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Citrus Heights Messenger

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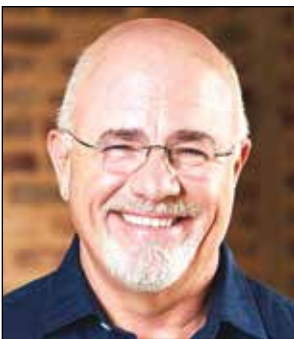
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Many Hands Make Light Work



Above: More than 150 people showed up to Rusch Park on November 9 to help with the beautification project. Right: Volunteers from the community worked together on improvements to Rusch Park — planting trees, doing yard work, and cleaning up the grounds.

Story and photos
by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - On November 9, more than 150 people volunteered at Rusch Park for a park beautification project. Volunteers performed various improvement projects throughout the park, including cleaning up the grounds, doing yard work, and planting 40 trees.

The goal of the project was to improve the park in preparation for the installation of new playground equipment. The playground equipment is now in place and construction is expected to be completed by the end of November. The new play area is about twice the size of the original, and the design was chosen by community members through a series of outreach events. The play structure was funded through the SRPD general fund, Community Development Block Grant funding and Park Facilities Impact Fee funding from

the City of Citrus Heights, and a grant from Republic Services.

Rebuilding Together Sacramento coordinated the volunteer event at Rusch Park with funding from Republic Services' National Neighborhood Promise program, which provides grants to nonprofit organizations that work on neighborhood revitalization projects. The City of Citrus Heights and SRPD also provided support for the event.

Community members from throughout Citrus Heights volunteered at the event — working to improve the much-loved and well-used Rusch Park.

Active-duty military members from Beale Airforce Base, along with friends and family members, volunteered to

clean up the veterans rose garden and the nearby creek.

Members of Sacramento State's Environmental Student Organization (ESO) also volunteered at the event, planting trees throughout the park. Selenne Martinez, ESO president, said, "Our club goals are to promote environmental sustainability at the individual, campus, and community level and so this is us outreaching to give back to the community."

Volunteers from Americorps
Continued on page 3



Veterans Honored for Their Service, Recognized as Valuable Assets to Their Community

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Before 10 a.m. on Monday, November 11, 2019, men, women and children began to gather at the large gazebo near the entrance to the Sylvan Cemetery in Citrus Heights for its annual Veteran's Day service.

Attendees were greeted with traditional patriotic tunes harmonized by the Folsom Harmony Express who performed throughout the service. At 10:30 a procession led by CHPD motorcycle team and CHPD color guard wound through the cemetery where over 1,400 U.S. service personnel were laid to rest, including nine civil war soldiers. Veterans from World War II on, reenactors, Boy Scout Troop 228 and others joined the procession which arrived at the gazebo at 11:00.

Honored guests included Sue Frost, Sacramento County Supervisor, Mayor Jeannie Bruins and the Citrus Heights City Council, Citrus Heights Police Department (CHDP) Chief Ron Lawrence, and City Manager, Chris Boyd. Former Sacramento County Supervisor Roberta McGlashan was

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American Legion Post 637 member Alex Candela speaks with Citrus Heights Mayor Jeannie Bruins following the Veterans Day service at Sylvan Cemetery. Photo by Jack Frost

November is National Adoption Month

By Brenda Bongiorno,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - In California, there are more than 62,000 youth living in foster care and more than 34,000 waiting for a permanent family. In Sacramento County alone, there are 1,690 children and youth in out-of-home care with about 350 of them needing a loving and affirming forever family.

Each November during National Adoption Month, Sacramento County wants to remind the community that you can make a difference in the life of a child by becoming a resource parent/family. These resource parents, once known as foster parents, provide love, parental care, guidance and stability to children until they can either return to their parents or provide a permanent home through adoption or legal guardianship.

Whether you are married or single, gay or straight, a homeowner or a renter, an aunt, teacher or simply a loving person that wants to positively impact the life of a child, Sacramento County Department of Child, Family and Adult Services hopes you will consider fostering a child.

We have a particular need for new resource families that can help us move children from a group home setting to a family-based setting. The more families who can open their doors to our children and youth, the better. We are looking for resource families who are able to foster all ages, but particularly, teenagers, LGBTQ youth, African-American children, children with medical needs, emergency/last-minute placements and homes for sibling sets.

Sacramento County supports, trains and offers guidance, support and assistance to resource families to make sure the journey is a positive transition. While reuniting children with their biological families is the primary goal, staff can help resource parents adopt or take legal guardianship when reunification is not possible. There is now only one approval process, which creates a continuous care experience for children, as they will not have to switch homes at the point of adoption.

On November 6, we pause our busy lives long enough to speak the names of thousands of California children who are waiting in foster care for the love and support of a permanent family. Sacramento County and several adoption agencies are hosting the 31st Annual Calling Out of Names at the State Capitol in Room 112 from 9:00 a.m. – 1:00 p.m. During the vigil,
Continued on page 2

Hot Hits for Heroes

Concert Entertains at VA Hospital



Singer and keyboard player Mary Maguire led Lady and the Tramps during a free concert at Sacramento Veterans Hospital, Mather.

Story and photo
by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - The Home of the Brave Campaign last week brightened Friday for hundreds of veterans at Sacramento VA Medical Center, Mather.

Along with free lunches, ice cream, bedside visits and tee shirts, veterans enjoyed three hours of live music. The day of tribute kicked off veteran weekend celebrations by honoring more than 300 patients and visitors.

Lady and the Tramps’ concert filled the hospital lobby with classic rock tunes.

The Home of the Brave program was established in 2012 by Hewlett Packard employees in Houston TX and Herndon VA. The volunteers later partnered with Veterans Affairs Voluntary Service; the VA Homeless Program and Soldiers Angels. Corporate contributors include Perspecta, Bristol-Myers Squibb and Micro Focus. The campaign’s mission to support veterans has created giving events all over America. Fundraising and sponsor donations provide hats, blankets, water bottles and backpacks to thousands of veterans in 42 states, and in Washington DC and Puerto Rico

Learn about Home of the Brave at www.homeofthebravecampaign.com ★

Playmakers Hosting Youth Basketball Game



Coach Roz

Story by
Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Local non-profit The Playmakers Organization is hosting a basketball game for special needs and at-risk kids at Oak Hills Church (1100 Blue Ravine Rd. in Folsom). Playmakers is partnering with the Special Olympics, Big Brothers Big Sisters, and UCP of Sacramento and Northern California (which provides programs and services for people with developmental disabilities).

Playmakers founder Greg Roeszler explained that at-risk kids have a 40% chance of living in a single-parent

home, and the risk is increased for special needs kids. Playmakers is working to provide support networks for these parents to help their children thrive. “We’re really pleased with how we’re beginning to work together with other agencies toward the same goal,” said Roeszler.

Roeszler said, “We’re converting Oaks Hills Church into the Golden1 Center with a DJ, music, and a great deal of fun. Our desire is that this is the first of ongoing Playmakers events partnering with these agencies to create more fun activities and resources for kids and their families.”

The game will be held on Saturday, November 16, and it will kick off at 9:00 AM with a breakfast catered by the Burgess Brothers BBQ & Burgers, who will be serving their special ChurWaffles.

The game is scheduled from 10:00 AM to 1:00 PM, and the participating kids will be assisted by the Folsom High School freshman football team. “It’s a very inclusive

event,” said Roeszler.

Roeszler spent years coaching football, so Playmakers events usually focus on his favorite sport. But Roeszler is excited to be expanding into basketball because it is not dependent on the weather and can be played indoors year-round — so they can offer more frequent events for the kids.

