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Citrus Heights Messenger

VOLUME 9 • ISSUE 20 Serving the City of Citrus Heights & Sacramento County OCTOBER 11, 2019

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Charter Academy Planning Citrus Heights Campus



Rocklin Academy 2nd grade teacher Torrey Headley enjoys the company and instruction of kids. Photo courtesy of Bouchard Communication Group

**By Ann Bouchard,
Bouchard Communication Group**

ROCKLIN, CA (MPG) - The Rocklin Academy Family of Schools, a nationally recognized, top performing local charter school network, has announced plans to open its fifth campus, American River Collegiate Academy (ARCA), in Citrus Heights in the fall of 2020. "We look forward to expanding into the Citrus Heights community" stated Jillayne Antoon, Director of Growth and Community Engagement for

Rocklin Academy Family of Schools. "As a close neighbor to our existing campuses, and with many children from this community already enrolled with our schools, we thought it was a natural fit and could fill a need." Rocklin Academy was the first public school in the greater Sacramento area to offer the nationally recognized Core Knowledge Curriculum. The schools are designed with a college prep focus so that graduating students are enrolled in coursework required for entrance to the University of California, California State

University or select private universities. The schools are open to everyone and do not require any sort of entrance criteria, though priority will be given to Citrus Heights residents when the new school opens. "In the first year, ARCA will offer classes from Kindergarten through second grade", explained Antoon. "Each subsequent year, more grade levels and classes will be added until we have a full slate of K-12 classes." In 2018, Rocklin Academy state test scores were higher than all surrounding

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Neighborhood Champions Promote Street Safety

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights is initiating the Multimodal Transportation Safety Program (MMTSP), which will improve the way the City addresses residents' traffic safety concerns. The project is funded through a Caltrans Sustainable Communities grant with matching funds from the City, and the goal is to make Citrus Heights neighborhoods safer places to drive, walk, and bike.

Through the program, the City will conduct significant community engagement, develop a methodology for evaluating and prioritizing safety concerns and requests submitted to the City, and identify potential funding sources for safety solutions.

Leslie Blomquist, Principal Civil Engineer for Citrus Heights, said they have received requests for traffic calming measures for nearly every street in Citrus Heights. Examples of calming measures include speed humps, raised crosswalks, curb extensions, neighborhood gateways, median islands, and roundabouts. These measures can help reduce unsafe speeds and discourage drivers from cutting through neighborhoods.

The City is working with Steer, a consultancy groups that specializes in helping cities improve infrastructure and transportation. Jim Daisa, Associate Director of Steer, explained that the City's current procedure for processing requests isn't transparent, making it difficult for residents to follow the status of their requests. And with no established methodology for evaluating and prioritizing requests, many significant complaints can be lost in the shuffle.

So, the City is asking residents to get involved by volunteering as Neighborhood Champions. The role of the Champions is to promote street safety in Citrus Heights, communicate project goals to people in their neighborhoods, and attend and help facilitate community workshops. Neighborhood Champions will play an important role by ensuring that neighborhood concerns are reflected in the project and by encouraging others to participate in the process. The Champions' focus would be on collecting input from a diverse group of community members.

The Neighborhood Champions project has a superhero theme because "in Citrus Heights we use our powers for good," said Steer Consultant Sarah McMinimy. "We have a responsibility to

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Battle of the Bands for Vets



Rebel Creek Band won the Battle of the Bands at the Vets Helping Vets fundraiser.

**Story and photos
by Shaunna Boyd**

CITRUS HEIGHTS, CA (MPG) - On Saturday, October

5, the American Legion Post 637 hosted their fifth annual Battle of the Bands and BBQ Fundraiser at the historic Rusch Home and

Gardens in Citrus Heights. Alex Candela, Vice Commander of Post 637, explained that 100% of the proceeds raised at the event

fund their Vets Helping Vets program. They distribute the money locally to individual veterans in

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You Want To Do What!?

Commentary
by Sal Arrigo, Jr.

“I am thinking of ending my life using one of the end-of-life laws.”

In order to make some distinction, the definition of euthanasia states that a doctor is allowed by law to end a person’s life by a painless means, as long as the patient and their family agree. The definition of assisted suicide is that a doctor assists a patient to actually commit suicide if they request it.

Eight states and the District of Columbia have enacted legislation that allows people to choose death over life. Death with dignity statutes allow mentally competent adult state residents who have a terminal illness with a confirmed prognosis of having six or fewer months remaining, to voluntarily request and receive a prescription medication to hasten their inevitable, imminent death. By adding a voluntary option to the continuum of end-of-life care, these laws give patients dignity, control, and peace of mind during their final days with family and loved ones.

In order to write this article, I had to ask people this hypothetical question – “what advice would you give if someone that was close to you said they were considering assisted suicide as a means to take away their pain?” To clarify my question - if a person decided there was no hope for recovery from a health condition, and the only alternative they feel open to them is death, how would you respond?

I asked Casey Robinson,



Human beings have trouble making decisions on a daily basis. Some may decide that ending their life through assisted suicide is no “big deal” and can make the decision quickly. For many others, I am betting this decision may be the toughest of all! MPG file photo

a longtime friend this question. He said, “I would ask if they have discussed this with their doctor and the most trusted and loved people in their lives. If they have and they still feel compelled, I would support their decision. Offer empathy.” Another friend, Michael Rubash, said, “this is a tough question. I would ask if they had to live their lives in a hospital connected to tubes, would they wish to consider another option?” The option Michael was referring to was assisted suicide.

As with any highly emotional subject, there are plenty of opinions. For instance, what are the attitudes of the religious community? I recently read

an article published by the Pew Research Center, titled, “Religious Groups Views on End of Life Issues.” Although it is several years old, the views have not changed. The Roman Catholic Church strongly opposes physician-assisted suicide and euthanasia. The Evangelical Lutheran Church in America (ELCA) opposes physician-assisted suicide and other efforts by medical professionals to speed a patient’s death.

In 1991, the Episcopal Church passed a resolution against assisted suicide and other forms of active euthanasia, stating that it is “morally wrong and unacceptable to take a human life in order to relieve the suffering caused by

incurable illness.”

I admit, it was a rather involved decision on my part to write this article as during my research I had to ask myself this question, “where is our nation heading regarding the right to die?” All too often, people witness miracles that defy all science, politics, and rational thought. I personally know of people who were given six months or less to live and they wound up living for years after their diagnosis. This is why there are so many decisions to make if you decide to end your own life through the assisted suicide option.

