

# Happy New Year 2020

## Citrus Heights Messenger

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Serving the City of Citrus Heights & Sacramento County

JANUARY 3, 2020

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INSIDE

### SALMON IN A WILD SEASON



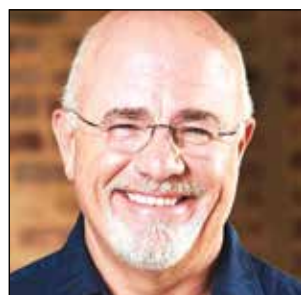
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### STARTING OFF ON THE RIGHT PATH TOGETHER



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## Generosity Delivered

*CHPD Staff Makes the Holiday Great*



Above: The Citrus Heights Police Department and volunteers for the Holiday Referral Program delivered gifts and all the items needed to provide a full holiday meal to community members in need. Right: Sacramento Metro firefighters joined volunteers such as Gigi Rayford, mother of Councilmember Porsche Middleton, and Citrus Heights Police staff for the Holiday Referral gift-giving. Photo courtesy Citrus Heights Police Department

By Tiffany Campbell,  
Citrus Heights Police Department

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Police Department's Holiday Referral Program was a huge success again this year. The program was made possible because of the outpouring of community support and volunteerism within our City. This year 21 families were chosen by a selection committee made up of local

community members. Families were then presented with an amazing amount of gifts and all the items needed to provide a full holiday meal during our annual holiday delivery convoy.

All donated toys, blankets, food, clothing, and money were made possible by the generosity of over 75 donors, including our local businesses, local service clubs, volunteers and City of

*Continued on page 3*



## Citrus Heights Community Marching Band Invites You to an Information Open House

By Helen Brewer,  
Citrus Heights  
Community  
Marching Band

**CITRUS HEIGHTS, CA (MPG)** - Were you a member of your school's marching band and you miss it? Or is your child's school not providing instrumental music opportunities? Or were you a majorette or flag bearer and wish you could do it again?

If any of the above applies, you are most cordially invited to attend the CHCMB 2020 Kick-Off Night on Monday, January 27th. The event will take place in Lichen School's multi-purpose room from 6:30 to 8:30 p.m. The school is located at 8319 Lichen Drive in Citrus Heights.

"We're encouraging people - young and old - who would enjoy being in a band to attend and find out about us," said Kathy Cook, CHCMB's Program Director. "And even though marching is part of our name, some of our members cannot march so they only do our concert performances."

At the Open House, attendees will be able to chat with current band members



The Citrus Heights Community Marching Band members include residents of Citrus Heights, Orangevale, Fair Oaks, Roseville, Rocklin, Loomis, Antelope, Carmichael, Placerville, Yuba City, and Sacramento. Photo courtesy CHCMB

and the band directors. Plus, the band will have a demonstration practice session.

The band practices on Monday nights at Lichen School during the winter and spring months and behind Red Robin restaurant in Citrus Heights during summer and fall. CHCMB performs at about 20 events throughout the year at parades, field shows, and

concerts.

There is no cost to be a member of the band. Uniforms are free and you do not have to be a Citrus Heights resident.

"We appreciate it if band members have their own instruments but we do have loaners available at no cost," said Cook. "The other requirement is that prospective members should be able

to read some music notes."

There are currently 60+ members in the band, ranging in age from 9 to 89 years. Positions include musicians, flag and dance team members, and color and honor guards. Band Director is Kody Tickner and Assistant Band Director is Peter Kowalski. Both are talented musicians who have the skills and talent to work

with musicians of all ages.

"CHCMB let me realize a life-long dream of performing in a marching band," said Jon Jacobs of Orangevale who plays the trombone in the band. "Plus, I can now realize a second dream of teaching my grandchildren to read music."

"When our family joined in 2015, we could not believe there was a free marching band. The uniforms, instruments, and all supplies are provided. We kept waiting to see what the catch was," said Ron and Michelle Stach. They are the parents of 14-year-old Edward who plays the trombone; 12-year-old Elizabeth who plays the clarinet; and 10-year-old Evan who plays cymbals and is learning the trumpet. Plus Dad, Ron, is a member of the band's Honor Guard.

CHCMB was started in 2005 to perform in the Citrus Heights Red, White, and Blue Parade. The parade is no longer but the award-winning band has become one of Citrus Heights most popular assets. For more information, contact Cook at (916) 725-0198 or at abusycook@aol.com. ★

Read More at [www.CitrusHeightsMessenger.com](http://www.CitrusHeightsMessenger.com)



# Salmon Run Out In Wild Season

## Steelhead Spawners Swim In



A courting pair of bald eagles find easy pickings as spawning Chinook salmon struggle upriver near Gold River.

Story and photo  
by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - The recently-finished 2019 spawning season brought glad tidings for scientists monitoring annual chinook salmon runs on the American River. Returning adults this season greatly outnumbered 2018 spawners.

“2018, was an adequate but not fantastic season,” reports Nimbus hatchery staffer Laura Drath. “This year was very good: we saw more fish this fall than we have in years.” In 2018, Drath noted that 5700 adults climbed the hatchery ladder. In the season just past, 8,000 fish made the same climb. Nimbus processing figures do not include thousands of fish that spawn outside the hatchery. These mate in river gravel beds where the females build nests and deposit fertilized eggs. Fish that reach the hatchery are relieved of eggs and milt and artificially spawned.

