget merit some praise. We have spent \$8 million on economic recovery, and we are continuing to explore how we can continue to provide assistance to businesses. We are continuing to operate our “Dine at Home” program that contracts local restaurants to provide meals to seniors during the pandemic. Also related to COVID-19, we were able to direct \$71.1 million to health services and \$26.1 million for contact tracing and business navigators to guide businesses on the process of reopening safely. The expenditures related to the pandemic are necessary both to protect health and safety, as well as to get the County back to a position where the State will allow our businesses to reopen. The same is true of the \$11.1 million allocated for Project Room Key and other homeless services. Even cities like Citrus Heights cannot resume operating their businesses until the entire County has met the State’s standards, making it more critical that we all pull together in advancing COVID-19 solution efforts.

Still with me? I know most of my readers have eagerly been following the ongoing debate around the law enforcement in the County. While many called for reduction or elimination of funding for the Sheriff’s Department, I can honestly say that the communication

my office received lean heavily toward providing the Sheriff with a necessary level of funding. As such, I am pleased to report that the adopted budget provides the Sheriff with the level of funding that was requested. Additionally, in a move that I believe most agree is long overdue, we approved \$2 million to begin the process of providing body cameras to all sheriffs, starting with patrol deputies as well as special unit deputies, park rangers, and probation. I am glad that we were finally able to provide this tool to law enforcement that promotes transparency and accountability.

I would not say this is the perfect budget. The reality is that the County had already begun reducing spending with the previous year’s budget. While we knew we were heading into lean times, no one knew that we would be dealing with something on the level of a pandemic. Still, we were able to achieve some good. We continue to make sure health services have the resources they need to address COVID-19. We are continuing to explore opportunities to further aid businesses. We expanded the human assistance budget to create new positions necessary for an impending increase in CalWORKS claims. As the problems in the County continue to linger or grow and resources dwindle, I will continue to advocate for a budget that puts funding where it is needed, where it is effective, and whenever possible, builds a stronger reserve, so we are better prepared for economic downturns.

*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, Loma Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★*

# Secured Property Tax Bills Mailed This Month

## Sacramento County Secured Tax Unit

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County will mail about 467,813 secured property tax bills which are payable beginning Nov. 1, 2020. These tax bills are mailed only once a year, however, property owners may pay their bills in two installment payments:

(1) The first installment payment is due on **Nov. 1, 2020**. Payments will be accepted without penalty until 5 p.m. on Dec. 10, 2020; (2) The second installment payment is due on **Feb. 1, 2021**. Payments will be accepted without penalty until 5 p.m. on April 12, 2021; (3) Both installments may be paid when the first installment is due. A reminder notice will not be mailed for the second installment.

Taxpayers may sign up for online e-mail notifications for annual secured property tax bills and reminders before delinquent dates. Choose “e-Subscribe for property tax payment notifications” to receive these notifications.

Due to an improving real estate market, many parcels in Sacramento County will see an increase in their 2020-2021 assessed value:

Some parcels that were previously in Prop 8 Decline-In-Market-Value status will see increases that exceed 2% but are still below their factored (inflation-adjusted) Prop 13 level; Others will see their Prop 13 values restored.

The Assessor’s Office annually appraises parcels until their market value equals, or exceeds, the factored Prop 13 value. Property tax law requires that parcels be assessed at their factored Prop 13 value, or their fair

market value (as of the Jan. 1, 2020 property tax lien date), whichever is less.

A rising real estate market can cause higher than expected increases in a parcel’s annual tax bill if that parcel was in Prop 8 status last year. However, the assessed value of any parcel cannot increase beyond that parcel’s factored Prop 13 level. The 2% inflation cap applies only to Prop 13 assessments. It does not apply to Prop 8 assessments, which by law must track the property’s market value until it reaches the Prop 13 factored value.

Find assessed values on the Assessor’s Website under “Assessed Value Lookup,” including this year’s value and the factored Prop 13 value for comparison. If a taxpayer has evidence that their assessed value as of Jan. 1, 2020, was less than that shown on this year’s (2020-2021) tax bill, they should:

Visit the Assessor’s Website; Call the Assessor’s Office at (916) 875-0700; Email the Assessor’s Office at [Assessor@SacCounty.net](mailto:Assessor@SacCounty.net); Or go to the Assessor’s Office at 3701 Power Inn Road, Suite 3000.

Taxpayers may obtain current year tax bill information, direct levy information and delinquent prior-year tax information and amounts due online through the Sacramento County Online Property Tax Bill Information System, searching by APN or address. Find a QR Code on your tax bill payment stub for use with smartphones to connect to our website.