As for opinions representing the opposite viewpoints, there are agencies that are ready and willing to provide

information to help you make the decision to end your life legally. Two examples are, the Compassion & Choices organization (formerly known as the Hemlock Society) and the Death with Dignity National Center.

Barbara Gillogly, Ph.D., a Developmental Psychologist and licensed Family Therapist, shared her thoughts: “For those who have a terminal diagnosis and wish to exercise control over how and when to leave this world, assisted suicide is a viable option. Someone else’s belief should not be imposed to limit the rights of others.”

If you live in one of the states that has a version of end-of-life legislation and

you are determined to seek options to end your life; you must understand all of the ramifications that the laws allows. All of the laws have a process that you must abide by in order for the assisted suicide to be legal. Your decision will be monumental. You and all those who will be affected by your decision need to be well-educated. According to the Death with Dignity organization, the following states have end-of-life legislation:

California (End of Life Option Act; approved in 2015, in effect from 2016); Colorado (End of Life Options Act; 2016); District of Columbia (D.C. Death with Dignity Act; 2016/2017); Hawaii (Our Care, Our Choice Act; 2018/2019); Maine (Death with Dignity Act; 2019); New Jersey (Aid in Dying for the Terminally Ill Act; 2019); Oregon (Death with Dignity Act; 1994/1997); Vermont (Patient Choice and Control at the End of Life Act; 2013); and Washington (Death with Dignity Act; 2008).

Montana does not have a death with dignity statute; however, the end-of-life option is legal in the state through a Montana Supreme Court ruling.

Human beings have trouble making decisions on a daily basis. Some may decide that ending their life through assisted suicide is no “big deal” and can make the decision quickly. For many others, I am betting this decision may be the toughest of all!

It is not length of life, but depth of life. Ralph Waldo Emerson ★

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Neighborhood Champions Promote Street Safety

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make our streets safer. We want to encourage neighborly behavior and focus on inclusivity.”
Champions would also arrange field workshops, or WALKshops. Champions would lead residents along pre-determined corridors to look at examples of calming measures to see whether they are working effectively. They would ask attendees to share their opinions about whether they would feel comfortable walking along those streets and if they would like to see those measures implemented in their neighborhoods.
The City sent letters or emails to everyone who has ever complained or submitted a request about traffic safety, inviting them to become Champions to help improve the process. On October 2, the City held their first Champion Orientation to explain the project goals. Mary Poole, Citrus Heights Operations Manager, said, “We want a transparent community-centered process.” She explained that the role of the Champion is flexible: “We don’t need everyone to come to every event. ... That’s why we want a lot of people involved and engaged — many hands make light work.”
One attendee said he felt that he and many of his neighbors are “burnt out.” He said, “We already did all this. We went door to door, got people to sign a letter to the City. ... We did everything the City requires, but we keep getting pushed off.” He said he knows a lot of people who have “just had it with the City.”
Poole said she understands the frustration, and she assured everyone that every complaint the City has ever received is still in their system, and community participation will help those concerns be heard and addressed.
All the attendees expressed concern about traffic in their neighborhoods, especially vehicles driving at unsafe speeds. They are worried that the neighborhood streets are not safe for pedestrians, especially for young children walking to school. One resident said, “People who don’t live there don’t care.”
“It’s dangerous,” said another resident. “I’ve just kind of given up.”
McMinimy is hopeful that the community will engage in the process, because even though some people are frustrated and fed up, “they still showed up — which shows they still care.” She is optimistic that residents will take this opportunity to work with the City to improve street safety for all residents.
The City is still recruiting Neighborhood Champions, so if you would like to get involved, visit www.citrusheights.net/945/MMTSP-Multimodal-Transportation-Safety to complete an interest form. Whether you choose to become a Champion or not, the City wants to hear your concerns. All residents are invited to the first MMTSP Community Workshop on Wednesday, October 30 from 4:30 – 6:30 PM at the Citrus Heights Community Center, 6300 Fountain Square Dr., Citrus Heights, CA 95621. ★

Senator Nielsen Applauds Governor’s Crackdown on Vaping and e-Cigarettes

By Nghia Nguyen

SACRAMENTO REGION, CA (MPG) - Governor Gavin Newsom issued an Executive Order to develop recommendations to remove illegal and counterfeit vaping products from stores, direct a public awareness campaign, develop recommendations to place warning signs and impose stricter age verification requirements.
Senator Jim Nielsen said, “Nicotine negatively affects teenagers’ development - emotionally, behaviorally and physically. Protecting our youth is a bipartisan issue, and policy makers must do what we can to safeguard them.”
Parents across the nation are seeing their otherwise healthy children suffer from popcorn lungs, chronic coughing and other ailments. Some have gone to hospitals, where they are in medically induced comas.
In the Sacramento region, a young man from Loomis struggled to fight for his life earlier this month due to respiratory failure. Doctors believed his illness was due to vaping. He is now home.
Upon witnessing this growing epidemic, concerned parents have educated themselves so they can raise public awareness. ★

New Community Development Director Appointed

City of Citrus Heights Press Release

CITRUS HEIGHTS, CA (MPG) - Effective September 1, Colleen McDuffee has been appointed to serve as the City’s Community Development Director. Graduating from Sacramento State with a bachelor’s degree in economics, Colleen worked as an environmental consultant prior to joining the City of Woodland. There, she served for ten years in a variety of capacities culminating in the role of Senior Planner, after which she worked for the



Colleen McDuffee serves as the City of Citrus Heights’ Community Development Director. Photo City of Citrus Heights

City of Roseville.
Hired in 2002 as a Senior Planner for the City of Citrus Heights, Colleen

became the Planning Manager in 2005. She is a member of the American Institute of Certified Planners and has had a significant role in many of our major projects including adoption of the City’s first General Plan; creation of the Stock Ranch Specific Plan, a comprehensive update/reorganization of the City’s Zoning Code, and the adoption of our first Greenhouse Gas Reduction Plan. As well, she was instrumental in bringing Costco, Walmart, City Hall, the Medical Office Building, and Mitchell Farms to fruition. ★

Charter Academy Planning Citrus Heights Campus

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school districts. Western Sierra Collegiate Academy, Rocklin Academy Family of School’s high school has also received recognition as one of the top ranking high schools in the region by US News and World Report, and Rocklin Academy elementary schools are California Gold Ribbon Schools and National Blue Ribbon Schools.

While the school is not opening until fall of next year, informational meetings will be held in the next few weeks to give interested families and other residents information about the school, the curriculum, the method of applying for and gaining admission and more.