This harvesting ended before Christmas and the steelhead trout run – which continues until February – is now in full throttle. Meantime, some late-coming chinooks of the 2019 season are still reaching breeding grounds. At three or four years old, they are completing lives – and epic migrations – that include thousands of river and ocean miles. Hell-bent on reproduction, mature salmon leave Pacific waters in autumn; their mass upstream swim is an instinctive return to hatching places. The annual “run” can be

observed from Arcade, Carmichael, Rancho Cordova, Fair Oaks and Gold River outlooks. Thanks to December rain, river water levels were helpfully high for the 2019 spawners. But 30-pound chinook still crawled over riffles and gravel bars with much of their bodies exposed. Battered and close to death, the adults used fins, tails and entire bodies in the struggle against the icy current. Salmon die soon after mating; their carcasses drift downstream to provide winter food for fish, birds, mammals and microorganisms.

From the Nimbus Hatchery harvest, edible salmon parts are salvaged and shipped to Seattle for processing. The meat is then distributed to food closets. Artificially fertilized eggs hatch in about 40 days and are nourished in man-made ponds. In spring, they are about three inches long and begin their river-to-sea migration as smolts.

Operated by the California Department of Fish and Wildlife, The Nimbus Hatchery is now processing the 2019/20 steelhead run. This operation continues until late February. Rainbow hued, spotted and sportive, these anadromous fish may spawn several times in their lifecycle. Though they face similar challenges as the Chinooks in their upstream migration, the urge to breed is stronger than most obstacles that nature or man put in their way.

Anyone may visit Nimbus Fish Hatchery. Learn more at [www.wildlife.ca.gov/fishing/hatcheries/nimbus](http://www.wildlife.ca.gov/fishing/hatcheries/nimbus) ★

# New Habitat Restoration Project

## Nurtures Record Number of Salmon Nests

Submitted by Bruce  
Hartzell, Sacramento  
Suburban Water District

SACRAMENTO REGION, CA (MPG) - Kat Perkins, a scientist with the Sacramento Water Forum, poured over an aerial image of the lower American River near Sailor Bar in Fair Oaks, looking for redds – underwater depressions or “nests” created by female salmon to lay their eggs. Part of an annual ritual to systematically count redds first by inspecting aerial imagery and then in person, last year she found zero. This year was a different story – the area teamed with redds—more than 345 this time around.

The difference? A new habitat restoration effort completed in fall to protect salmon and steelhead in the lower American River, spearheaded by the Water Forum in partnership with the U.S. Bureau of Reclamation and other federal, state and local agencies. Over three weeks in September, the project placed more than 14,000 cubic yards of cleaned and sorted gravel into the river and carved out a new side channel to help fish spawn and rear their young.

“The results are gratifying,” said Tom Gohring, Executive Director of the Water Forum, a nearly 20-year-old organization that represents a diverse group of local water providers, environmental organizations and governments focused on safeguarding the lower American River for both drinking water and wildlife. “Salmon were here long before we were. Nurturing their survival is not only important to sustaining a

species but to also sustaining our region’s identity and quality of life.”

The lower American River is home to 43 fish species, including struggling fall-run Chinook salmon and federally threatened Central Valley steelhead, and is a major water supply source for nearly 2 million people. The river and parkway, which runs 23 miles along the river’s shores, hosts up to 8 million visitors and brings \$364 million into the economy each year.

The restoration project at Sailor Bar is part of the Water Forum’s ongoing science program that uses cutting-edge techniques to further understand how to improve the river’s environment for fish survival. Over the past several decades Water Forum studies have produced detailed information about the conditions salmon and steelhead find ideal for spawning and rearing their young, including:

Detailed underwater maps of the lower American River to identify the best locations for enhancing habitat that also won’t impact flood safety;

The ideal size of gravel and river flow for spawning;

How long it takes for salmon to use a restoration site after construction, and how long they continue to use the site.

How cover (woody material, branches or tree roots) in a side channel improves survival for juvenile fish.

This year’s effort at Sailor Bar was the region’s ninth project restoring fish spawning gravel beds and improving juvenile fish rearing habitat on the lower American River. Since 2008,

the Water Forum and its partners have invested more than \$7 million to create over 30 acres of spawning beds and 1.2 miles of side channels.

“These projects truly represent what can be accomplished when local, state and federal agencies work together toward a common purpose,” Gohring said, noting that the team responsible for this project includes scientists from Reclamation, the Water Forum, U.S. Fish and Wildlife Service, National Marine Fisheries Service and California Department of Fish and Wildlife.

Additional project partners included the Sacramento Area Flood Control Agency (SAFCA) and Sacramento County Parks, as well as the City of Sacramento Department of Utilities, which provided their crews and heavy equipment to the project.

To learn more about the Sacramento region’s habitat restoration work on the lower American River, visit <https://www.waterforum.org/the-river/habitat-management/>.