Roeszler said Playmakers is grateful to be working with a group of “wonderful Corporate partners” for the event: Mortgage Consultant Group, FitGuard, Asher College, Republic Services, Palm Tile, Go Forth Coaching, and Serenity Spa — which will be offering massages at the game.

The public is invited to attend the game and there is no cost to attend. Roeszler said, “We’re hoping for wonderful attendance. Come and cheer and have fun, eat waffles, and meet our partners.”

There is still space available for more game participants, and kids can be signed up at www.ThePlaymakers.org. ★

November is National Adoption Month

Continued from page 1

adoptive parents, child advocates, community leaders and elected officials will take turns reading the names and ages of every single child in California that is waiting for a permanent family. Sadly, some names have been read year after year.

Another event to recognize National Adoption will be held later in the month, when Sacramento Superior Court judges and staff, Department of Child and Family Adult Services, Child Protective Services, Sheriff’s Department, Lilliput, Sierra Forever Families, Uplift, Koinonia, CASA and Soroptomist of

Greater Sacramento come together to celebrate the adoptions of several children and their forever families. Along with the adoption proceedings, there will be refreshments and activities for children including hand painting, family photos, balloons and much more.

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

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PRICES EFFECTIVE NOVEMBER 15 - NOVEMBER 19, 2019

13 14 15 16 17 18 19

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market: 7 Days 8am - 10pm
Food Court: 7 Days 11am - 9:30pm
(Chinese: 11:30am - 8:30pm)



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\$3.29

/lb

USA CHOICE



Beef London Broil & Top Round Roast-Brils
Pkg 10 Pcs Roast w/ Bone

\$2.99

/lb

USA CHOICE



Beef Top Round Steak
Pkg 10 Pcs Steak-Thin Sliced

\$3.29

/lb

Sanderson Farms



Boneless & Skinless Chicken Thigh Meat
Camp 10 Pcs

\$1.59

40 lb Box \$59.99/ea

OLSON



Pork Tenderloin
1 lb Loins de Cerdo

\$1.99

/lb

GREAT VALUE



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/lb

IBP



Pork Loin Chops Bone In
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/lb

IBP



Pork St. Louis Ribs - Single Pack
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\$2.49

/lb

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 <p>Coca-Cola</p> <h2>\$9.99</h2>	 <p>Mantitas</p> <h2>\$2.59</h2>	 <p>Mantitas</p> <h2>\$2.99</h2>	 <p>Mantitas</p> <h2>2/\$3</h2>	 <p>Mantitas</p> <h2>2/\$5</h2>
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ASIAN GROCERY

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EUROPEAN GROCERY

 <p>Bottles</p> <h2>\$4.99</h2>	 <p>Bottles</p> <h2>\$3.69</h2>	 <p>Bottles</p> <h2>\$5.99</h2>	 <p>Bottles</p> <h2>\$3.99</h2>	 <p>Bottles</p> <h2>\$3.69</h2>
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KOREAN/JAPANESE GROCERY

 <p>Onion</p> <h2>9.99</h2>	 <p>Onion</p> <h2>9.99</h2>	 <p>Onion</p> <h2>4.99</h2>	 <p>Onion</p> <h2>4.99</h2>	 <p>Onion</p> <h2>1.99</h2>
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Many Hands Make Light Work



Members of Americorps NCCC volunteered at the Rusch Park improvement project as part of their commitment to performing service work across the country.



Active-duty military members from Beale Airforce Base, along with friends and family, cleaned up the veteran's rose garden at Rusch Park

Continued from page 1

National Civilian Community Corps (NCCC) were also on-hand to help with the Rusch Park improvement project. The team's media representative Anna Newman said, "It's a corporation of kids between the ages of 18 and 24 that join for a 10-month program to do service work throughout the country. ... We're from all around the country: New Hampshire, Texas, Connecticut, Massachusetts. We're from everywhere." After a month of training at McClellan Airforce Base, the group is spending their first six weeks working to improve schools in the Sacramento Unified

School District. The work at Rusch Park counts toward their weekend independent service projects requirement. Sacramento State Parks and Recreation majors Anea Fielder and Stephanie Bone helped Rebuilding Together Sacramento coordinate and organize the volunteer event, and they volunteered themselves as well. "It became really big really fast. It's successful, so that's awesome," said Fielder. With more volunteers than expected, the work went quickly. Fielder said that the 40 trees were all planted within an hour and a half: "It was pretty incredible." ★

Veterans Honored for Their Service, Recognized as Valuable Assets to their Community



From left to right: City Manager Chris Boyd; Former Sac County Supervisor Roberta MacGlashan; City Council Members Porsche Middleton and Vice Mayor, Jeff Slowey; Police Chief Ron Lawrence; City Council member Steve Miller; Mayor Jeanie Bruins; Sac County Supervisor Sue Frost. Photo by JackFrost



The CHPD Color Guard helped lead the procession through Sylvan Cemetery to the Veterans Day service at the gazebo. Courtesy of CHPD

Continued from page 1

also in attendance. This year's Veteran's Day service was a history lesson for adults and children, and a reminder of the strong bond of brotherhood between military and local police officers. It was also a testament to the legacies our fallen warriors have left to the world, and that of today's returning veterans as they continue to serve and protect their communities in many new capacities. Master of Ceremonies and member of Post 637 Jim Monteton, reminded attendees that retired military can be seen answering the call following disasters of all kinds, as police, fire and Emergency Medical Technician (EMT). He added, "This is what makes America strong and keeps the world in one piece." Police Chief Ron Lawrence urged all to remember that those behind the scenes in the military are much like the staff and volunteers in any police department. They are crucial

to the success of the final objective. This includes military who serve(d) in peace time and as non-combatants. He added, "To the cook, welder, carpenter, mechanic, or (those who) served below decks, you are also American heroes." American Legion Post 637 was thanked by speakers for all they as veterans themselves do, and their work with community groups to help veterans and their families in need. The day was sponsored by American Legion Post 637, Sylvia Thweatt Commander. ★

Crime Reports

Citrus Heights Police Report

November 6th
November 11th



11/6/19: 10:34 Petty Theft 1911060096
Occurred on big Oak Dr. RP req face to face contact. RPs veh registration tab was stolen off of his parked veh during the night. Neg susp information

11/6/19: 20:56 Driving Under the Influence 1911060256 Occurred at Burger King on Sunrise Bl. Veh just came thru the drive thru. Poss dui- driver was talking loud, being ram-bunctious, screaming and yelling, overly excited. Currently parked in the parking lot eating. Driver/male driver 30s, female passenger. Veh/whi Subaru small suv; top has bike rack

11/7/19: 09:28 Fraud/forgery 1911070064
Occurred at Trident on Auburn Bl. RP is mgr for Titan Prop Management. Unk person has been posting their rental listings on Craigslist and taking money from prospective tenants.

11/7/19: 17:58 Vandalism 1911070198
Occurred on Wisconsin Dr. Coworker parked veh on street to carpool & returned to find veh spray painted. RP has video of neigh doing it. Hist of neigh not wanting anyone parking IFO his house. Vict was not aware of parking issue.

11/8/19: 16:03 Disturbance Verbal 1911080154
Occurred on Fair Wy. Neighbor is throwing branches and a large brick into the roadway. RP states the neighbor threw the brick at her veh as she was passing. Neighbor is still throwing items in the road. RP does not know her name.

11/9/19: 09:47 Fraud/Forgery 1911090052
Occurred on North Ridge Dr. Susp used RP's debit card w/o permission. Susp is RP's ex fiance. RP has handled w bank, wants to press charges on the male.

