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# Citrus Heights Messenger

VOLUME 9 • ISSUE 29 Serving the City of Citrus Heights & Sacramento County DECEMBER 13, 2019

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## Citrus Heights Celebrates Kickoff to Christmas Season



Above: Citrus Heights drug sniffing police K-9 Farley and handler Detective Dave Moranz powered Santa's reindeer sled. Right: Each boy and girl had their opportunity to speak personally with Santa Claus. Photo Meagan Schwall

**By Elise Spleiss**

**CITRUS HEIGHTS, CA (MPG)** - Despite the balmy 56-degree weather, snow fell for the first time on Citrus Heights City Hall, just in time for the 23rd Christmas Tree Lighting celebration on December 5.

A 2-story tall Rudolph the Reindeer overlooked festivities as hundreds of excited children and their families spent an evening enjoying the good weather, food, music, train rides, human snow globe bounce house, face painting, and photos with Santa.

As is tradition, the 50-piece Citrus Heights Community Marching Band (CHCMB) started off the event for early attendees with a 30-minute concert of traditional holiday tunes.

To kick off the evening emcee

Jingle Julie invited children to the front to help her lead the crowd in 'Here Comes Santa'. Following the sound of the music, Santa Claus found his way through the crowd and appeared to the cheers of all. More cheers, "Oohs and Aahs" were heard as Mayor Jeannie Bruins and Santa hit the switch to light the majestic 23-foot redwood tree.

Mayor Bruins and City Manager Chris Boyd greeted attendees and thanked city staff, the Citrus Heights Police Department for all they do, and recognized event sponsors.

Lines formed quickly for the complimentary cookies, hot apple cider and the cocoa provided by TLC

Caterers. Another favorite was the miniature train provided by Inflate the Fun, as it carried families around the parking lot. Kids of all sizes had a blast literally bouncing off the

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## The Flu Has Had Serious Consequences in Sac County

**By Brenda Bongiorno,  
Sacramento County**

**SACRAMENTO COUNTY, CA (MPG)** - The flu season is already in full swing in Sacramento County. With these flu cases increasing so early in the season, Sacramento County Public Health urges everyone to prioritize getting the flu shot now to protect you and your family from the deadly virus.

Since the beginning of this year's flu season, 12 flu cases have been admitted to the Intensive Care Unit (ICU) in Sacramento County and Public Health has received reports confirming influenza has claimed the life of a Sacramento County 66-year-old, as well as a 7-year-old who had multiple underlying medical conditions. This is the second pediatric death in California for the 2019/20 flu season.

Getting vaccinated is the best defense against the flu, but it takes a couple of weeks after vaccination for the body to build immunity. The strains of influenza that are circulating in Sacramento County this season are Influenza B, which is most prevalent among the cases (ICU and deaths, all ages) reported to Public Health, and Influenza A (not subtyped and subtype H1N1 and H3N2). The flu vaccine, which is readily available, covers the strains of the flu that have been detected in Sacramento County.

The California Department of Public Health and the Centers for Disease Control and Prevention (CDC) recommend annual influenza vaccinations for everyone six months of age and older - including pregnant women - who do not have medical contraindication to receiving the vaccine.

A person's decision to receive the flu vaccination or not affects the entire community - especially those who medically cannot have the flu vaccine. Those who have regular contact with people more vulnerable to the complications of flu - including babies, children with chronic health conditions such as asthma and diabetes, and adults 65 years and older - should get vaccinated so the flu virus isn't spread to them.

"Everyone in the community, who can get vaccinated, should get vaccinated. Vaccination is the best protection against the flu, which is a preventable illness," Sacramento County Public Health

*Continued on page 8*

## Hundreds Attend First-Ever Meet Your Citrus Heights Schools Event

**San Juan Unified  
School District  
Press Release**

**CITRUS HEIGHTS, CA (MPG)** - San Juan Unified hosted its first Meet Your Citrus Heights Schools event on Wednesday, Nov. 13, at the Citrus Heights Community Center. Representatives from the district's 12 Citrus Heights schools were at the event to educate families on what they have to offer. In addition, community members enjoyed raffle prizes, children's activities, student performances and refreshments catered by students from the San Juan High School culinary program and Texas Roadhouse. Colin Bross, principal of Mesa Verde High School, was the master of ceremonies for the event.

"This is a great opportunity for families to kind of hit



Kids get to see displays from various schools such as Carriage Drive Elementary. SJUSD photo

a one-stop shop, especially if you have multiple kids, going to different schools - elementary, middle and high school," said Vanessa

Adolphson, principal of San Juan High School. "It gives you a chance to see what everyone has to offer, and hopefully families will find

the right school for them."

