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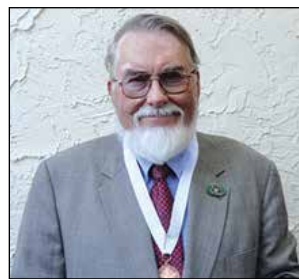
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FEBRUARY 14, 2020

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County Approves New Charter School in Citrus Heights



A new charter school — American River Collegiate Academy — is opening this August in Citrus Heights, offering local families a tuition-free public-school option. Photo provided by Rocklin Academy Family of Schools.

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - On February 4, the Sacramento County Board of Education voted 5 to 2 to grant an appeal approving a new charter school in Citrus Heights — the American River Collegiate Academy (ARCA), part of the Rocklin Academy Family of Schools. More than 100 people attended the meeting to support the charter petition, with many speaking during public comment to urge the Board to approve the application.

Jillayne Antoon, director of growth and community engagement for Rocklin Academy Family of Schools,

said, "When the votes came in, my first reaction was relief. It's been such a long road. Going into the meeting, we were hopeful that the County Board would make the right decision, based on our strong charter petition, our strong track record of academic success and financial strength, the depth and experience of our team, and most importantly, for the kids in Citrus Heights."

The Rocklin Academy Family of Schools, which already operates five other schools in the greater Sacramento area, first submitted the ARCA charter petition to the San Juan Unified School District (SJUSD) last May. The SJUSD's charter

review team recommended that the Board deny the petition, stating that the charter outlined an unsound educational program and that the school was unlikely to implement the program as outlined in the petition.

Antoon said, "We disagree, as we have been successfully operating schools since 2001, and since that time, our schools have been among the highest performing in the region. We have a long track record of academic success and well-run schools and have been preparing for this new school for two years."

After learning that the staff recommendation was to deny the

Continued on page 3

Baby Basket Drive Raises Over \$16K

By Kristin Thébaud, Kristin Thébaud Communications

SACRAMENTO REGION, CA (MPG) -The Sacramento Life Center's sixth annual Baby Basket Drive for new moms raised \$16,000 from the community in December, which will buy 320 baskets for Sacramento Life Center patients throughout

2020. The drive is held each December to kickstart the 500 baby baskets needed so that every Sacramento Life Center patient who gives birth in the coming year can receive a basket of needed items, including formula, diapers, newborn clothes, pacifiers and more. Last year's drive raised \$10,000.

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At right: A patient and her children receive a baby basket from Sacramento Life Center, thanks to the group's Baby Basket Drive held each December. Photo by Kristin Thébaud Communications



Ballots Mailed for the Presidential Primary

By Janna Haynes,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - We are less than a month away from the March 3 Presidential Primary and ballots are officially in the mail. All registered voters in Sacramento County will receive a Vote-By-Mail ballot. Voters will notice a few new things about their Vote-By-Mail ballot that makes the voting experience even more convenient.

All packets will include: Your precinct-specific, party-specific ballot; A ballot drop box location map — 58 total drop boxes in the County; Your "I Voted" sticker; A pink, postage-paid return envelope

Remember, this is a party-specific Presidential Primary. Voters will see party-specific presidential candidates ONLY on their ballot. If you are still registered as a "no party preference" voter but want to vote for a Presidential candidate — you must either request a cross over ballot (Democrat, American Independent or Libertarian) or re-register under the new party (Republican, Green, Peace and Freedom).

You can request a cross-over ballot on our website.

You can re-register to vote under a new party on the Secretary of State's website.

More about the Voter's Choice Act (VCA)

Sacramento County is one of the original five counties in California that implemented the Voter's Choice Act in 2018, expanding voting opportunities for all residents. Voter Registration and Elections saw positive results in the primary and general election in 2018 and looks forward to improved ease and access for voters as we enter the 2020 Election cycle.

As a reminder, here are the changes the VCA allows:

Choose how, when and where you want to vote:

By Mail: All registered voters will receive a ballot in the mail. Place the voted ballot inside the envelope provided, sign the envelope and return — your postage is paid!

Continued on page 12



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Read More at www.CitrusHeightsMessenger.com

Celebrating Special Needs Kids Through Sports



All kids can learn to cooperate and compete in a friendly, character-building sports event. Photo by Shaunna Boyd

Story and photo by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - The Playmakers Organization – a local non-profit that coaches character through sports – is hosting a series of basketball game events for special needs kids in the Sacramento Region.

The next game will be held on Saturday, February 29 from 10:00 AM to 2:00 PM at Oak Hills Church (1100 Blue Ravine Rd. in Folsom). Oak Hills Church is a vital Playmakers partner, and Playmakers Board member Jerry Viers said having that location provided for the event is “priceless.”

Viers has been a Playmakers volunteer for two years now, and he has watched his daughter Clarissa thrive in the Playmakers programs. Viers recently joined the Playmakers Board and is organizing the upcoming basketball game. He’s excited to be “in

the driver’s seat” for this event.

“Seeing where Playmakers is going with special needs kids really hits home for me,” said Viers. “I was disabled at the age of 14, and I never had these types of opportunities.” Viers believes that all kids deserve to fully participate in activities they enjoy, which is why he is such a strong supporter of The Playmakers Organization. “I’m in awe,” he said. “Seeing the kids running, playing, and participating in sports makes me so proud.” Viers is very grateful to be working with Playmakers to make a difference in the lives of so many kids.

Playmakers teaches kids the value of working together as part of a team while challenging themselves to do their best. These games give special needs kids a sense of confidence and inclusion. Every player is encouraged and celebrated

throughout the game by the cheers and applause of the audience, their teammates, and the opposing teams.

The players will be split into multiple teams that will participate in a tournament-style game. Folsom High School football players will work with the teams, assisting and supporting the kids throughout the game.

The event is open to the public and everyone is welcome to attend. The event will also feature a catered lunch donated by Chick-fil-A of Folsom. Registration for the event is open now. To sign up a special needs child to participate in the game, email viers_jerry@yahoo.com.

Playmakers sponsors for this event are Oak Hills Church, Chick-fil-A of Folsom, and Bayside Church of Citrus Heights. For more information about the programs offered by The Playmakers Organization, visit www.ThePlaymakers.org. ★

Rep. Bera Health Care Bills Endorsed by New Democrat Coalition

By Travis Horne

WASHINGTON, D.C. (MPG) - The New Democrat Coalition (NDC), the largest ideological House Caucus, endorsed two pieces of health care legislation introduced by Rep. Ami Bera, M.D. The two bills, the *Pathway to Universal Coverage Act* and the *Easy Enrollment Act*, give states the tools they need to boost coverage and simplify enrollment.

NDC Chair Derek Kilmer (WA-06) commented on the endorsement: “The American people deserve solutions that make real progress to improve our health care system, lower costs of care, and achieve affordable, universal coverage. Rep. Bera’s bills do just that – they present common-sense and innovative solutions to improving health care coverage for Americans. The NDC is proud to endorse his legislation.”

The NDC endorsed bills include: H.R. 2061 – *Pathway to Universal Coverage Act*, which would authorize grants to states to experiment with ways to increase enrollment in their health insurance markets, with a particular focus on experimenting with auto-enrollment for those individuals who qualify for \$0 premium health plans, but are currently uninsured.

