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# Citrus Heights Messenger

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30 YEARS IN  
BUSINESS



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BALANCE  
By Mary Jane Popp



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## Surprise! Surprise!

Citrus Heights Groups Show Appreciation for Police Service



President Mandy Buechner (left) with members of the Citrus Heights Women's Club delivering 100 'Survival Bags' at the Citrus Heights Police Department. Photo courtesy of CHPD

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - At noon on July 1, members of the General Federation of Women's Clubs (GFWC) Citrus Heights Women's Club (CHWC) dropped by the Citrus Heights Police Department bearing 100 Survival 'goodie' Bags for their officers and dispatchers.

These have been tough days for law enforcement agencies. In light of all that is going on in our country, residents of Citrus Heights have been working to make life a little easier for their officers. Members of Next Door, other Citrus Heights groups, and individuals are showing their appreciation in many different ways. CHWC is one of them.

A dozen members of CHWC gathered at a member's home on June 25, to assemble 100 Survival

'goodie bags' for police patrol officers and dispatcher at the CHPD.

Following presentation of the bags to police on July 1, it was reported the bags disappeared within minutes as they were wheeled past each area. Other members of the police department were not forgotten as there were many goodies left over which needed a good home.

Upon receipt of their bags, Corporal Boehle commented, "the support we get from our local community is very nice especially in these trying times." Code Enforcement Officer Hughes agreed and added, "It was very thoughtful! It's nice to know people are thinking of us!"

Since 2017 CHWC has partnered with the police department to put on 'Taste of Citrus Heights', the club's

major fundraiser which helps fund the Department's annual mandatory 'emotional survival' training. As a result of COVID-19 this year's fundraiser, or TOCH, originally scheduled for April 24 has been rescheduled for April 23, 2021.

A clever explanation of the bag's contents stapled on the front reads: **Lifesaver:** to remind you of the many time you've been one; **Starburst:** for the burst of energy that you need; **Payday:** since you're not doing it for the money; **Hershey Kiss:** to show our love for you; **Gum:** to help everyone stick together; **Tootsie Roll:** you have to roll with the punches; **Peppermint Patty:** helping you keep your cool; **Snickers:** to help keep your humor; **Mounds:** for the mounds of courage you show. Thank you for ALL you do! We are praying for you! ★

## Newsom Is Out Of Control

By Nghia Nguyen

**SACRAMENTO, CA (MPG)** - Governor Gavin Newsom ordered small businesses across the state to close indoor operations including restaurants, wineries, movie theaters, family entertainment centers, zoos, museums, cardrooms and bars. The Governor also shutdown indoor operations in counties on "County Monitoring List for 3 Days" such as salons, barbershops, gyms/fitness centers and malls. In their continuing effort to advocate for employers and workers, Northstate law-makers Rep. Doug LaMalfa (R-Richvale), Senator Jim Nielsen (R-Tehama), Senator Brian Dahle (R-Bieber), Assemblyman James Gallagher (R-Yuba City) and Assemblywoman Megan Dahle (R-Bieber) issued the following statement:

"Let's be clear: It is imperative that we all do our part by practicing social distancing and acting responsibly in order to suppress this virus and protect our community.

"But these efforts are undermined when the Governor is single handedly and arbitrarily crushing people's livelihoods - their ability to put food on the table, to pay rent and to pay their bills.

"There is no justification for this approach. There is no evidence that any of these activities are causing an increase in Covid-19 cases.

"Restaurants and churches are not the source of our increase in cases. Small businesses are hanging by a thread and this action puts all the burden of this crisis back upon them. Main Street is struggling for its very life, while Lowe's and Home Depot are packed with people and having record years. No one can make any sense of these confusing orders.

"Businesses have NOT been the direct cause, they've done everything they've been asked to do successfully. These shutdown orders punish them, their customers and it completely misses the target, especially in our rural towns.

"It's painful to watch the Governor constantly change his mind if counties can govern themselves or not during

Continued on page 3

## City to Receive State Funding for Housing Needs

Story by Shaunna Boyd

**CITRUS HEIGHTS, CA (MPG)**

- Mayor Jeff Slowey returned to City Council Chambers for the July 9 Citrus Heights City Council meeting, while the other members joined the meeting through online teleconference to meet social distancing requirements. (Councilmember Porsche Middleton was absent.) City Clerk Amy Van read the public comments, which were submitted online.

David Warren wrote in to express concern that

the Citrus Heights Police Department (CHPD) is not enforcing the California mask mandate: "An asymptomatic Covid-19 infected individual who refuses to wear a mask is as dangerous as a person who carries a concealed weapon, the only difference is the difficulty of identifying the weapon, making the weapon more deadly. The statistical probability of [becoming] ill or dying of Covid-19 in Citrus Heights is dramatically higher than being killed or injured as the result of gunfire or being struck by a driver

under the influence."

Warren cited Health & Safety Code 120290, the California statute that makes it a crime for a person to intentionally transmit an infectious disease: "Considering all of the publicity surrounding the use of face coverings and the peer reviewed science which demonstrates that public safety requires the use of face coverings in public, no person can assert lack of knowledge of the safety issue." Warren stated that individuals who refuse to wear masks are likely to cause illness or death as

result, so he believes the CHPD should enforce the mask mandate just as they do all other laws that protect the health and safety of Citrus Heights residents.

The City Council considered whether to record delinquent solid waste charges on the Sacramento County tax roll to be collected with the general tax levy. Garbage pick-up service is mandatory throughout most of the County, and the property owner of record is responsible for payment. Recording the overdue amounts on the

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# Dignity Health Donates More than \$1 Million to Sacramento–Area Nonprofits

By Yessenia Anderson, Dignity Health

**SACRAMENTO REGION, CA (MPG)** - Dignity Health announced the distribution of more than \$1 Million this year to over 30 community-based organizations in Nevada, Sacramento and Yolo counties in an effort to meet community health needs outside hospital walls. The grants are funding an array of different projects but all have one common goal – to assist those most vulnerable in the region. From low-income, under-insured/uninsured individuals to human trafficking survivors.

“At Dignity Health, we have a long history of partnering with others in the community to improve people’s quality of life because we understand health and wellness does not begin within our hospitals,” said Laurie Harting, Greater Sacramento Division President of Dignity Health. “These grants continue to be an important extension of the work done in our care facilities and a way to help us care for the whole person through unique collaborations.”

In total, Dignity Health funded 15 projects, but it considers only grant proposals that come from at least three collaborating organizations.

“Our work in community grants is an extension of our mission as an organization,” said Dignity Health Community Health and Outreach Manager, Phoua Moua. “Using a holistic approach, innovation and collaboration are used to ultimately increase the continuum of care for our patients and the communities we serve beyond the hospital walls.”

Dignity Health conducts a needs assessment every three years in each county to determine priorities for giving. Moua works closely with nonprofits receiving the grants to ensure they are successful and encourages returning organizations to make enhancements to their programs in an effort to continuously challenge themselves and evolve. As was the case with the Food Literacy Center this year who teamed up with the Health Education Council to reach their students’ parents as part

of the FEAST program, which inspires students at Sacramento’s low-income elementary schools to eat fresh and locally-sourced fruits and vegetables.

“At Food Literacy Center we inspire kids to eat their veggies, which sets them up for a lifetime of healthy habits. All the partners funded by this grant provide our programs for free to the five low-income schools we serve, reaching students at highest risk for diet-related diseases,” said Founding Executive Director, Amber K. Stott. “Building partnerships like we have with Health Education Council takes time, and very few grants are large enough to fund all the partners collectively. We’re grateful that Dignity Health recognizes existing nonprofit partnerships as valuable.”

