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Citrus Heights Messenger

VOLUME 10 • ISSUE 35 Serving the City of Citrus Heights & Sacramento County AUGUST 28, 2020

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SacRT Restoring Service



SacRT is doing everything possible to keep its employees and customers safe and healthy to ensure minimal impacts to service during these unpredictable times. Photo courtesy SacRT

By Jessica Gonzalez, SacRT

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (SacRT) announced today they are implementing a September 2020 service recovery plan to restore service to pre-COVID-19 levels. The additional service begins on Sunday, August 30, 2020. The service recovery plan increases service for light rail (Blue and Gold lines), bus (routes 1 through 93) all peak-only/express (routes 102, 106, 107, 109, 113, 129, 134, 161 and 193), and Folsom Stage Line (routes 10F and 30F). SacRT is also making some adjustments to several bus routes to improve on-time performance. SacRT and Yolobus will continue to monitor ridership on the Causeway Connection (route 138) and may add additional trips in late September.

Due to low ridership as a result of COVID-19, SacRT will continue to suspend service on the Airport Express (route 142), the 200 series routes and Folsom Stage Line (route 20F). Based on a ridership survey, starting September 1, Jibe Express will be reducing service to match current ridership demand. Visit jibe.org to review the new and current schedules with interactive map and timetable listings. SacRT's service recovery plan is an integral part of supporting the region as it reopens by adding more service to ensure people can safely travel to essential destinations. Similar to other businesses, the COVID-19 pandemic may have an impact on SacRT employees (i.e., school and childcare predicaments, and health related matters) possibly resulting in manpower shortages,

which may cause temporary service adjustments with little or no notice. SacRT encourages customers to check the Service Alerts page at the top of sacrt.com/alerts in advance of heading out to the bus stop. SacRT is doing everything possible to keep its employees and customers safe and healthy to ensure minimal impacts to service during these unpredictable times. To learn more about SacRT's best safety practices and other prevention guidance, visit sacrt.com/covid-19. Visit sacrt.com/recovery for more details and a look at the new timetables. Riders and Community Urged to Take the Ready to Ride Transit Survey SacRT is conducting a survey of our riders and the community

Continued on page 4

Public Health Order to All Sac County Schools

Sacramento County
Public Information Office

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Public Health (SCPH) noticed all schools (TK-12), both public and private, with a Public Health Order for Schools that all schools in Sacramento County must utilize a distance learning model, until further notice. Schools may not conduct instruction or otherwise operate as a "day care," "child care," "camp," or any other allowable activity. Students are not permitted on school campuses or to otherwise engage in in-person school activities, except as specifically noted below: Emergency Mental Health Counseling - If emergency in-person mental health counseling is deemed necessary, in lieu of virtual settings, it may be conducted on an individual (1:1) basis; initial English Language Learner Assessments - May occur in-person on campus and conducted on an individual (1:1) basis unless group settings are legally required, in which case the groups should be the smallest size possible; Special Education Assessments - May occur in-person on campus on an individual (1:1) basis as required by state and federal regulations. The Order provides clarification that all schools must not conduct in-person instruction while the County is on the State's Monitoring List. The State requires counties on the Monitoring List be removed for a period of at least 14 consecutive days in order for the Public Health Officer to consider in-person instruction for grades 7 - 12. The State has provided guidance that allows local health officers to grant waivers for elementary schools to conduct in-person instruction, but Public Health will hold off on the consideration of these waivers until the data shows evidence that the transmission of COVID-19 is slowing. It is anticipated that waivers could be considered no sooner than mid-September. Along with the Order, schools received a letter from the Sacramento County Health Officer and a document with answers to frequently asked questions for schools. Sacramento County Public Health understands the difficulty this creates for students, teachers, staff, and families. However, these restrictions are in place to limit the spread of COVID-19 in Sacramento County to help keep our community healthy and safe.

Renters Helpline Aids and Informs Tenants with Eviction Issues

**Sacramento
Self-Help Housing**

SACRAMENTO REGION, CA (MPG) - Sacramento Self-Help Housing's free Renters Helpline is currently experiencing 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 eviction ban to COVID-19. On average, the helpline typically receives approximately 750 calls per month. However, in the first week of April 2020 alone, 311 calls were received with 90 related specifically to landlord/tenant issues, the eviction moratorium and COVID-19 prevention. 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



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

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 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. 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.

Cooley Honors Local Equestrian Center as Small Business of the Year

Heroes of Human Services Award Nominations



***By Marianne Conarro,
Office of Assemblyman
Ken Cooley***

Every year, members of the California State legislature take time to honor a small business from their district. Prior to the Coronavirus Pandemic, the Salute to Small Business event provided space for small businesses to learn of resources and meet with other small business owners from across the state. The annual event is sponsored by the California Small Business Association, a volunteer-driven, non-partisan organization with the mission to provide small businesses with a meaningful voice with policy-makers in state and federal government. This year, the in-person event is postponed to a later date.

CBC Therapeutic Horseback Riding Academy is located in southern Sacramento County and is adjacent to Deer Creek. Ms. Chambers has over 20 years of experience with horses. She has ridden several different disciplines and specializes in Rider Biomechanics, and both English and Western Fundamentals. Brittney combined her education and experience in the human services field with her passion for horses after earning degrees in social science and alcohol and drug counseling, and a Master Degree in criminal justice administration. She confidently

Assemblyman Ken Cooley represents Assembly District 8 which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Herald, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/> ★

Who is Eligible?

Nominees must have demonstrated a commitment to human services through efforts to provide residents of Sacramento

Gloria Bedford
Human Services
Program Planner
916-875-1344
bedfordg@saccounty.net ★

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You're Invited to the Measure M Forum via Zoom

By Diane Ebbitt-Riehle, Citrus Heights Chamber of Commerce

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber of Commerce Government Issues Committee voted to recommend that the Citrus Heights Chamber of Commerce hold a Measure M Forum on Monday, August 31st from 6:30 pm – 9:00 pm. The Forum will be an opportunity for the Citrus Heights Chamber of Commerce to hear from both sides of the measure. At the conclusion of the Forum the Citrus Heights Chamber of Commerce Board of Directors will

vote to support, oppose, or remain neutral on Measure M. The Forum will be held at the Citrus Heights City Hall. In order to follow State and Local Covid 19 requirements, no more than 10 people will be in the room. They will maintain proper “distancing” at all times. **Forum Composition:** Up to 3 individuals who support Measure M (Pro); Up to 3 individuals who oppose Measure M (Con); Ray Riehle (Moderator); (TBD) Board Operator to manage the remote meeting; (TBD) Board Operator Assistant; (TBD) Task to Be Determined We are limiting questions to Citrus Heights Chamber of Commerce Members. The public is welcome to listen in through Zoom. Our purpose is to listen to the presentation, listen to comments by Chamber Members, and decide if the Chamber Board will support, oppose, or remain neutral on Measure M. The meeting will be recorded and made available to the public. If you have questions about the event, please call Ray at 916-217-7162 To get the Zoom meeting number and password number email Renee Larscheid renee@chchamber.com or call (916) 722-4545. ★

CHWD Honored by Government Finance Officers Association



Caryl Sheehan of Citrus Heights Water District

Commentary by Caryl Sheehan

The Citrus Heights Water District is proud to be one of just 299 Special Districts honored nationally for our financial reporting for 2018. The Government Finance Officers Association (GFOA) established its Certificate of Achievement for Excellence in Financial Reporting program in 1945 to encourage and assist state and local governments to go beyond the minimum requirements of generally

accepted accounting principles to prepare transparent comprehensive annual financial reports with full disclosure and then to recognize those entities that succeed in achieving that goal. Citrus Heights Water District (CHWD) received the award the first time we submitted our financial reports to GFOA in 2017. We look forward to the GFOA review of our 2019 submittal as well. CHWD has executed a sound investment and savings strategy that includes maintaining appropriate reserves to meet our current and future needs. This means our debt remains relatively small as compared to other agencies, and we have the funding available to adapt to changing conditions such as drought and amendments to state and federal regulations. Our streamlined approach to management and leadership allows our team to do more with less. CHWD salaries account for an average of just 27% of our total annual budget – compared to 43% of the total annual budget for our neighboring San Juan Water District. In addition, CHWD’s modest pension plan means our agency’s retirement obligations are substantially lower than neighboring agencies. We are leading the way in regional cooperation by championing a meter replacement study that will unite us with our neighboring Districts in the Sacramento area to collaborate on the inspection and replacement of water meters, saving all of our customers a substantial amount of money. The Board has never been prouder of the District’s administrative staff and those engaged in its field operations. Guided by thoughtful Strategic Planning efforts, we are extremely well positioned to continue to provide high-quality, reliable water service to our customers - a public asset that ensures the health and viability of the entire community. Caryl Sheehan is a board member of the Citrus Heights Water District. ★



