



It's "Time for Tea"  
at Saucers Tea  
Company

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Charities

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# Citrus Heights Messenger

VOLUME 10 • ISSUE 11

Serving the City of Citrus Heights & Sacramento County

MARCH 13, 2020

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INSIDE

NEW NAME, SAME  
AMAZING EXPERIENCE  
10TH ANNUAL  
5K RUN/WALK



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## Gathering for Comradery



Helping to host REACH were from left to right: Liz Palumbi, Administrative Assistant in the City Manager's Office, and Nichole Baxter, Communications Officer. Right: Citrus Heights City Manager Christopher Boyd was the evening's speaker for the REACH 7th Annual Workshop and Potluck. Photo: City of Citrus Heights

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." – Margaret Mead, Anthropologist, author, speaker

"Monday, March 3, 2020 was the REACH 7th Annual Workshop and Potluck at the Citrus Heights Community Center. The event was pioneered to bring together volunteers

from different walks of life and to share a moment of gratification to them for supporting their community/communities.

"Residents Empowerment Association of Citrus Heights (REACH), which sponsors the annual potluck, is a nonprofit umbrella

organization with 11 Neighborhood  
Continued on page 12

## Stop the Spread: A Patient Guide to the Novel Coronavirus (COVID-19)

By Steve Arnoff,  
American College of  
Emergency Physicians

**WASHINGTON, D.C. (MPG)** - The American College of Emergency Physicians (ACEP) is providing guidance for patients to minimize their risk of getting or spreading the novel coronavirus, COVID-19. A new resource from ACEP, Stop the Spread: A Patient Guide to the Novel Coronavirus (COVID-19), provides tips on how to minimize the risk of contracting the virus—including whether you should wear a face mask—and how to determine whether patients should visit an emergency department.

"We are in the middle of flu season, which means emergency departments are already strained. To make sure that everyone can get the care they need, it's important to know when to go to the emergency department if you think you have COVID-19," said William Jaquis, MD, FACEP, president of ACEP.

Older patients and those with chronic or pre-existing conditions have the highest risk of serious cases or complications. If you think you are sick with COVID-19, consider your symptoms. Call your doctor if you've been in contact with someone who already has COVID-19 or has traveled to an affected region and within 14 days you develop a fever, cough or shortness of breath.

If your symptoms are mild, contact your primary care physician to discuss your best options for care. Call 911 or visit your closest emergency department if:

You're experiencing a medical emergency; You're sick enough that you need to go to the hospital, especially if you recently started experiencing shortness of breath, or; You're sick and you are a high-risk individual, such as an older patient or a person with an already weakened immune system.

The situation with the outbreak is evolving daily, and while the federal government has taken steps to significantly expand COVID-19 testing, it will take time for the health care system to ramp up its testing capabilities and locations.

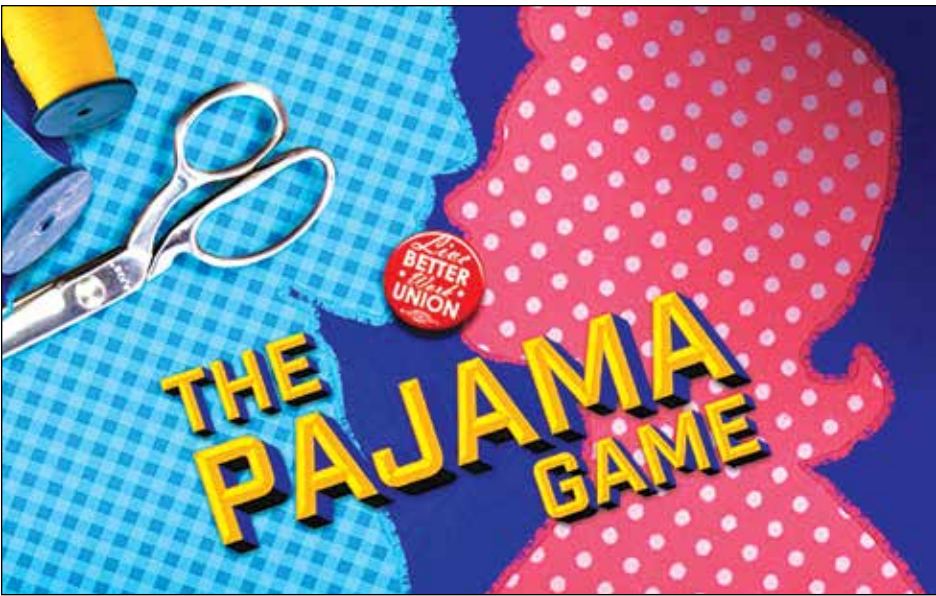
"Your local emergency department may not yet have the COVID-19 test. Your primary care physician

Continued on page 3

## Orangevale/Citrus Heights Native Ashley Garlick Stars in "The Pajama Game"

42nd Street Moon  
Press Release

**SAN FRANCISCO, CA (MPG)** - San Francisco's 42nd Street Moon (Daren A.C. Carollo and Daniel Thomas, Co-Executive Directors) has announced the full cast and creative team for the Company's next production, the beloved Tony Award-winning "Best Musical" *THE PAJAMA GAME*. Based on the novel "7½ Cents" by Richard Bissell, *THE PAJAMA GAME* features a book by George Abbott and Bissell, with music and lyrics by Richard Adler and Jerry Ross (*DAMN YANKEES*). 42nd Street Moon's production will be directed by Ryan Weible, with music direction by Dave Dobrusky and choreography by Renee DeWeese. *THE PAJAMA GAME* runs from April 15 – May 3, 2020 and will perform at San Francisco's Gateway



San Francisco's 42nd Street Moon (Daren A.C. Carollo and Daniel Thomas, Co-Executive Directors) has announced the full cast and creative team for the Company's next production, the beloved Tony Award-winning "Best Musical" *THE PAJAMA GAME*. Image credit 42ndstmoon

Theatre (215 Jackson St, San Francisco, CA 94111). The press opening will take place on Saturday, April 18 at 6:00 p.m. Tickets range from \$30 - \$72 and can be purchased through the Box Office at (415) 255-8207 or online at

www.42ndstmoon.org. "What makes *THE PAJAMA GAME* great theatre is that the themes that resonated in the 1950s still resonate today - workplace romance, clashes between management and labor, and the great

middle-class struggle to do more than just get by," said Co-Executive Directors Daren A.C. Carollo and Daniel Thomas. "Additionally, we've been given permission to adapt portions of the script, using

Continued on page 3



# Charities Helping Charities

***By Claire Gliddon,  
Sacramento Blankets  
for Sacramento Kids***

**SACRAMENTO REGION, CA (MPG)** - Sacramento Blankets for Sacramento Kids (SBSK), an organization that gives handmade blankets to children in need in Sacramento and Placer, wanted to help another charity, specifically the Mercy Pedalers, headed by Sister Libby. SBSK asked its volunteers to donate a toothbrush and toothpaste during the month of February for Sister Libby. This is the mountain that was received! Small groups



**Sister Libby of Mercy Pedalers picks up toothbrushes from SBSK.** Photo: SBSK

can make BIG differences!  
For information on SBSK  
or Mercy Pedalers, go to

www.sacblankets4kids.  
com or www.mercypedal-  
ers.com. ★

## Ami Bera Votes for Emergency Funding to Keep Sacramento County Safe from Coronavirus

**By Travis Horne, Office of  
Representative Ami Bera, M.D.**

**WASHINGTON, DC (MPG)** - Rep. Ami Bera, M.D. (CA-07) voted for emergency funding to keep Sacramento County safe from the spread of coronavirus.

“I’m proud to vote for this robust emergency funding package that will keep our communities safe from this growing public health crisis,” said Rep. Bera, who chairs the House Foreign Affairs Subcommittee on Asia, the Pacific, and Nonproliferation. “As a public health expert, I will continue to press the administration to ensure they are doing everything possible to keep Americans safe, including increasing the availability of testing at our local health facilities. As this disease continues to spread, it is also critical we think of creative ways to combat its spread and limit its harm to our economy and our neighbors.”

*The \$8.3 billion appropriations package includes:*

- \$1B for state and local preparedness response, half of which will go to states, cities, and tribes within 30 days;
- Funds for the procurement of medical supplies for the Strategic National Stockpile:

- Vaccine and therapeutic research and development;
- \$300M to ensure Americans can receive the vaccine, regardless of ability to pay; and
- \$100M for community health centers

As a doctor, Congressman Bera has been a strong supporter of American leadership in global health. He is a member on the CSIS Commission on Strengthening America's Health Security, which made a series of recommendations to prevent pandemics in November 2019. He has held two Congressional hearings on the coronavirus outbreak, sounded the alarm when the White House disbanded the office in charge of preparing for pandemics, and also sought to include funds to combat coronavirus over a month ago through other legislation.