H.R. 4336 – *Easy Enrollment Act*, which would align open enrollment periods for

Exchange plans with the deadline for filing Federal income tax returns when individuals have more up-to-date financial information and may be receiving a tax refund.

“As a doctor, I know that health care is extremely personal and oftentimes very stressful,” said Rep. Bera. “Too many hard-working families have been left behind by premiums they can’t afford. The Pathway to Universal Coverage Act and the Easy Enrollment Act are two sensible steps we can take right now to expand affordable coverage to millions of Americans. I’m pleased that my legislation was endorsed by the New Democrat Coalition.”

The New Democrat Coalition is made up of 103 forward-thinking Democrats who are committed to pro-economic growth, pro-innovation, and fiscally responsible policies. New Democrats are a solutions-oriented coalition seeking to bridge the gap between left and right by challenging outmoded partisan approaches to governing. New Democrats believe the challenges ahead are too great for Members of Congress to refuse to cooperate purely out of partisanship.

Rep. Bera has been a member of the New Democrat Coalition since 2013 and currently serves as a leadership member.

Source: Office of Representative Ami Bera ★

Safe Credit Union Announces 2020 Scholarship Program

By Carole Ferguson, Safe Credit Union

SACRAMENTO REGION, CA (MPG) - Safe Credit Union Announced Today It Is Accepting Applications For Its 2020 Scholarship Program. The Annual Program, Now In Its 20th Year, Awards 10 Outstanding College-Bound Seniors A \$1,000 Scholarship, For A Total Investment Of \$10,000.

With Safe’s Commitment To Student Achievement In Mind, The Scholarship Committee Will Select Awardees Based On Their Exceptional Grade Point Average, Financial Need, Community Involvement, Work Experience, Letters Of Recommendation, And A Personal Statement. Eligible Applicants Must Live Or Attend

School In The Counties Safe Serves: Amador, Butte, Contra Costa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Solano, Sutter, Yuba, And Yolo.

The 2020 Application Package Is Available Online At SafeCu.Org/20w20scholarship And At All Safe Branches. Interested High School Seniors And Their Parents May Also Call (916) 979-7233 Or (800) See-Safe For More Information.

Applications Must Be Postmarked No Later Than March 20, 2020, And Addressed To:

Safe Credit Union
Attn: Safe Scholarship Committee
2295 Iron Point Road, Suite 100
Folsom, Ca 95630-8765.

For more information visit www.safeCu.org ★

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County Approves New Charter School in Citrus Heights



Councilmember Jeannie Bruins said the "City will continue to support our existing schools, as we have always done, and will build a relationship with this new public charter school." Photo provided by Rocklin Academy Family of Schools

Continued from page 1
 application, Rocklin Academy Family of Schools withdrew the application and worked to revise the petition to address the concerns raised by the SJUSD Board. They resubmitted the charter petition in August. "We granted SJUSD an additional 30 days to review the petition to try to be good partners," said Antoon. "However, their analysis the second time included different concerns than the first findings report. Meeting their criteria seemed to be a moving target."

At the November 12 SJUSD Board meeting, they voted unanimously to deny the charter petition. "We absolutely knew that if we were denied again, we would appeal the decision to the County," said Antoon. "We have been determined from the beginning to bring this school to Citrus Heights. Looking at the performance data from local schools, there is definitely an academic need. Citrus Heights is a neighboring community to our current schools, and the community support has been through the roof. ... We are committed to this community, and the children and families in Citrus Heights deserve a high-quality public-school choice."

Citrus Heights Mayor Jeff Slowey, with the support of the City Council, sent a letter to the Sacramento County Board of Education urging them to approve Rocklin Academy Family of Schools' charter petition, citing their "strong track record of academic success."

After the recent County vote, Councilmember Jeannie Bruins said, "I'm very excited that the County Board of Education approved the charter for American River Collegiate Academy (ARCA). Our citizens will now have a

greater school choice for their children. I believe the addition of ARCA to Citrus Heights will elevate the quality of education available in our community. The City will continue to support our existing schools, as we have always done, and we will build a relationship with this new public charter school as well. Since the vote, I have received emails from people wanting to know the outcome and ready to enroll their children in ARCA, rather than open enroll them in a school outside of Citrus Heights. This is very good news for our community."

Now that their charter has been approved, Rocklin Academy Family of Schools is already accepting applications for ARCA — a tuition-free public school that is open to all students. They will be opening this August with kindergarten through second grade classes. The school will add additional grade levels each year. Antoon said, "We intend to eventually offer a kindergarten through 12th grade program, and our graduates will be ready for college and career."

Initially, they will set up a temporary campus while finalizing plans to purchase property in Citrus Heights for the permanent campus. "Having American River Collegiate Academy in the community is going to improve the educational ecosystem for all kids," said Antoon. "Families who would otherwise choose neighboring school districts will have a choice in their community. Families may choose to move into the community because of the school. ... A high-quality school system only brings good things to a community."

To learn more about the American River Collegiate Academy (ARCA), visit www.rocklinacademy.com. ★

Baby Basket Drive Raises Over \$16K

Continued from page 1

Donations will be accepted throughout 2020 and can be made online at www.saclife.org by writing Baby Basket Drive in the message box on the donation page. Gifts can be made in any increment, but a donation of \$50 buys one basket.

"One of the most overwhelming feelings is learning that you're pregnant and fearing you won't have the resources to care for your vulnerable baby," said Marie Leatherby, executive director, Sacramento Life Center. "Sometimes something as simple as a gift of diapers and newborn clothes can give expecting mothers the confidence that they have a support system to help raise their child. These baskets give expecting mothers proof that they will always have a family here at the Sacramento Life Center and supporters out in the community rooting for their family."

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's Sac Valley Pregnancy Clinic, visit www.svplclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org ★

San Juan Unified Names Three as Classified Employees of the Year



David Harrell, the lead roofer for San Juan Unified and Bella Vista High School baseball coach, Kari Bleille, instructional assistant at San Juan High School and Rita Holverstott from Woodside K-8. Photo SJUSD

San Juan Unified School District

SACRAMENTO REGION, CA (MPG) - This year San Juan Unified presented three individuals with the 2020 Classified Employees of the Year award at the Jan. 28 school board meeting.

This award is presented to employees who work behind the scenes, from maintenance operations to instructional assistance, to ensure the success of each student and the San Juan Unified community.

David Harrell is one of the honorees and has been working with the district for nearly 30 years as a lead roofer. Coworkers say Harrell has an inner drive to keep our sites from having leaky roofs all year round and feels a sense of responsibility to the students and staff.

After working each day on our schools' roofs, Harrell heads to Bella Vista High School to coach baseball. A job he has taken on for many years.

"The most gratifying part of coaching is watching a student-athlete not only grow on the field but off the field as well," said Harrell. "You like to think that you are having

a positive impact on their future through the lessons you are teaching."

Another honoree is Rita Holverstott from Woodside K-8. Holverstott is not only the librarian and media technician but works as the community liaison, a volunteer to the PTO and a member of the safety committee on campus.

As Holverstott read her nomination stating how crucial she is to Woodside and its holiday events, she had this to say about her colleagues and award.

"I would like to thank those who submitted my name to the district. Although uncomfortable with the attention, it feels good to know the work I do is noted and appreciated, above and beyond a paycheck," said Holverstott.