Established in 2000, the Sacramento Water Forum is a diverse group of business and agricultural leaders, citizen groups, environmentalists, water managers and local governments working together to balance two co-equal objectives: to provide a reliable and safe water supply for the Sacramento region’s long-term growth and economic health; and to preserve the fishery, wildlife, recreational, and aesthetic values of the lower American River. Learn more at [waterforum.org](http://waterforum.org). ★

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Lamb Loin Chops	\$14.99/lb	Boneless Lamb Steew	\$9.99/lb	Ground Lamb	\$7.99/lb

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# Generosity Delivered

*CHPD Staff Makes the Holiday Great*



Citrus Heights Police Department dispatcher Stephanie Adamson brings gifts to families referred in the vicinity of The Meadows apartments in Citrus Heights. Photo courtesy Citrus Heights Police Department

Continued from page 1  
Citrus Heights Employees and community members.

Nearly 150 community members consisting of 62 kids and 35 adults were served by this wonderful program. Hot meals and toys were also provided to 40 additional children who were at the Sayonara Center.

The convoy delivered to four incredibly deserving families who have faced unexpected hardships. Among those chosen, was a single parent of a four year old, who escaped domestic violence and chose the Citrus Heights community as their new home and place for a fresh start; A fireman, supporting a family of four, whose career was quickly eliminated after being hit by an unlicensed, uninsured, drunk driver while off duty; A newborn baby mauled by the family dog who is being raised by a single parent, unable to work fulltime and provide the necessary care for the newborn's injuries; and lastly, a family of six, provided for by two young sisters, who grew up in the Sayonara Center as children, and currently volunteer at



Several fire engines brought fanfare and cheer to the Holiday Referral convoy. Photo courtesy Citrus Heights Police Department



Sergeant Nicole Garing and Communications Supervisor Chela Cottrell brought gifts and smiles to families going through hardships. Photo courtesy Citrus Heights Police Department

the Sayonara Center and give back to the community that provided for them.

The Holiday Referral Program is funded by and made possible because of the generosity and the caring, kind-spirit of the entire Citrus Heights Community.

We are extremely grateful for the partnerships, friendships and unwavering support of the Citrus Heights Community and sincerely thank everyone who made this year's Holiday Referral Program a wonderful success. ★

# Holiday Season House Fire

*By Scott Kermgard, Citrus Heights Police Department*

**CITRUS HEIGHTS, CA (MPG)** - On December 24, 2019 at approximately 2343 hours, neighbors on the 6900 block of Brookhaven Way called 9-1-1 to report a house fire. Citrus Heights Police Department responded to the address and assisted the Sacramento Metro Fire District. Initial reports from neighbors and first responders were the fire started in the back of the residence.

Once the fire was extinguished and fire personnel were able to move into the residence they discovered a deceased adult male in a back bedroom. A Sacramento

Metro Fire District Arson/Criminal Investigator responded to the scene and in coordination with the Citrus Heights Police Department investigated the scene, examined evidence and it appears the fire was accidental. The decedent was the resident of the home. No one else was in the residence at the time of the fire.

The CHPD family and Sacramento Metro Fire District are saddened by this tragedy and offers our warmest condolences to the decedent's family and friends.

Any further questions about this house fire please direct your calls/emails to the Sacramento Metro Fire District's PIO line at 916-859-4589 or email metrofirepio@metrofire.ca.gov. ★

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# Proper Etiquette for Returning Christmas Gifts

Dr. James L. Snyder

The Christmas frenzy is over, and the Gracious Mistress of the Parsonage and Yours Truly are sitting back surveying our Christmas plunder. Only a few days ago, the house was ablaze with Christmas lights, and the rafters were echoing with Christmas delight. Now, much to my delight, quietness is tiptoeing through our house.

In surveying my Christmas plunder, several thoughts, like sugarplums, are dancing in my head. The primary thought is simply, what am I going to do with all these gifts?

My gifts range in several categories.

In the first category, there is aftershave, cologne and deodorant. Obviously, those who know me the best think I stink. The first thing that comes to their mind when they think of me is the Bible verse, "by now he stinketh" (John 11:39). At least they are biblical.

The second category of Christmas gifts is clothing. This covers a large area ... I'm a big man. Two sizes are associated with the Christmas clothing I get each year. Either they are too small or too big. None of my relatives knows me that well.

This brings me to my current dilemma. What can I do with all these Christmas presents, especially the ones I cannot wear or use? What is the best thing to do, re-gift, or return these Christmas presents?

I like the idea of returning presents I cannot use or wear in exchange for something I can use or wear. It is a simple matter of going back to the mall and negotiating the exchange.

If you think the mall is a dangerous place prior to Christmas, try going there the day after Christmas.

It never fails, by the time I have waited in line for my turn to do the exchange; they no longer have my size and give me a rain check. I really hate it when it rains on my parade.

Then there is the idea of re-gifting. I am beginning to like this idea more and more. For this reason, when I unwrap my presents, I am very careful not to tear the wrapping paper. This way, I not only have next year's Christmas present, but I have the wrapping paper to go with it.

The first Christmas I thought of this was a high watermark day in my life. I was proud of myself to be able to kill several birds with one stone. Unbeknownst to

me, the biggest bird I killed was myself.

