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# Citrus Heights Messenger

VOLUME 10 • ISSUE 23

Serving the City of Citrus Heights & Sacramento County

JUNE 5, 2020

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## Open, But Not Really

*Shaving, Facial Waxing, Threading  
and Facials Not Permitted at This Time*



Counties that have attested to meeting the criteria for accelerated re-opening may re-open hair salons and barbershops with modifications such as mandatory face coverings for both barbers or stylists and clients. Image by annmariephotography from Pixabay

**SACRAMENTO, CA (MPG)** - The California Department of Public Health announced on May 25, 2020 that counties that have attested to meeting the criteria for accelerated re-opening may re-open hair salons and barbershops with modifications such as mandatory face coverings for both barbers or stylists and clients. State public health leaders noted that Californians staying at home and exercising caution when out helped flatten the COVID-19 curve. Public health leaders acknowledge that today’s announcement is also possible based on state-wide indicators such as PPE, testing capacity, hospital surge capacity and hospitalizations.

Permitted activities include services that can be provided with both the worker and customer wearing face coverings throughout the service. These include haircuts, hair coloring, blow-outs, weaves and extensions, braiding, lock maintenance, wig maintenance and hair relaxing treatments.

Salon activities that cannot be done with face coverings on both the worker and client – or that require touching the client’s face – such as shaving, facial waxing, threading, eyelash services and facials – remain prohibited at this time in all counties. Likewise, nail salons remain closed.

“Together, Californians have limited infections in our state, and because of that work, many counties may make a decision to restart modified hair and barber services,” said Dr. Sonia Angell, State Public Health Officer and Director of the California Department of Public Health. “However, COVID-19 is still present in our communities and we are still at risk. As we venture outside our homes, it is critically important to keep physical distance, wear face coverings in public, and wash hands frequently to help protect yourself and those around you.”

Under the new guidance to reopen, salons and barbers must: Implement measures to ensure

physical distancing of at least six feet between and among workers and customers, except when providing haircutting and other close contact services; Provide temperature and/or symptom screenings for all workers at the beginning of their shift and any vendors, contractors, or other workers entering the establishment; Encourage workers and customers who are sick or exhibiting symptoms of COVID-19 to stay home; Screen customers upon arrival and be prepared to cancel or reschedule customers who indicate they have any signs of illness; Require workers and customers to use face coverings during the entire haircutting and other close contact hair services.

More information about the state’s COVID-19 guidance is on the California Department of Public Health’s Guidance web page. More information about reopening California and what individuals can do to prevent the spread of COVID-19 is available at [covid19.ca.gov](https://covid19.ca.gov). Find out more at [www.cdph.ca.gov](https://www.cdph.ca.gov) ★

## City Council Limits Planning Commissioners’ Ability to Comment to Press and Public

**Story by Shaunna Boyd**

**CITRUS HEIGHTS, CA (MPG)** - At the tele-conferenced May 28 meeting of the Citrus Heights City Council, Item 6 on the Consent Calendar was an update to the Planning Commission Rules and Regulations. Unlike Public Hearings and Regular Calendar items – both of which typically involve public presentations and Council

discussions – the Council usually votes on the entire Consent Calendar without discussion.

The proposed updates to the Planning Commission Rules and Regulations (which had already been approved by the current Planning Commission) were generally minor changes, such as outlining timelines for trainings and specifying that agendas will be sent to Commissioners

electronically. But there were some significant and restrictive additions regarding media inquiries, social media, and speaking on behalf of the Commission.

Bill Van Duker provided a Public Comment stating that he supported the proposed modification to “limit the ability of the Commissioners to comment to the press on matters that

*Continued on page 3*

## Newsom Administration Claims another ‘\$1.831 Billion Needed’

**By Nghia Nguyen,  
Office of Sen. Jim Nielsen**

**SACRAMENTO, CA (MPG)** - In a last-minute call last Thursday evening, Department of Finance officials notified the Legislature that Governor Newsom is transferring an eye-popping \$1.831 billion to the Disaster Response-Emergency Operations Account to spend through the current fiscal year with only limited details.

“The spending of billions of taxpayers’ dollars must be reviewed and approved by representatives of the citizens of California. It is time for the Legislature to return to the standard separation and balance of power,” said Vice Chair of the Senate Budget Committee Senator Jim Nielsen (R-Tehama). “There is too little transparency, oversight and accountability. The public deserves better.”

Without sufficient evidence to support the need for this massive spending, the letter from the Department of Finance breaks down expenditures as follows:

\$1.3 billion to procure personal protective equipment; \$251.7 million to establish and support over 3,000 hospital beds; \$30 million for hotels for healthcare workers and support staff; \$159.4 million to cover costs for ongoing state response activities; \$98.4 million for statewide testing and contact tracing and tracking.

Californians have answered the call and slowed the spread of the virus. Hospitals are safe, and most have few, if any, COVID-19 patients. The U.S. Naval hospital ship Mercy has returned to the port in San Diego. The field hospital at Sacramento’s Arco Arena will close at the end of the month after the state paid an outrageous \$1 million to house fewer than 10 patients.

Senator Nielsen said, “There is no surge in hospital demand in California.”

As the Los Angeles  
*Continued on page 3*



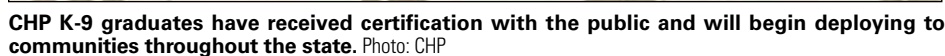
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# Aerospace Museum of California Outdoor Museum Reopens to Public



Although a formal graduation ceremony

Following this graduation, the CHP will have 38 PNDC teams, six PEDC teams, and six EDC teams deployed throughout the state. ★

About the Aerospace Museum of California: Experience aviation history and the future of aerospace in an inspiring setting. With a 4.5-acre Outdoor Museum Airpark plus rotating exhibits, families can engage with our STEM activities for all ages and let their imagination soar. A Smithsonian Affiliate and member of North American Reciprocal Museum Associate®, the Aerospace Museum of California is a gateway to endless STEM education possibilities. Learn more at [aerospaceca.org](http://aerospaceca.org). ★

For more information about UARP and associated projects, please visit [SMUD.org](http://SMUD.org) and the Community and Recreational Areas web pages. ★

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3<sup>1</sup>/<sub>5</sub>/\$1