Finally, Kari Bleille, an instructional assistant at San Juan High School, was honored for her tremendous work over the last seven years. Colleagues said she is the type of individual who not only works to make sure students feel safe and welcomed on campus but each teacher does as well.

"I was very surprised to

receive this award," said Bleille. "It is a tremendous honor to be selected and it means so much to be acknowledged for all that we do."

The teacher that nominated Bleille wrote in her submission that last year when a teacher lost a family member, Bleille stayed behind after everyone had left to help clean up their classroom. A small act that meant so much to the teacher that was going through a tough time.

When asked about the act Bleille said she's lucky to be part of such a dedicated team that has quickly become like family.

"Having a small school has given us the advantage of feeling like a family. We support each other through good times and bad," said Bleille. "When a coworker lost a close family member last year, we all felt her loss and wanted to help any way we could."

The three nominees will be forwarded to the Sacramento County Office of Education as San Juan Unified's nominations for the countywide Classified Employees of the Year Program. ★

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Mardi Gras Crab Feed

WHO
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WHAT
 The 30th Annual Mardi Gras Crab Feed

WHERE
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WHEN
 It will be held on Saturday, February 15, 2020
 Doors will open at 5:30 pm

HOW TO BUY TICKETS
 Tickets are \$65 each and they may be purchased by

- Contacting Victoria Porter at VicPorter65@gmail.com
- Going to Eventbrite on your phone with our QR code
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SCAN WITH YOUR PHONE CAMERA

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The Oaks SENIOR LIVING

In Praise of Crazy

Dr. James L. Snyder

I made the mistake the other night of complaining out loud. It is one thing to complain under your breath so that nobody hears you or knows what you are complaining about. But when you complain out loud, then you run the chance of somebody hearing you.

"What are you complaining about," my wife said directing the question to me.

My wife has a delicate way of backing me in a corner where I have to say what is on my mind. Fortunately, I do not have much of a mind for anything to get on. Unfortunately, my tongue is not attached to anything and so it is loosey-goosey.

Since my wife asked me, I let go on a very eloquent rant against crazy. At this point, I forget the exact crazy that set me off. But it does not matter. If it were not one thing, it would be another thing. I have tried throughout my life to be an equal crazy complainer. If you are crazy, you can be sure I am going to complain about you.

"You, in particular," my wife was directing this toward me, "ought to be quite thankful about all the crazy people in the world."

I do not want more crazy people in this world. Enough is enough already, move on.

"Really," my wife argued, "you ought to be happy about all the crazy people in the world."

I finally broke down and asked her what in the world she was talking about.

She looked at me, paused as if she was collecting her thoughts and then said, "You should be thankful that there are so many crazy people out in the world. The more crazy people there are, the more you are going to fit in. If for some reason we could eliminate all the crazy people in the world you would be a very lonely person."

She continued her explanation by saying, "Every crazy person takes the focus away from you. If there were not enough crazy people out in the world you would focus on you, complaining about how crazy you are."

At least it gave me a new perspective on the world around me. Also, a new appreciation for crazy. I began to see her point of view, as humbling as it was, and realize that crazy has a place.

After some deep reflection on the subject, I have come to the point where I want to praise

crazy. I never thought of it along this line, but everybody has the right to change his or her mind about anything. Personally, I would like to change my mind for one that really works.

One man's crazy is another man's delight. What is crazy to one person may be something rather important and enjoyable to another. After all, who am I to say what is crazy and what is not crazy. It is important to find someone else with something that you can truly appreciate.

I thought about that and what Solomon said, "Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones" (Proverbs 3:7-8).

Instead of spending so much time complaining about other people, I need to exercise the fine art of appreciation and learn how to praise people on their terms.

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 jamesnyder2@att.net. His web site is www.jamesnyderministries.com. ★



Dare to Live Without Limits

by Bryan Golden

Your Life is Your Responsibility



Who is in control of your life? Are you in charge of what happens to you, or do you believe you are the victim of circumstances, or the actions of others? Some people take responsibility, whereas others are convinced they are victims. The way you view your life impacts your direction, results, and what you attract.

Regardless of what you think, your life is your responsibility. You are not dependent on anyone else for what happens to you. There is always a cause and effect relationship. Your attitude and actions have results.

Yet, there are those who do not, or will not, take responsibility for their situation. These people become angry, bitter, or resentful. They blame everything and everyone. Their luck is always bad and they are convinced they can never catch a break.

The people who take responsibility for their lives never make excuses or blame other people or circumstances. They understand that their actions matter. They initiate change in their lives through their behavior.

It's your decision whether or not you take responsibility for your circumstances. People who don't take responsibility exhibit a victim mentality. They have an endless list of excuses for why things happen to them. They blame their family, friends, bosses, coworkers, neighbors, parents,

children, strangers, spouse, significant other, the economy, or bad luck.

The victim approach causes inaction because nothing the victim does matters anyway. The resulting inaction causes problems to persist or worsen, reinforcing the victims erroneous belief that nothing is within their control.

You are not a victim. Regardless of what you are facing, your response makes a difference. You decide what your next step will be. The objective is to take positive action in order to change, or improve your situation.

Don't allow past negative experiences to taint your attitude. A victim mentality never has any positive impact. Your past does not pollute the present unless you allow it to. Even if you now have a victim mentality, you can decide to change it.

Put an end to making excuses. Excuses are such a common approach to dealing with challenges that many people are not aware they do it. Excuses become an involuntary reaction. "I can't," "I don't know how," "There's nothing I can do," "It will never work," and "These things always happen to me," are just a few of some commonly used excuses.

Stop complaining. Once a problem has been identified, all of your focus must be devoted to taking corrective action. Constantly rehashing problems over and over contaminates your outlook, inhibiting

your ability to discover solutions.

Ignore naysayers and critics. Anyone who derides you has nothing positive to offer. You have no obligation to respond to criticism or justify your actions. Make positive decisions that work for you. You pick your path, along with the best strategy to keep you on track.

When you look in the mirror, you see the person responsible for your life. Creating a list of reasons to succeed builds a positive mindset. Taking charge of where you are headed is extremely rewarding.

If you are not used to taking responsibility, converting is a simple process which requires replacing victim habits with a take charge approach. Monitor your thoughts. Each time you make an excuse or place blame, replace it with a positive step forward. Any type of action you will take to make some improvement, no matter how small, puts you in charge.

Taking responsibility provides numerous benefits. You will attain more goals. You will be happier. Your productivity will increase. You will become more adept at solving problems.

Your stress level will decrease and you will be in command of where you are headed.

NOW AVAILABLE: *Dare to Live Without Limits, the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columbianist.com or write him c/o this paper. © 2017 Bryan Golden ★*



By Pastor Ray Dare

Encouraging Words

How to Give Up Control

control. God is in complete control. There's nothing that God cannot do. He's all-powerful; He can do anything He wants to.

But how does that fact – that God is all-powerful affect you? God makes His power available to you. God begins working on your behalf as you trust Him things out of your control. "God's great power is available to us who believe Him. It is the same mighty power that raised Christ." Eph. 1:20 LB.