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Let's Release Butterflies to Support Grieving Children

By Kala Haley-Clark, Sacramento Children's Museum

RANCHO CORDOVA, CA, (CA) - Honoring grandparents at the 2nd annual Grandparents Butterfly Release on Sunday, September 13th took on a profound, unexpected new meaning considering the coronavirus pandemic. The event, co-hosted by Sacramento Children's Museum (SCM) and Snowline Hospice, invites families to purchase and release butterflies to honor the special role that grandparents play in a child's life. Many of last year's participants honored a grandparent who died. This year, however, families will also honor the wonderful, vulnerable grandparents our community keeps safe by sheltering in place. Releasing butterflies on Grandparents Day is an ideal event for families craving a safe but inspiring outdoor event. SCM's drive-through events this summer – including July's PajamaJam and semimonthly ExplorAbility events for children with autism, have been wildly popular with museum attendees. While the vendor booths, interactive games, and indoor museum experience will not be a part of this year's festivities, attendees can enjoy their own socially distanced space, free giveaways, and outdoor museum programming. Masks are required for all attendees. Families who want to participate, but who don't yet feel comfortable in a group setting, can schedule curbside pickup for their butterflies. "It's important for us to engage families while we're closed, whether it's outside of the museum or from their homes," says Sharon Stone Smith, SCM's executive director. "We're delighted to bring our museum family together at such a challenging time." Rene Hamlin, Snowline Hospice's development director, agrees. "This is a wonderful event that brings multiple generations together. Watching a butterfly take flight is an incredibly



Releasing butterflies on Grandparents Day is an ideal event for families craving a safe but inspiring outdoor event. Photo courtesy Evie-Shaffer

magical, memorable experience that I look forward to every year." Butterflies are available for \$15 each on the event's Facebook page, and must be purchased by August 30th. Proceeds from the event benefit SCM's distance programming, post-COVID-19 reopening, and Healing All Together (HAT), a program for children dealing with grief. The 2nd annual Grandparents Day Butterfly Release is on Sunday, September 13th, from 11:30 am to 1:00 pm at 2701 Prospect Park Drive, Rancho Cordova, 95670. This event is sponsored by Republic Services and McDonald's. ★



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Blackouts Reveal Our Power Shortage



By Dan Walters
CAL Matters

The prolonged heat wave of 100-degree-plus temperatures that grips California has strained the state’s electric power grid to the breaking point, resulting in rolling blackouts for the first time in nearly two decades.

California’s Independent System Operator (ISO), which manages the distribution of power for the state’s investor-owned utilities, imposed temporary outages as demands from air conditioning systems in millions of heat-stressed homes approached supply capacity.

The blackouts clearly tell us that California has a power supply problem. It’s unacceptable that a state with a world-class economy grounded in cutting edge technology has the unreliable electrical service of a third world country.

Moreover, if we lack sufficient generating capacity now, the gap between supply and demand will grow even wider as our population continues to grow and if, as we are constantly told, the climate becomes ever warmer.

Our power supply problem stems largely from political policies aimed at phasing out hydrocarbon energy, such as natural gas-powered generators, shutting down nuclear

plants and relying more on “renewables” such as solar panels and windmills.

By decree, the latter are supplying ever-increasing amounts of power, but they are much less reliable than traditional generation. Therefore, when demand climbs to near-record levels ISO must turn to natural gas-fired plants to make up the difference, particularly if it cannot acquire more juice from out-of-state generators.

ISO data reveal that when demand peaks, natural gas plants are supplying half or more of California’s power, but even so there are not enough electrons because we have discouraged construction of more gas-fired generation.

“The situation is one that could have been avoided,” Steve Berberich, ISO’s top executive, told the agency’s board on Monday during a review of weekend blackouts, adding that the supply situation “is broken and needs to be fixed.”

Berberich said the ISO has repeatedly warned the California Utilities Commission that an additional 4,700 megawatts of supply is needed but only a portion was authorized on a delayed basis, leaving a gap that couldn’t be closed when the heat wave hit.

In theory, massive battery banks could be constructed to store solar and wind power when it’s plentiful and supplant hydrocarbon generation altogether, but so far that’s just a theory.

Three years ago, ISO published a scenario that envisioned a massive shift from hydrocarbons to renewable electricity in homes, commercial businesses and in transportation

by 2030, all but eliminating hydrocarbon energy.

Other than laws requiring utilities to increase their use of solar, wind and other renewable sources, however, little of the ISO’s vision, which mirrors other official projections, has become reality. The COVID-19 pandemic and the severe economic recession it spawned will probably retard the conversion to an all-electric society even more.

For the foreseeable future, therefore, we will need the natural gas generators that environmental activists love to hate, along with the equally vital infrastructure of gas wells and pipelines that they also want to cancel. In fact we need even more of them as demands increase.

Minutes after Berberich’s report, Gov. Gavin Newsom took to social media to say that the blackouts are “sobering to the reality” that “more insurance” in power supply is needed and pledged to provide it.

However, he must also answer why the Public Utilities Commission, composed of governor’s appointees, has failed to heed ISO’s warnings about inadequate supply.

Newsom is fond of the word “foundational” to describe things that must be done. There’s nothing more foundational than having the lights shine when you flick the switch or air conditioning to function when the mercury soars.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. Respond to: dan@calmatters.org ★

Social Security Matters

What Will My Wife’s Benefit Be If I Die?



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: I am 76 years old and began collecting Social Security when I retired at the age of 62. My wife also began collecting SS when she turned 62 based on my benefits. She did not work enough to qualify on her own for Social Security benefits. My question is, how much will my wife receive after my death? Will she receive what I receive now, or will it be a percentage of the total that we both receive? Or will it be based on just my benefits alone or some other formula? **Signed: An Inquisitive Senior**

Dear Inquisitive: Your wife’s survivor benefit as your widow will be based upon your Social Security benefit alone. Usually a surviving spouse receives the same amount the deceased spouse was receiving at death, if that is more than



the survivor is already receiving, and if the survivor has reached their full retirement age. However, in your case, if you should predecease your wife there’s a special rule which may benefit her because you claimed your benefit at age 62.

That rule says that because you claimed before your full retirement age (FRA), your wife’s benefit as your survivor should be at least 82.5% of the benefit you were entitled to at your full retirement age (66), even though you actually claimed at age 62. And because your benefit was reduced by 25% when you took it at age 62, your wife’s benefit as your widow may actually be more than you are receiving when you pass. This special rule is known as the “widow limit,” which stipulates that a surviving spouse is entitled to the greater of what the deceased was receiving while alive, or 82.5% of the deceased’s “primary insurance amount” or “PIA,”

which is the amount due at full retirement age.

Here’s an example: If your FRA benefit amount was \$1500/month, then your age 62 amount when you claimed was \$1125. But due to the special rule, your wife would get \$1238 (82.5% of \$1500) instead of the reduced \$1125 amount. Of course, this example doesn’t reflect the COLA (cost of living) increases which would have been applied to your benefit over the years, but as your widow and because you claimed before your full retirement age, your wife would be entitled to at least 82.5% of your PIA if that is more than the actual amount you were receiving when you passed.