Watermelon Red Seedless

59<sup>c</sup>/<sub>bag</sub>

Mexican Onions

1<sup>99</sup>/<sub>lb</sub>

Blueberries 6 oz

2<sup>5</sup>/<sub>3</sub>

Watercress

2<sup>1</sup>/<sub>5</sub>/\$1

Daikon Radish

2<sup>99</sup>/<sub>bag</sub>

Russet Potato 10 lb Bag

59<sup>c</sup>/<sub>lb</sub>

White Onion

1<sup>39</sup>/<sub>box</sub>

Young Thai Coconut Box

9<sup>99</sup>/<sub>bag</sub>

Carrot 25 lb Bag

## AMERICAN/HISPANIC GROCERY

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\*Tide Liquid Soap 500 ml

2<sup>39</sup>/<sub>ea</sub>

\*Tide Pods Bath Time 4 Balls

1<sup>49</sup>/<sub>ea</sub>

Nutella 1.5-1.9 lb

1<sup>99</sup>/<sub>ea</sub>

Miraflores 32 oz

1<sup>99</sup>/<sub>ea</sub>

La Costena Jalapeno 25.0 oz

## ASIAN GROCERY

1<sup>99</sup>/<sub>ea</sub>

Red Curry Paste 6.58 oz

2<sup>99</sup>/<sub>ea</sub>

Ultra Slim Tea 12 oz

6<sup>29</sup>/<sub>ea</sub>

Mandarin Nuts 200 gm

1<sup>99</sup>/<sub>ea</sub>

Honey Bee Brand 2 Ltr

1<sup>99</sup>/<sub>ea</sub>

Whole Grain Flour 15 lb

## EUROPEAN GROCERY

4<sup>99</sup>/<sub>ea</sub>

Tobias Pickled Cucumbers 2950 gr

5<sup>99</sup>/<sub>ea</sub>

Almond Tea 2007-3

2<sup>99</sup>/<sub>ea</sub>

100% Pure Refined Sesame Oil 900 gr

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Cherry Seedless Oil 2 Ltr

10<sup>99</sup>/<sub>ea</sub>

Santa Barbara Ketchup 1 lb

## KOREAN/JAPANESE GROCERY

1<sup>99</sup>/<sub>ea</sub>

Soybean Paste 2.5 Kinds 32 oz

9<sup>99</sup>/<sub>ea</sub>

Natural Roasted Sesame Oil 100 x 2.5 l

4<sup>99</sup>/<sub>ea</sub>

Sliced Almonds 5 oz

2<sup>99</sup>/<sub>ea</sub>

Ginger Tea w/ Honey 7.56 oz

7<sup>99</sup>/<sub>ea</sub>

Soybean Paste 3 Kinds 345 g

2<sup>49</sup>/<sub>ea</sub>

Eggroll Sauce 100 g

2<sup>99</sup>/<sub>ea</sub>

Ginger Chicken Rice Porridge 1370 oz

9<sup>99</sup>/<sub>ea</sub>

French Oak Amber Gold Label 1070 g

8<sup>99</sup>/<sub>ea</sub>

Nigori Sake 1.5 Ltr

1<sup>99</sup>/<sub>ea</sub>

Green Tea w/ Taro Root 1.69 oz

2<sup>99</sup>/<sub>ea</sub>

Pork Mince 4.43 oz

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## FROZEN & FISH DEPT

3<sup>99</sup>/<sub>ea</sub>

Premium Imitation Crab Stick 1.1 lb (500 g)

## EUROPEAN DELI

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Jovany Mozzarella Cheese

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# Newsom Administration Claims another ‘\$1.831 Billion Needed’

*Continued from page 1*  
Times editorial stated, “[T]he state is moving from the emergency response phase into one of recovery, the governor needs to start sharing power again with the Legislature, as the state’s constitution intends. That means no more COVID-19 blank checks.”  
“Long standing processes and procedures to establish the balance of power in our government must be strictly followed. The Administration must demonstrate why

it needs this colossal pile of taxpayer dollars,” Senator Nielsen said.  
“These purchases must come before the Legislature.”  
Following news reports of failed contracts including a \$1 billion agreement with Blue Flame, Senator Jim Nielsen (R-Tehama), along with a group of lawmakers, requested a thorough audit through the Joint Legislative Audit Committee of the sole source contracting practices in these multi-million dollar legal commitments. ★

# Census Bureau Opens for Operations in Select Northern California Counties

**By Marna Davis,  
U.S. Census Bureau**

**SACRAMENTO, CA (MPG)** - The U.S. Census Bureau, in coordination with federal, state and local health officials, will begin to drop off 2020 Census questionnaire packets at front doors of nearly 150,000 households in Northern California that do not have regular mailing addresses, such as in rural areas or households that use post office boxes. That delivery is called the

“Update Leave” operation, and it began March 15 before all fieldwork was suspended March 18 due to the COVID-19 pandemic.  
Field staff have been trained to observe all social distancing protocols and will wear official government-provided personal protective equipment for their safety and the safety of the public. This operation is contactless and follows the most current federal health and safety guidelines.

People are strongly encouraged to respond promptly to the 2020 Census using the ID number included in the questionnaire packet. Responding with a census ID or the paper questionnaire helps ensure the best count of their community. People can respond online, by phone or by using the paper form in the packet.  
For more information, please visit the 2020 Census COVID-19 operational adjustments page. ★



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**MPG**

# City Council Limits Planning Commissioners’ Ability to Comment to Press and Public

*Continued from page 1*  
are or have been before the Commission.” Citing his 12 years of experience serving on City and County Planning Commissions, Van Duker stated, “It was always clear to me that the time for Commissioner’s comments was during the hearing process. It seems inappropriate for a Commissioner to expand his/her views on the results of a hearing outside of the formal hearing process.”

The proposed update to the Rules and Regulations stated that “Planning Commissioners may be approached by members of the media about a topic that will be heard or has been heard by the Commission. In order to ensure the media is receiving accurate information, all media inquiries shall be directed to the Planning Manager and/or the Communications Office.”

The updated rules would also restrict Commissioners’ ability to engage on social media: “Items within the Commission’s purview may be visibly discussed on social media. Commissioners should refrain from engaging in social media communications about any current, past, or potentially future agenda item to ensure transparency in the public process and to avoid conflicts of interest arising.”

The changes also specify that Commissioners must not speak for the Planning Commission or provide any statements that reflect their own opinion if it differs from the decision of the Commission: “Unless given direction from a majority of the Commission, Planning

Commissioners should not be speaking on behalf of the Commission or the city, or providing any statements wherein a member of the public would think the individual is representing the views of the Commission or city. ... After the Planning Commission has taken a position on an issue, the speaker shall reflect the opinion of the Planning Commission, rather than their own personal opinion.”

The Council was set to approve the Consent Calendar, including Item 6 (Planning Commission Rules and Regulations Update), but Councilmember Bret Daniels requested that Item 6 be pulled from the Consent Calendar and voted on separately: “[Item] 6 is kind of coming out of nowhere. ... I think the concern I have with it mainly is the fact that it kind of muzzles the First Amendment rights of Planning Commissioners as just citizens after the fact, meaning after action by the Planning Commission.”

Councilmember Daniels acknowledged the necessity of Councilmembers and Planning Commissioners choosing their comments carefully “before items are decided because we don’t want to be seen as having made up our minds before we’ve been presented all the information. But after the fact, I think, is not an issue necessarily.” Councilmember Daniels further stated that as a citizen, “someone simply sitting on the Planning Commission has an absolute right to express a First

Amendment comment.”  
Councilmember Daniels suggested that Item 6 be held until a later date so the Council could discuss the issue further after a review by the City Attorney regarding whether the changes might violate the Commissioners’ First Amendment rights.  
Mayor Jeff Slowey disagreed, stating that for most Planning Commissioners, “it’s their first foray into any type of government action, and we have actually had some where they were talking to the media – a couple instances where they were talking to the media prior to a measure coming before them ... and legally that can put the City in hot water. The other thing, when you talk about after, depending upon what’s said, that could also jeopardize it as well, as it still has to come before the City Council.”  
Mayor Slowey said he views it as “our responsibility to put some guardrails around people that we appoint to a position, especially if they don’t have that background. I don’t look at this as affecting anybody’s First Amendment rights. You know, when you’re talking as a Planning Commissioner, you’re talking as a Planning Commissioner. ... You have to understand what those rules are. I look at this as basically putting those rules – as the City sees them, as we see them – out there for them.”  
The Council voted on Item 6, and the updates to the Planning Commission Rules and Regulations passed 4-1, with Councilmember Daniels dissenting. ★

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# Crime Reports

## Citrus Heights Police Report

May 25<sup>th</sup>  
May 28<sup>th</sup>



- 05/25/2020** • Time: 8:00 PM • IR Number: 12004207  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Parking Lot • Public Address: 128xx Fair  
Agency: Citrus Heights Police Department

**05/25/2020** • Time: 2:25 AM • IR Number: 12004184  
Crime: **10852 VC: Tamper With Vehicle**  
Location Type: Street/Highway • Public Address: 74xx Cessna Dr  
Agency: Citrus Heights Police Department