11/9/19: 11:59 Reckless Driving 1911090084
Occurred on Rosswood Dr. Open line then disconnected, static only. On CB RP adv he's being followed in road rage incident.

11/10/29: 16:21 Suspicious Circumstances 1911100123
Occurred at Silva residence on Baranga Dr. RP is in our front plot in silv Dodge pick up. Would like to speak with officers regarding ex girlfriend hacking into his phone and wifi and moving things around on his phone.

11/11/19: 15:28 Petty Theft 19111010139
Occurred at Arborelle Apartments on Sunrise Bl. Ocrd 11/1 RP was living w/a male who stole RP's ATM card while she was sleeping. The following day he took all of the money in her bank account - which was around \$1300. The bank at which he made the withdrawal has video footage.

11/11/19: 20:03 Prowler 1911110183
Occurred Briartree Wy. RP can see prowler in neighbors back yard, seen 30 ago. Does not know if neighbors is home. Neighbor is disabled and has a stalker ex bf w/RO. Neighbor has alarm. Exbf unk description. RP saw someone in back yard looking around with flashlight. RP heard dogs barking and then they stopped, neighbor mentioned exbf is familiar with dogs.

Codes and abbreviations	HBD = has or had been drinking	UNK = unknown
AMB = ambulance	IFO = in front of	WFA = white female adult
BMJ = black male juvenile	LSW = last seen wearing	WM = white male
DEC = declined	RP = reporting party	10851 = unauthorized use of vehicle/vehicle theft
HM = Hispanic male	TC = traffic collision	602 = criminal trespassing

Find more info at citrusheights.net



CITRUS HEIGHTS, CA (MPG) - El Tapatio Mexican Restaurant in Citrus Heights was host to last week's Sunrise Corridor Chambers Power Lunch. Chamber Commerce leaders from Citrus Heights, Rancho Cordova, Carmichael, Fair Oaks and Orangevale used the mixed event for networking among the various communities with their respective members cheering them on. Attention was drawn to the Ribbon Cutting for the Institute for Children's Aid in Citrus Heights on November 8, and Fair Oaks' Aging Well Symposium and Resource Fair on November 12. In the picture left to right: Brad Squires, president of Orangevale Chamber; Dot Boyd, Fair Oaks Chamber Ambassador; Jim Alves president of Carmichael Chamber; and Ilene Martzen, Citrus Heights Chamber Board Chair. Photo by Patrick Larenas

City of Citrus Heights - 23rd Annual

CHRISTMAS TREE LIGHTING

Thursday, December 5th

6:30 pm

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Dare to Live Without Limits
by Bryan Golden



Letting Go

Hang in there. Stay with it. Don't let go. Hold on. These are all positive statements which are invaluable advice in the right situations. However, there are situations where the strategy of letting go is warranted.

Letting go of destructive situations, or people, is in your best interest. In order to do this, you must first recognize things for what they are. Making excuses or ignoring circumstances works against you.

A person who holds onto an anchor, which is pulling them farther and farther down, is an all too common phenomenon. As circumstances go from bad to worse, this person tightens their grip as they continue to sink lower. They will then ask, "Why do these things always happen to me?"

The only way to reverse course in this situation is by letting go of any anchor which is negatively impacting you. Although this seems like common sense, it's amazing how many people won't let go. The quality of your life improves when you are ready and willing to let go of anything deleterious.

Let go of any situation which has no possibility of improving. If there is nothing you can do fix a situation, letting go of it enables you to move forward. Additionally, when you are pulled down by one issue, every area of

your life is affected.

Let go of the past. It is over, you can't change it. Stop lamenting what you could have, should have, or would have done differently. The past has value when you learn what didn't work and what did.

Let go of problems. Don't allow them to control you. Let go of a "woe is me" mindset. Don't feel sorry for yourself. Instead, devote your energy to finding solutions. Solving problems enables you to grow, as well as becoming better at solving problems.

Let go of toxic relationships. Other people can bring you down as fast as any anchor. They are constantly complaining about problems but lack any desire to fix them. These are people who are clutching onto their own anchors. Regardless of how well-meaning you are, there's nothing you can do to help people who are unwilling to help themselves.

Let go of resentment, bitterness, and anger. These emotions poison your wellbeing. They produce stress and anxiety which clouds your judgement. People are who they are and do what they do. You can't control their actions, but you do have control over your response.

Let go of the desire to get even. There's nothing to be gained by teaching someone else a lesson. It's a downward spiral

which yields no benefits. Unfortunately, you will encounter unfair situations. Seeking retribution will only worsen your circumstances. Moving forward is a great way to improve your situation. Take positive action in order to make progress toward a better place.

Let go of worry. Worry neither solves nor fixes anything. Worry is like being in a rocking chair; it's a lot of activity which doesn't get you anywhere. Worry drains your energy without producing any results.

You let go of worry by replacing it with action. Do whatever needs to be done in order to fix problems. Let go of any issues which are out of your hands. You can't do anything about them anyway, so stop worrying.

Let go of fear. Fears are limiting. Fear of failure inhibits accomplishments. Fears are overcome by doing whatever it is you are afraid of. Tell yourself, "I can do this," and then take the first step.

Letting go of anything which detracts from your happiness is liberating. You will accomplish much more without the weight of those anchors pulling you down.

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



By Marlys Johnsen Norris, Christian Author

Since the beginning of time people have refused to honor the love of Creator/God our Heavenly Father and sought other gods of their own making. When God created mankind in the likeness of himself - many believe He made a mistake allowing mankind to make their own decisions. God did not create programmed robots!

Historical facts tell us even the Jewish people had problems with backsliding, breaking God's laws and falling away from truth and sin it took them into the darkness of this world. Eventually God dealt with it in Noah's day. Yet today we know God has saved and restored them many times. Today we in America honor them in the land of Israel more than ever.

Return to Christ

In the midst of times of old God did send His prophets to warn them, but it was often in vain. Hosea came (Hosea 6:1) and he was God's voice to the people. His message was as it is today - to those who have strayed away "Return to God and He will return to you." The name of Hosea means "Salvation." Salvation from sins, is a gift from God for those who will believe and accept God's Son as their Savior and Lord of their life.

God's Word is like a mirror. What is a mirror really for? Isn't it to see how well you really look? No! It is to see the flaws and to see what is wrong - so you may correct them.

How can we ever see if our way of living is not pure? It is only by living in accordance to God's word we find peace and happiness. Psalm 119:9 reads "How can a young man cleanse his way? ONLY By taking heed according to Your word." Friend, those are the words of TRUTH of the Holy Bible and absolutely nowhere else.

Almighty God foreknew everything that would take place in your life before it even happened. Those things

had to happen to bring you to the place you would even begin to read these words to comprehend His beautiful divine plan for your life. He knows all about you, your thoughts, actions, deeds, sadness, hurt and pains. Nothing is a surprise and God loves you with an everlasting love He wants you to receive, know and understand. If you are at that place this moment, stop and talk with Him. Tell Him how you feel this moment. Share your concerns and thoughts and even your doubts. He understands completely. Then remain quiet for a few seconds and listen. God is more anxious to talk with you than you have ever been to listen for His voice.

The second you might think it's your own thoughts or voice, it will be His. Listen carefully to the words and ideas, then be obedient to follow them with your whole heart and soul. Dear one, this is just the beginning of a brand new life for you.

Marlys Johnsen Norris
Christian Author, Teacher
Stephen's Minister
Marlysjn@gmail.com
PO Box 114, Orangevale, CA 95662 ★

If Every Dog Has Its Day I Should Be Barking

Dr. James L. Snyder

Lately, I have been getting behind in my work schedule. Just when I think I am caught up, I discover something I had forgotten about.