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 ssadvisor@amacfoundation.org. ★

Study Brings out Five Worries with California’s Economy

NFIB Press Release

SACRAMENTO, CA (MPG) - A study released by the nation’s leading small-business association revealed five issues in particular that were more problematic for Main Street entrepreneurs in California to deal with than they were for their counterparts across the nation.

Every four years since 1982, NFIB has published its Small Business Problems & Priorities report listing 75 concerns small-business owners have with their abilities to keep their doors open and people employed. For only the second time, California was segmented out from the national readings (New York, Texas, and Ohio were the only other states), and while some issues ranked parallel to, or didn’t vary widely from, the national readings (cost of health care, federal taxes, property taxes, to name a few), five issues did show a double-digit disparity between how small-business owners across the nation ranked them as problems in comparison to California’s Main Street entrepreneurs:

(1) Environmental

regulations ranked 38th nationally, 15th in California for a 23-placement difference; (2) Cost of government required equipment/procedures came in 39th nationally, 19th in California for 20-placement difference; (3) Hiring/firing/employment regulations ranked 43rd nationally, 23rd in California for another 20-placement difference; (4) Obtaining licenses, permits, etc. came in 45th nationally and 29th in California for 16-rank difference; (5) Minimum wage/living wage ranked 34th nationally, 20th in California for a 14-placement difference.

“There were some issues that were of less concern to California small-business owners than they were to others across the nation,” said John Kabateck, California state director for NFIB, “but for five of the 75 issues, there was an alarming variance it would behoove state policymakers to give serious consideration to ameliorating. With only a few weeks left in the 2020 session, it’s probably too late now, but that leaves four whole months to start laying the groundwork for some 2021 action. In the

meantime, voters can do their part by electing more pro-small-business candidates to office.”

The 2020 edition of the Small Business Problems & Priorities report also divided the 75 issues, nationally, by: Number of employees (Page 39); Industry (Page 48); Population density (Page 68); Years of ownership (Page 71); Gender (Page 74); Legal form of business, such as partnership, sub-chapter S, LLC, etc. (Page 78)

The California-specific rankings begin on Page 82. Visit www.nfib.com/ to read NFIB’s national news release on the Small Business Problems & Priorities report.

For more than 77 years, NFIB has been advocating on behalf of America’s small and independent business owners, both in Washington, D.C., and in all 50 state capitals. NFIB is a nonprofit, nonpartisan, and member-driven association. Since its founding in 1943, NFIB has been exclusively dedicated to small and independent businesses and remains so today. For more information, please visit nfib.com. ★

SHRA Wait Lists Open for Vouchers and Public Housing

By Angela Jones, Sacramento Housing Authority

SACRAMENTO, CA (MPG) - The Sacramento Housing Authority opened wait lists for Project Based Voucher and for specific Public Housing communities on Monday, August 24, 2020, at 12:01 a.m. Applications will be accepted online at www.sacwaitlist.com. The lists will remain open until further notice.

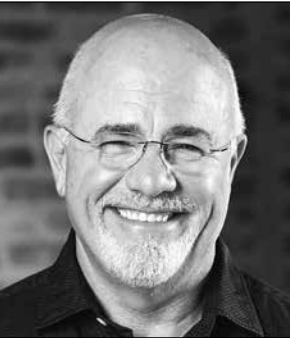
The Public Housing wait lists are for Marina Vista (1 bedroom units); Alder Grove (1 bedroom units); Walnut Grove (3 bedroom units); and County (4 bedroom units). Public Housing wait list preferences may be given to families who have a veteran family member, are homeless, or who are displaced by natural disaster recognized by the Federal government.

Project Based Voucher wait list preferences are given to families who are homeless or rent burdened; have a family member who is a veteran; have a family member who is disabled, or live or work in Sacramento County.

Applicants can use any device with

internet access to complete the application. There is no cost to apply for housing and a credit report is not needed to apply. However, Sacramento Housing Authority officials caution applicants not to use any other website and do not use a search engine to apply for the wait list. A number of websites charge fees to submit an application and may require personal information such as social security numbers or debit/credit card information to apply for assistance. This is a scam and could lead to possible identity theft. Housing Authority officials advise that the best way to find the correct website to fill out the application is to type www.sacwaitlist.com directly into the address bar usually located at the top left of the browser on the computer screen. The application submission process is supported for modern, popular browsers such as Chrome, Edge, Firefox, and Safari. Mobile devices using modern versions of IOS and Android are also supported.

For more information about the Housing Choice Voucher Program, go to www.shra.org. Under the Find Housing tab, click Housing Choice Voucher Program or Public Housing Program. ★



Build Wealth In College?

Dear Dave,

What advice do you have for college students who want to plan for the future and start building wealth? I’ll finish my master’s degree in marketing in less than two years, and I’ve been pretty lucky so far because my parents have paid for school. I bring in about \$2,200 a month at my job, and I have \$24,000 in savings.

– Alex

Dear Alex

If I were you, I’d get really good at the whole marketing thing. At this stage of the game, you are your best investment. You’re a go-getter, so just keep on going and getting it.

If you continue on this path, and by that I mean

Dave Ramsey Says

working, going to school, and piling up cash, you’re going to be able to put that marketing know-how to work in a big way. You’ll be able to use some of the cash you’ve got stored away to set yourself up in your new life. What you’re doing right now, in your situation, will give you a better return mathematically than a mutual fund.

Do you get what I’m saying? An education that is usable is more valuable to you at this stage of the game than investing. Now, when you finish school and start living life in your new career, good growth stock mutual funds are what I’d recommend for retirement. And at that point, if you’ve got an extra \$30,000 or \$40,000 sitting there, that’s even better.

Great start, Alex. Well done!

– Dave

Mandatory Withdrawal At 72?

Dear Dave,

I’ll be 72 in October, and I have a Roth IRA I haven’t done anything with in a while. I’ve got about \$30,000 in it, and I believe I

read where the government said there will be a mandatory withdrawal at age 72. If this is true, what should I do with that money?

– Danny

Dear Danny

I’m not positive there are mandatory withdrawals on a Roth IRA. I think that applies to traditional IRAs, but double-check with your investment advisor to make sure.

If it does apply to Roths, I’d take the required minimum distribution and move that amount to other investments. Or, since it’s only \$30,000, if you’ve got another nest egg you plan to live on, you could just have some fun with the money.

– Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 16 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

SacRT Restoring Service

Continued from page 1

to better understand how we can best plan to meet the Sacramento region’s mobility needs as

Shelter-in-Place orders are relaxed and the pandemic continues. We are seeking feedback about willingness to take public transit

during/after the COVID-19 pandemic to help our advocacy for safe, clean and convenient transit as we move past this crisis. ★

Windshields and Rearview Mirrors

*An Open Letter
to the Citizens of Citrus Heights*

**By Albert J. Fox,
Former Citrus Heights Council Member**

Reading recent guest articles and social media content regarding the Citrus Heights proposed MEASURE M has been concerning. It appears some of our residents are not seeing the positive benefits or future growth potential of Measure M. Many were residents who were against cityhood, against starting our own police department, against building the Community Center and finally the City Hall and the Dignity Health Medical Office Building projects. But we have now seen how these successful endeavors have brought benefits and positive change in the social and economic growth to Citrus Heights. I had hoped those issues were behind us. But ironically, life in the Rearview Mirror tends to blur our focus and prohibits a vision for future growth and economic stability.

MEASURE M is a tax proposal that completely benefits the City of Citrus Heights. The funding is not shared with, controlled or managed by any outside group or government agency. It is one cent tax paid by residents and non-residents who shop and dine in our city. It is not a regional tax and funds cannot be spent projects outside Citrus Heights. This is completely opposite of county wide sales tax propositions such as Measure A. Those tax dollars went into a fund managed by the Sacramento Transportation Authority and we should in theory have receive 50-60 cents of each dollar we paid. However, we never received the bulk of the funds due us and are now looking at FY2025 before we receive funding. Yet we continue to pay the half cent sales taxes towards that measure.

