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# Citrus Heights Messenger

VOLUME 9 • ISSUE 28    Serving the City of Citrus Heights & Sacramento County    DECEMBER 6, 2019

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## Thanking the "Godfather"



Presenting the award to Bill Van Duker, with his family present, is Kermit Schayltz of Stones Gambling Hall. Photo by Paul Scholl

**By Paul Scholl**

**CITRUS HEIGHTS, CA (MPG)** - Leadership and character are human traits well developed over time. Bill Van Duker, over his 80-plus years has proven to be quite the leader, and quite the character. He has taken the leadership role in so many aspects in the community he simply is the definition of the word to all that know him.

Every year for the past four years Stones Gambling Hall has presented the "21" Award, presented to a member of the community who has shown exemplary commitment and dedication to the advancement of the City of Citrus Heights, has a history of leadership and has demonstrated a passion for making a difference.

Van Duker was honored on Wednesday, November 13, for his years-long commitment to the growth and development of the city. He was his usual joking self, both gracious and inviting to all those who came to

thank him for all of his service and to be present as he was recognized with the "21" Award. During the award presentation, he was affectionately referred to as "The Godfather" of Citrus Heights. "Minus the horsehead" he said.

"I can't think of anyone more deserving than Bill Van Duker. His accomplishments for his business, family, and community speak to his character and values. It was an honor for Stones Gambling Hall to present Bill with this year's award," said Kermit Schayltz, Partner at Stones Gambling Hall.

Bill was instrumental in the incorporation of the City of Citrus Heights and served as President of the Citrus Heights Incorporation project for six years. He was co-chair of the "Yes on Measure R" committee, the ballot measure for the incorporation along with Citrus Heights Mayor Jeannie Bruins.

Over the years he served on both

the County of Sacramento Planning Commission and the City of Citrus Heights Planning Commission and served as Chairman for two years on each Commission. He served on several City of Citrus Heights committees including the General Plan Adoption Advisory Committee (Chair), and the City Council Compensation Commission.

In 2004 Bill was founding co-chair of the American Cancer Society's Relay For Life in Citrus Heights and over the course of five years, collectively raised \$699,000 for the fight against cancer. He was a delegate to the White House Conference on Small Business, appointed by Congressman Vic Fazio in recognition of his community leadership. He has owned a printing business in Citrus Heights for 40 years.

Bill is a member of Citrus Heights Rotary and has the longest tenure of any present member. He was honored

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## Valley Fever Cases in California Remain High

**By Corey Egel, CDPH**

**SACRAMENTO REGION, CA (MPG)** - The California Department of Public Health (CDPH), in collaboration with local health departments, is reminding the public and healthcare providers that Valley fever cases typically peak in the fall.

Since 2014, there has been a steady increase in the number of Valley fever cases in California. In 2018, more than 7,500 Valley fever cases were confirmed, and early case counts for 2019 indicate that Valley fever activity remains high. As of November 19, over 7,000 likely cases have been reported. Incidence is particularly high in the Central Valley and Central Coast regions of California, including Kern, San Luis Obispo, Kings, Fresno, Tulare, Monterey, and Merced counties.

"People who live, work, or travel in areas where Valley fever is common are at higher risk of getting infected, especially if they work outdoors or participate in activities where soil is disturbed," said Dr. Sonia Angell, State Public Health Officer and CDPH Director. "If you have symptoms that include cough, fever, or difficulty breathing for more than a week, we encourage you to talk to a healthcare provider."

A person can help reduce the risk of infection by avoiding breathing in dirt or dust in areas where Valley fever is common. In these areas, when it is windy outside and the air is dusty, stay inside and keep windows and doors closed. While driving, keep car windows closed and use recirculating air conditioning, if available. If individuals must be outdoors, they should consider wearing a properly fitted mask (such as an N95 respirator mask) when the air is dusty, and avoid disturbing the soil whenever possible.

Valley fever, also known as coccidioidomycosis, or "cocc", is caused by breathing in the spores of a fungus that grows in the soil and dirt in certain areas of California. The fungal spores, which are too small to see, can be present in dust that gets into the air when it is windy or when soil is disturbed, such as through digging during construction. This fungus usually infects the lungs and can cause respiratory symptoms including cough, fever, chest pain, and tiredness. In most people, the infection will go away on its own, but anyone who has these symptoms for more than a week should see a doctor or healthcare provider.

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## Open Enrollment for District Residents Now Underway

**San Juan Unified School District**

**SACRAMENTO REGION, CA (MPG)** - We would like to inform all residents of San Juan Unified School District that our annual Open Enrollment lottery for the school year of 2020-2021 is held between Monday, Dec. 2 at 8 a.m. through Friday, Jan. 17 at 5 p.m.

Open enrollment is a process to request a school other than your neighborhood school or to return to your neighborhood school following a transfer. Once you receive your open enrollment results, you will either be assigned to your school of choice (which becomes your residence school) or placed on the waiting list for that

site. ALL waiting lists expire on Dec. 31 each year. Open enrollment is NOT on a first-come, first-served basis. A computerized random selection will determine which students are accepted for their choice schools.

Additionally, schools across the district are going to be hosting information nights for interested families. Visitations and tours give parents an opportunity to explore the school and classrooms. Some schools combine information and visitation events, and we highly encourage you to visit and learn more about what San Juan Unified School District has to offer. Families who reside in San Juan Unified School District's boundaries have the opportunity to

enroll students in any of the district's schools providing:

Space is available in the appropriate program. (Available space is determined by defined physical and program capacity of the school after placement of enrolled resident students) AND;

Families are willing to provide transportation.

You MUST participate in Open Enrollment if...

You would like your student to attend a school other than your current school of residence;

You would like your student who currently attends a K-6 or K-8 school to attend 6th grade at a middle school;

You would like your student to attend a middle school other than their resident K-8 school for 6th, 7th

or 8th grade;

Your student qualifies for the High Achiever Program and you want him/her to attend a middle school other than their resident school;

You would like your student to attend any of the following schools: Cowan Fundamental, Dewey Fundamental, Green Oaks Fundamental, Cambridge Heights Open, Mission Avenue Open, Orangevale Open (K-8), Arcade Fundamental (6-8), El Camino Fundamental (9-12);

Your student was overloaded to the school they currently attend, you have not submitted an intradistrict transfer, and you would like for him/her to remain at the overloaded site;

*Continued on page 3*



# A Community of Support for Special Needs Kids

## The Playmakers Organization Hosts First Game of Winter Basketball Series



The Folsom High School freshman football team volunteered at the Playmakers event to assist and encourage the basketball game participants.