Payments can be made online via credit card or electronic check. Taxpayers may print tax bill installment payment stubs to mail in with their payments. Taxpayers may also pay by credit card

or electronic check over the telephone at (844) 430-2823.

Sacramento County also has a 24-hour/7-day-a-week Automated Property Tax Information Line that provides information on tax subjects and access to detailed billing and payment information. Tax specialists are available 9 a.m. to 4 p.m. Monday through Friday. Reach the system and tax specialists by calling (916) 874-6622.

Make payments in person at the Sacramento County Tax Collector’s Office at 700 H Street, Room 1710, between 8 a.m. and 5 p.m. Monday through Friday, or mail to P.O. Box 508, Sacramento, CA 95812-0508. In person payments can be paid via cash, check, credit card, debit card or money order. Debit

and credit cards cannot be accepted to start redemption payment plans. When paying by check, the County is authorized to use information from the check to make a one-time electronic fund transfer from the account or to process the payment as a check transaction. Mail your payment early enough to ensure a timely United States Postal Service postmark and avoid penalties.

If you own property and do not receive a tax bill by Nov. 15, 2020, obtain tax bill information and payment

stubs (coupons) at the Tax Collector’s website or by contacting the Tax Collector’s Office at (916) 874-6622.

**Failure to receive a tax bill does not relieve the property owner of the liability to pay taxes in a timely manner or give the Tax Collector reason to cancel penalties imposed for late payment.**

Even if your tax bill is being paid by a lending institution (mortgage company), state law requires that a copy of the tax bill be sent to the property owner; all property

owners should receive either the original tax bill or an “Owner’s Information Copy.” **It is the responsibility of the property owner to keep their mailing address current with the Assessor’s Office.** To update your mailing address, please contact the Assessor’s Office in writing at 3701 Power Inn Rd., Suite 3000, Sacramento, CA 95826-4329 or via email at [Assessor@saccounty.net](mailto:Assessor@saccounty.net). Please make sure you include a parcel number and phone number with all correspondence. ★

## LEGAL ADVERTISING

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7144 Fair Oaks Blvd #5, Carmichael, CA 95609

NOMINEES FOR

PUBLIC OFFICE

in the

CITY OF CITRUS HEIGHTS

NOTICE IS HEREBY GIVEN that the following persons have been nominated for the offices mentioned below to be filled at the general municipal election to be held in the City of Citrus Heights on the 3rd day of November, 2020.

**List of Nominees for the Office of City Council District 1:**

Bret Daniels

Nicole Castor

**List of Nominees for the Office of City Council District 3:**

Thomas Goetz

Tim Schaefer

Dated this 9th day of October, 2020.

Amy Van  
City Clerk

Citrus Heights Messenger 10-9-2020

NOTICE OF MEASURE

TO BE VOTED ON

in the

CITY OF CITRUS HEIGHTS

NOTICE IS HEREBY GIVEN that the following measure is to be voted on at the General Municipal Election to be held in the City of Citrus Heights, on Tuesday, the 3rd day of November, 2020.

**Measure M**

To protect local control with funding that cannot be taken by the State; maintain 911 emergency response times; crime investigation/prevention; well-trained community police officers; school safety/security; pothole/street repair; homelessness reduction programs; local business/jobs support; and other city services, shall a measure to establish a Citrus Heights 1¢ sales tax generating \$12,000,000 annually until ended by voters be adopted, with independent annual audits and citizen oversight, and all funds spent in Citrus Heights?	YES	
	NO	

Dated this 9th day of October, 2020.

Amy Van  
City Clerk

Citrus Heights Messenger 10-9-2020



# Now Available: IRS Form 1040-X E-Filing

By David A. Tucker II,  
Internal Revenue Service

WASHINGTON, DC (MPG) - Marking a major milestone in tax administration, the Internal Revenue Service announced that taxpayers can now submit Form 1040-X electronically with commercial tax-filing software.

As IRS e-filing has grown during the past 30 years, the 1040-X, Amended U.S. Individual Income Tax Return, has been one of the last major individual tax forms that needed to be paper filed. The announcement follows years of effort by the IRS, and the enhancement allows taxpayers to quickly electronically correct previously filed tax returns while minimizing errors.

“The ability to file the Form 1040-X electronically has been an important long-term goal of the IRS e-file initiative for many years,” said Sunita Lough, IRS Deputy Commissioner for Services and Enforcement. “Given the details needed on the form, there have been numerous challenges to add this form to the e-file family. Our IT and business operation teams worked hard with the nation’s tax industry to make this change possible. This is another success for IRS modernization efforts. The addition helps taxpayers have a quicker, easier way to file amended returns, and it streamlines work for the IRS and the entire tax community.”