You see God didn't make you to live life by yourself – on your own power. That's why you get so tired all the time, so stressed-out, you try to go it alone, trusting in your own abilities to work things out, to control things. The Bible says that God's power is available to you, but there's a condition, you must TRUST HIM WITH THE PROBLEM. You say, "God, this problem is YOURS now!" "Cast ALL your anxiety on Him because He cares for you." 1 Pe. 5:7 That's called casting your cares upon the Lord.

How do you know when you're really trusting God? When you've really released your worries to Him and made your worries HIS WORRIES? Simple, you stop worrying about it. Worry is like a warning light. It's like a big, red, flashing light that says, "I'm taking over control here!" And you assume a responsibility that God never intended for you to have.

Whatever you're going through today, God says, "Don't worry, because I am with you. Don't be afraid. I will make you strong and will help you. I will support you." Isa. 41:10 (NCV) Let's get personal. What have you been worried about lately? What is it, that's out of control in your life? What is it, that you need to cast upon the Lord? God says, "Don't be afraid, I love you and I'm going to help you, but you must turn to me, and cast those cares upon me, so I can begin to work in your life."

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By Marlys Johnsen
Norris, Christian Author

There is only one who can make us acceptable in our Heavenly Father God's eyes and that is His Beloved Son Jesus Christ. Jesus proclaimed that apart from Him, we can do nothing (John 15:5)

Jesus sets us free. Therefore, "Let Him who boasts, boast in the Lord." (1 Cor. 1:30-31) Apart from God mankind is incapable of truly living the Christian life. We are incapable of saving ourselves. "For by grace we have been saved through faith and it is not of ourselves, it is a blessed

Depend On The Holy Spirit Of God

gift from God." It is not a result of good works and the "proud in spirit" will never come to the salvation of Jesus Christ because we must come to him as with the heart of a child.

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

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

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

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

Marlys Johnsen Norris
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Stephen's Minister
Author of 7 Books
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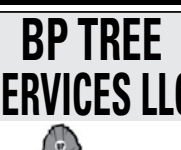
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CLUES

- ACROSS**
- Frenzied
 - Between fathers and sons?
 - Not fake news
 - Black-tie occasion
 - Pupil's place
 - Whatchamacallit
 - Similar
 - Nessie's lake
 - Poet T.S.
 - He called his residence the White House
 - Dashing style
 - Opposite of cathode
 - No-goodnik
 - Same as Danzig
 - Inside information, pl.
 - Antonym of keep
 - Data input device
 - _____ Madrid Club de Fútbol
 - Anomie, alt. sp.
 - Stupid person
 - First M in MGM
 - Narcotics agent, for short
 - Jennifer Lopez' 2019 movie swindle
 - Band aid
 - Hiked the Inca Trail, e.g.
 - Threat, two words
 - H+, e.g.
 - "Fences" actress Davis
 - Long forearm bone
 - His epitaph doesn't mention his presidency
 - Abra-cadabra, e.g.
 - First Lady of the US for only one month
 - Milano moolah
 - Where JFK's "Honey Fitz" spent time
 - Two of a kind, pl.
 - Winglike
 - Ring-around-the-rosy flower
 - "C" _____ la vie!"
 - President during Mexican-American War

Crossword Puzzle Solutions on Page 5

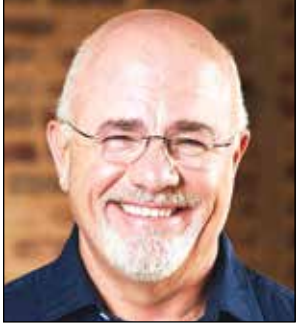
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Dave Ramsey Says

Tighten Up!

Dear Dave,
I'm beginning to think we got in over our heads with our house. My wife and I make about \$125,000 a year combined, but we've never been able to put anything aside for an emergency fund. Our mortgage payment is 35 percent of our take home pay each month. We have two young children, so we eat out a lot, but we have no debt other than our house. Do you think we should refinance our home?

– Jeff

Dear Jeff,
You two are making good money, and you're debt-free except for your home. You can't tighten up your budget enough to save up an emergency fund? Stay out of restaurants, dude! There's no law stating you have to eat out a lot just because there are kids in the house. I mean, you've got no emergency fund. That's a pretty basic thing.

You guys need to get on a written, detailed plan, and start hitting your goals. I'm talking about a strict, monthly budget. Now, I'll admit your mortgage

payment isn't exactly what I would've signed you up for. Your house payments, or rent, should be no more than 25 percent of your monthly take home pay. But your house payment isn't what's holding you two back. What's holding you two back is the fact that you haven't been willing to tighten up the finances in other areas of your life to offset biting off more than you could chew in terms of a home.

No, I wouldn't refinance. You're fairly close where the mortgage payments are concerned, so I think you can make it through this by looking at ways to increase your income and selling stuff you don't need to build an emergency fund. You two have been smarter than some, but you're really going to have to buckle down and rearrange your priorities to make this happen!

– Dave

Cash out my Roth IRA?

Dear Dave,
I have around \$15,000 in a Roth IRA. I just recently started studying your advice, and I was wondering if it would be a good idea to cash it out and put the money toward debt.

– Sarah

Dear Sarah,
I teach people to stop

investing temporarily while they attack their debt. So, I wouldn't add anything to it at this point, but the worst thing you could do is cash it out. If you do, taxes and penalties will steal a huge chunk of that cash. The only time I take money out of a retirement account to pay off debt is to avoid bankruptcy or foreclosure.

Start working the Baby Steps from the beginning. Baby Step 1 is saving up \$1,000 for a starter emergency fund. Baby Step 2 is paying off all debts from smallest to largest, except for your home, using the debt snowball method. This will free up a ton of money! Then you're ready for Baby Step 3, which is increasing your beginner emergency fund to a fully-loaded emergency fund of three to six months of expenses.

Now you're ready for Baby Step 4, which is 15 percent of your income going into retirement!

– 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.

- DOWN**
- Petri dish filler
 - Kind of shark
 - Assortment
 - Dorothy Gale, e.g.
 - Gordon Gekko: "_____ is good"
 - Bridal path
 - "Hey, over here!"
 - He installed library at the White House
 - Marco Polo's destination
 - "Oh _____!"
 - Little squirt
 - Conjure up
 - "Faster!" to a horse
 - Glorify
 - Announce presidential _____
 - He established Yellowstone as 1st national park
 - 1/100 of a rial
 - "I love you" or "J" _____
 - Only one to hold position in Executive and Judicial branches
 - Prenatal
 - Orwell's animals' turf, pl.
 - North face, e.g.
 - "You had" or "you would"
 - Baryshnikov's step

- *First president to campaign by telephone
- Dixon of "The Walking Dead"
- Farm layer
- Body scrubbers
- Bear Down Under
- Hearing organ cover
- Second planet from the Sun
- "_____ me, then who?"
- Machinating
- Not more
- Green gem
- Storage cylinder
- Face-to-face exam
- Police informer
- Tree juice

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2	6		1		

Solutions on Page 5

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CHM PLU 361

Ask Toni Special Medicare Enrolling Circumstances



Toni:
I have a different Medicare issue concerning how my husband and myself should enroll in Medicare when we retire in September and October. I am turning 65 on August 23 and retire from my job effective September 1st when I will lose my employer benefits. I will not begin my Social Security until I turn 70. My husband Carl, who is 68 has never enrolled in Medicare Parts A and B or his Social Security benefits. He turns 69 October 8th and is retiring from his engineering firm effective October 1st when he will lose his employer benefits. I am still a little unsure when I should apply for Medicare and when is the best time for my husband to have his Medicare begin since he is past 65. Thanks, Valerie from Pearland area

Valerie:
Your Medicare question is unique with two different enrollment times happening at the same time to the same family. Valerie, you will be turning 65 and will be in your "Medicare Initial Enrollment" period and your husband Carl who is past 65 will need to apply for a "Special Enrollment Period" which is a completely different process.