This did not show itself until the following Christmas when, by not giving this proper thought, I gave people the gift they gave me the previous Christmas. Believe me; I had a lot of "splaining" to do.

Nobody tells you this about Christmas in those etiquette books, but if you are going to re-gift a Christmas present, make sure you remember who gave it to you in the first place.

It is difficult trying to find the perfect gift as only one person has mastered the finesse of it. The Bible says, "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning." James 1:17).

The gift God gives is one that you will have no reason to return.

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



### Dare to Live Without Limits

by Bryan Golden

## Every No Gets You Closer to a Yes



No one wants to be told no when pursuing their dreams. Hearing the word no is extremely frustrating while traveling on the road to success. Too often, no is perceived as either a road block or an insurmountable obstacle.

We are not born with this aversion to no. Children don't accept no. When they are told they can't have what they want, they persist until their weary parents relent. Whether they resort to incessant pleading, whining, or crying, children quickly discover they can outlast their parents' determination.

Salespeople understand that there is a certain percentage of people who will buy their products. If 10% of potential customers decide to buy from them, then they expect 90% of potential customers say no. Therefore, a salesperson realizes that each no gets them closer to the next yes.

Successful job hunters are well aware of this process. Regardless of one's qualifications, being turned down numerous times usually precedes getting that first job offer. Walt Disney, Dr. Seuss, and Stephen King, were all rejected numerous times before attaining success.

Successful people understand that they must get through a certain number of no's in order to reach a yes. They view getting past no's as a requirement for getting to yes. There are no

shortcuts. This process is part of the journey.

The same process applies to you. Each no you encounter moves you closer to a yes. The challenge is to not become discouraged along the way. Failure is assured when you give up before getting the yes you are seeking.

You must keep moving forward after each no. Continuous positive action propels you toward the next yes. Taking your next step is what matters. Maintaining a positive, can-do attitude is essential. You attitude needs to be recharged daily. Connecting with other, like minded, motivated people is a tremendous asset. Reading or watching motivational materials also keeps you positive.

Avoid and ignore the many naysayers who are constantly offering negative criticism. These people focus on no and don't believe you can get to yes. They offer every possible reason to justify what they see as your failure.

Reasons to succeed propel you forward. Excuses justifying failure stop you. Getting to a yes is a systematic progression. Each no is a stepping stone which gets you closer to your goal.

Sometimes getting no's indicates an adjustment might be necessary. Examine your strategy to see if any changes are warranted. Study other successful people and their

approaches. A slight modification to your approach can produce improved results.

Overcoming no's requires a solid belief in yourself that you have what it takes to get to yes. Any self-doubt erodes your confidence. One of your biggest assets is the perseverance to keep going, in spite of the no's, until you get the yes you are seeking.

A burning desire to reach your goal fuels your persistence. When your goal is important to you, and you want it badly enough, you won't be deterred by no's. People who are not excited by their goals readily give up as soon as the no's start.

Attitude is the difference between success and failure. Considering each no as an obstacle diminishes your motivation. Conversely, viewing each no as essential, strengthens your resolve. Ironically, both successful people and failures are faced with numerous no's. It's what they do after each no which makes the difference.

Look forward to each no you receive. It means you are one step closer to a yes. Don't get discouraged. More no's may be required than you would like. However, once you get to yes, all of the no's will have been worth it.

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



By Marlys Johnsen Norris, Christian Author

Our Jewish brothers and sisters leave this amazing genealogy and legacy to all of us who have accepted Christ as our Savior and Lord. Because men of God recorded these facts we have them today as proof of the Truth of the Faith we believe today. We are a grateful people because of them.

**“The book of the ancestry (genealogy) of Jesus Christ, the Messiah, the Anointed, the son (decendant) of David, the son (decendant) of Abraham. (Ps. 132:11; Isiah 11:11)**

**Abraham** was the father of Isaac, **Isaac** the father of Jacob, **Jacob** the father of Judah and his brothers, **Judah** the father of Perez and Zerah, whose mother was **Tamar**; Perez the father of Hezron, **Hezron** the father of Aram, Aram the father of Amidadab, **Aminadab** the father

## Come To God's Altar And Receive!

of Nashon, **Nashon** the father of Salmon, Salmon the father of Boaz, whose-mother was **Rahab**; **Boaz** the father of Obed, whose mother was **Ruth**; **Obed** the father of Jesse, **Jessee** the father of King David, **King David** the father of Solomon, whose mother had been the wife of Uriah; (Ruth 4:18-11; I Chron 2:13-15) **Solomon** the father of Rehoboam, **Rehoboam**, the father of Abijah, **Abijah** the father of Asa, **Asa** the father of Jehosphaphat, **Jehoshaphat** the father of Joram, Joram the father of Uzziah, Uzziah the father of Jotham, Jotham the father of Ahaz, Ahaz the father of Hezekiah, Hezekiah the father of **Manasseh**, Manasseh the father of Amon, **Amon** the father of Josiah, And **Josiah** the father of Jechoniah and his brothers, about the time of the removal (Keportation) of Babylong (II Kings 24:14, I Chron. 3:15o-16) After the exile to Babylon, **Jechoniah** because the father of Shealtiel (Salathiel), **Shealtiel** the father of Zerubbabel, **Zerubbabel** the father of Abiud, **Abiud** the father of Elihud, **Elihud** the father of Eliazar, **Eliazar**

the father of Matthan, **Matthan** the father of Jacob, **Jacob** the father of **Joseph, the husband of Mary of whom was born Jesus Who is called the Christ. (Matthew 1:1-16)**

God desires for each of us to be blessed as we present our bodies and our lives before the Altar of God, our Creator of all that exists. When you do accept His Beloved Son, Jesus as your Lord and Savior, a “miracle of God will happen” and you will be “born again.” ... Within a very short period of time you will realize something is very different has happened within you as God's Holy Spiirt cleanses and washes away areas in your life that have tarnished even your image of yourself.