Making the 1040-X an electronically filed form has been a goal for the tax software and tax professional industry for years. It’s been a continuing recommendation from the Internal Revenue Service Advisory Council (IRSAC)

and Electronic Tax Administration Advisory Committee (ETAAC).

Currently, taxpayers must mail a completed Form 1040-X to the IRS for processing. The new electronic option allows the IRS to receive amended returns faster while minimizing errors normally associated with manually completing the form.

Since the tax-filing software allows users to input their data in a question-answer format, it simplifies the process for them. It also makes it easier for IRS employees to answer taxpayer questions since the data is entered electronically and submitted to the agency almost simultaneously.

“Adding the 1040-X to the e-filing portfolio provides a better experience for the taxpayer, all around. It makes submitting an amended return easier and it allows our employees to process it in a more efficient way,” said Ken Corbin, the IRS Wage and Investment commissioner and head of the division responsible for processing these returns.

For the initial phase, only tax year 2019 Forms 1040 and 1040-SR returns can be amended electronically. Additional improvements are planned for the future.

About 3 million Forms 1040-X are filed by taxpayers each year.

Taxpayers still have the option to submit a paper version of the Form 1040-X and should follow the instructions for preparing and submitting the paper form. Those filing their Form 1040-X electronically and on paper can use the “Where’s My Amended Return?” online tool to check the status of their amended return. ★

# President Protects Children Who Survive Abortions

Liberty Counsel Press Release

WASHINGTON, D.C. (MPG) - President Donald Trump announced he will be signing a Born-Alive Executive Order “to ensure that all precious babies born alive, no matter their circumstances, receive the medical care that they deserve.” The executive order, once signed, will legally protect babies born alive after a failed abortion.

The full text of the order has not been released but it is expected to be similar to the Born-Alive Infant Protection Act that would provide for criminal penalties for abortionists who fail to provide proper medical care for babies who survive abortions. Democrats in Congress refused to pass this legislation more than 80 times, allowing abortionists to essentially get away with infanticide. Through petition signatures and fax campaigns, Liberty Counsel has delivered over 14,500 names to House and Senate members urging them to support the Born-Alive Abortion Survivors Protection Act.

Speaking at the National Catholic Prayer Breakfast, President Trump called this “our sacrosanct moral duty.”

President Trump said, “We believe in the joy of family, the blessing of freedom and the dignity of work and the eternal truth that every child born and unborn is made in the holy image of God. I will always protect the vital role of religion and prayer in American society, and I will always defend the sacred right to life.”

The president also stated that his administration is increasing federal funding for neonatal research “to ensure that every child has the very best chance to thrive and to grow.”

Abortion survivors are not “hypothetical.” Statistics from the Centers for Disease Control, as well as the personal testimonies of nurses and abortion survivors themselves, provide evidence that babies survive abortions. According to the CDC, at least 143

babies were born alive after botched abortions between 2003 and 2014 in the U.S., though there likely are more. The CDC also notes that this number is likely underestimated because of unclear terminology and a lack of understanding about spontaneous abortions.

In addition to the CDC’s findings, several states report that babies are born alive after botched abortions. In 2017, Florida reported that 11 infants were born alive following an abortion, and six were born alive in 2018. Arizona reported that 10 fetuses or embryos were born alive after an abortion in 2017 and Minnesota reported that three babies were born alive following an abortion in 2017.

In addition, during the preliminary criminal hearing for Liberty Counsel’s client Sandra Merritt, the undercover journalist who exposed Planned Parenthood’s trade in baby body parts, an expert in stem cell research testified that various studies involving baby human hearts had to have been conducted while the hearts were still beating when cut out. In other words, the babies had to have been born alive.

Liberty Counsel Founder and Chairman Mat Staver said, “We applaud President Trump for once again protecting the lives of precious babies that have survived an abortion and are fighting for life. If this protection is not implemented, the abortionist simply backs away from the table and leaves the baby to suffer and die. We must continue the fight to make the womb a safe place once again in America.”

Founded in 1989, Liberty Counsel is a 501(c)(3) non-profit litigation, education, and policy organization that advances religious freedom, the sanctity of human life, and the family.

Liberty Counsel is supported by tax-deductible donations and maintains offices in Central Florida, Virginia and Washington, D.C.