**05/26/2020** • Time: 6:00 AM • IR Number: 2020-8004782  
Crime: **PC 487: Theft from Building-Residential**  
Location Type: Residence/Home • Public Address: 87xx Blinman Way  
Agency: Sacramento County Sheriff's Department

**05/27/2020** • Time: 4:00 PM • IR Number: 12004263  
Crime: **459 PC: Burglary - Residential**  
Location Type: Apt/Condo/Duplex • Public Address: 76xx Twin Oaks Av  
Agency: Citrus Heights Police Department

**05/27/2020** • Time: 2:00 AM • IR Number: 12004262  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Street/Highway • Public Address: 62xx Cavan Dr  
Agency: Citrus Heights Police Department

**05/28/2020** • Time: 8:00 PM • IR Number: 12004291  
Crime: **459 PC: Burglary - Residential**  
Location Type: Apt/Condo/Duplex • Public Address: 80xx Briar Ridge Ln  
Agency: Citrus Heights Police Department

**05/28/2020** • Time: 7:00 PM • IR Number: 12004294  
Crime: **484(A) PC: Petty Theft**  
Location Type: Fenced Storage • Public Address: 76xx Sunrise  
Agency: Citrus Heights Police Department

**05/28/2020** • Time: 10:40 AM • IR Number: 2020-0170626  
Crime: **VC 10851(A): Take Vehicle Without Owner's Consent**  
Location Type: Parking Lot/Garage • Public Address: 85XX Madison Ave,  
Agency: Sacramento County Sheriff's Department

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



By Noah Howard

Over the course of the coronavirus quarantine, video games have taken on a new significance beyond an entertaining pastime. While last month I discussed their importance as a social tool, both to play with others in-person and as a way to connect with friends digitally, in the weeks since they've re-introduced a key element missing from all of our lives: freedom.

Three weeks ago I decided to start *Fallout 4*. Though the game was unbelievably popular on release, I've never had more than a meager interest in the series. Previous entries failed to capture my imagination, as the premise of exploring a post-nuclear sci-fi wasteland repeatedly confronted me with a dull color palette of brown, brown, more brown, and the occasional grey. The only reason I had my *Fallout 4* disk in the first place was that I picked it up on a whim from a local GameStop over a year ago, for less than the price of a cup of coffee.

But this game that I had never had the time or motivation to try has suddenly become one of my favorite pastimes. Unlike its predecessors, *Fallout 4* is vibrant and colorful, both in its world-design

# Game Plots

## Gaming Joy in the Apocalypse

and its delightfully cheesy writing. Unlike some open-world games that forgo freedom in favor of funneling the player from one place to the net, *Fallout 4* encourages true adventure and exploration by hiding new stories behind every nondescript door. It took me three days to reach a destination only a mile or so away because of all of the distractions en route. Enter one door and I find a serial-killer cult, another, a pre-apocalypse lab with a mysterious experiment waiting to be finished, yet another, a "brothel" that doesn't sell intimacy, but the promise of reliving happy memories through advanced technology. My blasé mission of "clear the movie theater of giant mole rats" was relegated to the backburner as I joyfully sought the promise of whatever unknown secrets are held underneath *Fallout 4's* bright blue sky.

I'm not alone in this trend. Others in my circle of video-game-fandom have also taken the opportunity to leap into games that they may not have had the time or energy to begin before.

One started *Metal Gear Solid V: The Phantom Pain*, the cerebral, bizarre James-Bond-esque adventure that I've previously praised in this column. Another began *Divinity: Original Sin II*, a multi-hundred-hour journey that has as much DNA from fantasy literature and tabletop Dungeons and Dragons as it does from mainstream video games. These are the types of games that we increasingly sacrifice as the trials of adult life crowd out the open hours of childhood, but these are also the types of games that give us a sense of direction and liberation which we might otherwise lack.

With our time available to consume media drastically increased during this crisis, the role of art in our lives has become more important than ever. Whether it be binge-watching *Tiger King* or devouring the "I'll read this someday" backlog of books, art gives us the ability to leave our houses and apartments and travel the world from the comfort of our living rooms. Video games aren't an exception, but they are exceptional, their interactivity giving their players the ability to live self-directed alternate lives while their real lives are on hold. These exceptional circumstances call for our renewed appreciation of the works that keep us busy through the good times and the bad, but also give us the opportunity to stretch our wings and embark on the digital adventures of a different lifetime. ★

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# Dignity Health Grants \$75K to Help More Low-Income Pregnant Women



A patient receives an ultrasound at the Sacramento Life Center, which recently received a grant from Dignity Health for a new partnership. Photo courtesy: Kristin Thébaud Communications

By Kristin Thébaud, Thébaud Communications

SACRAMENTO, CA (MPG) - Sacramento Life Center, WellSpace Health and Bishop Gallegos Maternity Home have created a partnership to provide a continuum of care for women and teens from the Arden area who are low-income and pregnant, resulting in a recent \$75,000 grant from Dignity Health. The collaborative will help approximately 450 pregnant women and teens in the Arden area have the care they need to transition to parenthood, including a healthy pregnancy, safe home and parenting support. As needed, women will receive pregnancy tests and ultrasounds, assistance signing up for Medi-Cal presumptive eligibility, prenatal and postnatal medical care, pediatric care, housing, parenting education, diapers, clothing, formula and more. Sacramento Life Center and WellSpace Health will receive \$30,000 each, and Bishop Gallegos Maternity Home will receive \$15,000. “This partnership has found an innovative way to quickly help pregnant women and teens in need receive an array of services,” said Marie Leatherby, executive director, Sacramento Life Center. “Through this collaborative, we will significantly increase the number of pregnant women in the Arden area who have access to prenatal care and other wraparound

services that will ensure each woman has a healthy pregnancy, safe delivery and support system in place once the baby is born.” The Sacramento Life Center’s mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center’s licensed Sac Valley Pregnancy Clinic includes a primary clinic and mobile clinic that provide all services for free, including pregnancy tests, STD tests, ultrasounds, patient advocacy for men and women, education and resource referrals. In 2018, the Sacramento Life Center achieved accreditation by the Accreditation Association for Ambulatory Health Care, which ensures the group has met nationally recognized standards for the provision of high-quality health care. The nonprofit also offers a school-based teen education program, 24-hour hotline and program for women who have experienced pregnancy loss. For more information about the Sacramento Life Center or to make a donation, visit SacLife.org. WellSpace Health is a nonprofit Federally Qualified Health Center that has provided care and support to individuals and families since 1953. WellSpace Health offers a full range of high-quality

medical care, dental care, behavioral health and supportive services to everyone. WellSpace Health is accredited by The Joint Commission for Ambulatory Care and Behavioral Health and certified by the Joint Commission as a Patient Centered Health Home and a Behavioral Health Home. Bishop Gallegos Maternity Home in Sacramento is a home for women over the age of 18 who are pregnant and in need of shelter, food, safety, comfort and support during their pregnancy and for a short time afterward. For more information or to make a donation, visit BGMHSacramento.org. Dignity Health, one of the nation’s largest health care systems, is a multi-state network of 10,000 physicians, more than 60,000 employees, 41 acute care hospitals and 400-plus care-centers including neighborhood hospitals, urgent care, surgery and imaging centers, home health and primary care clinics. Headquartered in San Francisco, Dignity Health is dedicated to providing compassionate, high-quality and affordable patient-centered care with special attention to the poor and underserved. In fiscal year 2019, Dignity Health provided more than \$1.1 billion in patient financial assistance, unreimbursed costs of Medicaid, community health improvement services and other community benefits. For more information, visit DignityHealth.org. ★

# You Could Have an Uncashed Sac County Check

By Ken Casparis, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Currently, the County has more than 11,000 uncashed checks, totaling more than \$3.2 million. How does this happen and could this be your unclaimed money? If a Sacramento County issued check goes six months without being cashed by the rightful payee, the information becomes available in a PDF document on the Unclaimed County Warrants (checks) webpage. The data is also searchable on the County’s Open Data portal. Think you might have an uncashed check with Sacramento County? Here are quick and easy ways to find out: From the Unclaimed County Warrants webpage, scroll through the check numbers on the Unclaimed Warrant listing PDF document (use the Find feature [Ctrl+F] to search names or other terms in the PDF). Go to the Sacramento County Open Data portal. Once on the portal, click the “Finance” icon; click the “County Outstanding Checks” link; and click “Data” tab. Then click on the column “filter” cone-shaped icons for specific value sorting, or the column headings for alpha/numeric listings to get ascending or descending sorts.