The past week was a week of scrambling trying to keep up with everything. I am still not sure I actually finished the week and my schedule. Nevertheless, I did my very best.

The mistake I made was complaining about all this to my wife. I do not know why I was doing that because I know better and understand that it will never get me anywhere. But out of frustration, I complained about how hard my week was.

The Gracious Mistress of the Parsonage finally had enough of that. She stopped me, looked at me with both hands on her hips and said, "Don't you know that every dog has his day?"

I smiled good-heartedly and said, "Thank you for those words of encouragement."

To be truthful, I do not know what that means. Is she suggesting that I am just a dog?

I could probably handle that I suppose. Just give me a treat every now and then and I will wag my tail and do not be alarmed if I start

barking.

Or, was she suggesting that everybody has a good day every once in a while?

She smiled back at me and said, "Your good day is about to come your way." Then she went back to her activities.

Everybody has a different definition of what a "good day" really is. I must confess that my wife's "good day" is not quite the same as mine.

Her definition of a good day is when she is able to do a lot of work and get it done on time.

My definition of a good day is when I have no work to do and have time to do nothing.

Never the twain shall meet.

I was tempted to say to my wife, "If every dog has a good day then I should be barking." Everybody knows, especially my wife, the barking dog is chased out of the house." For me, that would not be a good day.

As I get older, but no wiser, my definition of a good day has changed. When I was younger, a good day was when I was able to do a lot of good things for myself. Now, as I have gotten older, a good day is when I have less

things to do. And the lesser, the gooder the day in my opinion.

I have discovered that a "good day" is when I do less for myself and more for the other resident in our home. Of course, the less she knows I am doing for her, the gooder the day for me.

The longer I keep this from her, the better it will be for me in the end.

Now I can identify my "good day" where before I had no idea.

In pondering this, I remembered something Jesus said. "Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again" (Luke 6:38).

You may not hear me barking, but I am learning what a good day is and how to have it.

Dr. James L. Snyder, pastor of the Family of God Fellowship, lives with the Gracious Mistress of the Parsonage in Ocala, FL. Call him at 352-687-4240 or e-mail jamessnyder2@att.net. The church website is www.whatafellowship.com. ★



By Pastor Ray Dare

There have been times in my life where I've been confused, worried, anxious about the future. If you'll be honest about it, there have been times in your life when you felt these same things. Maybe today you're facing some of these same things.

God says in Isaiah 26:3, "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusts in thee." God renews you spiritually when you accept Christ in your life, but your mind isn't renewed automatically. There's something that you have to do. Never underestimate the important role that your mind plays in your walk of faith.

I've found that every time I get worried, confused, overly concerned, or anxious about the future, I've taken my mind off the things of God and I've started looking at the circumstances all around me. I'm going against what God

Pastor Ray's
Encouraging Words

Peace of Mind is a Promise

says when I start dwelling on "How am I going to overcome these challenges? How am I going to overcome these obstacles? How am I going to overcome all these things that are coming against me?" Do you know what happens when you meditate on those things? They'll get bigger and bigger and bigger. Then all of a sudden you're feeling doubt and unbelief and fear.

You have to keep our mind stayed on Christ. You may think, "But Ray, I'm busy. I've got a career and I'm working and I've got all this stuff going on." But friend, you're not going to experience God's perfect peace automatically. You have to get into God's Word and get His Word into you. It's so important to meditate on and memorize Scripture. It's so important to stay in church where you can hear the Word of God.

Sometimes I like to think about Scripture that talks about the goodness of God; how good God is. Like Galatians 3:13, "Christ has redeemed us from the curse of the Law." Do you know what the curse of the Law is? It's misery, mental

torment, depression. It's all the miserable things of this life. You take that Scripture one week and just meditate on it, think about it, ponder it. 'Thank you, Father, that I don't have to live a miserable life.' That's going to give you peace, because your mind is stayed on Him.

Philippians 4:6 says, "Don't worry about anything; pray about everything." Don't worry about anything, but pray about everything. Listen, I going to challenge you. The next time you have the opportunity to worry, don't choose to worry. Every time that you have that negative thought just praise God that the answer's on the way. You know what you're doing? You're saying, "God, I know the situation may not look good, but I choose to believe You're still in control. I choose to believe. You can still see me through." And you're going to experience God's perfect peace.

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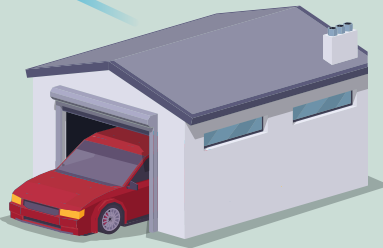


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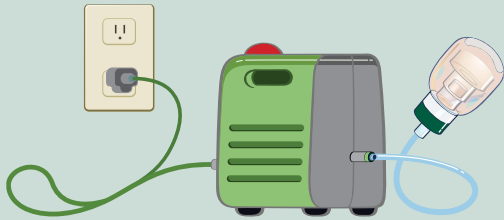
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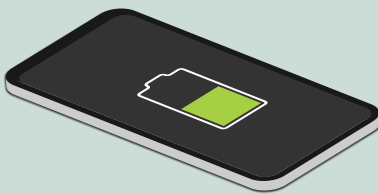
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The Secret to Being Organized

Pam Young's Corner

Crapaholics Anonymous Program

A 12-Step Declutter Program

"My name is Pam and I'm a Crapaholic."

Clutter is a spiritual problem

A lovely woman reported she had systematically and completely decluttered her family home, but she asked, "How do I keep from bringing the clutter back in?" She went on to say she yo-yos between a peaceful streamlined home and one that's cluttered and filled with tension.

If you frequent auctions, church bazaars, garage and estate sales, chances are you're a junk junkie and I don't know of an AA-type program for you.

But you could use the 12-Steps with just a few adjustments. If you think about the problem of having too much stuff can you see that it's a spiritual problem? God takes care of us every moment of our lives and He wants us to have material stuff, but when the collection of the stuff grows beyond our ability to enjoy and use it, and week continue to seek out more, the stuff becomes a god. The spiritual aspects of the 12 steps really apply to the addiction to gathering more than we need. This is what I imagine crapaholics would say:

1. We admitted we were powerless over articles priced under a dollar, - that our homes Had become unmanageable because of them.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves and why we love other people's junk.
5. We admitted to God, to ourselves and to another human being the exact nature of our wrongs: bulging closets, cupboards, drawers, storage units filled to the brim, jam-packed basements, bloated garages and stuffed attics.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all venues where stuff is sold, i.e. Goodwill, Salvation Army, auctions, barn sales, garage sales, church rummage sales and bazaars.
9. We made a promise to stay away from those venues.
10. We continued to take personal inventory

and when we were wrong promptly get rid of what we bought.

11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the Power to carry that out.
12. We having had a spiritual awakening as the result of these steps, we tried to carry this message to crapaholics and to practice these principles in all our affairs.

I hope you're not insulted with my play on AA, but I truly believe that hoarding and collecting too much stuff is a spiritual problem. I'd never read the 12 steps before writing this blog and I can see now why AA is so successful. My heart goes out to all of you who are staying sober because of this profound program. You'll note if you are familiar with AA, that I didn't alter any of the steps that included God in them, because it's no joke, no matter what your problem, go to God first.

We as Americans do have a big spiritual problem; we haven't learned when enough is enough. In another column I asked, "Whatever your religion, do you think the one who started it had too much stuff?" Of course he didn't.

