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Citrus Heights Messenger

VOLUME 9 • ISSUE 21 Serving the City of Citrus Heights & Sacramento County OCTOBER 18, 2019

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Mercy Medical, Dignity Health Celebrates Citrus Heights Opening



Above: The executive staff members of Dignity Health join with local political and community leaders to cut the ribbon at their event on October 9th. Right: Citrus Heights Councilmembers Steve Miller (left) Jeannie Bruins (center) and Jeff Slowey (right) reflect on the importance of the heritage rose garden at some of the transplanted bushes from the old city council building. Photos by Paul Scholl

By Shelly Lembke

CITRUS HEIGHTS, CA (MPG) - This past weekend the Mercy Medical Group held a community open house to celebrate with the public their new medical office building in Citrus Heights. The conveniently located facility at 7115 Greenback Lane is a state of the art, three-story building housing many different medical specialties to meet growing patient needs.

Hundreds of people of all ages showed up to the event, which featured games, free food and beverages, such as the "hydration station," face painting, a therapy horse, a teddy bear clinic staffed by pediatricians

Dr. Kimberly Hart and family practice Dr. Jojet Zara. Local SWAT and Fire Department teams were also onsite doing community outreach and showing the public first responder vehicles from SWAT's urban assault vehicle to a pink fire truck, colored to support breast cancer awareness.

Attendees could go on tours of the newly opened section of the building, which was designed to enhance the patient experience. A



roomy lobby with a convenient "grab and go" style of cafeteria will stock healthy snacks, coffee, beverages and pre-made sandwiches for patients. "It's all about a more welcoming experience,"

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Sprouts Healthy Communities Foundation Announces \$3M in Annual Giving

**By Kalia Pang,
Sprouts Healthy
Communities
Foundation**

PHOENIX, AZ (MPG) - The Sprouts Healthy Communities Foundation announced \$3 million in donations to nonprofit organizations that specialize in nutrition education and fresh food access. Funds include Neighborhood Grants that support grassroots children's nutrition

education programs, as well as large, multi-year Impact Grants designed to help partners increase organizational capacity and scale programs.

"Each year, our network of nonprofit partners continues to grow and our work in local communities continues to deepen," said Lyndsey Waugh, Executive Director of the Sprouts Healthy Communities Foundation. "As a result, children and their families

have greater exposure to nutrition education and hands-on cooking and gardening programs in their schools and community centers, and urban farms are increasing access to fresh, nutritious produce in food desert communities."

This year, Sprouts will award 118 Neighborhood Grants totaling \$725,000 to nonprofit organizations across the U.S. Recipients of these grants, ranging from \$2,500 to \$10,000,

including programs in Sprouts' new markets in Louisiana, New Jersey, and Virginia.

To culminate the nonprofit support, Sprouts and the Foundation will host the second annual Day of Service on Saturday, November 9 when hundreds of team members will participate in 40 volunteer events from coast to coast.

"Central to Sprouts' identity is giving back to

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A New Vision for Revitalizing Sunrise Mall

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - Sunrise Mall is a vital element of Citrus Heights' economy and community, so in July the Citrus Heights City Council approved a General Plan Amendment that requires the development of a Specific Plan to ensure a comprehensive and cohesive planning effort in the redevelopment of Sunrise Mall.

The language in the General Plan Amendment specifies that the goal is to "transform the Sunrise Mall area into a premier regional destination and a flourishing center of community life where residents and visitors shop, work, live, and play." In order to reach that goal, Economic Development Manager Meghan Huber said the creation of the Specific Plan will bring together the "owners, stakeholders, and community to envision a viable and successful future at Sunrise Mall."

At the October 10 City Council meeting, Huber explained that the process will have four parts: market analysis, community outreach, Specific Plan execution, and the environmental impact report (EIR). "It's an important process," said Huber, "and it's important to take it on with the right partner." Huber said staff reviewed the qualifications of six consultant teams and identified Gensler as the best qualified to assist the City.

An international architecture and planning firm, Gensler is experienced in master planning and turning malls into lifestyle centers. Huber said Gensler would serve as the project manager and provide the lead planning and visioning effort. Gensler also has a robust team of subconsultants including MXD Development Strategists, which will provide market analysis and economic feasibility; De Novo Planning Group, which will be responsible for preparing the EIR; Fehr and Peers,

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SMUD Helps Sponsor the Hubble Space Telescope Exhibit

By Lindsay VanLaningham, SMUD

SACRAMENTO REGION, CA (MPG) - Among a crowd of Sacramento leaders, SMUD announced a partnership with the Aerospace Museum of California and a \$50,000 sponsorship to host NASA’s Hubble Space Telescope Exhibit for local students to experience a once-in-a-lifetime STEM education experience.