If you find your name or business on the data listing, go to the Unclaimed County Warrants webpage to find out about the documentation and information needed to validate that you are the rightful payee to receive the funds. More Unclaimed Monies The Department of Revenue Recovery (DRR) has unclaimed payments that are a result of not having a current address for the recipient. On the Open Data portal, under the Finance category, check out the Revenue Recovery Unclaimed Payments data and search for your name. If you locate a claim due to you, contact DRR at (916) 875-7815, and provide the following information: Claimant’s Name; Date of Birth; Address (Current and Previous); Phone Number; Amount of the claim; DRR Account Number; Court Docket Number; Date of Order; Defendant’s Name; Proof of Identity (Driver’s License or ID Card); Proof of Payment: Copy of check, money order receipt or credit card confirmation number; Information regarding the incident (case information) Sacramento County makes this data easily available on its websites, Open Data Portal and other measures to ensure the information is accessible and the monies go to the rightful payees. ★



# TOO TOXIC TO TRASH!

Properly dispose of your household hazardous wastes (HHW)

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

## WHAT IS HHW?

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

## HOW SHOULD I DISPOSE OF HHW?

Residents can drop-off their HHW at this location for **FREE:**

### North Area Recovery Station (NARS)

HHW Facility  
4450 Roseville Road  
North Highlands  
Open Tu-Th-Fr-Sat 8:30 a.m. – 4 p.m.  
(916) 727-4770



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



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# My Thoughts Are Worth More Than a Penny

By Rev. James L. Snyder

I must admit that I do gravel a lot in thinking about my thoughts. It has been a habit of mine down through the years. Thinking is what really makes life worth living, or so I believe.

My father had a saying whenever he saw me staring off into the distance, “A penny for your thoughts, son.” Then he would smile, and I knew he really was not interested in what I was thinking he was just trying to set some kind of trap for me. Fortunately, I never fell into that trap, whatever it was. Of course, at the time I could’ve used an extra penny.

I have discovered two kinds of people in this world; one who talks all the time and one who listens. Of course, there is that third category of people who don’t do either.

I have tried to balance this throughout my life. I have tried to talk when necessary and listen when necessary. However, my biggest flaw is that I listen when I should be talking, and I talk when I should be listening. If this isn’t frustrating, I do not know what is.

The big challenge is to know when to listen and when to talk. As I get older,

I find myself talking more than I’m listening. This, in and of itself, gets me into more trouble than I can handle.

The other day, my wife and I were watching a little television, and she was telling me about an incident that day. She paused and then said, “Are you listening to me?”

Stuttering a little bit, I said, “Why, yes, I’m listening to you.”

“Okay,” she said, “what was I talking about?”

At that point, I knew I was in trouble because I may have been listening to her, but I did not really hear what she had to say.

It is not that I do not want to listen to my wife; I sometimes forget to pay attention. After all, when you are as broke as I am, paying attention is very difficult. I do try to save pennies on rainy days so that I can occasionally afford to pay attention.

The other day I got caught in a trap. I should know better, but sometimes I let my guard down, and there it is, I am stuck.

We again were watching a little television, and I, for some reason, was staring off into outer space. My wife noticed that, and then she said, “A penny

for your thoughts.” Without thinking, and I do this quite a bit, I replied, “You don’t have enough pennies for what I’m thinking.” I don’t know why I said it. Maybe I was trying to make a joke. Regardless of the reason, I was in deep trouble.

She stared at me for a few moments, and then both of us broke down in laughter. I will not reveal what she said next, but it was appropriate.

In my quiet time this morning, I thought about that incident. I thought about how important thoughts are. Then I thought about what David said, “How precious also are thy thoughts unto me, O God! how great is the sum of them!” (Psalm 139:17).

However important my thoughts may be, the most important thoughts are the thoughts God has concerning me. Searching the Scriptures, I begin to see what God thinks about me.

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



## Pastor Ray's Encouraging Words

### What God Knows

**God knows all your feelings and frustrations.** Maybe you’re hurting right now. Maybe you have been saying, “No one understands me.” You’ve forgotten that God understands you. He understands you completely, better than you understand yourself. He knows the problems you’re going through right now, and He cares. The Bible says He has recorded every tear. Every time you cried yourself to sleep God has seen it. He loves you and He’s very much aware of all that is happening in your life right now. That means you can look to Him for comfort and strength, understanding that He knows what you’re going through.

**God knows your future.** Have you forgotten this fact? He’s with you today in the present but He’s also in the future. God is not limited by time or space. Nothing will catch Him by surprise.

That means you don’t have to worry because God is already preparing for the difficult times you will go through next month, next year or in years to come. And He’s waiting there to strengthen you, comfort you

and hold you in His arms when you need Him. You can trust Him now that He’s going to give you the wisdom, the comfort and the strength to handle whatever the future brings your way.

**God knows your faithfulness.** Are you discouraged trying to do what’s right? You think, “I’ve been trying to do what the Bible says, but I don’t know if it’s paying off and I don’t feel like anybody appreciates it.” God does. God knows your faithfulness and He will reward you.

**God knows your faults and failures.** To me, this is the most amazing thing in life. God knows all about us and He still loves us. Nobody knows you like God does and nobody loves you like He does. Your faults and failures do not keep God from loving you. He loves you unconditionally and He wants you to know Him and love Him back. That’s called a relationship and that’s what Christianity is, a relationship, not religion..

**Pastor Ray**  
**New Beginnings Church**  
**www.NBC4u.org**  
**You’re invited!** ★



## God Knows Everything!

By Marlys Johnsen Norris, Christian Author

Many people never think about or realize that they are a beautiful creation of God. No matter who they are He is a God who truly loves them! No matter how old or young, He knows all about them. And He is very patient as He waits that day one will realize their need to be loved by Him. Plus, He has provided a divine and perfect plan to develop a personal intimate relationship with every one and teach them His way of abundant life to experience His love and blessings throughout their lifetime.

Since the beginning of time and the creation of man, God provided instructions and laws to live by. Laws He gave to enrich and bless those who

followed them. However, there are always those who choose to live by their own ideas and choose their own rebellious ways. Man understood that planting seeds brought about a good crop of food to eat and God thought they might understand another simple message about living a good life.

Wanting to help them to follow and understand, God put the law of “sowing and reaping” into effect. If a person sowed good things, good things came their way. If they chose to sow bad things, bad things just automatically happen to them. **Therefore God wanting them to understand that breaking or ignorin His laws people then reaped God’s wrath. God’s laws have never changed. The Ten Commandments are still in effect! And Scripture puts it clearly. “Do not be deceived. God is not mocked, for whatever a man sows, that he will also reap.” (Galatians 6:7)**

God knocks on the heart of every person and it is not until a person invites Him into their life, do they ever fully realize or understand how much God who loves and adores them. This is when a “time” of beginning the life God intended for every one of His creation. A special time in life! When a decision one makes becomes an important factor of personally knowing our Savior Creator/ God Almighty. A time of decision to receive God’s forgiveness for whatever we have done to sin against Him and His loving call on our life is realized. Scripture refers to this time in someone’s life as being “born-again” and beginning a new life with God’s laws and principles guiding it.