The woman I spoke of who asked for help, said she loves "collections," and I've been in many homes where the collections had got out of hand! One woman had more than 500 Precious Moments figurines! My friends, more than 10 and they lose their preciousness. I think I know what's behind "collecting." It feeds a woman's natural urge to gather. That urge is why we love to shop, looking for just the right berry, nut, vegetable or purse. Men have the "hunting" instinct and that's why they make lousy shoppers. They already know what they're hunting for, they go straight to it and head to the cashier.

Stay Out!

Dave Ramsey made a comment on the radio many times. He said, "Until all your credit cards are paid off, the only reason you get to go to a restaurant is if you work in it." If you've spent a great deal of your time de-junking, you know how much energy your excess stuff takes. The only reason you get to go to a yard sale is to drop stuff off.

For more from Pam Young go to www.club-organized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view. All of Pam's books are available on Amazon.

Bye Bye Mattress is Working for California

By Mary Parra, Randle Communications

SACRAMENTO REGION, CA (MPG) - More than 4 million mattresses have been recycled in California by the Bye Bye Mattress program since it began in 2016, according to the recently released 2018 Annual Report from the Mattress Recycling Council (MRC). "The continued growth of the Bye Bye Mattress program demonstrates California is still a global leader in waste reduction at a time when the recycling industry is facing significant challenges," said MRC's Managing Director Mike O'Donnell.

Key to that success is MRC's ongoing efforts to increase program accessibility for all Californians, no matter where they live in the state. In 2018 alone, MRC reported more than 1.4 million mattresses were recycled, an increase of 11 percent from the year before. In addition, more than 80 percent of mattresses discarded in California are now being diverted from landfills, where they would otherwise take up valuable and limited space.

"Easy access to the Bye Bye Mattress recycling network is vital to program participation," said O'Donnell. "We accomplish this through innovative collaborations with mattress retailers, solid waste facilities and curbside collection programs. We also have non-profit partners, including the California Conservation Corps, Goodwill Industries and Habitat for Humanity."

MRC increased the number of no-cost permanent collection sites from 163 to 190 across the state in 2018. Bulky item collection programs grew from nine to 40 and collection events increased from 74 to 97. Today, all of California's 58 counties have access to mattress recycling services.

In addition, MRC's digital mapping analysis shows that 93 percent of

Californians live within 15 miles of the program's collection network. Even in rural counties, access was measured at 79 percent. This accessibility is even greater when including mattress retailers that are required by law to offer to take back old mattresses during new product delivery.

"We are raising awareness among Californians that mattresses are recyclable and that no-cost recycling options exist throughout the state," said O'Donnell. "Recycling mattresses keeps them out of landfills and off of our streets, alleys and other public spaces that are often targets of illegal dumping."

MRC helps combat illegal dumping by participating in local and state task forces as well as through the Illegally Dumped Mattress Collection Initiative. This program collects data on illegally dumped mattresses and uses these statistics to target affected communities. Each year, \$1 million is budgeted to fund clean-up activities.

"We are proud of the success of the California mattress recycling program," continued O'Donnell. "Through MRC, the mattress industry has demonstrated its commitment to environmental stewardship, fostering sustainability and a greener future."

The Mattress Recycling Council was formed by the mattress industry to operate recycling programs (known as Bye Bye Mattress) in states which have enacted mattress recycling laws - California, Connecticut and Rhode Island. Since its inception in 2016, the program has recycled more than 4 million mattresses in California through a network of partnerships with local governments, solid waste facilities, non-profit organizations and small and minority-owned businesses throughout the state. For more information, go to www.ByeByeMattress.com

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CLUES

- ACROSS**
1. Caribbean vacation destination
 6. "How Green ____ My Valley"
 9. Elementary particle
 13. His oyster?
 14. Where couples are joined?
 15. Most common vowel in English language
 16. Relating to a node
 17. E in BCE
 18. Makes better
 19. *Tex-Mex or California cuisine, e.g.
 21. *Smörgåsbord, e.g.
 23. Dwindle
 24. In a frenzy
 25. U.N. workers' grp.
 28. Notary Public's mark
 30. Vandalizing a car
 35. Karl of politics
 37. Priests' robes
 39. Type of eclipse
 40. One on a list
 41. *Like cuisine in a fancy restaurant
 43. Stalactite site
 44. Las Vegas' main street
 46. Very pleased with oneself
 47. Location of ACL and MCL
 48. John Cusack's time machine, 2010
 50. Upper hand
 52. Caribou kin
 53. Student aid
 55. Four quarters
 57. *Pelmeni and borscht, e.g.
 61. *Samosa and biryani, e.g.
 64. Remove, as in a Pinterest post
 65. Any doctrine
 67. Spectator
 69. Newman/Redford movie "The ____"
 70. Cartographer's creation
 71. "____ Line Is It Anyway?"

- DOWN**
1. Grass bristle
 2. Shingled house part
 3. Pakistani language
 4. Nonchalantly unconcerned
 5. Rhymes at rap battling
 6. One of Five Ws
 7. Lungful
 8. Tetanus symptom
 9. Got an A
 10. *Tom Kha Gai and Gaeng Daeng, e.g.
 11. Horned birds
 12. Classic TV series "____"
 15. Israeli money
 20. African sorcery
 22. *Chinese pan
 24. Egg white
 25. *Coddle and soda bread, e.g.
 26. Another word for Bingo
 27. Not hidden
 29. Regrettably
 31. Exclamation of disgust
 32. Absurd

Crossword Puzzle Solutions on Page 7

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			
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57	58	59	60			61		62	63		
64				65	66		67			68	
69				70			71				
72				73			74				

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33. Innies or outies
34. *Spanokopita, e.g.
36. Do like exhaust pipe
38. Wall support
42. Encourage, two words
45. Whimpering
49. Flapper's accessory
51. Funds
54. True inner self
56. Number of planets
57. Metal enemy
58. "Do ____ others..."
59. Rotisserie skewer
60. Cosine's counterpart
61. Mischievous fairies
62. Gel-producing plant
63. Hatchling's home
66. *Typical U.S. fare, acr.
68. Second solfa syllable, pl.

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

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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 7

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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

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Mike McKibben, SJUSD Board

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CRIM BEAR IT



"Luckily, I got off a radio message that we're 500 miles from here!"

LAFF-A-DAY



"Aren't you glad I'm helping you carry the groceries, Grandma?"

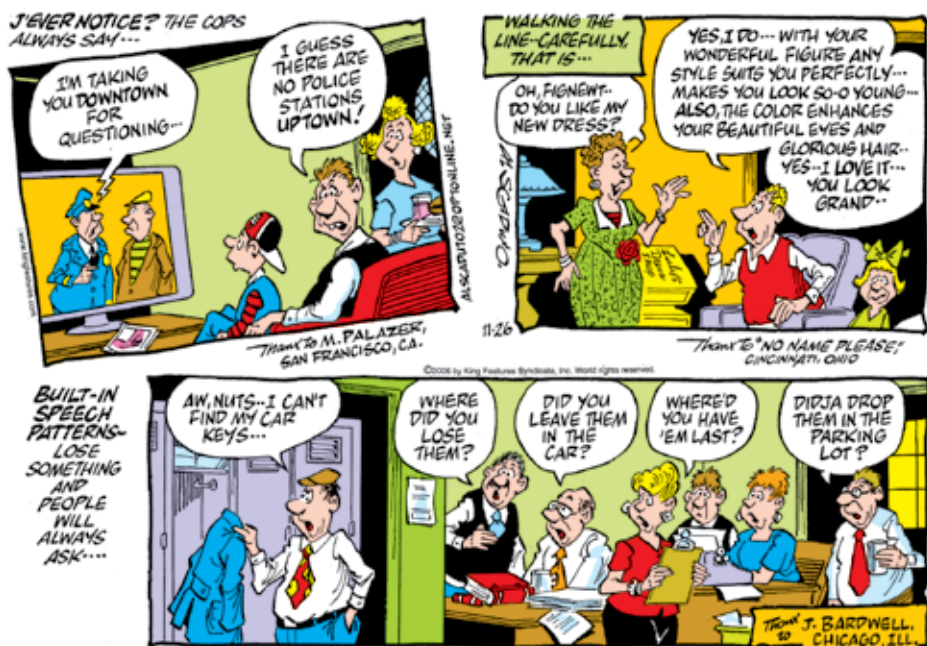
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTHOFF



Differences: 1. Girl's bow is missing. 2. Color is different. 3. Boy's pants are gone. 4. Name on box has changed. 5. Grump is missing. 6. Picture on box has changed.