Liberty Counsel provides broadcast quality TV interviews via Hi-Def Skype and LTN at no cost. ★



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HHW can be a danger to humans, pets, and our environment. Learn how you can help keep Citrus Heights safe and clean by properly disposing of HHW – for **FREE!**

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HHW is the leftover portion of household products that contain toxic chemicals, such as paint, cleaners, and products with warning labels. These wastes **CANNOT** be disposed of in your regular garbage.

**HOW SHOULD I DISPOSE OF HHW?**

Residents can drop-off their HHW at this location for **FREE:**  
**North Area Recovery Station (NARS)**  
HHW Facility  
4450 Roseville Road  
North Highlands  
**Open Tu-Th-Fr-Sat 8:30 am – 4 pm**  
**(916) 727-4770**

Visit [www.CitrusHeightsRecycles.com](http://www.CitrusHeightsRecycles.com) for a list of acceptable items and other important information.





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# Oh, to Be Crazy and Get Paid for It

By Rev. James L. Snyder

I usually don't complain a lot. When I do I get caught in some dilemma that I can't talk my way out. You think I would learn my lesson, but I'm still in the learning curve.

After supper one night, we took our coffee into the living room to watch a little bit of the news. That is always the wrong thing to do, and you would think I would know it by this time.

Watching the news, my wife could see that I was getting a little bit agitated. I don't always get agitated, but when I do... I do.

"What has you all worked up," my wife asked?

Finally, I broke my silence and said, "I'm rather tired of all of these crazy politicians who don't know their right hand from their left hand, except when they stick it out for donations. I'm tired of these crazy politicians being on television! Why can't they go to the principal's office like I had to do so often when I was in grade school?"

When I quieted down, I heard some chuckles across the room. I looked in my wife's direction, and there she sat giggling and chuckling and having a great time of it.

"What's so funny?"

She just looked at me and continued giggling and then finally said, "Don't you know that those crazy politicians get paid for being crazy. The crazier they are, the more money they make."

Then she broke into one of her hysterical laughs.

"Don't you," she said between giggles, "wish you were that crazy?"

"If you want to make money like them," my wife continued, "you will have to be just as crazy as they are."

That's a very good thought. Maybe I ought to look into this situation a little closer.

"That's why you don't have much money," my wife explained, "you are not crazy enough!"

That was a surprise coming from my wife. I thought she knew how crazy I really was. But then I got to thinking. Perhaps she is right after all.

"Where do you suppose they get all of their craziness?"

Again, my wife chuckled and looked at me and said, "Because they have no idea what they say from one day to the next. They live in a bubble and have lost a sense of reality in this world of ours."

Again, she was spot on about this craziness in politics.

"They don't live in the real

world," my wife began to explain to me. "They live in a world of their imagination, and their imagination creates a spirit of craziness."

"So," I said to her, "if I'm going to get paid for being crazy, I gotta quit living in the real world."

"Now you got it," she replied.

I got it, but I'm sure not going to get it. Getting paid for being crazy means that I have to live in a bubble and not the real world, I wonder if it's really worth it?

Maybe being poor and sane is the better alternative.

How much money would be worth becoming that crazy?

I then thought of a verse in the Bible. "Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless" (Ecclesiastes 5:10).

Being crazy isn't worth all the money in the world.

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.whataffellowship.com. ★



By Marlys Johnsen Norris, Christian Author

Many of us went to Sunday School and invited Jesus into our heart when we were a child.

Then, we went into living our own way and years went by, thereby we are here today and we question those words because we have always answered "yes" to those words.

However following that decision we did not fully understand the meaning of those words and did many wrong things in our lives totally disregarding that youthful decision we made as a child.

Why did God just allow and let us do them and sin??? Friend, it's because He loves us and there is possibly only one way He knew that someday we would learn and appreciate God's personal love just for us. Maybe today the words we read will help us now

# Do We Really Understand "What A Christian Is?"

to understand. This is my story and I understand only because it also happened to me!

In the beginning God created Adam. Adam was supernaturally born of God. Then, God decided Adam needed a helpmate and God desired for more humans to be born, exactly like when He created all forms of animals, etc. So, He miraculously created Eve out of Adams rib.

Their life together was pure until God's enemy "Satan" tempted Eve and told her to eat the fruit out of the "tree of Good and Evil". She did and the sin of disobedience to the rules of God entered her. Then she enticed Adam to do the same. Hence "SIN" was birthed in every human ever born. And they proceeded to do things that dishonored our Creator. **SIN is "anything" done that dishonors Father/God!** Included is hatred, murder, impurity, gossip, swearing, unkindness, disobedience and **any denial or blasphemy against**

**Gods Holy Spirit.** Even dishonoring your own body which is to one day be the Temple, where God's Spirit wants to reside.