Grant projects address issues impacting children all the way through the various communities’ senior population. For information on 2020 partnerships and projects, view a summary at <https://www.dignityhealth.org/sacramento/about-us/press-center>. ★

# City Releases Offering Memorandum for Sylvan Property



The project “New Sylvan” would be in the geographical center of Citrus Heights. Photo: City of Citrus Heights

By Nichole Baxter, City of Citrus Heights

**CITRUS HEIGHTS, CA (MPG)** - The City of Citrus Heights has released its Offering Memorandum for the 11+ acre property in the geographical center of the City, at the intersection of Old Auburn Rd., Sylvan Rd., and Auburn Blvd. The project is called “New Sylvan,” (formerly Sylvan 40) and as of this week, City staff are officially seeking multi-use developers who are a good fit for the property’s vision.

The City purchased this property in 2019, to ensure the future of the site would reflect the needs of the community and coincide with the overall revitalization vision for the Auburn Blvd. corridor. Since purchasing the land, the City Council has adopted goals, which outline that future development of the site should...

(1) Support multiple uses compatible with surrounding land uses; (2) Enhance the area as the geographical center of the City and reestablish the area as a cultural and social hub; (3) Include enhanced pedestrian connections to connect the property to nearby businesses, Sylvan Plaza, and the adjoining school;

(4) Incorporate the existing Sylvan Plaza into the project design; And more

These goals and others have been packaged with the City’s updated timeline for future developers and are available on the City’s website at [CitrusHeights.net/NewSylvan](http://CitrusHeights.net/NewSylvan).

“Not every City lays out planning, design, land use, and finance goals before seeking developers as we have done, but we consider this forethought a crucial part of our economic development strategy,” said Economic Development and Communications Manager, Meghan Huber. “City staff want to do everything possible to be fiscally responsible and support successful development at the New Sylvan property.”

The New Sylvan site is part of an exciting larger redevelopment trend happening along Auburn Blvd. On the other side of the corridor, adjacent to Highway 80, the old Kmart shopping center is under construction to include a new Studio Movie Grill and a now open Big Lots. There has also been significant public investment in infrastructure along the corridor, including widening sidewalks, undergrounding of utilities, and repaving. ★

# Newsom Out Of Control

*Continued from page 1*

this pandemic. It’s even more painful being forced to sit on the sidelines as the California Legislature has handed over all authority to one man.

“Keep in mind that 7.5 million Californians are jobless. That EDD has not been able to handle the current unemployment claims. People who filed in March still have not received payments. How in the world will EDD be able to handle the enormous uptake in cases based on today’s one-size-fits-all decision?”


“We have said it before: human lives are at stake. People are stressed and filled with anxiety about their livelihoods. The mental health and other side effects of today’s decision will be felt for years into the future.”

Sources: California State Senate; California State Assembly ★

## Crime Reports

### Citrus Heights Police Report

July 7<sup>th</sup>  
July 13<sup>th</sup>



**07/07/2020** • Time: 2:08 PM • IR Number: 12005399  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Street/Highway • Public Address: 61xx Wallwood Ct  
Agency: Citrus Heights Police Department

**07/09/2020** • Time: 3:00 PM • IR Number: 12005470  
Crime: **484(A) PC: Petty Theft**  
Location Type: Grocery Store • Public Address: 73xx Greenback Ln  
Agency: Citrus Heights Police Department

**07/10/2020** • Time: 5:30 AM • IR Number: 12005485  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Street/Highway • Public Address: 80xx Ramblewood Wy  
Agency: Citrus Heights Police Department

**07/10/2020** • Time: 6:52 AM • IR Number: 12005486  
Crime: **484(A) PC: Petty Theft**  
Location Type: House (Includes Driveway) • Public Address: 64xx Little River City  
Agency: Citrus Heights Police Department

**07/11/2020** • Time: 11:00 AM • IR Number: 12005517  
Crime: **484(A) PC: Petty Theft**  
Location Type: Theft from Vehicle • Public Address: 76xx Sunrise  
Agency: Citrus Heights Police Department

**07/12/2020** • Time: 7:00 PM • IR Number: 12005533  
Crime: **459 PC: Burglary - Residential**  
Location Type: House (Includes Driveway) • Public Address: 73xx Antelope  
Agency: Citrus Heights Police Department

**07/13/2020** • Time: 4:15 AM • IR Number: 12005540  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Street/Highway • Public Address: 74xx Mar Vista Wy  
Agency: Citrus Heights Police Department

**07/13/2020** • Time: 10:00 AM • IR Number: 12005544  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Street/Highway • Public Address: Greenback Ln/Longford Dr  
Agency: Citrus Heights Police Department

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

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# City to Receive State Funding

*Continued from page 1*  
tax roll ensures the City will receive payment from residents who do not pay their bi-monthly bill.

As of June 23, 2020, there were a total of 922 delinquent accounts, with past due balances totaling \$384,191.65. Including additional late penalties of \$38,419.16, the total owed is \$422,610.81. The City set July 9 as the date for the public hearing and published a notice of the hearing in the Citrus Heights Messenger. Republic Services, the waste collection company that serves Citrus Heights, also mailed notices of the public hearing.

Residents still have an opportunity to pay their past-due charges by contacting Republic Services before the final reconciliation of the tax roll on August 2020. After recording the list from Citrus Heights, the County will collect the payments and forward them to the City in January and May 2021. The City will then forward payments due to

Republic Services. There were no objections submitted during the public hearing, and the Council voted unanimously to record the delinquent charges on the County tax roll.

Affordable housing is a critical need in California and within Citrus Heights. Senate Bill 2 (2017) established the Building Homes and Jobs Trust (funded by a \$75 real estate transaction fee), which aims to provide local governments with a permanent, on-going source of funding for housing-related projects and programs that address housing needs. Citrus Heights is estimated to receive \$1,876,554 from the fund over the next five years. The annual Permanent Local Housing Allocation will fluctuate depending on actual revenue collected but will be approximately \$376,000 per year.

To receive funding, the City must authorize the application and submit it to the state by July

27, 2020. The application must include funding percentages for each eligible activity the City intends to fund with the money. Staff recommended that funds be used toward three broad categories of eligibility: development, rehabilitation, and preservation of affordable rental and ownership housing; assisting persons who are experiencing or at risk of homelessness; and homeownership opportunities, including down payment assistance.

The projects that would receive funds under these categories would be the Sayonara Drive Redevelopment project to replace some of the City's affordable housing; adding a second navigator to the CHPD Navigator Program, which offers assistance to people who are homeless in Citrus Heights; and the City's First-time Homebuyer Program.

The City Council voted unanimously to approve the funding plan and authorize the submission of the application. ★

# City Council Candidate Filing Appointments Available

## City of Citrus Heights

**CITRUS HEIGHTS, CA (MPG)** - Interested in running for City Council? The next general municipal election for the City of Citrus Heights will be held on November 3, 2020 for two City Council seats - Districts 1 and 3. Beginning Monday, July 13 through Friday, August 7, 2020, 5:00 p.m. candidate nomination packets will be available from the City Clerk. Due to COVID-19, our candidate filing process has changed to include methods for both issuing and filing documents. In order to practice social distancing all candidates will be required to make an appointment, either in-person or online, with the City Clerk.

Visit [www.citrusheights.net/2020election](http://www.citrusheights.net/2020election) to make an appointment and review additional information about the candidate filing process. For questions email the City Clerk at [avan@citrusheights.net](mailto:avan@citrusheights.net) or call (916) 727-4704.

The City of Citrus Heights City Clerk's Office is open by **appointment only** for

candidates running for office in the November 3 Election. Online appointments are available, COVID-19 safety protocols must be followed during in-person appointments. Face coverings are required.

Please check back as updates are made on a regular basis.

Any member of the public who meets the requirements below may run for public office in the City of Citrus Heights.

Candidates must:  
Be at least eighteen years of age; Be a citizen of the United States and a resident of the State of California; Be a registered voter and a resident within the district the candidate seeks to represent. Voter registration will be verified before issuance of the official nomination petition.