Congressman Bera urges constituents to follow everyday preventative actions like washing your hands with soap and water, avoid touching eyes, nose, or mouth with unwashed hands, and cleaning and disinfecting frequently touched objects. For more information, please consult resources provided by the Centers for Disease Control and Prevention. ★

# SacRT Issues Update on Precautions against Coronavirus

**By Jessica Gonzalez,  
Sacramento Regional  
Transit**

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Regional Transit District (SacRT) issued an update on the precautions being taken by the agency in response to the coronavirus (COVID-19). Knowing viruses can spread in confined spaces similar to the flu, SacRT has been proactive in sanitizing its buses and light rail vehicles every day. With the number of coronavirus cases going up, SacRT has taken a number of aggressive steps to provide information about the virus to our employees and increased sanitation of vehicles.

The safety and well-being of our employees and customers is our top priority and we are taking the following proactive measures:

Buses and light rail vehicles are sanitized every night; During the flu season, trains and buses are fogged with Chlorine Dioxide to sanitize every couple of weeks. With the discovery of coronavirus, we are increasing that practice to every five days:

For our employees, we provided a notice with guidelines to follow as provided by the Center for Disease Control and Prevention (CDC) along with the California State Government, City of Sacramento and

Sacramento County  
Department of Public Health:

We are providing hand sanitizer, disinfectant wipes and disposable gloves to employees that come in contact with the public such as operators, transit ambassadors and customer service representatives.

SaRT is urging riders to take precautions to keep themselves and others healthy, which applies to the coronavirus, flu or common cold. Advice from the CDC includes washing hands frequently and for at least 20 seconds, avoid touching your eyes, nose and mouth, and covering your mouth and nose when sneezing or coughing. ★

## Census Invites Go Out Starting this Month

**By Laurie Slothower,  
Sacramento County**

**SACRAMENTO COUNTY, CA (MPG)** - Beginning March 12, households in Sacramento County will begin to receive invitations by mail to complete the 2020 U.S. Census. By April 1, the official U.S. Census Day, every household should have received one.

People can respond by phone, by mail and – for the first time - online. Census websites will be available in 12 languages other than English. Surveys may be completed on a computer, smartphone, laptop or tablet.

It's important that you and everyone in your household are counted. The Census determines federal funding for important services and programs that benefit our community. Sacramento County projects that rely on the U.S. Census for funding include the Florin area new street light project, the District Attorney's Human Trafficking Advocacy program, the Supplemental Assistance Nutrition Program (food stamps), and the Small Communities Flood Risk Reduction program.

Census results also ensure your voice is represented in government. The U.S. Census defines boundaries for Sacramento County supervisorial districts, school boards, water and fire districts, and the number of seats California receives in the U.S. House of Representatives.

Information submitted to the Census is safe, secure and 100 percent confidential. By law, your information may not be used to identify individuals or shared with any government or law enforcement agency. Violations are considered a federal offense.

In preparation for enabling online response, the U.S. Census Bureau has partnered with the U.S. Department of Homeland Security to ensure that information is safe from cyber-threats.

Sacramento County is partnering with community-based organizations and public agencies to make sure everyone is counted, especially groups who have historically low rates of census participation. Information on where to find census assistance centers will be available later this month.

For more information, contact the U.S. Census Bureau. ★



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Food Court: 7 Days 11am - 9:30pm  
(Chinese: 11:30am - 2:30pm)

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# WEEKLY MEAT SPECIALS



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Filet de T-Bone

**\$3.59** /lb



**USDA CHOICE**

**Beef Bottom Round Steak - Boneless**  
Poupe Centre en Tranche en Boîte

**\$2.99** /lb



**USDA CHOICE**

**Beef Bottom Round Steak - Boneless**  
Poupe Centre en Tranche en Boîte

**\$3.29** /lb



**Sanderson Farms**

**Boneless & Skinless Chicken Thigh Meat**  
Cuisse de Poulet Entière

**\$1.49** /lb

40 lb Box.....\$57.99 ea



**Smithfield**

**Country Style Pork Loin Ribs - Boneless**  
Costillas de Lomo de Cerdo

**\$1.79** /lb

40 lb Box.....\$57.99 ea



**GREAT VALUE**

**Beef Porterhouse Steak**  
Filet de Porterhouse

**\$3.99** /lb



**Smithfield**

**Pork Loin Roast Boneless**  
Lomo de Cerdo Assado en Boîte

**\$1.59** /lb



**Smithfield**

**Pork Loin Chops Boneless**  
Chisnada de Cerdo sin Hueso

**\$1.79** /lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS.  
PRICES EFFECTIVE MARCH 11 - MARCH 17, 2020.

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Produce Item	Price
Asparagus	1.69 / lb
Navel Oranges	2 lbs / \$1
Lemons	4 / \$1
D'Anjo Pear	69¢ / lb
Gala Apples 3 lb	1.99 / bag
Russet Potato 10 lb Bag	2.59 / bag
Carrots 2 lb	99¢ / bag
Cantaloupe	1.99 / ea
Popeye Spinach	2.53 / bag
Yellow Onion	29¢ / lb
Dillon Radish	2 lbs / \$1
Shiitake Mushroom	3.99 / lb

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Product	Price
Best Foods Best Mayonnaise 32 fl oz	\$3.99 <sup>/ea</sup>
Nestlé La Lechera 357 gm	\$1.49 <sup>/ea</sup>
La Costeña JALAPENO 26 oz	\$1.29 <sup>/ea</sup>
Shoppers Value Bleach 128 fl oz	\$1.69 <sup>/ea</sup>
Santitas Chicken Breck 32 oz	\$1.99 <sup>/ea</sup>

**ASIAN GROCERY**

Red Tasty Taro \$2.99	Rice Vermicelli \$2.99	Spring Sauce \$5.99	Kopik's Coffee Candy Jar \$6.99	Water Chestnut \$6.99	Fish Sauce \$1.79
Sesquipedal Bread	Lettuce Rice Bread	Kopik's Bread	Smashed Bread	Lucky Bread	

<p><b>Remo Rice</b> 25 lbs Bag</p>  <p><b>2.99</b> EA</p>	<p><b>Alouise Baked</b> in Soy 3.17 oz</p>  <p><b>6.99</b> EA</p>	<p><b>Choco. Malt</b> Pck 4 x 4.5 oz</p>  <p><b>4.99</b> EA</p>	<p><b>Olivo Oil Green</b> Lower 90 g</p>  <p><b>3.99</b> EA</p>	<p><b>Crisply Rice</b> Balls 3.5 oz</p>  <p><b>3.99</b> EA</p>	<p><b>Roll Cookies</b> 3 Sks 145 g</p>  <p><b>3.99</b> EA</p>
<p><b>Bkops</b> Purified 3 Kinds 250 g</p>  <p><b>2.99</b> EA</p>	<p><b>Plus</b> Flavored Extract 1625 ml</p>  <p><b>6.99</b> EA</p>	<p><b>Beer Andor</b> Red Glowing Premium 90 ml x 90</p>  <p><b>4.99</b> EA</p>	<p><b>Jenchi Fish</b> Soup Stock 425 oz</p>  <p><b>3.99</b> EA</p>	<p><b>Kewpie</b> Mayonnaise 1704 oz</p>  <p><b>3.99</b> EA</p>	<p><b>Nijori</b> Sake 2 Kinds 300 ml</p>  <p><b>3.99</b> EA</p>

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 <p><b>\$6.49</b> ea</p> <p>Sushi 45% Lithuanian Cheese</p>	 <p><b>\$3.99</b> ea</p> <p>FUD Queso for Puerto</p>	<p>Advertised items good at KP International Market - Rancho Cordova location only. We reserve the right to LIMIT QUANTITIES Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Some NO RAINDRINKS. PRICES EFFECTIVE MARCH 31 - MARCH 17, 2020.</p>	



# It’s “Time for Tea” at Saucers Tea Company



Jennifer Kinnamon of Saucers Tea Company brings a wide assortment of teas to the Saturday Sunrise Mall Farmers Market. Photo courtesy: Tom Sullivan

By Thomas J. Sullivan

**CITRUS HEIGHTS, CA (MPG)** - Stop by Saucers Tea Company, at the Saturday Sunrise Mall Farmers Market and enjoy a delightful spot of tea and a fresh scone.

Just look for the colorful banner in the booth with the brown-eared bunny holding a teacup, and you’ll know you’re in the right place.

The home-based tea seller, founded by Orangevale’s Jennifer Kinnamon, last year, is off to a “brisk” start, pun intended.

Her business “steeped in the teapot” a while, but grew into a serious commitment, as Kinnamon filed the necessary city and county business licenses to prepare to open last summer.

“It took a bit longer to get started in business than I thought,” she said. Kinnamon then chose an attractive bunny-themed logo which was designed by Citrus Heights graphic artist, Frank Balderrama for her marketing materials and packaging.

“I remembered the afternoon tea parties I enjoyed with my mother when I was growing up,” she said. Her love of tea and its many varieties of tea led her to create a business that she hopes will bring people together to explore and taste the many delightful flavors of tea which can be found throughout the world in a “relaxing and fun atmosphere.”

The parent of a busy six-year-old son, Kinnamon said she’s enjoying balancing her home life and the demands of a successful

home-based business.