Each school's booth had a representative to talk about what programs they have

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



# SacRT Holiday Bus Benefits Riders and Children’s Charity



This year’s SacRT Holiday Bus is an inspiration. Left to right: SacRT Board Director and Sacramento City Councilmember, Jay Schenirer; SacRT Board Chair and Sacramento County Supervisor, Patrick Kennedy; Rayne McKenzie, SCH Board Member and former Crisis Nursery Client; SacRT bus driver, Reakerl Randall-White; Sacramento Children’s Home CEO, Dr. David Baker; and SacRT GM/CEO Henry Li. Photo courtesy of SacRT

By Jessica Gonzalez, SacRT Press Release

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Regional Transit District (SacRT) and the Sacramento Children’s Home unveiled this year’s SacRT Holiday Bus. SacRT showed off the colorful 40-foot holiday inspired bus and speakers discussed the importance of the program.

“This is a special time of year and a very special time for SacRT to thank our riders and give back to our community,” said SacRT GM/CEO Henry Li. “Each year, we say thank you to our riders, by making it free to ride the holiday bus, but we also select a charity that can benefit from donations that can be deposited in the farebox when boarding the holiday bus.”

New this year, Holiday Bus passengers now have the option to text their donation

right from their smartphone -- simply text GIVETOSCH to 44321, or they can make a cash donation in the farebox. All donations benefit the Sacramento Children’s Home.

“The Sacramento Children’s Home is honored and thrilled to be selected by Sacramento Regional Transit as the beneficiary of this year’s Holiday Bus,” said Sacramento Children’s Home CEO Dr. David Baker. “This partnership will help raise not only important resources that support the children and families we serve, but also awareness about the Sacramento Children’s Home and our mission to open doors to the future by maximizing the potential of children and families.”

The Sacramento Children’s Home was founded in 1867 and today it is the most comprehensive

child and family service organization in Sacramento County serving more than 7,000 children and 4,300 families each year through a broad spectrum of residential, community-based, mental health and educational programs. Through its multiple programs at six sites in the county, the Sacramento Children’s Home offers prevention, early intervention and treatment programs that are critical to strengthening families and stopping the generational cycle of child abuse and neglect. More information is available at kidshome.org.

“I’m proud that SacRT has this opportunity to highlight the amazing work the Sacramento Children’s Home is doing for our area youth and families and I am even more excited that we can share that with our riders when they step on board

this year’s Holiday Bus,” said SacRT Board Chair and Sacramento County Supervisor Patrick Kennedy.

“The Sacramento Children’s Home is a perfect partner this year, as SacRT has teamed up with the city and school districts to offer free transit for youth throughout the entire SacRT service area,” said SacRT Board Director and Sacramento City Councilmember Jay Schenirer. “Some of these kids and families that benefit from the programs at the Sacramento Children’s Home are our next generation of transit riders.”

The SacRT Holiday Bus travels on different routes throughout the Sacramento region spreading goodwill from Sunday, December 1, 2019 through Wednesday, January 1, 2020. View the Holiday Bus schedule at sacrt.com. ★

# Rob Kerth Elected SMUD Board President

SMUD Press Release

**SACRAMENTO COUNTY, CA (MPG)** - SMUD’s Board of Directors elected Rob Kerth as President of the Board. His term as president will run from January through December 2020. He previously served as board president in 2015. Kerth has been serving his second term on the SMUD Board of Directors since 2014. Kerth was previously elected to the SMUD Board in November 2008 and served a four-year term. He represents Ward 5 which includes midtown, downtown, North Sacramento, Natomas, Rio Linda and Elverta.

Kerth is a third-generation Sacramentan and former two-term city councilman who got his start in public service as a neighborhood activist for the historic Woodlake district of North Sacramento. While on the Sacramento City Council, he was recognized as a major force for revitalization efforts not only in his district but also in other long-established neighborhoods.

During his time with the city of Sacramento, Kerth also specialized in regional problem-solving. His assignments included the Sacramento Area



Rob Kerth, SMUD Board President. Photo: SMUD

Council of Governments, Sacramento Regional Transit District and the Sacramento Area Flood Control Agency. Kerth developed notable expertise on infrastructure issues throughout the six-county Sacramento region.

Kerth founded Ice Unlimited, which brought Sacramento and Folsom their original holiday ice rinks. He is also responsible for the design of ice rinks in Sacramento’s Arco Arena and at Squaw Valley U.S.A.