Finally God made a decision to remedy it all and provide His Forgiveness and Salvation and to create a supernaturally born man/son to be His Lamb of God. Through His death God would provide forgiveness and gift of eternal life. Mary was a Virgin and God pro-created Jesus as a baby into her womb for those who would accept His death sacrifice on the Cross. He was willing to die and He paid the price to set mankind "free" from all their sins by His death and they shall be called **Children of God – born-again "Christians."**

Marlys Johnsen Norris Christian Author of 7 Books, Stephen's Minister ARM Columnist since 2006 Marlysjn@gmail.com PO Box 114, Orangevale, Ca 95662 ★

## Thank A Veteran Today



### Dare to Live Without Limits

by Bryan Golden

### You Don't Have to Prove Anything



Live life on your terms. Following your own path is essential. You don't have to prove anything to anyone. Although there may be some satisfaction in proving your critics wrong, it should not be your motivation.

Although it may be tempting to argue with others who doubt your ability to succeed, nothing will be accomplished. Whether or not they believe you is irrelevant. Their opinions have no bearing on you whatsoever. Your success is dependent on your thoughts, attitude, and actions.

You know what you want to accomplish. You understand your needs and desires. You are aware of the path which is best for you. You can identify your capabilities. You are in touch with yourself better than anyone else.

Attempting to prove anything to anyone is pointless. Everyone has their own perception. You have no control over the thoughts of others. Pursuing your objectives requires time, effort, and dedication. Any attention you give to proving your legitimacy is wasted while you are being diverted from the pursuit of your goals.

Everyone has opinions. There is no shortage of people who are eager to give you theirs. Unfortunately, negative opinions are more prevalent than positive ones. Allow criticism to roll off your back. Engaging it is a trap. Nothing positive is ever accomplished by arguing with someone. A better strategy is simply walking away.

You have no obligation to respond to what someone says to you.

It is impossible to please everyone. Regardless of who you are, what you do, or your level of expertise, there will be those who are not happy with you. Consider your favorite restaurant. The place is always packed. You love their food. Every item on the menu is absolutely delicious. The experience of eating there is outstanding. Yet, you will always find people who don't like the restaurant.

How much success would you have trying to convince them that they should be happy eating there? It would never happen. You could spend endless time and effort attempting to prove that their assessment is wrong but you would accomplish nothing. Their negative opinion of the restaurant does not diminish your enjoyment of it in any way.

Everyone has their own standards for what they like as well as what's important to them. If people can't all agree on something as simple as good food, there's no issue where all will agree. If a person doesn't like something, or someone, there's not much you can do about changing their mind. Since you probably won't alter someone's opinion, stop wasting your time.

You have no obligation to engage a person who is giving you their opinion. You can listen politely without offering any rebuttal. Keep in mind that just because someone acts, you are not

obligated to react.

Taking this approach enables you to avoid becoming embroiled in conflict. Conflict requires the participation of at least two people so without your participation, there is no conflict. Utilizing this strategy requires you to remain uninvolved so you don't take the bait for an argument.

You are not in competition with anyone. What someone else has accomplished, or what they own, has no bearing on your life. The naysayers who you will invariably encounter may be jealous of your accomplishments. Instead of looking to you for inspiration, they attempt to belittle you.

Believe in yourself. Be confident of your abilities. Have a clear picture of what you want to accomplish. Don't become distracted by anyone's comments. You never have to justify your chosen path.

You don't have to prove anything to anyone. Your goal is to be happy and content with the path you are travelling. Utilize self-monitoring to ensure you are making the desired progress. The comments made by others are of no concern to you.

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

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# Traffic Data Reporting and Safety


Continued from page 1

turning/lane changes; Community education presentations on traffic safety issues such as distracted driving, DUI, speed, bicycle and pedestrian safety; Collaborative efforts with neighboring agencies on traffic safety priorities; Officer training and/or recertification: Standard Field Sobriety Test (SFST), Advanced Roadside Impaired Driving Enforcement (ARIDE) and Drug Recognition Expert (DRE).

"Through education and behavior changes, we hope to create an environment that is safe and equitable for all road users in our community," Sergeant Shaun Gualco said.

Both one-year grants are for the 2021 federal fiscal year, which runs from Oct. 1, 2020 to Sept. 30, 2021.