**To God Be All Honor and Glory**  
**Marlys Johnsen Norris**  
ARM writer since 2006  
Marlysjn@gmail.com  
PO Box 114  
Orangevale, CA 95662★

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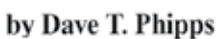
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by Gary Kopervas



by Mike Marland

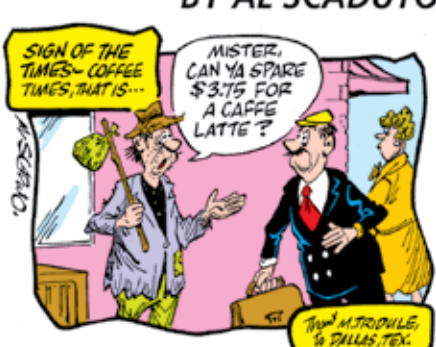


"He'll never get my blood pressure down at \$100 a visit "

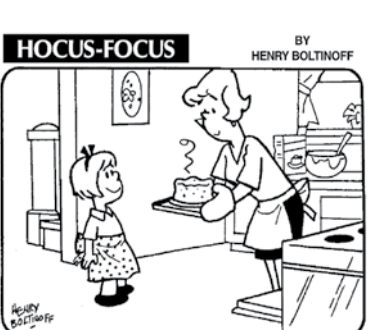
## by Jeff Pickering



BY AL SCADITO



## by Dave T. Phipps



Find at least six differences in details between panels.

5. Picture is different 6. Girl's shoes are different.  
 3. Oven mitt is different 4. Husband is missing.  
 2. Nightgown is different 1. Light is different

Wendy  
 Schaff

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A	S	K	S			T	A	P				M	E	W				
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## CLUES

ACROSS

1. Requests
5. Pub dispenser
8. Feline sound
11. HGTV's "\_\_\_\_ or Flop"
12. Ferdinand, e.g.
13. Like a ghost
14. "Pro \_\_\_\_\_, or in proportion
15. Miscellany
16. "Elsewhere
17. "Response to #51

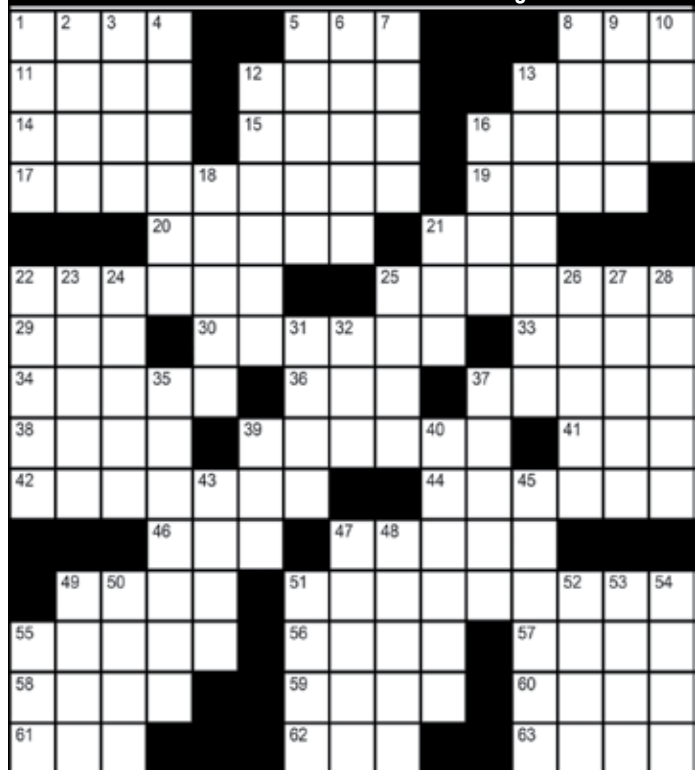
Across?

19. Cher has one
20. Marine enchantress
21. Not tac nor toe
22. "Not underwear!"
25. "Battery's companion
29. Literary "even \_\_\_\_\_ it \_\_\_\_\_," or go full force
33. Quartet minus one
34. Greyish brown
36. Common conjunction
37. Ban from school, e.g.
38. Homesteader's measurement
39. Complete failure
41. "Stand and Deliver" singer
42. Relating to breastbone
44. Spectacle venues
46. Marcia's jealous sister
47. Type of assistant, for short
49. Sudden and brilliant success
51. "Courtroom protest
55. Like blue sky
56. Twins, e.g.
57. Was a passenger
58. Shrieking work
59. Volcano in Sicily
60. All over again
61. "\_\_\_\_ se or \_\_\_\_ tem
62. Bear's hangout
63. Quiet attention grabber

## DOWN

2. Eastern European
3. Toy with a tail
4. Thinly spread
5. Tutu fabric
6. Mork from Ork
7. Walk, as through mud
8. Cripple
9. Major European river
10. Ancient Chinese dynasty
11. Stock exchange, in Paris
13. Mollify
16. Anisette, for short
18. Often precedes through, to search
21. Cough syrup amt.
22. Greek Bs
23. Don't just stand there!
24. Habitué
25. Gives a hand
26. Of a city
27. Tarzan's swing rope
28. \*Reasons to sue
31. Peacock's pride
32. Genetic initials
35. \*Lie made under oath
37. Pre-Ionic
39. Belieber or Parrothead, e.g.
40. Usually not allowed in court
43. Back of the neck
45. \*To lure into a compromising act
47. \*To annul or suspend
48. Jinn or genie
49. Old Russian autocrat
50. Anis-flavored aperitif
51. Newspaper piece
52. Atom that lost an electron, pl.
53. Words from Wordsworth, pl.
54. Type of salamander
55. European peak

**Crossword Puzzle Solutions on Page 7**





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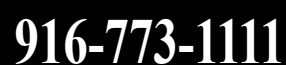
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**Solutions on Page 7**



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Stay in your home longer with an American Standard Walk-In Bath. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-252-0740 (Cal-SCAN)

ATTENTION: OXYGEN USERS! The NEW Inogen One G5. 1-6 flow settings. Designed for 24 hour oxygen use. Compact and Lightweight. Get a Free Info kit today: 1-844-359-3976 (Cal-SCAN)

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Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)

Landscaping

CREATE YOUR PARADISE

Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial American Landscape Design & Installation. Est 1987 American Construction & Property Maintenance Company  
WE ACCEPT VISA & MASTER CARD  
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Lic#690968

LANDSCAPING

Spring clean up. One time yard clean up. Mow, weed, prune, haul, rock, bark, and gutters. 916 205-9310 916 688-9310.

Valencia's Lawn & Garden

FREE ESTIMATES Affordable Prices • Clean-up • Valve Repair & Installation • Tree Trimming • Mulch, Sod & Sprinkler Repair & Installation  
916.277.4270

Miscellaneous

ATTENTION DIABETICS! Save money on your diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters and more! To learn more, call now! 1-855-702-3408.

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

HALL RENTALS

VFW Post 6158

8990 Kruithof Way, Fair Oaks, CA

916-966-1663  
[vfw6158.org/rent-our-hall/](http://vfw6158.org/rent-our-hall/)  
Call or come by

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. [freddiebalbert1@gmail.com](mailto:freddiebalbert1@gmail.com). 530-263-6926 (MPG 12-31-20)

Classified Advertising

773-1111

Pets/Animals

DOG RESCUE

Gary  
(916) 334-2841

Please Adopt or Foster

Because so many really great dogs are dying for a good home...