The announcement came as dozens of area leaders, residents and children got a sneak peek of the exhibit as it opened its doors to the public for Fall 2019.

“This is an incredible opportunity to expose students to science, technology, engineering and math in a new and innovative way,” said SMUD CEO and General Manager Arlen Orchard. “Our goal is to help the museum inspire and expose students from all over the region to the expansive possibilities in STEM education and STEM-related careers, so they truly can reach for the stars.”

The exhibit features a scaled replica of NASA’s Hubble Space Telescope and includes hands-on, interactive activities that allow students to explore the technology used in space to gaze at distant stars, planets and galaxies. They will also be able to learn about the new James Webb Space Telescope and how it will contribute



The tunnel leading into the Hubble telescope exhibit. Photo courtesy of SMUD

to our knowledge into the future.

The exhibit will be on display through December 2019 and is expected to draw thousands of visitors.

In partnership with the museum, SMUD’s goal is to reach 15,000 students with this STEM education experience, particularly those in historically underserved communities. A large portion of the grant provides transportation funding for Title I schools,

as well as free participation in the program; teacher membership; and continuing education resources.

“We’re excited to host this amazing exhibit in California for the very first time,” stated Executive Director for the Aerospace Museum Tom Jones. “The Hubble Space Telescope exhibit is a perfect complement to our other artifacts that can help tell the story of aerospace

from the beginning to well into the future.”

Funding for this project comes from SMUD’s Sustainable Communities Initiative that seeks to leverage resources for community partners in order to provide increased access to employment, health-care, STEM education and more. This is one of many projects that will enhance the Sacramento community. ★



Scaled replica of the Hubble Telescope surrounded by images it has provided. The hands-on display is interactive and allows students to interact with various places on the globe. Photo courtesy of SMUD

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Mercy Medical, Dignity Health Celebrates Opening

Continued from page 1

according to Nancy Bernstein, Marketing Department representative for Dignity.

The architects and designers of the light, bright building have updated the accessibility among doctors and staff, centrally locating stations adjacent to private exam rooms to cut down on waiting time for patients. Specially made exam tables that raise and lower, which can automatically be raised to a sitting position are in each room, allowing for easier mobility and comfort for patients.

The upper floors of the building are already operational, housing family and internal medicine, geriatrics, Quest Lab and X-ray. In November other specialties of Allergy & Immunology, Behavioral Health, Endocrinology, Ophthalmology & Optometry, Pain Management and Rheumatology will open, with Dermatology scheduled to open in January 2020. ★



Friendly Dignity Health tour guides, from left, Nancy Bernstein and Meredith Reilly, both from Dignity's Marketing Department. Photo by Patrick Larenas



Nancy showed interested tour takers the rounds, including their new x-ray room. Photo by Paul Scholl

Above: From Left are Executive Director Doug Robertson and Clinic Development Manager Isabel Medina, both on hand to answer questions and welcome the public to the new medical office building. Photo by Patrick Larenas



Sadie is a 3 year old buckskin miniature horse, providing volunteer equine therapy with Team Sadie's Estella Hoskins (right) and Michelle Blanche (left) at Dignity Health. Photo by Patrick Larenas

Sacramento Fugitive Returned from Denmark to the United States

Federal Bureau of Investigation Press Release

SACRAMENTO, CA (MPG) - The Federal Bureau of Investigation (FBI) announced Mark Anthony Smith, 55, fugitive wanted for crimes against a child in Sacramento County, was returned to the United States following his extradition from Denmark.

Smith, who was wanted for federal unlawful flight to avoid prosecution, was located in Copenhagen, Denmark on July 5, 2019, and detained by the Danish authorities pending extradition to the United States. He was then taken into custody by agents with the Federal Bureau of Investigation Sacramento Field Office on October 4, 2019, in Copenhagen, Denmark, and escorted to Sacramento, where he arrived on October 4, 2019. Smith was then transferred to the custody of the Sacramento State Police Department – the police department for California State University, Sacramento – and booked into the Sacramento County Jail.

On May 4, 1995, Smith was charged in Sacramento County with two felony counts of committing a lewd and lascivious act upon a child under the age of 14 and one

felony count of attempted kidnapping for the purpose of committing a lewd and lascivious act upon a child under the age of 14. The federal warrant for unlawful flight to avoid prosecution was obtained on February 9, 1996.

The FBI Sacramento Field Office, FBI Legal Attaché Office in Copenhagen, INTERPOL, Department of Justice Office of International Affairs, and Sacramento County District Attorney's Office worked collaboratively to ensure Smith's arrest. Smith's return was funded by the United States Government's "Project Welcome Home," which provides funding to assist in the transportation of federal fugitives to the United States.