(Left to right) Greg Roeszler, Sharon Richards, and Pastor Mike Lueken at the Playmakers basketball game at Oak Hills Church.



Participants were welcomed onto the court with cheers and high fives.

**Story and photos by Shaunna Boyd**

**SACRAMENTO REGION, CA (MPG)** - On November 16, local non-profit The Playmakers Organization hosted a basketball game for special needs and at-risk kids at Oak Hills Church in Folsom. Playmakers founder Greg Roeszler said, “This is the first day of a series of these that we will do throughout the winter, and that we just believe will continue to grow and enable us to provide more support for special needs and at-risk kids and their families.”

The event featured a waffle breakfast catered by the Burgess Brothers BBQ & Burgers. Corporate sponsors included Mortgage Consultant Group, FitGuard, Asher College, Republic

Services, Palm Tile, Go Forth Coaching, and Serenity Spa.

Roeszler was especially excited about the various groups who came together for the event: The Special Olympics, Big Brothers Big Sisters, United Cerebral Palsy of Sacramento and Northern California (which provides programs and services for people with developmental disabilities), Rotarians, members of Oak Hills church, and community volunteers.

The Folsom High School freshman football team played a pivotal role in the game, filling out the four basketball teams and encouraging and assisting the participants. One of the players, Ian Walsh, said, “It’s really special to help out my community and make sure that everyone has a really

good time today and to make sure these kids have a good day.”

When addressing the crowd before the game, Roeszler spoke about some of the professional athletes who support Playmakers, including NFL player Jordan Richards, who has played with the New England Patriots, the Atlanta Falcons, the Oakland Raiders, and is now a Baltimore Raven. Richards has been involved in Playmakers since he was 13, attending Playmakers football camps as a teen. His mother, Sharon Richards, is a member of Oak Hills Church, and she attended the game to show her support: “I just love this organization. ... It’s great to see the kids having fun.”

Playmakers made a vital impact on her own son, and Sharon is

grateful that the organization continues to reach out to kids in need. “No matter what our situation in life, we all need support, we all need people who believe in us. And it really is, in my estimation, the purest definition of community,” she said. “You come together, and you support, you encourage. We’ve got to do more of that.”

Mike Lueken, Pastor of Oak Hills Church, said, “It’s a way to encourage young people and to support what Playmakers does. And we’ve been involved in it for a long time, and it’s just a way to come together, to collaborate with Playmakers and with other people, and to do something that is encouraging and helpful to young people.”

The game participants ran across the court and practiced

their free-throw shots, all to the thundering encouragement of all in attendance. Clarissa Viers (12) loves attending Playmakers events: “You get to have real fun, and it helps you learn to get through bullying and struggles and stuff through sports and recreation.”

Jerry Viers has seen a variety of positive changes since Clarissa joined Playmakers: “They’ve put so much confidence in her that I couldn’t have implanted in her.... It’s been great getting to watch her grow and become the fine young lady that she is today.”

If you would like to learn more about The Playmakers Organization and their work to support at-risk and special needs kids, visit [www.ThePlaymakers.org](http://www.ThePlaymakers.org).



Playmakers events help kids develop confidence and learn leadership skills.



Playmakers founder Greg Roeszler leads the players and the audience in a dance routine to warm up before the game.



You get to have real fun, and it helps you learn to get through bullying and struggles through sports and recreation.

# KP International Market

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Pulpa Para Asador 2.5lb/5pc

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Beef Top Round Steak  
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Pork Butt - Boneless  
Trozo de Puerco sin Hueso

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Filet de Porterhouse

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Hot Sauce 2.79	Hot Sauce 1.79	Hot Sauce 2.99	Hot Sauce 2.39	Hot Sauce 8.99

## ASIAN GROCERY

Coconut Flavored Soda 59¢	Three Ladies Bread 2.99	Daan Pao Bread 2.99	Butter Cookies 2 lb 9.99	Hot Sauce 2.29
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## EUROPEAN GROCERY

Seville White Cheese 9.99	Seville Gran Pains & Cream 2.99	Seville Gran Pains & Cream 2.99	Seville Gran Pains & Cream 2.99	Seville Gran Pains & Cream 2.99
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## KOREAN/JAPANESE GROCERY

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## HOUSEWARES

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## FROZEN & FISH DEPT

Bay Scallops 1 lb Bag 5.99	Fish Cakes 1 kg Bag 7.99
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Advised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE DECEMBER 4 - DECEMBER 10, 2019.



# Volunteer for Sacramento Blankets for Sacramento Kids



By Claire Gliddon, Sacramento Blankets for Sacramento Kids

**SACRAMENTO REGION, CA (MPG)** - Sacramento Blankets for Sacramento Kids is a new non-profit (501c3) group that was formed one year ago, after our original group (Project Linus – Sacramento) was closed. We still wanted to serve the children of Sacramento and Placer Counties that we had been helping for 21 years already. We recruit volunteers to make handmade blankets – knit, crochet, sew, quilt, no-sew fleece – that we donate to children in need, from infants to 18-year-olds, in Sacramento and Placer Counties, State emergencies, and National disasters. We also have a special Kindergarten Project every December where we choose 6 of the lowest income elementary schools,

find out how many kindergarteners they have, and then make a no-sew double fleece blanket, plus a Beanie Baby in a fleece pouch (always looking for donations of new or almost new Beanie Babies!) to every single Kindergartener! This year, that means 770 blankets and Beanie Babies. We’ve been doing this for the past 7 years and it is wildly popular! Some of these kids live in their cars or without heat at home! We’re here in case you’d like to join and make blankets – no meetings, no quotas, no stress – we just want people to have fun, doing something they enjoy on their own time, and helping so many children at the same time! You can sign up by going to [www.sacblankets4kids.com](http://www.sacblankets4kids.com) or calling (916) 965-8955. Thank you!