The Nomination Period for District 1 and 3 will begin on Monday, July 13, 2020 and closes on August 7, 2020 at 5:00 p.m. The nomination period may be extended to August 12, 2020 if an incumbent does not file within the respective district. ★

# Residents Need to Protect Themselves from Mosquitoes as They Head Outside

## By Lisa Yarbrough, KP Public Affairs

**SACRAMENTO, CA (MPG)** - As the weather heats up and residents head outside, mosquito experts encourage community members to protect themselves from mosquitoes and the diseases they can spread when they bite. West Nile virus is the most prevalent mosquito-borne disease in the U.S. according to the Centers for Disease Control and Prevention (CDC), California had the highest number of West Nile virus disease cases in the nation in 2019, with 225 cases reported. Comparatively, Texas had 32 cases and Florida had two cases in 2019. There is no human vaccine for West Nile virus, a disease that can cause debilitating cases of meningitis, encephalitis, and even death.

However, West Nile virus isn't the only mosquito-borne threat in California. Newly established invasive Aedes mosquitoes can transmit viruses such as chikungunya, dengue, and Zika, all of which are costly to treat and can have long-term health and financial consequences. These mosquitoes are established in many areas of California and are steadily expanding their range.

"While COVID-19 is not transmitted by mosquitoes, infected mosquitoes pose other public health threats," said Peter Bonkrude, president of the Mosquito and Vector Control Association of California (MVCAC). "The best way to protect yourself from West Nile virus and other mosquito-transmitted diseases is to prevent mosquito bites. Wearing insect repellent is important as is eliminating all standing water which can create mosquito breeding sources."

"While our attention has been laser focused on COVID-19 it's important to remember that there are other public health concerns such as West Nile virus," said Assemblymember Mike Gipson (D-64). "As chair of the Assembly Select Committee on Infectious Diseases, I'm familiar with the devastating toll that mosquito-transmitted diseases can have and encourage all California residents to take simple steps to protect themselves."

National Mosquito Control Awareness Week, June 21-27, 2020, is a reminder to residents about the easy actions they can take to prevent mosquito breeding and protect themselves from mosquito bites. Mosquito experts are working to ensure

there are adequate local, state, and federal resources to meet the increasing challenges of combating mosquito-borne diseases. Specifically, at the federal level, MVCAC has been advocating for funding for the Strengthening Mosquito Abatement Safety and Health Act (SMASH Act) which would authorize CDC resources to be used to protect public health by addressing emerging infectious mosquito-borne diseases and improving existing mosquito control programs.

## To help prevent mosquito bites:

Apply insect repellent containing EPA-registered active ingredients, including DEET, picaridin, oil of lemon eucalyptus, or IR3535, according to label instructions. Repellents keep mosquitoes from biting. It is important to follow EPA and CDC guidelines for the safe use of repellents on children; Dress in long sleeves and pants, especially if outside at dawn and dusk when mosquitoes that can spread West Nile virus are most active; Install screens on windows and doors and keep them in good repair to keep mosquitoes out of your home; Eliminate all sources of standing water on your property, including in flowerpots, old tires, buckets, pet dishes, and trash cans because mosquitoes lay their eggs in very small amounts of standing water; Repair leaking faucets and broken sprinklers; Clean rain gutters clogged with leaves; Report neglected swimming pools and day-biting mosquitoes to your local mosquito and vector control agency.

For more information check out these videos: Tip, Toss & Take Action, Everyone Can Help Fight the Bite!, and Mosquito Control is an Essential Service.

For additional information on mosquitoes and mosquito-borne diseases please visit the California Department of Public Health.

*The Mosquito and Vector Control Association of California (MVCAC) is the statewide voice for mosquito and vector control professionals. The association provides public health information, expertise, mosquito and vector-borne disease surveillance, innovative research, professional training, effective legislative and regulatory advocacy on behalf of California public agencies.* ★

# Vacationers Arriving at Second Homes Need to Respond to the Census ... Again

## By Marna K Davis, U.S. Census Bureau

**WASHINGTON, DC (MPG)** - Many families will head to their vacation homes and cabins this holiday weekend in the more rural counties in California. They are likely to find a 2020 Census questionnaire packet at their doors even if they already responded from their primary residences.

It's required that homeowners complete a separate census form for every house they own, including seasonal residences. If homeowners have been staying in their seasonal homes during the COVID crisis, they still need to complete a census form for their primary residence. People should count themselves at the residence where they live and sleep most of the time under normal conditions.

Here are instructions on how to self-respond online with information on a

cabin, vacation rental property, or any other home where someone does not live and sleep most of the time:

Visit [www.my2020census.gov](http://www.my2020census.gov); Enter the Census ID or address for this secondary property. Owners will find the ID number in the information packet that census takers left on the property or at a mailbox if the home has a regular mailing address; Enter "0" for the number of people living at this property; Hit Next... the survey will not advance, but it will show a second prompt. Hit Next again to advance; Select "No" when asked a confirmation question about how many people live there; Select primary reason – Seasonal (most likely); Complete!

You may also respond to the 2020 Census by calling (844) 330-2020, or returning the paper questionnaire by mail.

For more information go to [www.2020Census.gov](http://www.2020Census.gov) ★

# American Innovation Helps Patients Beat Coronavirus

## Commentary by Kenneth E. Thorpe

American scientists are working furiously to develop treatments for the novel coronavirus, COVID-19.

No group of patients needs a vaccine more than those with chronic conditions. Patients with just one chronic disease who contract COVID-19 are 80 percent more likely to experience a "poor outcome" -- like hospitalization or death -- than those without any chronic conditions, according to recent studies.

Fortunately for Americans living with chronic disease, the United States leads the world in medical innovation. As long as policymakers protect this innovation ecosystem, U.S. scientists will surely produce vaccines and treatments relatively quickly -- and keep our nation healthy through this crisis and for years to come.

Americans are rightly worried about COVID-19. More than 100,000 Americans have died from COVID-19 and more than two million have tested positive for the disease.

Patients with chronic diseases are particularly vulnerable. Forty percent of hospitalized COVID-19 patients have some type of cardiovascular or cerebrovascular disease. Other chronic conditions -- like arthritis, diabetes, and cancer -- could make it harder for the body to fight the virus.

But our scientists will rise to this challenge and invent new therapies, just as they have countless times in the past. Heart disease death rates have declined 36 percent since 2000, largely thanks to new and better medicines. Similarly, cancer death rates have declined 27 percent since the 1990s.

Health gains like this come at a hefty price. It takes up to 15 years and \$2.6 billion to develop just one new medicine. And only 12 percent of drugs that begin clinical trials ever make it to pharmacy shelves.

Drug companies and their investors will only roll the dice on novel research projects if they have a chance of recouping their development losses and earning a return.

Because the United States fairly values medicines, scientists have a strong incentive to launch research projects here. All told, American firms develop half of the world's new medicines.

Researchers tend to flee countries whose governments arbitrarily cap prices of new medicines. Consider that in the 1970s, Europe produced more than half of the world's new medicines. But throughout the 1980s, many European countries imposed increasingly strict price controls on drugs. As a result, today Europe produces only 33 percent of all new drugs.

Unfortunately, some lawmakers want to implement similar price controls in the United States. A few members of Congress attempted to slip a price control into one of the first COVID-19 spending packages. The provision would have allowed the government to dictate the price of any COVID-19 vaccine that resulted from the emergency funding.

Congress wisely stripped out that provision, which would have discouraged investments into COVID-19 cures, vaccines, and therapies. Congress' decision is great news for every American hoping for a COVID-19 vaccine, especially those living with chronic disease.

COVID-19 poses an enormous threat to American society -- but our smartest scientists are already on the case. Let's hope our policymakers don't put any stumbling blocks along their path to a cure -- whether for coronavirus or any other dangerous disease.

