

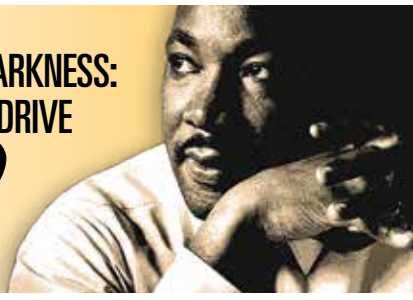


Series of December Storms Provides Good Start to Sierra Snowpack

PAGE 2

“DARKNESS CANNOT DRIVE OUT DARKNESS: ONLY LIGHT CAN DO THAT. HATE CANNOT DRIVE OUT HATE: ONLY LOVE CAN DO THAT.”

—MARTIN LUTHER KING, JR., A TESTAMENT OF HOPE: THE ESSENTIAL WRITINGS AND SPEECHES



Citrus Heights Messenger

VOLUME 10 • ISSUE 03 Serving the City of Citrus Heights & Sacramento County JANUARY 17, 2020

SEE INSIDE

SAC REGION REP ELECTED VP OF STATEWIDE WATER ASSOCIATION



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SYLVAN MIDDLE SCHOOL HOSTS RETIREE BREAKFAST



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PASSING THE GAVEL



PAGE 3



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A Pathway to the Future

SJUSD Leads Senior to Berkeley Engineering Program



San Juan High School graduate Luis Garibay fine-tuned his goals and developed practical skills in the Construction Technology Pathway of the Career Technical Education program. Photo courtesy SJUSD

San Juan Unified School District

CITRUS HEIGHTS, CA (MPG) - Many students start college without a clear direction, but San Juan High School senior Luis Garibay knows exactly what he'll be studying at UC Berkeley: civil engineering. "One of my goals is to one day use my skills to help underrepresented communities," he said. Garibay, who always enjoyed the math and science curriculum at Woodside K-8, developed an early interest in engineering since it involves his two favorite subjects.

At San Juan High, he fine-tuned his goals and developed practical skills in the Construction Technology Pathway of the Career Technical Education program. "Since I was able to participate in a lot of cool opportunities, I was able to understand what type of engineering I would like to do, which is civil engineering," said Garibay. Those opportunities included learning how to use design software, such as AutoCAD, and operate machinery, including laser cutters, to build projects with classmates. For Garibay, the highlight of the three-year pathway was

earning a summer internship with the Sacramento Municipal Utility District in 2018. "I was able to job shadow with civil engineers, which provided me with first-hand exposure into the nature of engineering," he said. "I was even able to help them design an electrical grid, which was an amazing experience." On his way to becoming the 2019 valedictorian and a first-generation college student, Garibay often sacrificed sleep and time with his family. During his senior year, he juggled five Advanced Placement classes, including an after-school AP Calculus

Continued on page 10

Are You Ready for The Presidential Primary?

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Once every four years, the state of California conducts a party Primary Election. The purpose of this election is for the voters registered within a party to help select a presidential nominee to represent that party in the November General Election. Sacramento County Voter Registration and Elections just mailed out a Voter Registration Status Postcard to every registered voter. The postcard is specific to the voter and lists name, address and registered political party. It is very important that voters review the information to ensure it is correct before ballots are mailed out the first week of February. Political parties can choose to limit participation in their party's primary to only registered voters of that party. In other words, if you're a registered Democrat, you wouldn't be allowed to participate in the Republican primary. The same is true for any party that holds a presidential primary. If a voter is registered with a political party, they will receive a ballot that contains presidential nominees for that party only. If a voter is not registered with a political party, also known as "No Party Preference," they will receive a ballot that does not contain any presidential nominees. However, they have the option to crossover and choose to request a ballot that contains nominees for the American Independent Party, Democratic Party, or Libertarian Party, for this election only without changing their voter registration. To crossover, voters can do one of four things:

Fill out and return this application
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Visit a Vote Center between Feb. 22 and March 3
If they would like to vote for presidential nominees in the Green Party, Peace and Freedom Party, or the Republican Party, then they must be a registered voter with that party. To re-register visit the California Online Voter Registration website. Eligible residents that are not yet registered to vote can do so on the California Online Voter Registration website and be sure to select one of the political parties. Have questions about the upcoming election? Visit our website or download our phone app Sac Vote, available for iPhone or Android. ★

City Launches "Sunrise Tomorrow"

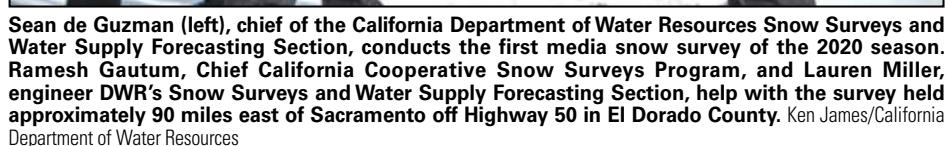
Community Outreach Begins for the Sunrise Mall Specific Plan

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - At the Citrus Heights City Council meeting on January 9, City staff provided an update about the Sunrise Mall Specific Plan, which will define a vision for future redevelopment of the site. Mayor Jeff Slowey explained, "At the end of the day, it's still private property. The city is going to come up with a plan on what we'd like to see." He said that because the mall property is split into parcels with five separate owners it can be difficult to get everyone on the same page: "It's a challenge, to say the least. But we're going to work our way through it." Casey Kempenaar, planning manager for the City of Citrus Heights, said that they have been working on extensive background analysis for the project: "We've been looking at traffic patterns. We've been looking at what the infrastructure can support and doing a lot of data gathering to help guide our future planning efforts." Back in October 2019, the City Council approved the hiring of Gensler, an international architecture firm that specializes in mall redevelopment. Megan Huber, economic development and communications manager for City, said, "They are now onboard and working very hard for us and collaborating with our community." "Once Gensler was onboarded, we immediately introduced them to the five owners of our 100-acre Sunrise Mall site," said Huber. "There was certainly an educational process around what a Specific Plan is, what it

will look like, [and] what the outcomes will be. We took time to understand [the owners'] plans and vision for the future and talked about how all that information can funnel together into a collaboration." At previous City Council meetings where the Sunrise Mall Specific Plan was discussed, the Council made it clear that community input was essential in order to ensure the plan reflects the needs of the community. Huber said, "We made a promise and a commitment to you to really engage our community and maximize outreach." "Just this week we completed three very full immersive days of stakeholder interviews," said Huber. "Once we had a chance to touch base with our owners, we then moved on to engaging the immediate Sunrise Mall community." For the purposes of the Sunrise Mall Specific Plan project, Huber defined stakeholders as any businesses, organizations, or community members who "are affected by, have a relationship with, [or] live in the business-ecosystem of the mall." To get more feedback from the community, the City will be hosting a Community Vision Workshop on February 11 from 5:00 PM to 7:00 PM in the old Sears building on site at Sunrise Mall. Huber said, "We're so excited about it. It's a really great way to harness all the energy around people's excitement for Sunrise Mall. The workshop will be interactive and provide a lot of exciting activities and great ways for folks to give feedback." People can also engage with the project and provide

Continued on page 10



SACRAMENTO REGION, CA (MPG) - The Department of Water Resources (DWR) conducted the first manual snow survey of 2020 at Phillips Station. The manual survey recorded 33.5 inches of snow depth and a snow water equivalent (SWE) of 11 inches, which is 97 percent of average for this location. The SWE measures the amount of water contained in the snowpack, which provides a more accurate forecast of spring runoff.

climate change has on our snowpack.”

More telling than a survey at a single location are DWR's electronic readings from 130 stations scattered throughout the State. Measurements indicate that statewide, the snowpack's SWE is 9.3 inches, or 90 percent of the January 2 average.