A graduate of Stanford University, Kerth holds a master’s degree in mechanical engineering with an emphasis in controls and systems. He and his family still live in Woodlake, less than three blocks from his childhood home. ★



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# Rancho Cordova Police Department Halts Unsafe and Illegal Marijuana Cultivation



The Rancho Cordova Police Department is taking a proactive role in seizing illegal marijuana cultivations to prevent further illegal activity. RCPD photo

By Sergeant Tess Deterding,  
Sacramento County Sheriff's Office

SACRAMENTO REGION, CA (MPG) - The Rancho Cordova Police Department (RCPD) is taking a proactive approach to identify and halt illegal marijuana cultivation to prevent illegal activity and nuisances for residents and businesses in the City of Rancho Cordova.

According to the Rancho Cordova Municipal Code, up to six plants may be cultivated indoors in a private residence in the city. However, RCPD is seeing unsafe and illegal cultivation in residential and business areas that far exceeds this plant requirement.

RCPD recently added an officer focused on illegal marijuana cultivation investigations and enforcement to enhance its ability to investigate tips from the community and take action to stop this unsafe and illegal activity.

“Our proactive approach was developed in response to community feedback,” said RCPD Assistant Chief of Police Jeff Schelldorf. “Illegal marijuana cultivation impacts quality of life. It creates building and safety hazards, generates nuisances for residents and businesses, and can lead to other types of crimes.”

At a time when there is high demand for industrial space and less than 1% of industrial space vacancies in areas of Rancho Cordova, this proactive approach also ensures businesses in the second largest employment center in the region can continue to expand and grow, and those that are operating illegally are not.

RCPD recently identified and halted the following illegal marijuana cultivation:

On November 22, 2019, RCPD served a

search warrant at one location suspected of illegal marijuana cultivation. RCPD located an illegal marijuana cultivation operation consisting of around 3,100 live marijuana plants. Around 1,320 pounds of marijuana, including the live plants, were destroyed. In addition, RCPD located and seized around \$1,000 in cash. RCPD arrested 29-year-old Serezha Darmoyan of Rancho Cordova and 64-year-old Krikor Jakalian of Citrus Heights on multiple charges relating to illegal marijuana cultivation and sales.

On October 9, 2019, RCPD served search warrants at three locations pertaining to illegal marijuana cultivation. RCPD located an illegal marijuana cultivation operation consisting of around 800 live marijuana plants. Around 670 pounds of marijuana, including the live plants and processed and dried marijuana, were destroyed. In addition, RCPD located and seized items indicative of sales and around \$37,000 in cash. RCPD arrested 41-year-old Jeremy Mills of Folsom, 34-year-old Jaimee Mills of Folsom, and 36-year-old Maxim Yegorov of Sacramento on multiple charges relating to illegal marijuana cultivation and sales.

RCPD is asking residents and businesses to be our eyes in the community to help stop illegal marijuana cultivation. If you think there may be illegal marijuana cultivation in your area, please contact RCPD’s Problem Oriented Policing Unit at 916.875.9600.

*Note: B-roll footage is available for download at [RanchoCordovaPD.com/RCPDPressRoom](http://RanchoCordovaPD.com/RCPDPressRoom). This footage is password protected. Please contact 916.542.3875 or [adownton@cityofranhocordova.org](mailto:adownton@cityofranhocordova.org) for access.* ★

# Citrus Heights Celebrates Kickoff to Christmas Season



Decorating and adorning kids gets everyone in the spirit for the holidays. Photo Meagan Schwall

Continued from page 1

walls inside the two human bounce house snow globes furnished by Real Time Magic Events.

Inside the city hall foyer, long lines of excited children formed for a photo opportunity with Santa. Citrus Heights drug sniffing police K-9 Farley and handler Detective Dave Moranz were seen posing for photos with Santa. Farley made it clear he would rather be doing his job sniffing for drugs at the post office.

Face painting was sponsored by Republic Services. Area pageant princesses and ambassadors working with director Tamara Baru-Brown mingled with the crowd along with the Sunrise Marketplace Christmas Mice.

This is the fourth Christmas tree lighting event at the Citrus Heights City Hall which opened for business on August 9, 2016. The tree was planted near the main entrance to



Santa Claus got to hear everyone’s requests, including those of Citrus Heights Mayor, Jeannie Bruins. Photo Meagan Schwall

city hall during the building’s construction in 2015 and 2016. The Christmas tree can be seen with lights on day and night at 6360 Fountain Square Drive.

Sponsors of the event were Republic Services, Sunrise Marketplace and American River Collegiate Academy.