*Kenneth E. Thorpe is a professor of health policy at Emory University and chairman of the Partnership to Fight Chronic Disease.* ★

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# Applications Open: Citrus Heights 2021 Community Development Block Grant Funding



Rocky Peterson prepares to distribute food to residents. The Sunrise Christian Food Ministry is a past-recipient of the City's CDBG program. Photo by Elise Spleiss

By Nicole Piva,  
City of Citrus Heights

**CITRUS HEIGHTS, CA (MPG)** - The City of Citrus Heights receives an annual entitlement of Community Development Block Grant (CDBG) funds from the U.S. Department of Housing and Urban Development (HUD). This Federal program aims to develop viable urban communities by providing decent housing, a suitable living environment, and expanding economic opportunities. Each year, the City awards a portion of its CDBG funds to non-profit agencies in the community, providing service to low- and moderate-income areas and/or persons. Past programs that

have received CDBG funds include meals for seniors, youth programs, homeless services, housing counseling, employment services, and domestic violence services. The City is officially accepting applications for its 2021 CDBG Funding Program. Please note that the CDBG program is not open to construction projects and is intended for non-profit agencies. To help those interested in applying better understand the application process and the program, City staff are hosting a virtual workshop for applicants. The workshop will be held Friday, July 24, from 10:30 a.m. to 11:30 a.m. via Zoom. Attendance is optional, and applicants may

apply for the program without attending the workshop. Those interested in attending should email Nicole Piva at NPiva@CitrusHeights.net. Applications for the City's 2021 CDBG program are due Monday, August 3, by 4:00 p.m. via email (NPiva@CitrusHeights.net). If you are interested in applying for funding, please visit CitrusHeights.net/380 for more information, including... (1) The 2021 application; (2) HUD's CDBG Training Guidebook; (3) Information about the City's 5-year Consolidated Plan; (4) The anticipated timeline for reviewing applications and awarding funding. ★

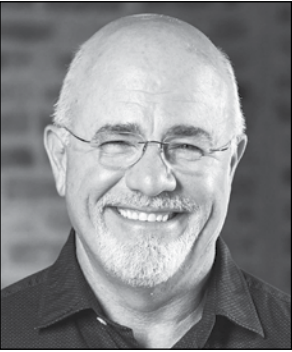


## A Triumph at Mount Rushmore

If nothing else, President Donald Trump's July Fourth speech at Mount Rushmore clarified the battle lines of our culture war. The New York Times called the speech "dark and divisive," while an Associated Press headline declared, "Trump pushes racial division." A Washington Post story said the speech "crystallized" the president's "unyielding push to preserve Confederate symbols and the legacy of white domination." Democratic Sen. Tammy Duckworth insisted that Trump "spent all his time talking about dead traitors." To be clear – and despite all of this – the media and the left didn't freak out about a speech extolling the valor of Robert E. Lee or the statesmanship of Jefferson Davis. They didn't scorn a speech pining for Antebellum America or expressing ambiguity about the Civil War. They didn't pan a speech that slighted the quest for justice and civil rights throughout American history. As a matter of fact,

Trump didn't mention any Confederates at all. He hailed Abraham Lincoln at length and called the Civil War "the struggle that saved our union and extinguished the evil of slavery." He said we must defend "the ideas that were the foundation of the righteous movement for civil rights." It'd be difficult to get a more textbook expression of the American civic religion than the speech at Rushmore. It'd be difficult to get a more wide-ranging appreciation of the warriors, inventors, adventurers, reformers, entertainers and athletes that have made the country what it is. It'd be difficult to get a more affirming account of the greatness of America and its meaning to the world. And, yet, the speech was tested and found wanting. Trump's attacks on what he called "a new far-left fascism" and a cultural revolution "designed to overthrow the American Revolution" were indeed hard-edged, but who can doubt the basic truth of the claims? There's a fear afoot in the land, as a merciless authoritarian spirit informs a spate of firings and cancellations. The day before Trump's speech, a Boeing executive resigned over something he had written ... in 1987. The setting for Trump's speech is itself now deemed problematic. A CNN report

previewing the event said Trump "will be at Mount Rushmore, where he'll be standing in front of a monument of two slave owners and on land wrestled away from Native Americans." There's no doubt that Trump is a deeply flawed messenger. But it wasn't just Trump the messenger who was attacked in the aftermath of the Mount Rushmore speech; it was the message. Patriotic sentiments of the sort that have adorned American oratory for centuries were deemed hateful and divisive. A celebration of the Founders that once would have been the stuff of schoolbooks and primers was considered controversial. A defense of the nation's ideals was waved away. No, nothing to see here – only hate and division. Surely, if some other Republican president had given the Mount Rushmore speech the pushback wouldn't have been as intense. But this isn't just about Trump. It goes much deeper. Critics of the speech objected to what they said was its wildly exaggerated account of the stakes in the culture war – and at the same time, vindicated that account by equating patriotism with white supremacy. Rich Lowry is editor of the National Review. (c) 2020 by King Features Synd., Inc. ★



## (Evaluating Insurance Needs)

Dear Dave,  
Last year I got a divorce. I'm 32, a teacher and a single mom. I'm on Baby Step 2 right now, and I was wondering about life insurance. My son is only two, and if something happened to me, he would go to his father. His dad is in good shape financially and responsibly with money, so how much life insurance should I have?

– Christian  
Dear Christian

Well, you probably don't need the full 10 to 12 times your income like I recommend for most people. The only dependent you have is also dependent upon his dad. And from what you said, his father seems perfectly able to take care of him. I'd get a good term life policy equal to the amount that you'd like to supplement your son's care. The good news is you can get a couple hundred thousand in life insurance at your age for practically nothing.

## Dave Ramsey Says

If you get life insurance, make sure his dad—your ex—is not the beneficiary. The beneficiary should be a family trust, formed upon your death, and the money would go into that trust for the benefit of your child. You set the terms of the trust. It should not be controlled by your ex. In a divorce situation, I would never name someone I'm not willing to be married to the trustee of my money on behalf of my child. I'm so glad you're thinking about these things, Christian. It shows you're an intentional lady, a fine mom, and a good planner. Those traits will serve you and your son well!

– Dave  
**Are Utilities Included?!**

Dear Dave,  
I just received a formal job offer in law enforcement. I'm debt-free, single, and I'd like to move out of a roommate situation and into my own apartment. I'll be starting out at \$34,000 a year, then moving up to \$38,000 after my probationary period. You have a rule that says to make sure rent or house payments are 25% or less of your take home pay. If I can find a place where utilities are included, do they figure into that amount?

– Josh

Dear Josh  
It's really more of a guideline than a rule. The point of not letting your housing cost eat up more than 25% of your take home pay is to make sure you have money left over for other important things. It's hard to save and invest for the future when a huge chunk of your money is eaten up by rent or a mortgage payment each month. But no, utilities are not part of the one-fourth of your take home pay guideline. At this point, it doesn't sound like you need anything fancy. Try to find a safe, quiet place to call home—somewhere you can relax and decompress when you're off duty. And thanks for entering law enforcement. A lot of folks are leaving your line of work, and we need good men and women in that profession right now. – 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. ★

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## CITY OF CITRUS HEIGHTS NOTICE OF ORDINANCE ADOPTION

The following is a summary of an ordinance adopted by the City Council of the City of Citrus Heights at its meeting of **July 9, 2020**.