Let me explain both types of Medicare enrollments:

- **Medicare Initial Enrollment Period:** Begins 3 months before turning 65, the month one turns 65 and 3 months after one turns 65.
- **Special Enrollment Period:** Enroll after 65 when delaying Medicare Part B due to working full time with company benefits. This is an 8-month window of signing up for Medicare Part B without receiving a Part B penalty. Valerie, I would suggest that you enroll in your Medicare during the month you turn 65 which is August and your Medicare Part B will begin September 1st when you are retiring and losing your company benefits. You will be enrolling during your **Medicare Effective Date Schedule.**

At that time, you can apply for your Medicare Supplement with a September 1st effective date because you will also be in your Medicare Supplement/Medigap Open Enrollment Period.

Below is the Medicare effective date schedule:

- Enrolling anytime 3 months before turning 65, your Medicare begins the first day of the month you turn 65.
- Enroll the month you turn 65 which is August, then Medicare will begin 1 month after you sign up. Enroll in August; and your Medicare will begin September 1st.
- Enroll 1 month after you turn 65, your Medicare will begin 2 months after you sign up.
- Enroll 2 months after you turn 65, your Medicare will begin 3 months after

you sign up. Enroll 3 months after you turn 65, your Medicare will begin 3 months after you sign up.

Carl's Medicare situation is different than Valerie's because he is past 65 and retiring with "true" employer benefits. He needs Social Security form OMB #0938 (Request for Employment Information) from www.ssa.gov and have his HR department sign and date the form. In September, take the form in person to a local Social Security office to apply for Medicare Parts A and B.

Carl should advise the Social Security agent that he is losing his company benefits and needs his Medicare Parts A and B to begin October 1. He is in his Medigap open enrollment time and does not have to answer health questions.

For questions regarding the maze of Medicare, call the Toni Says® Medicare hotline at 832-519-8664.

February 2020 Confused about Medicare Workshop:

- West Houston/Katy- Thursday, February 27th Spring Creek BBQ-Katy 6:00 – 8:00PM at Spring Creek BBQ-Katy-Banquet Room (dinner not provided) 21000 Katy Freeway, Katy, TX 77449 RSVP 832/519-8664 or visit tonisays.com and sign up via the Toni Says® website.
- Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book to the Toni Says Medicare column readers at www.tonisays.com.* ★



By Damian Holbrook

Jeers to Vanderpump Rules

for its chronic staff defection. From the Toms (Schwartz and Sandoval) to Ariana (pictured), Stassi and Katie, it seems like there's nobody left working at SUR, the chic eatery owned by Lisa Vanderpump that the show is supposed to be about. But hey, at least Jax is still behind the bar making drinks and shady life choices.

Cheers to The Good Doctor

for the great Jasika Nicole. Shaun (Freddie Highmore) isn't the only one falling for the delightful *Fringe* vet, who is finally getting some front-and-center

attention as Carly, the pathologist who has possibly stolen his heart ... and ours.

Cheers to The Outsider

for drawing us into a nightmare. Even without the supernatural angle, HBO's adaptation of Stephen King's novel of the same name – about a small-town baseball coach (played by Jason Bateman) linked to a terrible crime – is a haunting reminder of the horrors humans are capable of.

Jeers to Super Bowl Super Bowl Ads.

Used to be that we'd have football's big day to catch those pricey, star-studded commercials. Now that we can see Ellen talk to her Amazon Alexa and Rainn



Ellen talked to her Amazon Alexa and Rainn Wilson shill for pizza days before before kickoff, there's a lot less fun to the big game.

Wilson shill for pizza days before before kickoff, there's a lot less fun to the big game. ★



What Happened To The Funny On Will & Grace?

Question: After watching the last two episodes of this season's revival of *Will & Grace* we have just one question: WTF happened? We've heard rumors of fighting between Megan Mullally and Debra Messing, but man, does that mean the show loses its funny? – Sandi

Matt Roush: This whole final season has been a mess, feeling once again like

a show that had gone past its prime — which wasn't the case when the revival started up a few years ago. (In retrospect, returning for one shining season might have been enough.) The dueling baby storylines for Will (Eric McCormack) and Grace (Messing) aren't the least bit funny or appealing, and hit its nadir when they competed for a slot at a prestigious pre-school. (When has that plot ever been amusing?) Karen (Mullally) owning a baseball team has

added exactly nothing to the mix. I don't know anything about the so-called feud, though have heard there will be a few episodes in which Karen is altogether MIA. (All things considered, not such a loss.) If I didn't already have such a history of watching the once-groundbreaking comedy that I feel compelled to follow it to the end, the recent episode in which Grace trashed her sort-of-boyfriend's apartment after fouling his bathroom was in such poor taste that even my DVR is looking askance at me for keeping this show on the playlist. It's intrusive, but at least you'll get the dialogue.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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The Faith of Troy Polamalu

By Dr. Gary S. Smith,
The Institute for Faith & Freedom

Troy Polamalu, who played safety for the Pittsburgh Steelers from 2003 to 2014, has been elected to the Pro Football Hall of Fame in his first year of eligibility. He will enter the hall with Bill Cowher, who coached the team for his first four seasons, and defensive back Donnie Shell, both selected as part of the hall's special class to celebrate the NFL's 100th year.

Polamalu's "combination of speed, anticipation, and toughness" made the eight-time Pro Bowler one of the best at his position in NFL history. Polamalu was named a first-team All-Pro four times and the NFL's MVP in 2010 and won two Super Bowl rings. Many football pundits argue that he revolutionized the safety position. For a dozen years, Polamalu was the public face of the Steelers' franchise because of his stellar performance and his television commercials for Head & Shoulders shampoo.

While playing with the Steelers, Polamalu was also widely known as one of the NFL's most devout Christians. In his book "The Tebow Mystique," Patton Dodd reported that Polamalu was "mentioned by fellow players for his spiritual devotion" more than anyone else. The NFL, David Kamp wrote, abounded with "Bible-study groups and postgame prayer circles. But even in this context, Polamalu stands out." Polamalu, Kamp argued, was different from other Christian stars such as Roger Staubach and Reggie White. He was "a mystic, a man more fourth century than twenty-first, living in constant dialogue with the Deity." "What truly marks

Polamalu as a man apart," Kamp concluded, "is his godliness."

The youngest of five children, Polamalu was raised by a single mother on welfare in an impoverished, crime-ridden Los Angeles neighborhood. Polamalu spent more time on the streets than with his mother. By third grade, he was stealing lunch every day from a local grocery store. To escape this environment, he moved to Oregon to live with his uncle Salu Polamalu and his wife where he attended fourth through twelfth grade. In Oregon, Troy attended a Catholic high school and developed a close personal relationship with God. Polamalu reports that in high school, "I was almost constantly in prayer."