"It's still too early to predict what the remainder of the year will bring in terms of snowpack," said Sean DeGuzman, chief of DWR's Snow Surveys and Water Supply Forecasting Section. "Climate change is altering the balance of rain and snow in California. That is why it is important to maintain our measurements of the snowpack to document the change in addition to having critical information to forecast spring runoff."

California traditionally receives about 75 percent of its annual precipitation during December, January and February, with the bulk

of this precipitation coming from atmospheric rivers. Similar to last year, California experienced a dry start to this water year followed by cold, wet December storms that brought the state up to 74 percent of average annual precipitation for this time of year. Climate change is expected to lead to continued warming and fewer but more intense storms impacting the snowpack of the Sierra Nevada. These changes continue to impact the distribution of snow across elevations, its pattern of accumulation, and rate of melt.

DWR conducts five media-oriented snow surveys at Phillips Station each winter in January, February, March, April and, if necessary, May. On average, the snowpack supplies about 30 percent of California's water needs as it melts in the spring and early summer.

For more information visit
<https://water.ca.gov/> ★

**By Fanny Cano,
Lucy & Company
Public Relations**

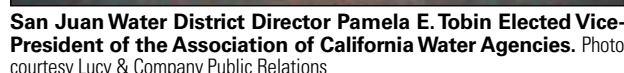
SACRAMENTO REGION, CA (MPG) - At its biennial conference on December 4, 2019, the Association of California Water Agencies (ACWA) elected Director Pam Tobin as vice-president for the 2020-21 term which began on January 1, 2020.

Director Tobin is only the second vice-president of ACWA from the Sacramento region during the Association's 110-year history and is the fourth woman to serve in that role. ACWA is the statewide trade association that represents 400+ public water agencies in California.

"I am honored and humbled by the responsibility I have been given by ACWA's membership. I look forward to contributing to the Association's ongoing success in furthering the interests of its members and, through them, those of all Californians," said Tobin.

As vice-president, Director Tobin will serve as a member of ACWA's leadership team that will guide the Association's advocacy and collaboration with the Newsom Administration, California Legislature, Trump Administration and Congress to protect and promote California's water interests.

ACWA vice-presidents normally become president of the Association for the two-year term following



their vice-presidency and then serve as immediate past president for another two years. Consequently, Director Tobin will be involved at the highest level of ACWA leadership for the next six years.

Tobin brings a wealth of regional and statewide experience to the position, serving:

For the past two years on the ACWA Board of Directors as Chair of ACWA's Region 4 (covering Sacramento, San Joaquin, Solano, Stanislaus and Yolo counties);

As a member of the Association's Federal Affairs and Local Government committees;

And on the Board of the ACWA Joint Powers Insurance Authority.

She also served as chair of both the Sacramento Regional Water Authority and Sacramento Groundwater Authority. While Director Tobin

While Director Tobin

is responsible for representing all members of ACWA in carrying out her leadership duties, her presence in ACWA leadership will ensure that issues of importance to San Juan Water District and the Sacramento region are addressed.

For more information,
visit www.sjwd.org.

San Juan Water District provides reliable, high-quality water service to approximately 265,000 retail and wholesale customers in eastern Sacramento and southern Placer counties. In addition to serving its own retail customers, San Juan delivers wholesale water supplies to Citrus Heights and Fair Oaks water districts, Orange Vale Water Company, the City of Folsom (for customers north of the American River) and, periodically, to Sacramento Suburban Water District. ★

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Sylvan Middle School Hosts Retiree Breakfast

Special Release San Juan Unified School District

CITRUS HEIGHTS, CA (MPG) - Sylvan Middle School in Citrus Heights hosted its annual retiree breakfast on Jan. 6, to mark the last day of winter break.

The annual event has been bringing together retirees and current staff members for more than 40 years.

“We started in the ’70s,” said retiree and organizer David Derosa. “At that time, there were many that had retired. We talked to them and they said, I’d like to come back to the school, and I said well maybe we’ll try this”.

The event begins with the serving of bacon, eggs, and pancakes.

However, organizers shared that recipes have changed over the years.



The annual event has been bringing together retirees and current staff members for more than 40 years.

“The custodian at the time had a special recipe of pancakes and they were very fluffy. We did not know he had put beer in it at that time. So, we had beer pancakes the first year and everyone enjoyed them,” said Derosa.

After eating, attendees share stories of what it was like before and advise new/current teachers on how to improve.

“Mr. Schunk, he was the

first person that came to me and gave me all this wonderful advice. He would tell me to calm down, this is important, that’s not important. He calmed me down my first year and he gave me guidance,” said 7th-grade science teacher Linda Pena.

Current teachers who attended the event say the breakfast has become more than a meal but a way to catch up with old friends. ★

Nominate an Outstanding Individual or Group for The Spirit of San Juan Awards

San Juan Unified School District

SACRAMENTO REGION, CA (MPG) - At San Juan Unified we believe that everyone benefits when people willingly contribute to the well-being of others and that diversity is a valuable asset that strengthens and enriches our community. Each year, members of the San Juan Unified community nominate remarkable people who embody what it is to have the “Spirit of San Juan!” The Spirit of San Juan awards recognize individuals or groups who help others in their school community, demonstrate positive character and support an inclusive environment for others.

Do you know a student who is a role model for others? A group that makes a

difference on campus? An educator whose dedication shines inside and outside of the classroom? Nominate them for a Spirit of San Juan award and help recognize the outstanding contributions in your school community!

Visit www.sanjuan.edu/spirit to nominate someone today!

The nomination deadline is Feb. 3, 2020. Multiple nominations for the same individual or group will be accepted.

Winners will each get to be the star of their own short video feature recognizing their positive contributions. The videos will premiere at a special Spirit of San Juan awards celebration on April 16, 2020 at Rio Americano High School’s Center for the Arts. ★

Passing the Gavel

City Council Thanks Jeannie Bruins for Her Time as Mayor



Former Mayor Jeannie Bruins passes the gavel to new Citrus Heights Mayor Jeff Slowey.

Story and photo by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - At the first meeting of the new year, the Citrus Heights City Council recognized Councilmember Jeannie Bruins for her leadership as mayor during the year prior. She was presented with a bouquet of flowers and a plaque commemorating her service from December 2018 through December 2019.

Current mayor Jeff Slowey explained that there is a lot of extra work involved with the role, including leading the meetings, answering all emails addressed to the Council, and acting as the face of the Council at community events throughout

the city. “Thank you for all that you did. ... It’s a challenge, but you handled it well,” he said.

Councilmember Bret Daniels said, “Thank you very much for your hard work. It’s not always an easy job.”

Councilmember Bruins thanked City Manager Chris Boyd, Chief of Police Ron Lawrence, and all City staff for their dedication during her tenure. “It was a busy year. We had to deal with districting, we took on the mall management ... and we had a lot of projects going on,” she said. “It was a pleasure to serve. I love serving the city, and I am confident that I will enjoy watching Jeff serve this year.” ★



