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Citrus Heights Messenger

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Wall of Honor Tributes Recall Community's Finest



During community commemorations, five-year-old Lief Sjostroms was inspired by Sacramento Sheriff's Honor Guards.

**Story and photo
by Susan Maxwell Skinner**

SACRAMENTO REGION, CA (MPG) - Carmichael and Fair Oaks stalwarts gathered last weekend to recall fallen heroes of nation and community. The annual "Wall of Honor" ceremony was observed at Patriots Park.

Built in 2008, the reserve's stone monument is dedicated to 14 local men – from military, police, CHP and fire-fighting forces – who died serving nation or neighborhood during Carmichael Park District's 57-year existence. The community pays tribute to the heroes each November. From the 1960s through

to 2017 – from Vietnam battlefields to California highways – the heroes fell while protecting American values. Space remains on the wall for plaque additions and the park district annually considers nominations.

Last Saturday's ceremony attendees included bereaved families; elected representatives and park district leaders. Congressman Ami Bera and County Supervisor Susan Peters were among speakers. Dr. Bera said the nation should "pause and consider values that bring us all together."

Supervisor Peters noted that the 12-year-old park's landscaping was maturing and its masonry was gathering the patina of age. "This park is

more than a recreational gathering spot," she said. "Patriots Park serves a deeper meaning. The individuals listed on this wall remind us how grateful we are to men and women who wear different uniforms but have a common bond in putting service above self. Regardless of whether they wore a Sheriff's uniform or that of the Highway Patrol or a branch of the armed services or of fire protection, each was dedicated to the common good. They believed in serving us. It is fitting that we continue to remember each honoree."

"We recognize the passage of time does not shield you from the

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**California
State Parks
Thanks Military,
Providing Free
Admission at
State Parks**

**California State Parks
Press Release**

SACRAMENTO REGION, CA (MPG) - California State Parks is honoring the service of veterans, as well as active and reserve personnel, by offering free admission to 144 state parks on Veterans Day, Monday, November 11.

"We invite our veterans and active/reserve military personnel to wear their uniforms with pride while visiting one of our beautiful parks," said California State Parks Director Lisa Mangat. "We thank them for their service and sacrifices to our country. This is a small gesture of our gratitude and appreciation."

A valid military ID must be presented to park staff in order to receive free admission to the California State Railroad Museum (Sacramento), Railtown 1897 State Historic Park (Jamestown), eight state vehicular recreation areas and 134 state parks accessible with the "California Explorer" Annual Pass. A list of participating park units is available at www.parks.ca.gov/VeteransDay2019.

Participating parks include sites that honor historic military sites or veterans from the Mexican American War to the Cold War.

AB 150 (Olsen), signed by Governor Edmund G. Brown, Jr. in 2013, authorized California State Parks to offer veterans, active duty, and reserve military personnel from the United States Armed Forces and the National Guard of any state a reduced or free-day use at participating state parks.

California's 280 state parks and the recreational programs supported by the department are a gateway to the well-being of environments, economies and all people. They offer the opportunity for families, friends and communities to connect through various recreational opportunities such as off-highway motor vehicle recreation, boating activities, horseback riding, on and off-road cycling, hiking, camping, rock climbing, tours, school group enrichment and special events.

Before leaving for a park, find out if any roads, trails and/or campgrounds are closed by visiting the park's webpage or the park's social media accounts. Check your destination's and route's weather conditions and prepare accordingly. And remember, safely share the road. Be prepared for equestrians, pedestrians, joggers, wildlife, rocks, tree limbs, etc., in the roadway. ★

Residents Work with City on Traffic Safety Project

**Story
by Shaunna Boyd**

CITRUS HEIGHTS, CA (MPG) - On October 30, the City of Citrus Heights held the first Community Workshop for the Multimodal Transportation Safety Program (MMTSP). The goal of the MMTSP is to increase traffic safety throughout the city and create a transparent process for citizens to report traffic concerns. Funding for the project comes from the Caltrans Sustainable Communities grant with matching funds from the City.

Community engagement is a vital element of this project, and many residents shared their opinions at the workshop at the Citrus Heights Community Center. "People are really

frustrated about traffic safety in their neighborhoods," said Leslie Blomquist, Principal Civil Engineer for Citrus Heights. "We're listening."

Blomquist said the goal of this project is to get as much community input as possible "so we can implement traffic calming measures and come up with more short-term solutions as well." Blomquist said there is no question that traffic calming measures are needed throughout Citrus Heights neighborhoods, but the goal of the MMTSP is to figure out what measures will be the most effective and how to prioritize where the money is spent. "There's not enough money to fix every problem, so we're trying to come up with a tiered approach and make the

process transparent," said Blomquist.

Neighborhood Champions are also working to increase community engagement in the project. The Champions are local volunteers who help promote street safety in Citrus Heights and communicate project goals to people in their neighborhoods. Champions also lead WALKshops — field workshops that take residents to view calming measures in action. Examples of calming measures include speed bumps, raised crosswalks, curb extensions, neighborhood gateways, median islands, and roundabouts. Residents can see which measures are working effectively and which might be appropriate in their own neighborhoods.

Residents of Hanson

Ave. recently organized a WALKshop to tour other areas in the city and one participant said, "It's easy to see what works and what doesn't, and what would work on our street." After viewing the potential traffic calming measures, residents determined that speed bumps would be the most effective option. They explained that their street is too narrow for any other option to work in the available space.

Hanson Ave. is east of Sunrise Blvd., just north of Old Auburn Rd. Residents explained that the biggest issue on Hanson Ave. is vehicles cutting through the neighborhood to avoid traffic on the nearby major thoroughfares. The additional vehicles drive at unsafe speeds, leaving

Continued on page 3

Famous YouTube Personality Dave Rubin to Speak at Sac State

By Kyle Gerard, Turning Point USA

SACRAMENTO, CA (MPG) - The Sacramento State chapter of Turning Point USA will be hosting famous YouTube personality and political commentator Dave Rubin. Having built The Rubin Report, a channel with over 1 million followers and upwards of 200 million views, Dave Rubin has become a significant figure in the political world. He is famous for pushing the idea that “he didn’t leave the left, the left left him.” At Sacramento State, Rubin will be discussing the consequences of big tech censorship in the modern era along with the dangers of identity politics. As a gay married man, Rubin has been the victim of identity politics for not fitting in and knows how ugly identity politics are for being a classic liberal. For this reason, The Rubin Report celebrates free speech, civil discourse, and honest ideas. Dave Rubin will be speaking on the Sacramento State campus on Tuesday, November 12th from 7:30 – 10:00PM.



YouTube personality and political commentator Dave Rubin.