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



### Publisher, Paul V. Scholl

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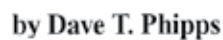
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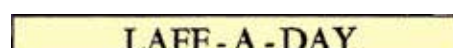
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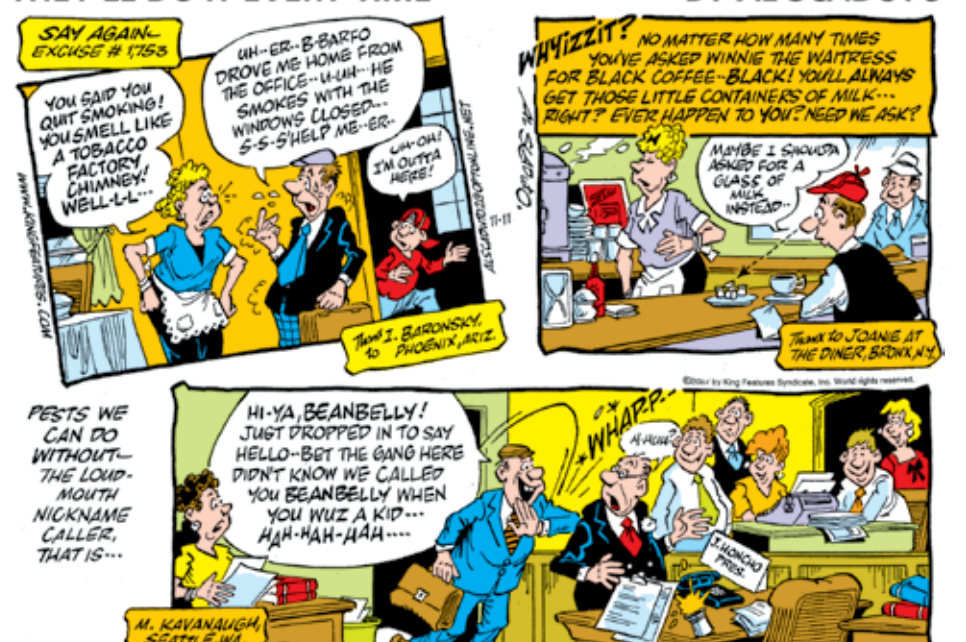
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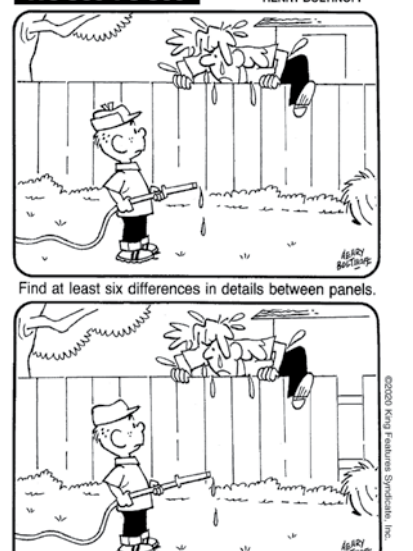
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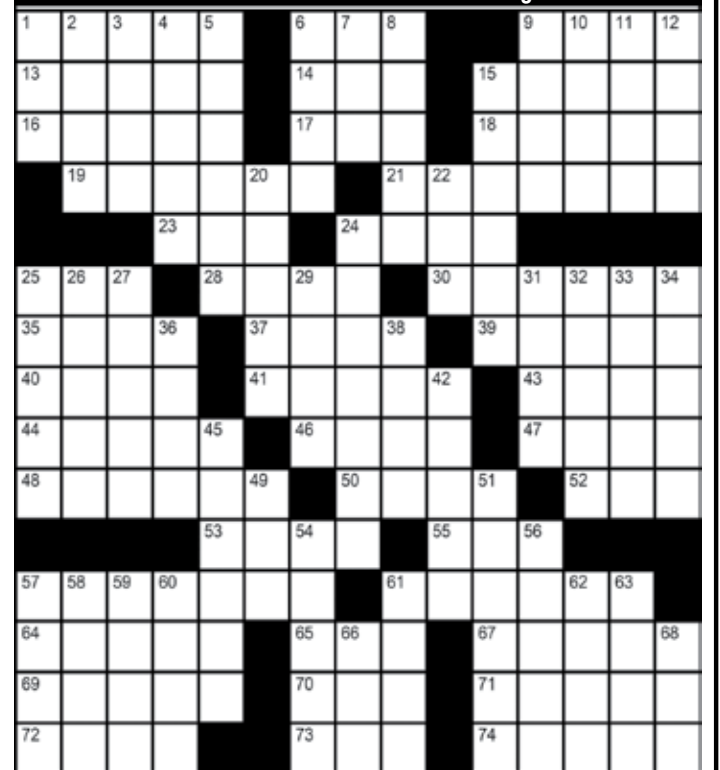
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A	C	C	R	A		E	N	D			G	A	U	R
F	L	E	E	T		L	E	I		S	E	N	S	E
T	E	L	C	O		S	O	S		N	A	T	A	L
	F	L	A	M	B	E		C	L	A	R	I	F	Y
			P	I	E		B	O	O	R				
B	B	C		C	A	F	E		B	L	A	N	C	H
A	R	I	D		M	O	C	K		S	T	A	L	E
S	A	R	I		S	L	A	N	G		O	D	O	R
T	U	R	N	S		D	U	A	L		M	I	N	D
E	N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