Jesus, God's Son willingly came into this world to die and cleanse away all sins. To save mankind from the sins they commit that keeps them from ever enjoying eternity in heaven when they die. **JESUS provided the Way, the Truth and the Light to SAVE OUR SOULS!**

Marlys Johnsen Norris Author and Stephens Minister  
[Marlysjn@gmail.com](mailto:Marlysjn@gmail.com) ★



By Pastor Ray Dare

Life is not an unbroke-series of victories. Everybody experiences failure in life. We all have setbacks, failures, defeats, losses. Sometimes a defeat can overwhelm you. This is the way Job felt when he said, “*My days have passed. My plans are shattered and so are the desires of my heart.*” Job 17:11

What do you do when you feel like “*your days are past and your plans have been shattered*”? God says, “*Forget what happened before, and do not think about the past. Look at the new thing the I am going to do. It is already happening. Don't you see it? I will make a road in the desert and rivers in the dry land.*” Isaiah 43:18-19. God says there are three ways you can make a fresh start this year.

**Forget the Past.** Your past is past. You cannot change the past by worrying about it or by

## Pastor Ray's Encouraging Words

You Can Make a Fresh Start

resenting it. If you failed at something, you're not washed up unless you choose to quit and reject God's grace. God will forgive you; you need to learn to forgive yourself. If someone has failed you, then the only way you're going to get on with your future is when you forgive them. Forgiveness is a choice, not a feeling. You choose to forgive them by choosing not to focus on the hurt, the offense. That's what God means when he says, “... **don't think about the past.**”

**Perceive Your Possibilities.** God says, “**Look at the new...**” Don't ponder your past - Perceive your possibilities. Be positive and expect God to complete what He started in you. “*God began doing a good work in you, and I am sure he will continue it until it is finished when Jesus Christ comes again.*” *Philippians 1:6 (NCV)* You may think, “*It's too late, I've lost too much time, I'll never recover, my life is half over, I'm not even going to try to try again!*” Don't even think that way – not

for a minute! Yes, you may have blown it. You may have fallen out of the race. You may have even been pushed out by other people. But God is not through with you! It's not how you start the race of life that matters - it's how you finish.

**Expect God's Help.** God says, “**I will make a road in the desert and rivers in dry land.**” God says “*I will do it.*” I will do for you what you cannot do for yourself. God says, ‘I will make a road...a way out.’ Maybe you've felt emotionally overwhelmed, God says, ‘I will make rivers in dry places...I will refresh you.’

One of my favorite verses in the Bible is Jonah 3:1, “*And the word of the Lord came unto Jonah a second time.*” God is the God of second chances. I don't care how many times you've failed, God never gets tired of forgiving and it's never too late to start over!

**Pastor Ray**  
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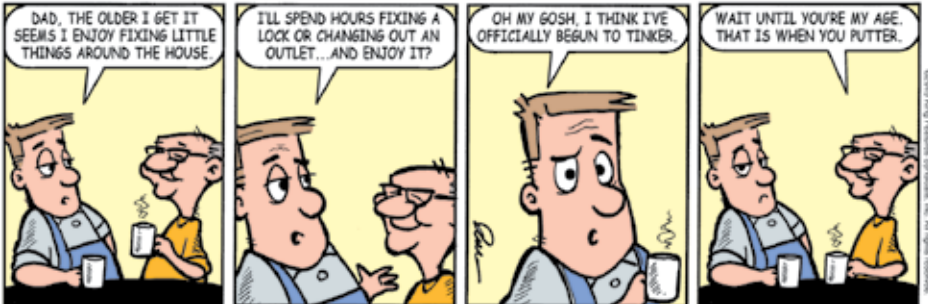
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# WEEKLY COMICS

### Amber Waves



by Dave T. Phipps

### Out on a Limb

by Gary Kopervas



### R.F.D.

by Mike Marland



### GRIM BEAR IT



### LAFF-A-DAY



"I think we all know where this is going ..."