# Valley Fever Cases in CA Remain High

*Continued from page 1*  
While anyone can get Valley fever, those most at-risk for severe disease include people 60 years or older, people who are African American or Filipino, pregnant women, and people with diabetes or conditions that weaken the immune system. Employers with employees working outdoors should train workers about Valley fever symptoms and take steps to limit workers' exposure to dust, such as watering down soil before digging. The State of California is taking action to

raise awareness about Valley fever by allocating \$2 million in the 2018-2019 budget to plan, develop, launch and evaluate a Valley Fever Awareness campaign that CDPH will launch in the coming months. Governor Gavin Newsom has also approved a bill to require construction employers engaging in specific work activities in counties where Valley fever is endemic to provide awareness training about Valley fever to their employees. For additional information on Valley fever, please see [www.cdph.ca.gov](http://www.cdph.ca.gov)

# Open Enrollment for District Residents Now Underway

*Continued from page 1*  
Your student is currently enrolled in a Transitional Kindergarten (TK) program at a school site other than your resident school and you would like them to continue at the same site for Kindergarten; San Juan Unified residents may apply online for any currently enrolled student if they have access to the Parent Portal or they may submit an open enrollment application to the San Juan Central office, located at 3700 Garfield Ave. in Carmichael. Applications will be available at every school site, on our website and at San Juan Central. For more information, visit the Open Enrollment website or call San Juan Central at (916) SAN-JUAN (726-5826). ★

# The Best Lights in Citrus Heights



“Best Lights in Citrus Heights” competition. If you’re a holiday lights enthusiast, email photos of your decorated home, apartment, condo, or business in Citrus Heights. MPG file photo

## City of Citrus Heights Press Release

**CITRUS HEIGHTS, CA (MPG)** - The City of Citrus Heights is excited to announce its first annual “Best Lights in Citrus Heights” competition. If you’re a holiday lights enthusiast, email photos of your decorated home,

apartment, condo, or business in Citrus Heights to enter. Nominations will be accepted through December 22, with the winners announced December 24. Like and follow the City’s Facebook page to see nominations and share in the holiday spirit! Four winners will be

selected from the following categories: Best Condo/Apartment Lights; Best Traditional Lights; Most Creative Lights; Best Business Lights. By submitting your photos, you agree to allow the City of Citrus Heights to share them on its social media channels, website, and newsletter. ★

# Thanking the "Godfather"

*Continued from page 1*  
by the Citrus Heights Chamber with a lifetime achievement on the occasion of his 80th birthday in January 2016.

When you see Bill next around town give him a handshake and a “Thank You” for all he has done to make Citrus Heights a better place to live. ★



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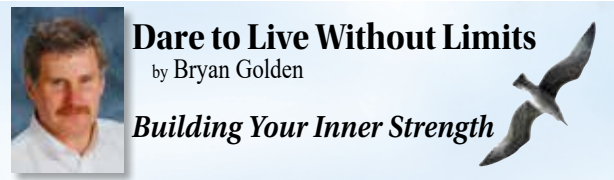
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Dare to Live Without Limits

by Bryan Golden

Building Your Inner Strength

There is a limit to your physical strength. However, there is no limit to your inner strength. This inner strength is based on your attitude, drive, and determination. Yet, having self-doubts about the existence or fortitude of your inner strength is common. So here are some tips to build your inner strength.

Success builds confidence in your inner strength. Every time you solve a problem, or overcome an obstacle, your inner strength grows. It's just like working out with weights at a gym; through regular workouts you are able to lift progressively heavier weights.

Don't become upset when faced with adverse situations. Instead, view each challenge as an opportunity to become stronger. The more you exercise, the stronger you become.

Use positive visualization to get through tough times. Visualize yourself successfully doing whatever it takes to achieve your objective. Your most important step is the next one you have to take. Eliminate failure as an option. Just keep going.

Positive self-talk boosts your mindset. Telling yourself, "I can," "I will," "I have what it takes," "I will do whatever is necessary," and "I will succeed," builds your inner strength by programming your mind for success. "I have what it takes," should be a constant mantra.

Be solution oriented. Find

ways to accomplish what you want or need. Purge all excuses. Focus on what you can do. Remember that there is always a way to accomplish what needs to be done. Ignore self-doubt, naysayers, and critics.

Let go of anger, resentment, and bitterness. These negative emotions are toxic poisons which cause a great deal of harm. Life isn't always fair. There are bad people. Unfortunate circumstances occur. Where you are headed is the bottom line. Inner strength keeps you going regardless of any obstacles.

Refuse to let fear stop you. Giving into fear stops all forward motion. Not taking the necessary action because you are afraid is an excuse. Fear impairs your ability for sound reasoning. Acknowledge your fears and then push through them. Most of the things you are afraid of will never come to pass.

Taking responsibility for your life enhances your inner strength. You are in control of the decisions you make, along with your response to other people and circumstances. Your inner strength enables you to make whatever changes are necessary to maintain your desired course.

Your inner strength is linked to your attitude. Your attitude, just like a battery, must be recharged regularly. This is accomplished in several ways. Connect with other like-minded positive,

motivated people. You can motivate each other, as well as providing fresh ideas on solving problems.

You can also recharge by reading motivational material about how other people have used their inner strength to overcome the odds. Look for stories about people with outstanding accomplishments. There is so much to be learned from how other people have successfully dealt with circumstances similar to yours.

Having clear, well defined, and meaningful goals, allows you to focus your inner strength on specific objectives. Concentrated effort produces more results than scattered effort. It's the difference in power between a laser beam and a flashlight. Your inner strength grows when you are determined to achieve an important goal.

Keep your eye on the big picture. Don't get sidetracked by meaningless issues; they drain your inner strength. Let go of annoyances which don't matter. Concentrate all of your energy on reaching your objectives.

You have more inner strength than you realize. Follow the suggestions above to further develop your inner strength. It is an invaluable asset which helps you overcome seemingly insurmountable obstacles.

**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

At the beginning of this brand-new year, I want to encourage you to go after that dream, that goal, that vision. Follow what God has called you to do and to be for Him. In order to do that, you must learn how to deal with the negative people in your life. Everybody who has accomplished anything in life had cynics, naysayers. Every opportunity comes with opposition. You can count on that one in life.