The Rocklin Academy of

Schools in cooperation with the City of Citrus Heights is scheduled to open American River Collegiate Academy (ARCA) in the fall of 2020, starting with grades kindergarten through 2nd grade. For information on the program to be offered call (916) 778-4544 or go to [www.rocklinacademy.com](http://www.rocklinacademy.com) ★



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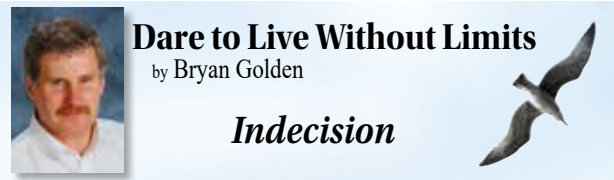
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Dare to Live Without Limits

by Bryan Golden

Indecision

Making decisions can be challenging. Fear of making the wrong decision is a driving force. There are so many competing factors contributing to indecision; what you want, what you don't want, the opinions of others, reasons to make a particular decision vs. reasons not to, as well as the ever present element of procrastination.

Indecision leads to waiting. While you are waiting, various opportunities may vanish. Indecision can cause problems to worsen or multiply. Indecision permits time or other people to make decisions for you.

Age magnifies the potential impact of making the wrong decision. As we get older, we feel there is not enough time to do things over if we make the wrong choice. This puts more pressure on us to get things right the first time.

It's impossible to guarantee that whatever decision you make will be the right one for you. Life requires constant adjustments or course corrections. All you can do is make the best decision possible based on what you know at the time, combined with your current circumstances.

Decisions shouldn't be impulsive. Thinking things through always enhances decision making. You learn from experience what works and what doesn't. If you feel you are always making bad decisions,

course, or decide you are not happy with where you are headed, make any necessary changes.

If you make a bad decision, make sure you identify what is happening and why, and then make a better decision. Stop doing what is not working. Repeat those types of decisions which produce desired results.

Figure out what you want to do and then go do it. Change your mind as needed. As you start making decisions, your level of indecision will drop. Before you know it, you will be looking forward to making decisions.

Life is a fluid series of experiences. The more experiences you have, the richer your life. Don't allow fear to stop you. When analyzing your various options, ask yourself what's the worst that could happen? Usually the worst case scenario isn't really that bad. One of the biggest regrets of people in their later years is that they should have done more.

Stop being indecisive and start making decisions which work for you. Monitor your progress, making new decisions as needed. As you become comfortable making decisions, you'll no longer be indecisive.

**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 Pastor Ray Dare

Life is not an unbroken 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 resenting

Pastor Ray's Encouraging Words

You Can Make a Fresh Start

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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[www.NBC4U.org](http://www.NBC4U.org) ★



By Marlys Johnsen Norris, Christian Author

It sure did take a miracle to put all the stars in place! And it took a miracle to create a big circle of land, the sun and moon, then trees, flowers, birds, insects and animals of every kind and shape. Then God created mankind in the likeness of Himself to be a friend He could personally talk to. A man who would gladly donate his rib, that he too might have a mate to be a friend to have a personal and creative intimate relationship. She is called woman. Together they populated the earth.

And from those humble beginnings the whole earth and heaven was populated with all kinds of people and angels. Some people loving and honoring their Creator, while others with their own natural grandiose agenda and ideas to live their own way. Rather than listening and following the rules and instructions of God they rebelled (sinning) at every opportunity. It hasn't changed!

At one point one of the angels wanted to be honored and worshipped as a god! Therefore, Almighty God cast him and his followers out of heaven to the earth. He has made this earth his home and

It Took a Miracle!

therefore anyone who accepts and worships Almighty God Satan hates and tries to cause them problems . . . hoping they will reject God and honor him instead. In another words a form of rebellion called . . . SIN!

Regardless of what any person does, (even sinful things) God loves and understands. And when a person decides to be obedient and follow the laws and guidelines of God, they are blessed beyond measure by the power of His love, mercy and grace. And 2000 years ago men wrote the Holy Bible to teach us exactly what our Heavenly Father/God desires to teach us.

And it took a miracle for God to teach each one of us to listen, hear and obey His teachings. We learned that God is the God of hope for the future. He .. *"is able to do exceedingly abundantly above all that we ask and think."* (Eph 3:20) *His promises provide information of just how we can expect and experience the best life possible. "Trust in the Lord with all your heart and lean not on your own understanding and to acknowledge Him in all your ways."* (Proverb 3:5-6)

**He has a beautiful plan for every life! Yes, yours. . . my friend.**

The song "It Took A Miracle" speaks to my heart! And it took a miracle to save a soul like me!

I was raised to be an obedient good child but growing into a teenager and watching

my friends do things that were really not good, I wanted to be accepted and cared about by them. The result was that I also fell prey to also doing many of the things they did that I knew were not right but did them to fit into the group.

Yes, I sinned! Of course I did not realize even what that meant and was a word called by God. I had no real understanding of who God was, even though two times a year His name was honored by my parents and society. That's not an excuse! But certainly is much like people of our day who have no idea about a Creator/ God who loves them to the uttermost and has a divine plan for their life He designed before they were even born.