The FBI continues to work with its law enforcement partners to apprehend criminals charged with state crimes who then flee the jurisdiction. Photos and descriptions of many fugitives wanted by the FBI can be found on the FBI's Wanted webpage on www.fbi.gov or the FBI's Wanted app.

Inquiries regarding Smith's detention and pending prosecution should be directed to the Sacramento County District Attorney's Office. ★

Adult Arrested for Sexual Assault on a Child

By David Gutierrez, Citrus Heights Police Department

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department's Investigative Services Division is actively investigating a series of child molestation cases involving multiple victims. The department is requesting help from the public with this investigation.

On 09/08/19, detectives launched an investigation into a child molestation. The investigation resulted in the identification of a 43 year old resident of Citrus Heights, Jason Earl Hook, as the suspect. The investigation also revealed several other victims. Some of the incidents occurred as far back as 2008, and all identified cases occurred while Hook lived in Citrus Heights.

All of Hook's victims were known to him, would visit him at his residence, and some were friends of family members. Hook's victims have been



Jason Earl Hook. Photo courtesy CHPD

identified as both males and females between the ages of 8 and 17 years old.

On 9/27/19, Citrus Heights Police Detectives arrested Hook for 25 counts of child molest and he is currently in custody at the Sacramento County Jail awaiting trial. Hook has been charged with:

Four counts of 288 (C) (1) - Lewd act on a child victim 14 or 15 years of age and defendant is 10 years older than the victim;

Six counts of 288 (A) - Lewd or lascivious acts with a child under 14 years old;

Seven counts of 288.7 (B) - Oral sex act with

a child 10 years old or younger;

Eight counts of 288 (B) (1) - Lewd act on a child under 14 using force;

Although several of Hook's victims have been identified, it is suspected others are still unknown. While residing in Citrus Heights, Hook lived on Birdcage Street. Hook also taught light saber classes for both Sunrise Community Church and San Juan High School's after school club.

He is described as a white male, 5'9", 275lbs, 43 years old, has brown hair and brown eyes.

Citrus Heights Police Detectives are seeking any information regarding Hook or any additional victims. Any person with information regarding Hook, or any victim that has yet to come forward is encouraged to contact the Citrus Heights Police Department, Investigative Services Division at (916) 727-5500 or contact our dedicated crime tip line at (916) 727-5524. ★

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Dare to Live Without Limits
by Bryan Golden
**Reset Each Day
to be Positive**



A sailor sets course based on where he wants to go, not where he is coming from. The important consideration is his current location. Course adjustments are made from this current location in order to reach a specific destination. Yesterday's route is over and done with.

The same is true with your life. The decisions you make today determine where you go. Each day is a new opportunity to make course adjustments. Each day is truly a new beginning. Why waste it being negative. Each new day is a perfect opportunity to reset your attitude. Yet it's common for people to carry negative emotions and attitudes from one day to the next.

We are conditioned to carry over negatives from one day to the next. It becomes a subconscious habit. Past negatives carry forward into each new day only because you bring them with you. You are not a victim plagued by what has already transpired. This behavior causes your negative mental load to grow daily. Your constant, underlying mental state is tainted as a result. Negative feelings then become your normal baseline.

This is why so many people lack enthusiasm and spark in their lives. Dragging the broom around has become an accepted routine for them.

Their resulting negative mindset attracts problems rather than helping discover solutions.

When negatives are carried forward they get heavier over time. It's as if you are constantly dragging a broom behind you, picking up more and more debris. You do have the option of letting go of the broom in order to start fresh each day.

This doesn't mean problems magically disappear overnight. It means you reset your outlook to be positive. A positive outlook is one of your most valuable assets for solving problems. It enhances the effectiveness of the actions you take.

Those who fail to reset each day to be positive become mired in the past, maintaining a constant negative perspective. In this state, bitterness, resentment, and anger, become engrained emotions. The resulting outlook attracts more of that which originally created the problems.

Each day is truly a new beginning. This is more than a simple platitude. Each new day presents another opportunity to reset your mind to be positive. You can cast aside the broom you have been dragging around. You can purge your mind of all the accumulated negativity you are carrying.

You can reset each day to be positive because what's happened in the past is done. You can't

go back in time. There are no do overs. Mistakes need to be corrected. All that matters is what you are going to think and do today. The decisions you make now will shape your future.

Resetting each day provides a fresh start. You realign your outlook to a can-do approach. Regardless of what has already happened, being determined to take a positive step forward is how you move forward.

Don't waste time feeling sorry for yourself or lamenting the past. Shed any and all excuses for not moving ahead. Justifications for failure are self-destructive. Don't blame other people or circumstances.

Negativity never helps you, it is only harmful. When you feel bad, frustrated, or upset, a positive mindset is your way out. Each day is another wonderful opportunity to solve problems and overcome obstacles.