The meetings will be

held Wednesday, October 30th, from 6pm - 7pm at Sylvan Library located at 6700 Auburn Blvd in Citrus Heights and there will also be an information meeting on Tuesday, October 15th from 6pm - 7pm at the Single Mom Strong’s Empowerment Center located at 7525 Auburn Blvd., Suite 5, Citrus Heights, 95610. For more information contact Rocklin Academy at (916) 778-4544 or visit www.RocklinAcademy.org/ARCA.

Authorized under the Charter School Act of 1992 and chartered by the Rocklin Unified School District, Rocklin Academy Turnstone and Meyers campuses are

schools open to all students. Rocklin Academy is the first public school in the greater Sacramento area to offer the nationally-recognized Core Knowledge curriculum. Beginning in 2014, Rocklin Academy opened Rocklin Academy Gateway, a TK-8 charter school offering the same successful Core Knowledge curriculum. In August 2009, the founders of the Rocklin Academy Family of Schools opened Western Sierra Collegiate Academy in Rocklin, offering college-preparatory classes open to all students. Western Sierra is accredited by the Western Association of Schools and Colleges and currently serves students in grades seven through twelve. ★



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Battle of the Bands and BBQ



Three bands battled it out and provided the musical entertainment: Common Ground, Rebel Creek Band, and Mojo Jones'n.

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need: Candela said, “If a vet needs help, we help.” Whether veterans need money to cover rent, or to fix a broken-down car, or for food or gas, American Legion Post 637 steps up to help.

Sacramento County District 4 Supervisor Sue Frost spoke at the event, thanking everyone for attending and supporting the veterans: “Reach deep into your pockets because it goes to a good cause.”

Three bands battled it out and provided the musical entertainment: Common Ground, Rebel Creek Band, and Mojo Jones'n.

The Pit Masters of this year’s BBQ Battle were Mason’s Smokehouse BBQ, Texas Roadhouse, Wild Wade’s BBQ, and BRC BBQ — and crowds of people lined up to judge the competition.

In addition to the bands and the BBQ,

the event featured a beer garden for adults and a bounce house and games for the kids. Attendees purchased raffle tickets hoping to win bottles of Take a Shot of Freedom — handcrafted whiskey made by American veterans.

After the attendees had voted for their favorite bands and BBQ, the winners were announced. BRC BBQ won for their tender and flavorful brisket, and Rebel Creek Band won the band competition. Both BRC BBQ and Rebel Creek Band donated their \$200 grand prize winnings back to American Legion Post 637 for the Vets Helping Vets program.

Event sponsors included the City of Citrus Heights, Sunrise MarketPlace, Walmart, Smart & Final, Reichert’s Funeral & Cremation Services, Citrus Heights Rotary, and Sacramento County Office of Economic Development.



By Marlys Johnsen Norris, Christian Author

Everyone who is a believer and follower of Jesus Christ receives some gift of service from the Lord to be used for His glory. We receive them only when God sees we are ready and not before when we might use it to gain popularity and/or personal gain. Our lives are about honoring God, not ourselves! God knows when we will be ready. For years we may not even know we have been blessed until God has made the time right for us to use it. *(This knowledge comes from my own personal experience!)* Some Gifts God gifts us with are: Faith, Encouragement, Pastoral leadership, Teaching, Evangelism.

God Gifts All Believers!

God our Creator has a bigger plan for all our lives that we could ever imagine. Through out the ages there have been people beautifully gifted to write heart warming poems. Some have even turned into gospel songs loved by many people that will never die. Even our American songs of patriotism stir our hearts when we sing and hear them. Poems and all kinds of songs touch the heart of people like nothing else can do.

Most recently while reading a popular best seller I read something I believed was so beautiful. “We can become a Poem of God when our life emulates from the Author of our life.” It is surrendering and yielding to live “in God’s will and His plan above our own, we will become His beautiful Masterpiece – The Poem of God.”

God created and formed you before you were born. He knows your name! Making a decision to accept God’s Son as our Lord and Savior, we are His and He promises never to leave or forsake us. He desires to give us a future! (Isaiah 43:1 and Jer 29:11) We Are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. (Eph. 2:10)

The Holy Bible is full of answers to living life that is meaningful and happy. One never fully knows everything in it but God’s Spirit is a good teacher and we always have His help to find answers we need to find for our lives. Every one of us believers are living in different places of growth and understanding in our journey to know and love God with our whole hearts and soul. Everyone is welcome, come join our huge family all over the world. It is a worthwhile exciting adventurous journey!

In His Love,

Marlys Johnsen Norris
Christian Author, Teacher, Stephen’s Minister “God Moves Mountains, It was a Miracle!”
Marlysjn@gmail.com
PO Box 114, Orangevale, CA

I Wasn’t Born Old It Just Happened That Way

Dr. James L. Snyder

It seems to me that nobody is happy with the way they are. When you are young, you want to be old and then when you get old you want to be young.

It dawned on me this past week when I was sitting in my chair in the middle of the afternoon with no inspiration to get out of the chair and go do something.

I was just chilling in my chair when the Gracious Mistress of the Parsonage walked by, stopped in front of me, put both hands on her hips, stared at me for a moment giving me that look. Then she said, “I guess you’re getting old, aren’t you?”

With that, she whirled around and walked away, leaving me to my own thoughts. Nothing is scarier in the whole world than to be left with your own thoughts.

Then I chuckled to myself. As I thought about me being old and my wife recognizing that I am old, it dawned on me that she is older than me. Now please, do not let her know I let this slip out of the bag. But, if I’m old, what does that make her?

Being the gentleman that I am, and a great lover of life, I will never bring this to her attention.

If she finds out that she is old, she will never learn this information from me. I may be old, but my goal is to get older.

Right after this little incident, I walked into a McDonald’s restaurant to get some coffee. I prefer to keep certain things to myself and my age is one of them. I cannot hide my good looks; it is all out there in the open for everybody to see.

“Are you a senior citizen?” The waitress behind the counter asked chipperly.

At first, this really irritated me. What business is it of her with regards to my age? I was just about ready to ask her what her age was when she changed the whole conversation.

“If you are a senior citizen your coffee is only \$.80.” With that, she smiled quite gingerly.

That puts age in a very different perspective for me. Normally, coffee is \$1.39, but for senior citizens, it is only \$.80. A lot of things I am not very proficient at, but arithmetic is not one of them. If I would admit to this young lady that I was a senior citizen, I could save \$.59. I do not know about anybody else, but \$.59 is \$.59!