Nor do they realize or understand that the Creator/ God designed a magnificent plan to wash away every sin. Father/God sent His only Beloved Son to die and pay the supreme price to purchase and deliver every sinner from hell when they die. His Son's shed blood on Calvary paid the price for every person "who will accept His death on the Cross". Then God will bless them with the gift of eternal life in heaven one day.

**Fix your eyes on the presence of God in your life and all things will be changed by His power!**

Marlys Johnsen Norris  
Christian Author, Teacher  
Stephen's Minister  
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PO Box 114, Orangevale, CA 95662 ★

The Difference Between a Fool and Being Full

Dr. James L. Snyder

One thing truly amazes is how fast Thanksgiving goes. Here I am in the living room relaxing in my easy chair just one day after Thanksgiving.

I groaned a little bit and rubbed my stomach. Then the Gracious Mistress of the Parsonage said, "Don't you think it's rather foolish to stuff yourself so much on Thanksgiving?"

Thinking about this, I began to wonder if being full and being a fool is similar?

So, not in such a thinking mode as I should be, I asked my wife. "What is the difference in being full and being a fool?"

"Well," she said rather thoughtfully, "A fool does not know when he crosses the line to becoming full."

I asked my wife. "How can being full make you a fool?"

"Just go and look in the mirror," she replied.

I guess I've been a fool for most of my lifetime. My motto, especially around the Thanksgiving table, is, "Just one more piece."

At the time, I did not realize that "one more piece" makes me cross the line into being a very foolish person.

Is it that foolish to become full at a Thanksgiving

dinner? After all, what is Thanksgiving dinner for if I do not leave the table full?

I came by this legitimately. It goes back to my maternal grandmother.

We would all gather at grandma's place for Thanksgiving dinner, and boy could she stir up a Thanksgiving dinner. She had on the table everything you could ever imagine eating for Thanksgiving. Some things on the table I did not recognize, but, being at grandma's table at Thanksgiving time, I ate it.

After we were at the table for a while, people started to leave. Grandma always would say, "Please, just one more bite before you go. There's plenty left."

Of course, being at grandma's Thanksgiving table, she made the rules, and we abided by them out of deep respect. None of us had to be overly convinced to stay for just one more bite. We all left being as full as we possibly could be under her instructions.

I do not think being full is the same as being a fool. In my calculations, not stuffing yourself at grandma's Thanksgiving table would make you a fool. Who wants to be that kind of a fool? Remember, grandmas are

never wrong!

A real fool would be someone leaving grandma's Thanksgiving dinner without being full. Believe me, I am not that kind of fool.

Between Thanksgiving and New Year's Day, it is my purpose to eat as much as I can to become as full as I can be. After all, on New Year's Day, I am going to make a resolution not to eat so much at each meal. That is then, but now I indulge myself to such an extent that I am genuinely full.

As I thought of this, I remembered what Solomon said. "He that walketh with wise men shall be wise: but a companion of fools shall be destroyed" (Proverbs 13:20).

A wise man will walk to the table of the Lord and stuff himself with God's goodness until he is full and overflowing. That sure is not being foolish.

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

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Crossword Puzzle on Page 7

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

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Sudoku Puzzle on Page 7

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

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# Pedestrian Killed in Hit and Run Collision

By Greg Zumstein, California Highway Patrol

**SACRAMENTO, CA (MPG)** - On December 1, 2019 at approximately 12:28am, the California Highway Patrol (CHP) received reports of an auto vs. pedestrian traffic collision on Watt Avenue northbound, north of Marconi Avenue. Upon arrival on scene, CHP officers discovered an approximately 35 year old man was in the Watt Avenue northbound lanes and it is unclear if he was in a crosswalk at the time. Upon CHP arrival, CPR was provided until Sacramento Metro Fire Dept arrived. Despite life saving efforts, the unknown man was pronounced deceased at the

scene at 12:38 am. Citizens within the area at the time of the collision provided differing statements regarding the events leading up to and after the collision. However, at this time investigators have yet to discover a witness to the actual collision. Investigators were able to locate some physical evidence that may belong to a 2012-2015 white Dodge Challenger. The driver of the involved vehicle immediately fled the collision scene. A search of the nearby area was conducted, but neither the vehicle or the driver of the involved vehicle were located. CHP investigators are looking for a white colored Challenger with a broken headlight that should have

front end damage that may have been associated with this collision. The cause of the traffic collision is under investigation. No arrests have been made and it is not known if drugs or alcohol were a factor in this collision. Any additional information about this news release should be directed to Officer Greg Zumstein or Officer A.J. McTaggart 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 them via cell phone at (916) 798-0975. Follow us on Twitter @chpnsac or like us on Facebook.com/chpnorthsac ★