The event will take place in the Redwood suite of the University Union, located on the first floor. Tickets are free to the public through Eventbrite. Parking Structure II located by the Union is the recommended place for parking the night of the event. “We expect Rubin to define what it truly means to be a minority, being an individual in an era of groupthink and censorship. We are proud to be hosting a renowned speaker,” said Chapter President Megan Masten. Turning Point USA is the nation’s largest and fastest growing conservative youth organization. Learn more at www.tpusa.com

Love Packed in a Shoebox: Operation Christmas Child



Children around the world celebrate the holidays but many families live in bleak poverty. You can change that with Operation Christmas Child. Photo courtesy Operation Christmas Child

By Mila Popov, Samaritan's Purse International Relief

SACRAMENTO REGION, CA (MPG) - It's that time, when colorful leaves cover the ground, and the aroma of pumpkin pie and spices are everywhere. Thanksgiving and Christmas holidays are just around the corner. This is that joyful time of the year when we count our blessings around the Thanksgiving table, and enjoy the spirit of Christmas with family and friends as we unwrap beautiful carefully packed gifts. Did you know that there are many children around the world, who have never received a gift in their life time? Did you know that there are children who are not able to go to school because they do not have their own pencil or notebook? Going to school means a lot more than

getting an education. Often it means getting a meal at least once a day. The life of a child who had never experienced such blessings as having a new toy, their own drinking cup or even a toothbrush, is very difficult. Operation Christmas Child (OCC) is one of many projects of the Samaritan's Purse organization that delivers the Good News and Great Joy to children around the world. Simple shoebox gifts have life changing impact. Every child deserves to experience Christmas at least once in their lifetime. In 2018 over 10.6 million shoeboxes were delivered to over 160 countries to the neediest children impacted by extreme poverty due to war, natural disasters and famine. These children live in homes with their family or in orphanages, from small villages to large cities.

By packing simple items such as toys, art and school supplies, and personal hygiene items, you can impact a child's life and give hope to children in hopeless life conditions. Would you join us in packing one shoebox for a boy and/or one for a girl? Here is how you can pack a shoebox: (1) Start with an average-size cardboard or plastic shoebox. If you want to wrap it, cover the box and lid separately. (2) Decide whether you will pack a box for a girl or a boy, in the age category: 2-4 years, 5-9 years, or 10-14 years. (3) Select a medium to large “wow” item such as a soccer ball with pump, a doll or stuffed animal, then fill with other fun toys, hygiene items, and art and school supplies. Dollar stores, Walmart and Target have many inexpensive items. If you wish, include a

personal note with a family picture and words of encouragement. (4) Donate \$9 online and receive a label to Follow Your Box and discover the country destination of your shoebox gift. (5) Take your shoebox gift(s) to a local drop-off location during National Collection Week, Nov. 18-25, 2019. Drop off locations are: Fair Oaks Presbyterian; Bayside Life Rancho Cordova; Metro Calvary, Roseville; Bayside Church Folsom and Second Slavic Baptist, North Highlands. For address and drop off times go to: <https://www.samaritanspurse.org/operation-christmas-child/drop-off-locations/> For more information contact Mila 916-308-8360 or saocec.mila@gmail.com Thank you for making a Big Impact on a child's life! Happy Holidays!

We Support Our Military

KP International MARKET

FOOD COURT NOW OPEN

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market: 7 Days 8am-10pm
Food Court: 7 Days 11am-3pm
(Chinese: 11:30am-8:30pm)

FROZEN & FISH DEPT

REG. \$15.99/EA
\$10.99/ea
Wild Caught Frozen Sardine
5 lb (2.2 kg)

REG. \$3.99/EA
\$2.99/ea
Mochi Rice Cakes 4 Kinds
10 oz (284 g)

WEEKLY MEAT SPECIALS

\$4.99/lb
Beef Ribeye Steak Boneless
Filete de Chuletón de Ternera

\$2.99/lb
Beef Cross Rib/Shoulder Clod Roast
Pulpa Contra en Trozo sin Hueso

\$3.29/lb
Beef Cross Rib/Shoulder Steak & Espadilla (Thin)
Pulpa Para Bistec sin Hueso

\$1.99/lb
Pork Spare Ribs Small/Light Size (Single Pak)
Pulpa Contra en Bistec sin Hueso

59¢/lb
Chicken Leg Quarters
Piernas y Muslo de Pollo
40 lb Box.....\$21.99/ea

\$1.39/lb
Pork Butt - Bone In
Trozo de Puerco con Hueso

\$1.79/lb
Pork Butt - Boneless
Trozo de Puerco sin Hueso

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 NOVEMBER 6 - NOVEMBER 12, 2019.

FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Avocado Bag 2 lb	Mexican Mango	Mexican Onion	Green Cabbage	Banana Leaves	Gala Apples 3 lb Bag	Full Apples
2.99	1.99	59¢	59¢	99¢	1.99	69¢

Russet Potato 10 lb Bag	Keylimes 2 lb Bag	Chestnuts	Yuca Root	Ginger	Enoki Mushroom 200 g
1.99	1.99	1.99	99¢	99¢	69¢

AMERICAN/HISPANIC GROCERY

Penicillin Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$4.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$2.59	\$2.59	\$2.59	\$2.59	\$2.59	\$2.59	\$2.59

ASIAN GROCERY

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$1.99	\$1.99	\$1.99	\$1.99	\$1.99	\$1.99	\$1.99

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$1.49	\$1.49	\$1.49	\$1.49	\$1.49	\$1.49	\$1.49

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$2.99	\$2.99	\$2.99	\$2.99	\$2.99	\$2.99	\$2.99

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\$1.49	\$1.49	\$1.49	\$1.49	\$1.49	\$1.49	\$1.49

EUROPEAN GROCERY

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$2.69	\$2.69	\$2.69	\$2.69	\$2.69	\$2.69	\$2.69

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99

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\$6.99	\$6.99	\$6.99	\$6.99	\$6.99	\$6.99	\$6.99

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$2.99	\$2.99	\$2.99	\$2.99	\$2.99	\$2.99	\$2.99

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$1.49	\$1.49	\$1.49	\$1.49	\$1.49	\$1.49	\$1.49

KOREAN/JAPANESE GROCERY

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
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Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
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Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
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Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
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Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
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Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$2.49	\$2.49	\$2.49	\$2.49	\$2.49	\$2.49	\$2.49

HOUSEWARES

Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz	Knorr Pasaion Cheese 8 oz
\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99	\$3.99

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FROZEN & FISH DEPT

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EUROPEAN DELI

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\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99	\$4.99

DADASAHEB PHALKE AWARDEE VEDATRONICS

An electric world fusion team touring from India

FREE ADMISSION

11.9.19 SATURDAY 4PM @ KP FOOD COURT
10971 OLSON DR. RANCHO CORDOVA, 95670

The Holiday Season Begins

Locals Gather for the 6th Annual Arts and Crafts Fair

Story and photos
by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - The Sunrise Recreation and Park District (SRPD) kicked off the holiday season on November 2 with an Arts and Crafts Fair at Rusch Park Community Center.