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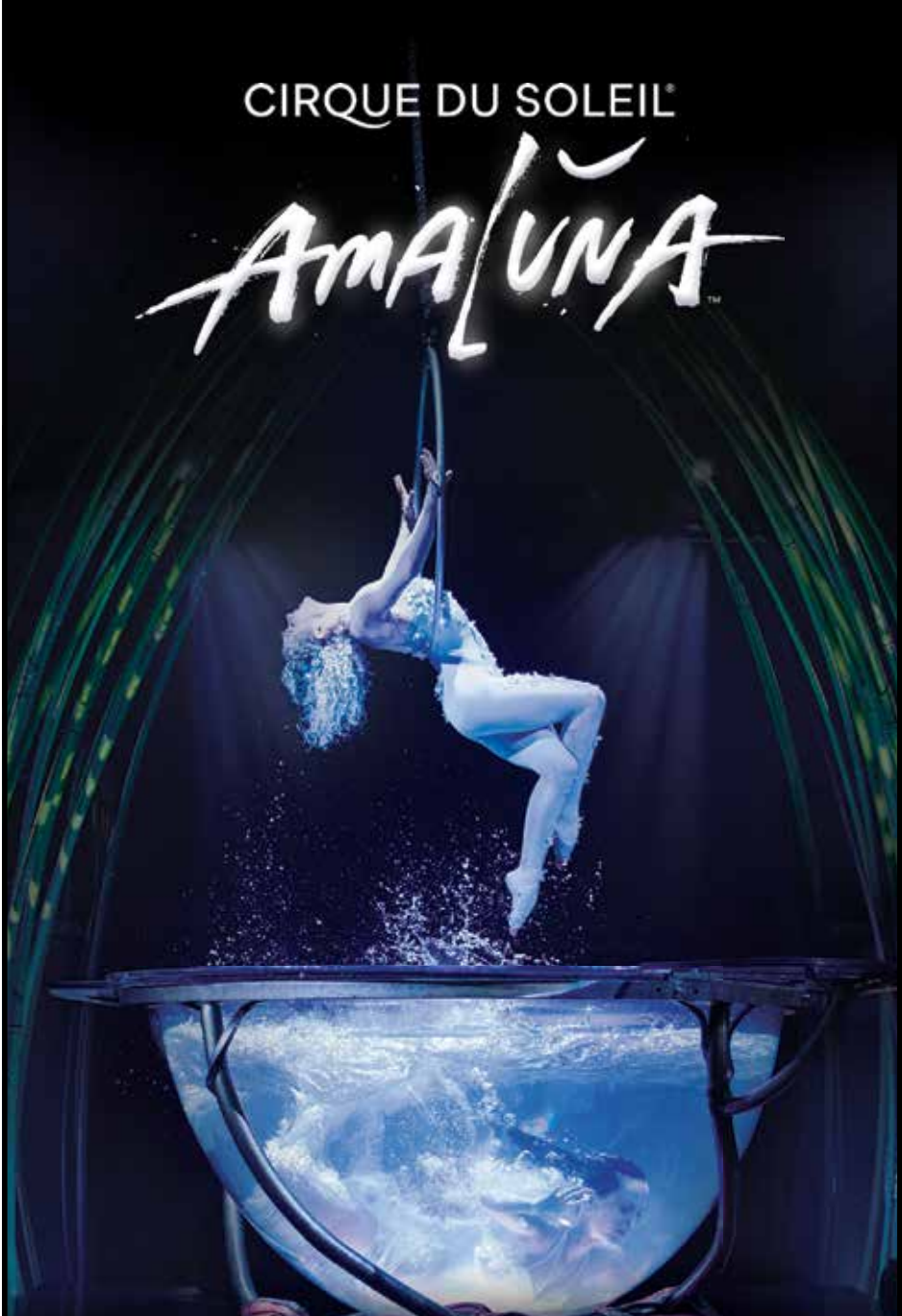
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My Mirror Doesn't Lie, But Sometimes It Giggles

Dr. James L. Snyder

I have never been fascinated by my looks, and I don't think anybody else has either.

Sometimes I have to spend a little more time before the mirror to get prepared for where I am going. I am not fond of mirrors and I make it as quick as possible.

When younger, my family lived close to Hershey Park in Pennsylvania. One of the major attractions there was the "House of Mirrors." You would walk in and the mirrors would distort what you really looked like.

I had forgotten about those mirrors until recently. I was getting ready to go somewhere and the Gracious Mistress of the Parsonage said, "Have you looked in the mirror today?"

Not knowing what she was talking about I muttered, "Yes, I glanced at it this morning."

"You ought to look in the mirror again before you leave," she stated.

That morning I had nicked myself shaving and did not notice it, but the blood started coming out very slowly. By the time I got out of the bathroom and into the kitchen, the blood had flowed down the side of my

face. I looked at it, got some paper towels and cleaned up my face.

"That looks better," my wife said as I was leaving. Then she said something that struck me.

"Remember," she said as gently as possible, "the mirror never lies."

That phrase stuck with me all day long and as I pondered it, I wondered if it was true. Those mirrors at the Hershey Park lied all the time. I was not as twisted as they made me out to be.

The mirror in my bathroom, according to my wife, is not like those mirrors. The mirror in my bathroom always reflects the real me. Which, as I thought about it, it was rather disturbing. Am I what I look like in the mirror?

Maybe that is why my wife spends 10 times more time before her mirror than I do before my mirror. In fact, I am thinking about looking in her mirror some morning to see if I am seeing what she sees when she looks in her mirror.

Wouldn't it be great if one morning we got our bathrooms mixed up? I went into her bathroom and looked in her mirror and she went into my bathroom and looked in my mirror. I will know when

that happens because I will hear some loud screaming coming from my bathroom.


I spent all day thinking about my bathroom mirror. I have come to this rather sincere conclusion. My mirror does not lie, but sometimes it giggles. If I was a mirror and had to see a face like mine looking in, I would do more than giggle.

Outward looks are not that important, at least to me. It is not the outside that is significant, but rather the inside.

I could not help what Jesus said to the Pharisees of his day. "And the Lord said unto him, Now do ye Pharisees make clean the outside of the cup and the platter; but your inward part is full of ravening and wickedness" (Luke 11:39).

I can be so caught up with my outward appearance I forget the important part is inside; my soul. The Bible is the mirror I need to see my soul.


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 jamessnyder2@att.net. His web site is www.jamessnyderministries.com. ★



Dare to Live Without Limits

by Bryan Golden

Off Course is Just a Detour



Imagine you are on vacation, driving your car toward your destination. Up ahead there is a sign indicating a detour due to road repairs. What do you do? Do you turn around and head back home because your route has changed? Do you park your car, get out, sit down and complain that you are a failure? Do you panic in fear that something you never planned on has happened?

Of course you wouldn't take any of the above actions. You would follow the detour without giving it a second thought. The only possible impact would be arriving later than you had expected. When traveling, detours are no more than minor annoyances. In fact, a detour ensures that you reach your destination.

You often take detours voluntarily. You'll change your route because of traffic or weather conditions. You will alter your travel plans when there is another destination of interest you wish to visit. You'll stop to eat and sleep when on a long trip. A flat tire or mechanical problems require you to stop for repairs.

You accept traveling as being subject to changes as needed. Although unexpected issues may be annoying, they are acknowledged as part of the process. You may

complain about it, but you take the detours you are faced with.

Just as a detour when traveling is not the end of your trip, a detour in life is not a dead end either. It is not a sign of failure. A detour is an alternate route to your goal. A detour is taken in response to something blocking your intended path. A detour may also be taken in response to changes in your goals, needs, or desires.

Lisa had a dream of becoming a teacher. She went to college immediately from high school. At the end of her junior year, she ran out of tuition money. Lisa was upset about being unable to return to college. This wasn't what she had planned.

Out of necessity, Lisa left college in order to take a full time job. She worked hard for several years, saving enough money to go back to college. Lisa was then able to complete her teaching degree. It took her many more years than she had planned, but Lisa took the detour necessary to achieve her goal.

Adam lost his job as a chef when the restaurant he worked at closed. Adam loved his job which he had held for many years. He had been very comfortable in his position, having a great relationship with the

customers and the other employees.

Since he had a great reputation, Adam was quickly hired at another establishment. However, one of the other chefs was jealous of Adam's talent. This jealousy created an uncomfortable work environment for Adam. After only a year, Adam left for yet another job.

This third job was a perfect fit for Adam. He was hired as the executive chef for a thriving restaurant. Adam's new job was better than he could have imagined. Because of the detours he had to take, Adam found an opportunity he would have never otherwise discovered.