While acknowledging that she’s only open for business one day a week, Kinnamon estimates that she’s sold about 150 pounds worth of loose-leaf tea at the Sunrise Farmers Market since she started in business last summer.

“I think that’s a very good start,” she said.

Customers can sample from hot carafes of different tea varieties as they browse her individual loose-leaf tea selections. A dozen different varieties of bagged tea sell for \$10 each, or two for \$17.

“The varieties of tea I sell are all fair-trade and organic,” she said. “I work closely with a long-time wholesale tea broker to select varieties which I feel that my customers will enjoy.”

In addition to hot and iced tea, customers can buy one of Kinnamon’s delicious home-made scones made in her Orangevale home kitchen for \$3.50 each. She makes them fresh each Friday before getting ready for the Saturday Sunrise Farmers Market.

Varieties include raspberry, chocolate chip and pumpkin. Two gluten-free varieties, a blackberry vegan scone made with monk fruit sweetener and a cranberry orange scone with almonds are also available.

Customer tea preferences tend to depend upon the weather and the season, she said.

Her citrus-themed teas, ideally suited for making iced tea, proved to be top sellers during high summer temperatures. Choices such as

“Mango Surprise”, “Auntie’s Apricot” and especially “Passion Berry Explosion” featuring black tea, marigold, safflower, passionfruit and raspberry flavors, are popular thirst quenchers.

“Colder temperatures bring out a preference for a traditional Earl Grey,” she said. “Our “Enchanted Rose” tea, a combo of black and green teas, with lavender, rose petals and vanilla, has also sold well, and was perfect for the winter months.”

Saucers Tea Company’s online tea store features six different categories of tea to explore including black, green, white, oolong, decaffeinated and caffeine-free selections. The company offers free shipping on online orders of \$40 or more.

A four-ounce package of its caffeinated, “Elevate” Nilgiri broken leaf (BOP) tea grown from the Blue Mountains of Southern India, is bold in flavor, intensely aromatic, with a smooth balanced finish at \$10. Customers may want to try “Chocolate Charm”, a blend of black tea, ginger root, green cardamom, chocolate chips and chocolate flavor.

“Chocolate Charm is great hot or iced,” Kinnamon said. “Try adding a splash of your favorite chocolate syrup to enhance the richness.”

Green tea lovers can try “Classy Sencha”, a classic Chinese flat leaf tea which can withstand multiple steepings and is best enjoyed with a short infusion. Another unusual tea variety, “Gunpowder”, a Chinese green tea, has a light, smoky aftertaste.

Saucers Tea Company also offers ceremonial Matcha green tea powder. Two ounces sell for \$20. The popular Japanese green tea powder is great for green tea ice cream making and other cooking adventures.

Visit Saucers Tea Company at Sunrise Mall Farmers Market on Saturdays from 8 a.m. to 1 p.m. or check out their store on the web at saucerstea.com ★

# Orangevale/Citrus Heights Native Ashley Garlick Stars in “The Pajama Game”

Continued from page 1

material from both the 1973 and 2006 revivals to ensure that the romantic leads are each given strength and struggles in equal measure, and some of the more dated aspects of the secondary relationships are refreshed for today’s audiences. And of course, it’s fantastic music



Cast member Ashley Garlick as “Babe”. Photo: 42nd Street Moon

and incredible dancing.”

One of the greatest scores of Broadway’s Golden Age, THE PAJAMA GAME is full of immortal standards such as “Hey There,” “Steam Heat,” and “Hernando’s Hideaway.” The original Broadway production featured the choreographic debut of the immortal Bob Fosse and was the first producer credit for the

legendary Hal Prince.

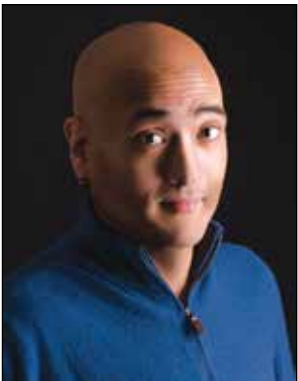
The cast of THE PAJAMA GAME will feature Ben Jones as “Sid,” Ashley Garlick\* as “Babe,” DC Scarpelli as “Hines,” Renee DeWeese as “Gladys,” Daniel Thomas\* as “Prez,” Maureen McVerry\* as “Mabel,” Peter Budinger as “Hasler,” Jesse Caldwell\* as “Pop,” Katherine Stein\* as “Mae,” Lauren Meyer\* as “Poopsie,” Tiana Paulding as “Brenda,” Hayley Alicia as “Sandra,” Jean-Paul Jones\* as “Charley,” Tony Conaty\* as “Joe,” Coleton Schmitto as “Max,” and Scott Taylor-Cole as



Ben Jones as “Sid”. Photo: 42nd Street Moon

“Boris.”

In addition to Weible, Dobrusky and DeWeese, the creative team will include Maggie



DC Scarpelli as “Hines”. Photo: 42nd Street Moon

Connard (Associate Choreographer), Mark Mendelson (Scenic Designer), Michael Palumbo+ (Lighting Designer), Bethany Deal (Costumer), and Alicia Lerner\* (Stage Manager).

\*Member of Actors’ Equity Association, the union of professional actors and stage managers.

+Member of United Scenic Artists.

THE PAJAMA GAME runs about two hours and thirty minutes, including one intermission.

Tickets to THE PAJAMA GAME may be purchased online at [www.42ndstmoon.org](http://www.42ndstmoon.org)

or by calling the Box Office at (415) 255-8207 (Tues. – Fri., 12:00 p.m. – 5:00 p.m.). ★



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# Stop the Spread: A Patient Guide to the Novel Coronavirus (COVID-19)

Continued from page 1

can decide if you meet the criteria and help determine where to get tested if necessary,” said Dr. Jaquis.

As anticipation grows for more widespread community transmission of COVID-19 in the U.S., emergency physicians are on the frontlines caring for those affected. ACEP has a series of resources for patients, policymakers and emergency care teams.

Visit [www.acep.org/COVID19](http://www.acep.org/COVID19) for physician resources including clinical guidance and best practices, checklists and the National Strategic Plan for Emergency

Department Management of COVID-19. The latest patient information is available at [www.emergencyphysicians.org/COVID19](http://www.emergencyphysicians.org/COVID19).

The American College of Emergency Physicians (ACEP) is the national medical society representing emergency medicine. Through continuing education, research, public education and advocacy, ACEP advances emergency care on behalf of its 40,000 emergency physician members, and the more than 150 million Americans they treat on an annual basis. For more information, visit [www.acep.org](http://www.acep.org) and [www.emergencyphysicians.org](http://www.emergencyphysicians.org). ★

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# In My Humble Opinion

Dr. James L. Snyder

It was a busy week last week and then the mail came and brought me a package from one of my relatives. It turned out to be old pictures of my family from decades ago.

As I was going through these photographs, I could hardly recognize most of them. According to the letter in the package, they were my relatives. Most had been dead for 40 to 50 years.

Then I hit that “aha” moment. There was a picture of a relative I had long ago forgotten about. Why I forgot about him, I will never know. He actually died almost 50 years ago.

When I saw that picture, I had to call my wife over to show her.

“This is a picture of Uncle Frank.” I leaned back and smiled, thinking of him and all the antics associated with him.

“Have I ever met your Uncle Frank?”

I looked at my wife, smiled, and said, “No, my dear, you would have remembered him if you did.”

The memories of good old Uncle Frank began marinating in my head, and stories began developing. If anybody could screw up a situation, it was good old

Uncle Frank.

His wife, Aunt Betty, always got frustrated at her husband when he was interrupting her conversations. He did that quite often, much to her chagrin. And believe me, her “cha” didn’t grin that much.

In the middle of a conversation, Uncle Frank would break in and say, “In my humble opinion...” Then he would take the conversation off in the direction nobody could have ever expected.

One time, I wish that I could have been there then, it all came to a head.

I think it was in a church setting, but a group of people was together talking about something. I do not know what the conversation was about, and I wish I’d been there. But it was at that point that everything came to a head with good old Uncle Frank.

As the conversation was getting along all of a sudden, Uncle Frank said, “In my humble opinion...” At that moment, Aunt Betty had enough, jumped in, and took control of the situation.

“Frank,” she said in a very stern voice, “you are not humble, and nobody is interested in any opinion you might have.”

From that moment on, nobody ever heard Uncle Frank ever say again the words, “In my humble

opinion...”


My wife laughed rather heartily as I told her this story. I wish she could have met him because he was quite a character. I must say, as I think about that situation, my wife reminds me a lot of good ole Aunt Betty.

Later on that day, we were involved in something; she was talking about the plans that we needed to make, and I interrupted her by saying, “In my humble opinion...” That is as far as I got because she immediately jumped in and said, “Now I know who reminds me of Uncle Frank.”

A verse of Scripture came to my mind at that time. “Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble” (1 Peter 5:5).

What I have learned is that humble people rarely give their opinion.


Dr. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). His web site is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com). ★



### Dare to Live Without Limits

by Bryan Golden

## Have Faith in Yourself



Each person has their own belief system. Your faith is a very personal issue. An important question to ask is, do you have faith in yourself? Having faith in yourself is essential for self-confidence, achievement, problem solving, happiness, and success.