Resetting each day to be positive involves taking responsibility for your life and the direction you are headed. You are in control of your thoughts, attitude, and actions. Each night look forward to the fresh positive reset the next morning will bring.

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By Marlys Johnsen Norris, Christian Author

The family of God (The true Church is not one particular denomination) consists of every person who has invited Jesus Christ into their lives and accepted His death on the Cross for the forgiveness of their sins and wrong doings all over the world. They follow the words of the Holy Bible faithfully.

Living in the Kingdom of God family begins the minute any one decides to surrender into the "perfect will of God" for their life. God's Word states: **"I beseech you therefore brethren by the mercies of God, that you present your bodies a living sacrifice, holy acceptable unto God, which is your reasonable service. And be not conformed to this world:**

Join God's Church

but be you transformed by the renewing of your mind, that you may prove what is the good, acceptable and perfect will of God." (Romans 12:1-2)

A sincere surrender is followed by obedience to honor God's Words of instruction in a life and will accomplish everything. The Kingdom of God is based on those people who live with the loving spirit of selflessness which is obvious light in one another. The "Church is the Body of Christ" of those who have invited God's Son into their heart and life all over our world. It is not just one particular denomination but so much more! It represents the special "key" to the blessings God desires to pour into every life. It consists of loving people whose lives demonstrate the following:

"Accept and love of one another." (Romans 25:7 and John 12:34) **"Bear one another's burdens."** (Galatians 6:2) **"Forgive one another."** (Ephesians 4:32) **"Teach and admonish one another."** (Colossians 3:16)

"Esteem one another as more important." (Philippians 2:3) **"Serve one another."** (I Peter 4:10)

Every believer has a "personal journey" to know and love God! Each experience is very personal and a bit different even through the message of Salvation is exactly the same. Some learn quickly as they apply Scriptures to their life, while there are others that may truly take a lifetime. We all learn according to our ability to comprehend and accept areas where we need to be healed, changed, transformed and delivered in our lives. Our God is tender and patient and so full of love He deals with us according to our personal abilities and natures to understand His Sovereign love plan for our lives. He is so wonderful and full of love just for you.

Marlys Johnsen Norris
Christian Author of 7 Books
"Senior Gleanings"
Marlysjn@gmail.com
PO Box 114, Orangevale, CA 93552 ★

I Didn't Know How Young I Really Was

Dr. James L. Snyder

I have heard it said that confession is good for the soul. I want to take that a step further and say confession is good for the body as well.

When I get up in the morning, I feel achy, not to mention grouchy because the Gracious Mistress of the Parsonage mentions that. I get up feeling old and dreary. I wallow in despair, thinking how old I really am and not knowing what to do with it.

Oh, poor me, woe is me.

I had an appointment across town to get the blood work done and got there well before my appointment. Therefore, I had to sit in the waiting room until my appointment time.

I usually take a book with me to read because I know that doctors, as educated as they are, do not seem to know how to tell time.

While I was quietly reading my book, all of a sudden, I heard a bang and the door flew open and in came a woman with a walker. I will not say she was an old woman, but youth was in her past as far back as you possibly could go.

When she came in, the

whole atmosphere of that room changed and not in the positive. As soon as her head got through the door, you could see a grimace on her face to beat all grimaces. It scared me at first. I have never seen such a mean looking face.

Then she begins snarling. "Get out of my way. Where's my doctor? I want to see him now."

I was finally settling down and back to my book when the door opened again. In walked an older gentleman, and I use the word gentleman, very carefully, with a cane.

He rumbled up to the window to sign in and the lady politely asked who he was.

Looking at her with eyes that would have scared a tiger he said, "Who do you think I am?"

That is not all he said, but some words I would not want to repeat even in the dark. He signed his name and then hobbled over to take a seat and then glanced at me and said, "What are you staring at?" Again, I cannot use all the words he used.

Casually, I looked around the room and saw most of the people were old and nobody looked very happy. When they

walked up to sign in, they limped. When the nurse got him to take them back to see their doctor, they staggered and limped.

At the time, I did not know what to do. Then a smile began creeping across my face. I had to be careful that I did not laugh aloud. A wonderful thought danced in my mind.

Looking around very carefully I noticed one stunning fact. That fact was, I am not as old as I thought I was. When I got up that morning, I felt old and decrepit. Now I was around people that were really old. Compared to them, I was a babe in swaddling clothes.

I then remembered what David said. "They shall still bring forth fruit in old age; they shall be fat and flourishing" (Psalm 92:14).

I am at the place now where I can begin to enjoy the fruit of my old age.