Detours are invaluable in that they push you in new directions and expose new opportunities. Without detours, there is a tendency to get stuck in the comfort of repetitive routines. Being forced to take a new path provides an invaluable fresh perspective.

Don't stress the next time you encounter a detour. Take advantage of the detour as a way to learn, grow, and discover new opportunities. Utilize the inevitable detours to explore new paths and destinations.

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



By Marlys Johnsen Norris, Christian Author

There is nothing more precious to God than the soul of man. God desires one's soul to be in tune with His plan for their life! He loves with an everlasting love beyond any human love anyone could ever enjoy. He desires every soul to reside in His eternal home forever.

Have you ever wondered why you sensed something missing in your personal life? Have you felt some kind of void -- you didn't know how to fill? Have you tried to fill it with other things, other than God? You are like most everyone who try and fail miserably. Yet my friend, God understands! Possibly that is why -- today, you are reading this book and desire answers! God has a simple answer for you.

A Precious Soul

Stop making up your own god! Stop making the one true God complicated and unreachable. Stop looking down on people who have a simple faith and believe. God is not to be mocked by super-intelligent words and grandiose experiences.

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Crossword Puzzle on Page 7

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

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Sudoku Puzzle on Page 7

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

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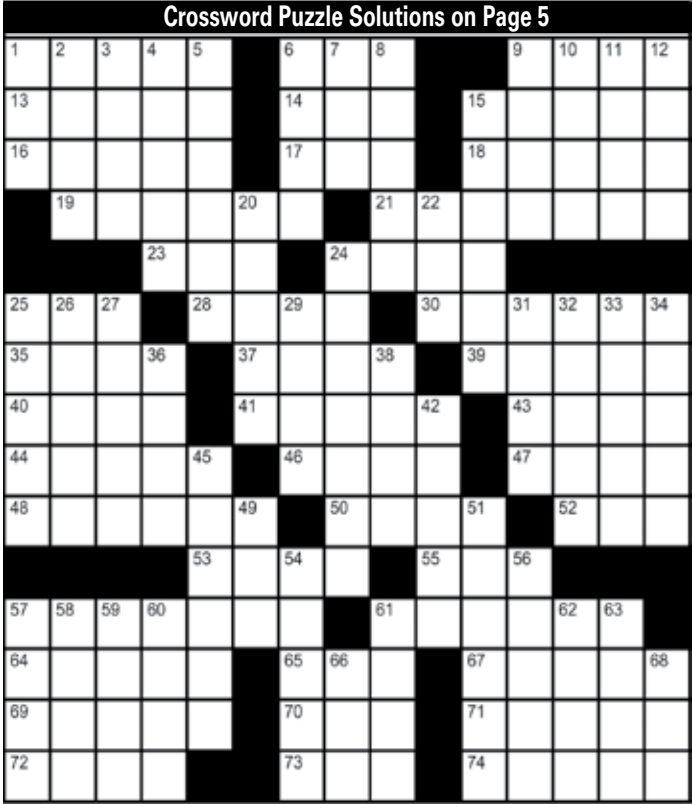
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 - 13. British unemployment checks
 - 14. Schiller's famous poem, e.g.
 - 15. "Will comply" in radio communication
 - 16. Opposite of liability
 - 17. Napoleon Bonaparte or Louis Vuitton, e.g.
 - 18. Embedded design
 - 19. *Teen with telescopic powers
 - 21. *Adventurous professor with fear of snakes
 - 23. *He played it in "Casablanca"
 - 24. Sign of escape
 - 25. Steampunk decoration
 - 28. Thanksgiving tubers
 - 30. Fear of flying, e.g.
 - 35. Bum baker
 - 37. "CliffsNotes," e.g.
 - 39. Bound by oath
 - 40. Nay, to a baby
 - 41. Bread spreads
 - 43. *She takes on PG&E
 - 44. Sacrificial pig
 - 46. Wedding promise?
 - 47. Not yet final
 - 48. Eats between meals
 - 50. Blood-related problem
 - 52. Ship pronoun
 - 53. Diamond's corner
 - 55. Be obliged
 - 57. Name before X
 - 61. *Orphan who wanted more gruel
 - 64. Love between Abélard and Héloïse
 - 65. Pitching stat
 - 67. Nostrials, anatomically speaking
 - 69. Pine
 - 70. Fleur-de-_____
 - 71. Novelist Wharton
 - 72. *Adopted orphan of
- DOWN
- 1. Palindromic title
 - 2. CISC alternative
 - 3. *Female Superman foe alongside General Zod
 - 4. Afrikaners' ancestors
 - 5. Off course
 - 6. First-rate
 - 7. Nuptial agreement
 - 8. Version of a song
 - 9. Mr. Bean's ride
 - 10. Paella pot
 - 11. Diagnostic test
 - 12. Bean that rhymes with Goya
 - 15. Distance from side to side, pl.
 - 20. Insect in adult stage
 - 22. Tiny bite
 - 24. Most vital part
 - 25. *A barbarian
 - 26. Convex molding
 - 27. Ladies and _____, for short
 - 29. *a.k.a. The Mayor of Castro Street



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- 31. *Hutch actor in 2004's "Starsky & Hutch"
- 32. *Famous Frankenstein portrayal
- 33. Like Michael Collins
- 34. *One of Miss Hannigan's orphans
- 36. *Russell Crowe's Biblical role
- 38. _____ of the trade
- 42. Bar seat
- 45. Type of realistic baby doll
- 49. *Pizzeria owner in "Do the Right Thing"
- 51. Strings
- 54. Olfactory sensation
- 56. Avoid
- 57. Poet Angelou
- 58. Flock's affirmation
- 59. Bank's provision
- 60. Dry or salt
- 61. Brewer's kiln
- 62. Great Lake
- 63. Retired, shortened
- 66. Spanish river
- 68. Like a wallflower

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

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



Keep Your Dignity, and Work Your Way Out

Dear Dave,

My wife and I will both turn 30 next month. We have two young children, and we make a little over \$85,000 combined. The problem is we have about \$70,000 in debt. Some of it is credit card debt, but nearly \$50,000 is in two car loans. Her mom and dad have offered to let us move in with them, so we can save up money and start getting a better handle on our finances, but we're not sure how we feel about this. What's your advice?

—Justin

Dear Justin,

You've got a ridiculous amount of money wrapped up in those cars. I'd sell the stupid things, get into a couple of little beaters, and start living on a budget and paying down debt.

In your situation, the only scenario where I'd even consider taking the in-laws up on their offer is one where the stay is for a very short, agreed-upon period of time. They'd have to be absolutely wonderful people, too, and everyone involved would need to

Dave Ramsey Says

know their boundaries.

But you guys can get out of debt pretty fast if you'll just lose the cars. You could even save a little money on the side while you were paying down debt, and buy a better car as soon as the debt was gone.

You might love your cars so much that you're unwilling to make the sacrifice. Not me. I'd rather keep my dignity intact, and work my way out of the mess I created!

—Dave

Playing the Lottery Robs you of your Future

Dear Dave,

I've been struggling financially for the past few months, so I've been playing the lottery once a week. To me, the chance to win millions is worth a few dollars a month, even if things are tight.

—Paula

Dear Paula,

You've told me you're having money troubles, and at the same time you're throwing money out the window every week? Honestly, the small amount you're talking about doesn't make a difference. Even if it's just two or three bucks a week, that action represents a lot of financially irresponsible behavior in your life.

I'm going to be very blunt with you. The lottery is a tax on the poor and people who can't do math. Your chances of winning

are bleak at best. Did you know the odds of winning the Powerball jackpot are about 1 in 292,000,000? There are plenty of other very unusual things that are much more likely to happen to you than winning the lottery. Your chances of making a hole-in-one on the golf course are about 1 in 12,500. Even your odds of having quadruplets are around 1 in 11 million.