In a newspaper article a taxpayer advocate outlined several regional transportation tax proposals, including a new measure in Sacramento County, that have been removed from the ballot. The key to the argument is these were regional road tax funding proposals. The simple fact is

those and prior tax measures failed to provide road repair funding the communities being taxed were promised.

A former Citrus Heights council member recently wrote that based upon their experience on the council there is no need for the proposed tax measure. What is not said is that those experiences were from a time when the Sunrise Mall and other major big retailers provided significant sales tax income that allowed Citrus Heights to build the savings surplus that carried our city through several years without loans or tax increases. A view from The Rearview Mirror.

Now is the time for viewing our city through The Windshield. MEASURE M will generate the funding necessary to build for the future of our community. In studies and outreach sessions undertaken by the city, the residents have responded with a wish list of projects, shopping, entertainment and recreational facilities that are important for Citrus Heights families. The Sunrise Mall property is just one such multi-use proposal on the list and the city has responded. The future of the Sunrise Mall under new ownership and with significant efforts by our city leadership promises to once again be a focal point of economic, recreational and residential growth and stability for Citrus Heights.

Measure M tax dollars will provide funding to build the envisioned public venues, help meet the needs for road repair and resurfacing projects in our neighborhoods, provide matching funds required to apply for state and federal grants, and save funds for future projects like an animal shelter or community recreational complex. As voters we ask for accountability. The city proposes an Independent Citizen Oversight, mandatory financial audits and transparency for Measure M funding expenditures.

MEASURE M is a long-term view for the future of Citrus Heights. Let's look at our future through the Windshield of possibilities and not the Rearview Mirror presented by some. We need to stay #CITRUS HEIGHTS STRONG! ★

Sac County and CARES Act Funding

By Kim Nava, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The County's Chief Fiscal Officer presented to the Board of Supervisors a status update of the Coronavirus Relief Fund Revenue received by Sacramento County as of June 30, 2020.

What is the purpose of the Coronavirus Relief Fund, and how much funding did Sacramento County receive?

The Coronavirus Aid, Relief and Economic Security (CARES) Act was enacted on March 27, 2020, and with it the \$150 billion Coronavirus Relief Fund (CRF) to help stabilize state, local, and tribal budgets. The relief fund falls under the purview of the U.S. Department of Treasury. Sacramento County received \$181 million from the CRF.

How did the County determine the use of Coronavirus Relief Funds?

The CRF Committee asked departments to identify expenses relating to the coronavirus and approved expenditures that meet the requirements of the Coronavirus Relief Fund.

How much of the \$181 million has been used as of June 30, 2020?

The County has spent \$146.8 million to cover payroll costs for existing employees and services and \$1.2 million in new or enhanced services to address the impact of COVID-19 for a total of \$148 million.

Does that mean that departments who received funds for payroll costs receive additional funds or positions?

No. Departments that received CRF money for payroll costs received that much less in General Fund money. The County then used that General Fund money towards departments and services that are critical to the residents of Sacramento County.

What General Fund departments and services will avoid the budget and services cuts, due to the freeing up of General Fund money?

Departments such as Child Protective and Adult Protective Services; Health Services; Sheriff; Human Assistance; In-Home Supportive Services and homeless services.

Why is it important to fund those General Fund departments?

The County will receive approximately \$170 million less in General Fund revenues in the last and current fiscal year, as a result of the pandemic.

These revenues fund critical social and health services from Child Protective and Adult Protective Services, Health Services (Public Health and Mental Health), Human Assistance, In-Home Supportive Services and homeless services.

Freeing up General Fund revenue that otherwise would have gone to payroll costs will

allow the County to avoid significant budget cuts and maintain services for FY 2020-21 that the CRF money could not be used for.

Is covering payroll costs an appropriate use for CRF money?

Yes. The CARES Act does not allow the use of CRF money to backfill revenue losses directly, but CARES Act guidance clearly says that payroll costs for public safety and health, human services and similar employees can be used for CRF.

Has the use of the CRF money in this way prevented the County from using it to fight the pandemic?

No. All of the CRF funding requested by Public Health staff to deal with COVID-19 has been provided.

How has the remaining CRF been approved?

The remaining CRF money has been approved for services identified as needed by Public Health and other departments, including:

COVID Testing; Community-Based Testing; Dine at Home Sacramento Programs; Contact tracers; Homeless Response Plan; Business Navigators; Project Roomkey

How will the County cover costs for services needed for the pandemic after the County's CRF allocation has been fully spent?

The County will continue to work at the State and Federal level to obtain additional funding. The State budget commits a portion of the State's CARES Act funding to local governments over and above the \$181 million already allocated to Sacramento County. The County has received \$5 million to date and has been allocated \$25 million. Discussions at the Federal level also suggest there could be additional funding provided for testing and other services required to respond to the pandemic.

Are there other funds that the County is using to combat the pandemic besides CRF?

Yes, the County is utilizing a variety of state and federal funds besides the Coronavirus Relief Fund to cover costs incurred by the pandemic, so items that were not eligible for CRF may be eligible for those other state and federal funds.

For more information about the CARES Act and the Coronavirus Relief Fund, including a breakdown of spending as of June 30 for each category as specified by the U.S. Treasury, visit the County's CARES Act Funding webpage.

For more information about COVID-19 in Sacramento County, including data, testing, public health orders and other information, visit the COVID-19 website. ★



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TRUSTEE SALE NOTICES

TS# 093891-CA APN: 229-0720-010-0000 WHEN RECORDED MAIL TO: Clear Recon Corp, 4375 Jutland Drive San Diego, California 92117 Phone: 866-931-0036 NOTICE OF DEFAULT AND FORECLOSURE SALE WHEREAS, on 4/7/2005, a certain Mortgage Deed of Trust was executed by FRANCES FUQUA, TRUSTEE OF THE FRANCES FUQUA LIVING TRUST DATED JULY 27, 1998 as trustor in favor of SEATTLE MORTGAGE COMPANY as beneficiary, and was recorded on 4/12/2005, in Book 20050412, Page 1675, in the Office of the Recorder of Sacramento County, California; and WHEREAS, the Mortgage Deed of Trust was insured by the United States Secretary of Housing and Urban Development (the Secretary) pursuant to the National Housing Act for the purpose of providing single family house; and WHEREAS, the beneficial interest in the Mortgage Deed of Trust is now owned by the Secretary, pursuant to an assignment dated 3/31/2017, recorded on 4/19/2017, book 20170419, page 0610, in the office of Sacramento County, California; and WHEREAS, a default has been made in the covenants and conditions of the Mortgage Deed of Trust in that the payment due upon the death of the borrower(s) was not made and remains wholly unpaid as of the date of this notice, and no payment has been made sufficient to restore the loan to currency; and WHEREAS, the entire amount delinquent as of 8/13/2020 is \$322,317.81; and WHEREAS, by virtue of this default, the Secretary has declared the entire amount of the indebtedness secured by the Mortgage Deed of Trust to be immediately due and payable; NOW THEREFORE, pursuant to powers vested in me by the Single Family Mortgage Foreclosure Act of 1994, 12 U.S.C. 3751 et seq., by 24 CFR part 27, subpart B, and by the Secretary's designation of me as Foreclosure Commissioner, notice is hereby given that on 9/24/2020 at 1:30 PM local time, all real and personal property at or used in connection with the following described premises ("Property") will be sold at public auction to the highest bidder: Legal Description: ALL THAT CERTAIN REAL PROPERTY SITUATE IN THE CITY OF CITRUS HEIGHTS, COUNTY OF SACRAMENTO, STATE OF CALIFORNIA, DESCRIBED AS FOLLOWS: LOT 316, AS SHOWN ON THE MAP