The free event featured hourly raffle drawings, food and drinks, and over 50 vendors from around Northern California. The local artisans displayed their unique and hand-crafted items including clothes, jewelry, accessories, holiday decorations, and home décor.

Shoppers browsed the booths in search of the perfect gift items for themselves or their loved ones. The festive atmosphere was enhanced by sparkling holiday decorations, a Polar Express train ride around Rusch Park, carols performed by the Sunrise Community Church Choir, and a visit from Santa and his elves.

Jacqueline Coker, customer service representative for SRPD, organizes the Arts and Crafts Fair. She said the community has really embraced the event — now in its sixth year — and she sees many of the same vendors applying for space each year. “It’s getting better each year,” said Coker.

Proceeds from the raffle ticket sales benefit the Citrus Heights Community Marching Band’s Gene Ahner Scholarship Program — named in tribute of Eugene Ahner, the first district administrator of SRPD. The scholarship



Santa and his elves visited Rusch Park for the holiday Arts and Crafts Fair.



The Arts and Crafts Fair offered shoppers a variety of unique gift ideas for the upcoming holiday season.



The Sunrise Community Church Choir helped kick off the holiday season with their performance of well-loved carols.

fund provides financial assistance to help eligible families participate in District programs and activities they couldn’t

otherwise afford. To apply for the scholarship or donate to the fund, visit www.sunriseparks.com/scholarship-fund. ★

Wall of Honor Tributes Recall Community’s Finest

Continued from page 1
emptiness you feel,” Peters told families of the fallen. “We nevertheless hope Patriots Park is a source of comfort and pride in remembering your loved ones. Whatever uniform your loved one wore, we will be forever grateful for their dedication, commitment and service. The community will never forget them.”

Patriots Park monument honors the following heroes:

- Deputy Robert French
- Deputy Danny P. Oliver
- CHP Officer Ronald E. Davis
- Army Specialist James E. Schlottman
- Army Lieutenant Robert S. Byrnes
- Airforce Captain Olin E. Gilbert Jr.

- Army Sergeant Larry H. Morford
- Firefighter Dean W. Rhoades
- US Navy Pilot Lieutenant J. G. David A Warne
- Marine and Firefighter Sergeant Brian E. Dunlap
- Deputies Kevin P. Blount and Joseph M. Kievernagel.
- Army Sergeant Ronald L. Coffelt
- Army Specialist Raymond N. Spencer, Jr.

Anyone may visit the Wall of Honor. Patriots Park is located at 6825 Palm Avenue, Fair Oaks. Those who wish to nominate a candidate for inclusion on the monument should contact the Carmichael Park District. ★

Residents Work with City on Traffic Safety Project

Continued from page 1
residents fearful of walking through their own neighborhood.

“It’s an old rural neighborhood with ½- to 1-acre lots. It used to be a dead-end street, but it was opened up to through traffic back in the 1970s,” one resident explained. Some residents who have lived there for decades said that opening the street didn’t actually have much impact on the neighborhood. The speeding didn’t become a major issue until recently. Residents attribute the change to a construction project a few years ago to widen Sunrise Blvd. With the increase in traffic during construction, many drivers began using side

streets to avoid the delays. “This introduced Hanson as a potential cut-through.”

Sarah McMinimy, a Steer Consultant working with the City on the MMTSP, said that much of the feedback from the Community Workshop aligned with their expectations. They heard a lot of the same stories and the same issues from multiple people. “We’re hearing the same narrative, which tells us this really is a city-wide problem,” said McMinimy. “We’re still hearing a lot of frustration, but I think people are now starting to believe that this program could really help. We’re building more trust, and people are talking to us more as a partner now.”

Many residents were especially interested in the MMTSP Tool Kits, which can provide them with lawn signs to encourage safe driving, Pace Car bumper stickers to help set safe speeds while driving, and pop-up temporary safety measures that can be quickly implemented and tested on their streets. “I’m really glad you guys are here doing this,” said one attendee.

Mary Poole, Citrus Heights Operations Manager, told attendees that anyone can be a Champion: “Everyone has a responsibility to drive safely. ... We can all make a huge impact. We each have a really important role.” ★

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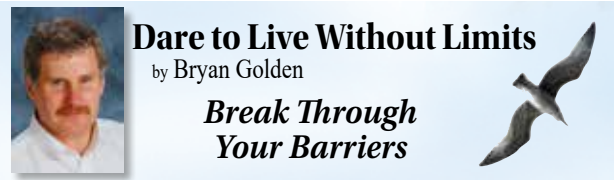
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What happens when you encounter a barrier across the road while driving? You stop, turn around, and then proceed in a different direction. Barriers prevent you from traveling along your desired route.

In life, mental barriers also impede your progress. They cause you to abandon goals and change paths. Although barriers are usually self-imposed, many people mistakenly believe barriers are set in place by external forces. Since you construct your mental barriers, you can also dismantle them.

The barriers you currently have are preventing you from reaching one or more goals. However, they can be broken through. Although everyone has barriers, not everyone is limited by them. The difference is one's determination to break through them.

A burning desire to succeed is an unstoppable force for breaking through barriers. Wanting a goal bad enough enables you to put in the required effort. This motivation gets you started and keeps you going until success is achieved.

Understanding the benefits of successfully attaining your goal fuels your burning desire. Clearly recognizing all you have to gain boosts your commitment to doing whatever is necessary to break through any barriers.

A positive, can-do attitude is also essential. Believe in yourself along with your ability to be successful. If you think you can, you

program your mind for success. Conversely, if you think you can't, your mind is programmed to fail. You are the only one who can stop you.

Visualization is a powerful mental programming technique. Visualization creates a force which attracts whatever you picture. In your mind, visualize your ideal scenario. Visualize attaining that which you want rather than avoiding negatives. Visualize breaking through any barriers encountered. Repeat this visualization over and over. Your mind will then work non-stop to bring your visualization to reality.

Visualization becomes reality through action. Without action, nothing happens. Life is not a waiting game. Take the necessary action to make things happen. Action is how barriers are broken.

Purge all negative thoughts. Discard all excuses for failure. Replace them with reasons to succeed. Breaking through barriers is not something you attempt. It's what you do because failure is not an option.