“Why, yes,” I muttered,

“I am a senior citizen.”

“Oh dear,” she giggled, “you sure do not look like a senior citizen to me.”

Now, I do not know if she really meant that or not but allow me to repeat myself, \$.59 is \$.59!

My great objective from this time on is to cash in on as much Senior Citizen benefits as I can get. After all, \$.59 is \$.59! And, if I get a cup of coffee every day, I will save \$215.35 in the year, every year. Who would have thought that getting old would pay such rich dividends?

It is not getting old that is the problem, it is not discovering the real foundation of life, which is none other than Jesus Christ.

“The glory of young men is their strength: and the beauty of old men is the gray head” (Proverbs 20:29).

Getting old is not for sissies. It takes a real man to get old.

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 web site is www.whatafellowship.com.



By Pastor Ray Dare

Everybody has difficulty in life. Trouble is a part of life. You will have difficulties. Few people faced the difficulties that Paul did in life. Yet he learned to grow through his problems. 2 Cor 6 “In everything we do we show that we are God’s servants, by enduring troubles, hardships and difficulties with great patience.” You show what kind of person you are by the way you respond to problems. If you cop out, complain, gripe and run from difficulty, you’re not a very mature person either spiritually or emotionally. But if you learn from difficulty you just keep growing and growing.

What do you do when you face those difficulties in life? Romans 5 “We can rejoice when we run into problems and trials for, we know ... they help us learn to be patient. And

Pastor Ray’s Encouraging Words

Grow Through Adversity

patience develops strength of character in us and helps us trust God more each time...”" The result? God wants you to learn something. That’s the whole purpose for the problems and difficulties you’re facing. Every trial is a teacher. God wants to teach you through your troubles. Every difficulty develops you. When you go through difficult times, what happens to you is not nearly as important as what happens in you.

You may be facing a major problem right now and you’re getting discouraged. Everything seems to be going wrong. The bad things seem to be outweighing the good things in your life right now. God says, “Fear not, for I am with you. Do not be dismayed. I am your God. I will strengthen you; I will help you; I will uphold you with my victorious right hand.” Isaiah 41:10 (Living)

Psalms 4:1, “Hear me when I call, O God of my righteousness, you have enlarged me when I was in distress...” I want to call your attention to that phrase: “you have

enlarged me when I was in distress,” In your difficult times, in the storms of life, when things aren’t good, **that’s when God enlarges you.** He can enlarge your vision, He can enlarge your confidence, your strength, your faith and your commitment to Him.

Turbulent times is no time to blame God and whine and cry and say, “Why me God?” and get bitter. It’s no time for that. It’s time to get better. It’s time you know to be more devoted to God, to turn your attention toward God. You see many times; the struggle is what gives us strength. What I want you to see is in your struggle, in your difficulty is: don’t run away from God. Use that struggle to grow closer to God. Realize that God is taking you to a whole new level, a deeper level in your Christian walk. In your adversity, it is not the time to give up, it is the time to grow up.

Pastor Ray
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Hello, neighbor. Mercy Medical Group is honored to be part of your community. With the opening of our new Citrus Heights medical office building, we have a lot to celebrate. The new clinic was designed with our patients in mind and features something we all need: humankindness.

Join the City of Citrus Heights and Mercy Medical Group for a fun, festive and **free** event for the whole family.

- Meet our team and interact with our doctors
- Tour our new clinic
- Kids Kindness Corner, including characters, face painting, Teddy Bear Clinic, games and prizes
- Meet the Citrus Heights Police SWAT Team, K-9 Unit and Fire Department, and see live demonstrations
- Radio broadcast and station prizes from **KZZO-FM**
- Music, food, refreshments
- Vintage air stream photo booth
- Therapy animals

Learn more about our clinic services and providers at mymercymedicalgroup.org/citrusheights.

**Mercy Medical Group –
Citrus Heights
Grand Opening Celebration
Sunday, October 13**

Noon to 2:30 p.m.
7115 Greenback Lane
Citrus Heights
Parking on site and across
the street at Citrus Heights
Community Center



Come Meet Sadie, the Mini Horse

Volunteers Needed to Help Kids Read

By Kristin Thébaud,
Kristin Thébaud Communications

SACRAMENTO REGION, CA (MPG) - Local residents age 50 and up are needed this fall to help kids in kindergarten through third grade improve their reading through AARP Experience Corps, managed locally by United Way California Capital Region. To learn more and sign up to volunteer, visit YourLocalUnitedWay.org/Experience-Corps-Literacy-Program.

“Kids who are not reading at grade level by fourth grade are more likely to fall behind in all subjects, including math and science, making them less likely to graduate from high school,” said Stephanie Bray, president and CEO, United Way California Capital Region. “This corps of volunteers is essential to ensuring our community’s kids are successful.”

Volunteers serve at local schools approximately two days per week for two to three hours a day throughout the school year, tutoring and tracking progress for groups of two to three students for the year. Volunteers meet monthly to share



Teaching children to read opens them to the vast world of learning and stimulates their curiosity. United Way Experience Corps Photo.

best practices and receive literacy and classroom management experience. They receive training to become mentors and role models and to hone their skills to help students reach their reading goals.

Last year, United Way’s AARP Experience Corps helped 415 students with reading – 62 percent of those who were reading below grade level improved their reading and literary performance. In 2018, program participant Robla School District reported more students meeting and exceeding standards in English Language Arts compared to 2017 – the rate of annual increase was three times higher than state and county averages.

“The results are encouraging and worth the work,” said Experience Corps volunteer Mary Ann Rider. “I never felt like I was cut out to be a teacher, but I felt prepared by the curriculum I had learned in our training. Plus getting to know the kids

is fun. If you’re looking for volunteer work, what’s more important than helping a child learn to read?”

United Way California Capital Region is one of only seven nonprofits across the country helping to grow Experience Corps, the evidence-based AARP Foundation literacy program that improves the reading skills of children, enriches the lives of volunteer tutors and strengthens schools in local communities.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation: YourLocalUnitedWay.org. ★



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Limit: 1 Coupon Per Family
Effective 10/9/19 - 10/15/19

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Price Valid Only With Coupon
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Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/9/19 - 10/15/19
\$3.79 CHM PLU 362

NASCAR Comes to Town

Carmichael's Andrew Peeler to race in the Super Stocks

By Steven Blakesley,
Blakesley Sports Media

ROSEVILLE, CA (MPG) - One of the largest motor-sports events in Northern California returns for the 21st appearance of the NASCAR K&N Pro Series, West in Roseville, when the NAPA Auto Parts/ENEOS 150 roars into the All American Speedway on October 12th. Exciting, door-pounding NASCAR short track racing comes to the one-third mile with the only national televised racing event in Placer County.