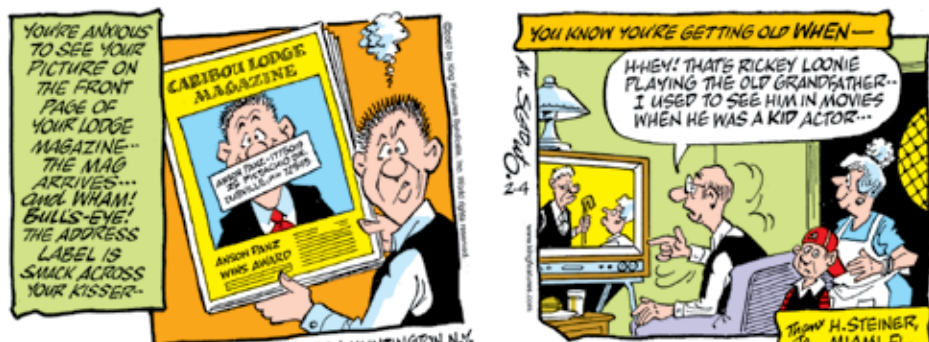
### The Spats

by Jeff Pickering



### THEY'LL DO IT EVERY TIME

BY AL SCADUTO



LIKE IT IS DEPT. IN TEENAGER HEKKE'S ROOM, THE DRAWERS, CLOSETS, CABINETS ARE LOADED WITH JUNK... AND WHAT IS EMPTY AND NEVER USED? ASK MOM... SHE KNOWS... —THANK TO ADAM & LAUREN S. NASHVILLE, TENN.



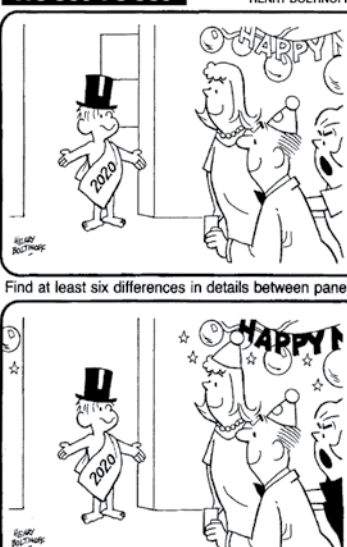
### Just Like Cats & Dogs

by Dave T. Phipps



### HOCUS-FOCUS

BY HENRY BOLTHOFF



Differences: 1. Woman's shirt is black. 2. Stars added to wall on right. 3. Woman is wearing hat. 4. Letters are black. 5. Window is missing. 6. Decorations added to wall on left.

### Crossword Puzzle on Page 7

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

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### Sudoku Puzzle on Page 7

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

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Ask Toni

# Why Is My Medicare Part B Costing \$704?



Toni:

My Medicare began on November 1 st and on December 16 th I received my first bill which is \$704.80 for my Medicare Part B. This bill is due December 25th and it is only giving me 10 days to pay which making this not a very Merry Christmas or Happy New Year.

I do not see this Medicare cost anywhere on the Medicare site or in any information I received when I came into the Toni Says office for my Medicare consultation.

Am I being charged the Medicare Part B penalty? I signed up before I turned 65. What is wrong? I thought the monthly Part B amount would be around \$135. Any suggestions because this has placed an unexpected financial hardship on me. Thanks, David from Conroe

David:

Great Medicare news for you David ... You are not being charged

**EXTRA or a penalty!!**  
You have been charged for 5 months of Medicare Part B premiums because you are not receiving a Social Security check to have your Medicare premiums taken out of.

**Feel better now!**

Most that are paying their Medicare premiums monthly have the premium taken from their Social Security check. Social Security will automatically take the Medicare premiums monthly from a person's Social Security check. Social Security will send a letter informing the Medicare beneficiary that Social Security is deducting the monthly Medicare Part B premiums from ones Social Security check. David this is not your situation.

The average Part B premium for those who income is \$87,000 or less as an individual or \$174,000 or less as a couple is \$135.50 for 2019 and \$144.60 for 2020. David, if you divide your premiums of \$ by 5 months is around \$141 per month. Which is \$135.50 per month for November and December and \$144.60 for January thru March.

Medicare has a program that can allow one to pay premiums on a monthly basis by either paying via check, bank draft, debit card or credit cards. The program is called

**"Medicare Easy Pay"**

One can GOOGLE "Medicare Easy Pay" online or search on the [www.medicare.gov](http://www.medicare.gov) website for Medicare Easy Pay to set up Medicare Easy Pay or form to download to pay monthly.

If one does not stay current paying their Medicare premiums, whether it is Part A, B, C and/or D, then they can lose their benefits and may be charged a penalty when they re-enroll. (When one does not have 40 working quarters to qualify for Medicare, then they may have to pay a premium for Part A.)

It may take about 6-8 weeks to have the "Medicare Easy Pay" form processed and you should make sure that you keep up with your monthly premiums being paid, so that your Medicare Parts A, B, C and/or D are kept on a current basis.

David, I am proud to announce that the Toni Says Medicare team now has a Toni Says Medicare hotline at 832/519-8664 to help America answer questions concerning the maze of Medicare.

*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](http://www.tonisays.com).* ★

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# Sacramento County DA Reports



**Defendant Sentenced for Murder During Robbery**

**DATE:** December 20, 2019  
**CASE:** Shylow Therman (Case #18FE024651)  
**PROSECUTOR:** Deputy District Attorney Casey Newton, Homicide Unit

The Honorable Laurel White sentenced Shylow Therman to life in prison without the possibility of parole. On November 21, 2019, a jury convicted Therman of the first-degree murder of Dorthea Brewer with the special circumstance that Therman committed the murder while engaged in a robbery. The jury found that Therman personally discharged a firearm causing death. The jury also found that Therman had previously been convicted of armed bank robbery in Federal court, a strike under California law.