The naysayer in your life may not necessarily be a bad person. Naysayers may be good people, they may love you, but they're not God. So, don't treat their opinion like its God's opinion. Proverb 29:25 says this, "The fear of human opinion disables; but trusting in God protects you from that." I love that in the Message.

The fact is, you may be disabled and don't know it. You have a disability. You know what your disability is? You're addicted to the

Pastor Ray's Encouraging Words

Ignore the Cynics

approval of others. And that's your disability. The fear of human opinion disables. But trusting in God protects you from that.

When you're trusting in God you don't worry about the opinion of other people. Today's English version says, "It's dangerous to be concerned with what other people think of you." What other people think of you is none of your business! You shouldn't care about what other people think of you. You should only care about what God thinks of you. You may be locked in a prison of self-made fear. I want to help open that door, to help you get out and become who God wants you to be and to go after that dream.

How do you do that? You focus on God's opinion. The bigger God's opinion gets in your mind the smaller other people's opinion gets in your mind. What God says about you is what matters and the other doesn't.

Psalm 118:6. says "The Lord is for me, so I will not be afraid. What can mere mortals do to me?" (NLT) People can dislike

you and it won't harm you. You need to understand this: You don't need anybody else's approval to be happy. You're as happy you choose to be.

There are naysayers in your life, and maybe it's in your own head. Your own thoughts. We're often our own worst critic. But, you're not God either. What you think about yourself is often wrong. We lie to ourselves all the time. Don't focus on what other people say or even what you think about yourself – focus on what God thinks about you.

To understand what God thinks about you, you get into His Word. Jesus said, "Then you will know the truth and the truth will set you free." John 8:32. The truth is, God says you're forgivable, God says you're acceptable, God says you're lovable, God says you're valuable and God says you're capable! Focus on what God thinks, not what other people think.

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

A Post Thanksgiving Wishbone

Dr. James L. Snyder

Now that Thanksgiving is over, I can sit back and recoup from the activity. I'm not sure about anybody else, but a holiday such as Thanksgiving takes a lot out of me. Of course, it puts a lot in me, but that's another story.

The Gracious Mistress of the Parsonage and Yours Truly were catching our breath right after our Thanksgiving fiesta. I was enjoying the quiet moment when my wife said to me, "Do you know what time it is?"

I glanced at my wristwatch and said, "It's 8:30 right on the dot."

My wife threw one of those looks at me, I was tempted not to catch and said, "That's not what I mean, and you know it."

She then continued. "What I mean is, do you know what time it is now?"

I was tempted to say, "It's 8:32," but I learned my lesson, so I casually asked, "No, what time is it?"

She sighed very deeply and said, "It's time to get the Christmas decorations down out of the attic and decorate our house for Christmas."

Upon hearing those words, I immediately froze in my chair. I was hoping

this year there would be an appreciative pause between Thanksgiving and Christmas. I must say I'm quite a fan of both holidays and all they represent. However, I certainly would like to get over one before I get into the other.

"You'll have to go up to the attic and bring down all of our Christmas decoration boxes."

I do not relish this job. I go into the attic twice a year; once to bring the Christmas decorations down, and once to take them back when Christmas is over. If anybody were to seek my opinion about this whole matter, I would immediately opine that twice a year is two times too many for me.

If I could have a wish for this time of the year, I think it would be that the next holiday should not begin before the last holiday has sufficiently worn off. I'm not sure if it is my age or what, but these holidays are coming fast and furious. No sooner do you get into the spirit of one holiday when the next holiday is knocking at your door.

Even around our Thanksgiving Day table, everybody was chattering about what they were looking forward to for Christmas. Everybody seemed to be playing old St. Nick and checking

his or her Christmas list twice.

Holidays should not be an excuse to go shopping. Somebody should pass some kind of congressional bill stating that on holidays people should stay at home. Holidays should be a family affair.

Even Jesus recognized the importance of resting. "And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat." (Mark 6:31).

Then I heard a certain store in our community was not permitting any of their employees to say to any customer, "Merry Christmas." To which I, seeing the challenge before me, promptly went to that store, and not to buy anything, but to wish everybody I saw "Merry Christmas." After all, under such circumstances, you can't start too soon to wish people Merry Christmas.

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).



By Marlys Johnsen Norris, Christian Author

The spoken word does not always have the same powerful impact that gospel music delivers to the inward parts of mankind. Listening to gospel music speaks to our heart and soul like none other music. It illumines and blesses a life. While listening one silently enjoys God's love as it fills one's being. The words and rhyme meet one's deepest need to be loved and cared about and it is God's Holy Spirit that meets that inner need.

However, one may not fully realize what is happening inside of them! It is God's very presence ministering His love. In those special musical moments in melody one experiences the genuine and powerful love of God like never

Gospel Music is a Blessing that Moves the Soul!

before in their lives.

Genuine words of love inspired by the writer that speaks to the soul of man/woman. Words of songs sung that open the heart and soul of mankind to miraculously become ready to receive the love of Jesus Christ. Often they are words of comfort for the deepest needs of the listener. Words they receive and hear without reservation. Music of truth that ministers to one's deepest needs. Even their titles have a message!

Here are a few titles of some of these songs that speak to our heart and soul: "If I Can Help Somebody" "Amazing Grace" "Living for Jesus" "Open My Eyes Lord" "Jesus Loves Me" "Jesus, Jesus, Jesus Sweetest Name I Know" "Holy, Holy, Holy, Lord God Almighty" "Fill My Cup Lord" "No Other Love"

The words of these songs inspire one in many ways to begin to become the people God designed

for them when one listens and applies them to life. The words of love based on the Words of the Holy Bible which is God's love-book of instruction for living.

God does not push or tackle anyone to listen to what He desires to teach us. Gospel music gently speaks to the heard because He is patient, loving and kind. He created us with free-will to accept and/or reject His love. Unfortunately some do turn away from knowing Him to experience the blessings He had planned beautiful for their lives.