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Professional, Loving PET SITTING

\*Established Reputation  
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\*Lots of TLC  
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\*Affordable Rate  
Call Madeline  
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Re-roofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!  
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BP TREE SERVICES LLC.

TREE & STUMP REMOVAL  
TREE TRIMMING/ SHAPING  
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10% OFF WITH THIS AD  
Insured. Workman's comp. Arborist  
916-722-6321  
[BPTreeServices.com](http://BPTreeServices.com)  
VISA / MASTER CARD  
California Contractors Lic #1036031

Tax Services

ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-970-2032. (Cal-SCAN)

Work Wanted

I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. Serving Sacramento, Sutter, and Butte counties. References, College grad, security and Health background. Tim, 916-370-0858. (MPG 12-31-20)

Real Estate

RETIRED COUPLE \$1 Mil for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company [www.viploan.com](http://www.viploan.com) Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate\*  
V.I.P. TRUST DEED COMPANY  
OVER 35 YEARS OF FAST FUNDING  
Principal (818) 248-0000 Broker  
[WWW.VIPLAN.COM](http://WWW.VIPLAN.COM) \*Sufficient equity required - no consumer loans  
Real Estate License #01041073  
CA Department of Real Estate, M.L.S. #335217  
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

Lending Opportunity

Existing Assisted Living in Sac. 15 bed needs new first deed 350k @ 6% interest only.  
Fully secured and insured through a title company.  
Brian 916 224-7537  
[bigelowconstruction@icloud.com](mailto:bigelowconstruction@icloud.com)

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Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138

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SACRAMENTO METROPOLITAN



AIR QUALITY  
MANAGEMENT DISTRICT

BURNING TIPS & RESTRICTIONS

During the COVID-19 health crisis breathing clean air is more important than ever, especially for those with underlying health conditions like asthma or respiratory illness.

LIMIT RECREATIONAL BURNING

- ⇒ Wood smoke harms our respiratory and immune systems and is unhealthy for everyone. It is particularly harmful to children, seniors and those who have respiratory illness.
- ⇒ The District recommends all residents limit or cease recreational burning during this health crisis.
- ⇒ When deciding to have a recreational burn, please consider your neighbors and the need to preserve good air quality during this time.

DON'T BURN TRASH or YARD WASTE

- ⇒ Burning trash is extremely harmful to respiratory health.
- ⇒ Burning trash is always illegal and will result in fines.
- ⇒ Open burning or burning yard waste is also illegal in most of Sacramento County and will result in fines.
- ⇒ Check our website and contact your local fire department for a permit.

www.airquality.org

Proceeds from Quick Quack's New  
Community Guide to Benefit Food Banks

By Courtney  
Hardy-Wagner,  
Quick Quack Car Wash

SACRAMENTO REGION, CA (MPG) - Quick Quack Car Wash has developed a Community Guide to spur the local economy and raise funds for local non-profits. The limited number of Community Guides will start selling on Friday, May 29, 2020, at all Quick Quack Car Wash locations across Greater Sacramento.

"We realize many businesses were affected by the shelter-in-place order due to the Coronavirus pandemic," said Travis Kimball, Chief Marketing Officer and Partner of Quick Quack Car Wash. "Our vision is to 'Change Lives for the Better,' which includes showing support to our local businesses, with this guide we hope to increase business for our business partners, and also raise capital for the Sacramento Food Bank and Placer Food Bank. 100% of the proceeds from the guides will be donated to these organizations to continue feeding families during this time of need." While the state is slowly reopening, Quick Quack wanted to do its part to help businesses affected by COVID-19. Although Quick Quack has also suffered a loss, they have continued to operate safely and serve their regular customers. In contrast, many business owners have not been as fortunate.

The community guide includes coupons from businesses like Bonney Plumbing, Electrical, Heating and Air, Pizza Guys, Jiffy Lube, Incredible Pets, Buckhorn Grill, Chando's and other local favorites.



Quackals is your partner to support local businesses and supply Sacramento and Placer Food Banks stock up. Photo: Quick Quack

Quick Quack hopes to drive their customers to these community partners to support the businesses and provide some discounts for the public. Businesses like 4 Guys Print & Mail also stepped up to join the effort by donating the cost of printing the guides.

"Bonney is proud to partner with Quick Quack Car Wash and other local businesses to support our community members' needs," said Jeremy Macdonald, Chief Executive Officer of Bonney Plumbing, Electrical, Heating and Air. "During this time, it's especially critical for us to join together to shop locally and support the great work that the Sacramento Food Bank and Placer Food Bank provide to families in need."

The Community Guides will be available at all 26 Quick Quack Car Wash locations. Customers can stop by anytime between 7

AM and 9 PM to purchase a Community Guide for \$5 with all proceeds going to the Sacramento Food Bank and the Placer Food Bank.

"We appreciate Quick Quack stepping up to help Placer Food Bank address the unprecedented increase of food insecurity needs in our community due to a loss of jobs and income," said Lisa Heinrich, Director of Development at Placer Food Bank. "Every dollar donated helps us and our hunger-relief partners ensure that food is on the table for children, families, and seniors in the communities that we serve throughout El Dorado, Nevada, and Placer Counties."

Join us by purchasing a guide with coupons that will help local businesses and nonprofits right in our community.

For more information https://www.dontdrivedirty.com/



EVERY OTHER WEEK WE HAVE THE **LOWEST PRICES ON FRISKIES (5.5oz) OR FANCY FEAST (3oz)** \*  
\*Compared to All Chain and Local Stores

We Beat Almost All Online Prices on Premium Brand Pet Foods.  
Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

**PET CLUB**  
FOOD AND SUPPLIES  
EVERYDAY LOW PRICES  
Super Discount Prices • Hot Specials & Coupons  
Short term promotions from vendors  
(No Membership Fees)  
We Only Accept ATM, Cash, & Checks COVID-19 HOURS: M-F 9-7, SAT 9-7, SUN 10-7 Effective 6/3/20 - 6/9/20

2344 Sunrise Blvd. 318 N Sunrise Blvd.  
Rancho Cordova, CA Roseville, CA  
916-635-5008 916-781-8500  
Effective 6/3/20 - 6/9/20



**COUPON**  
**FREE**  
1 LB SPORT  
MIX PREMIUM  
DOG BISCUITS  
with the purchase of pet,  
fish food or supply.  
Limit 1 lb PLU 332 CHM  
Limit 1 Coupon per family  
Effective 6/3/20 - 6/9/20

**COUPON**  
**\$5.00 OFF**  
ANY PURCHASE OF \$15.00 OR  
MORE OF PET OR FISH SUPPLIES  
(Excluding Pet Food or Litter)  
Cannot be used in conjunction with  
similar dollar or percentage off  
coupons & advertised sale items.  
Limit 1 PLU 351 CHM  
Limit: 1 Coupon Per Family  
Effective 6/3/20 - 6/9/20

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

**BLUE BUFFALO**  
DRY DOG FOOD  
•Chicken (Reg. \$11.00 Off) 30 Lb Bag  
•Chicken (Large Breed) •Fish & Oatmeal  
(Reg & Lrg Breed) •Puppy (Reg & Large  
Breed)  
As Marked  
•Senior (Reg  
& Lrg Breed)  
•Lamb & Rice  
•Healthy Weight  
**\$8 OFF**  
Our Regular Low Prices!  
Effective 6/3/20 - 6/9/20