## CLUES

**Crossword Puzzle Solutions on Page 9**



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

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DOWN

1. Back of the boat
2. Staff symbol
3. Text messenger
4. Short version
5. Like number 1 to hydrogen
6. Besides
7. Opposite of paleo-
8. 70s music genre
9. Wheel in grandfather clock
10. \_\_\_\_\_perspirant
11. Defender of skies
12. Count on
13. Growls angrily
20. What lighthouse does
22. Williams sister's return
24. On account of
25. \*Turkey action
26. Hitler's Eva
27. Wispy clouds
29. \*Incorporate an ingredient
31. Niels Bohr's study object
32. Rock bottom
33. Star Wars attacker
34. Shepherds' flocks
36. Sound at door
38. \_\_\_\_\_sack
42. Clearing in the woods
56. Like a button, but more so
57. Cuckoo
58. Dubai dignitary
59. Separated
60. Debussy's "Clair de \_\_\_\_\_"
61. Serengeti sound
62. \*Preserve by adding salt
63. Old Norse texts
66. "\_\_\_\_\_ the ramparts..."
68. D.C. time

45. Viscous

49. Wood-shaping tool
51. Capybara, e.g.
54. GEICO's mascot
56. Like a button, but more so
57. Cuckoo
58. Dubai dignitary
59. Departed
60. Debussy's "Clair de \_\_\_\_"
61. Serengeti sound
62. \*Preserve by adding salt
63. Old Norse texts
66. "\_\_\_\_ the ramparts..."
68. D.C. time

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



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# Meals Getting to Seniors During COVID in Sacramento County

By Brenda Bongiorno, Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County established a new program during COVID-19 to bring meals to seniors who are facing food scarcity. Dine At Home Sacramento, a partnership between Sacramento County, local restaurants and the Area 4 Agency on Aging (A4AA), is proud to announce that as of Sep. 11, 15 participating restaurants have served 62,911 meals to 819 seniors across Sacramento County.

“All involved in Dine At Home Sacramento have worked incredibly hard and have been creative and adaptive in meeting challenges along the way,” said Michelle Callejas, Sacramento County Director of Child, Family and Adult Services. “This program has allowed our seniors to quarantine at home while receiving nutritional meals and has also provided economic stimulation to at least a few of our many local restaurants.”

Sacramento County Adult Protective Services offers access to programs such as Meals on Wheels, CalFresh, and the Brown Bag Food Program where eligible seniors are provided hot meals, canned foods, fresh vegetables and bread. However, earlier this year when calls increased related to food needs from seniors in our community, A4AA began coordinating with a restaurant to fulfill orders to seniors who were in process for receiving Meals on Wheels. A4AA has expertise in operationalizing meal delivery programs and the agency utilizes a dietician to work with restaurants to establish nutritional menus for seniors.

The approach led to the new program of getting food to more seniors faster and boosting the restaurant industry. Sacramento County Child, Family and Adult Services is proud to have implemented this innovative new program with A4AA. Dine At Home Sacramento partners with restaurants in unincorporated areas and the cities of Galt, Folsom and Isleton that expressed interest in a meals program partnership. Through the partnership, the restaurants have received more than \$1,572,775 of revenue (\$25 a meal for preparation and delivery).

Using restaurants in these locations allows Sacramento County to reach more seniors in need of food while helping restaurants hire back employees and generate revenue.



“This program has allowed our seniors to quarantine at home while receiving nutritional meals and has also provided economic stimulation to at least a few of our many local restaurants.” Photo by Norma Mortenson from Pexels

Currently, this program has reached capacity. If the program is able to accept new applicants in the future, Sacramento County will share an update on how to apply.

“There are several benefits to our program, which is why we chose to pursue it,” said Michelle Callejas, Sacramento County Director of Child, Family and Adult Services. “The county was able to be more flexible with eligibility criteria, so we can serve more seniors facing food insecurity who might not be eligible for the state’s new delivery program or our other programs. Through our partnership with A4AA, the goal is to expand the number and types of local restaurants participating to serve more meals by the end of the year.”