\$3 from every ticket sold will support the California Peace Officers Memorial Foundation. The hottest ticket of the year also supports the Placer Breast Cancer Foundation with over \$100,000 raised in event history.

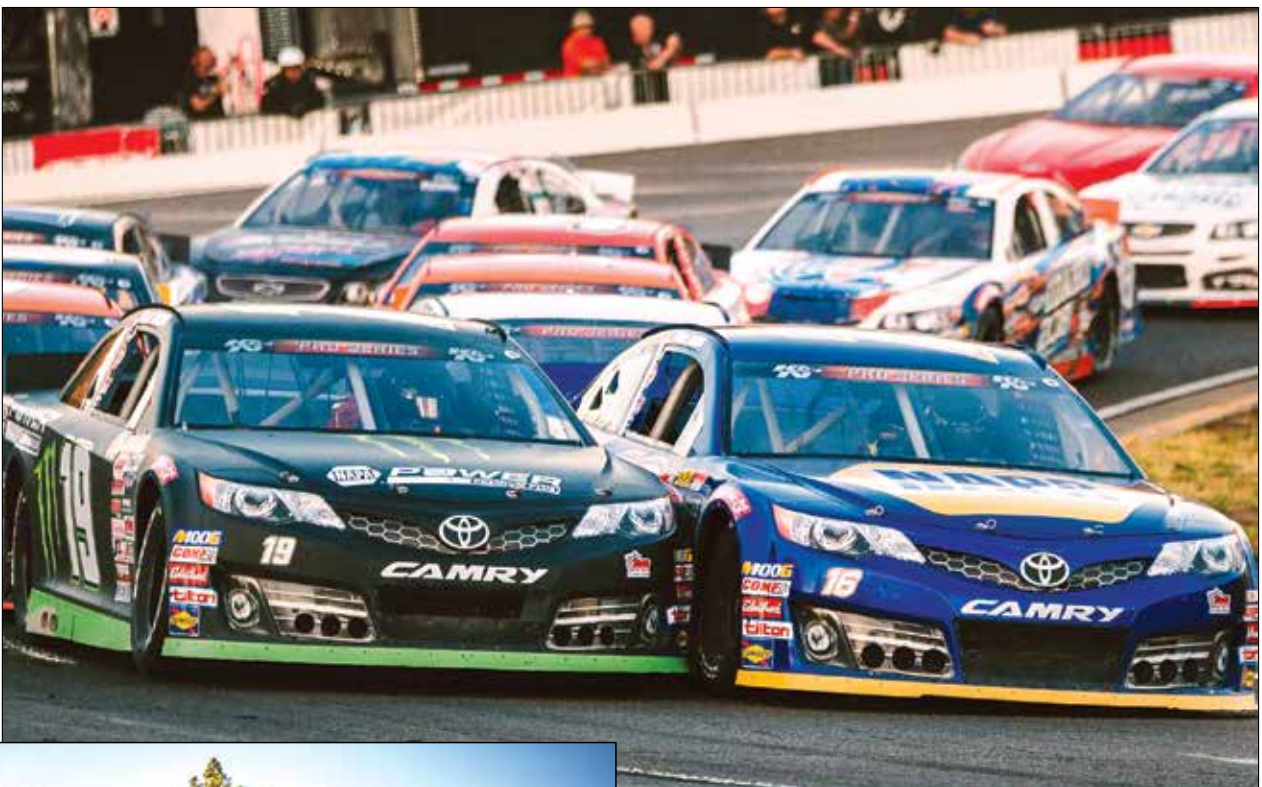
Joining the NAPA Auto Parts/ENEOS 150 will be the championship finales for the NASCAR-sanctioned Late Models, Modifieds, Super Stocks, and F4s, plus racing for Jr. Late Models, Mini Cups vs. Bandoleros, and Legends of the Pacific. All told, eight main events and over 350 laps of competition are scheduled for over \$100,000 in cash and prizes.

The NASCAR K&N Pro Series, West is the highest developmental level of NASCAR on the West Coast and has been competing since 1954. Some of NASCAR's top drivers, including Cup Series champions Kevin Harvick and Joey Logano, started their racing careers in the K&N Series. Elk Grove's

Kyle Larson and Grass Valley's Matt DiBenedetto are among the Northern California-based racers who were propelled up the ladder thanks in large part to the series.

A strong batch of NASCAR hopefuls will be competing, and it includes a pair of 18 year-olds. Championship points leader Derek Kraus of Stratford, Wisconsin and third in points Hailie Deegan of Temecula, California have taken the stock car world by storm. Kraus has nine career victories, while Deegan – the only female driver to win in the K&N Series – has three wins.

Second in the champion-



NASCAR K&N Pro Series circle track stock cars to run in the Sacramento Region. Courtesy Blakesley Sports Media



Image of the grand stands at Roseville's All American Speedway which will be hosting NASCAR K&N Pro Series, West and several other main events. Courtesy Blakesley Sports Media

ship is 17 year-old Jagger Jones out of Scottsdale, Arizona. Jones is the grandson of the legendary Indianapolis 500 champion Parnelli Jones and is the leading rookie of the season. Southern California's

Trevor Huddleston and Washington's Brittney Zamora round out the top-five in the championship.

Roseville's NAPA Auto Parts/ENEOS 150 will mark the 12th round in the 14-race championship for 2019. Also in action will be

the first NASCAR championships in Roseville in several years as part of the NASCAR Home Tracks program. Cameron Park's Jason Romero has clinched the Late Model title, while battles continue in the other divisions. Points leaders

include Loomis' Nick Lyons in the Modifieds, Carmichael's Andrew Peeler in the Super Stocks, and Roseville's Ray Molina in F4s.

Mini Cups vs. Bandoleros are in a dead heat between Fort Bragg's Trey Daniels and Loomis' Kenna Mitchell. Smartsville's Brody Armtrout leads the Jr. Late Model competition. The Legends of the Pacific touring series makes their second stop of the season after Nick Halen scored the win in August.