Keep your eye on the prize. Your goal is the prize. Stay focused. Don't allow yourself to be sidetracked by irrelevant distractions. All of your energy needs to be directed to reaching your objective. Ignore issues which don't matter.

Your strengths are tools which can be used to break through barriers. You have more strengths than you realize. While utilizing your

strengths, find ways to overcome your weaknesses. Too many people take the reverse strategy. They allow their weaknesses to set barriers, while ignoring their strengths.

Major barriers are broken through in small, manageable steps. You chip away at anything which is hindering your progress. The key element here is relentless persistence. You never give up because doing so ensures failure.

Keep an open mind. There is always more to learn. Growth is an endless process. You never know when or where good ideas or insights will appear. Connect with other like-minded, motivated people. This creates a synergy where encouragement becomes contagious.

Unsolved problems create barriers. Don't allow problems from one area of life to infect other areas. When this happens, problems become magnified. Compartmentalize each problem. Keep them in proper perspective. There is a solution for each problem and you can, and will discover it.

You can break through any barrier you are facing. Breaking through your barriers requires a positive mindset, followed by taking positive action. Your success is based on what you accomplish, regardless of the challenges.

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. ©2014 Bryan Golden. ★



By Marlys Johnsen Norris, Christian Author

When out of a heart of love God created mankind He wanted to communicate His dynamic love to them. In so many ways God's creation is perfect but in other ways we really have much to learn. He taught in many different ways in order for mankind to understand and to follow His rules for life. Communicating the genuine love that comes from God was about teaching its value in such a way that mankind would immolate His genuine love in their own life situations.

All of us were created physically much alike but yet so uniquely different. While intellectually some learn quickly, others may take a lifetime. However, God knows and understands and He is always very patient. He knows

Living Is Not About "Things!"

absolutely every thing about us individually. He has a pre designed plan for each one of our lives. When we arrive at the place we are willing to seek His will and do them, marvelous spiritual things happen that change, deliver, transform and heal our lives.

Being born and living in the United States we do recognize that we have become a very materialistic society teaching our young to often value "things" more than life itself. Children's rooms are full to toys and computer games they have received. But do they miss the personal attention of being deeply loved by family with hugs, talking, playing games with them, and learning to do chores as part of the family? Age will eventually teach them that Life is not about the accumulation of riches and things. They only clutter a life with meaningless things and provide nothing. Is it any wonder today we have people disregarding rules, rebelling and often killing each other? People from other countries have very little material in comparison.

However they believe having material things is what makes our country great. It was men who honored God and wrote our constitution we live by. Those people want to be like us and have every thing! We know "things" are not the right answer for anything! Personally I think that is why today we have such an influx of people at our borders. Why aren't we teaching those countries quit fighting and how to help their people work for what they need and want instead of walking miles and miles with their children to come here.

We have missionaries in many of those same countries and they are doing the best they can to love and teach them about our Creator and His instructions of how to live their lives. We need to create teaching and compassionate manpower to go there and help them become independent and truly free!

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

Thinking Has a Way of Getting Me into Trouble

Dr. James L. Snyder

Quite often, I make the mistake of believing because I have been married so long I know my wife and what she is going to do or say next.

For instance, on the Gracious Mistress of the Parsonage's birthday, I try to give her something that will make her happy. If you do not think that is a hard chore, then come over to my house and try it one time. Just when I think she is into a certain thing, I blow it.

One thing, she is a marvelous chef and can bake, cook and fry anything and it all comes out delicious.

Many things I love to eat, but my wife's mac and cheese has to be at the top of the list. She makes the best M and C that I have ever tasted. Being the kind of husband that usually gets in trouble, I try compensating by always thanking and praising her for this delicious dish.

I had been at a two-day conference and was greatly delighted to get home. By the time I got home, all I could think about was dinner that night.

One of the dishes she had was her infamous mac and cheese. I could not tell

her how delighted I was to be home and especially to enjoy some of this macaroni and cheese.

What happened next was something I had not planned for.

She told me one of her friends brought over some things for our dinner. She did not say exactly, but I took it to mean that the mac and cheese was one of the dishes.

Looking at me she said, "What do you think of that mac and cheese?"

At the time, I was not thinking of any trick questions. I responded by simply saying, "It's wonderful, but it's not quite as good as the ones you make." Then I flashed a waxy smile in her direction.

"That's not as good as mine?"

Without even looking up I replied, "This is good, but not as good as the ones you make. Yours are much better than this one."

"Are you sure about that? You're not just putting me on?"

I laid my fork down and looked at her and said, "My dear, there is nothing to compare with the mac and cheese that you make. I can tell the difference a mile away. You make the best

mac and cheese I have ever tasted. This may be good, but it's not up to your standard."

I thought I made some good points with her. Every husband is always looking for ways to make points with his wife. I was assuming I had hit the marital lottery.

Looking at me, she stated very sternly, "That mac and cheese is mine. I made it especially for you."

I have never been good at backpedaling a situation. I am somewhat of a word-smith, but I could not think of any words that could in any way help me out of this situation.

I remember what James said, "For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body" (James 3:2).

I know that I am not a perfect person. I get in deep trouble when for some reason I think otherwise..

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 jamesnsnyder2@att.net. The church website is www.whatafellowship.com. ★



By Pastor Ray Dare

Everybody gets discouraged from time to time. You may be facing some serious discouragement right now. You feel let down by life. You may feel let down by another person or even by yourself. Things have not turned out the way you were hoping. Life's greatest disappointments revolve around questions like, "Why me? Why not me? Why not? What if? How long? How long will I have to wait for what I want to really happen?"

In the Bible, the book of 1 Peter says there are 3 things you need to remember when you're feeling discouraged. These are simple truths, but they are profound, and I've discovered that WHAT you focus on in life determines your happiness. If you'll focus on these truths, your discouragement will lift.

God loves you no matter what. "God the Father chose you long ago..." 1 Pet. 1:2 (NLT) Why does

Pastor Ray's Encouraging Words

Dump Your Discouragement

God choose to love you? Did you earn His love this week? It's not because of who you are, but because of who He is. God is love. And He created you to be the focus of His love. That's why Christianity is called "Good News". It's base on His mercy, not your merit. You'll never deserve it; you'll never be good enough for it. The Creator of the universe says, "I've chosen you and I've chosen to love you!"

God is working in your life. God is working behind the scenes. Even though you don't

recognize it, even though you don't feel it, even though you may feel like God is a million

miles away, He is with you. Vs. 5, "God in His might power, will protect you until you receive this salvation, because you are trusting Him." The first mood lifter is no matter what happens - God loves me, the second is no matter what happens God is with me. God is working in your life. You may feel like your situation is hopeless. It is not. As long as you've got God, it's not hopeless.