# CHP Revamps Registration Violators Program

By Jaime Coffee, California Highway Patrol

**SACRAMENTO, CA (MPG)** - The California Highway Patrol (CHP) announced a new CHP Registration Enforcement and Guidance (CHP REG) program to reduce out-of-state registration violators. The CHP REG program replaces the Californians Help Eliminate All The Evasive Registration Scofflaws (CHEATERS) program. Since the program’s inception in 2004, the CHP has recovered approximately \$26 million in registration fees. In 2018, the CHP surpassed \$3.2 million in recovered fees from residents avoiding California registration. “California loses millions of dollars in revenue every year from vehicles being unlawfully registered in other states or countries,” CHP Commissioner Warren Stanley said. “This program relies on the public’s input to support our investigators in returning funding to the state. Recovered registration fees are important to the California economy and are invested back into local communities.” The CHP REG program focuses on residents who register their vehicles out-of-state

while living or working in California and operate those vehicles on California’s roadways. The primary goal of the program is to obtain voluntary registration compliance through education, but, when necessary, enforcement action is taken. California vehicle registration through the Department of Motor Vehicles is required within 20 days of establishing residency and for all vehicles primarily operated in the state. The CHP encourages members of the public to report vehicles driven on a regular basis on California roadways with out-of-state registration to the CHP REG program Web site at [https://www.chp.ca.gov/Notify-CHP/CHP-REG-\(Out-of-State-Registration-Violators\)](https://www.chp.ca.gov/Notify-CHP/CHP-REG-(Out-of-State-Registration-Violators)). When reporting a suspected violator, it is important to include: state of the plate, license plate number, date and time observed, where observed, make, model, vehicle color, and any additional identifying comments. In 2018, more than 24,000 tips were reported to the Web site, leading directly to cases investigated by CHP personnel and dedicated senior volunteers. The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

## Ask Toni

# Can I Change My Medicare Advantage Plan After the Dec. 7th Deadline?



Toni: My Medicare and Social Security nightmare began when I retired from my job, July of last year and enrolled in COBRA so that I could have a knee replacement in December 2018. I was given inaccurate information from a local Social Security agent and now I am going to receive a penalty because I did not enroll in Part B at the right time. I am a 69-year-old female who has been employed by 3 different companies, and no one ever informed me that I needed to have a special form signed by each company I worked for since turning 65. I thought I had to get the Request for Employment form signed by my last company. I spoke to the assistant district manager of the Social Security office and she asked me why I never enrolled in Medicare’s Part B when I left the company and enrolled in COBRA. I was then informed that my penalty is 40%, which is 69-65 or 4 years. The penalty is not for 1 year, but forever!! I now must fight Social Security because they are

under the impression that I have waited past the 8-month window to enroll in Medicare. What a nightmare! Please inform your readers how important it is to enroll in Part B the right way when enrolling in COBRA. - Cathie from West U Hello Cathie: Need help with rectifying your Social Security issues, then talk with your area’s Congressman’s office. Medicare and Social Security are federal programs and your Congress person’s office is the one to help you solve your issues. Many are finding a gigantic surprise when they enroll in Medicare Part B after being on COBRA. At the Toni Says® office, we inform those who come to the office for Medicare planning to be sure that Part B begins the day you lose your company benefits or the day your COBRA plan begins. In the Medicare & You handbook on “Should I get Part B?” it discusses the rules of COBRA when you were first eligible and what the late penalties are. Many think the Part B rule starts when COBRA ends in 18 months. They are not aware that the Special Enrollment Period begins the month they lose their company benefits or employment ends and go on COBRA. They try to enroll in Part B like you did Cathie

with a BIG SURPRISE finding they are penalized 10% each year or 12-month period, you could have had Part B, but didn’t. The penalty goes all the way back to the day he/she turned 65 or the day Part A began. I have a client in Wharton, TX, 79 years old and was always on his wife’s company health plan. He never enrolled in Part B because she was the “working spouse”, but she lost her job ... She was 62 and because she had health issues and the cost of COBRA was less than an Obamacare health plan, she enrolled herself and for Part B was not \$135.50. It was \$135.50 plus \$189.70 penalty for late enrollment for a total of \$325.10 per month which is a 140% penalty (14 years (79-65) x 10%) each month for the rest of his Medicare life. He did not enroll in “Part B” at the right time or the right way! Remember ... Toni Says® ... always have Part B in place when leaving your job or losing your company benefits. There might not be a second chance! Call the Toni Says® office at 832/519-8664 to schedule a Medicare review Toni King, author of the new Medicare Survival Guide® Advanced edition is giving a “Holiday” \$5 discount for a Medicare Survival Guide and \$10 discount for bundle package available only at [www.toni-says.com](http://www.toni-says.com). ★