Tickets are on sale in advance by visiting www.AllAmericanSpeedway.com or visiting the track ticket office at 900 Riverside Blvd in Roseville. The office is open from 9 am to 4 pm

Monday through Friday. General Admission tickets are \$35 for adults, \$25 for kids ages 6-12, and \$30 for Military, First Responders, and Seniors ages 65 and older. Kids five and under are free. A VIP experience is available which includes a free gift, BBQ dinner, VIP pit tour, driver meet and greet, and much more. VIP tickets are \$60 for adults and \$50 for kids ages 6-12. Gates open at 4pm with the first of the local NASCAR main events starting immediately afterwards.

Additional details are available by calling the track info line at (916) 786-2025. All American Speedway is located at 800 All America City Blvd in Roseville. ★

California Capital Airshow Fills Hearts and Minds

If you missed the big show, here are some great highlights!



United States Navy Blue Angels performed in one of their last shows in the Legacy Hornets before transitioning to the F/A-18E Super Hornets. Photo by Rick Sloan



The USAF Heritage Flight featuring the F-16 Viper and the iconic World War II era P-38. Photo by Jose Lopez



Families large and small were wowed by all the fantastic displays, exhibits and the thrilling airshow. Photo by Jose Lopez



The USAF F-16 ripped up the skies with a feisty performance. Photo by Jose Lopez



Large crowds weren't large enough to fill the amazing C5. Photo by Rick Sloan



Team Oracle featuring Sean Tucker and Jessy Panzer performed an electrifying routine and a salute to the Oracle Challenger III, flying in its last season. Photo by Rick Sloan



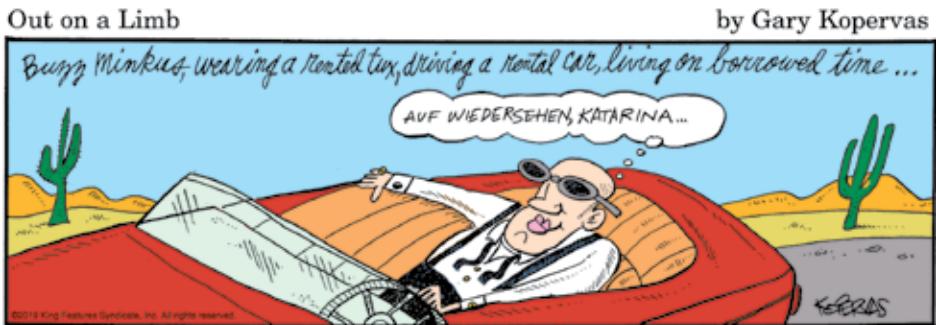
The Aftershock Jet Fire Truck honored local firefighters with blasts from its two Rolls-Royce Bristol Viper jet engines with a speed of 400 mph. Photo by Jose Lopez

WEEKLY COMICS


Amber Waves by Dave T. Phipps




Out on a Limb by Gary Kopervas




R.F.D. by Mike Marland



CRIM and BLAR IT by Dave T. Phipps



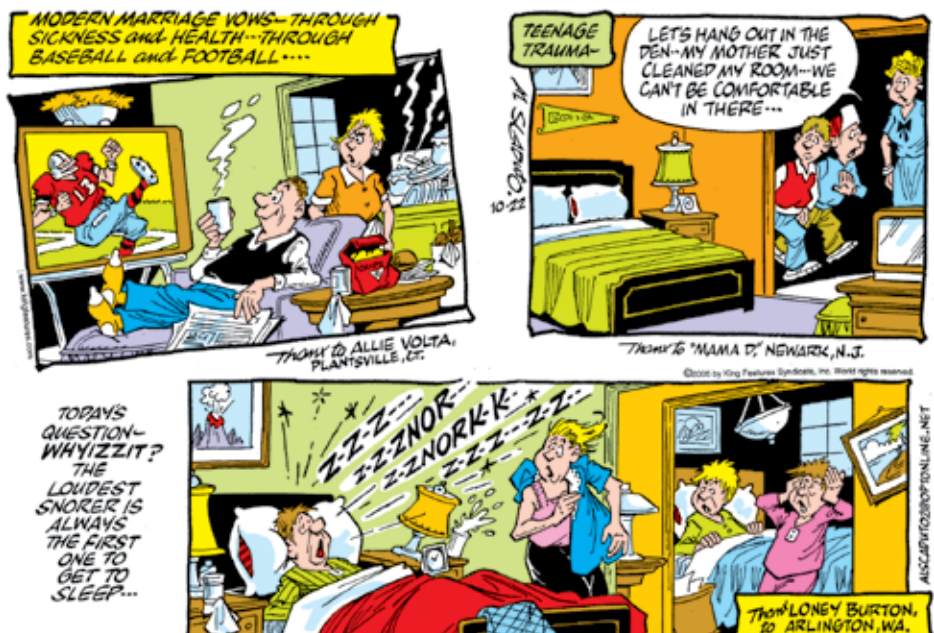
LAFF-A-DAY by Dave T. Phipps



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 BOLTIKOFF



Crossword Puzzle on Page 8

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

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Sudoku Puzzle on Page 8

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

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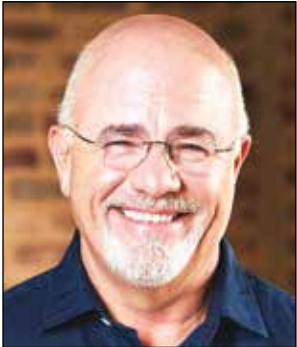


The Problem With Impeachment

Impeachment is about to make everything worse. If our politics seems overheated, our institutions beleaguered and our public debate degraded, just wait until we are in the midst of the impeachment debate. Democrats have had an impeachment itch that they've been desperate to scratch ever since Donald Trump took office. For them, Ukraine is equal parts a genuine outrage and an excuse, the release valve for nearly three years of fear and loathing. Rather than conducting himself as if he's aware that a hysterical opposition is eager to impeach him, Trump has embraced constant provocation. He has shown little interest in distinguishing between himself and the high office that he holds. Although we need to learn more, there's clearly an impropriety in his handling of Ukraine. Enough to impeach and remove him? Presidential-level diplomacy always involves horse-trading, and

it, surely, is not the first time a president has prodded an ally to do him a favor in his political interest. The risk of Trump's heavy-handed request -- an aid package to Ukraine was being held up at the time -- was that the Ukrainians would have felt compelled to manufacture damaging information on the Bidens. That didn't happen, and the aid, thanks to congressional pressure, was released in short order. So far as we know, Ukraine lacks the hallmarks of other presidential scandals. There's been no cover-up. Trying to keep a transcript of a presidential call from leaking doesn't qualify. And once the controversy became public, the White House rapidly released key documents. Nor is there any violation of law. Trump's ask of Ukrainian President Volodymyr Zelensky wasn't extortion or a campaign-finance violation under any rational interpretation of our statutes. If it was, practically every president in our history would have had criminal exposure. Unless there's a thermonuclear revelation, impeachment will be an exercise in futility, inevitably ending with Trump's Senate acquittal. GOP senators, by and large, are going to end up where their voters are. You can't expect Republicans to be told, falsely, for two and a half years straight that some