When times are tough and you're strapped for cash, the last thing you need to do is spend what little you have on gimmicks. My advice is to focus on working hard, living on a tight budget that cuts out all unnecessary expenses, and saving every penny you can. Unlike the lottery, this is a plan that works every time. When you start living on a budget and get out of debt, it provides a little bit of breathing room in your life. You might even feel like you got a raise!

Don't let your finances—and your dreams—be hijacked by the lottery.

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.

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Ask Toni

Am I An Inpatient or Outpatient During A Hospital Stay?



Toni:

Yesterday, my wife was ambulated to the hospital after falling and breaking her leg. Now the hospital billing department had me sign a form that I knew she was an outpatient and not an inpatient. I am a little confused because I thought when you went in the hospital you were always an inpatient.

I don't understand why I had to sign the form. The hospital knows my wife can't walk and needs medical care. Please explain what I should do so that I have control back on my side and not at the mercy of the hospital. Thanks, Tom from West U area.

Tom:

An important Medicare rule called **Medicare Outpatient Observation Notice (MOON)** applies to those with an Original Medicare hospital stay. The Medicare and You handbook states "Staying overnight in a hospital doesn't always mean you're an inpatient. You only become an inpatient when a **hospital formally admits** you as an **inpatient**, after a **doctor orders it**. You're still an

outpatient if you haven't been **formally admitted** as an **inpatient**, even if you're getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays. **You or a family member should always ask if you're an inpatient or an outpatient each day during your stay, since it affects what you pay and can affect whether you'll qualify for Part A coverage in a skilled nursing facility.**"

A few years ago, hospitals and critical access hospitals began providing the MOON (Medicare Outpatient Observation Notice) to Medicare beneficiaries or their legal representative if receiving observation services as an outpatient for more than 24 hours. The MOON must be provided in written form which is signed and dated with an oral explanation from the facility no later than 36 hours from the time the Medicare patient begins receiving outpatient observation services. This time limit is considered the new two midnight stay observation policy.

Tom, this is why you had to sign the form from the hospital's business office or case manager because if your wife is still an outpatient and needs additional care or skilled nursing, then she may not qualify because she does not meet the skilled nursing qualifications.

Many on Medicare would not see this information in the Medicare & You handbook and may have to

pay thousands of dollars for additional hospital or skilled nursing care.

Below is what America should know when having a hospital stay and need to advise their family members or caregivers:

1. Remember the **MOON** rule applies to those on **"Original Medicare"** and not Medicare Advantage plans, as Medicare Advantage Plans have their own rules and options regarding inpatient/outpatient services.
2. The **Medicare Outpatient Observation Notice (MOON)** which must be signed by you or a family member to be aware if the one in the hospital's status is qualified as an outpatient rather than inpatient in the hospital.
3. Remember one can only become an **inpatient** once the **hospital**, not your doctor, **"formally admits"** you with a doctor's order.
- 4 You or a family member should **ask every day** if you or your loved one is an **inpatient or an outpatient**.
5. **Know that outpatient status does not cover Medicare skilled nursing costs.**

For questions regarding the maze of 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 to the Toni Says Medicare column readers at www.tonisays.com. ★

Sac County Assists Placer County Veteran's Office

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Placer County Health and Human Services (HHS), Veterans Services Office (VSO) recently lost its Veterans Services Officer, a critical staff person, to another career opportunity. As a result of the loss, Placer County reached out to Sacramento County VSO to provide a Veterans Services Representative who could provide claims assistance and training for their dedicated staff. The Sacramento County Board of Supervisors has since approved the rendering of payment for services on behalf of Sacramento County.

Since August 2019, the Sacramento County Veterans Services Office has been providing weekly supportive services related to claims processing and

training staff. Veteran Claims Representative Restivo has been providing this weekly training and assistance to the Placer County VSO and just since August has helped them serve more than 250 veterans that were in need of appointments to file disability, pension and survivor benefit claims.

In addition to traveling to the Placer County office, Sacramento County has welcomed many Placer County veterans into our local office for assistance with their claims. Sacramento County VSO is also supporting Placer in two monthly service "blitzes" that serve a large population of veterans in just one day. At one event in December, three Sacramento County officers were able to provide assistance to more than 45 clients in just six hours. They will further assist with claims at a second event scheduled for later in December.

In addition to filing claims for veterans, Michael Restivo has also been assisting the Placer County Veteran Services Office with closing out their backlog of more than 1,900 pending claims by printing the Veteran Administration award letters and entering the information in the CALVET system.

"Assisting the Placer County Veteran Services Office in taking care of veterans is a benefit for us all, especially the veterans we serve," said Veteran Services Officer Rochelle Arnold. "Our mission is to serve all veterans and their families with respect, dignity and compassion by providing prompt and courteous assistance in preparing, submitting and presenting all claims for benefits to which they may be entitled and serve as their principal advocate on veterans' issues; no matter where they reside." ★

The Sacramento Bee Ends Subscription Program

To Our Readers:

The Sacramento Bee has decided not to renew their program for the additional Sunday issue with Messenger Publishing Group regular subscriptions. The Bee cancelled the program effective 12/31/19. They will no longer be providing the Sunday edition through MPG.

MPG notified our readers through the regular monthly subscription notices sent out over the past few months. We had expected The Bee to offer a special trial subscription to each of the subscribers

they had on our list to try to convert them to one of their many special rates and to also notify readers. They did not do so.

All paid subscribers for any MPG newspapers will continue to receive their MPG product. However, The Bee has declined to offer their product to our readers.

If you would like to learn more about what The Bee has to offer you can visit their website at sacbee.com/messenger or call their customer service number at 800-284-3233. ★

Get Your SAHU Annual Crab Feed Tickets Now!

By Rosamaria Marujo, Sacramento Association of Health Underwriters (SAHU)

CITRUS HEIGHTS, CA (MPG) - Tickets are on sale now for the 20th Annual SAHU Crab Feed.

On January 31 from 6:00-10:00 p.m., join the Sacramento Association of Health Underwriters (SAHU) and the local community at the Citrus Heights Community Center (located at 6300 Fountain Square Drive in Citrus Heights) for a night of food, drinks and fun while supporting a great cause. This year's theme is "Back to the 80's," and all attendees are encouraged to dress up in their best 80's outfit.

In the past, this event has featured a live auction and raffle prizes ranging from Sacramento Kings' Tickets, a ride-along with the Citrus Heights Police Department and VIP tickets to next year's Crab Feed. And this year, the Dessert Silent Auction is back by popular demand.

Part of the proceeds from the Crab Feed will benefit local charitable organizations across the Sacramento region such as the Sacramento Food Bank and River Oaks Center for Children. SAHU will also make donations to the Mesa Verde High School Business Academy, whose students have helped work



Mesa Verde HS Business Academy servers help out at the Crab Feed and the academy receives donations from the Sacramento Association of Health Underwriters. Photo courtesy SAHU

the Crab Feed for several years.

SAHU would like to thank Kaiser Permanente and the many other businesses sponsoring this year's Crab Feed, as well as Mesa Verde High School for their continuous support.

"I've attended the Crab Feed for the last five years, and I always enjoy the food, people and the raffles," said Michele Meder, SAHU board member. "It's always great to see the

community come together and have fun."

For admission, table and drink tickets or questions regarding this event, please contact sahu@bmsch.com.

For over 30 years, SAHU has worked to improve our members' ability to meet the health, financial and retirement security needs of all Americans through education, advocacy and professional development. For more information, please visit: sahu-ca.com. ★

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Colin Kaepernick's Stupid Lie About America

In the torrent of idiotic commentary unleashed by the killing of Qassem Soleimani, Colin Kaepernick's deserves a place of honor.

The NFL washout and Nike persona who makes sure the company doesn't produce any overly patriotic sneakers tweeted, "There is nothing new about American terrorist attacks against Black and Brown people for the expansion of American imperialism."