# The Flu Has Had Serious Consequences in Sac County

Continued from page 1 Officer Dr. Olivia Kasirye said. “As the number of vaccinated individuals in a community increases, it decreases the transmission of the flu virus to those who have not, or cannot be vaccinated resulting in fewer hospitalizations and deaths.” The very contagious flu virus causes serious respiratory illness and comes on suddenly. Symptoms may include fever, headache, tiredness, cough, sore throat, nasal congestion, and body aches. Illness typically lasts two to seven days. Influenza may cause severe illness or even death in people such as the very young or old, or those who have underlying health conditions. In addition to getting vaccinated, it’s crucial to practice good health habits. If you become ill with flu-like symptoms, you should take actions to stop the spread of germs, including: Limit contact with others as much as possible to keep from infecting them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Cover your coughs or sneezes with your

sleeve or with a tissue, throw it in the trash and wash your hands. Wash your hands often with soap and warm water. Avoid touching your eyes, nose and mouth. Germs spread this way. Clean and disinfect surfaces and objects that may be contaminated with flu germs. People with chronic medical conditions or those experiencing worsening flu symptoms should seek medical attention. Sacramento County Public Health offers free flu vaccination clinics in the community. The next free flu clinics offered is: Healthy Sacramento Day - Hagginwood Community Center, Saturday, Jan. 25, 10 a.m. – 2 p.m., 3271 Marysville Blvd, Sacramento, CA 95815 If you need information about immunization services for children and adults, or need to refer clients or get information regarding upcoming influenza clinics, please contact the Sacramento County Immunization Assistance Program at 916-875-SHOT (7468) Monday-Friday between 8:00 am – 5:00 pm, or use the Flu Vaccine Finder on the CDC website, or the HealthMap Flu Vaccine Finder. ★

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## Crime Reports



### Citrus Heights Police Report

**December 1<sup>st</sup>  
December 6<sup>th</sup>**

**Date: 12/01/2019:** Time: 11:00 PM • IR Number: 11909651

**Crime: 10851(A) VC: Vehicle Theft**

Location Type: Parking Lot • Public Address: 81XX SUNRISE

Agency: Citrus Heights Police Department

**Date: 12/02/2019:** Time: 10:00 PM • IR Number: 11909675

**Crime: 10851(A) VC: Vehicle Theft**

Location Type: Street/Highway • Public Address: 78XX OLIVIA LN

Agency: Citrus Heights Police Department

**Date: 12/03/2019:** Time: 5:45 AM • IR Number: 2019-0429063

**Crime: PC 459: Burglary-Commercial**

Location Type: Parking lot/garage • Public Address: 89XX Madison Ave, Fair Oaks, CA 95628

Agency: Sacramento County Sheriff's Department (CA)

**Date: 12/03/2019:** Time: 7:45 AM • IR Number: 11909674

**Crime: 496d(a) PC: Possession of Stolen Veh**

Location Type: Parking Lot • Public Address: 62XX AUBURN

Agency: Citrus Heights Police Department

**Date: 12/03/2019:** Time: 5:10 PM • IR Number: 2019-0430004

**Crime: PC 487: All Other Larceny**

Location Type: Parking lot/garage • Public Address: 80XX California Ave, Fair Oaks, CA 95628

Agency: Sacramento County Sheriff's Department (CA)

**Date: 12/03/2019:** Time: 9:00 PM • IR Number: 11909753

**Crime: 484(A) PC: Petty Theft**

Location Type: Parking Lot • Public Address: 59XX SUNRISE VISTA DR

Agency: Citrus Heights Police Department

**Date: 12/04/2019:** Time: 3:45 PM • IR Number: 11909734

**Crime: 594(b)(1): Vandalism over \$400 Felony**

Location Type: House (includes driveway) • Public Address: 73XX MARIPOSA AV

Agency: Citrus Heights Police Department

**Date: 12/04/2019:** Time: 9:25 PM • IR Number: 11909739

**Crime: 466 PC: Possess Burglary Tools**

Location Type: Parking Lot • Public Address: 54XX SUNRISE

Agency: Citrus Heights Police Department

**Date: 12/04/2019:** Time: 9:00 PM • IR Number: 11909747

**Crime: 10851(A) VC: Vehicle Theft**

Location Type: Mobile Home • Public Address: 60XX CACKLER LN

Agency: Citrus Heights Police Department

**Date: 12/05/2019:** Time: 9:30 PM • IR Number: 11909811

**Crime: 484(A) PC: Petty Theft**

Location Type: House (includes driveway) • Public Address: 76XX COOK AV

Agency: Citrus Heights Police Department

**Date: 12/06/2019:** Time: 6:20 AM • IR Number: 2019-0433106

**Crime: PC 459: Burglary-Commercial**

Location Type: Retail/dept/discount store • Public Address: 89XX Hazel Ave, Orangevale, CA 95662