After joining the Steelers in 2003, Polamalu undertook a spiritual quest that led him and his wife Theodora to become Orthodox Christians in 2007. For several years, Polamalu read books and talked with priests, pastors, and Roman Catholic, Greek Orthodox, and Buddhist monks to develop "a deeper, more consistent experience of God." His study of Scripture and church history reaffirmed his childhood faith in Christianity and persuaded him that Eastern Orthodoxy was the most biblical and spiritually meaningful form. During his investigation, Polamalu spent four days in a monastery in Greece conversing with Orthodox monks. This experience contributed to Troy's and Theodora's decision to join the Greek Orthodox Church. After studying with a Greek Orthodox priest in Pittsburgh for a year, they were baptized into the faith. Polamalu began to understand the Bible more clearly and fully. Thereafter,

the Polamaluses attended worship services at several Greek Orthodox parishes in Pittsburgh.

For Polamalu, the essence of faith is surrendering to God. While playing for the Steelers, he declared, "I try to serve God, through football, with passion." "As Mother Teresa said, God calls us not to be successful but to be faithful," Polamalu asserted. He denounced the "idea that the more pious" people were, the more successful they will be, as "very dangerous." "If you look at faith in that way," he added, "you're bound to fail" both "spiritually and in your career." For Polamalu, winning two Super Bowls paled compared to the fulfillment God provided.

Trying to reconcile the Samoan warrior spirit of his ethnic heritage with Greek Orthodox teachings, Polamalu admitted, was challenging. He strove, however, "to be a valiant Christian warrior" who controlled his passions. "Football," Polamalu avowed, has "its demons—prestige, ego, avarice"—that players must battle. Football, Polamalu argued, is "a very spiritual sport" because players must deal with "the fear of failure," pride, and being criticized for making a mistakes. What set Troy apart, Gina Mazza Hillier insisted, was his ability to keep "love at the center of his sport."

In the early 2010s when Tim Tebow's religious rituals on the gridiron and references in interviews to his "Lord and Savior Jesus Christ" were extensively publicized, Amy Frykholm wrote about "The Other Devout Christian on the Field" in "Christian Century." "I wish I could capture Polamalu's very different kind of spirituality amid the football

season's endless hype," she declared, but "a rich and complex life of faith is hard to sum up."

During his playing career, many teammates and opponents expressed great admiration and affection for Polamalu. They respected his temperament, character, compassion, and Christian faith. Numerous players testified that Polamalu positively influenced their faith. When Steeler safety Shamarko Thomas asked him how to be great, Polamalu replied that greatness is about "putting God first and just doing the right things in your life."

Off the field, Polamalu made weekly unpublicized visits to cancer patients at Pittsburgh's Children's Hospital and created a foundation to aid the needy. Many hospital staff "marveled at Polamalu's attentiveness." "When he comes in," observed a child-life specialist, "he makes the kids feel like they are the most important person in the room." Polamalu's foundation helps fund the hospital, provided housing for residents of American Samoa who were displaced by a 2009 tsunami, and supports the initiatives of Focus+ Pittsburgh, an Orthodox organization that combats poverty in western Pennsylvania.

Polamalu deserves to be honored not only for his outstanding performance on the gridiron but also for his exemplary Christian witness and charitable deeds.

Gary Scott Smith is Professor of History Emeritus, Grove City College. He is the author with his wife Jane Smith of *Suffer the Children: How We Can Improve the Lives of the World's Impoverished Children* (2017). ★

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Fortune Stirs a Ballroom Fairy Tale

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG)

- Dorothy Burns of Citrus Heights, California will be 106 years old on May 12, 2020. Her long journey to her status of Centenarian (100 + years of age) has been anything but typical. Two unfortunate incidents in her young life ironically took Dorothy on a journey unmatched by few young orphaned girls, except perhaps in the movies.

Dorothy was born on May 12, 1914 in the mining town of Kellogg, Idaho (originally Wardner Junction.) Her mother, Lylie Krase and father, Joe Trounce were from Cornwall, England. They had come to Kellogg for him to supervise workers in the mine.

Tragically, Dorothy never got to know her dad as he died from tuberculosis when she was three. Not long after, her mother died from cancer when Dorothy was six. She had 3 sisters, Peggy was 10, Mae was 16, and her older sister Wynne was working as a teacher. Her youngest brother Jack was three and her oldest brother Stan was 13.

What followed in the lives of Dorothy, her sister Peggy and her two brothers could have been the plot of a Hollywood movie, but it was very real.

Upon the death of their mother, Dorothy's sister, Wynne contacted Levi Hutton and his wife, Mary, owners of the mine where their father had worked. Since 1919 The Hutton name has been integral in the history of the American Northwest. Their story became Dorothy's story.

In 1901 the Hutton's, along with five other investors, purchased the Hercules Mine, and struck it rich with silver ore. In 1906 the Hutton's moved to Spokane, Washington and in 1919 Mr. Hutton, an orphan himself, and



Dorothy Burns with her children (left to right) Betsy Burns, Tom Burns, and Sallee Wash at the Stock Ranch Road Retirement Community in Citrus Heights. Photo by Elise Spleiss

unable to have children, was able to fulfill his childhood dream of creating a "happy home" for children left without parents.

They built their sanctuary for orphaned children whose parents worked in the mines and called it the Hutton Settlement. It was built on 319 acres to be a real home for Hutton's young wards, where they would learn to work hard and become successful citizens.

Until they turned 18, Dorothy, her sister Peggy and brothers Jack and Stan lived at the Settlement. The girls lived in one of two girl's cottages, each housing 18 young ladies

which would become her new sisters.

Dorothy's experiences in her new home, with her new family helped make Dorothy who she is today.

While this all took place during the American Depression, Dorothy and her 'sisters' and 'brothers' enjoyed all the amenities of a country club: swimming pool, bowling alley, tennis court, golf, music training, and a ballroom where she discovered her first love, ballroom and tap dancing. She became known as "Dancing Dot." Dorothy is sure she came out of her mother's womb dancing and continued to dance with her friends three times

a week into her 80's.

Today, the Hutton Settlement is run the same as it was over 100 years ago. Dorothy and her peers had rules, chores and responsibilities. They attended public school in town. She spoke of getting up at 5 a.m. to make 20 sandwiches for the girls' school lunches. She would stay up to bake cookies the night before.

The girls tended the self-sustaining vegetable garden, picked fruit from trees, canned, cooked and cleaned. The boys took care of the animals (cows, chicken, sheep, etc.) Mr. Hutton had a farm truck that took them to school.

They walked home. They were able to stay at the Settlement until they turned 18 or graduated from high school

Dorothy strongly asserts that Mr. Hutton was 'a genius' for the way he designed and built their sanctuary to assure their comfort and feeling loved, along with their success in life. One of his requests of the girls and boys was, "I don't ever want to hear you say, Mr. Hutton. You address me as daddy".

Upon completion of high school, Dorothy took the money her mother had left for her to attend college. She attended Washington State College in Pullman

for one year where she met her future husband, David Robert Burns, one year her senior.

Following college, she and her sister, Mae moved to San Francisco where Dorothy became a secretary. David followed to ask her to marry him. They were married in 1939, moving to Seaside where he joined the Navy. He was captain of a naval ship guarding the shipyards at the Panama Canal during World War II. Sadly, David, died of cancer at 42 leaving his wife with four children from ages two to 16 years.