Joy is just around the corner. Vs. 6, "There is wonderful joy ahead, even though it is necessary for you to endure many trials for a while." You may be going through some difficult times right now and the situation may seem unmanageable. It may seem unfair what you're going through right now. It may seem unreasonable. Inside you're basically saying, "God, I can't take it any more. I just can't take it anymore!" But you can. Because God loves you and He's working in your life even though you cannot see it right now. So, don't give in to discouragement! Don't give in to discouragement without a fight. Resist it by focusing on these simple truths. God loves you, God is with you and joy is just around the corner!

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TV GUIDE MAGAZINE

CHEERS & JEERS

By Damian Holbrook

Cheers to Nancy Drew
for solving the mystery of how to make a nearly 90-year-old icon relevant. By casting the superlikable Kennedy McMann as our new teen sleuth and adding a wicked supernatural angle, The CW’s freshman thriller is sexy, scary and so worthy of its beloved literary roots.

Cheers to American Horror Story
for making a *Popular* casting decision. As 1984’s hilarious, yet homicidal summer-camp owner, Leslie Grossman has been slaying it with even more gusto than when she was stealing every scene as

demented cheerleader Mary Cherry in *AHS* creator Ryan Murphy’s 1999-2001 WB comedy.

Jeers to A Streaming-Service Bait and Switch

With *Search Party* moving from TBS to HBO Max for its next two seasons, fans of Alia Shawkat’s hipster comedy who are already paying for cable will have to cough up even more if they want to find out what happens next. Not cool.

Jeers to Bluff City Law
going out of business. With so many TV shows out there these days, NBC’s appealing family drama starring Jimmy Smits and Caitlin McGee as father-daughter legal eagles should have been given



Leslie Grossman has been slaying it with even more gusto than when she was stealing every scene as demented cheerleader Mary Cherry.

more than a ten-episode run to find the audience it deserved. We object to the plug being pulled so quickly! ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Will Gerald McRaney Join NCIS: LA Full Time?

Question: Can Gerald McRaney become a regular on *NCIS: Los Angeles*? His character and Hetty would be very entertaining.
– Marie

Matt Roush: By my count, Gerald McRaney has appeared on *NCIS: LA* as Retired Navy Admiral Hollace Kilbride at least five times over the years, so he’s clearly a favored recurring guest star, and

for now, that seems to be the extent of his involvement. There’s no show he doesn’t make better so I imagine he’d be welcomed back any time. But I haven’t seen anything to suggest that the producers are looking to expand the core cast, so you’re probably going to have to settle for enjoying him next time he returns. (I agree, though, that an episode centered on Hollace and Hetty would be great.)

Question: Stephen Colbert seems to have a week’s worth of reruns every other week. Does he have a contract that calls for this?
– Paul

Matt Roush: don’t begrudge these shows or their stars occasional time off, because the schedule is grueling, although I admit I was also thrown that *The Late Show with Stephen Colbert* had scheduled time off during a week when a Democratic debate was happening – which is typically a ripe occasion for a live broadcast. This was his first break since the Labor Day hiatus, and if that seems lazy to you, so be it. To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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CHM PLU 362

WEEKLY COMICS

Amber Waves

HEY FELLAS, I SNUCK THE FARMER'S CREDIT CARD AND GOT PIZZA!

I GOT ALL KINDS OF TOPPINGS SO COME ON. GET IT WHILE IT'S HOT!

MUNCH MUNCH MUNCH

OH COME ON! WHY DO I ALWAYS END UP WITH CANADIAN BACON?

by Dave T. Phipps

Out on a Limb

KINDA COOL...

NANA NA NA, HEY JUDE...

CARPOOL KARAOKE

KINDA CREEPY...

JACUZZI KARAOKE

WHOA-OH, LIVIN' ON A PRAYER... TAKE MY HAND, WE'LL MAKE IT I SWEAR! WHOA-OH!!!

by Gary Kopervas

R.F.D.

WOULDN'T IT BE FUNNY IF WE WERE LIKE TREES, DAD?

LOSE ALL OUR HAIR IN THE FALL, BE BALD ALL WINTER AND GROW IT ALL BACK COME SPRING!

WELL... I LIKE THE SPRING PART...

by Mike Marland

GRIN & BEAR IT

"I'm not sure I trust a baby sitter desperate enough to watch our kids."

LAFF-A-DAY

"You look a mess! Just wait until your father gets home!"

Crossword Puzzle on Page 6

F	L	O	R	A		E	R	R		B	A	R	S	
L	I	T	E	R		Y	O	U		F	R	E	A	K
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Sudoku Puzzle on Page 6

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

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The Spats

HAROLD, YOU ARE LAZY!!

I KNOW I AM, BUT I CAN'T HELP IT...

...I'M A "RELAXAHOLIC."

by Jeff Pickering

THEY'LL DO IT EVERY TIME

BUILT-IN SPEECH PATTERNS

LUGGO, DID YOU HURT YOURSELF?

THANKS TO EUGENE M., THE BROOKLYN, N.Y.

J'EVER NOTICE? NEED SOME PAPER TOWELING... IT'S EITHER THIS...

MA-I SPILT MY CHOCOLATE DRINK...

OKAY...

WUR!

OR THIS...

WAA-?

THANKS TO R. CAMERON, ASHTON, N.Y.

BY AL SCADUTO

DUMB QUESTION #1753 (HOTEL DIV.)

CHECKING IN, SIR?

THANKS TO ALN. TOLOSOKY, SAN FRANCISCO, CA.

Just Like Cats & Dogs

by Dave T. Phipps

MADE ME DINNER, BOUGHT ME FLOWERS. HE'S IN SO MUCH TROUBLE... I JUST HAVEN'T FIGURED OUT EXACTLY WHY.

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Eyeglasses are missing. 2. Man's collar is different. 3. House has been added. 4. Fence slat is missing. 5. Fence is missing. 6. Bricks have been added.

Sacramento County DA Reports



Sentenced for Insurance Fraud, Accessory After the Fact

DATE: October 29, 2019
CASE: Jose Leyva & Leticia Leyva (Case #19FE004862)
PROSECUTOR: Deputy District Attorney Suzanne Salazar, Insurance Fraud Unit

The Honorable Michael Savage sentenced Jose Leyva to 90 days and Leticia Leyva to 60 days in county jail. Both defendants were ordered to pay \$9,277 in restitution. On October 16, 2019, Jose Leyva pled to felony insurance fraud and Leticia Leyva pled to misdemeanor accessory after the fact.