ORDINANCE NO. 2020-005

### AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF CITRUS HEIGHTS, EXTENDING THE EXPIRATION DATE FOR CERTAIN UNEXPIRED DEVELOPMENT PROJECTS BY FIVE YEARS

<b>AYES:</b>	<b>Council Members:</b>	<b>Bruins, Daniels, Miller, Slowey</b>
<b>NOES:</b>	<b>Council Members:</b>	<b>None</b>
<b>ABSENT:</b>	<b>Council Members:</b>	<b>Middleton</b>
<b>ABSTAIN:</b>	<b>Council Members:</b>	<b>None</b>

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

Amy Van  
City Clerk

Citrus Heights Messenger 7-17-2020

# The Parkway Needs You!

By Ken Casparis,  
Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Department of Regional Parks is in the process of creating a Natural Resources Management Plan (NRMP) for the American River Parkway, and they want your input! Regional Parks is hosting four online public outreach workshops throughout the month of July to seek public comment on this project. In addition, an online survey will be available to the public until Aug. 15 to provide feedback and input. "If you use our parkway,

we want to hear from you," said Liz Bellas, Director of Regional Parks. "The more comments we get the better since this document really guides our strategic planning for the American River Parkway." The goal of the NRMP is to provide relevant and defensible information to the Parkway Manager so that they can make informed decisions for managing, maintaining and enhancing parkway resources. In general, the NRMP provides a clear understanding of existing Parkway resources, the effects of disturbances such as flood, fire, invasive species and human

impacts, as well as opportunities for protections and enhancements. After the public outreach workshops have been held, comments will be reviewed and a final NRMP will be completed. Additional public workshops on the final document will be held in November, and the NRMP will be brought to the Board of Supervisors for approval and adoption after the environmental review is completed. For more information on the history and background of the NRMP, visit the Regional Parks website at [regionalparks.saccounty.net/](http://regionalparks.saccounty.net/) ★

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# It's Not Always What It Seems

By Rev. James L. Snyder

There are times when my bad hearing is a blessing. I'm not sure if I'm not listening or not hearing.

For example, the other night, right after midnight, the Gracious Mistress of the Parsonage and I were pretty much sound asleep. There was more sound on the other side of the bed than on mine, but that's a different story.

There was this tremendous boom, several flashes of lightning, and the rooftop was bombarded with rain.

I didn't hear it when it happened, but my wife shook me radically and asked, "What's that noise?"

Being in a groggier frame of mind more than usual, I asked, "What did you say?"

Then my wife went into this long explanation of the noise and the lightning and the rain that woke her up. "What in the world is that?"

Correcting your wife or explaining something to your wife is hazardous territory.

"Oh, that's nothing," I said as I was yawning. "Just go back to sleep."

And with that, I went back to sleep. Or I tried to.

"No, No," she said. "Something's going on outside, and I'm not quite sure what it is."

About that time, the boom and the lightning and the rain exploded again in our

backyard.

"See," she said rather excitedly, "something's going on outside in the backyard. I wonder if it's our neighbors with their firecrackers?"

I knew the sound we just heard was not associated with any firecrackers. And the lightning was not related to firecrackers either.

A very naughty thought danced in my mind at that point – some things I just can't refuse.

I sat up in bed, listened very intently and then said, "I wonder if it's a riot in our neighborhood."

Somebody's eyes, and they weren't on my face, widened as I've never seen before.

"Remember, we were watching that on the news before we went to bed last night? They may have come to our neighborhood without us knowing it."

She leaned over and whispered, "Do you think we ought to call the police?"

Nothing I wanted more than for her to call the police. That would have not only made my day but the rest of my life. Whenever there would be a silent moment, I could always bring up the question, "Do you remember when you called the police because you thought there was a riot in our backyard?"

It was hard for me to hold back my infamous snicker.

Looking at me, she said, "Why are you snickering?" "I'm not."

"Look at me. Yes, you are snickering. Why are you snickering?"

Clearing my throat I told her that what she was hearing was a severe thunderstorm with lightning. That's all it was, just mother nature clearing her throat.

She stared at me, one of her stares, then turned over and went back to sleep.

The next morning I got up, went to the kitchen and turned on the coffee pot. In a few moments, the Gracious Mistress of the Parsonage came into the kitchen.

"Well," I chirped, "how was your night?"

I got a stare still burning in my brain now.

Throughout the day a verse of Scripture came to my mind. "Every way of a man is right in his own eyes: but the Lord pondereth the hearts" (Proverbs 21:2).

What we may think something is may not be exactly what it is. I need to rest my thoughts on God.

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 jamessnyder2@att.net. The church web site is www.whatafellowship.com. ★



## Pastor Ray's Encouraging Words

### What You Can Count on In A Crisis

you live for him and make the kingdom of God your primary concern." That's a promise that you can count on.

"I'm feeling depressed, does he care? Does God care about what I'm going through?" 1 Peter 5:7 says, "Give all your worries and cares to God for he cares about what happens to you." That is a promise of God that you can count on. I don't know if you can count on the economy. I don't know about your job security. I don't know when your stocks and your retirement account are bouncing back. But I can tell you that you can count on God's promises. He has a track record of thousands of years in fulfilling His promises.

Every day you put your trust in something, in someone. Why not trust in somebody who's not going to let you down? Somebody who will never disappoint you. You can depend on Jesus to never let you down, to always keep his word. Jesus offers you promises you can depend on. 2 Corinthians 1 says "For no

matter how many promises God has made, they are all Yes in Christ."

In a practical sense, how do you depend on God's promises? You depend on the promises by focusing on them. What if you took these promises (and others) and you put them on a little 3x5 card and you kept that in your pocket or your purse, the dashboard of your car, next to the toilet paper rack – wherever. And you focused on those promises instead of your circumstances or situation. You focus on the promise instead of the problem(s). Do you think that would help? I think so! In fact, I know so. Focus on God's promises today. Claim them as His personal promise to YOU, because they are. And share them with a friend. Send this article to a friend, co-worker or family member that you think could use encouragement today.

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By Marlys Johnsen Norris, Christian Author

There is only one who can make us acceptable in our Heavenly Father God's eyes and that is His Beloved Son Jesus Christ. *Jesus proclaimed that apart from Him, we can do nothing (John 15:5) Jesus sets us free. Therefore, "Let Him who boasts, boast in the Lord." (1 Cor. 1:30-31)*

Apart from God mankind is incapable of truly living the Christian life. We are incapable of saving ourselves. *"For by grace we have been saved through faith and it is not of ourselves, it is a blessed gift from God."* (Romans 8:28) It is not a result of good

## Depend on The Holy Spirit of God

works and the "proud in spirit" will never come to the salvation of Jesus Christ because we must come to him as with the trusting heart of a child.

Some may think they are good enough to earn God's favor, however God despises a prideful spirit. It is sin! While mankind may look on and be impressed by the abilities of someone, God looks within us on the heart. While some people may boast, feel proud and self sufficient about their service to God, taking credit for something they did is in error. They should NOT do it, because their words dishonor God Almighty.

It is in our own weaknesses and sufferings we mature in our knowledge of God and our faith turns into a "Gift" God placed within us to serve Him. When we

acknowledge and use His gift in utter dependence of God, He humbles us. And it brings Him the honor and glory He alone deserves! Resting in the Lord, trusting Him to save, sanctify and work through us brings an inner joy and contentment because we know we are serving in His perfect will for our lives.

Faith is in our complete dependence and trust in God's Spirit alone. He provides the knowledge, inspiration, words and fruitful actions for the "gifts of His love." They will blossom and become all that God intends them to bless the ministry of His love in and for many lives.

**Marlys Johnsen Norris**  
Christian Author,  
Stephen's Minister  
Author of 7 Books  
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WEEKLY COMICS

Amber Waves

by Dave T. Phipps

THIS WILL BE MY FIRST ENTRY INTO MY JOURNAL. HERE I PLAN TO LOG ALL MY PAIN AND SUFFERING.

ALL GREAT WRITERS EXPERIENCE ALL KINDS OF HARDSHIP IN THEIR LIVES AND SO FAR I HAVE NOTHING.

GERALD, YOU GET IN THIS HOUSE RIGHT THIS MINUTE AND CLEAN UP THIS MESS IN THE KITCHEN!

SO...GOOD NEWS, AT THIS RATE I SHOULD PROBABLY HAVE MORE THAN ENOUGH MATERIAL BY BEDTIME.

Out on a Limb

by Gary Kopervas

A TRAY OF FUDGE BROWNIES...THEY'RE STILL WARM. SHE CAN'T BE FAR...

TRACKING BETTY CROCKER

R.F.D.

by Mike Marland

WELL THAT CROSSBREED WAS A WASTE OF TIME!

POOLE FAMILY FARM STAND

CHERRY TOMATOES ARE DELICIOUS - TOMATO CHERRIES, NOT SO MUCH!

GRIN and BEAR IT

"Yes, I'd love to talk. ... Let me turn my hearing aid off."