Self-doubt is the opposite of faith in yourself. Self-doubt leads to fear, stress, apprehension, and frustration. In this mode you are deterred by criticism and ridicule. You are ready to abandon your plans at the first obstacle, or in the face of rejection.

Self-doubt is caused by a lack of confidence, little or no encouragement while growing up, negative experiences, or a negative mindset. Self-doubt is your perception based on your attitude. Therefore, you have the ability to transform self-doubt into faith in yourself.

Your self-concept, which is how you view yourself, determines how much faith you have in yourself. It is your self-concept which determines your reality. Your mind will not allow you to act in a manner contrary to your self-concept.

For example, Bob is in college. Bob considers himself a “C” student. As long as Bob has this self-concept, he will be unable to perform academically at a higher level. Bob doesn’t have faith that he can become a better student.

Bob’s lack of faith in himself limits how much he will achieve.

In order to have faith in yourself, you require a positive self-concept. This is a can-do attitude instead of a can’t-do one. You are free to reorient your self-concept as of today. It doesn’t matter what’s happened in your past. What is important is what you want to happen today and in the future.

So even though Bob has always thought of himself as a “C” student, he can immediately change his self-concept to being an “A” student any time he wants to. This mental shift always precedes results. If Bob believes he is an “A” student, and puts in the effort required, he will become an “A” student.

Once Bob has changed his self-concept, he is ready to have faith in himself. Positive results strengthen Bob’s faith in himself. Bob must be ready and willing to put in the effort necessary to become an “A” student.

Bob has to attend all of his classes, pay attention, take notes, complete all of the assigned work, and study. If Bob needs help in his pursuit, every college has a wide array of academic support services available for its students.

As Bob’s grades improve, his faith in himself will grow. As his faith becomes stronger, he will

continue improving academically. This pattern becomes a positive self-reinforcing cycle. Faith produces positive results, which in turn strengthens Bob’s faith.

Although Bob’s example is one of academic performance, the same principles apply to any aspect of your life. Having faith in yourself is a prerequisite to making positive changes. Regardless of what aspect of your life you would like to improve, moving forward consistently with small, positive changes reinforces your faith.

Having faith in yourself means being solution oriented. Sadly, too many people are problem oriented. In this state they find excuses for why they can’t solve problems. This creates a can’t-do self-concept. Your mind will not allow you to accomplish anything you believe is not possible.

Start strengthening your faith in yourself by reorienting your self-concept to solution oriented, possibility thinking. Next, take the action necessary to generate concrete accomplishments. Pursue your own path. Ignore the critics and naysayers. Have faith in yourself that you will do what it takes to get where you want to go.

**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@columunist.com](mailto:bryan@columunist.com) or write him c/o this paper. © 2017 Bryan Golden* ★



By Marlys Johnsen Norris, Christian Author

Today our world is full of noise and activity and even many who claim to believe are caught up in all the activity and commotion. Could it be a trick of the enemy of God to draw us away from what we really need to do?

**READ THE TRUTH OF GOD and BE OBEDIENT TO THE RECORDED IN HIS WORD:**

*“I tell you the truth, the man who does not enter the sheep pen by the gate, but climbs in by some other way, is a thief and a robber. The man who enters by the gate is the shepherd of the sheep. The watchman opens the gate for him and the sheep listen to his voice.. He calls his own sheep by name and leads them out and when he has brought out his own, he goes ahead of them and his sheep follow him because they know his voice. John 10:1 ...*

READ ON . . .Then Jesus

## Why Listen To God?

said, (v7). *“I tell you the truth, I am the gate for the sheep. (v9) I am the gate and whoever enters through me WILL BE SAVED! (v11) “I am the good Shepherd. The good shepherd lays down his life for the sheep, (v14) I know my sheep and my sheep know me just as the Father knows me and I know the Father – and I lay down my life for the sheep.” No one takes his life from him, He gives it freely to pick it up again. HIS RESURRECTION PROVES HIS DIETY!*

We need to listen to the voice of God because we are the essence of His light and salt to the world around you. Allow His light to shine! Sometimes you might wonder why you are in an unfavorable place and you ask God why it happened? Always listen and desire to hear God’s voice – your personal relationship with Jesus is the most important One to know. If you hear the voice of God and you ignore His instruction you are actually not honoring Him or being continually available to Him and experiencing His peace within.

Listening to the voice of the Holy Spirit of God is ultimately important. SUGGESTION: Take a time

away from the voices and activities every day. Early morning will be a special time when you say, “Good morning Lord, I love you. Your servant is listening!” Then, be quiet and listen! His loving still small voice will speak to you. He may quote a Scripture or give you an idea and will automatically just know comes to you out of His Divine love. Today this was what His voice said to me. Many the voices and activities of our world do separate us for days, but when you hear truth, you know it is He who states: *“Be still dear one and KNOW I AM YOUR GOD!”*

Jesus is the gate to the sheep and He is the door through each of us must pass. Our Shepherd already laid down His life for us to enter eternity into the Kingdom of God and to have protection from satanic influences that want to draw us away from our relationship. **DRAW NEARER TO GOD TODAY IS MY PRAYER FOR YOU.**

Marlys Johnsen Norris Christian Author and Stephen’s Minister “Messages in the Dust for the Searching Soul” [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com) PO Box 114, Orangevale, CA 93662 ★



By Pastor Ray Dare

Usually we think that God only uses really gifted, multi-talented people. But that’s not true! God uses ordinary people. God uses imperfect people. You don’t have to be perfect to help other people. If that were true, nobody would get helped! You just must be headed in the right direction. If you are just one step ahead of somebody else, guess what? You’re a leader! You can help that person take their next step.

If you’re in recovery for one reason or another (and the truth is we all need recovery in some way), the proof of your recovery is when you begin to focus outside yourself. You’re no longer self-absorbed with “my problems, my hurts, my needs,” and your focus begins to shift, “How can I help other people?” The Bible says, *“God comforts us in all our troubles so that we can comfort*

### Pastor Ray's Encouraging Words

Share Hope with Others

*others. When others are troubled, we will be able to give them the same comfort God has given us. So, when we are weighed down with troubles, it is for your benefit...we can be an encouragement to you.” 2 Cor. 1:1,4 (NLT)*

Your greatest contribution to the world will not be through your strengths. It will be through your pain, through your problems, the difficulties that you’ve gone through. People are helped when you’re honest, when you’re authentic about your weaknesses, problems and pain. When people see your strengths they think, *“Well that’s great for him! That’s great for her! But I’ll never be that! I could never do that!”* But when you share about your weaknesses, when you say, “I went through this pain...I went through this difficulty...I had this problem...but this is how God brought me through it. This is how God helped me.” People can relate to that, and they begin to think, *“Maybe God can help me too? Maybe God can see me through my situation too?”*

Don’t waste your pain. Begin to give hope to others. Everybody needs hope, because everybody is hurting in some way. People need hope to cope. That’s why God wants you to share your story. Share how God has helped you. You don’t have to be a Bible genius to share your story. You don’t have to have all the answers. You simply say, *“This is how God is changing me...this is what God is doing in my life.”*

I want to encourage you to begin sharing your hope with other people, your story. People could care less about your religion. They don’t want to hear about religion. What people are starving for is hope. Share your story how God has given you hope, it’s that simple. As you begin to share with others you will begin to see hope rise on the inside others and God will begin helping them the same way He’s helped you.

**Pastor Ray New Beginnings Church 10am Sundays, You’re invited! [www.NBC4U.org](http://www.NBC4U.org)** ★

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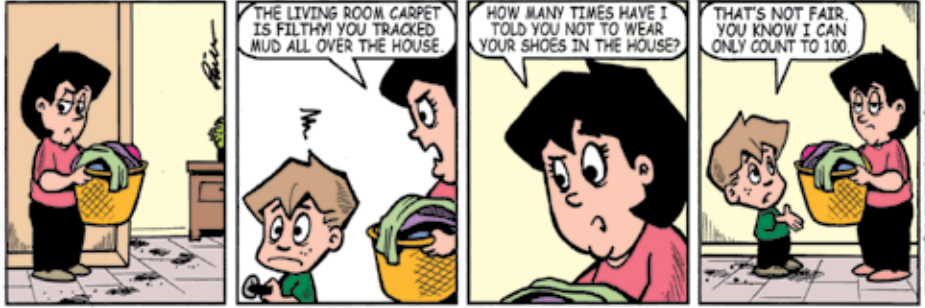
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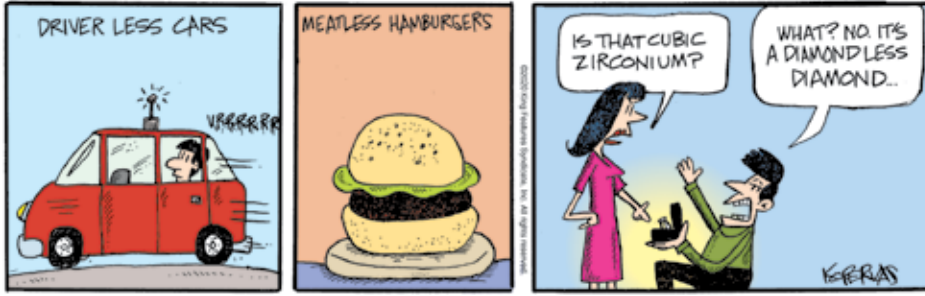
# WEEKLY COMICS

### Amber Waves



by Dave T. Phipps

### Out on a Limb



by Gary Kopervas

### R.F.D.



by Mike Marland

### GRIN & BEAR IT



"The grandparents are leaving the kids with us entirely too much!"