Yet, because He loves every one of us much more than we ever realize He provides many opportunities even if it takes a lifetime! Even up to the last minute of time one is to leave this earth! Marlys Johnsen Norris Christian Author, Teacher Stephen's Minister [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com) PO Box 114, Orangevale, CA 95662

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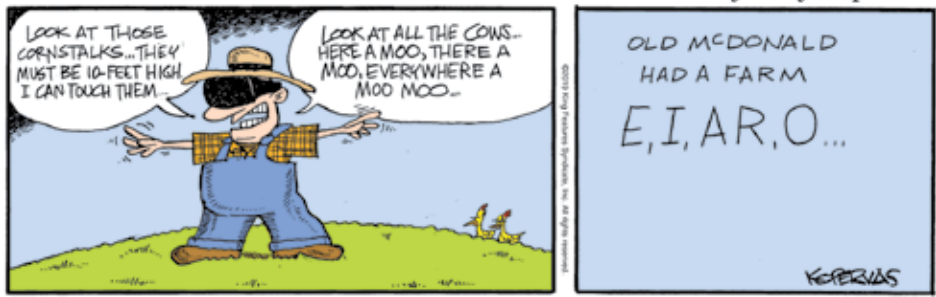
# WEEKLY COMICS

### Amber Waves



by Dave T. Phipps

### Out on a Limb



by Gary Kopervas

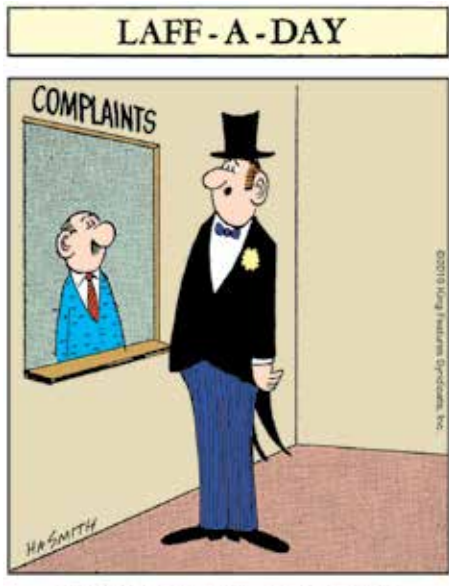
### R.F.D.



by Mike Marland

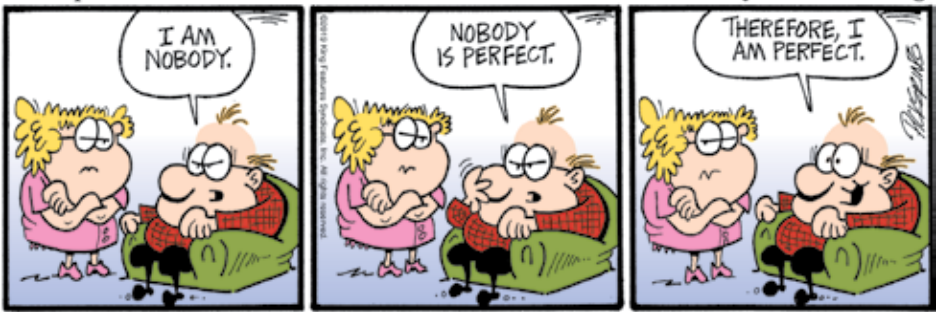


"My, aren't we nimble and quick today?"



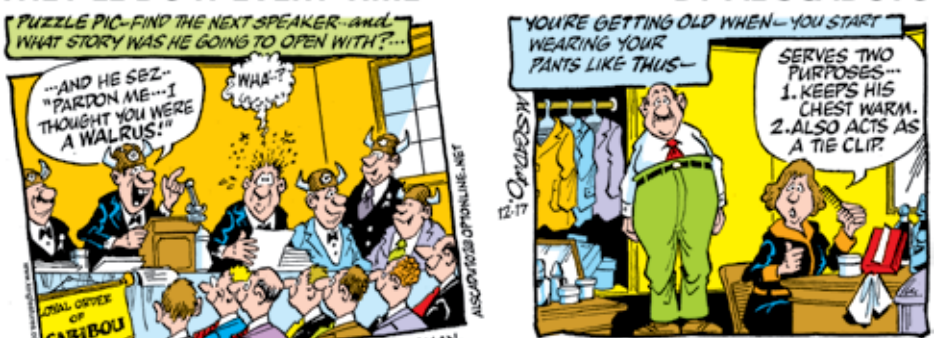
"I'd like to register a formal complaint."

### The Spats



by Jeff Pickering

### THEY'LL DO IT EVERY TIME



BY AL SCADUTO



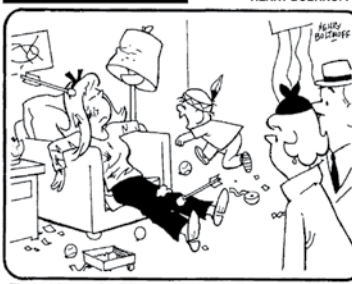
### Just Like Cats & Dogs

by Dave T. Phipps



### HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's pants are black. 2. Ball near boy's foot is missing. 3. Mom's hat is gone. 4. Dog's ears are wider. 5. Girl's bow is different. 6. There's more trash on floor.

### Crossword Puzzle on Page 7

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

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### Sudoku Puzzle on Page 7

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

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### AN IMPORTANT MESSAGE FOR DENTAL OFFICES

#### Are you in compliance? EPA Rule Requires Dental Practices to Install Amalgam Separators and Submit a Compliance Form by October 12, 2020

The Environmental Protection Agency (EPA) recently issued technology-based pretreatment standards under the Clean Water Act to **reduce discharges of mercury from dental offices into municipal sewage treatment plants.**

The Dental Office Effluent Guidelines became effective July 14, 2017. This final rule requires dental offices install amalgam separators and two best management practices. Dental offices that place or remove amalgam:

- Must install, operate, and maintain an amalgam separator
- Must not discharge scrap amalgam into the sewer
- Must not use certain kinds of line cleaners, such as bleach

Existing dental dischargers must comply and submit a form to Regional San (see links below) by October 12, 2020. New dental discharges or ownership transfers must comply within 90 days of their first discharge. If any dental practices already had amalgam separators prior to June 14, 2017, they have until June 14, 2027, to replace them with compliant separators. Dentists who never place amalgam or remove amalgam in limited or unplanned circumstances are exempt.

#### Who is affected by this new rule?

This rule applies to offices, including large institutions such as dental schools and clinics, where dentistry is practiced that discharge to a municipal sewage treatment facility. It does not apply to mobile units or offices where the practice of dentistry consists only of oral pathology, oral and maxillofacial radiology, oral and maxillofacial surgery, orthodontics, periodontics, or prosthodontics.