Agency: Sacramento County Sheriff's Department (CA)

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

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**Jeannie Bruins**, Citrus Heights City Council

**Steve Miller**, Citrus Heights City Council

**Mel Turner**, Citrus Heights City Council

**James Shelby**, Citrus Heights City Council

**Greg Paulo**, SJUSD Board

**Mike McKibben**, SJUSD Board

**Scott Yuill**, Rocklin City Council

**Tami Bogert**, Sacramento County District Judge

**Bob McGarvey**, Rancho Cordova City Council

**Linda Budge**, Rancho Cordova City Council

**Rick Sloan**, Cordova Rec and Park District

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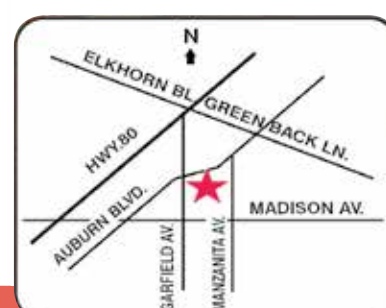
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# Hundreds Attend First-Ever Meet Your Citrus Heights Schools Event

*Continued from page 1*  
available should families choose to enroll their children.  
“We have construction technology, automotive technology and our media program, which is here tonight,” said Adolphson. “We also have an AP diploma program, as well as a four-year AVID program. We have a College and Career Center technician, so there’s a lot of great things happening as well as sports, athletics, drama, and we have art this year ... There really is something for everyone at San Juan High School.”  
Fifth-grade teacher Melissa Schupp and principal Rafael Martinez represented Arlington Heights Elementary School.  
“The most magnificent thing about Arlington Heights is that we have an amazing STEAM initiative going with Project Lead The Way, giving one-of-a-kind, hands-on learning opportunities to our students for 21st-century learning skills,” said Schupp.  
Cambridge Heights Elementary principal Vincent Arias emphasized some of the positive components of his school.  
“It’s a very community-oriented school,

lots of after-school activities,” said Arias. “We have a maker’s space that’s really taking off, where kids are learning through innovation.”  
Skycrest Elementary staff members consider their students’ families to be partners.  
“Families matter,” said Sabrina Parsley, vice principal of Skycrest. “Parents are really partners in everything that we do, from academics to community building to just making school a special place.”  
Another strength Parsley highlighted is the school’s ability to differentiate instruction.  
“We are able to meet the needs of all of our kids, our English language learners, our kids who need a little extra support, our kids who are ready to take off,” she said. “So we can meet everyone’s needs.”  
Approximately 200 individuals attended the event. In addition to information about Citrus Heights schools, information about district and local resources was provided.  
For a complete list of the 12 Citrus Heights schools and for more information about each of them, visit <https://www.sanjuan.edu/CitrusHeights>. ★

# San Juan Unified Community Partners Were Principals For A Day

**San Juan Unified School District Press Release**  
**SACRAMENTO REGION, CA (MPG)** - San Juan Unified welcomed 59 business and civic leaders from the community to its annual Principal for a Day event in November. This event provided an opportunity for community partners to act as guest principals and visit classrooms, interact with students and staff and promote academic achievement.  
The district’s Family and Community Engagement team coordinated and matched schools with current community partners and worked to recruit new partners to participate.  
The event culminated in a luncheon where district staff shared ideas with community partners about ways to support the schools and students.  
“One thing that changed our perspective and inspired us today is the innovation and creativity found in the spaces of learning and expanded by administration and teachers,” said Windy Ly and David Augusto of PRO

Youth and Families, one of the community partners.  
Lunch attendees also enjoyed a slide presentation of photos from the day spent at each school.  
Participating partners included businesses; local politicians; financial institutions; non-profits; faith-based organizations; the Sacramento River Cats and California State University, Sacramento.  
In an effort to address and close achievement gaps, San Juan Unified creates partnerships with local corporations, businesses, nonprofits and faith-based organizations throughout Sacramento County to support the district’s schools, students and families with the most need. The district, together with community partners, create opportunities that will equip students with the knowledge and skills needed to succeed academically and beyond.  
For more information on partnering with San Juan Unified, contact Natalia Aguirre at (916) 971-7929. ★



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