For Kaepernick, Soleimani is just another dark-skinned man brutalized by the United States. The Iranian terror master was, in effect, driving while nonwhite and paid the ultimate price. For all we know, the operator of the MQ-9 Reaper drone that took him out was making a white-supremacy hand signal while unleashing this racist attack.

This interpretation of events takes identity politics to a whole new level, defining the blood-drenched hit man for a terroristic, profoundly anti-Semitic, deeply intolerant theocracy as a victim, based on his

skin color alone.

Obviously, no one will mistake Colin Kaepernick for an original thinker; he's only repeating things he's read or been told, in a slightly more lurid form. His worldview is disproportionately represented in academia and on the left, which objects to calling Soleimani a monster (hence, Elizabeth Warren's pathetic backtracking after forthrightly condemning Soleimani in her initial statement).

It is certainly true that racism has had a large hand in U.S. foreign policy through much of our history. We drove Native Americans from their lands, in part based on racial animus. Thomas Jefferson refused to recognize an independent Haiti after a successful slave revolt, for fear it would fuel insurrections here. The American South coveted lands in Latin America prior to the Civil War, seeking more territory for slavery. After World War I, Woodrow Wilson opposed a racial equality proposal made by Japan at the Paris Peace Conference.

All of this, and more, are stains on our nation's history, but to consider racism the chief principle of a rapacious U.S. foreign policy is reductive, malicious, dishonest and incredibly stupid.

The U.S. engaged in titanic struggles in the 20th century against Imperial Germany, Nazi Germany and the Soviet Union, none

of which were brown or black. Enormous resources of blood and treasure were poured into stopping these truly imperialist powers from subjecting foreign peoples to their rule.

The United States opposed European colonialism, and its biggest wars since World War II were fought shoulder to shoulder with Asian people in Korea and Vietnam who didn't want to be overrun by rival Asians allied with totalitarian powers.

In the more immediate, post-9/11 period, we toppled the Taliban and Saddam Hussein. These were interventions motivated by national interest, but also optimistic and idealistic to a fault. Viewing these conflicts through a racial prism requires ignoring that the Taliban and Saddam overwhelmingly killed, tortured and repressed other nonwhite people.

The same is obviously true of Qassem Soleimani. He has prodigious amounts of American blood on his hands (of Americans of all races and creeds), but he mainly killed other people in the Middle East — Syrians opposed to Bashar Assad, Iraqis protesting Iranian influence, anyone who got in the way of the Iranian imperial project.

His end is a boon to humanity, which should be obvious to anyone who's not drunk on ideology or racial obsessions.

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Weekend Comedy Performing at Theatre in the Heights



Weekend Comedy performers (left to right): Christina Rae, Jesus J. Madrigal, Michael Cross and Christine Deamer as Peggy. Photo courtesy Theatre in the Heights

By Vanessa Voetsch, Theatre In The Heights

SACRAMENTO REGION, CA (MPG) - A couple in their late forties to mid-fifties and a couple in their mid-late twenties have accidentally rented the same cottage for a three-day weekend. After a bit of a debate about who the cabin belongs to they realize how late it has become and so they decide to share it for the night. We watch the comedic clash between generations as the older couple tries hard to impart their knowledge and the younger couple thinks they have more adventurous stories that could help the others bring the passion back in their relationship. It's a fun story that all ages can relate to and in the end they each come to an agreement that proves best for all involved while each couple has

definitely grown and learned from the experience.

Written by Sam Bobrick; Directed by Shane Robert; Featuring: Michael Cross, Christine Deamer, Christina Rae, and Jesus J. Madrigal

Performance dates are Fridays and Saturdays at 8p.m. January 24-February 16, 2020 and Sundays, 2/2, 2/9 and 2/16 at 4p.m.

All tickets are \$15 for all ages (no infants please)

For more information or to make a reservation please call the theater at (916) 509-3445. Also see our website at www.theatreintheheights.com for more information and directions to the theater.

Theatre In The Heights is located at 8215 Auburn Blvd., Suite G Citrus Heights, CA 95610 and seats 50. ★

Investigating Suspicious Death Near I 80

By Greg Zumstein, California Highway Patrol

SACRAMENTO REGION, CA (MPG) - On January 11, 2020, at approximately 2102 hours, the Sacramento Communications Center received

an anonymous 9-1-1 call regarding a deceased pedestrian on the freeway in the area of I-80 Eastbound, west of Riverside Ave. Sacramento Metro Fire and CHP personnel responded to the area and located a deceased male in the trees, up

the embankment, approximately 30 feet from the traffic lane. The male subject, who has not been identified at this time, had a rope tied around his neck and was hanging from a tree branch. Anyone with information is encouraged to

contact the N. Sacramento CHP office or anonymously by phone at 1-800-AA-Crime or online at Sac Valley Crime Stoppers. Any additional information about this news release should be directed to Officer

Greg Zumstein who will be available at the CHP North Sacramento Area business phone number: (916) 348-2300, Monday through Friday 8 a.m. to 5 p.m. Or you can reach him on his cell phone at (916) 798-0975. ★

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Spotlighting the Sylvan 40 Project

City of Citrus Heights

CITRUS HEIGHTS, CA (MPG) - In September 2019, the city purchased the property where the former Sylvan Middle School was located prior to its relocation in 2017. The city has long recognized this location as being an important economic and social focus of the community and its eventual development will have a crucial impact on the city.

The city purchased the 11.33 acre vacant parcel for its appraised value of \$3.40 million dollars. The city does not have any plans to retain ownership of the property – the intent is to work in partnership with a developer so we can maximize our influence on how the property is developed.

In December 2019, the city initiated a contract with RSG, a market consulting firm, to research the local market conditions and constraints, retail leakage, demographics, and other necessary information that affects the potential marketability, sale, and development of the Sylvan 40 property. Information gathered with this thorough research will help guide the city on its next steps.

Planning Goals

A key factor in helping guide the development of the Sylvan 40 property is having a framework in place which helps guide decisions. Decisions made should support the city's strategic, long-term goals.

To help keep the city's long-term vision in focus, a series of goal statements are being developed. These goals will provide the public and the development community the visioning framework when considering development opportunities. The goals should be clear in providing the city's vision yet flexible enough to seek unique opportunities.

We encourage the community to review the Draft Planning Goals and provide feedback. We welcome your input: planning@citrusheights.net.

Frequently Asked Questions
What is the Sylvan 40 property?
The Sylvan 40 property is an 11.33

acre vacant parcel located at the northwest corner of Auburn Blvd. Old Auburn Rd and Sylvan Rd, locally known as "Sylvan Corners". The property was the location of the former Sylvan Middle School which relocated off the property in 2017.

Why is the Sylvan 40 Project Important?

The Sylvan 40 property is located at an intersection the city has long-recognized as being an important economic and social focus of the community. The city has invested significantly in public improvements along Auburn Boulevard — this investment started with the "Sylvan Corners beautification project."

The eventual development of this property will have a crucial impact on the area. The city's purchase of the increases the city's ability to control how the site will eventually develop.

What is the City's vision for the property?

The city has embarked on a market analysis which will help direct the future development of the Sylvan 40 property. The analysis will help guide which land uses would complement the area and the surroundings and meet the goals of the city. The city's intention is not to retain ownership of the Sylvan 40 property but to resell it to private investors who can carry out the city's vision.

Taking a Look Ahead
Below is tentative timeline for the project:

January 2020
Install boundary fence
February 2020
Finalize Planning Goals
Present Market Analysis to City Council
March 2020
Prepare and release documents seeking development offers
May 2020
Review development submissions
June-July 2020
Initiate development negotiations

★

City Launches “Sunrise Tomorrow”

Community Outreach Begins for the Sunrise Mall Specific Plan

Continued from page 1

feedback online at a website dedicated to the project: www.sunrisetomorrow.net. The site offers information about the project and will be updated with new developments. The website launched just 24 hours before the January 9 meeting and Huber said community members were already engaging on the site and sharing their ideas for the project.