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

Faith is like a muscle. That means it develops by being used. The more you use a muscle the stronger it gets. The more you use the little faith that you've got, the more faith you get. And the more faith you have, the more God can do in your life. We call the circumstances that God creates to grow our faith trials. The Bible says in 1 Peter 1:7 **"These trials are only to test your faith to show that it is strong and pure."**

One test that we all go through is the pressure test. "How do I handle stress? Do I depend on myself or do I depend on God? Do I turn to other things or do I turn to God? Psalm 50:15 says **"I want you to trust Me in your times of trouble so I can rescue you and you can give Me glory."** God says, I want you to turn to Me

Pastor Ray's Encouraging Words

What do You Turn to When Under Stress?

when you're in trouble, not to other things.

Do we do that? No. We usually have God about number nine or ten on the list. We turn to everything else first to relieve stress before we turn to God. You may think, "When I get under stress, I know what I need; I need a drink or one of those little pills. I go to my medicine cabinet and get that little pill and then I won't be stressed." God says, I want you to turn to Me. When you're under stress, it's a test.

You have legitimate needs in your life that need to be met. The problem is you get in a hurry. If God doesn't instantly meet that need, you make up your own plan. And you try to meet your own needs yourself. We do this all the time. We short-circuit God's will, God's blessing in our lives by going for the quick fix, the cheap thrill, the quick relief that's temporary. We do it all the time. We don't wait for God to fulfill that need.

Right now, you may be struggling with financial pressure in your life or maybe you're under enormous emotional pressure. But you're not turning to God. You're turning to other things. Maybe a drink, or you go to the medicine cabinet for those little pills. It's a quick fix, a temporary solution, but it doesn't solve the problem.

What's the antidote? **"If you're walking in darkness without a ray of light, trust in the Lord, and rely on your God."** This is a test! God is going to see when you're under stress are you going to turn to Him or are you going to turn to other things? It's a test. Will you trust Him? Wait for His timing, wait for His provision. He loves you more than you'll ever know, and He wants you to turn to Him, not other things that do not ultimately help you.

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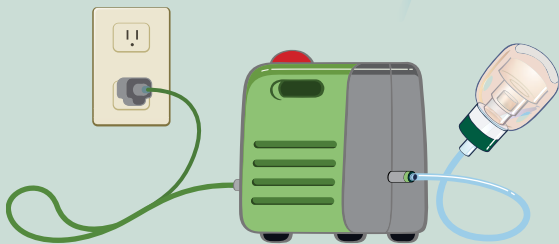
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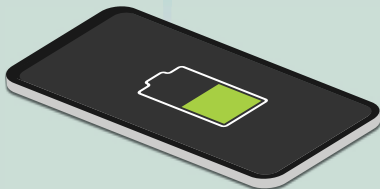
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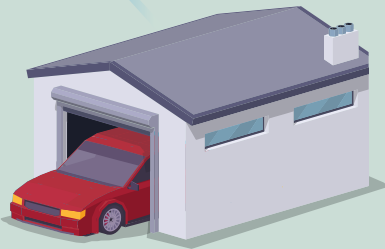
If you own a **generator**, is it safe to operate?



If anyone in your family **depends on electricity for their medical needs**, have you made preparations?



Are your mobile phones **fully charged**? Do you have a **portable back-up charger** or a **solar charger**?



Do you know how to **open your garage door manually**?



Do you have a **personal safety plan** for all members of your family, including your pets?

Public Safety Power Shutoff, or PSPS, is a safety program that proactively shuts off electric power lines when there is an elevated fire risk.

All PG&E customers should be prepared for possible power outages that could last for multiple days.

If power is temporarily turned off, customers should consider these questions:



Can we reach you in the event of a Public Safety Power Shutoff? Update your contact info at [pge.com/mywildfirealerts](https://www.pge.com/mywildfirealerts).

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Make sure we can reach you in the event of a PSPS. Please update your contact information at [pge.com/mywildfirealerts](https://www.pge.com/mywildfirealerts).



Educating Senior Citizens About Voting Options

By Janna Haynes,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - With the March 2020 Presidential Primary right around the corner, the Sacramento County Department of Voter Registration and Elections (VRE) aims to register every eligible voter in the County, increase voter turnout and educate every voter on voting accessibility and options.

The VRE Outreach Team is visiting local senior living facilities and community centers to speak with the aging population about their voting options in 2020. These presentations consist of an overview of the changes to voting in Sacramento County due to the Voter's Choice Act, instruction on how and

when to update their voter registration, as well as general information about their voting options for the upcoming 2020 election cycle. These presentations are intended to educate our senior population to prepare them to exercise their right to vote in 2020.

More about the Voter's Choice Act

Sacramento County is one of the original five counties in California that implemented the Voter's Choice Act in 2018, expanding voting opportunities for all residents. VRE saw positive results in the primary and general election in 2018 and looks forward to improved ease and access for voters as we enter the 2020 Election cycle.

As a reminder, here are the changes the VCA allows:

Choose how, when and where you want to vote.