**NATURAL BALANCE**  
DRY DOG FOOD  
•Ultra Grain Free 26 Lb. •Potato & Duck 26 Lb.  
•Fat Dog 28 Lb. •Vegetarian 28 Lb.  
•Chicken & Brown Rice 28 Lb.  
**\$5 OFF**  
Our Super Low Prices  
Limit 2 Bags  
Per Family  
Effective 6/3/20 - 6/9/20

**MERRICK'S**  
GRAIN FREE  
DRY DOG FOOD  
•Chicken/Sweet Potato •Duck/Sweet  
Potato •Buffalo/Sweet Potato •Salmon/  
Sweet Potato •Venison/Sweet Potato  
25 Lb Bag **\$10 OFF**  
Limit 2 Bag  
OUR REGULAR LOW PRICE!  
Effective 6/3/20 - 6/9/20

**PURINA**  
KIT N' KABOODLE  
DRY CAT FOOD  
16 Lb Bag  
Limit 2 Bags  
Per Family  
**\$9.49**  
Effective 6/3/20 - 6/9/20

**FRISKIES BUFFET**  
CANNED CAT FOOD  
5.5 Oz  
All Varieties  
**ON SALE**  
Everyday  
Limit 2  
Cases  
Per Family  
Effective 6/3/20 - 6/9/20

**FUSSIE CAT**  
PREMIUM  
CANNED CAT FOOD  
Black Label  
Gold Label 2.8 Oz.  
**ON SALE**  
Limit 2  
Cases  
Per Family  
Effective 6/3/20 - 6/9/20

**TIDY CATS**  
SCOOPABLE  
CAT LITTER  
20 Lb Jug  
•Regular  
•Unscented  
Limit 2 Jugs  
Per Family  
**ON SALE**  
Everyday  
Effective 6/3/20 - 6/9/20

**HI-COUNTRY**  
WILD BIRD SEED  
20 Lb Bag  
(Kaytee, 20 Lbs - \$8.99)  
(Audubon Friends, 20 Lbs - \$5.99)  
Limit 2 Bags  
Per Family  
**\$6.99**  
Effective 6/3/20 - 6/9/20

**MERRICK'S**  
GOURMET CANNED DOG FOOD  
13.2 Oz All Varieties Limit 2 cases  
**On Sale**  
**SCIENCE DIET**  
DRY DOG FOOD  
28.5-33 Lb Bag  
Limit 2 Bags  
•Lite  
•Active Maturity  
•Sensitive Stomach  
•Perfect Weight  
**\$44.99 \$49.99 \$51.99**  
**FRESH STEP**  
CAT LITTER  
21 Lb Bag (14 Lb Bag - \$4.49)  
Limit 2 Bags  
**\$6.49**  
**MERRICK'S PURRFECT BISTRO**  
CANNED CAT FOOD  
All Varieties 5.5 Oz  
Limit 1 Case  
**20% OFF**  
OUR REGULAR LOW PRICES

**EVERCLEAN**  
PREMIUM CAT LITTER  
25 Lb. Box Limit 2 Boxes  
•ES Unscented •US Ever Fresh •Light Weight (22 Lb.)  
**\$12.99**  
**PESTELL**  
CLUMPING CAT LITTER  
40 Lb. Bag  
Limit 2 Bags  
**\$8.99**  
**AVODERM**  
CANNED DOG FOOD  
13 Oz Limit 1 Case  
•Regular •Grain Free  
(Avoderm Canned Cat Food  
3 oz Grain Free 89¢, 5.5 oz \$1.19)  
**\$1.69**  
**CORE**  
GRAIN FREE  
DRY DOG FOOD  
3 FREE Core Dog  
Food 12.5 Oz Can  
With Each purchase  
Original  
**\$61.99**  
22-24 Lb Bag  
•Ocean  
•Reduced Fat  
**\$64.99**

**PURINA PRO-PLAN**  
CANNED FOOD SALE  
Limit 2 Cases  
•Selected Varieties  
Cat Food 3 Oz.  
Dog Food 13 Oz.  
**ON SALE**  
**EVERYDAY**  
**IAMS**  
DRY DOG FOOD  
30 Lb Bag  
•Mini-Chunk  
•Large Breed  
**\$27.99**  
•Lamb Meal & Rice  
•Weight Control  
**\$28.99**  
**CAT COUNTRY**  
PREMIUM ORGANIC CAT LITTER  
Limit 2 Bags 20 Lb **\$7.99** 40 Lb **\$14.99**  
**NEW OKOCAT**  
CLUMPING WOOD LITTER  
•Regular 11-13 Lb **\$13.00** 16.7 Lb **\$19.00** 22.3 Lb **\$17.99**  
Dust Free Natural Paper

**PETMATE VARI-KENNEL PET KENNELS**  
All Sizes Including •Top-Load  
•Fashion Kennels  
**20% OFF**  
OUR SUPER LOW PRICES  
**PARAGON WHIMZEE**  
Dental Dog Treats  
Edible Dog Chews All Varieties  
**20% OFF**  
OUR SUPER LOW PRICES  
**TROPICLEAN PRODUCTS**  
All Varieties  
Shampoos •Regular •Natural  
•Flea & Tick •Oxy Med •Fresh  
Breath •Oral Care •Clean Teeth  
**20% OFF**  
OUR SUPER LOW PRICES  
**FLEXI**  
RETRACTABLE LEASHES  
•Classic •Comfort •Vario  
All Sizes  
**20% OFF**  
OUR SUPER LOW PRICES  
**NATURE'S MIRACLE**  
DISPOSABLE LITTER BOX  
with Baking Soda  
•Regular 3 pack •Jumbo 2 pack  
**\$8.99**

**MARINELAND POWER FILTER SALE**  
MODEL TANK SIZE  
PENGUIN 100B 20 Gal. **\$17.99**  
PENGUIN 150B 30 Gal. **\$24.99**  
PENGUIN 200B 50 Gal. **\$29.99**  
PENGUIN 350B 75 Gal. **\$39.99**  
**AQUEON BOXED 10 GALLON TANK**  
With Economy Kit  
Just add Heater For Tropical Fish  
**\$36.99**  
Limit 1 Per Family  
**PENN PLAX PLASTIC AQUA-PLANTS**  
**20% OFF**  
OUR SUPER LOW PRICES  
**MARINELAND PREMIUM FISH FOOD**  
ALL VARIETIES  
•Goldfish •Cichlids  
•Tropical •Wafers  
**20% OFF**  
OUR SUPER LOW PRICES

**BONUS COUPON**  
**JONNY CAT**  
PREMIUM CAT LITTER  
10 Lb Bag  
Limit 2 Bags With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 6/3/20 - 6/9/20  
**\$1.79**  
CHM  
PLU 365

**BONUS COUPON**  
**WHISKAS**  
TEMPTATIONS CAT TREATS  
All Varieties 3 Oz.  
Limit 2 Pkgs With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 6/3/20 - 6/9/20  
**\$1.25**  
CHM  
PLU 569

**BONUS COUPON**  
**FANCY FEAST**  
GOURMET CANNED CAT FOOD  
3 Oz - All Varieties Except Elegant Medley  
Limit 1 Case Per Family  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 6/3/20 - 6/9/20  
**ON SALE**  
Everyday  
CHM  
PLU 361





Dave Ramsey Says

a good idea to attach a few strings to any cash. Don't make him jump through a bunch of hoops for no reason, though. I'm talking about teachable moment-type things that will help train and educate him to handle his finances in a more responsible and productive way.

There are lots of paths you could take. You might require that he start living on a written, monthly budget, that the two of you go over together for the first few months. Sitting down with a good financial coach – one with the heart of a teacher – is something you might consider throwing out there, as well.