“The program used roughly \$3.5 million of CARES Act funding the county received to serve seniors,” said Ruth MacKenzie, Senior and Adult Services Division Manager for the Department of Child, Family and Adult Services. “Sacramento County, Child Family and Adult Services went to the Board of Supervisors on September 22 requesting authority to expand the contract with A4AA by \$3.4 million, this will allow us to increase the number of recipients and continue providing meals to our seniors through the holidays.”

Visit the County’s Senior and Adult Services webpage to learn more about their programs, provider services, volunteer opportunities and resources. ★

# County Voter Information Guide Mailed to Registered Voters

## Sacramento County Election Update

**SACRAMENTO COUNTY, CA (MPG)** - The Voter Registration and Elections (VRE) Office has begun mailing the County Voter Information Guide (CVIG) for the November 3, 2020, Presidential General Election to Sacramento County registered voters. The VRE Office printed more than 800,000 Guides in English, Spanish and Chinese.

Registered voters can expect the CVIG to arrive in their mailboxes the last week of September. It will include Ballot Drop Box and Vote Center locations, local candidate statements, measures on the voter’s ballot, and important dates and information. Voters that have 'opted out' of receiving a paper version of the CVIG may view it on the VRE website beginning October 5, 2020.

For more information about the General Election and voting in Sacramento County, visit the VRE website at [www.elections.sacounty.net](http://www.elections.sacounty.net), contact VRE at (916) 875-6451, email [voterinfo@sacounty.net](mailto:voterinfo@sacounty.net), or call the toll-free voter assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone).

### Key Election Dates

**Monday, October 5** - Mailing of ballots to all registered voters begins

**Monday, October 5** - Voted ballots may be returned in any of the Ballot Drop Boxes located throughout the County

**Monday, October 19** - Close of voter registration for the November 3, 2020 Presidential General Election. Voter registration forms must be postmarked by this date or delivered to the VRE Office at 7000 65th Street, Suite A, Sacramento 95823 by 5:00 p.m. Online voter registration must be completed before midnight on this date at [www.registertovote.ca.gov](http://www.registertovote.ca.gov)

**Tuesday, October 20** - Conditional Voter Registration (CVR) begins

**Saturday, October 24** - 11 Day Vote Centers open

**Tuesday, October 27** - Last day a Vote by Mail (VBM) ballot can be mailed to you. After this date, VBM ballots are only available at the VRE Office or Vote Centers

**Saturday, October 31** - All Vote Centers open throughout the County

**Tuesday, November 3** - Election Day

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**With a virtual pre-auction reception at 6:30pm**

**The Silent Auction goes live on October 9 at 8:00am PST**  
**And closes at the end of the Live Event on October 17**

**For more information, please contact Jake Kurtz**  
**at (916) 812-6600 or [jake@JacobKurtz.com](mailto:jake@JacobKurtz.com)**

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**Crime Reports**

**Citrus Heights Police Report**

**September 28<sup>th</sup> October 4<sup>th</sup>**



**09/28/2020** • Time: 6:00 PM • IR Number: 12008028  
Crime: **484(A) PC: Petty Theft**  
Location Type: Theft from Vehicle • Public Address: 65xx Auburn  
Agency: Sacramento County Sheriff’s Department

**09/30/2020** • Time: 2:44 PM • IR Number: 12008095  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Parking Lot • Public Address: 60xx Birdcage St.  
Agency: Citrus Heights Police Department

**10/01/2020** • Time: 7:49 PM • IR Number: 12008105  
Crime: **496d(a) PC: Possession of Stolen Veh**  
Location Type: House Street/Highway • Public Address: 58xx Northgrove Wy.  
Agency: Sacramento County Sheriff’s Department

**10/01/2020** • Time: 7:49 PM • IR Number: 12008084  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: House (Includes Driveway) • Public Address: Madison Av/San Juan Av.  
Agency: Sacramento County Sheriff’s Department

**10/02/2020** • Time: 7:49 PM • IR Number: 12008162  
Crime: **10852 VC: Tamper With Vehicle**  
Location Type: Apt/Condo/Duplex • Public Address: 58XX Birdcage St.  
Agency: Sacramento County Sheriff’s Department

**10/04/2020** • Time: 1:37 PM • IR Number: 12008176  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Parking Lot • Public Address: 78xx Greenback Ln.  
Agency: Citrus Heights Police Department

**Find more info at [citrusheights.net](http://citrusheights.net)**