Jose Leyva and his wife, Leticia Leyva, owned a car, which was being driven by their adult son. Their son was driving the car in the middle of the night when he crossed over into the opposite traffic and hit a car head on. The collision caused serious bodily injury to the son's passenger and the other driver as well as damage to both vehicles. Immediately following the crash, the son fled the scene on foot. Soon after, he called and spoke to his father twice. When dispatch contacted Mr. and Mrs. Leyva to inquire about the vehicle, they claimed the car had been stolen. They also insisted that their son was home asleep. The facts showed Mr. Leyva's cellphone was tracked from his residence in Sacramento to the area of the collision in Woodland. Mr. and Mrs. Leyva then attempted to file a stolen vehicle report with law enforcement and continued to insist the car was stolen to their insurance company.

Defendant Convicted of Shooting, Murdering Partygoer

DATE: October 23, 2019
CASE: Dayshawn Jackson (Case #18FE007348)
PROSECUTOR: Deputy District Attorney Laura West, Gangs & Hate Crimes Unit

Dayshawn Jackson was convicted by a jury of the second-degree murder of Larry Ragsdale Jr., shooting from a car at a person, and being a felon in possession of a firearm. The jury also found that Jackson personally used and discharged a firearm causing death during the commission of the murder and firing from the car.

A few minutes past midnight on August 27, 2017, Dayshawn Jackson was inside the car he was driving when he fired a gun multiple times at people outside of a party that was taking place. The victim was struck in the torso and killed as he stood in front of the party talking with friends.

The court found that Jackson had previously been convicted of a strike, first-degree residential burglary. Jackson faces a maximum sentence of 55 years to life in prison. Sentencing is set for December 13, 2019, at 9:00 a.m. in Department 24 before the Honorable Shellyanne Chang.

Defendant Convicted of Murdering Girlfriend at Hotel

DATE: October 17, 2019
CASE: Lucas Sanchez (Case #17FE016812)
PROSECUTOR: Deputy District Attorney Allison Dunham, Homicide Unit

On October 4, 2019, Lucas Sanchez was convicted by a jury of the first-degree murder of Jennifer Rutter. The jury also found that Sanchez personally used a deadly or dangerous weapon in the commission of the murder. Sanchez entered a plea of not guilty by reason of insanity. On October 16, 2019, the jury found Sanchez was legally sane when he committed the murder.

Sanchez and the victim were in a relationship. On the morning of September 11, 2017, Sanchez and the victim were sleeping at a local hotel. Sanchez woke up paranoid and delusional from using methamphetamine. He took a closet rod out of the closet and beat the victim in the head as she slept. The victim fled out of the hotel room naked and bleeding. Sanchez proceeded to beat her in the head with the closet rod in the hotel hallway. A public safety conference was taking place at the hotel that morning. Law enforcement officers arrested Sanchez on the scene. An autopsy determined the victim died from seven to 10 blunt force blows to her head causing multiple facial and skull fractures.

Sanchez faces a maximum sentence of 26 years to life in prison. Sentencing is set for November 14, 2019, in Department 20 before the Honorable Michael Sweet.

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California Can't Keep the Lights On

California is staying true to its reputation as the land of innovation — it is making blackouts, heretofore the signature of impoverished and war-torn lands, a routine feature of 21st-century American life.

More than 2 million people are going without power in Northern and Central California, in the latest and biggest of the intentional blackouts that are, astonishingly, California's best answer to the risk of run-away wildfires.

Power — and all the goods it makes possible — is synonymous with modern civilization. It shouldn't be a negotiable for anyone living in a well-functioning society, or even in California, which, despite its stupendous wealth and natural splendor, has blighted itself over the decades with misgovernance and misplaced priorities.

The same California that has been the seedbed of world-famous companies that make it possible for people to send widely

viewed short missives of 280 characters or less, and share and like images of grumpy cats, isn't doing so well at keeping the lights on.

The same California that has boldly committed to transitioning to 50 percent renewable energy by 2025 — and 100 percent renewable energy by 2045 — can't manage its existing energy infrastructure.

The same California that has pushed its electricity rates to the highest in the contiguous United States through its mandates and regulations doesn't provide continuous access to that overpriced electricity.

California could have, if it wanted, pushed the utilities to focus on the resilience and safety of its current infrastructure — implicated in some of the state's most fearsome recent fires — as a top priority. Instead, its public utilities commission forced costly renewable energy initiatives on the utilities. Who cares about something as mundane as properly maintained power lines if something as supposedly epically important — and politically fashionable — as saving the planet is at stake?

Meanwhile, California has had a decadeslong aversion to properly clearing forests. The state's leaders have long been in thrall to the belief that cutting down trees is somehow an offense

against nature, even though thinning helps create healthier forests. Biomass has been allowed to build up, and it becomes the kindling for catastrophic fires.

As Chuck DeVore of the Texas Public Policy Foundation points out, a report of the Western Governors' Association warned of this effect more than a decade ago, noting that "over time the fire-prone forests that were not thinned, burn in uncharacteristically destructive wildfires."

In 2016, then-Gov. Jerry Brown actually vetoed a bill that unanimously passed the state Legislature to promote the clearing of trees dangerously close to power lines. There shouldn't be any doubt that California, susceptible to drought through its history and whipped by fierce, dry winds this time of year, is always going to have a fire problem. But there also shouldn't be any doubt that dealing with it this poorly is the result of a series of foolish, unrealistic policy choices.

California's overriding goal should have been safe, cheap and reliable power, public good so basic that it's easy to take for granted. The state's focus on ideological fantasies has instead ensured it has none of the above.

Rich Lowry is editor of the National Review.
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Teaching the Value of Work... and Money

Dear Dave,
Is it okay to give very young children an allowance?
—Christie

Dear Christie
Teaching kids there's an emotional connection between work and money is one of the best things you can do as a parent. Once your kids are old enough to do a few simple chores around the house, they're old enough to earn a little money doing them.

In my mind, there's absolutely nothing wrong with putting kids who are three or four on a basic commission system. If they do the jobs you assign them, they get paid. If they don't do the jobs, they don't get paid. We put a little dry-erase board on the refrigerator, and listed the jobs they had to do during the week with a dollar amount next to each one.

Dave Ramsey Says

Keep in mind, kids shouldn't get paid for every little thing they do around the house. Some jobs are just a necessary component of being part of a family. And there are some things kids should do simply because mom or dad asked them to. Some jobs should have a higher purpose in mind, too, because as a parent, you should want to find as many teachable moments for your kids as possible.

Once they've earned their money, sit down with them and divide it into three separate envelopes—saving, spending, and giving. That way, they get to learn about the uses for money while they're learning how to work! — Dave

As Safe as a Neighborhood Bank?