### LAFF-A-DAY



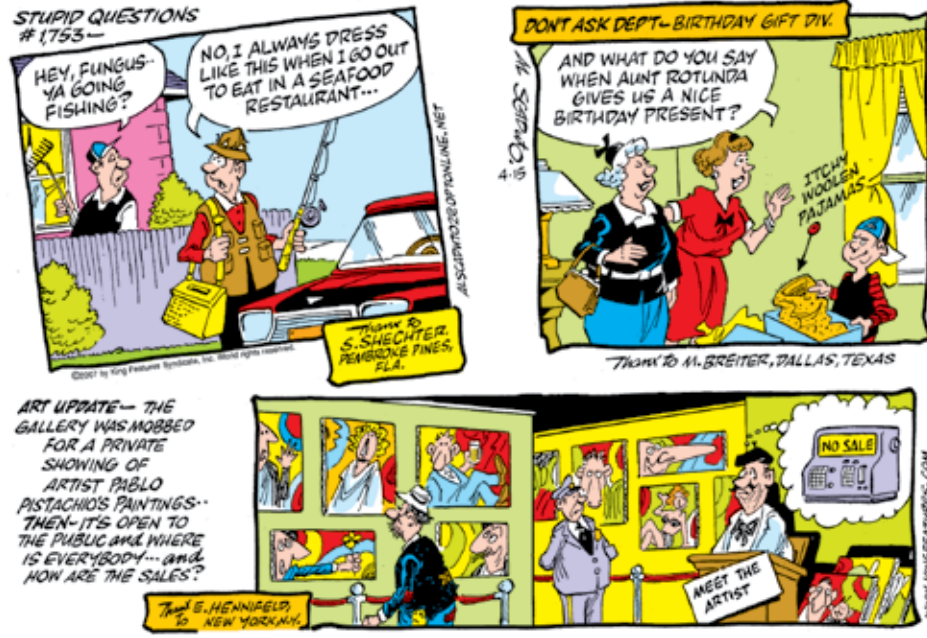
"Do you realize it's been nearly a year since you've held a 'Sale of the Century'?"

### The Spats



by Jeff Pickering

### THEY'LL DO IT EVERY TIME



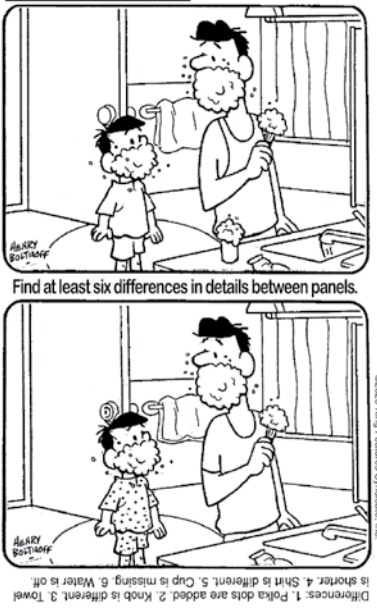
BY AL SCADUTO

### Just Like Cats & Dogs



by Dave T. Phipps

### HOCUS-FOCUS



BY HENRY BOLTINOFF

### Crossword Puzzle on Page 5

O	L	D	S		I	D	S		W	I	S	P						
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### STATEPOINT CROSSWORD • MARCH MADNESS

#### Crossword Puzzle Solutions on Page 5

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54									55		56	57	58
59									60		61		
62									63		64		

#### CLUES

ACROSS

- Cutlass or Delta 88, for short
- Passports and driver's licenses
- Bit of smoke
- Narcotics agent, for short
- Type of coffee maker
- Sashay
- Austin Powers' antagonist
- Creole cuisine staple
- Designer Calvin
- "Last year's winning coach
- Red-encased cheese
- Prepared
- Drunkard's sound?
- Source of white meat
- They are often grand
- "Ever" to a poet
- Mrs. Potts of "Beauty and the Beast"
- Cough syrup balsam
- Russians, e.g.
- A shot could prevent it
- Up and about
- Lake \_\_\_\_\_caca, South America
- Plant disease
- \*Member of University of Utah team
- Autumnal zodiac sign
- Rooster, e.g.
- Rare find
- Campus VIPs
- Razor-\_\_\_\_\_
- \*Lowest seed
- In good health
- 2017 Oscar-winning animated film
- "\_\_\_\_\_ for thought"
- Essential oil derived from iris
- Nasal input
- Pre-swan state?
- \*NCAA basketball team with most titles
- \*7 seed opponent in round 1
- Prospector's mother
- Layer
- \*Cavaliers' state
- Make amends
- Slow-witted
- Demosthenes, e.g.
- Waits for approval, e.g.
- Being of service
- D in LED
- Former prisoner
- Rigid necklace
- Catapult
- One from Glasgow
- Canceled
- Olden-day French coin
- Goes with borrowed and blue
- Indigo extract

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### Sudoku Puzzle on Page 5

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

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

Solutions on Page 5



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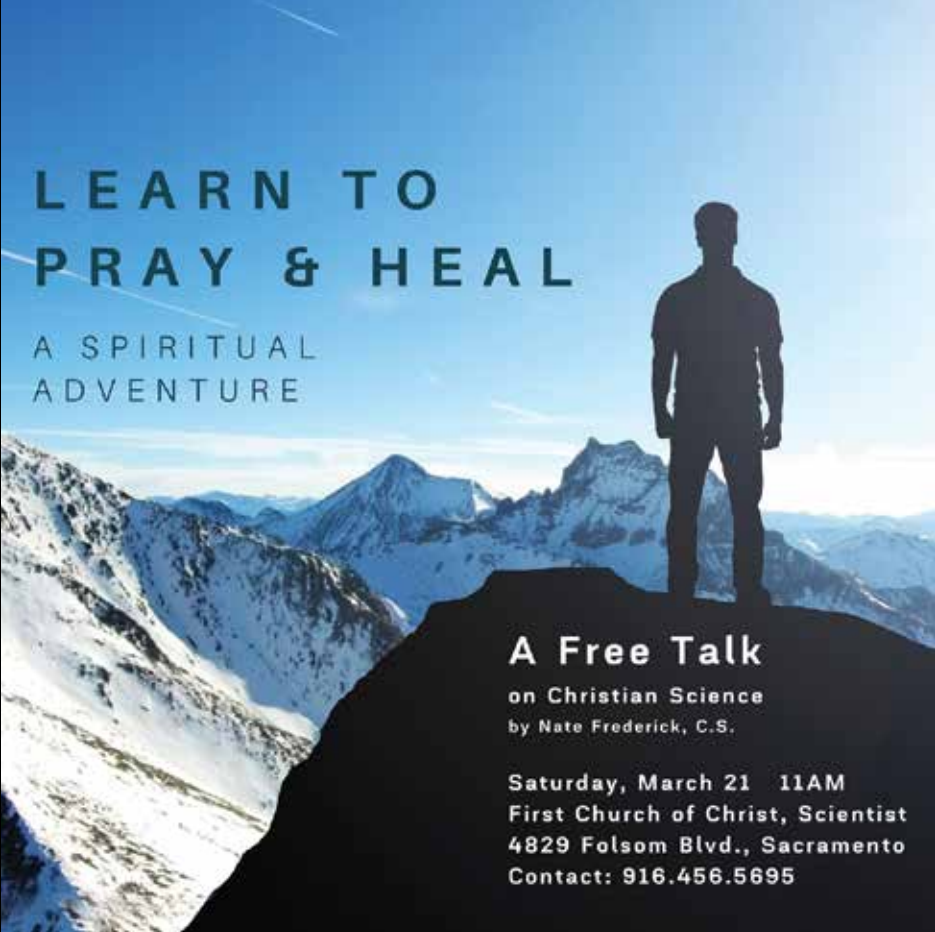
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Ask Toni

Receiving Long Term Disability ...  
Now My Medicare Nightmare Begins?



**Reader Alert:** Many company benefit plans terminate the day you are no longer working full-time. Explore you or your spouse's group medical plan rules and options with Medicare if you are 65 or older.