LAFF-A-DAY

"Is this my bill or my odometer mileage?"

Crossword Puzzle on Page 7

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

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Sudoku Puzzle on Page 7

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

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by Jeff Pickering

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WORN-OUT CLICHES--

HEY, FINEWET... PUTTIN' ON WEIGHT?

YEAH-I CAN'T HELP IT IF I'M HEAVY... I HAVE BIG BONES...

HE HAS BONES IN HIS TUMMY, MAMA?

LIVING ON THE EDGE--

RAGMOP JOGS 5 MILES EVERY DAY WITH EASE-- BUT...ONCE IN THE HOUSE, HOW FLEET OF FOOT IS MR. WONDERFUL? YOU'RE ASKING, WE'RE SHOWING--

3 FEET AWAY AS THE CROW FLIES

HAND ME THE REMOTE, WILL YA, ELPIDIO?

THE URGE TO REMOTE HIM TO THE MOON!

Just Like Cats & Dogs

by Dave T. Phipps

OK DEAR, IN MY DEFENSE THE TRAVEL LOG SAID "UNFORGETTABLE LODGING". I HAVE A FEELING YOU WON'T LET ME FORGET ABOUT THIS FOR A LONG TIME.

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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CLUES

ACROSS

1. Stockpile

6. More of the same

9. One of Los Lobos

13. Orion's brightest spot

14. A pop

15. Spur on

16. Another name for a jack

17. Between E and NE

18. For all to see

19. \* Location of the first Summer Olympics

21. \* test

23. Utmost degree

24. Allen Ginsberg's poem

25. Do this for cardio

28. Chesterfield, e.g.

30. Like "Extra!" news

35. Off-ramp

37. Barbequed slab

39. Right-hand page

40. Infamous Roman tyrant

41. Pandora's box contents

43. Socially inept one

44. Parachute material

46. And others

47. Kill a dragon

48. Prior to the present, prefix

50. Every which way

52. Swear words

53. Burst of wind

55. High affair

57. \*Non-permanent addition to Olympic event roster

60. \*Most decorated Olympian

63. Desire

64. Tom and Jerry, e.g.

66. Relating to hair

68. Skip the big wedding

69. Inquire

70. Key material

71. Bears' hands

72. House vote

73. Chain of hills

DOWN

1. Biblical boat

2. Chinese dynasty

(1368-1644)

3. Lab culture

4. \*Number of events in a heptathlon

5. Rains and snows at the same time

6. D'Artagnan's sword

7. \*Age of the youngest Olympian ever

8. Words to live by

9. Denim innovator

10. Welcoming store sign

11. Salt \_\_\_\_ or St. Peters \_\_\_\_

12. Make a choice

15. Tree used to make paper

20. House duty

22. Great horned one

24. \_\_\_\_ for Humanity

25. \*Most decorated U.S. female Olympian Thompson

26. Has daisylike flowers

27. Lena Dunham's HBO show, 2012-17

29. \*Number of countries that participated in every Summer Olympics

31. Nugent and Danson

32. Food contaminant

33. A Stradivari violin

34. \*2021 Olympics location

36. Thomas the Engine's warning

38. Wimbledon is a Grand one

42. Deadly sin

45. Nullify

49. Hard to escape routine

51. Zoo \_\_\_\_ or bee \_\_\_\_

54. Type of car

56. Courtroom excuse

57. Caffeine-containing nut tree

58. Swear, not curse

59. Exercise repetitions, for short

60. Annoyingly slow

61. Weary walk

62. Spilled the beans

63. Large edible mushroom

65. \*Most decorated Olympic country

67. Whiskey grain

Crossword Puzzle Solutions on Page 7

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Sudoku

2 8 9 7

6 4

3 4

1

4 8 9

7 6 3 5

8 2 1

3 2 8

9 3

5 9 1 8

Solutions on Page 7



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# Dare to Live Without Limits

by Bryan Golden

## You Don't Need to Suffer Emotionally



Emotional suffering occurs when you have unresolved issues persisting over an extended period of time. Suffering can be caused by guilt, shame, anxiety, worry, stress, or fear. Suffering which is not effectively dealt with runs the risk of becoming engrained and normalized. If left unchecked, you become acclimated to suffering as a normal way of life.

However, you don't need to suffer when you are encountering an adverse situation. Regardless of what you may be experiencing, you can take steps to improve your circumstances. You are an active participant in your life, not a docile observer. You don't have to passively wait for things to get better.

Don't resign yourself to accept suffering as inevitable, or normal. It's not something you have to get used to. Begin the recovery process by identifying the exact cause of what you are feeling.

Be specific. Saying that your just not happy will not allow you to find the root problem.

Next, identify the circumstances which would enable you to feel better. Doing so provides you with an objective to head toward. If your desired circumstances are not possible, determine alternative options which would help.

Consider all possible options. Making excuses for why you can't, or won't do something keeps you in a rut. Excuses justify inaction. The path you take doesn't have to be ideal, it only needs to be okay.

Inaction engrains your state of suffering. Worry is a trap that, in addition to exacerbating your feelings, prolongs inaction. You cannot feel better while consumed with worry. Taking positive action to move forward counteracts worry.

Constant complaining is another emotional trap. It deepens the hold of suffering. The more you complain, the worse you feel. Once your problem has been identified, there's no need to endlessly rehash it. Instead, search for positive ways to alleviate your suffering.

Positive action is required in order to extricate yourself. Negative behavior worsens your situation. Formulate a step by step plan to move toward your objective. Each small step is preferable to doing nothing.

Looking for the good in your life alleviates suffering. It leads to a positive path forward. The good in your life provides a foundation upon which to construct your recovery. It affords a positive perspective to help you move forward.

Constantly tell yourself how you want to feel instead of thinking about how bad you feel. Doing so reprograms your mind away from suffering. Additionally, your brain works non-stop to bring whatever you say to yourself to reality.

Helping others is another effective strategy which helps you feel better. While you are assisting someone else in solving their problems, not only are you doing something worthwhile, you are getting a needed respite from your suffering. The process of aiding another person stimulates your mind to generate possible paths for you.

Changing gears by immersing yourself in an enjoyable activity or hobby gives you a mental break from suffering. Even during this break, your subconsciousness is working on finding appropriate solutions.

Smiling, especially when you don't feel like it, relieves suffering. Although it's not a complete solution to your situation, smiling provides an opportunity to feel better. Laughing is even more powerful than smiling. The endorphins produced by laughing have an amazing curative effect.

Exercise provides relief from suffering. Physical activity reduces stress while producing endorphins. Inactivity, on the other hand, worsens your suffering. The last thing you need is to sit and ruminate on your problems.

You are not alone. There are many others who have dealt with similar situations. Reach out to them for support and insight. Connecting with people who can relate to what you are going through is comforting. They prove that you can and will move forward from your suffering.

**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@colum-nist.com](mailto:bryan@colum-nist.com) or write him c/o this paper. © 2020 Bryan Golden ★

# Ask Toni

## Expensive Prescriptions and Medicare



Toni King

*Toni:*

I will turn 65 in September and am currently covered by my wife's employer group health insurance. Currently, I am fighting stage 3 cancer of the kidney and the prognosis is good because I am participating in a clinical trial for a new cancer medication which costs over \$18,000 per month. With this clinical trial, I am paying \$0 for a medication which is curing my cancer.

I am not planning to enroll in Medicare until my wife retires next year. I am concerned about Medicare's famous donut hole and if this new prescription called Sutent is covered by Medicare's Part D prescription drug plan?

Please explain Medicare and clinical trials and what I should do? ~ Thanks, Matthew

*Matthew:*

You are very smart to remain on your wife's employer benefits because you both can enroll in Medicare Parts A and B when your wife retires next year. At that time, you will be eligible for a SEP (Special Enrollment Period) avoiding the Medicare Part B penalty and be able to enroll in a Medicare Part D prescription drug plan.