ENTITLED, "CROSSWOODS UNIT NO. 7", RECORDED JUNE 8, 1977, IN BOOK 112 OF MAPS, PAGE 17. Commonly known as: 6756 BERTRAN CT, CITRUS HEIGHTS, CA 95621 The sale will be held at: OUTSIDE THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 720 9TH ST., SACRAMENTO, CA 95814 Per the Secretary of Housing and Urban Development, the estimated opening bid will be \$326,624.95. There will be no proration of taxes, rents or other income or liabilities, except that the purchaser will pay, at or before closing, his pro rata share of any real estate taxes that have been paid by the Secretary to the date of the foreclosure sale. When making their bids, the winning bidders with the exception of the Secretary must submit a deposit totaling ten percent (10%) of the Secretary's estimated bid amount in the form of a certified check or cashier's check made payable to the undersigned Foreclosure Commissioner. Ten percent of the estimated bid amount for this sale is \$32,662.50. A deposit need not accompany each oral bid. If the successful bid is oral, a deposit of \$32,662.50 must be presented before the bidding is closed. The deposit is nonrefundable. The remainder of the purchase price must be delivered within 30 days of the sale or at such other time as the Secretary may determine for good cause shown, time being of the essence. This amount, like the bid deposits, must be delivered in the form of a certified or cashier's check. If the Secretary is the highest bidder, he need not pay the bid amount in cash. The successful bidder will pay all conveying fees, all real estate and other taxes that are due on or after the delivery date of the remainder of the payment and all other costs associated with the transfer of title. At the conclusion of the sale, the deposits of the unsuccessful bidders will be returned to them. The Secretary may grant an extension of time within which to deliver the remainder of the payment. All extensions will be for 15 day increments for a fee of: \$500.00, paid in advance. The extension fee shall be in the form of a certified or cashier's check made payable to the Secretary of HUD. If the high bidder closes the sale prior to the expiration of any extension period, the unused portion of the extension fee shall be applied toward the amount due. If the high bidder is unable to close the sale within the required period, or within any extensions of time granted by the Secretary, the high bidder may be required

to forfeit the cash deposit or, at the election of the Foreclosure Commissioner after consultation with the HUD representative, will be liable to HUD for any costs incurred as a result of such failure. The Commissioner may, at the direction of the HUD representative, offer the property to the second highest bidder for an amount equal to the highest price offered by that bidder. There is no right of redemption, or right of possession based upon a right of redemption, in the mortgagor or others subsequent to a foreclosure completed pursuant to the Act. Therefore, the Foreclosure Commissioner will issue a Deed to the purchaser(s) upon receipt of the entire purchase price in accordance with the terms of the sale as provided herein. HUD does not guarantee that the property will be vacant. The scheduled foreclosure sale shall be cancelled or adjourned if it is established, by documented written application of the mortgagor to the Foreclosure Commissioner not less than 3 days before the date of sale, or otherwise, that the default or defaults upon which the foreclosure is based did not exist at the time of service of this notice of default and foreclosure sale, or all amounts due under the mortgage agreement are tendered to the Foreclosure Commissioner, in the form of a certified or cashier's check payable to the Secretary of HUD, before public auction of the property is completed. The amount that must be paid if the Mortgage Deed of Trust is to be reinstated prior to the scheduled sale is based on the nature of the breach, this loan is not subject to reinstatement. A total payoff is required to cancel the foreclosure sale or the breach must be otherwise cured. A description of the default is as follows: FAILURE TO PAY THE PRINCIPAL BALANCE AND ANY OUTSTANDING FEES, COSTS, AND INTEREST WHICH BECAME ALL DUE AND PAYABLE BASED UPON THE DEATH OF ALL MORTGAGORS. Tender of payment by certified or cashier's check or application for cancellation of the foreclosure sale shall be submitted to the address of the Foreclosure Commissioner provided below. Date: August 13, 2020 CLEAR RECON CORP Foreclosure Commissioner Hamsa Uchi Title: Foreclosure Supervisor 4375 Jutland Drive San Diego, California 92117 Phone: (858) 750-7600 Fax No: (858) 412-2705 STOX#093891 9-11-20

Formerly Homeless Graduate from Women's Empowerment During COVID

By Kristin Thébaud, Thébaud Communications

SACRAMENTO REGION, CA (MPG) - Six women once homeless gathered with staff at Women's Empowerment for a ceremony earlier this month to celebrate their graduation from the seven-week employment-readiness and empowerment program for women experiencing homelessness in Sacramento. Most Women's Empowerment graduation ceremonies include nearly 100 guests – family members, friends, donors, volunteers and more – but despite the lack of audience and much smaller class size, the ceremony still meant the same for each individual. Each of the women had risen from homelessness and is now in housing – half having already secured jobs, despite the pandemic raging across Sacramento County.

"For many of us, the world feels upside down with the pandemic and stay-at-home order," said Lisa Culp, executive director, in her ceremony speech. "But when the women here today were homeless, their world felt more than upside down. They thought their world was over. Homelessness is isolating in a way no one can understand who is quarantining in a safe home. But the women of Session 79 found each other and left over the obstacles of being homeless during a pandemic to emerge triumphant."

Session 79 was originally scheduled to begin in April but was postponed due to the stay-at-home order. Adhering to social distancing recommendations, Women's Empowerment accepted only a third of its usual number of participants into the session that began in late June. Each participant worked one-on-one with a master's level social worker and employment specialist, both on staff at Women's Empowerment. She attended a range of classes on job-readiness, financial literacy, computer skills, empowerment and more – many taught virtually by skilled volunteers from the community. She received health services and could join support groups and receive legal help, as needed. All graduates of Women's Empowerment are eligible for its graduate services, which include paid job training programs.

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 1,687 homeless 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. The program combines self-esteem courses, job training, health classes, support services and paid job training to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded through private donations from the community and grants. To donate: Womens-Empowerment.org. ★



A Veteran
Thank Today

Are Homemade Cookies Addictive?

By Rev. James L. Snyder

Some people say we are living in the “new normal.” I’m not sure exactly what they mean, and I don’t have the time to ask, nor the desire.

Because of being limited, as far as traveling is concerned and going shopping or whatever, the Gracious Mistress of the Parsonage and I have spent a lot of time at home enjoying our time together.

I remember one day when I came into the house the aroma was one of my favorites. My wife had been baking cookies all day long, and the house was filled with that beautiful aroma.

On the table were cookies just out of the oven, and in the oven was a new batch of cookies. Those cookies on the table smelled so wonderful. Not only that, but they also looked delicious. I’m not sure what delicious looks like, but those cookies came very close to that definition.

I came and stood by the cookies and looked at them, and then I heard, “Don’t you dare touch one of those cookies!”

“But, my dear, they look and smell so wonderful. This must be the last batch of cookies you have ever made

in your life.”

I’m trying to negotiate into getting at least one cookie. The problem is, nobody, especially me, can negotiate with the Gracious Mistress of the Parsonage.

I looked at her, looked back at the cookies, and then again at her with some of my most sorry-looking eyes I could manufacture. If I could have created a tear, I would’ve at that moment.

At that time, I knew I would have to wait to have a cookie, but it was just killing me to not only smelling them but seeing in the same room that I’m in. Such torture is inhuman.

I went into the living room and sat down to watch a little TV. In a few moments, my wife came in carrying one cookie and said, “You can have one cookie per day.”

Smiling at her, I accepted the cookie and indulged in gratifying my cookie-itis. And it was wonderful. My problem at the time was, it was only one, and it was small.

I found out she was making these cookies for other people and members of the family. I tried to tell her that I was a member of the family, but she threw a grimace at me and continued baking the cookies.

How can anybody live on just one cookie per day?

Later on, I saw on the table plastic bags filled with cookies designated for some friend or family member. An idea crumbled in my head at that time. When my wife said, “one cookie per day,” what did that actually mean?

Looking at all the bags of cookies on that table, I developed my own interpretation and assumed it meant one cookie per day per plastic bag. I hope she doesn’t catch on to my plan, but I have enjoyed her cookies all day long. Remember, I only ate one at a time.

As I was enjoying my last cookie, a verse of scripture came to mind. “My little children, let us not love in word, neither in tongue; but in deed and in truth” (1 John 3:18).