conspiracy with the Russians was going to be uncovered imminently and then accept at face value a five-alarm interpretation of Ukraine. Democrats can point to the predicate of the Clinton impeachment. Although if Trump had flagrantly and repeatedly perjured himself, he'd have been impeached long ago. The lesson from the 1990s is, Yes, you can impeach in the absence of any real hope of convicting in the Senate, but it's a lot of trouble to go through for basically a censure vote. If Trump were for some reason actually removed on anything like the current unlikelihood of possible evidence, it would create a crisis of legitimacy at the heart of our government. Think of what the U.K. is going through with Brexit, only worse. Ten of millions of Trump voters would feel cheated and disenfranchised, and the roiling populism that Trump has tapped into would get stronger, not dissipate. Congress has shown before that it's possible to conduct a big, news-dominating investigation without impeachment proceedings; it's what it did during the Iran-Contra hearings in Ronald Reagan's second term. But impeachment is the verdict that Democrats have always wanted, and any offense will do. Rich Lowry is editor of the National Review. (c) 2019 by King Features Synd., Inc.



Live Like Your Income Hasn't Changed

Dear Dave, I'll be graduating from college in December, and I'll have a job waiting for me that pays \$50,000 a year. This will bring our household income up to about \$95,000. The problem is we've got \$18,000 in student loan debt, \$2,500 in credit card debt, and \$4,000 to pay in medical bills. We're living in an apartment right now, so how should we handle this income increase regarding our debt situation? -Mikayla

Dear Mikayla, Congratulations on your decision to get control of

Dave Ramsey Says

your finances and your degree! If you two just keep living the way you have been, minus the debt, and put the rest toward the debt you've incurred, you could be debt-free in a year or so. Remember, just because you've got a lot more money coming in doesn't mean you should double your entertainment budget, take an expensive vacation, or run out and buy a new car. The first thing I'd recommend is sitting down together, and working out a written, monthly budget. Give every dollar a name and a job to do before the coming month begins. Don't forget the debt snowball, either! List all your debts from smallest to largest, and attack the smallest—that credit card debt—first with a vengeance, while making minimum payments on the medical bills and student loan debt. Once you've paid off the credit card debt, roll the money from that payment over and apply it, plus any other cash you can scrape together, toward the medical bills. Once the medical bills are out of the way, repeat the process and roll the payments over again targeting the student loan debt. At this point, you should have a bunch of cash to throw at those student loans each month until all that debt is off your backs once and for all. I'm really proud of you two, Mikayla. If you'll follow my plan from here on out, you'll gain control of your money and be set to start saving and building real wealth! -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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Photo courtesy of Sara Ligorria-Tramp for EHD

MAKE YOUR HOUSE A HOME

Tips for adding personality to your leased living space

FAMILY FEATURES

Even if you don't own the house you lease, there's no reason you can't make it feel like home by taking a creative approach to designing and decorating your space. More U.S. households are renting now than at any point in the last 50 years. That's why Invitation Homes, the premier home leasing company in the United States, put together a team of design experts to create the "Make It Home" design forecast with lease-friendly, affordable design and decor ideas created with renters in mind.

Before starting any design, you need a plan. Here are a few tips to reimagine your rental home:

Embrace Color and Pattern

Emily Henderson, author of "Styled," a "New York Times" bestseller, believes color gives a room life, but it doesn't have to be on the walls. With rugs, textiles and furniture, you can have a lively, fun, lease-friendly room by choosing colors that are on the opposite sides of the color wheel to ensure balance.

Personalize Gallery Walls

The gallery wall is still having a moment, and this decorative element is all about customization. All you need is a little wall space and some creativity to infuse your space with a heavy dose of you. Henderson suggests displaying your favorite photos, prints and unique items like personal mementos to give them the eye-catching showcase they deserve.

Temporary Wall Coverings

A permanent wall texture or design may be a no-no in a rental, but removable wallpaper is a yes-yes and an instant way to add personality to your space. Brittany Hayes, author of the "Addison's Wonderland" blog, believes that bold and daring geometric patterns are perfect for creating an accent wall. Or simply incorporate your favorite colors to embrace a custom

feel while you lease.

Unconventional Storage

Staying organized is key when living a leasing lifestyle. "Live Pretty on a Penny" blog writer Erin Marshall recommends using space-saving and unconventional items that are beautiful and functional to effectively store and organize items. Look for furnishings that are both attractive and practical so you can achieve the look you want with the benefit of added storage. Options like nesting chairs or storage boxes that double as benches can add seating options with a modest footprint.

Live Outdoors

Maximize your living space by creating usable outdoor settings. With the right combination of outdoor seating, pillows, shade and colorful planters, you can turn any patio into an outdoor oasis, said Rhoda Vickers, author of the "Southern Hospitality" blog. Whether you treat the space as a garden retreat or an extension of your entertaining area where guests can spill out during a party, the right decorative elements can allow you to add livable square footage without any construction.

Reimagine Lighting

Set the tone of each room by incorporating LED bulbs to brighten up the space or smart home bulbs that allow you to change the ambience as you wish. Kevin O'Gara, the "Thou Swell" blog writer, approaches design with the idea that every room should have a mix of lighting, including overhead, accent and task lights, so it's the perfect opportunity to get creative with setting the mood. Take your design beyond basic by installing your own fixtures that enhance the room's lighting and add a decorative element that complements the overall aesthetic.

Give Space a Dual Purpose

It's all about maximizing your space when



Photo courtesy of Luis Noble for Invitation Homes

leasing, according to Brittni Mehlhoff, author of the "Paper and Stitch" blog. Make the most of a space that can pull double-duty. For example, in a space such as your guest room, create a bookshelf that doubles as a desk and serves as your home office, as well.

Make it a Smart Home

Smart homes aren't just

for homeowners. Options like thermostats, doorbell cameras, smart locks, light bulbs and smart plugs all can be easily integrated into a rented property, said Meghan Giddens, design expert at Invitation Homes. In fact, nearly everything in your home can be connected to the internet and controlled by your smart

device. Just keep any originals stored safely, and when it comes time to move out, swap out your devices.