Crossword Puzzle on Page 6

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

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Sudoku Puzzle on Page 6

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

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'Nationalism' Shouldn't be a Dirty Word

If there's one thing that elite opinion tends to agree about on the left and the right, it's that nationalism is a very bad thing. If anything, this view has become even more entrenched as nationalism has demonstrated its potency in recent years, from the election of Donald Trump to Britain's vote to leave the European Union.

When President Trump first openly embraced the term "nationalist" at a 2018 campaign rally, commentators reacted in horror. Patriotism is about love, nationalism about hate, New York Times columnist Nicholas Kristof opined. Trump, insisted Jennifer Rubin of The Washington Post, is "normalizing a hateful political philosophy that is contrary to our deepest-held beliefs."

As I write in my new book, "The Case for Nationalism," this reflexive hostility to the concept is ill-informed and an attempt to deem nationalism a swear-word and end all discussion on that basis.

At its most basic, the

scholar Azar Gat writes, nationalism is "the doctrine and ideology that a people is bound together in solidarity, fate, and common political aspirations." Historian Anthony Smith described the national ideal as "a belief that all those who shared a common history and culture should be autonomous, united and distinct in their recognized homelands."

When Europe went off the rails in the early 20th century, nationalism as such didn't cause its crash so much as social Darwinism, militarism and the cult of charismatic leadership. The aftermath of World War I added its own poison.

Regardless, American nationalism — which encompasses such diverse, rightly beloved figures as Alexander Hamilton, Abraham Lincoln and Teddy Roosevelt — is not to be feared. As with so many other things about this country, it is more benign than the versions to be found in Europe and elsewhere.

This is true for a number of reasons. First, we are the inheritors of an Anglo-American tradition that has profound respect for the individual and the rule of law and is a fundamental part of our national identity.

The sheet anchor of American sovereignty, the U.S. Constitution, makes it clear that authority ultimately resides with "we the people of the United

States." The Constitution also happens to be a durable mechanism of self-government and itself an object of patriotic loyalty and national pride.

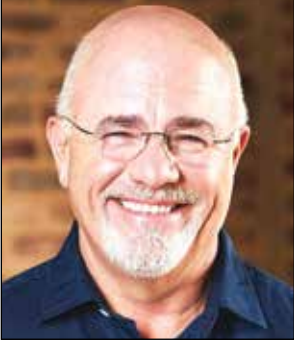
Finally, the United States was never infected with the dream of universal empire that Europe inherited from Rome and that has lingered on in differing forms from Charlemagne to the European Union.

The rise of Donald Trump has pushed the left further away from respect for nationalistic attitudes and even patriotic symbols. Democrats — and the country — would be much better served if they countered Trump's nationalism with aversion of their own.

On his own side of the aisle, Trump has made Republicans more nationalistic. Still, much of the party is quietly uncomfortable with this. If Trump loses in 2020, the party's establishment may try to snap back to its pre-Trump disposition of relative indifference.

Yet, if there's one clear political lesson from the long history of nationalism in this country and elsewhere, it is that a party interested in moving people and selling a program should make some sort of an appeal to it—even if conventional wisdom

Rich Lowry is editor of the National Review.
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Emotions, Basics, and Change

Dear Dave,
I've gotten out of debt before following your plan, but I always seem to fall right back in. I find myself spending more than I mean to whenever I go out shopping or running errands. I'm tired of all this, and I want to stop busting my budget and get control of my money once and for all. Do you have any advice?

— Patrick

Dear Patrick,

Years ago, when I lost everything financially, there were two or three extremely strong emotions that spurred me toward change. Probably the biggest emotion was fear. I was scared to death I'd be

Dave Ramsey Says

broke for the rest of my life, and not be able to take care of my family. Don't misunderstand me, though. I don't think you should ever live your life in fear. But a reasonable, healthy level of fear where some things are concerned can be a fantastic motivator.

Another emotion was disgust. I realized the way I had been living and handling money was stupid. So, I made a proactive, conscious decision that I was going to change, and things were going to be different. The third emotion was contentment. You know, advertisers try to make us believe our lives will be better, and we'll be happier, if we just go out and buy their stuff. I can tell you from personal experience when this idea is crammed down your throat every day, it can warp your perception of contentment and happiness. Lots of stuff does not equal lots of happiness.

If you've tried several times, and are still falling back into the same old trap,

maybe you should approach your situation in a practical, day-to-day way. Stop going places where you're tempted to spend money on silly things. When you go out running errands and shopping, make a list of only the bare necessities, and take along just enough cash to pay for them.

Spending money on a bunch of stuff you don't need, and probably don't even really want, isn't going to bring you contentment. It's just going to bust your budget, and put you in a financial hole that will, sooner or later, become very difficult—if not impossible—to dig your way out of!

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

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On Impeachment Democrats are Sloppy with the Constitution



Harold Pease, Ph. D

The Constitution is presently used by both major political parties defending or opposing the House Intelligence Committee impeachment inquiry against President Donald J. Trump. Both argue their loyalty to it.

It reads: “The House of Representatives ... shall have the sole Power of Impeachment,” (Art. I, Sec. 2, Cla. 5). The people place a president in power and their representatives – the House – alone initiates and formulates the charges for his possible removal. The “Senate shall have the sole Power to try all Impeachments.” So one indicts, the other tries. Simple enough.

But formulating the charges does require a favorable vote of the FULL

House, not just a committee. Therein lies the rub. The House Intelligence Committee charged with finding a crime hasn’t yet found bribery, treason or any high crime, – the only impeachable offenses – but it “knows” one exists somewhere. During three years of a dozen or more attempts to impeach Trump charges crumbled from lack of documentation.

Probably the most profound statement made regarding impeachment was made by Democrat Jerrold Nadler, Chairman of the House Judiciary Committee, presently engaged in impeaching Trump: “The effect of impeachment is to overturn the popular will of the voters. We must not overturn an election and remove a President from office except to defend our system of government or our constitutional liberties against a dire threat, and we must not do so without an overwhelming consensus of the American people. There must never be a narrowly voted impeachment or an impeachment supported by one of our major political parties and opposed by another. Such an impeachment will produce divisiveness and bitterness in our politics for years to

come, and will call into question the very legitimacy of our political institutions” (144 Cong. Rec. HI 1786 daily ed. Dec. 18, 1998). This Nadler argued during the impeachment proceedings of Bill Clinton.

Using Nadler’s criteria Donald Trump does not pose a “dire threat” to our system of government or constitutional liberties, there is no “overwhelming consensus,” and only the Democratic Party is working for his removal. Most Americans oppose impeachment.