By Mail: All registered voters will receive a ballot in the mail. Place the voted ballot inside the envelope provided, sign the envelope and return – your postage is paid!

Vote Center: With the passage of the California Voter's Choice Act, traditional polling places have been replaced with Vote Centers that are open for up to 11 days, including Election Day. This means voters can choose when, where and how they want to vote – at ANY Vote Center in the County. Avoid the lines, vote early!

At the Vote Center you can drop off your completed ballot OR vote in person. There is even weekend voting!

Vote Centers open for 11 days.

Vote Centers open for four days.

Drop Boxes – Voted/signed ballots may be placed in any of the 57 secure Drop Box locations throughout Sacramento County.

Eligible residents can also register to vote, update their registration and cast their ballot at a Vote Center, even on the day of the election.

A complete list of locations can be found online and will be provided in the Sacramento County Voter Information Guide that will be mailed out prior to the election.

For more election and voter information, visit the Sacramento County Voter Registration and Elections website.

To register to vote visit the California Online Voter Registration website. ★





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<p style="font-weight: bold;">WELLNESS CANNED DOG FOOD</p> <p>Natural 12.5 Oz Full Case 20% OFF •Regular •Stew •Core Limit 2 Cases</p> <hr/> <p style="font-weight: bold;">WILDERNESS DRY CAT FOOD</p> <p>•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags</p> <p style="color: red; font-weight: bold;">AS MARKED \$5 OFF</p> <p>OUR REGULAR LOW PRICES!</p> <hr/> <p style="font-weight: bold;">AVODERM CANNED DOG FOOD</p> <p>•Regular •Grain Free (Avoderm Canned Cat Food 13 Oz Limit 1 Case 3 oz Grain Free \$89¢ 5.5 oz Reg \$1.19)</p> <p style="color: red; font-weight: bold;">\$1.59</p> <hr/> <p style="font-weight: bold;">MEOW MIX DRY CAT FOOD</p> <p>•Original Choice 16 Lb Bag Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold;">\$11.99</p>	<p style="font-weight: bold;">WORLD'S BEST CAT LITTER</p> <p>•Original •Extra Strength 14 Lbs Limit 2 Bags</p> <p style="color: red; font-weight: bold;">\$11.99</p> <hr/> <p style="font-weight: bold;">PRECIOUS CAT CLUMPING CAT LITTER</p> <p>18 Lb Bag •Regular •Ultra Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold;">\$5.99</p> <hr/> <p style="font-weight: bold;">JONNY CAT PREMIUM CAT LITTER</p> <p>10 Lb Bag Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold;">\$1.99</p> <hr/> <p style="font-weight: bold;">CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER</p> <p>15 Lb Jug Limit 2 Jugs</p> <p style="color: red; font-weight: bold;">\$6.99</p>	<p style="font-weight: bold;">PEDIGREE CANNED DOG FOOD</p> <p>•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner 22 Oz Can Limit 1 Case</p> <p style="color: red; font-weight: bold;">\$1.09</p> <hr/> <p style="font-weight: bold;">CHICKEN SOUP FOR THE SOUL DRY CAT FOOD</p> <p>•Adult •Indoor/Hairball •Weight/Mature Care •Kitten 13.5 Lb Bag Limit 2 Bags As Marked</p> <p style="color: red; font-weight: bold;">20% OFF</p> <p>OUR SUPER LOW PRICES</p> <hr/> <p style="font-weight: bold;">PREMIUM CHOICE ALL NATURAL CLUMPING CAT LITTER</p> <p>40 Lb Bag (Extra Strength 25 Lb \$7.99) Limit 2 Bags</p> <p style="color: red; font-weight: bold;">\$8.99</p> <hr/> <p style="font-weight: bold;">MERRICK'S CLASSIC NATURAL DRY DOG FOOD</p> <p>•Chicken/Green Pea/Ancient Grains 25 Lb Bag Limit 2 Bags •Beef/Green Pea/Carrots •Lamb/Green Pea/Ancient Grains</p> <p style="color: red; font-weight: bold;">\$8 OFF</p> <p>OUR REGULAR LOW PRICES!</p>
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<p style="font-weight: bold;">ADVANTAGE FLEA CONTROL & TREATMENT</p> <p>Dog Small (Green) Dog Extra Large (Blue) Dog Medium (Teal) Cat Small (Orange) Dog Large (Red) Cat Large (Purple) Limit 2 Per Family. Cannot be combined with any other offer.</p> <p style="color: red; font-weight: bold;">\$4.00 OFF</p> <p>OUR REGULAR LOW PRICE</p> <hr/> <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p style="font-weight: bold;">CRAZY PET TRAINING TREATS</p> <p>Train Me Treats - 3.5-16 Oz PET BOTANICS Training Rewards Grain Free Omega Treats All Varieties</p> <p style="color: red; font-weight: bold;">20% OFF</p> <p>OUR SUPER LOW PRICES</p> </div> <div style="width: 48%;"> <p style="font-weight: bold;">VAN NESS ENCLOSED CAT PANS</p> <p>Regular Translucent Large CP6 - 6TR \$12.99 \$13.99 Giant CP7 - 7TR \$16.99 \$18.99</p> </div> </div> <hr/> <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p style="font-weight: bold;">MAMMOTH PET PRODUCTS TIRE BITER PAW TRACKS</p> <p>•Squeaky Freaks •Soft Pet Toys All Varieties</p> <p style="color: red; font-weight: bold;">20% OFF</p> <p>OUR SUPER LOW PRICES</p> </div> <div style="width: 48%;"> <p style="font-weight: bold;">ASPEN PET PORTABLE PET HOMES</p> <p>All Sizes Light Weight Pop Up Shelter</p> <p style="color: red; font-weight: bold;">20% OFF</p> <p>OUR SUPER LOW PRICES</p> </div> </div>	<p style="font-weight: bold;">BOXED GLASS TANK WITH STARTER KIT</p> <p>20 Gal Tetra LED Deluxe . . . \$91.99 10 Gal Aqueon Economy . . . \$36.99 29 Gal Tetra LED Deluxe . . . \$112.99 10 Gal Tetra LED Deluxe . . . \$53.99 55 Gal Tetra LED Deluxe . . . \$187.99</p> <hr/> <p style="font-weight: bold;">PENN-PLAX CASCADE POWER FILTER SALE</p> <table style="width: 100%; text-align: left;"> <tr> <th>MODEL</th> <th>TANK SIZE</th> <th>PET CLUB SALE</th> </tr> <tr> <td>CASCADE 100</td> <td>20 Gal.</td> <td>\$17.99</td> </tr> <tr> <td>CASCADE 150</td> <td>35 Gal.</td> <td>\$21.99</td> </tr> <tr> <td>CASCADE 200</td> <td>50 Gal.</td> <td>\$25.99</td> </tr> <tr> <td>CASCADE 300</td> <td>100 Gal.</td> <td>\$35.99</td> </tr> </table> <hr/> <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p style="font-weight: bold;">TETRA FISH FOOD SALE</p> <p>Tetrafin Goldfish 7.06 oz. . . . \$7.99 Tetrafin Staple 7.06 oz. . . . \$11.99 Tetra Color 7.06 oz. . . . \$11.99</p> </div> <div style="width: 48%;"> <p style="font-weight: bold;">INSTANT OCEAN SEA SALT</p> <p>50 Gal. Salt Mix</p> <p style="color: red; font-weight: bold;">\$12.99</p> </div> </div>	MODEL	TANK SIZE	PET CLUB SALE	CASCADE 100	20 Gal.	\$17.99	CASCADE 150	35 Gal.	\$21.99	CASCADE 200	50 Gal.	\$25.99	CASCADE 300	100 Gal.	\$35.99
MODEL	TANK SIZE	PET CLUB SALE														
CASCADE 100	20 Gal.	\$17.99														
CASCADE 150	35 Gal.	\$21.99														
CASCADE 200	50 Gal.	\$25.99														
CASCADE 300	100 Gal.	\$35.99														