Huber said, “We will review early findings with you and really dig in and start our visioning discussion” at a joint Planning Commission and City Council study session on March 12.

As part of the funding for the Sunrise Mall Specific Plan project, Huber recommended that the Council agree to liquidate the City’s remaining sewer credits at the Economic Development Treatment Capacity Bank. In 1999, the City partnered with Sacramento Regional County Sanitation District to create the Economic Development Treatment Capacity Bank, and Huber explained that the credits can be allocated to reduce sewer impact fees or can be used for economic development, as determined by the Council.

As of January 2020, there are 298 credits remaining — a value of \$436,658. The fund expires on December 31, 2020. Huber said, “Liquidation is a necessity at the end of this year. We’re just getting a little bit of a head start on it with a very important economic development project for our city.”

The Council voted unanimously to approve the liquidation of the sewer credit and the allocation of the funds to the Sunrise Mall Specific Plan project. ★

Emergency Child Care Needed for Foster Families

By Brenda Bongiorno, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - To recruit more loving families for children in foster care, Sacramento County is making it easier to find and afford childcare services for resource families. The Emergency Child Care Bridge Program’s goal is to increase the number of resource families for children in foster care by helping families find the right child care provider, connecting families to long-term child care subsidies, and by providing vouchers to pay for childcare for up to six months. The vouchers help ensure that a resource family has adequate support to balance work and home lives along with providing a smoother transition when welcoming a child into the home.

“There are new and exciting things coming to the Bridge Program in 2020,” said Gloria Bedford, Human Services Program Planner. “The program is receiving an additional \$750,000 from the California Department of Social Services that will go directly to child care vouchers to help more resource parents pay for daycare and help to stabilize foster placements more quickly.”

From its inception in May

2018 through October 2019, the program in Sacramento County served 190 families who were fostering 264 children and issued \$1,165,230 in vouchers to resource families.

“More parents are working outside the home, which makes the ability to recruit and retain foster parents more challenging,” said Michelle Callejas, Sacramento County Director of Child, Family and Adult Services. “The Bridge Program is vital to help the Department of Child, Family and Adult Services place more local foster children in homes where they will receive high-quality care and to support these families who open their homes and hearts to foster children.”

There are three major components of the Bridge Program:

Emergency child care vouchers that are issued to eligible families to cover child care costs for children ages 0-12 for up to six months;

Support from a child care navigator who will work with families to find a child care provider, assist with completion of child care applications, and develop a plan for long-term child care;

Trauma-informed care training so child care providers can learn strategies

for working with children in foster care, many of whom have experienced trauma.

Families who are eligible for the Bridge Program include:

Resource families that have completed the Resource Family Approval (RFA) process;

Foster family agency-approved or county-approved foster homes;

Families who care for foster children in an emergency placement;

An approved relative or a non-related extended family member who is caring for a foster child;

Parenting foster youth and non-minor dependents; and

Those who have foster children placed with them for a compelling reason.

For additional information on the Bridge Program, contact Bridge Program Contract Monitor, Gloria Bedford.

If you are interested in learning more about becoming a resource family or adoptive parent for local foster children, attend the next Resource Family/Adoptive Parent Orientation, call 916-875-5543, or visit the Sacramento County Department of Child, Family and Adult Services Resource Family web page. ★

A Pathway to the Future

SJUSD Leads Senior to Berkeley Engineering Program

Continued from page 1

course. But San Juan High’s college-readiness program, Advancement Via Individual Determination (AVID), provided him with a one-on-one calculus tutor and helped him manage his goals and priorities.

“We developed an AVID family,” said Garibay, who started AVID in eighth grade. “Sometimes I was very tired and my classmates would see it, but they were always supportive. Sometimes they saw that I was too involved in school. They were like, ‘Come on, we’ve got to go out. Distract yourself a little bit.’”

After Garibay gained admission to the university he’d set his sights on as a freshman, his classmates joined in his celebration. “We all knew that this was his dream — he got into his dream school and he worked and he deserves it,” said AVID Coordinator Robin Durkee. “He’s the kind of kid that I know is going to make a difference and change the world.”

Garibay, who aspires to work for the State of California and build housing solutions for communities in need, appreciates the encouragement he received throughout his high school years. “I feel like whatever

my passion, San Juan has never rejected it,” he said. “They have always provided a way for me to accomplish it.”

There have been many students who have entered directly into the workforce as a result of completing a Career Technical Education pathway in San Juan Unified. The goal is to have students earn an industry-recognized certification that shows potential employers the student has mastered certain skills required for employment. Examples are ASE Automotive certifications in areas such as brakes, alignment and transmissions. Students in the Medical Careers pathway prepare for and take the national exam for medical assisting, which is honored throughout the United States.

“CTE programs are designed to prepare students to enter directly into the workforce upon completion of the pathway, if desired. However, each pathway can also be continued at the post-secondary level. We currently have many of our CTE classes that are either articulated with community college classes, or offered through dual enrollment, which gives high school students college credits while still in high school.” ★

PBR Unleash the Beast Comes to Golden 1 Center Sacramento Invitational



Joao Ricardo Vieira receives a check for \$100,000 from PBR for the season in a flawless 4-for-4 performance, collecting 192 points and surging to No. 1 in the world. Andy Watson/Bull Stock Media

Professional Bull Riders Press Release

SACRAMENTO REGION, CA (MPG) - When the PBR (Professional Bull Riders) bucks back into Sacramento, California for the Unleash The Beast, Sacramento Invitational at Golden 1 Center on Jan 24-26, fans will see the ultimate level of competition as the world’s top bull riding athletes take on the rankiest bucking bulls in the business.

The 2020 event

marks the seventeenth consecutive year that the PBR returns to California’s capital city, and third consecutive year.

Events like the three-day weekend in Sacramento, where riders look to climb to the top of the standings, are pivotal as the new year’s world title race begins.

Sacramento is one of only six three-day events on the 2020 schedule.

Tickets for the three-day event range in price from \$15 to \$375 and

can be purchased through ticketmaster.com, the Golden 1 Center Box Office, at PBR.com or by calling PBR customer service at 1-800-732-1727.

PBR is the world’s premier bull riding organization. More than 700 bull riders compete in more than 200 events annually. PBR is a subsidiary of Endeavor, a global entertainment, sports and content company. For more information, visit PBR.com. ★

Our Socialist History of Collusion with Russia



Harold Pease, Ph. D

Most understand that socialism conquered its first country, Russia, in 1917 under the leadership of Vladimir Lenin and has always been a revolutionary doctrine never content to allow any people to choose another way. Eighteen months later it was organized to do the same in America. Yes, colluding with Russia has been a part of our history for over 100 years but it has been the Socialists who colluded. We see three times in the 20th Century when its imprint was most evident: after World War I, after World War II and during the Vietnam War. Space permits only a brief summation of each.

“It was in 1919 that a majority of the membership

of the Socialist Party of the United States voted to join the Comintern, established by the Bolsheviks.” It was August 31, that splinter socialist groups formed the Communist Labor Party of America under the leadership of John Reed and Benjamin Gitlow. They quickly attached themselves to labor unions especially the International Workers of the World (IWW) famous for its use of sabotage and violence in protesting World War I.

Allegiance to The 21 Conditions of the Russian Comintern was required for membership so those joining were loyal to the Bolshevik Revolution and its ideology above our own government. One of these 21 conditions read: “Every party wishing to belong to the Communist International must systematically and persistently develop a Communist agitation within the trade unions.” Iron discipline and periodic cleansing rid them of the less revolutionary.