#### Why are these standards necessary?

When dentists remove old amalgam fillings from cavities or place a new filling, mercury in the form of dental amalgam enters the wastewater of the dental office. Mercury from waste amalgam can make its way into the environment from the treatment plant through the land application of sludge or through surface water discharge to the Sacramento River. Mercury is a potent neurotoxin that can have a wide range of health effects. Once released into the aquatic environment, certain bacteria can change mercury into methylmercury, a highly toxic form of mercury that bioaccumulates in fish and shellfish. Eating fish and shellfish is the main source of people's exposure to methylmercury in the U.S.

#### Questions? Contact us at (916) 875-6470 or [amalgamrecovery@sacsewer.com](mailto:amalgamrecovery@sacsewer.com)

**More Information and Compliance Forms:** [www.amalgamrecovery.com](http://www.amalgamrecovery.com)  
**EPA's Dental Effluent Guidelines:** [www.epa.gov/eg/dental-effluent-guidelines](http://www.epa.gov/eg/dental-effluent-guidelines)

If you are outside Regional San's service area, call your municipal sewage treatment agency.



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ACROSS  
1. Observation point's attraction  
5. Included for large parties?  
8. 252 gallons of wine  
11. Soprano's song, e.g.  
12. Pakistani tongue  
13. Word with foster or health  
14. Lancelot and Mix-a-Lot  
15. Unstable particle  
16. Orangutan, biologically speaking  
17. "Car safety invention  
19. Caspian Sea, e.g.  
20. They flock together?  
21. "\_\_\_\_\_ the ramparts..."  
22. "Risqué garb named for atoll  
25. "Bakelite was first one made from synthetics  
29. RNS' org.  
30. Like a pumpkin on Halloween  
33. €  
34. "To Kill a Mockingbird" protagonist  
36. Columbus Day mo.  
37. Unlock  
38. Without, in Paris  
39. Limestone landscape forms  
41. Broke bread  
42. "Synthetic for a diabetic  
44. Putin's currency  
46. "Willis Carrier's invention conditioned it  
47. "Aspartame-based sweetener  
49. Hard tale to believe  
51. "Scuba diver's gear  
54. "It's still Rock and Roll" to him  
55. The Colosseum, e.g.  
56. Stage part  
58. Bohemian  
59. Gold coating  
60. Fishing rod attachment  
61. Sticky stuff  
62. Make a choice  
63. Big Bang's original matter

DOWN  
1. Military hospitals  
2. Fleur-de-lis  
3. Irish word for Ireland  
4. Sushi restaurant "burner"  
5. Set straight  
6. Objects of worship  
7. Fourth down option  
8. "Little Willie or T-34  
9. Egg on  
10. Opposite of paleo-  
12. Perugia region  
13. Make less refined  
16. Court bargain  
18. Touch of color  
21. Antediluvian  
22. Low in La Scala, pl.  
23. Relating to Quechuan people  
24. Unstable mesons  
25. Four-legged friends  
26. \_\_\_\_\_ Ligation  
27. All worked up  
28. Apple leftovers  
31. Multicolored horse  
32. "Acronym that revolutionized TV-watching

Crossword Puzzle Solutions on Page 5

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63

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5 3 6 7 9

7 2 5 4

5 9 1


8 2 9 1

6 3 8 2

2 4 5 7 9

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

Solutions on Page 5



Dave Ramsey Says

Landlords and Duplexes

Dear Dave,  
I'm 23, debt-free, and I've almost got my fully-funded emergency fund in place. I was curious about your thoughts on saving up money to buy a duplex, living on one side, and renting out the other. It would be my first home purchase, and my first rental property. — Derrick

Dear Derrick,  
Well, the good news is your renter would be right next door. You can keep an eye on things. The bad news? Your renter would be right next door. It would be a necessity to have very clear boundaries in your relationship. Otherwise, some people will come knocking on your door at midnight expecting you to change a light bulb or something silly like that. The trick to being a good landlord, especially for a rookie, is learning how to balance being firm with people, while still being fair and kind.  
Another thing to consider is the purchase of a duplex in general. The upside is you've got someone helping pay the bill when it's rented. The downside is when you get ready to sell a duplex, most of the time your buyer is an investor. This means you're dealing with a wholesale-minded buyer, and that tends to hold prices on duplexes down more than it would a comparable, traditional, single-family home. On the other hand, the cute, young couple looking to buy a perfectly-staged and freshly painted home is usually more than willing to pay full retail.  
I've owned several duplexes in my life, but I've always done much better with single family homes. They're easier to rent, they tend to stay rented more consistently, and as a rule, they appreciate faster. Just know your upsides and your downsides if you're planning on moving into a duplex and doing this. And be very careful about your location. You'll come out much better mentally, emotionally, and financially in an area where homeowners take pride in their neighborhood! ★

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CHM PLU 573

BONUS COUPON

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20 Lb Bag

Limit 1 Bag With Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 12/4/19 - 12/10/19

\$3.79

CHM PLU 362



# December 7th Pearl Harbor Memorial and Wreath-Laying Ceremony

By Barry Wyatt,  
United States Submarine Veterans

**SACRAMENTO REGION, CA (MPG)** - For the past 33 years, the greater Sacramento area United States Submarine Veterans have honored that date with a Memorial and Wreath-Laying Ceremony at Discovery Park. This Ceremony was originally started by the Submarine Veterans of WW II, Sacramento Base 33 years ago and has been carried forward every year to date by the Gold Country Base of the United States Submarine Veterans Inc. (USSVI) It is our goal to keep the memory of December 7, 1941 alive and to honor the heroism, dedication, and painful sacrifice

of our service men and women on that fateful day. Assisting in this year’s event will be the Marine Patrol Divisions of the Yolo and Sacramento County Sheriff Departments, Cities of Sacramento and West Sacramento and the US Coast Guard auxiliary. The ceremony is open to the General Public. Guest Speaker: Former Sacramento County Sheriff John McGinness Honor Guard: U.S. Naval Sea Cadets - Sacramento Division **When:** Saturday, December 7, 2019 at 9am (rain or shine) **Where:** Discovery Park Sacramento, CA at the confluence of the Sacramento and American Rivers.