When asked her secret for a long life, Dorothy's rule has been, "Never stop growing! When that cute little bundle you are holding in your arms goes to high school go back to your life!"

Dorothy has followed her own advice with enthusiasm, even through adversity. Her daughter Betsy says, "Despite having a mastectomy, lung surgery and 5-way heart surgery she is now in very good health". They also traveled the world together, visiting Spain, Portugal, England (where she met her relatives), France, Italy, Russia, Finland, and Mexico.

One of Dorothy's fondest memories took place shortly following her mother's death. She and her sister, Peggy, were looking up at the very dark sky. Suddenly they both noticed a huge, bright star. Dorothy asked Peggy if she saw the star. After a moment Peggy answered simply, "yes, that's mama."

Music and her friends are still a large part of Dorothy's life at her present home, Stock Ranch Retirement in Citrus Heights.

For information on the Hutton Settlement history and future go to huttonsettlement.org. ★

Award Winning Author to Discuss Vietnam War Stories



Author Robert M. Pacholik wearing the bronze medal he received from Military Writers Society for his book Night Flares. That book also won a silver medal from Independent Publishers. Photo Courtesy Robert M. Pacholik

By Margaret Snider

RANCHO CORDOVA, CA (MPG)

- Robert M. Pacholik enlisted in the Army when he was 20 years old and didn't even know where Vietnam was located. After 22 hours in the air from Travis Air Force Base to Vietnam, he landed at 4 a.m. on the third day of the Tet offensive in 1968. "I went to the mess hall to try to get food," Pacholik said, "and these two guys from 9th infantry showed up and said 'Are you Pachookatak or some damn thing?'" Pacholik admitted that he was the photographer that had been sent, the two men said,

"Good, our guy got killed yesterday, so you're with us." That was his introduction to Vietnam.

Pacholik will appear at the Rancho Cordova Library at 10 a.m., Saturday, February 22, to tell about his experiences and his latest book, Saigon Summer. Since the Vietnam War the author has written three books, two of which are about the war. Pacholik became part of a five man unit whose job was to document their part of the war with still and motion picture cameras. "I trained the unit, we went into action, and we recorded all of the combat actions during the next two years, in probably

14 major combat units," Pacholik said.

With almost 549,000 men in the country, U.S. Army logistics was delivering 9 million pounds of cargo a month to supply them, but the units were not receiving them. Saigon Summer is an indictment of those who were responsible for running the central core of the Saigon black market. It is also a record of what happened to Pacholik's five man unit when they discovered the truth of the black market and what was happening. Though fictionalized in the sense that names have been changed, Pacholik said, "Every

single event that occurs in the book happened to me or one of the five men in the unit."

Pacholik is a journalist and was awarded the bronze medal by Military Writers Society for his book Night Flares. That book also won a silver medal from Independent Publishers. The author will have his books available for sale in his appearance at the library, including Saigon Summer. He has previously helped at Veterans Connect @ the Library in Rancho Cordova from 2016 to 2018. The library is located at 9845 Folsom Blvd. Sacramento, CA 95827. ★



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with **Mary Jane Popp**

reverence” for yourself and others through spiritual practices of appreciative attending. These include loving kindness meditation, silent prayer, and other stillness practices. Awaken to your sacred nature and the sacredness of all things.

LOVE

A) Love Yourself. Be your own ideal parent. Treat yourself as your own cherished child. Abstain from addictions and harmful relationships. Take very good care of yourself. Eat healthy, exercise, get adequate sleep, minimize stress, rest, have fun and play.

B) Let Others Love You. Open your heart to safe, healthy, loving people. Have the courage to connect. Let others love you. Learn to love from being with loving others. Let others teach you how to love.

C.) Love Others. Every day, set an intention to love. When you love others, you feel more lovable.

Then he gave me a full list of the love practices: Acceptance, Accountability, Affirmation, Assertiveness, Authenticity, Caution, Collaborations, Compassion, Connection, Consideration, Contentment, Courage, Devotion, Discipline, Empathy, Endurance, Forgiveness, Generosity, Gratitude, Helpfulness,

Hope, Humility, Integrity, Kindness, Nurturing Patience, Protection, Repair, Respect and Trust. Lots to take in, but **Dr. McGee** said that, of all these love practices, connection and humility are foundational. The idea is that you can act your way into feeling good by doing good. These practices create a feeling of good doing good ... a virtuous cycle.

Dr. McGee will join me on Friday Feb 14 (Valentine’s Day) on POPPOFF to talk about true love and how it is different from bring “in love.” He tells me we can become masters at the art of loving. You can check out his website and his books at www.michaelmcgee.com. And remember LOVE IS NOT A FEELING! LOVE IS AN ATTITUDE!

Here’s a final thought from yours truly. How can you expect someone to love you if you don’t love yourself? That should give you something to think about before all that other stuff... cards, candy, dinner etc. But got to admit, some flowers WOULD be nice!

Happy Valentine’s Day!!! ★



Loving Yourself

It’s just around the corner. It’s called Valentine’s Day and everyone thinks a card, candy, dinner, wine, soft music and you can take it from there. Got to make it perfect for her or him. Are you into all of that and more? I got some good advice from **Dr. Michael McGee** who has helped hundreds of patients make a difference in their own lives in so many ways including loving yourself. He is author of “**The Joy of Recovery**” which has garnered many awards for its advice. He told me that love is not a feeling. Love is an attitude of reverence that inspires us to act to nurture life---our lives, the lives of others and all of life. Love is ATTITUDE + ACTION. So you can become a loving person and **Dr. McGee** says it’s a three-part process.

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The End of 2016

And so 2016 finally draws to a close.

It’s been the longest election year in American history. It ran from Feb. 1, 2016, the date of the Iowa caucuses, to the Senate vote to acquit President Donald Trump in early February 2020.

It’s true that Nov. 6, 2016, was a signal event in this long election year, but it didn’t really conclude anything, even though the result wasn’t in doubt. Usually, contested elections are ties or near-ties. This is the first time an election has gone into overtime, with repeated attempts at what were in effect recounts, despite the winner comfortably prevailing (Donald Trump won handily in electoral votes, the measure that determines the outcome, 304-227).

Immediately Democrats concluded that they’d been robbed, and Hillary Clinton did indeed get some bad breaks during the campaign, most consequently at the hands of then-FBI director James Comey. Such is life in the arena. But no one on the left was

in a mood to move on.

Rather taking stock and recalibrating as warranted, Democrats remained fixated on 2016. Rather than simply mobilizing opposition to Trump’s agenda and reelection, as any opposition always does, they mused about how to reverse the 2016 result. Rather than acknowledging the near-impossibility of removing a duly elected president, they indulged in fantasies about how to do exactly that.

Above all, they obsessed about Russia as the cause of their undoing in 2016. With enough investigation, all would be made plain, the Trump-Russia conspiracy would be unraveled, the walls would close in, and the world would be restored to its axis. The rightful winner of 2016 wouldn’t take office, but the wrongful winner would be vanquished. What voters in Michigan, Pennsylvania and Wisconsin failed to do, the grinding machinery of investigation would achieve.