<p style="font-weight: bold;">BONUS COUPON</p> <p style="font-weight: bold;">FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD</p> <p>Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/16/19 - 10/22/19 PLU 568</p> <p style="color: red; font-weight: bold; font-size: 2em;">ON SALE EVERYDAY</p>	<p style="font-weight: bold;">BONUS COUPON</p> <p style="font-weight: bold;">FANCY FEAST CLASSIC BROTH</p> <p>1.4 Oz - All Varieties Limit 3 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/16/19 - 10/22/19</p> <p style="color: red; font-weight: bold; font-size: 2em;">89¢</p>	<p style="font-weight: bold;">BONUS COUPON</p> <p style="font-weight: bold;">ARM & HAMMER CAT LITTER DEODORIZER</p> <p>20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/16/19 - 10/22/19</p> <p style="color: red; font-weight: bold; font-size: 2em;">\$1.49</p>
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Reporting from the World Summit of Nobel Peace Prize Laureates

**Exclusive MPG Report
by David Dickstein**

MERIDA, MEXICO (MPG) - They held a World Summit of Nobel Peace Laureates last month in Mexico and a softball game broke out.

If the above phrasing sounds familiar, Rodney Dangerfield liked to joke, “I went to a fight the other night, and a hockey game broke out.” After attending what was billed as a forum to “address global issues with a view to encourage and support peace and human well-being in the world,” only to walk away disappointed, I knew that by borrowing from the late comedian, I’d have the perfect, albeit sad introductory line.