The Constitution give the House sole power to create the charges against a president. Additional authority is housed under past practice which in time effectively adds to the Constitution unless found to conflict with an original part of the document.

Only Andrew Johnson, Richard Nixon, and Bill Clinton have been indicted. House past practice in each has been based upon fairness. In each a vote of the full House was required to initiate an impeachment inquiry, for Nixon the vote was 410-4 and for Clinton 258-176 (See H. Res. 803, 93rd Cong. 1974 and H. Res. 581, 105th Cong. 1998). The full House

participated in defining the scope of impeachment and established its rules and procedure. After the vote was taken to form an impeachment inquiry both the chair of the inquiring committee and the ranking member of the opposing party had co-equal subpoena powers to call witnesses subject to a vote of the full committee upon the request of either.

The indicted president’s council participated. It exercised the right to attend all hearings and depositions, to present evidence, to object to the admittance of evidence, to cross-examine witnesses and to recommend a witness list.

Thus far Nancy Pelosi has opposed a full House vote to authorize an impeachment inquiry as was established in previous impeachments nor has the full House been given input in “defining the scope, rules and procedures” as before. The Committee Report accompanying H. Res. 581 developed in the Clinton impeachment stated: “The full House of representatives should be involved in critical decision making regarding various stages of impeachment.”

One serious constitutional provision yet remains in our consideration of the

attempt to impeach Trump – due process. This is housed in several places in the Constitution especially Amendments 5, 6, and 14. Democrat Jerrold Nadler referenced them when Bill Clinton was impeached, “the power of impeachment demands a rigorous level of due process ... the right to be informed of the law, of the charges against you, the right to confront the witnesses against you, to call your own witnesses and to have the assistance of counsel” (Hearing before the Subcom on the Constitution of the H. Comm. on the Judiciary 105th Cong. 17, 1998). These have not been extended to Trump.

As Trump’s council recently wrote. “These due process rights are not a matter of discretion for the Committees to dispense with at will. To the contrary, they are constitutional requirements. The Supreme Court has recognized that due process protections apply to all congressional investigations...[even] impeachment proceedings” (Pat A. Cipollone, Counsel to the President White House, October 8, 2019).

Thus far none of the above established practices have been followed in the case of the proposed

impeachment of President Trump, especially due process. No House vote and no formation of an impeachment inquiry committee after the vote. Pelosi simply asked the House Intelligence Committee, led by Adam Schiff, to assume the responsibilities and he is behaving as though his committee will do it alone including the trial constitutionally reserved to the U.S. Senate. Moreover, Schiff has been holding secret hearings of witnesses denying House Republican observers of other committees. He forcibly removed colleague Matt Gaetz .

Clearly, respecting impeachment, Democrats are sloppy with the Constitution.

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

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5 Pro Tips to Prep Homes for Winter

(Family Features)

Before blustery winter days arrive, there are plenty of home improvement projects contractors can tackle for homeowners. Many cooler weather projects focus on cost efficiency and sustainability, making the improvements all around smart investments.

Winter is the perfect time to implement upgrades that boost energy efficiency and lower heating bills, helping to manage household costs while improving comfort and enjoyment of the home. Consider these practical upgrade ideas.

ADD INSULATION

Depending on the age of the home, improving the quality or increasing the volume of insulation can make a difference in the home’s energy efficiency. An expert can determine whether old insulation needs to be removed or new insulation should simply be added. A contractor can examine the home to determine where there may be gaps, as well as provide recommendations on the type and amount of insulation needed.

SEAL AIR LEAKS

Air leaks can cause chilly drafts, contribute to frozen pipes and lead to energy loss. Eliminating leaks is an important aspect of winterizing any home, but not all leaks are easily identified. A skilled contractor can scour the home, checking unknown areas like basement through-wall penetrations, sill plates and the tops of concrete walls. Interior features like light receptacles and outlets are also common sources of air leakage. The caulking around windows and doors is another common culprit to be examined by an expert.

For most leaks, a solution like Great Stuff Pro™ Polyurethane Foam Sealant can seal gaps and



Winter is the perfect time to implement upgrades that boost energy efficiency and lower heating bills, helping to manage household costs while improving comfort and enjoyment of the home. Photo courtesy of Getty Images

cracks to help block air, moisture and pests from entering the home. In some cases, blocking drafty vents with cut pieces of foam board insulation or replacing seals will suffice to address leaks.

INSTALL A PROGRAMMABLE THERMOSTAT

A programmable thermostat helps to regulate temperatures based on daily routines, so homeowners aren’t heating homes while no one is there to

appreciate it. Experts can ensure electrical installation is done safely and provide guidance selecting a model that is appropriate for managing a home’s heating and cooling needs.

REPLACE WEATHER STRIPPING AND SEAL TRIM

Over time and with frequent use, weather stripping breaks down and loses its shape, even becoming brittle. Cracked trim around doors and windows leads to air leaks, and sometimes homeowners think the only

solution is replacing windows and doors, but they still end up with drafts. Contractors can periodically replace trim using foam sealant to help eliminate inevitable drafts and save homeowners money in the long run – a more cost-effective approach than paying for new windows and doors.

PREVENT ICE DAMS

Snow-covered roofs and freezing weather can lead to ice dams – thick ridges of solid ice that build up in gutters and along eaves. Dams can damage gutters

and shingles and cause water to back up, which could force the water inside where it can peel paint, warp floors and lead to stained or sagging ceilings. To prevent damming, have a professional clear your gutters of leaves and debris ahead of the first snow and consider installing gutter guards to help prevent melting snow from refreezing in gutters.

For more tips and ideas on how to prepare homes for winter, visit GreatStuff.com. ★

Ward Off Cold Weather

(Family Features)

Colder weather brings plenty of changes, especially in the ways you take care of your home and self. Especially when the temperature drops, extreme winter conditions can play havoc not only with your skin and health, but also your family’s comfort.

Take steps to protect your family and household as the weather starts to cool this season with these practical tips:

Take Steps to Help Prevent the Flu

As temperatures drop, the chances of getting sick rise. That’s partly because certain germs and viruses thrive in colder temperatures, and because the cold puts extra strain on your immune system. When it is cold outside, people are

also more likely to spend time indoors (and in closer quarters) where germs are more easily spread. Do your part to help prevent the flu by washing your hands often and covering your mouth or nose when you cough or sneeze. Also be sure to stay home if you’re sick and avoid exposing others to your illness.

Prepare Your Wardrobe

Colder weather outside means more skin sensitivities and dryness. Long pants and sleeves don’t just add warmth; they also protect your skin from harsh outdoor elements. When you haul your winter wardrobe out of storage, start the season on a comfy note by washing everything with an option like ‘all Free Clear Liquid Detergent or Mighty Pacs. It’s the No. 1 laundry detergent brand recommended



Physical activity naturally warms your body in the short term. In fact, shivering is your body’s natural physical response to generate body heat when you’re cold. Photos courtesy of Getty Images

by dermatologists, allergists and pediatricians for sensitive skin due to its hypoallergenic formula.

Dress in Layers from Head to Toe

Bundle up with winter accessories to match

the daily weather forecast. For chillier mornings and nights, cover exposed areas such as your head with a hat, neck with a scarf and hands with gloves. To accommodate warmer weather during the day, layer flexible clothing options to accommodate temperature shifts.

Stay Active

Physical activity naturally warms your body in the short term. In fact, shivering is your body’s natural physical response to generate body heat when you’re cold. Aside from the immediate benefits, keeping active during the colder months can help in other ways, too. A healthy cardiovascular system keeps your blood flow steady and strong, and a good circulatory system plays an important role in keeping your body, and especially your

extremities, warm when temperatures take a dip.