My words don’t mean anything unless it is backed up by what I do. I think I need to confess my cookie snatching to my wife.

Dr. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL 34472. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 352-216-3025 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com. ★



Dare to Live Without Limits

by Bryan Golden

Recovering from a Fall



You fell hundreds of times while learning to walk. Yet, you got back up each and every time. Each fall was a learning experience, not an indication of failure. A fall leads to failure only when you decide to not get up.

Once you have learned to walk, how many attempts were required was irrelevant. All that mattered is you got up one more time than you fell. Learning to walk is impossible without falling. Similarly, any success in life involves falling as well.

However, falling is scary because it is associated with failure. Since we have an innate fear of failure, we focus on the fall instead of the recovery. This approach keeps you down longer than necessary. Whenever you fall down get back up as fast as possible. Nothing is gained from staying down wallowing in self-pity.

Don’t dwell on the cause of a fall. It happened. You can’t change the past. Lamenting what you could have done, should have done, or would have done is pointless. Instead, devote your mental energy to figuring out how to get back up.

View falls as learning opportunities. The more you fall, the more you learn. Successful people have fallen a lot, but they have gotten back up each time. In order to get the greatest benefit from each fall, determine the cause of the fall. Although there is nothing wrong with falling, you don’t want to fall twice for the same reason. Once you have identified the cause for a fall, decide how to avoid repeating it.

You are in command of your life. No other person or circumstance is responsible. Blaming external factors for a fall makes it harder to get up. Getting back on your feet is in your hands. Take responsibility, take control, and do what it takes to stand up.

Staying down is agonizing. You won’t get back up until you make it happen. It’s your choice whether to get back up or not. Waiting for things to improve accomplishes nothing. Effort and determination are essential for an effective recovery mindset.

Once you have fallen, think about all of the reasons for getting back up. Don’t waste time with any excuses for not doing so. People who fail to get up have numerous excuses justifying why they can’t. Since your mind believes whatever you tell it, you won’t accomplish anything you believe is impossible.

A possibility mindset powers your success. You have to believe in your goals in order to attain them. Having a burning desire to reach your objective is a powerful force. When learning how to walk, failure was not an option. You were determined to succeed and had no doubt you would.

Each fall leads to new opportunities. When a strategy doesn’t work as planned, you are compelled to discover a new approach. There is always a better way. That’s why falls are so educational. The more you fall, the more you learn.

Only positive action is worth taking. Avoid any action which harms others in any way. Ethnical or moral shortcuts ultimately lead to disaster. They are a dead-end road which leads off a cliff. Avoid associating with anyone who offers assistance at the expense of others.

Get back up with a specific plan for moving forward. Just like learning how to walk, your next step is the most important one. No magic is required. Any goal is reachable one step at a time. History has proven this fact repeatedly.

Recovering after a fall is a normal part of life which brings happiness and success. Encountering challenges is unavoidable. Whenever you fall, get back up, dust yourself off, and continue moving forward.

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@columunist.com or write him c/o this paper. © 2020 Bryan Golden ★



By Marlys Johnsen Norris, Christian Author

The truth of God must be anchored in your soul because Satan is trying to twist the Word of God today to mean something other than what the Scripture reflects. **“Biblical Truth is Eternal” and will last forever in a heart that receives it.** Faith grows!

Take care to what you are listening to and who is saying them. Some people are trying to change the words of the Bible, therefore verify their words with the Holy Bible. Look in the concordance in the back for words that are used, then read the Scriptures and find the truth of God for yourself. God will provide His presence in His Holy Words to accompany you when you ask for His Will

Truth Wins!

to be done in your life.

There are no secrets from God! He has provided His written Word for us to claim and find victory in our lives. The Cross and the death of Jesus Christ provides the way for all of us to find happiness and joy as we experience an intimate and personal relationship with God Almighty through His Holy Spirit. Jesus Christ is the Messiah. (John 1:41, 4:25-26)

Those who walk **not** after the flesh - but after His Spirit there is no condemnation. **“So rend your heart and not your garments. Return to the Lord your God. For He is gracious and merciful. Slow to anger and of great kindness. And He relents from doing harm.” (Joel 2:13)**

Read the Psalms and Proverbs. You will find many promises of God you can claim. His words in you will become powerful

to withstand all the darts of His enemy. The journey to know and love God takes a lifetime. During those years His enemy will do his best to weaken your faith and steal the many blessings that God pours into your life. Therefore, do not be surprised! He will leave you the minute you **“plead the Blood of Jesus Christ”** over the situation. There is power in the blood that began with Jewish sacrifices in the Old Testament. **God choose His Son Jesus to become the final sacrifice to purchase forgiveness for all of our sins who will accept His gift of life eternal in heaven with Him someday because of His death on the Cross for us.**

Marlys Johnsen Norris
ARM Columnist since 2006
Christian Author of 7 Books
PO Box 114, Orangevale, CA ★

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Subscriptions should be mailed to:

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7405 Greenback Lane, #129, Citrus Heights, CA 95610

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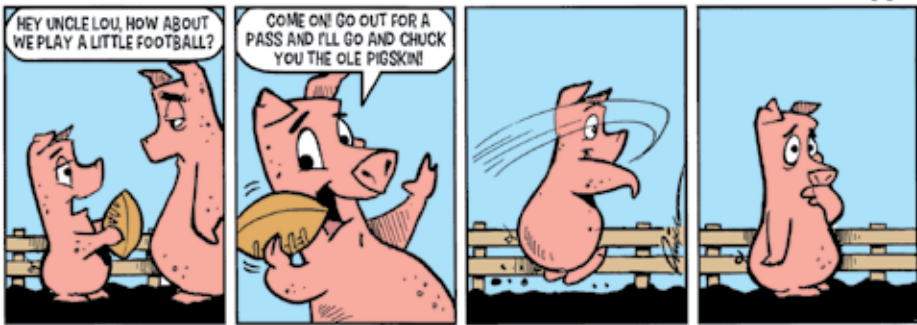
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WEEKLY COMICS

Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



GRIN & BEAR IT



LAFF-A-DAY



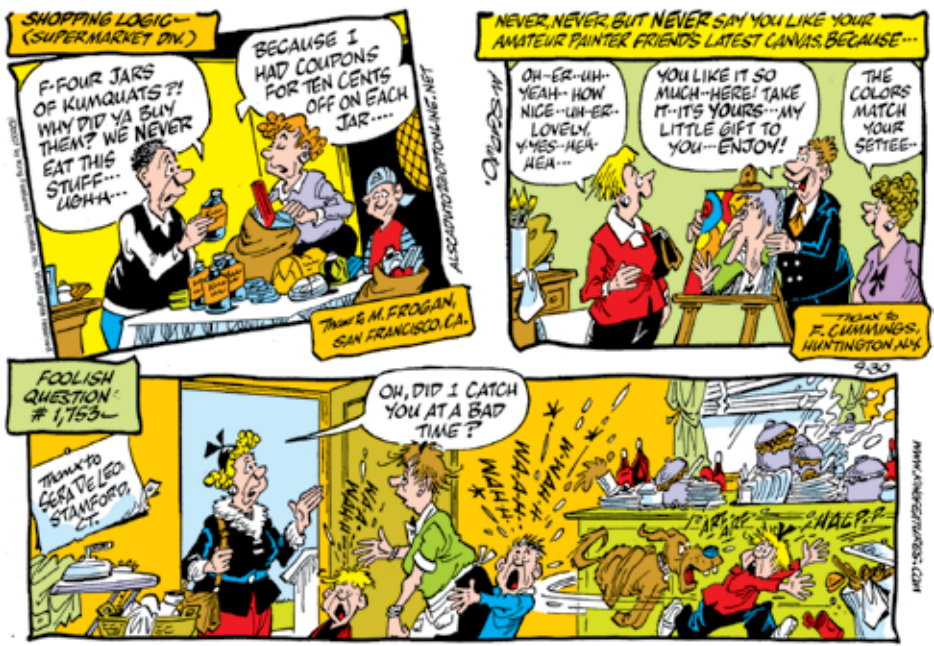
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