*Morning Toni:*

*My wife and I desperately need your guidance because last November, I was rushed to the ER because of kidney failure, which was caused from stage 4 of prostate cancer that had spread to my pelvic bones.*

*Because I was working full-time, I took a leave of absence with company short term disability on November 15 for 60 days while receiving my cancer treatment. Short term disability ended on January 15 th and I was placed on Long Term Disability.*

*I was informed via a phone call to my hospital room at MD Anderson that I had qualified for long term disability and would no longer be part of the company's health plan since I was no longer working full-time. COBRA would begin immediately.*

*My wife and I enrolled and paid for COBRA, so that I could continue with medical care from MD Anderson. It took 6 weeks to get the paperwork to Social Security for me to enroll in Part B, since I was not working full-time and my Medicare Part B began March 1st.*

*My COBRA nightmare is beginning ... because COBRA is only paying the 20% of medical/doctor bills and I was billed the 80% since I was not enrolled in Medicare Part B when Long Term Disability began. Now I owe \$40K. What do I need to do? Thanks, Rob Cypress area*

Rob:

Those reading this article need to realize the seriousness of Medicare and insurance rules especially when no longer working full-time and receiving Long Term Disability due to a serious illness and enrolled in COBRA The Medicare & You handbook discusses the topics of "Special Enrollment Period" and "Should I Get Part B." It states "You have 8 months to sign up without a penalty. **This period will run whether or not you choose COBRA. If you choose COBRA, don't wait until your COBRA ends to enroll in Part B.**"

Rob, you did everything correctly by going to Social Security and taking

them the "Request for Employment Information" form signed by your HR. You were within the correct time limits.

Group health insurance plans are a state specific regulated industry not a Medicare regulated plan. Since you are past 65 and most likely enrolled in Medicare Part A,(Inpatient Hospital) the COBRA health plan is passing the 80% of the doctor/medical bills to Medicare, but not Medicare Part B(Medical) which covers doctor care while in the hospital.

My advice would be to inform the COBRA health plan that you have filed your Social Security "Request for Employment Information" and which month your Medicare Part B will begin. You wish to appeal the COBRA's decision because you did not have proper time to apply for Medicare Part B when no longer a full-time employer, but have applied during Medicare's 8-month time limit to refrain from receiving a Medicare Part B penalty.

For questions regarding enrolling properly in Medicare, call the Toni Says® Medicare hotline at 832-519-8664.

*Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book at [www.toni-says.com](http://www.toni-says.com). Have a Medicare question? Email Toni at [info@tonisays.com](mailto:info@tonisays.com).* ★



By Damian Holbrook

**Cheers to Chilling  
Adventures of Sabrina**

for conjuring up a brew of badass women. Kiernan Shipka is A-plus as the titular teen witch, but Part 3 of Netflix's horror romp has us over the full moon for Miranda Otto and Lucy Davis as her prickly aunts and Michelle Gomez's hellacious Madam Satan. If you can't stand the heat, stay out of the coven.

**Cheers to  
A Million Little Things**

for a giant, heartbreaking twist. No, not Eric (Jason Ritter) lying to Maggie (Allison Miller) about having received her dead bro's ticker. We mean Marcia Gay

Harden's tear-inducing turn as the mother who abandoned Gary (James Roday) for her acting career. Now, so much of his horrible behavior is starting to make sense!

**Jeers to  
The Walking Dead**

for gross misconduct. Turns out the only thing more stomach-turning than a decomposed zombie is the image of Alpha (Samantha Morton) getting nasty with Negan (Jeffrey Dean Morgan) wearing nothing but the skin of someone else's face. Let's leave the messed up masks to Fox's singing shows, ok?

**Jeers to Showtime** for showing Ray Donovan the door. So, after its killer seventh season ends with



**Alpha (Samantha Morton) gets nasty with Negan (Jeffrey Dean Morgan) shown above.**

multiple cliffhangers, the cable net decides to cancel the Liev Schreiber (pictured) drama without a warning or a chance for the writers to wrap things up? Even Ray couldn't fix that mess. ★



**Will There Be More  
Sanditon On PBS?**

**Question:** I just finished watching *Sanditon* on Masterpiece, which I loved all the way up to its incomplete end. Is it really possible there may not be a second season of this delightful series? [Spoiler Alert] And that we might never see the two romantic lead characters of Charlotte and Sidney, who were so cruelly separated by fate and circumstance in the final episode, be reunited?

This is outrageous! Have we really seen the last of Sanditon? – Janet

**Matt Roush:** For now, I'm sorry to say, that's all he wrote – "he" being Andrew Davies, who adapted and extended the unfinished novel by Jane Austen, who died before she could write very much of the story at all. As we have reported, the original broadcaster, England's ITV, opted not to continue with a second season when ratings didn't

live up to expectations. And this happened before the Masterpiece run even began in January. (When I binge-watched the series a few months ago to write my enthusiastic review, I was similarly chagrined to realize the story was going to stop so abruptly on this unhappy note.) Read between the lines, however, and there is hope from the series' producers that because Sanditon made a splash in the U.S. that there may be a way to keep the show going. Let's hope so. But at the moment, until there is new news, it's very much in limbo.

To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](http://tvinsider.com) ★

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Take Time to Heal and to Learn

Dear Dave,

I went through a divorce a couple of months ago, and I'm not sure what to do next. I received custody of our kids, ages 13 and 15, plus I have a good job and I got the house in the settlement. It's a nice, simple home, but it's paid for and worth about \$200,000. I receive \$1,400 a month in child support, and I got \$125,000, which was half our savings. I also have no other debt. Most of my friends are telling me I should begin investing, but they all have different ideas about where I should put the money. Can you give me some guidance?

–Michelle

Dave Ramsey Says

Dear Michelle,

I'm so sorry to hear you're going through this. Divorce is hard enough when it's just a couple, but it must be incredibly difficult with kids involved. Make sure you spend lots of time hugging on them, and telling them how much you love them. God bless you guys.

Ok, I know your friends are just trying to help, but I wouldn't follow their financial advice right now. The trauma from your divorce is still fresh, and you should never make important, long-range decisions when your emotions are messed up. If there's anything positive in all this, it's that you're in a really nice place where your finances are concerned. You've got a good job, you have no debt, and you've got six figures sitting in the bank.

My advice is to park that money in a CD until you feel you're getting over the shock of what has happened.

You won't make much money doing this, but you won't lose any, either. Then, after some time has passed, I want you to find a good financial advisor—one with the heart of a teacher—and look into investing \$25,000 in good growth stock mutual funds. I'm talking about ones with at least a 10-year track record of success.

Time and knowledge can help erase fear, Michelle. Plus, you've got a responsibility to yourself and your kids to invest wisely.

–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.* ★

Verge Center for the Arts Announces Call for Artists for 15th Annual "Sac Open Studios"

By Traci Rockefeller Cusack, T-Rock Communications

SACRAMENTO, CA (MPG) - Verge Center for the Arts is excited to announce a call for local artists to participate in the 15th Annual Sac Open Studios, the region's oldest, largest and most prestigious artist studio tour program that celebrates artists and makers across the Sacramento region. Registration is open for everyone from March 1 - May 15, 2020. Members receive an exclusive discount of more than 30 percent off during March. The highly anticipated artist studio tour – always free and open to the public – officially kicks off with a special Launch Party on Thursday evening, September 10 at Verge followed by open studios scheduled over two weekends: September 12-13 & 19-20, 2020.

In 2019, a record 250 local artists participated in Sac Open Studios. This year, organizers are actively working to present the most diverse and inclusive self-guided tour possible by retaining existing artists and attracting new participating artists as well. The artist studio tour is designed to showcase emerging and established artists and studios in Sacramento County and the City of West Sacramento. Throughout the two weekends in September, the community is encouraged to take self-guided tours and/or participate in special exhibitions, events, workshops, performances and parties where they can meet local artists, see art in action and gain new appreciation for the creativity of talented local artists. Additionally, this unique event provides an opportunity for interested community members to see works of art and many studios



Jewelry designer Omonivie Okhade is a Sacramento artist. Photo T-Rock Communications

that are not normally available for public viewing.

A variety of valuable benefits are available to local artists who register that include (but are not limited to) the following: having studio information and artwork printed in the always-popular Sac Open Studios guide that is distributed to more than 500 locations, eligibility to include artwork in the Preview Exhibition held at Verge Center for the Arts, artist workshop and how-to information.

The cost for artists to participate is \$150 except during the month of March when members pay a special reduced fee of \$99. In addition to the discounted cost to participate in Sac Open Studios, local artists are encouraged to become members of Verge Center for the Arts to enjoy other valuable benefits. Verge members who sign up during the month of March will also be entered into a drawing to win a \$300 gift card to Blick Art Materials. For more information about deadlines, benefits and other details leading up to the 2020 Sac Open Studios art tour, please visit [www.vergeart.com/open-studios/participate](http://www.vergeart.com/open-studios/participate).

Originally established in 2006 by the Center of Contemporary Art Sacramento (that later merged with Verge

Center for the Arts in 2014), Sac Open Studios allows tour goers the opportunity to engage directly with artists while enjoying and experiencing a self-guided, art-focused exploration of the greater Sacramento region.