Light and Bright Paint

Cooler paint tones and white trim can brighten a room and offer a timeless color scheme. Plus, they welcome of-the-moment decor. If your lease allows

it, Giddens recommends creating a light and airy ambience with paint to bring a rental space to life. If you're unsure about your lease guidelines, talk to your property manager before painting.

Visit InvitationHomes.com for more tips on how to make a rented house a home. ★



DIVORCING?

Ladies, is divorce inevitable, but you don't know how to begin? **Joryn Jenkins**, award-winning family attorney and legal strategist put it all together in "I Never Saw My Father Again." She was actually the little girl that never saw her father again after divorce. She shared tips on getting divorced, without all the stress to get back to normal ASAP with me on POPPOFF. So here goes.

1) ENVISION YOUR FUTURE. Change is frightening. Divorce is frightening. Focus on the long term goals, your perfect life, not the short-term scary events impacting your day to day. Visualize your future post-divorce. Imagine your life without the past problems that accompanied your marriage, and the present problems that accompany this divorce. See your divorce as a fresh start, a new beginning. Make the future you imagine happen by bringing it into focus. **2) CHOOSE**

POPPOFF!

with Mary Jane Popp

YOUR PROCESS. Consult an attorney who can explain the various courtless options you have to get divorced more amicably than in the courtroom. There are different ways to get divorced. You are only required to litigate if you can't agree to a better alternative such as mediation or collaboration. **3) DO YOUR HOMEWORK.** Divorce takes hard work preparing financial affidavits, disclosing required information, reviewing lengthy settlement offers, attending parenting classes, preparing for hearings and depositions or collaborative meetings or mediation etc. The more work you do, the less you must pay attorneys and others to do the work for you or to chase you down to do the work they requested of you. **4) OBSERVE THE GOLDEN RULE.** Treat your spouse as you want to be treated. No matter how you feel or what he has done, don't lie to, belittle or ignore. Don't empty joint bank accounts, dissipate marital assets, or remove him from the insurance. Don't file false police reports or contact child services unless your children really are in danger. Don't post private pictures or comments on social media

5) BE TRANSPARENT. By freely disclosing information, you will gain your spouse's trust, and you will save money by avoiding his having to search for information. You are required by law to disclose everything, and by doing so, you will develop (or regain) the trust necessary to settle your divorce and to move forward with your ex as amicably as possible. **6) BE REALISTIC.** Even if you need support, that doesn't mean that your spouse has the ability to pay it. Even though you'd like to stay in your home, that doesn't mean you can afford it. Divorcing spouses waste time and money arguing impossible positions. Try stepping into your spouse's perspective. Consider your long-term goals, not your short-term positions.

According to Joryn, you can't eliminate the stress from your divorce, but You can manage it by applying the right approach and attitude. There will come a day when your children and your family and friends will thank you for it. **Joryn Jenkins** wants to change the way the world gets divorced with "I Never Saw My Father Again." Check out her website www.JorynJenkins.com.

From Del Campo Student to Award Winning Breast Cancer Researcher

San Juan Unified School District

FAIR OAKS, CA (MPG) - Last month, Dr. H. Michael Shepard received the 2019 Lasker Award. He and his team were recognized for their groundbreaking development of the drug Herceptin, a drug credited for saving more than 500,000 women battling aggressive breast cancer.

Shepard was a teenager when his family moved to Sacramento in the late 1960s. He enrolled at Del Campo High School as a sophomore



Dr. H. Michael Shepard received the 2019 Lasker Award for the development of Herceptin. Courtesy SJUSD

and credits team sports for helping him integrate into his new school.

"Through the physical education programs and the sports programs, I made some very good friends," said Shepard. "Some of whom I'm still in touch with."

Biology was his favorite subject, but he admits that he wasn't very focused as a high school student.

"The teachers, apparently thought they should spend some time with me and I did much better than I would have otherwise," said Shepard.

Check out Dr. H. Michael Shepard's #mys-story. ★

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Crime Reports



Citrus Heights Police Report

October 2nd - October 8th

10/02/2019: 11:02 Suspicious Circumstances 1910020114
Occurred on Twin Oaks Av. RP's 647f son pointed AR-style rifle at her. Made comments regarding killing her and himself. Kept at gunpoint for several hours.

10/03/2019: 08:31 robbery 1910030073
Occurred at Cavan Dr/Donegal Dr. RP out w/elderly male that met Subj for Craigslist transaction & Susp arrived wearing a mask & hit VIC w/machete twice causing minor injury. Susp left on foot.

10/04/2019: 07:18 disturbance loitering 1910040068
Occurred on greenback ln. RP was robbed and shot in back w/ BB gun, RP req AMB, adv subjects took everything, RP believes subjects may still be at the church.

10/05/2019: 10:48 Criminal Threats Rpt 1910050065
Occurred on Willowleaf Dr. Locksmith made threats to come to RPs RESD and assault them.

10/05/2019: 18:21 Assault 1910050164
Occurred on Dancing Creek Ct. RPs father just beat up RP, RP has broken lip and inj to eye

10/06/2019: 08:04 Collision Unknown Injury 1910060039
Occurred on Northlea Wy. No injuries but 1 party is crying, sitting on sidewalk.

10/07/2019: 09:04 Collision Injury 1910070068
Occurred on Auburn Bl. RP was rear ended, refusing an ambulance. Other half is trying to cover up his license plate & trying to leave.

10/07/2019: 17:24 Reckless driving 1910070206
Occurred at Sperry Dr/Shupe Dr. Road Rage: silver Mbenz slk 350 w/Ameri-can flag LP frame. Veh OCCP by 2 males. Veh honking at RP for not going fast enough on Auburn due to traffic. Veh was swerving and break checking RP. Veh on GB away from RP after following her into the burlington plot.

10/08/2019: 12:31 SUSPICIOUS CIRCUMSTANCES 1910080119
OCCURRED AT WALGREENS - X - GB ON DEWEY DR. MALE SUBJ IN WHI NISS TITAN OPENED DOOR, YELLED AT RP TO GET IN HIS VEH, SHE REFUSED. RP THEN RODE THE BUS HOME, MALE FOLLOWED BUS TO STOP AT GOODWILL NEAR OA/SYLVAN, YELLED AT RP AGAIN FROM GOODWILL PLOT. HM OR WM, 40'S, 600/THIN, BLK HAIR, LSW WHI TSHIRT, BLU JEANS CARRYING A STARBUCKS DRINK.

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