Nourish your Body and Skin

Preventing painful dry cracks and itchy, scaly skin is a job that requires attention inside and out. Externally, moisturize shortly after showering to trap in the water lingering on your skin, use extra lotion throughout the day on areas prone to drying and reapply lotion after washing hands. Remember to protect sensitive spots like your lips that can easily chap and crack. You can also prevent dry skin by ensuring you’re drinking plenty of water and eating a healthy diet with plenty of essential vitamins and healthy fats.

For more ideas to prepare for changing weather, visit all-laundry.com.

Content courtesy of ‘all ★



Colder weather outside means more skin sensitivities and dryness. Long pants and sleeves don’t just add warmth; they also protect your skin from harsh outdoor elements. When you haul your winter wardrobe out of storage, start the season on a comfy note by washing everything. Photos courtesy of Getty Images

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TV
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CHEERS & JEERS

By Damian Holbrook

Cheers to Watchmen

for being so watchable. HBO's violent, timely new drama is not only a spectacular showcase for the inimitable Regina King as a vigilante inspired by legendary superheroes, the sure-to-be Emmy nominee is also visually explosive and a first-rate expansion of the ground-breaking graphic novel it's based on.

Jeers to Castle Rock

for killing our appetites. Yes, we're the No. 1 fans of Lizzy Caplan as a pre-Misery Annie Wilkes in Season 2 of Hulu's Stephen King horror series. But no, we will never be able to forget the chilling image of

her offing that guy with an ice-cream scoop. That was cockadoodie crazy!

Cheers to This Is Us

for throwing out another curveball. The twist-filled NBC weeper tuned up a new mystery at the end of the October 22 episode (solidly directed by star Milo Ventimiglia): What's up with that old photo that Kate (Chrissy Metz, pictured) found of herself as a teenager? This is us betting it's something really bad



We lose solid competitors like Sailor Brinkley-Cook (pictured, with Val Chmerkovskiy) instead of the uncoordinated likes of Sean Spicer.

Jeers to Dancing With the Stars

for playing favorites. By combining votes from the judges and viewers, the ABC reality show is now just a biased popularity contest benefiting hoofers

with big fandoms over ones who can actually fox-trot. Hence, we lose solid competitors like Sailor Brinkley-Cook (pictured, with Val Chmerkovskiy) instead of the uncoordinated likes of Sean Spicer. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Does Hulu's Castle Rock Make Sense?

Question: In Stephen King's novel Misery, published in 1987, Annie, who was born in 1943, is 44 years old. In Castle Rock, the younger Annie has a cellphone, and in one episode there is a rather old-looking sign advertising high-speed internet. Even if this younger Annie is only 10 years younger, the internet wasn't available and cell phones were

not around. — Doyle

Matt Roush: To fully enjoy Castle Rock (which I'll concede isn't easy), you need to keep in mind that this anthology isn't adapting Stephen King stories literally, but borrowing characters and settings (like Salem's Lot's Marsten House) and creating entirely new stories around them. So Lizzy Caplan's Annie Wilkes is not entirely the same Annie as seen in the novel or film, and this younger

version has been transplanted into a current-day environment. In an upcoming episode that reveals her and daughter Joy's backstory, while much of her psychopathy is quite similar, you'll see many differences. Much like how Jerusalem's Lot is no longer a haven for vampires but a breeding ground for another sort of ghoul. Castle Rock at best is a mash-up of King tropes with lots of Easter eggs to titillate fans. At worst, it's a cheapening of King's oeuvre with its messy collision of tones — in this case, fusing Annie's psychological terrors with Salem's Lot-style boogeymen.

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

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Study Identifies 5 Patterns of Gun Ownership By Motivation, Practices, Other Features

By Carole Gan,
UC Davis Health

SACRAMENTO, CA (MPG) - A study of 429 firearm owners who answered the 2018 California Safety and Wellbeing Survey has identified five distinct types of firearm owners – early work that may help assess risk and tailor injury prevention strategies to owners’ preferences and practices.

The categories consisted of two groups of single-firearm owners and three groups of multiple-firearm owners, including a small but unique group who own high-capacity magazines and assault-type weapons and carry a loaded handgun for protection against people. Limited prior research has linked these characteristics with higher risk of injury and crime.



The categories consisted of two groups of single-firearm owners and three groups of multiple-firearm owners, including a small but unique group who own high-capacity magazines and assault-type weapons and carry a loaded handgun for protection against people. MPG file photo

The UC Davis study is the first to identify nuanced patterns of gun ownership.

“We found striking differences between the groups, which suggests one-size-fits-all approaches to preventing firearm injuries and death may be less effective than those that consider these differences,” said Julia Schleimer, VPRP researcher and study lead author. “By identifying different patterns of ownership, we hope to inform the development of public health and safety efforts that are relevant to firearm owners’ varying motivations, choices and risk.”

Schleimer believes more research on the link between these patterns of ownership and firearm violence is critical. The study did not aim to draw such conclusions about the five types, although several of the defining

characteristics of these groups – storing a firearm unlocked and/or loaded, carrying a handgun and owning an assault weapon – have been the target of laws and public health campaigns to reduce firearm injury and death.

The five types of firearm owners

The researchers distinguished the five groups by identifying common combinations of survey responses to questions about the number and types of firearms owned, primary reason for having firearms, storage practices, whether owners carried a loaded handgun and whether they owned high-capacity magazines.

Single-firearm owners differed from each other in the type of firearm owned,

primary reason for ownership and how the firearm was stored:

First group (26% of owners): Members were likely to own one long gun for a reason other than protection against people, such as hunting or sport shooting;

Second group (21% of owners): Members commonly owned one handgun primarily for protection against people and stored it in a moderately secure manner. This group was most common among women.

The authors found substantial variability among those who owned more than one firearm. In fact, owning multiple firearms was the only characteristic that these three groups had in common:

Third group (31% of

owners): Members commonly owned five or more firearms, owned both handguns and long guns (but not assault-type weapons), owned primarily for a reason other than protection against people and stored all firearms in the most secure manner (locked and unloaded);

Fourth group (14% of owners): Members were likely to own two to four firearms, including handguns and long guns, primarily for protection against people. They also stored at least one firearm unlocked and loaded;

Fifth group (9% of owners): Members were uniquely likely to own high-capacity magazines and assault-type weapons and to carry a loaded handgun for protection against

people. Members of this group also commonly owned five or more firearms (14 on average), owned for protection against people and stored a firearm in the least secure manner (loaded and unlocked).

Co-authors of the study “Firearm Ownership in California: A Latent Class Analysis” include Nicole Kravitz-Wirtz, Rocco Pallin, Amanda Charbonneau, Shani Buggs and Garen Wintemute, all of UC Davis Health. (*Injury Prevention* DOI: <http://dx.doi.org/10.1136/injuryprev-2019-043412>)

This research was supported by the University of California Firearm Violence Research Center with funds from the state of California, the California Wellness

foundation (2014-255), Heising-Simons Foundation (2017-0447), Langeloth Foundation (award no. 1824).

The UC Davis Violence Prevention Research Program (VPRP) is a multi-disciplinary program of research and policy development focused on the causes, consequences and prevention of violence. Studies assess firearm violence and the connections between violence, substance abuse and mental illness. VPRP is home to the University of California Firearm Violence Research Center, which launched in 2017 with a \$5 million appropriation from the state of California to fund and conduct leading-edge research on firearm violence and its prevention. ★

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