Dear Dave,
What are your thoughts about online banks? Are they as safe as traditional, neighborhood banks?
—Jeanna

Dear Jeanna,
Sure, if they're guaranteed by the Federal Deposit Insurance Corporation. The FDIC is one of two agencies that provide deposit insurance to customers in America's depository institutions. The other is the National Credit Union Administration, or NCUA, which insures and regulates credit unions.

If you're seriously considering using an online bank, there are a few things I'd advise checking out before making the move. Look into the bank's track record, and see how long it has been open. Also, if the bank you're considering doesn't have a name-brand you recognize, find out the amount of its deposits.

Online banks don't worry me today like they did 10 years ago. And almost everyone does some form of online banking now, anyway. If the bank in question has a good reputation, and sufficient deposits to have some strength in its FDIC guarantee, I wouldn't worry about it.

— Dave

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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When holiday gatherings turn into all-day events, having meals ready from morning to night becomes an important part of seasonal hosting. Starting with breakfast through the main course followed by a savory dessert, a full day of celebration calls for a variety of dishes.

To help keep your crowd fueled for a wide range of activities, consider these recipes for Hot Cocoa Pancakes to get your morning started, Browned Butter Smashed Potatoes with Butternut Squash to pair with a holiday ham and Black Forest Cake to end the festivities on a high note.

Find more holiday recipe inspiration at Culinary.net.

FAMILY FEATURES

A Full Menu For Fun Filled Holiday Festivities



Party-Perfect Potatoes

Almost every holiday meal calls for side dishes to complement the main course, and as one of the most versatile base ingredients available, potatoes often provide home chefs with a multitude of options.

Served mashed, fried, scalloped, sliced, diced, boiled, roasted or just about any style in-between, potatoes are ideal for matching with the centerpiece of your family meal. These Browned Butter Smashed Potatoes with Butternut Squash call for Wisconsin yellow-flesh potatoes to achieve a dense, creamy texture with their just-battered appearance.

Find more dishes for your holiday gatherings at eatwisconsinpotatoes.com.

Browned Butter Smashed Potatoes with Butternut Squash

Prep time: 25 minutes
Cook time: 15 minutes

1 pound (3 medium) Wisconsin yellow-flesh potatoes, cut into 3/4-inch chunks
1 small butternut squash (about 1 pound), peeled, seeded and cut into 1-inch chunks

Water
1 teaspoon salt, plus additional, to taste, divided
3 tablespoons butter, divided
8-10 fresh (2-3-inch) sage leaves, stacked and cut into 1/4-inch strips
1/2 cup 1% milk
freshly ground black pepper, to taste

In 3-quart saucepan, cover potatoes and squash with water; add 1 teaspoon salt. Bring to boil over high heat; reduce heat, cover and cook until tender, 12-15 minutes.

In small saucepan over medium heat, mix 2 tablespoons butter and sage. Tilting pan and watching closely, cook about 3 minutes, until butter foams and begins to brown; keep warm.

Thoroughly drain potatoes and squash, return to pan and shake 1-2 minutes over low heat. Using hand masher, roughly mash to create chunky mixture.

Over low heat, gently mix in remaining butter and milk.

Season with salt and pepper, to taste. Spoon into serving bowl and drizzle with brown butter and sage.

Begin the Holiday with a Family Breakfast

With so many activities scheduled and places to be during the holidays, starting the morning with a filling breakfast can help set your family on the path to enjoyable moments with loved ones.

These Hot Cocoa Pancakes require little time in the kitchen, leaving you more time to spend with the family before hitting the road or working on decorations for seasonal gatherings. Made with Aunt Jemima pancake mix, containing no artificial coloring or flavors, this recipe makes it simple to put breakfast on the table quickly while still achieving a meal full of flavor.

Visit auntjemima.com for more family-friendly recipes.

Hot Cocoa Pancakes

Prep time: 10 minutes
Cook time: 2 minutes per pancake
Yield: 12 pancakes (3 per serving)

2 tablespoons unsweetened cocoa powder
1 1/2 tablespoons sugar
1 cup 2% or non-fat milk
1 teaspoon vanilla extract

2 cups Aunt Jemima Original Complete or Buttermilk Complete Pancake & Waffle Mix
1/4 cup water
marshmallow spread (optional)
chocolate syrup (optional)
Aunt Jemima Syrup (optional)

Heat skillet over medium-low heat or electric griddle to 375 F.

In microwave-safe bowl, mix cocoa powder, sugar, milk and vanilla until well combined. Heat in microwave 30 seconds, or until warm. Stir again to ensure mixture is combined.

Combine cocoa mixture, pancake mix and water. Stir until large lumps disappear (do not beat or overmix). If batter is too thick, add additional 1-2 tablespoons water.

Pour slightly less than 1/4 cup batter onto lightly greased skillet or griddle. Cook 90 seconds, or until bubbles appear on surface. Turn and cook additional 30 seconds. Repeat with remaining batter.

Top pancakes with marshmallow spread and drizzle chocolate syrup, or top with syrup.



Serve Up a Savory Sweet

No holiday gathering is complete without dessert, and you can take your sweets to the next level with this rich, creamy Black Forest Cake recipe.

Tart cherries and whipped cream are combined with Domino Golden Sugar – a less processed option which is made from pure cane sugar and works cup-for-cup just like white sugar, but with a golden color and distinct hint of molasses flavor – for a contrasting profile to put a spin on a seasonal classic.

Find more holiday dessert ideas at dominosugar.com.

Black Forest Cake
Servings: 8

Cherry Filling:
1/2 cup Domino Golden Sugar
1 tablespoon cornstarch
1/2 cup water or unsweetened cherry juice
2 cups fresh or frozen pitted tart (Montmorency) cherries
2 tablespoons cherry brandy (optional)

Cake:
1 2/3 cups all-purpose flour

2/3 cup cocoa powder
1 1/2 teaspoons baking soda
1 teaspoon salt
1/2 cup butter, softened
1 1/2 cups Domino Golden Sugar
2 eggs
1 teaspoon vanilla
1 1/2 cups buttermilk

Stabilized Whipped Cream:
1 teaspoon unflavored gelatin
2 tablespoons cold water
2 cups (1 pint) heavy whipping cream
2 tablespoons Domino Golden Sugar

chocolate curls or shavings, for garnish (optional)

To make cherry filling: In medium saucepot, whisk sugar and cornstarch with water or juice then bring to boil over medium heat. Stir in cherries and cherry brandy, if desired, and boil 2-3 minutes, stirring, until sauce is thick and translucent. Drain cherries from sauce and set both aside.

To make cake layers: Heat oven to 350 F.