Since you will be

enrolling in Medicare Part B for the first time when she retires, you qualify for the Medigap/Medicare Supplement 6-month open enrollment period to begin the month your Medicare Part B begins without having to answer health questions.

Original Medicare and your Medicare Supplement will work together with your clinical trial prescription drug program to cover your medical needs. Original Medicare covers the routine costs of qualifying clinical trials. Your Medicare Supplement plans will pay the out of pocket that Original Medicare does not pay that meets Medicare qualifications.

When one chooses a Medicare Advantage plan with a clinical trial for a serious health issue, the Medicare Advantage plans is required to reimburse beneficiaries for the difference in out-of-pocket cost sharing between Fee for Service and their Medicare Advantage plan.

Original Medicare with a Medicare Supplement does not have a network and one's medical provider must bill Medicare. With a Medicare Advantage plan, one may have a network with referrals from an HMO or maximum out of pocket with a Medicare Advantage PPO.

Let's discuss your \$18,000 clinical trial prescriptions and if you will go in the "famous Donut Hole" when you enroll in a Medicare Part D plan when you are no longer on your wife's employer group health insurance. Medicare Part D is an important option discussed when a Toni Says® Medicare consultation is performed.

Yes, Matt...you go in the "Donut Hole" the very second you order the prescription Sutent and for that reason, we will search the Medicare site for which Medicare Part D plan best meets your Medicare and financial needs.

Always enroll in the Medicare Part D plan which covers all your prescriptions even though the most expensive prescription is covered by the clinical trial programs and costs you \$0. There may be a time when that expensive prescription is no longer covered by the clinical trial and you must use the Medicare Part D plan.

Your Medicare Part D prescription drug monthly costs for the \$18K monthly cancer medication Sutent is \$2471, 1 st month with you going in and out of the Donut Hole and Catastrophic coverage with \$938.57 monthly, the 2nd month to the end of the year. Not enrolled in Part D plan not covering the \$18K monthly prescription, then you pay 100% out of pocket.

Medicare planning is vital especially when one has a serious health condition. Take your time and research what option meets your needs.

*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.toni-says.com](http://www.toni-says.com). ★*

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with Mary Jane Popp

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1) **AVOID ANIMAL PRODUCTS.** Meats, dairy products, and eggs have "bad fats" and cholesterol you don't need. They are missing the fiber and nutrients you do need. Foods from plants – vegetables,

fruits, grains and beans – are cholesterol-free, fiber-rich and loaded with healthful antioxidants. 2) **SKIP THE OILS.** Yes, olive oil is much better than butter or lard. But it's even better to learn to cook with no oils at all. You'll skip a lot of unnecessary calories. 3) **CHOOSE HEALTHFUL CARBOHYDRATES.** Don't avoid carbs – just choose the best ones. Instead of sugar, have fruit. Instead of French fries, have a baked sweet potato. Having foods in the most natural state possible really pays off. 4) **BE ADVENTUROUS.** Many other countries have found ways to make healthful foods delicious. When picking a restaurant, why not try vegan choices from Italy, Mexico, Japan or China? Or how about Thai, Szechuan, Hunan or Ethiopian? At the sushi bar, skip the fish sushi, and have the cucumber roll, sweet potato roll or asparagus roll (that seaweed wrapper has healthful iodine that your thyroid needs). Explore and see what you find. 5) **USE SUPPLEMENTS JUDICIOUSLY.** It's important to take Vitamin B12 daily, for healthy nerves and healthy blood. The RDA is 2.4 micrograms per day. If you are not getting enough regular sunlight, it is advisable to take Vitamin D, as well. Most doctors would call for around 2000 I.U. of Vitamin D per day. 6) **EXERCISE.** Lace up your sneakers for a 40-minute brisk walk three times a week, or more if you can do it. 7) **SLEEP.** When the clock strikes 10 PM, turn off the light. Sleep is essential to a healthy brain. And if you are well rested, you'll be more likely to take good care of yourself tomorrow. 9) **INVOLVE YOUR FAMILY.** Our eating habits rub off on those around us. If you eat well, others are more likely to do so too. 10) **RE-READ THIS LIST.** Most important is to put it to work!

That's a start. You can check out more at [www.PCRM.org](http://www.PCRM.org) to get into more detail. By the way, **Dr. Barnard's** book **"Your Body in Balance"** includes menus and recipes to achieve your goal with the new science of food, hormones, and health! Stay healthy and HAPPY too! A good laugh always helps! ★



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# Hampton Financial Consulting Celebrates 30 Years in Business



Hampton Financial Consulting, celebrating with family 30 years in business. Photo courtesy Citrus Heights Chamber of Commerce

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Chamber of Commerce joined owners Holly Harper and her son Josh Osborne of Hampton Financial Consulting in celebrating their 30th anniversary ribbon cutting. Harper said her mother, Barbara Hampton, bought the business in 1990 and has since served the community. Hampton Financial Consulting has been helping people with their bookkeeping and budgeting needs, all the while, offering a unique service to individuals across the United States. Harper said many of their clients are professionals who do not have time to stay organized or need basic bookkeeping. Hampton Financial Consulting is located at 7625 Sunrise Blvd. Suite 204 in Citrus Heights, CA 95610  
Call (916) 726-2204 or visit [www.hfcto-day.com](http://www.hfcto-day.com) ★

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\*Show item promotion from vendors (No Membership Fees)

We Only Accept ATM, Cash, & Checks COVID-19 HRS: M-F 9-7, SAT 9-7, SUN 10-7 Effective 7/15/20 - 7/21/20

**Look for Advertised Sale Items Everyweek at [www.petclubstores.com](http://www.petclubstores.com)**

<p><b>NATURAL BALANCE DRY DOG FOOD</b></p> <ul style="list-style-type: none"><li>Lamb Meal &amp; Rice (Reg &amp; Lrg Breed)</li><li>Sweet Potato &amp; Fish • Sweet Potato &amp; Venison • Sweet Potato &amp; Bison</li><li>Sweet Potato &amp; Chicken 26-28 Lb Bag</li></ul> <p><b>\$5 OFF</b> Limit 2 Bags Per Family Effective 7/15/20 - 7/21/20</p>	<p><b>NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD</b></p> <ul style="list-style-type: none"><li>Lamb Meal &amp; Rice 30 Lb Bag</li><li>Adult • Small Bites • Large Breed</li></ul> <p><b>\$37<sup>99</sup></b> Limit 2 Bags Per Family Effective 7/15/20 - 7/21/20</p>	<p><b>EARTHBORN HOLISTIC DRY DOG FOOD</b></p> <ul style="list-style-type: none"><li>Pimitive Feast • Great Plain Feast • Meadow Feast • Coastal Catch • Weight Control</li><li>Large Breed (Reg Price \$43.99) 28 Lb Bag</li></ul> <p><b>\$39<sup>99</sup></b> Natural/Grain Free Limit 2 Bags Per Family Effective 7/15/20 - 7/21/20</p>	<p><b>FRISKIES TENDER &amp; CRUNCHY COMBO DRY CAT FOOD</b></p> <p>16 Lb Bag</p> <p><b>\$10<sup>99</sup></b> Limit 2 Bags per Family Effective 7/15/20 - 7/21/20</p>
<p><b>FRISKIES BUFFET CANNED CAT FOOD</b></p> <p>5.5 Oz All Varieties</p> <p><b>ON SALE Everyday</b> Limit 2 Cases Per Family Effective 7/15/20 - 7/21/20</p>	<p><b>ARM &amp; HAMMER SUPER SCOOP CLUMPING CAT LITTER</b></p> <p>20 Lb Box • Unscented • Double Duty (Clump n Seal • Regular 19 lb • Light Weight 15 lb)</p> <p><b>ON SALE</b> Limit 2 Boxes Per Family Effective 7/15/20 - 7/21/20</p>	<p><b>SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD</b></p> <p>13 oz can • Selected Varieties (Reg price \$1.79) (Healthy Cuisine 12.5 oz can \$1.89 Reg price \$2.09)</p> <p><b>\$1<sup>59</sup></b> Limit 2 Cases Per Family Effective 7/15/20 - 7/21/20</p>	<p><b>SCOOPAWAY CLUMPING CAT LITTER</b></p> <p>42 Lb Bag • Multi-Cat Formula</p> <p><b>\$12<sup>99</sup></b> Limit 2 Boxes Per Family Effective 7/15/20 - 7/21/20</p>