A unique collaboration between Verge Center for the Arts, local artists, arts organizations, schools and colleges, and local businesses, Sac Open Studios is generously sponsored by the following: Blick Art Materials, Mondavi Center, Phillip M. Cunningham, Warehouse Artist Lofts (WAL), Inside Sacramento and Sacramento365.com. Additional support is provided by the Sacramento Metropolitan Arts Commission (SMAC), City of Sacramento and the County of Sacramento Board of Supervisors.

*The mission of Verge Center for the Arts, a non-profit 501(c)3 organization, is to expose the Sacramento art region to internationally recognized contemporary art, while providing vital resources to local career and emerging artists. For more information and a full schedule of exhibits, demonstrations and special events, please visit [www.vergeart.com](http://www.vergeart.com).* ★



POPPOFF! with Mary Jane Popp

emerge a winner, with no necessity for losers. 2) **EMPTY THREATS ARE WORSE THAN NONE AT ALL.** This lesson became especially poignant and relevant as he became a parent. He remembered this lesson every time he went to Disneyland with his kids. I'm sure you get what he means. 3) **TRY TO REPLACE ENVY WITH SELF-ACCEPTANCE.** Envy knows no bounds, but self-acceptance can stem the tide. 4) **WHEN YOU DON'T KNOW WHAT TO DO, FAKE IT 'TIL YOU MAKE IT.** With this lesson, you can get a lot further than you think, and hey, no one can tell you otherwise. 5) **FIND FORGIVENESS THROUGH EMPATHY.** He told me it is easier said than done, but with practice, it can become easier. I remember when a concert pianist was asked how he got to Carnegie Hall, his answer was simple... practice, practice, practice. 6) **HAVE THE WISDOM NOT TO FIGHT EVERY BATTLE.** Because sometimes it is not even about winning, but knowing that the battle may not be worth fighting over. 7) **LEARN TO**

**TRUST FACTS OVER FEELINGS.** This lesson has the backing of the United States Navy, so if you don't like it, take it up with them. 8) **DIFFERENTNESS IN ITSELF IS NOT A THREAT.** Something to keep in mind, especially in today's society, when circumstances can get so divisive among people. It's okay to be different. 9) **LOVE SOMETHING ENOUGH TO LET IT GO.** This is a lesson from one of his personal favorite stories. Long live Zorro, his beloved Labrador. This story has a special place in his heart, and he knows pet loves will really relate to this story. I know I sure do and more than once. 10) **WITH AGE, THE ABSENCE OF CATASTOPHIC NEWS IS GREAT NEWS.** It was the first time in his life when he was genuinely ecstatic to have a kidney stone. I guess what he means is all you have to do is think of all the other much worse possibilities!

My favorite lesson was "Things could always be worse." So enjoy the moment at [www.drdaavidlevypsych.com](http://www.drdaavidlevypsych.com). Live the 4-Letter word...**LIFE!** ★

**FOUR LETTER WORD**

Now don't get ahead of me because I said four letter word. We all have to face times when our backs are up against the wall. So how do we learn to deal with it and maybe even learn to laugh? **Dr. David Levy** faced adversity and learned to laugh at himself and get up to face life. **Dr. Levy** is an award-winning Professor of Psychology at Pepperdine University, and he has been sought out for appearances on CNN, PBS, NPR and Nat Geo as a media consultant on current events. So came his book "**Life is a 4-Letter Word**" laughing and learning through 40 life lessons.

Here are ten he shared with me on my POPPOFF Radio Show. 1) **SOMETIMES A TIE IS REALLY A WIN.** This lesson can apply to relationships, friendships...basically all human interactions. It is a shift in perspective that allows everyone to

Rock Painting Event at Sunrise Mall to Benefit Local Mental Health Organization

By Leslie Harbaugh, National Alliance on Mental Illness

CITRUS HEIGHTS, CA (MPG) - Local community group, Orangevale Rocks, will be hosting a rock-painting event inside the Sunrise Mall on March 21st from 11 am - 2 pm in front of the Macy's Women's Store.

This event is a FUNdraiser & awareness building event for NAMIWalks Northern California, benefiting NAMI Sacramento (the local affiliate of the National Alliance on Mental Illness).

The event is free, with donations to NAMI encouraged. In addition to rock painting, attendees can also learn more about how to get involved with NAMIWalks Northern California - the organization's largest event of the year.

Representatives from NAMI will be on hand to provide information about the FREE services offered throughout Sacramento County for individuals & families impacted by mental illness.

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Sacramento provides essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

For additional information, please contact Walk Coordinator, Leslie Harbaugh [leslie.uptogood@gmail.com](mailto:leslie.uptogood@gmail.com) or 916-749-6167 [www.namiwalks.org/northerncalifornia](http://www.namiwalks.org/northerncalifornia) ★

# GFWC Citrus Heights Women's Club

PRESENTS

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# Social Security Matters

## Will Taking My Benefit Early Affect My Widow Benefit?



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** My husband is 70 and has been taking Social Security for several years. His benefit is \$2,100 per month. I am 60 and will turn 61 in March. I have very little built up and my expected SS benefit at my full retirement age is \$1163 and \$829 if I choose to take it at age 62. We are comfortable with our current income, but the benefit at 62 is enticing. I want to know how taking it at 62 would affect my situation if my husband predeceases me. Would I then be able to exchange my benefits for his? Please advise. **Signed: Planning Ahead**

**Dear Planning:** Taking your own SS benefit early (before your full retirement age) won't affect the amount of your survivor benefit should your husband predecease you. The only thing that would affect your survivor benefit is the age at which you claim it. So yes, you could claim your own benefit first and then switch to your survivor benefit later without hurting your eventual survivor benefit. If you have reached your full retirement age (FRA) when your husband passes,



your survivor benefit will be 100% of the amount your husband is receiving at his death, instead of your own smaller benefit. But if you take the survivor benefit before your FRA, it will be actuarially reduced according to the number of months prior to FRA it is claimed. To be clear, if your husband were to pass before you reached FRA, you have the option to wait until your FRA to claim the survivor benefit (so you can get 100% of his benefit). In other words, you could continue to collect your own benefit until your survivor benefit reached 100% at your FRA (a survivor benefit reaches maximum at FRA).

Be aware, though, that there is another consideration if you claim your own SS benefit before you reach your full retirement age. If you are still working and claim your benefit before your FRA, you'll be subject to Social Security's "earnings limit" which, if exceeded, will cause SS to take back future benefits equal to 50% of the amount you exceeded the limit by (the 2020 limit is \$18,240, but it changes annually). If you have substantial earnings from working, that could mean you will go some number of months without benefits (depending upon your

earnings level). In the year you reach your FRA (but prior to your FRA) the earnings limit goes up by 2.6 times and the penalty is less, and once you reach your FRA there is no longer an earnings limit. But, I want to make sure you're aware that collecting early and exceeding the earnings limit will affect your benefits. If you go months without benefits because you exceeded the earnings limit, SS will give you time credit for those months when you reach your FRA, which will result in a small increase in your own SS benefit at that time.

But the bottom line is that collecting your own Social Security benefit early will not affect your eventual survivor benefit. Only the age at which you claim it, if earlier than your FRA, will affect the amount of your survivor benefit. And, by the way, your FRA as a widow is 4 months less than your normal FRA because SS takes 2 years off of your birth year to determine your "widow's FRA."

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website or email us.* ★



### Stop Pooh-Poohing Coronavirus Worries

The White House has been walking into a coronavirus trap.

By pooh-poohing worries about the virus and saying everything is under control, it is setting itself up for the charge, if things get even a little bad, that it was self-deluding and overly complacent.

Although President Trump has recently struck a better tone, he's been a chief offender, wanting to downplay the virus for fear it will continue to suppress a stock market that has experienced vertiginous drops.

This is exactly the wrong approach. The moment doesn't call for market-reassuring Trump, but threats-aren't-getting-past-our-borders Trump, not Dow 30,000 Trump, but drawbridge-and-moat Trump.

Everything should be geared toward overreacting now, when the threat in the U.S. is still in prospect, instead of later, when circumstances may be beyond anyone's direct control.

That means appointing a point person for the

coronavirus response with a medical background, who doesn't already have a full-time job, like current designee Mike Pence. The right pick could provide genuine expertise in public health and the workings of government, as well as being a reliable source of public information.

It means erring on the side of further travel restrictions, even if it will be impossible to exclude infected people from the United States, given its break out from China to countries all around the world.

It means not quibbling with Congress over coronavirus funding, with even Minority Leader Kevin McCarthy saying the administration's \$2.5 billion request is "a little low" (Trump has signaled a willingness to accept more).

It means making sure that the Centers for Disease Control and Prevention is working at maximum efficiency to make coronavirus tests widely available, which is the most worrisome shortfall in the federal response so far, and that government agencies are doing everything possible to push the development and deployment of a vaccine.

Finally, it means coordinating with localities, as warranted, on ways to slow the spread of the virus via "social distancing," or the avoidance of large gatherings and public

transportation.

The coronavirus is not a modern-day plague. Many people infected will experience only mild symptoms, and it's not as deadly as SARS or Middle East respiratory syndrome.

Yet, it is not a creation of the fake news, either. It has hobbled one of the most important counties in the world, China, and is shutting down towns in Italy. There are now more new cases outside of China than inside it. The virus has killed nearly 3,000 people.