On December 22, 2018, the victim went to a store on Florin Road to buy lottery tickets. Shylow Therman was also in the store and stood behind the victim in line. When the victim returned to her vehicle, Therman stuck a gun in the window, grabbed the victim's purse and demanded her money. During the struggle at the window, Therman shot the victim once in the head and then fled. Sacramento Fire transported the victim to the hospital, where she died. Detectives recognized Therman in surveillance video from the store. When Therman was arrested, he had a .40 caliber black Glock pistol in his waistband. The District Attorney's Crime Lab matched the firearm to the .40 caliber shell casing that was found at the shooting scene.

xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

**Defendants Convicted for Murder and Attempted Murder of a Witness**

**DATE:** December 17, 2019  
**CASE:** Danqwail Jones & Eddie Lewis (Case #16FE012489)  
**PROSECUTOR:** Deputy District Attorney Shelly Lazzaretto, Homicide Unit

Danqwail Jones was convicted by a jury of conspiracy to murder Deonte Whiteside, murder of Deonte Whiteside while armed with a firearm, and conspiracy to murder Moani Finch while armed with a firearm. Eddie Lewis was convicted of conspiracy to murder Moani Finch while armed with a firearm and attempted murder of Moani Finch, with allegations of premeditation and intentional discharge of a firearm causing great bodily injury found true.

On June 22, 2016, Danqwail Jones obtained Moani Finch's Snapchat credentials to contact Mr. Whiteside. The account was then used to lure Mr. Whiteside out of his home, where he was shot and killed. When Ms. Finch found out that Jones used her Snapchat account to set up Mr. Whiteside, she expressed her shock and confusion to Jones. Jones told Ms. Finch to keep her mouth shut and instructed her to meet Lewis. Lewis then picked up Ms. Finch, drove her to a park and shot her multiple times. Ms. Finch survived her injuries.

Eddie Lewis faces a maximum sentence of 40 years to life in prison. Jones faces a maximum sentence of 36 years to life in prison. Sentencing is set for March 27, 2020, at 9:00 a.m. in Department 30 before the Honorable James McFetridge

 ★

xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx


**Defendants Convicted for South Hagginwood Homicide**

**DATE:** December 18, 2019  
**CASE:** Nicolaus Garcia & Felicia Bauman (Case #18FE012890)  
**PROSECUTOR:** Deputy District Attorney Omar Singh, Homicide Unit

Nicolaus Garcia was convicted by a jury of the first-degree murder of James Hunt while armed with a firearm. Felicia Bauman pled no contest to voluntary manslaughter while armed with a firearm.

On January 28, 2018, James Hunt was with an acquaintance who was struck with a car passenger door. Both men followed the car, which had crashed into a fence at the Intersection of Belden and Arcade. Felicia Bauman drove up on the scene with

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- Compliance with new and existing regulatory and permit procedures?

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# Crime Reports



## Citrus Heights Police Report

December 23<sup>rd</sup>  
December 29<sup>th</sup>

- Date: 12/23/2019:** Time: 7:56 AM • IR Number: 11910245  
Crime: **594(A)(1) PC: Deface W/Paint/Etc**  
Location Type: School • Public Address: 75XX GREENBACK LN  
Agency: Citrus Heights Police Department
- Date: 12/24/2019:** Time: 2:34 AM • IR Number: 11910282  
Crime: **459 PC: Burglary - Vehicle**  
Location Type: \*Theft from Vehicle\* • Public Address: 84XX MARIPOSA AV  
Agency: Citrus Heights Police Department
- Date: 12/24/2019:** Time: 11:29 PM • IR Number: 11910284  
Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**  
Location Type: Street/Highway • Public Address: 72XX OAKBERRY WY  
Agency: Citrus Heights Police Department
- Date: 12/25/2019:** Time: 4:13 AM • IR Number: 11910290  
Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**  
Location Type: Street/Highway • Public Address: 68XX ANTELOPE RD  
Agency: Citrus Heights Police Department
- Date: 12/26/2019:** Time: 11:20 PM • IR Number: 11910317  
Crime: **459 PC: Burglary - Vehicle**  
Location Type: Parking Lot • Public Address: 79XX AUBURN  
Agency: Citrus Heights Police Department
- Date: 12/27/2019:** Time: 1:31 PM • IR Number: 11910324  
Crime: **459 PC: Burglary - Residential**  
Location Type: Department Store/Big Box Store • Public Address: 61XX SUNRISE MALL  
Agency: Citrus Heights Police Department
- Date: 12/28/2019:** Time: 1:41 PM • IR Number: 11910363  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Apt/Condo/Duplex • Public Address: 74XX MARIPOSA AV  
Agency: Citrus Heights Police Department
- Date: 12/28/2019:** Time: 9:40 PM • IR Number: 11910376  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Street/Highway • Public Address: 74XX MAR VISTA WY  
Agency: Citrus Heights Police Department
- Date: 12/28/2019:** Time: 4:31 PM • IR Number: 11910360  
Crime: **594(A)(2) PC: Vandalism: damage Property**  
Location Type: House (includes driveway) • Public Address: 61XX TERRELL DR  
Agency: Citrus Heights Police Department
- Date: 12/29/2019:** Time: 8:53 AM • IR Number: 11910378  
Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**  
Location Type: Parking Lot • Public Address: 78XX GREENBACK LN  
Agency: Citrus Heights Police Department

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TV  
GUIDE  
MAGAZINE

CHEERS & JEERS

By Damian Holbrook

Cheers to  
The Morning Show

for getting its act together. After a scattered first season – with a WTF musical bit – Apple TV+’s glossy drama delivered a nerve-shredding, perfectly paced finale that saw feuding news anchors Alex and Bradley (Jennifer Aniston and Reese Witherspoon) uniting on-air to take down the toxic men at the top.