# Annual Optimist High School Girls Volleyball All Star Games Slated

By John Yoshikawa

**SACRAMENTO REGION, CA (MPG)** - The 36th Annual Optimist High School Girls’ Volleyball All Star games are set for Sunday, December 8, 2019. It will be held at Capital Christian High School, 9470 Micron Avenue, Sacramento, CA, 95827. The Small Schools match will start at 1:00p.m. The Large Schools match will start immediately following the Small Schools match. The Small Schools North Team is coached by Chrys Dudek from Nevada Union High School, and assisted by Brad Keethe from Nevada Union High School. The Small Schools South Team is coached by Devin Elmore from Mira Loma High School and Kalani Panangana from El Dorado High

School. The Large Schools North Team is coached by Kristine Spencer from Inderkum High School. The Large Schools South Team is coached by Dave Amituanai from Laguna Creek High School, Lisa Fowkes and Nicole Burdo from Cosumnes Oaks High School, and Alynn Wright from St. Francis High School. The Optimist Girls’ Volleyball Coordinator is John Grix from Rio Americano High School. The Assistant Coordinator is Matt MacDonald from Bear River High School. Immediately following the 1st match, the awards ceremony will include the induction of Coach Alynn Wright into the Optimist Hall of Fame. General Admission - \$10.00, Seniors, Club Coaches & Directors - \$8.00, Students - \$5.00, Under 5 - Free. ★

# Former Taekwondo Instructor Sentenced to One Year

**CITRUS HEIGHTS, CA (MPG)** - On October 11, former Taekwondo instructor Kasea Cirincione pled no contest to three counts of sexual assault - PC 261.5(d), 288a(b)(1), 289(h).

This November 15, she was sentenced to 365 county jail days, 5 years of probation, and must register as a sex offender. Source: Office of Sacramento District Attorney Anne Marie Schubert ★

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



*Hello Toni:*  
*I recently attended a Medicare Advantage meeting because my Medicare Supplement Plan F is costing me \$220 a month and was going to join. A friend introduced me to your articles explaining the different Parts and Plans of Medicare. Now I am having second thoughts. My question is if I change to an Advantage plan and find out it's not working for me. 1) Can I return to regular Medicare and apply for a new Medicare supplement? 2) Will I be able to enroll in a Medicare Part D plan for prescriptions.*  
*Thanks, Stephanie from Kingwood, TX*  
Hi there, Stephanie:  
Good News... For those who are not happy with the Medicare Advantage plan that they have picked for 2020, on page 72 of the Toni Says® Medicare Survival Guide® Advanced edition, it explains how you can disenroll from the Medicare Advantage Plan. This time is called the Medicare Advantage Open Enrollment Period and begin January 1-March 31(each year). During the Medicare Advantage Open Enrollment Period (MA OEP), you can switch from your Medicare

Advantage Plan to another MA Plan, or to Original Medicare with or without a Part D plan. You can only use this period if you have a Medicare Advantage Plan not to change a stand-alone Medicare Part D plan. You would think that Medicare would give you time to tryout a new Medicare Advantage plan and change to another option... but Medicare doesn’t!! Stephanie since you currently have a Medicare Supplement, you may consider not cancelling your Medicare Supplement until you are comfortable with your Medicare Advantage choice, especially if you have a health issue. If you cancel your Medicare Supplement and wish to apply for a new Medicare Supplement you will now have to answer medical underwriting questions. What if you now have a serious health issue. To disenroll from a Medicare Advantage plan after March 31 st , you cannot because you are in “lock in” from April 1 st to December 31 st . You will now have to wait until the next Medicare enrollment period, which begins October 15 thru December 7 th to make your change for the next year with a start date of January 1st. At the Toni Says® office, we always advise a Toni Says® Medicare client to call their doctors to see which Medicare Advantage plans the healthcare professional/facility accepts before considering changing from

Original Medicare with a Medicare Supplement. One thing to be aware of is that the doctor can also stop taking a Medicare Advantage plan in the middle of the year. If you find a Medicare Advantage plan that you like, and your doctor is not in the plan, then you might have to change doctors to use that plan. Since you are spending about \$220 on a Medicare Supplement and want something less expensive with the same access to doctors that accept “Original Medicare”, there may be a less expensive option. You might consider shopping for a different, less expensive Medicare supplement such as plan G or even plan N. With new changes coming to Medicare Supplement Plan F beginning January 1,2020, those that already have Plan F are experiencing significant rate increase and are baffled with what to do. America really does not realize that they can change their Medicare Supplement any time of the year because Medicare Supplements do not have the same enrollment rules or times as the Medicare Advantage plans do. 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). ★

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# Socialist Price Controls Will Harm American Patients



**Commentary  
by Sally C. Pipes**

The Trump administration is planning one of the biggest changes to Medicare in decades.

The draft rule would effectively bring socialist drug price controls to the United States. The change would threaten patients' health and discourage companies from funding experimental treatments for deadly diseases.

The rule impacts Medicare Part B, which covers drugs administered via shots and IV drips in hospitals and doctor's offices. Most cancer treatments, for instance, are covered through Part B.

Part B drugs cost more in America than in countries like Canada and the

United Kingdom, which impose strict price controls on prescription drugs. If bureaucratic agencies – such as Canada's Patented Medicine Prices Review Board – deem a drug too expensive, they refuse to cover it.

Apparently, the Trump administration thinks these countries have the right idea. Officials believe that tying Medicare reimbursements to the average prices paid for drugs in a handful of foreign countries, where price controls are common, would reduce Part B drug spending.

Americans have little to gain and much to lose from statist price controls.

Drug development is risky. It can take decades and cost a staggering \$2.9 billion to develop a new medicine. Most experimental drugs never even make it out of the lab. Manufacturers fund future research with the revenue from just a handful of successful products.

The rule would make drug development far less appealing. If the potential return on investment were capped, companies would

have little reason to spend billions trying to develop new medicines.

History shows us what happens to drug development when price controls are employed. Europe was a hotbed of drug innovation in the 1970s, producing over half all drugs worldwide. But European nations gradually ramped up price controls in the ensuing decades.