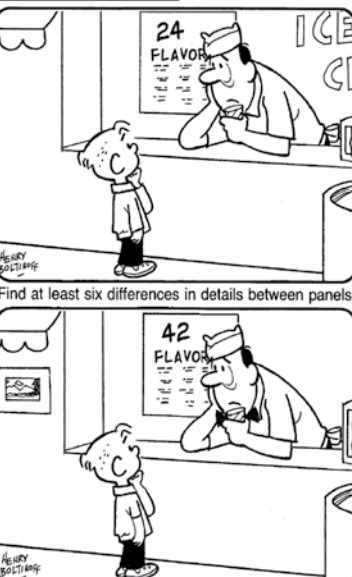
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTINOFF



Crossword Puzzle on Page 7

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

STATEPOINT CROSSWORD • FOOTBALL

CLUES

- ACROSS
- It may be fixed or blank
 - Sometimes appears between dogs
 - Wild West card game
 - Deprived of a limb
 - Go wrong
 - ____ and tattooed
 - Tsar's edict
 - Waikiki garland
 - Propelled like Argo
 - *Last year's Super Bowl MVP
 - *Recipient of this year's first pick
 - Madame Tussauds' medium
 - Jack's legume
 - Communications regulator, acr.
 - Dry as dust
 - Echo
 - Yours and mine
 - Cold War enemies, slang
 - Common candle shape
 - Home of the Utes
 - Shinbone
 - Scotia predecessor
 - Furiously angry
 - Like watching paint dry
 - Gulf War missile
 - Oozed
 - Clump
 - Yo
 - Common allergens
 - Not color but ____
 - *The goal
 - *Primary football unit
 - Boy Scout's ____ badge
 - Pod dweller
 - Word of mouth
 - All worked up
 - Poetic "ever"
 - Home to largest mammal
 - Threads
 - *Defensive ____
 - Locomotes

DOWN

- Millionaire's turf,
- according to 2009 Oscar winner
- Bangladeshi currency
- Wet nurse
- Plant again
- Swellings
- Elvers
- 're
- Human social group
- *Yellow and unwanted
- Saint's "headress"
- Movie spool
- *Vegas numbers
- Laura Ingalls' hat
- Make an effort
- Organ of balance
- Sleep disrupters
- *Encroachment and false start, e.g.
- Type of mandarin
- Have a hankering
- *2020 Super Bowl winning coach
- VSCO girl's favorite shoe brand
- Geologic period
- Variety show
- *Patriot no more
- Pinta or Santa Maria, e.g.
- Perfect houseplant spot
- * ____ Bowl, college game 1982-2000
- Indicate
- What Dundee and Dunedin have in common
- *Last year's Heisman winner
- Conical dwelling
- Draw a conclusion
- Do like exhaust pipe
- Evil Roman emperor
- What oxen do to plows
- Acne symptoms
- *One of ten needed for first down
- Church echo
- Provoke or annoy
- European sea eagles
- Poetic "even"

Crossword Puzzle Solutions on Page 7

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19					20			21	22					
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46				47				
48					49		50			51		52		
					53		54			55		56		
57	58	59	60					61				62	63	64
65						66	67			68				
69						70				71				
72						73				74				

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Sudoku Puzzle on Page 7

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

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Solutions on Page 7

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Ask Toni

Naturalized Citizen Question is Confusing when Enrolling in Medicare Online!!



Toni King

Toni:

I had no problem opening the “My Social Security” account to enroll in Medicare because I knew those answers. When it came to filling out the application for Medicare that was another story.

I had a problem with some of Medicare’s personal questions. I knew my name, address, Date of Birth, Social Security number, etc. When it came to what kind of citizen that was another issue because I am not a US born American, but a naturalized citizen. I was born in Greece and am proud to say that I received my American citizenship about 15 years ago. The application asked me what was the date I became a US citizen and I could not answer that exact date and had to estimate. Now I must mail my original citizenship papers to the local Social Security office because the Social Security offices are closed due to COVID-19.

Toni, America needs to know that even though this is supposed to be an easier process that it does have a few kinks which can confuse those with more than a high school degree. Please let your readers know not to give up when having a problem, had my wife and

I not scheduled a Medicare consultation at the Toni Says® office I would have been totally lost applying online.

~Thanks, Nick from Tampa, FL

Nick:

What a great compliment! I was very glad to find out that you found your original citizenship papers and could get them to your local Social Security office after you had hidden them so well that it took you time to find them.

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 by going online to www.ssa.gov/benefits/medicare.

Last week, Social Security changed the process of opening a “My Social Security Account” which is a complete relief. To open a “My Social Security Account,” one needs a valid driver’s license and a credit card or bank debit card that can verify its last 8 numbers.

If you cannot proceed with applying for Medicare without opening a “My Social Security Account” than what? Contact your local Social Security office by phone or call 1/800-772-1213 and inform the Social Security agent that you are not able to open a Social Security account and are locked out and you need help.

Information to apply only for Medicare online 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 about you with what language you read and speak

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 may be like Nick and must get your original citizenship papers. In the day of COVID-19, you must now mail the original documents to the local Social Security office or the address which the 1/800- 772-1213 gives to have your documents verified and mailed back.

6)Your beneficiary verification letter which comes first and includes your Medicare number and Part A and/or B dates. Your new Medicare Card comes next, then one can enroll in a Medicare Supplement and a stand-alone Medicare Prescription Drug plan or Medicare Advantage Plan which includes Medicare Part D.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book and bundle packages for the Toni Says® newspaper article readers at www.tonisays.com. Email info@tonisays.com for Medicare questions. ★

Stay Safe While Celebrating Golf Month



“Golfing is a great and safe way to enjoy the outdoors while exercising during the COVID-19 pandemic,” said Greg Blik, Golf Division Manager. Image by HeungSoon from Pixabay

By Ken Casparis, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - August is National Golf Month, and the Sacramento County Department of Regional Parks owns and manages three championship golf courses and one nine-hole executive golf course for residents and visitors to enjoy. The courses offer a variety of settings and designs for a wide range of player skills.

Because each course resides near or within a regional park, it is not

uncommon for players to share a fairway with turkey, deer, geese and other wildlife.

To stay safe and healthy during the COVID-19 pandemic, residents have had to make adjustments in their day-to-day lives. The same is true for the Regional Parks Golf Division and their golf courses, which were permitted to remain open as outdoor activity has been deemed essential under the public health orders.

“Golfing is a great and safe way to enjoy the outdoors while exercising during the COVID-19 pandemic,” said

Greg Blik, Golf Division Manager. “We take health and safety very seriously so early on, we developed and implemented protocols and staff training to ensure safe environments for employees and golfers.”

To view the new safety protocols implemented at our courses visit <https://www.sac-county.net/news>

For a list of County-owned golf courses, visit the Regional Parks Golf Course Contacts page. For course information and to schedule a tee time, visit each courses respective website. ★

Newsom Exploits Health Crisis to Free Thousands of Convicted Felons

By Jacqui Nguyen, California Senate Republicans

SACRAMENTO, CA (MPG) - Senate Republican Leader Shannon Grove (R-Bakersfield) released the following statement in response to Governor Newsom's expansion plan to release additional convicted felons from four separate correctional facilities. According to a recent article published in The San Francisco Chronicle, the Governor's early release plan could free at least 50,000 convicted felons which is nearly three times the original figure as reported in the media.

On March 4, Governor Newsom ordered the mandated shutdown of California. Under the guise of the crisis, the Governor has granted the early release of 18,000 convicted felons. He now has ordered the California Department of Corrections and Rehabilitation (CDCR) to expand the early release program to include four additional correctional facilities.

Convicted felons serving their sentences for horrific crimes such as assault with a deadly weapon, throwing acid, vehicular manslaughter, armed robbery, and arson are among many of those on Newsom's lucky release list.