When the Mueller probe didn’t produce the impeachment that the Democrats had expected with such fervent certainty, it seemed briefly they’d finally have to accept the outcome of 2016, however grudgingly. Then, Ukraine emerged, and impeachment was, thankfully and gloriously, back on.

Russia was a proximate cause of the impeachment over Ukraine. The

Democrats charged that Trump sought Ukrainian interference in our elections, just as he had sought Russian interference (for all their interest in the Mueller investigation, Democrats have never absorbed its conclusion that there is no evidence that Trump colluded with the Russians). Absent their conviction that Trump is an illegitimate president, Democrats would have been, understandably, outraged by Ukraine and determined to investigate it, but they wouldn’t have impeached over it.

In this sense, the Senate trial is the last act in the 2016 election. It establishes, once and for all, that he won’t leave office prior to the end of his first term. It makes it clear that another election, not some other mechanism, will be necessary to remove him. It represents the final failure of the investigatory apparatus around Trump’s alleged Russia collusion to deliver Democrats from the consequences of their 2016 defeat.

Trump, obviously, isn’t blameless in any of this. But he is not a Russian agent. He won the presidency in a free and fair election, and despite his attempted removal, will have a chance to do so again. On to 2020.

Rich Lowry is editor of the National Review.

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Crime Reports
Citrus Heights Police Report | February 3rd February 8th

Date: 02/03/2020 • Time: 3:05 AM • IR Number: 12000908
Crime: **1459 PC: Burglary - Commercial**
Location Type: Office Building • Public Address: 77XX OLD AUBURN RD
Agency: Citrus Heights Police Department
Date: 02/03/2020 • Time: 10:47 AM • IR Number: 12000909
Crime: **484(A) PC: Petty Theft**
Location Type: Department Store/Big Box Store • Public Address: 85XX AUBURN
Agency: Citrus Heights Police Department
Date: 02/03/2020 • Time: 5:00 PM • IR Number: 2020-0040158
Crime: **PC 459: Burglary-Commercial**
Location Type: Commercial/Office Building • Public Address: 81XX Greenback Ln, Fair Oaks,
Agency: Sacramento County Sheriff’s Department
Date: 02/04/2020 • Time: 1:06 AM • IR Number: 12000999
Crime: **459 PC: Burglary - Vehicle**
Location Type: Theft from Vehicle • Public Address: 70XX MOUNTAINSIDE DR
Agency: Citrus Heights Police Department
Date: 02/04/2020 • Time: 8:00 PM • IR Number: 12000978
Crime: **484(A) PC: Petty Theft**
Location Type: Apt/Condo/Duplex • Public Address: 76XX GREENBACK LN
Agency: Citrus Heights Police Department
Date: 02/05/2020 • Time: 10:30 PM • IR Number: 12001013
Crime: **10851(A) VC: Vehicle Theft**
Location Type: Street/Highway • Public Address: 764XX TUPELO DR
Agency: Citrus Heights Police Department
Date: 02/05/2020 • Time: 8:40 PM • IR Number: 12001004
Crime: **459 PC: Burglary - Commercial**
Location Type: Jewelry Store • Public Address: 61XX SUNRISE MALL
Agency: Citrus Heights Police Department
Date: 02/06/2020 • Time: 5:00 AM • IR Number: 12001032
Crime: **484(A) PC: Petty Theft**
Location Type: Theft from Vehicle • Public Address: 74XX CREEKRIDGE LN
Agency: Citrus Heights Police Department
Date: 02/06/2020 • Time: 3:31 AM • IR Number: 12001010
Crime: **459 PC: Burglary - Vehicle**
Location Type: Street/Highway • Public Address: ANTELOPE RD/SAYBROOK DR
Agency: Citrus Heights Police Department
Date: 02/06/2020 • Time: 4:07 PM • IR Number: 12001028
Crime: **487(a) PC: Grand Theft by Fraudulent**
Location Type: Park/Playground • Public Address: 55XX MARIPOSA AV
Agency: Citrus Heights Police Department
Date: 02/08/2020 • Time: 5:45 PM • IR Number: 12001093
Crime: **10851(A) VC: Vehicle Theft**
Location Type: Parking Lot • Public Address: 60XX BIRCHGLADE WY
Agency: Citrus Heights Police Department

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Where's My Ballot?

New Tool Launched to Help Voters Track the Status of their Vote-by-Mail Ballots

**Secretary of State
Special Release**

SACRAMENTO, CA (MPG) - The California Secretary of State's office has launched the new "Where's My Ballot?" tool. Voters can now sign-up at WheresMyBallot.sos.ca.gov to receive automated notifications about their vote-by-mail ballots by email, text (SMS), or voice call.

"Shoppers are already used to receiving updates on their online retail purchases, from shipment to delivery. Now we can offer the same service to voters," Secretary of State Alex Padilla said. "Voters who sign up for 'Where's My Ballot?' can rest assured that their vote-by-mail ballots are accounted for at every stage of delivery. Signing-up takes just a couple of minutes, and voters will enjoy automatic updates on the delivery status of their vote-by-mail ballot for each and

every election." "As vote-by-mail continues to grow among California voters, I urge every county elections office to adopt the "Where's My Ballot?" tool — our latest step in further modernizing elections in California. "Where's My Ballot" will also further strengthen voter confidence in the integrity of our democracy," Padilla added.

Voters who sign up for "Where's My Ballot?" will receive automatic updates when: The county elections office mails the voter's ballot, the county has received the voter's ballot, the county has counted the voter's ballot or if there are any issues with the voter's ballot.

Voters who sign up for "Where's My Ballot?" will also receive communications from their county elections office about important election deadlines and critical updates such as polling place changes.

The "Where's My Ballot" tool will only be available to a voter if their county elections office has adopted the tool. State law currently does not require counties to use the tool. "Where's my Ballot" is offered to county elections offices at no cost. The Secretary of State's office contracted with BallotTrax to customize a ballot tracking tool for California. BallotTrax has successfully deployed a similar tool in jurisdictions across the United States.

25 counties are currently offering "Where's My Ballot?" to their voters, including

Sacramento, Amador, El Dorado, Placer, San Joaquin, Shasta, Sutter, Tehama, Tuolumne, Yolo, Yuba and counties in southern California.

AB 2218, signed 2018, required the Secretary of State's office to provide a ballot tracking service to county elections offices. ★

Ballots Mailed for the Presidential Primary

Continued from page 1

Vote Center: With the passage of the California Voter's Choice Act, traditional polling places have been replaced with Vote Centers that are open for up to 11 days, including Election Day. This means voters can choose when, where and how they want to vote — at ANY Vote Center in the County. Avoid the lines, vote early!

At the Vote Center, you can drop off your completed ballot OR vote in person. There is even weekend voting!

18 Vote Centers open for 11 days beginning Feb. 22, 2020.

An additional 66 Vote Centers open for four days beginning Feb. 29, 2020

Drop Boxes – Voted/signed ballots

may be placed in any of the 58 secure Drop Box locations throughout Sacramento County beginning Feb. 3, 2020

Eligible residents can also register to vote, update their registration and cast their ballot at a Vote Center, even on the day of the election.

A complete list of locations can be found online and in the Sacramento County Voter Information Guide that was mailed out in January.

For more election and voter information, visit the Sacramento County Voter Registration and Elections website.

To register to vote, visit the California Online Voter Registration website. ★

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