Jeers to The  
Masked Singer’s Off-Key  
Eliminations

Maybe it all sounds differently from inside the studio, but we cannot mask our disappointment that actual vocalists like Ana

Gasteyer, Destiny’s Child alum Michelle Williams (pictured) and Patti LaBelle were sent home before some dude who plays basketball in Indiana. Either the voting system or the judges’ hearing needs to be fixed.

Jeers to The Screen  
Actors Guild Awards

for snubbing *Succession* after it thrilled us with the bravest second season ever. Ignoring HBO’s sharp satire and the insanely gifted ensemble of Jeremy Strong, Sarah Snook (pictured), Kieran Culkin and Brian Cox as a Machiavellian media family? Maybe SAG should be renamed SAD.

Cheers to The Witcher

for being a suitable heir to



Cannot mask our disappointment that actual vocalists like Ana Gasteyer, Destiny’s Child alum Michelle Williams (pictured) and Patti LaBelle were sent home before some dude who plays basketball in Indiana.

Game of Thrones. With star Henry Cavill (apictured) killing it as a demon hunter to die for, Netflix’s brutal, big-budget adaptation of the popular book and video game series is filling the Westeros-size hole in our hearts with television that isn’t afraid to add some quiet, human moments to its epic fantasy. ★

*Easter or Fourth of July?*) But it seems a long shot, because the limited-series format was always something of a risk for Fox, and neither the reviews nor the ratings made this look much like a hit franchise. Part of the problem was that this seemed to have come out of nowhere and didn’t fit in with any of Fox’s regular programming, and double-running episodes on three nights (not all of them consecutive) presented another scheduling hurdle. If Fox does order more – I can’t imagine anyone else stepping up, though these days you never know – we’ll be sure and report it.

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



ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Will The Hilarious  
Moody’s Be Back?

**Question:** I’ve just finished watching the final episode on Fox of *The Moody’s Christmas* limited series with Denis Leary. That thing is a REAL HOOT! Funniest sitcom I’ve seen in a long time. Is there ANY chance that show will be picked up and continue with the same format, same actors – by any cable company? – Virginia

**Matt Roush:** Happy

to start off my final Ask Matt column for the year on a positive note. Glad you enjoyed *The Moody’s*, even though that TV family (which also included Elizabeth Perkins and Jay Baruchel) didn’t seem to be enjoying their holiday much throughout the six episodes. There is a remote possibility you could see the family again in another limited format, built around another family gathering at a different holiday time. (*A Moody’s*



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## *Sending a Holiday Salute and Care Packages*

By Patrick Larenas

**RANCHO CORDOVA, CA (MPG)** - On Friday, December 20, community volunteers and members of the military community at Move America Forward put on a concerted effort to ship some 2500 Christmas boxes to members of the armed forces stationed abroad. “Those gifts are donations made through the nation’s largest grassroots, pro-troop organization grateful for its service men and women,” said Shawn Callahan executive director for the organization.

“In addition to being a beautiful holiday gesture,” says Move America Forward outreach director Scott Raab, “this national organization is dedicated to providing year-round provisions for those deploying from the Sacramento area.”

Dressed up as one of Santa’s elves for the occasion, volunteer Darlene Markus said, “I began volunteering for MAF on a regular basis after my husband, a Vietnam veteran, passed away, and I wanted to be involved supporting others going through that experience.”

After receiving a Move America Forward care package via U.S. Postal Service, U.S. troops stationed in foreign and oftentimes hostile lands appreciate the bond of solidarity the 501(c)3 charity fosters.

For more information or to donate visit [www.moveamericaforward.org](http://www.moveamericaforward.org) ★



Move America Forward, members of the military community and volunteers stand by their stations, sending a salute to our service men and women. Photo by Patrick Larenas



Scott Raab is the Move America Forward outreach director. He served in the U.S. Navy as a communications specialist. Photo by Patrick Larenas



Move America Forward volunteer Erica Allen and FedEx Freight worker Matt Kimmel operating the pallet jack. Photo by Patrick Larenas



US armed forces recruiters were part of the military presence at the Care Package event. From left to right: Jonathan Martinez, U.S. Navy Recruiter; D'Andre Hardin, U.S. Army Recruiter; and Regina Fatigati, U.S. Navy Representative. Photo by Patrick Larenas



Move America Forward outreach director Scott Raab sends a thumbs up and a shipment of some 2500 boxes to military service men and women. Photo courtesy MAF



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