<p><b>IAMS DRY CAT FOOD</b></p> <ul style="list-style-type: none"><li>Healthy Adult Chicken • Indoor/Weight Control/Hairball</li><li>Salmon &amp; Tuna • Hairball 16 Lb Bag Limit 2 bags per family</li></ul> <p><b>\$17<sup>99</sup></b></p>	<p><b>PURELY FANCY FEAST CANNED CAT FOOD</b></p> <p>2 oz. All Varieties Limit 1 Case</p> <p><b>\$1<sup>09</sup></b></p>	<p><b>NUTRO PERFECT PORTIONS GRAIN FREE CANNED CAT FOOD</b></p> <ul style="list-style-type: none"><li>Pate • Cuts In Gravy</li><li>2.64 Oz Can Limit 1 Case</li></ul> <p><b>69¢</b> Limit 2 Bags Per Family</p>
<p><b>FUSSIE CAT PREMIUM DRY CAT FOOD</b></p> <ul style="list-style-type: none"><li>Selected Varieties</li><li>2 Lb, 4 Lb, 10 Lb bag</li></ul> <p><b>20% OFF</b> As Marked OUR REGULAR LOW PRICES</p>	<p><b>NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER</b></p> <ul style="list-style-type: none"><li>Bio-Enzymatic Formula</li><li>10 Lb Bag Limit 2 Bags</li></ul> <p><b>\$6<sup>99</sup></b></p>	<p><b>SCIENCE DIET FELINE MAINTENANCE DRY CAT FOOD</b></p> <ul style="list-style-type: none"><li>Mature \$33.99 • Light \$34.99 • Sensitive Stomach 15.5 Lb • Urinary 15.5 Lb • Perfect Weight 15 Lb \$38.99</li><li>Adult</li></ul> <p><b>\$31<sup>99</sup></b></p>
<p><b>NATURALLY FRESH CAT LITTER</b></p> <ul style="list-style-type: none"><li>100% Natural Walnut-based</li><li>14 Lb Bag 10 Lb Pellets \$5<sup>49</sup> Clumping \$8<sup>99</sup> Multi-Cat Clumping \$9<sup>99</sup></li><li>Limit 2 Bags</li></ul>	<p><b>9 LIVES DRY CAT FOOD</b></p> <ul style="list-style-type: none"><li>Grilled Tuna &amp; Egg 12 Lb Bag</li><li>Limit 2 Bags Per Family</li></ul> <p><b>\$7<sup>99</sup></b></p>	<p><b>SOLID GOLD DRY DOG FOOD</b></p> <ul style="list-style-type: none"><li>Hund n Flacken • Wolf King Bison (24 Lb Bag)</li><li>Holistique • Millennia 28.5 Lb Bag Only Limit 2 Bags As Marked</li></ul> <p><b>10% OFF</b> OUR REGULAR LOW PRICES</p>
<p><b>FRESH STEP CRYSTALS CAT LITTER</b></p> <p>8Lb Bag Limit 2 Bags</p> <p><b>\$11<sup>99</sup></b></p>	<p><b>GRAVY TRAIN DRY DOG FOOD</b></p> <p>35 Lb Bag Limit 2 Bags</p> <p><b>\$14<sup>99</sup></b></p>	<p><b>BOXIE CAT CAT LITTER</b></p> <ul style="list-style-type: none"><li>Probiotic • Gently Scented • Scent Free (Natural &amp; Extra Strength)</li><li>16 Lb \$2<sup>00</sup> OFF 28 Lb \$3<sup>00</sup> OFF</li></ul>

<p><b>ADVANTAGE FLEA CONTROL &amp; TREATMENT</b></p> <ul style="list-style-type: none"><li>Dog Small (Green) Dog Extra Large (Blue)</li><li>Dog Medium (Teal) Cat Small (Orange)</li><li>Dog Large (Red) Cat Large (Purple)</li><li>Limit 2 Per Family. Cannot be combined with any other offer.</li></ul> <p><b>\$4<sup>00</sup> OFF</b> OUR REGULAR LOW PRICES</p>	<p><b>TRUE CHEWS PREMIUM JERKY CUTS</b></p> <ul style="list-style-type: none"><li>All Varieties</li><li>100% Natural 10-12 oz pkg (20-22 Oz bag \$13.99)</li></ul> <p><b>\$7<sup>99</sup></b></p>	<p><b>FELINE GREENIES CAT TREATS</b></p> <ul style="list-style-type: none"><li>All Varieties</li><li>(Including Small Bites)</li></ul> <p><b>\$1<sup>99</sup></b></p>	<p><b>SHERPA PRODUCTS</b></p> <ul style="list-style-type: none"><li>Original Deluxe (Small, Medium, Large)</li><li>Carrier On Wheels</li></ul> <p><b>20% OFF</b> OUR SUPER LOW PRICES</p>	<p><b>VAN NESS CAT PAN</b></p> <ul style="list-style-type: none"><li>All Varieties</li><li>Linens • Scoops • Filters</li></ul> <p><b>20% OFF</b> OUR SUPER LOW PRICES</p>
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<p><b>BOXED GLASS TANK WITH STARTER KIT</b></p> <ul style="list-style-type: none"><li>10 Gal Tetra LED Deluxe . . . \$53.99</li><li>20 Gal Tetra LED Deluxe . . . \$91.99</li><li>29 Gal Tetra LED Deluxe . . . \$112.99</li><li>55 Gal Tetra LED Deluxe . . . \$187.99</li></ul>	<p><b>AQUEON BOXED 10 GALLON TANK With Economy Kit</b></p> <p>Just add Heater For Tropical Fish</p> <p><b>\$36.99</b> Limit 1 Per Family</p>	<p><b>REPTILE SUPPLY SALE</b></p> <ul style="list-style-type: none"><li>Zoo Med Reptibark 5 Oz . . . \$5.49</li><li>Tetra Reptomin 3.7 Oz . . . \$3.79</li><li>Tetra Reptomin 10.59 Oz . . . \$8.49</li></ul>	<p><b>REEF CRYSTALS</b></p> <p>50 Gal. Salt Mix</p> <p><b>\$14.99</b></p>
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<p><b>BONUS COUPON</b></p> <p><b>FANCY FEAST GOURMET CANNED CAT FOOD</b></p> <ul style="list-style-type: none"><li>3 Oz • All Varieties Except Elegant Medley</li><li>Limit 1 Case Per Family</li><li>Limit One Coupon Per Family</li><li>Price Valid Only With Coupon</li><li>Effective 7/15/20 - 7/21/20</li></ul> <p><b>ON SALE Everyday</b> CHM PLU 361</p>	<p><b>BONUS COUPON</b></p> <p><b>FRISKIES PARTY MIX CAT TREATS</b></p> <ul style="list-style-type: none"><li>2.1 Oz • Selected Varieties</li><li>Limit 2 Pkgs with Coupon</li><li>Limit One Coupon Per Family</li><li>Price Valid Only With Coupon</li><li>Effective 7/15/20 - 7/21/20</li></ul> <p><b>\$1<sup>19</sup></b> CHM PLU 573</p>	<p><b>BONUS COUPON</b></p> <p><b>JONNY CAT PREMIUM CAT LITTER</b></p> <ul style="list-style-type: none"><li>20 Lb Bag</li><li>Limit 1 Bag With Coupon</li><li>Limit One Coupon Per Family</li><li>Price Valid Only With Coupon</li><li>Effective 7/15/20 - 7/21/20</li></ul> <p><b>\$3<sup>79</sup></b> CHM PLU 362</p>
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