“Once again Governor Newsom and his liberal administration choose convicted felons over victims' families and law-abiding Californians. Governor Newsom has already released over ten thousand prisoners early and California's reentry system is already having trouble finding housing, food and other re-entry services for the released prisoners.”

“Instead of focusing on releasing criminals from prison early and overwhelming communities with thousands of unhoused and dangerous felons, Governor Newsom should focus on securing the energy grid, stopping these rolling black-outs, and protecting our law-abiding citizens and families,” said Senate Republican Leader Shannon Grove. ★

SMF’s Runway Renovation Wins Regional Recognition

By Samantha Mott, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - A major runway renovation project at Sacramento International Airport was recognized by Engineering News Record – California (ENR-CA) as one of the 2020 Regional Best Project Winners in the Airports/Transit division. The honor was based on a variety of criteria, including overcoming challenges and teamwork, safety, innovation and quality.

“The incredible teamwork with all our partners throughout the process made this project a success,” says Cindy Nichol, Sacramento County Airports Director. “The team overcame several unforeseen challenges. Thanks to the continued collaboration among the Airport staff, FAA, County Construction and Inspection, Granite Construction and the AECOM design team, the project was successfully completed safely and on time.”

The modernization project required the removal of the existing Runway 16R-34L, which was then reconstructed into a finished runway pavement surface designed for minimal maintenance and a 20-year pavement life. The new design included a sub-surface drainage system, a stabilized base course, and a concrete surface pavement.

The project team faced numerous unexpected challenges during the construction process: an existing electrical conduit comprised of asbestos cement; other severely damaged conduits; large areas of unsuitable sub-grade; and existing blast pads that needed to be rebuilt in full instead of the planned overlay. These unforeseen conditions added \$4 million to the budget, but the quick-thinking team was able to overcome these obstacles and complete the project on schedule and without injuries.

The October due date was imperative in order

to not disrupt air traffic. Runway 16R-34L is the only runway at the airport that offers the Category III (CAT III) Instrument Landing System (ILS) that allows pilots to land in the adverse foggy conditions which Sacramento is prone to in the late fall through early spring.

The Sacramento County Department of Airports worked with Sacramento County Construction and Inspection Division, FAA, the AECOM design team, Granite Construction and many subcontractors and material suppliers. The team worked cohesively using a Project First mentality throughout the duration of the project resulting in an on-time, high-quality project.

ENR-CA is a leading construction industry publication that provides engineering and construction news, analysis and data. The publication, which dates back to 1874, connects the industry through information about design, technology, safety, environment and more. ★

Crime Reports

Citrus Heights Police Report

August 20th
August 24th



08/20/2020 • Time: 4:18 PM • IR Number: 12006831

Crime: **10851(A) VC: Vehicle Theft**

Location Type: Parking Lot • Public Address: 58xx Sunrise Vista Dr
Agency: Citrus Heights Police Department

08/20/2020 • Time: 3:20 AM • IR Number: 12006832

Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**

Location Type: Parking Lot • Public Address: 74xx Auburn
Agency: Citrus Heights Police Department

08/21/2020 • Time: 1:00 AM • IR Number: 12006889

Crime: **484(A) PC: Petty Theft**

Location Type: Theft from Vehicle • Public Address: 74xx Tiara Wy
Agency: Citrus Heights Police Department

08/22/2020 • Time: 4:18 PM • IR Number: 12006921

Crime: **451(D) PC: Arson: Property**

Location Type: Other Public Premise • Public Address: 60xx San Juan Av
Agency: Citrus Heights Police Department

08/22/2020 • Time: 12:45 PM • IR Number: 12006916

Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**

Location Type: House (Includes Driveway) • Public Address: 60xx Rowan Wy
Agency: Citrus Heights Police Department

08/23/2020 • Time: 11:39 PM • IR Number: 12006960

Crime: **496d(a) PC: Possession of Stolen Veh**

Location Type: Street/Highway • Public Address: Greenback Ln/Fair Oaks Bl
Agency: Citrus Heights Police Department

08/23/2020 • Time: 2:27 AM • IR Number: 12006939

Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**

Location Type: House (Includes Driveway) • Public Address: 79xx Alta Vista Ln
Agency: Citrus Heights Police Department

08/23/2020 • Time: 11:21 AM • IR Number: 12006948

Crime: **496d(a) PC: Possession of Stolen Veh**

Location Type: Parking Lot • Public Address: Sunrise Bl Uplands, Wy
Agency: Citrus Heights Police Department

08/24/2020 • Time: 12:37 PM • IR Number: 12006977

Crime: **459 PC: Burglary - Commercial**

Location Type: Department Store/Big Box Store • Public Address: 61xx Mariposa Av
Agency: Citrus Heights Police Department

Find more info at citrusheights.net

Bike Patrol Hits the Trails



Volunteer bike patrollers are now providing service along the 32-mile American River Parkway multi-use trail from Old Sacramento to Beals Point at Folsom Lake in California. Photo: American River Bike Patrol

By Ken Casparis, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - This past February, the Sacramento County Board of Supervisors voted to authorize the establishment of the American River Bike Patrol to watch over the bike trails on the American River Parkway. The volunteer Bike Patrol, organized by the National Ski Patrol (NSP), has recruited and trained members and began patrolling the trails in July.

The patrol’s 55 volunteer members were trained by the NSP in first-aid, CPR and basic bicycle repair. Regional Parks Rangers helped to train volunteers on expected trail etiquette. All volunteers are required to wear a volunteer bicycle patrol uniform, distinguishing themselves from regular users of the trail. NSP coordinates bicycle trail volunteer schedules with Regional Parks.

“We are excited for these volunteers to hit the trails to help teach trail users about trail safety and etiquette,” said Liz Bellas, Director of Regional Parks. “We have seen an increase in new trail users this year and

these new users don’t always know proper trail etiquette, which can be dangerous for other trail users. The Bike Patrol members will be great educational resources.”

“We are delighted to be part of the Parkway team and our agenda focuses on safety; safe cycling, safe walking and family enjoyment on the trail,” said Jim Cheng, Bike Patrol Representative.

Members of the Bike Patrol will act as trail ambassadors providing directional advice, equipment assistance, safety insights and bike safety programs, assistance with events and first-aid services.

Similar volunteer trail programs exist throughout the state, including the American River Parkway Equestrian Patrol, Fort Ord Friends, East Bay Regional Park District Volunteer Trail Safety Patrol, Oakland Bike Patrol, Santa Monica Mountains National Recreation Area Mountain Bike Patrol, Marin Open Space Bike Patrol, and Tahoe Bike Patrol.

If you see one of the Bike Patrol members while out on our trails, make sure you wave and say hello as you pass! For more information on the bike patrol, visit their website. ★

Democrats Have Only Themselves to Blame for AB 5 Catastrophe

By Nghia Nguyen, Office of Senator Jim Nielsen

SACRAMENTO, CA (MPG) - Following Sacramento politicians’ mandate to do away with independent business contracts as dictated by Assembly Bill 5, many businesses and professionals fought for exemptions. Ridesharing companies, Uber and Lyft, the main targets of labor unions and Democrat lawmakers, were not successful in their efforts resulting in a roller coaster ride in the courts.

“This is a complete and utter catastrophe,” said Senator Jim Nielsen (R-Tehama). “Hundreds of thousands of Californians have been sitting on pins and needles waiting for various court decisions. They fear facing a dismal job market that has resulted from haphazard COVID-19 shutdowns.”

Last week, Uber and Lyft were ordered by a judge to classify their drivers as employees, as dictated by Assembly Bill 5. Company

officials warned they would have to shut down to comply with the order.

These two companies have become an integral part of residents’ daily lives. Drivers like these independent contractor jobs for their flexible hours and the additional income they provide.

Millions of Californians depend on this service to go to the doctor, to get food, and countless other critical needs - especially important while food and other services are limping along, relegated to providing only delivery service.

“California is facing a deep recession. Sacramento Democrats’ actions ensure that the state continues to be hostile to employers and promotes their exodus, leaving the people of this increasingly unaffordable state without jobs,” added Senator Nielsen.

To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim ★

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