Line bottoms of three 8-inch round cake pans with parchment paper.

Grease and flour bottoms and sides.

In medium bowl, sift flour, cocoa powder, baking soda and salt.

In mixing bowl, cream butter and sugar 2 minutes on medium speed. Add eggs and vanilla; beat 1 minute. Stir in flour mixture and buttermilk.

Pour batter evenly among cake pans and bake 20-22 minutes, or until toothpick inserted in center comes out clean.

Cool and remove layers from pans.

To make stabilized whipped cream: In small pan or microwaveable bowl, combine gelatin and cold water; allow gelatin to bloom. Heat until gelatin melts and dissolves; set aside.

In chilled bowl, whip cream with chilled beaters until soft peaks form. Add sugar and gelatin; beat until stiff.

Prick tops of two bottom layers with fork and brush cherry filling over layers Sandwich bottom layers with a 1/4-inch-thick spread of stabilized whipped cream. Sandwich second and top layer with same whipped cream. Spread remaining whipped cream over top layer and sides.

Garnish with shaved chocolate, if desired, and decorate with any remaining whipped cream. ★

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Crime Reports

Citrus Heights Police Report

October 28th -
October 30th



10/28/19: 11:53 Suspicious Vehicle 1910280113
Occurred at Shareen Wy/Patton Av. RV Parked on the street Occp by female/fem was already asked to leave the area when parked on Watson.

10/28/19: 16:46 Burglary 1910280182
Occurred at A Little Bit Of Everything on Sunrise Bl. RP was working in the yard, had garage door open. Susp walked into garage and took leaf blower.

10/28/19: 20:27 Stolen Vehicle 1910280235
Occurred on Lake Tree Ln. Last saw veh on Saturday morning, s/took it without RP's permission, he won't bring it back, s/ was living with RP and took all of his stuff so he won't be coming back

10/29/19: 01:44 Disturbance Verbal 1910290010
Occurred at Van Maren Ln/Auburn Bl. UNK male subject just broke RP's veh window, is walking away w/ a whi dog.

10/29/19: 08:11 Fraud/Forgery 1910290037
Occurred at Segovia's Care Home on Sylvan Rd. RP lost her bank card a week ago.

10/29/19: 11:57 Fraud/Forgery 1910290097
Occurred on Hackney Wy. One of the RP's ex roommates forged the RP's GF's signature for a rental property lease.

10/30/19: 15:51 Burglary 1910300182
Occurred on Peoria Dr. RP states that off and on for 4 years. Her daughter's boyfriend has been harassing her by coming by her home and she suspects he recently broke into her home again by prying open the sliding glass door and then damaged the lock she recently put on a bedroom door to prevent him from entering it

10/30/19: 19:19 Disturbance Noise 1910300226
Occurred at Oak Creek Village Apartments on Greenback Ln. Problems with the neigh banging on the ceiling of the RP's apt. Becoming a chronic problem. RP working with property mgt req incident be documented.

10/30/19: 23:14 Disturbance Verbal 1910300261
Occurred on Misty Wood Wy. RP's landlord changed the locks on RP w/o notice. All of his belongings are on the front lawn. RP is req assistance to get back into the resd- RP is in a blk Chvy Captiva. Will meet officer at the corner of Sunmist/Shady Springs.

Codes and abbreviations	IFO = in front of	WFA = white female adult
AMB = ambulance	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
HBD = has or had been drinking	UNK = unknown	

Find more info at citrusheights.net



By County Supervisor
Sue Frost

Through the generosity of the Citrus Heights Messenger, this column serves to provide an update about matters affecting the community of Citrus Heights.

A few years ago, Sacramento County was sued regarding confinement conditions in our two jails. Since we recently settled this lawsuit, I want to explain to you in this article why this happened, what this means for the future of our jails, and why I will fight to ensure there is no compromise in public safety within our communities.

Sacramento County is one of multiple counties throughout the State – including Santa Clara, Fresno, and Riverside – that have been targeted with jail lawsuits. The law firms that are suing Counties are the same law firms that sued the State over conditions of confinement in state prisons, which directly led to the realignment of state prison inmates to the counties in the form of AB 109 realignment in 2011. This action left our county jails overpopulated, with inmates serving sentences for crimes more serious, and sentences longer than the jails were designed to accommodate.

In addition to

Citrus Heights Community Update

Overstuffed and Underfunded

having overstuffed jails, Sacramento County's main jail was built before the Americans with Disabilities Act (ADA) and the Health Insurance Portability and Accountability Act (HIPAA) were passed and thus did not meet ADA and HIPAA requirements. There have also been many federal court decisions that set new standards concerning how inmates need to be housed, the amount of out of cell time inmates are required to receive, and the medical, psychiatric, and other services that need to be provided in jails.

The County has been making changes to the jail to become compliant with ADA, but they were not made fast enough to avoid a lawsuit. Other counties faced with the same lawsuit attempted to fight in court but lost. Knowing what it would cost to challenge the lawsuit and fail, the reasonable and prudent solution for Sacramento County taxpayers was to settle out of court.

While the Board of Supervisors has been going through these discussions, anti-jail advocates have been coming to testify that they want the County to incarcerate fewer people and focus instead on jail diversion programs. They consistently refer to jail inmates as "victims" – even though the real victims are the people who had crimes committed against them by the criminals in jail.

As part of this settlement, the County has agreed to improve inmate medical care, mental healthcare, out-of-cell time, ADA compliance issues, suicide prevention, and use of force policies. This will add additional clinic space for medical, dental, and mental healthcare, as well as the increased staff necessary to run these new programs. All told when fully implemented, the total operating cost associated with the new staff and services will likely exceed \$50 million annually, and construction costs will likely exceed \$100 million.

As the Board of Supervisors moves forward, trying to absorb this enormous initial and yearly cost, you have my commitment to make public safety my top budgetary priority. We fail as a community if we cannot keep our streets safe, and I will do everything I can to ensure public safety services are not compromised. Not on my watch.

Before closing, I want to invite you to come attend my next Citrus Heights community meeting, which will be held on November 18th at 6:00pm at Citrus Heights City Hall (6360 Fountain Square Drive).

Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or e-mail me at SupervisorFrost@sacounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms, Fair Oaks and Rancho Cordova. ★

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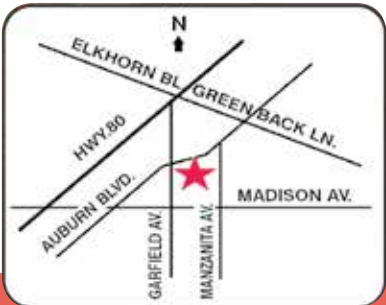
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Questions?
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