U.S. leaders resisted that temptation – which explains why America now attracts 75 percent of global biopharmaceutical venture capital investments and develops more than half of the world's medicines, while Europe invents a mere third of drugs.

Price controls may yield some short-term savings, but they would cost patients dearly in the long run.

*Sally C. Pipes is president, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is *The False Promise of Single-Payer Health Care (Encounter)*. Follow her on Twitter @sallypipes.* ★

# Senator Jim Nielsen Named Outstanding Legislator for 2019

*By John Frith*

**SACRAMENTO, CA (MPG)**

The Family Business Association of California, the only organization advocating exclusively for California's thousands of family businesses, has named Sen. Jim Nielsen, R-Tehama, as its Outstanding Legislator for 2019.

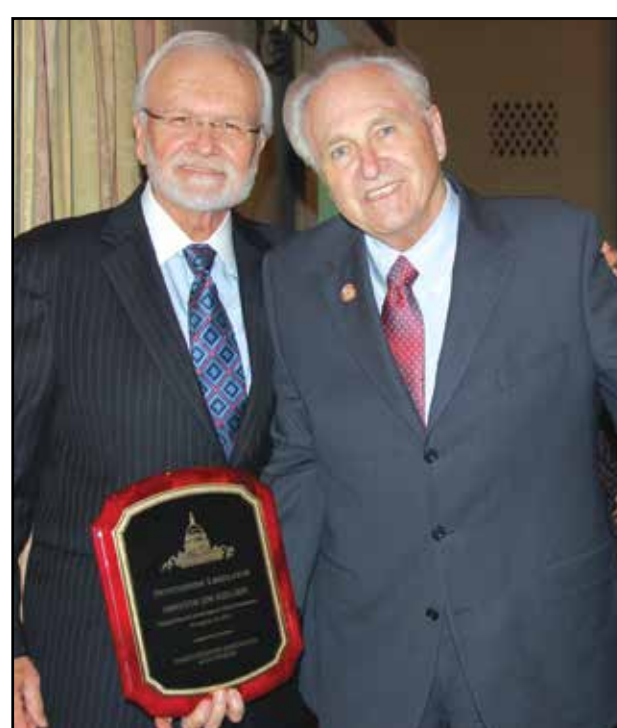
FBA Executive Director Robert Rivinius said the veteran lawmaker was selected because he's always been a strong advocate for family businesses.

"Sen. Nielsen grew up in a family business and has always been a strong advocate for family businesses during his years in the Legislature," Rivinius said. "We need more lawmakers who understand the unique issues facing family businesses and who recognize how important family businesses are to the state's economy and the fabric of our communities, and we thank him for his support."

Nielsen said he was proud to receive the recognition.

"California needs strong family businesses because they're the cornerstones of their communities and the foundation of our state's economy," Nielsen said. "I want to thank the leaders and members of FBA. It is an honor to be recognized."

Nielsen was first elected to the Senate in 1978,



Family Business Assn. Executive Director Robert Rivinius (left) presents Sen. Jim Nielsen with FBA's Outstanding Legislator award Wednesday at FBA's Annual Meeting of Members in Sacramento. Photo provided by TWSC

serving until 1990. He returned to the Legislature in 2008 as a member of the Assembly and was elected to the Senate in 2012. He represents all or portions of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba counties. He serves as Vice Chair of the Budget & Fiscal Review and Elections & Constitutional Amendments committees and is a member of the Governmental Organization, Governance & Finance and Veterans Affairs committees.

He has been recognized by numerous taxpayer and small business groups for his leadership on state budget issues and for his unrelenting fight against profligate government spending. He is also a leader in protecting and strengthening private property rights and for reforming state regulations and out-of-control spending.

For more information about FBA, visit [www.myfba.org](http://www.myfba.org).

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TV  
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CHEERS & JEERS

By Damian Holbrook

Cheers to Billions

for adding to its worth. Our rate of interest in Showtime’s already awesome high-finance drama just skyrocketed, thanks to the news that *The Good Wife*’s Julianna Margulies and *The Deuce*’s Corey Stoll will be recurring alongside stars Damian Lewis and Paul Giamatti when the show returns next year.

Cheers to Brooklyn Nine-Nine

for nabbing an early renewal. Three months before Season 7 is slated to launch, NBC has already picked up Andy Samberg’s police-com for an eighth

round. Not too shabby for a show Fox didn’t find that arresting.

Jeers to A Pot-ential Weeds Reboot

Hate to harsh your buzz, Starz, but now that cannabis is pretty much legal, there’s no need to spark up a new strain of the comedy that ran on Showtime from 2005. Unless you can get Mary-Louise Parker back. That would be lit.

Jeers to The Good Place’s Failed Experiment

Let’s face it: The blandly “bad” humans whom Eleanor and friends need to rehab – gossip queen John, indecisive Simone and pompous Brent – simply need to go. Their worst sin is stealing too much forkin’



Now that cannabis is pretty much legal, there’s no need to spark up a new strain of the comedy that ran on Showtime from 2005. screen time in the final season. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Why Do Shows Have To Kill Off Anyone?

**Question:** Regarding Lasalle’s departure from *NCIS: New Orleans*: Why do TV shows have to kill off anyone? Just have a character decide to move on to explore other opportunities. Then if they decide to come back, it’s less demeaning to the audience’s intelligence than pretending they never died. (See Ziva on *NCIS*, Bobby from way back on *Dallas*.) – Claire

**Matt Roush:** Given that *Dallas* never really recovered from that absurd Bobby-in-the-shower moment, and that *NCIS* at least lived up to the old TV rule that “if you don’t see the body, they’re probably not really dead” with Ziva’s hardly unexpected return, in this case we do need to accept the fact that Lasalle (Lucas Black) isn’t coming back, which was the actor’s choice. Also the producers’, who when dealing with

Black’s desire to leave wanted to give him a significant, heroic exit that would have an impact on the show and its ensemble going forward. When you ask why a show has to kill off anyone, my answer will always be that in the perilous world these shows portray, there are no stakes if everyone is seen as immortal. While it’s unlikely that Gibbs (Mark Harmon), Pride (Scott Bakula) or any other series lead will ever take the fall, shows like this must occasionally grapple with loss – preferably not reversible – to even have a shred of credibility.

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

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