In my mind, this approach is fair to everyone involved. It allows you to help him help himself, instead of just handing him something that may or may not be a blessing.

– 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 14 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.

Teachable Moments are Valuable at any Age

Dear Dave,

A good friend of mine passed away recently. In his will, he left me a couple of items and some money, and I'd like to share the money with my son. He is 25, and a good kid, but he is still impulsive with his finances. Do you have any advice for handling this in a way that will do him the most good?

– Frank

Dear Frank,

It's tough enough losing a close friend without having to worry about a grown son with money issues. I'm sorry you're going through all this.

To be honest, I don't like the idea of just handing him money when you already know he's impulsive. I learned a long time ago that handing money to someone who's financially irresponsible is not a good idea. Lots of people think other folks would be fine, and all their problems would be solved, if they just had more money. That's not generally the case. You need to ask yourself if giving this young man a bunch of cash would really, truly help him. More than likely, the answer is no.

You obviously love this kid, and you've got a generous heart. But under the circumstances, it might be

CITY OF CITRUS HEIGHTS  
NOTICE OF PROPOSED ORDINANCES

ORDINANCE NO. 2020-003

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF CITRUS HEIGHTS, CALIFORNIA, AMENDING SECTION 106.42.015 (ACCESSORY DWELLING UNITS) AND SECTION 106.80 (DEFINITIONS) OF THE ZONING CODE IN REGARD TO ACCESSORY DWELLING UNITS

The following is a summary of ordinances proposed to be adopted by the City Council of the City of Citrus Heights at its meeting of June 11, 2020.

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

Amy Van  
City Clerk

Citrus Heights Messenger 6-5-2020

We Support  
Our Military

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Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535--March 12, 2020  
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Legal Advertising  
7144 Fair Oaks Blvd. #5, Carmichael, CA 95608

CITY OF CITRUS HEIGHTS  
NOTICE OF PUBLIC HEARING

NOTICE is hereby given that on June 25, 2020, at 7:00 p.m., or as soon thereafter as the matter may be heard, the City Council of the City of Citrus Heights will hold a Public Hearing for the consideration of the following:

Ordinance to Automatically Extend Approved Planning Projects. The City Council will consider an ordinance extending the expiration date of approved development projects by five years for those unexpired projects that would otherwise expire or were approved, between April 30, 2018, and April 30, 2020. This project is categorically exempt from California Environmental Quality Act (CEQA). Staff contact: Alison Bermudez, Associate Planner

PLEASE NOTE: In order to minimize the spread of the COVID 19 virus, Governor Newsom has issued Executive Orders that temporarily suspend some requirements of the Brown Act. Please be advised that the Council Chambers are closed to the public and that some, or all, City Council members attend City Council meetings telephonically or otherwise electronically. The meeting will be held via webcast with NO PHYSICAL LOCATION FOR PUBLIC ATTENDANCE.

City Council meetings are televised live on Metro Cable 14, the government affairs channel on Comcast, Consolidated Communications, and AT&T U-Verse able systems and replayed on the following Monday at 9:00 a.m.

Alternatively, members of the public can view the City Council meeting live webcast at http://citrusheights.net/673/Live-City-Council-Meeting-Webcasts

If you wish to make a public comment, please submit your comment via email to cityclerk@citrusheights.net or by completion of an online Speaker Card at https://www.citrusheights.net/FormCenter/City-Council-Meetings-Speaker-Card-30. Public comments shall be limited to 250 words or less. Each comment will be read aloud by the City Clerk.

Following the Public Hearing, the City Council may take such action on the project as it deems appropriate. Interested persons are invited to submit written comments prior to and may testify at the Public Hearing. If the matter is continued for any reason to a later date, written comments and public testimony will be accepted until the close of the final Public Hearing. All comments will be considered by the Approving Authority.

If you challenge the action of the City Council on this matter in court, you may be limited to raising only those issues you or someone else raised at the Public Hearing described in this notice, or in written correspondence delivered to the Planning Division at, or prior to the Public Hearing.

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact Amy Van, City Clerk at 916-725-2448. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. TTY/TDD users with questions or comments can call the California Relay Service by dialing 7-1-1.

Dated: May 27, 2020  
Publish: June 5, 2020

Citrus Heights Messenger 6-5-2020

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Legal Advertising  
7144 Fair Oaks Blvd. #5, Carmichael, CA 95608

TRUSTEE SALE NOTICES

Loan No.: Dalton CA-RES-011020 TS no. 2020-10062 APN: 232-0314-005 NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 2/27/2019, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE IS HEREBY GIVEN, that on 6/2/2020, at 2:00 PM of said day, Please Note: Original Sale Date has been postponed to a future date, At the main entrance to the County Courthouse, 720 9th Street, Sacramento, CA 95814, CATR2297, LLC, a Wyoming limited liability company, as duly appointed Trustee under and pursuant to the power of sale conferred in that certain Deed of Trust executed by Sharon Dalton recorded on 3/5/2019 in Book n/a of Official Records of SACRAMENTO County, at page n/a, Recorder's Instrument No. 201903050920, by reason of a breach or default in payment or performance of the obligations secured thereby, including that breach or default, Notice of which was recorded 2/6/2020 as Recorder's Instrument No. 202002060261, in Book n/a, at page n/a, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, lawful money of the United States, evidenced by a Cashier's Check drawn on a state or national bank, or the equivalent thereof drawn on any other financial institution specified in section 5102 of the California Financial Code, authorized to do business in the State of California, ALL PAYABLE AT THE TIME OF SALE, all right, title and interest held by it as Trustee, in that

real property situated in said County and State, described as follows: Lot 12, per "Plat of Capell Heights Unit No. 1", filed May 16, 1960, Book 60 of Maps, Map No. 30 The street address or other common designation of the real property hereinabove described is purported to be: 5651 Gerard Way, Citrus Heights, CA 95621. The undersigned disclaims all liability for any incorrectness in said street address or other common designation. Said sale will be made without warranty, express or implied regarding title, possession, or other encumbrances, to satisfy the unpaid obligations secured by said Deed of Trust, with interest and other sums as provided therein; plus advances, if any, thereunder and interest thereon; and plus fees, charges, and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of said obligations at the time of initial publication of this Notice is \$143,450.90. In the event that the deed of trust described in this Notice of Trustee's Sale is secured by real property containing from one to four single-family residences, the following notices are provided pursuant to the provisions of Civil Code section 2924f: NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the

existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee's sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 or visit this Internet Web site www.nationwideposting.com, using the file number assigned to this case 2020-10062. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not be immediately reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Dated: May 07, 2020 CATR2297, LLC, a Wyoming limited liability company By: Ashwood TD Services LLC, its Agent Christopher Loria, Trustee's Sale Officer P.O. Box 3552, Paso Robles, CA 93447 (SEAL) Tel.: (805) 296-3176 Fax: (805) 323-9054 Trustee's Sale Information: (916) 939-0772 or www.nationwideposting.com NPP0370217 To: CITRUS HEIGHTS MESSENGER 05/22/2020, 05/29/2020, 06/05/2020

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CITY OF CITRUS HEIGHTS  
NOTICE OF PROPOSED ORDINANCES

ORDINANCE NO. 2020-004

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF CITRUS HEIGHTS TO AMEND CERTAIN SECTIONS OF THE ZONING CODE IN REGARD TO COMMERCIAL RECREATION-INDOORS, DEFINITIONS, AND OTHER MINOR CHANGES

The following is a summary of ordinances proposed to be adopted by the City Council of the City of Citrus Heights at its meeting of June 11, 2020.

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

Amy Van  
City Clerk

Citrus Heights Messenger 6-5-2020