Any enemy of the Soviet Republic was their enemy. They understood that propaganda was their main weapon and it was to be used in spreading the communist ideology and eventually overthrowing

the U.S. government (Steve Byas, “Communist Part USA Is 100 Year Old This Year,” New American, May 20, 2019).

When Lenin encouraged world revolution in 1919, loyal Communists went to work everywhere. In America they called for labor union strikes across the nation “urging the workers to rise up against the government of the United States.” Some 2,600 strikes resulted with over 6,000 arrested. These were accompanied by a wave of bombings, some 36 bombs mailed to prominent politicians in April 1919 alone (“Send Death Bombs to 36 U.S. Leaders” Chicago Tribune, May 1, 1919). In June another 8 bombs, of 25 pounds of dynamite each, was sent to mostly prominent government officials (*Wreck Judge Nott’s Home*, The New York Times, June 3, 1919). In 1920 “a wagonload of explosives was detonated on Wall Street, killing 38 people and injuring 200 others” (Byas). Attorney General Mitchell Palmer’s own home was bombed twice.

Most history textbooks undermine these events and villainize Palmer omitting that the raids were conducted under the authority

of numerous states as well as the federal government. The Constitution defines treason as giving aid and comfort to the enemy which does allow the death sentence. In kindness many found guilty were offered one-way transportation to Russia on the Buford, the ship nicknamed the “Soviet Ark.” Many chose to go there. The only death sentences given for the sabotage and violence of the Red Scare was to radicals Nicola Sacco and Bartolomeo Vanzetti and that for the murders of Frederick Parmenter and Alessandro Berardelli.—not for their political affiliation.

The Great Depression brought the nation to its knees and the Socialist’s, modeling the Russian led USSR, openly planned conquest. William Z. Foster, head of the Communist Party USA, in his book “Toward Soviet America” wrote of what “the American Soviet government” would look like. It would nationalize education, “The studies will be revolutionized, being cleansed of religious, patriotic, and other features of bourgeois ideology. The students will be taught on the basis of Marxist dialectical materialism, internationalism.” All religious schools

and churches would be abolished. God would be banished and all property collectivized (Byas). So much of what he advocated then has been implemented under socialism and liberalism.

With a philosophy mirroring Socialist Russia, America was awash with spies for the Kremlin. Benjamin Gitlow, who defected from the Communist Labor Party of America he co-founded, confided, “The Communist Party of the United States is proud of the spies it has supplied to the Soviet government out of its own ranks” (Byas). Remember it was socialists Ethel and Julius Rosenberg, who passed atomic bomb secrets to the Soviet Union for which they were executed in 1953. Communist State Department, wonder boy, Alger Hiss, also passed atomic secrets to Russia, played a major role in communist victories under Franklin Roosevelt at the Yalta Conference, and became acting secretary-general of the UN in 1945, among other things.

The third major attempt to communize, thus overthrow our system of government, was during the Vietnam

War. I have in my possession hundreds of Senate and House Hearings of American socialists colluding with Russia. So prevalent was the problem that U.S. News and World Report published “Communism and the New Left,” in 1970 with chapters on how Socialists exploited war, blacks, disorder, youth, and labor. A favorite chapter is “Spying for Russia.” We lost the Vietnam War primarily because of the Socialist enemy within America. Consequently, South Vietnam and Cambodia were turned over to the Communists.

Also in my possession is at least a hundred books about U.S. Socialists colluding with Russia. It is a very old story.

Dr. Harold W. Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He taught history and political science from this perspective for over 30 years at Taft College. Newspapers have permission to publish this column. To read more of his weekly articles, please visit www.LibertyUnderFire.org ★

AMALUNA by Cirque du Soleil Opening in Sacramento at Sutter Health Park

Cirque du Soleil Press Release

SACRAMENTO REGION, CA (MPG) - Having the ultimate afternoon or evening doesn't have to be an acrobatic feat! Bring the magic and excitement of AMALUNA by Cirque du Soleil to your itinerary with unique experiences and gifts for your family, friends, and colleagues. AMALUNA has been wowing critics and audiences alike since it opened in San Francisco on November 3, 2019. Hailed as "a grand spectacle" (The Mercury News), an "inspiring fantasy" that "sparkles and charms" (48 Hills), and a "breathtakingly beautiful and magical evening that exemplifies the best Cirque du Soleil can offer" (BroadwayWorld), tickets for AMALUNA make for a one-of-a-kind experience.

AMALUNA will be performing at Sutter Health Park (formerly Raley Field) in Sacramento beginning Wednesday, January 22 through Sunday, February 23, 2020. Tickets for both engagements are available for purchase by visiting www.cirquedusoleil.com/amaluna or calling 1-877-9CIRQUE (1-877-924-7783).

Step behind-the-scenes to experience Cirque du Soleil like never before. Be amongst the few to step backstage and discover what goes on behind-the-scenes before and after the show.

The Behind-The-Scenes Experience includes:



Miranda plays in the waterbowl, discovering her own physicality and expressing her sinuous sexuality. Photo Martin Girardshootstudio.ca Costumes M  r  dith Caron    2015 Cirque du Soleil

- An exclusive pre-show backstage tour;
- A pre-show reception with open bar and hors d'oeuvres;
- Sweet treats and open bar during intermission;
- Premium tickets to the performance;
- Access to an exclusive suite equipped with a private terrace and restrooms;
- Complimentary parking;
- A meet-and-greet with artists from the show after the performance;
- An exclusive gift from AMALUNA

- Hennessy Black VIP Experience**
- Treat family, friends, clients, or employees to the ultimate holiday event! Take your Cirque du Soleil experience to the next level with access to AMALUNA's exclusive suite and some of the best seats under the Big Top.
 - The Hennessy Black VIP Experience includes:
 - Premium tickets to the performance;
 - A pre-show reception with open bar and hors d'oeuvres;
 - Sweet treats and open bar during intermission;

- Access to an exclusive suite equipped with a private terrace and restrooms;
 - Complimentary parking;
 - An exclusive gift from AMALUNA
- Family Packs and Group Tickets**
- Whether with a group of colleagues or your loved ones, there's no better way to spend an evening than at AMALUNA by Cirque du Soleil. Save on tickets with special pricing on family packs and groups of 12 and more.
- Cirque du Soleil Gift Cards**
- Treat someone to an unforgettable

experience with a Cirque du Soleil gift card. Visit www.cirquedusoleil.com/gift-cards or call 1-877-924-7783 (option 4) to purchase.

The Show

Written and directed by Tony Award-winning director Diane Paulus, Cirque du Soleil's 33rd production is a celebration of love and a tribute to the work and voice of women, featuring a cast that comprises mostly women with an all-female band. The show's title is a fusion of the words ama, which refers to "mother" in many languages, and luna, which means "moon," a symbol of femininity that evokes both the mother-daughter relationship and the idea of goddess and protector of the planet. AMALUNA invites the audience to a mysterious island governed by goddesses and guided by the cycles of the moon. Their queen, Prospera, directs her daughter's coming-of-age ceremony in a rite that honors femininity, renewal, rebirth, and balance – which marks the passing of these insights and values from one generation to the next. In the wake of a storm caused by Prospera, a group of young men lands on the island, triggering an epic, emotional story of love between Prospera's daughter and a brave young suitor. But theirs is a love that will be put to the test. The couple must face numerous demanding trials and overcome daunting setbacks before they can achieve mutual trust, faith, and harmony. ★



Unicycle. Photo Markus Moellenberg    2016 Cirque du Soleil



Romeo and Miranda. Photo Martin Girardshootstudio.ca Costumes M  r  dith Caron    2015 Cirque du Soleil Photo Markus Moellenberg    2016 Cirque du Soleil



Juggling. Photo Markus Moellenberg    2016 Cirque du Soleil



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