If it gets loose in the United States, there could well be a panic that in itself would be damaging to the social fabric and the economy.

Maybe none of this comes to pass, but it's better to be overly prepared and vigilant than play to catch up.

Besides, the political valence of the coronavirus crisis should be favorable to Trump's worldview. It demonstrates a downside of globalization and shows the importance of borders. It is an object lesson in our overdependence on a China that is dictatorial, dishonest and poorly governed.

The president shouldn't shrug off the threat in the hopes of talking up the stock market. If his team responds effectively, the Dow will take care of itself.

Rich Lowry is editor of the National Review.

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**MPG**

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**Crime Reports**

**Citrus Heights Police Report**

**March 2<sup>nd</sup>  
March 7<sup>th</sup>**

**03/02/2020** • Time: 11:10 PM • IR Number: 2020-8002241  
Crime: **PC 484: Theft from Building-Commercial**  
Location Type: Grocery/Supermarket • Public Address:53XX Elkhorn Blvd.  
Agency: Sacramento County Sheriff's Department

**03/02/2020** • Time: 4:00 AM • IR Number: 2020-0076625  
Crime: **459: Theft from Motor Vehicle**  
Location Type: Highway/Road/Alley • Public Address:47XX Elkhorn Blvd.  
Agency: Sacramento County Sheriff's Department

**03/02/2020** • Time: 9:00 PM • IR Number: 2020-0077063  
Crime: **PC 245(A)(1): Force/Assault With A Deadly Weapon-Not Firearm:Gbi Likely**  
Location Type: Parking Lot/Garage • Public Address:3XX Antelope Rd.  
Agency: Sacramento County Sheriff's Department

**03/02/2020** • Time: 2:35 PM • IR Number: 2020-0076432  
Crime: **PC 273.5: Inflict Crpl Inj Sp/Cohab**  
Location Type: Residence/Home • Public Address:4XX Bogart Way  
Agency: Sacramento County Sheriff's Department

**03/02/2020** • Time: 7:30 PM • IR Number: 2020-0076730  
Crime: **PC 487: Shoplifting**  
Location Type: Retail/Dept/Discount Store • Public Address:43XX Elverta Rd.  
Agency: Sacramento County Sheriff's Department

**03/02/2020** • Time: 3:10 PM • IR Number: 2020-8002260  
Crime: **PC 487: Shoplifting**  
Location Type: Retail/Dept/Discount Store • Public Address:57XX Auburn Blvd.  
Agency: Sacramento County Sheriff's Department

**03/03/2020** • Time: 6:00 PM • IR Number: 2001977  
Crime: **484(A) PC: Petty Theft**  
Location Type: Parking Lot • Public Address:70xx Sunrise  
Agency: Citrus Heights Police Department

**03/03/2020** • Time: 1:00 AM • IR Number: 2020-0077090  
Crime: **459: Burglary-Commercial**  
Location Type: Other/unknown • Public Address:68XX Barbara Lee Cir.  
Agency: Sacramento County Sheriff's Department

**03/03/2020** • Time: 2:30 PM • IR Number: 2020-8002295  
Crime: **PC 484: Theft from Building-Commercial**  
Location Type: Retail/dept/discount store • Public Address:58XX Madison Ave.  
Agency: Sacramento County Sheriff's Department

**03/06/2020** • Time: 9:36 AM • IR Number: 12002171  
Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**  
Location Type: House (includes driveway) • Public Address:75xx Community Dr.  
Agency: Citrus Heights Police Department

**03/07/2020** • Time: 10:20 AM • IR Number: 12002183  
Crime: **496d(a) PC: Possession of Stolen Veh**  
Location Type: Street/Highway • Public Address:Oak Av Wachtel, Wy.  
Agency: Citrus Heights Police Department

**Find more info at citrusheights.net**



# New Name, Same Amazing Experience

## 10th Annual 5K Run/Walk

**San Juan Unified School District Press Release**

**SACRAMENTO REGION, CA (MPG)** - It's the same 5K run/walk and family festival that you've known and loved for the past 10 years, it just has a different name and a new partnership with local parks.

The San Juan Education Foundation's Race to Educate and family festival - formerly known as Race for the STARS - has been scheduled for April 26 at Rio Americano High School. The 5K run/walk offers participants an opportunity for a fun morning of exercise, food, and live music while their registration fees are used to fund direct-to-teacher grants through the foundation.

As a bonus, participants get to choose a school for which a portion of their registration fee benefits directly - \$10 from each adult registration and \$5 from each child's registration. School groups can use the race as an easy fundraiser for their school.

The name change comes on the event's 10-year anniversary.

"The annual 5K run/walk has been a great event and a huge success for San Juan Unified schools for 10 years. We decided to change the name to Race to Educate so that when people see and hear about the race, they have a clearer understanding of exactly what their registration - which is essentially a donation - will go to," said foundation Executive Director Pam Lapinski.



Register to get your own number to run or walk the beautiful park route. Photo: SJUSD



Make plans to bring the whole family for a fun-filled day of exercise. Photo: SJUSD

"And that's to support our classrooms."

In addition to the name change, the foundation is partnering this year with seven local park districts to add another level of fun to the family festival.

"The parks are going to have a major presence at the festival with activities and something fun for everybody," Lapinski said.

Just like in years past, the event will also offer free food, live music by student bands, and will be emceed by the always fun and energetic Sami Kader from Sami's Circuit - a popular exercise program in many of the district's elementary schools.

The activities begin with a warmup and surprise activity for kids at 7:50 a.m., and at 8 a.m. with the kids' quarter-mile and half-mile races, followed by the 5K run/walk. The race is timed by ChronoTrack timing courtesy of Capitol Road Race Management, and every registrant receives a race shirt and official race photo. Awards are given to top finishers in age categories.

Packet pickup is available on April 25 at Rio Americano High School, or at 7 a.m. on race day.

"It's an amazing event, and anybody can participate," Lapinski said. "For those that have a conflict, but who still want to support a school, you can also register to be a virtual runner."

To register and for more information, go to [www.racetoeeducate.com](http://www.racetoeeducate.com) ★

## Citrus Heights Neighborhoods Gather for Comradery and Recognition



The evening saw over 118 attendees at the Citrus Heights Community Center. Photo: City of Citrus Heights

*Continued from page 1*

Areas (Areas 7 and 8 combined).

Everyone was welcome and brought their favorite dish to share. It was great to see old friends and make new ones. For this year's event we had 118 attendees. "Citizens Empowerment" was the theme of the Power Point presentation by Citrus Heights City Manager Christopher Boyd."

This was Anna Portillo's description of the evening. Portillo is president of Area 4 (Arcade Creek), their REACH representative and one of the event's organizers.

City Manager Chris Boyd gave a thought-provoking presentation on the importance of resident empowerment, including reasons why neighborhood associations are important, examples of successful neighborhood improvement projects and individuals who have gone above and beyond to help their community.

Neighborhood 5 (NA5) (PARK OAKS) and four other areas used their Neighborhood Improvement Program (NIP) funds to contribute to the major upgrade of the Crosswords Park which is behind the Sylvan Library (where the rabbits roam).

Area 5, also Park Oaks used their NIP funds to refurbish two tennis courts at Brooktree Park at 6800 Dunmore Avenue.

Neighborhood Association 10 (SOAR): Arcade Creek Park Preserve off of Sunrise and near Greenback Lane. What began as plans for a Braille Trail became a Sensory Trail for visually impaired and others with sensory challenges such as childhood autism and dementia patients. A rope guides walker down the trail past several items they can experience by touch,

along with an audio tour. SOAR funded the project with their NIP funds, and the Sunrise Recreation and Park District completed this project which was dedicated on August 17, 2019.


Examples of individuals who have gone above and beyond:

REACH President Michael Lagomarsino (with Area 3) was honored for donating over 7,000 hours of his time in service to the Citrus Heights Police Department and the Citrus Heights Community Center through the Retired and Senior Volunteers Program (RSVP).

Michael Retzlaff: NA4, (ARCADE CREEK) lives in the area behind the Stock Ranch Costco and Walmart stores and has become part of the solution to the problem of the homeless living there. Retzlaff began noticing the worsening blight being created by a growing homeless population in that area. Working with the Homeless Assistance Resource Team (HART) homeless navigator, Toni Morgan and the C.H. Police Department, Retzlaff, with a team of his neighbors spent many hours working hard to keep the greenbelt and creek clean for all to enjoy.

Boyd stressed that an important way to get involved with the City is to take the resident priorities survey, to help city hall align its efforts with resident priorities. Go to: [CHPriorities.net](http://CHPriorities.net)

Echoing Margaret Mead's quote, Boyd closed the evening with his own words: "When you gather a group of people interested in bettering their neighborhood, good things tend to come your way. Make your concerns known — you have a local government that wants to hear from you!" ★



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To purchase tickets go to  
**[sacramentotaxpayers.com](http://sacramentotaxpayers.com)**  
and follow the "Annual Dinner Event" link on the main menu.