The batters of my metaphorical softball game were the Nobel Peace Prize winners whose three days in the Yucatan Peninsula included sit-downs with the press. The credentialed journalists were the pitchers, and by throwing mainly softball questions, the mostly Mexico-based contingent squandered the rare opportunity of asking tough and/or insightful questions to the distinguished do-gooders. In all, 30 Nobel Peace Prize laureates attended the event, representing themselves or

so much stuff that, um, that one can say,” King said. “He’s talked about sh*thole nations, the way he’s spoken about Mexicans – there’s a host of things I see that come across as if he does not like certain groups of people.”

So far I hadn’t heard a specific example of Trump being a racist, and as King continued with her response, she seemed to go further astray.

“Anyone who does not agree with him or stands up to him almost becomes enemy No. 1,” she said. “He just attacks, and it’s not always driven by race – it’s driven by Trump. That’s the bottom line. He’s a different kind of person than what you’d call your typical racist because ... look at the way he spoke about Senator [John] McCain. Who does that? The army vet, the reporter, it’s on and on and on and on.”

King is a delightful woman who I had the pleasure of sitting next to on the plane to Mexico City. And what an honor and thrill it was when my offer of my blanket was warmly accepted when she felt a chill halfway there. All that aside, I would be remiss as a journalist if I didn’t say that my question didn’t continue



Nobel Peace Prize laureate and former Colombian president Juan Manuel Santos makes opening remarks in the Yucatan.
Photo by David Dickstein

when she said, “Racism is just a word that’s being banded and thrown about and thrown at the president, in my opinion, unjustly. President Trump is not a racist.”

After a good laugh over a question her PR person said had never been asked before, Bernice King gave a thorough, thoughtful response:

I don’t like that is a part of your ideological system I shut you all the way down. I discount that there may be something in your makeup that is very beautiful, very powerful and has truth to it. But we don’t allow ourselves to open up to people unless they think mostly like us. And if we continue to do that then we’re going to have friction and tension and conflict.”

Attending his ninth World Summit was **Frederik Willem de Klerk**, former president of South Africa and a 1993 Nobel Peace Prize winner with Nelson Mandela for their role in ending Apartheid. The political prisoner he freed and would later succeed him as the country’s leader. De Klerk’s response to a question on migration was refreshing in that he was the only laureate to say that nations cannot open the floodgates for immigrants.

“Migration is not only a problem between the USA and Mexico,” de Klerk said. “Look at the hundreds of thousands of people crossing Africa into Europe to escape from dangerous situations, from hunger and joblessness, and the problems the European countries have in assimilating these migrants. Migration is a problem around the world and it’s going to become a bigger problem. In the case of Europe, the population is shrinking, and just to keep the economy at the level

1992 for her work championing rights of indigenous peoples and reconciliation between ethnic groups. The morning of her so-called press conference, during which she and her guest panelists gobbled up all but the last few minutes for questions, Tum was on a different panel on migration. She believes that no one flees their country unless they’re desperate, and their sole objective is to live where they are safe. Assuming that’s true, I asked Tum why the caravans originating in Honduras and El Salvador make the long and dangerous journey to the United States instead of seeking asylum in the first safe country they reach, which so happens to be her homeland of Guatemala? “How open are the arms of your country, or is your nation happy when the refugees continue on to Mexico to ultimately be handled by the USA?” Her response, through an interpreter, was so off the mark, I may as well have asked if she likes meatloaf on Tuesdays. Even her panelist friend told me she completely dodged the question. Clearly, Tum is riding the Peace Prize train without practicing what she preaches. Hypocrisy reared its ugly head several times during her abbreviated Q&A; at the start she urged the media to ask tough questions.

A fixture at these near-annual events is Lech

because the collapse of communism throughout Europe happened faster than anyone predicted.

“My strategy was Poland first, but then East and West Germany reunified and there was a snowball effect in other countries of the [Eastern] Bloc,” Walesa said. “The speed actually surprised President Reagan and myself, too.”

Asked about Trump’s chances to win a Peace Prize this December, the Polish activist danced the polka around the question, responding through an interpreter that while the world leader diagnoses situations in a correct way, the solutions he applies are wrong.

“He wants to move in a different direction than the whole world is heading,” said the man who won his Nobel Prize by doing just that. Walesa used Trump’s policy on protecting the nation’s southern border with Mexico as an example. “He says there are too many people coming into the United States. There should not be a wall, but money invested in Mexico to create jobs. And once this is done, this will level the disproportion between the countries.”

Trump’s mistake, Walesa said, is “forgetting that people behave like interconnected containers of water.” He elaborated. “There is a great disproportion in development in the world. It’s not Mexico’s fault of this disproportion. It’s the United States’ fault. We need to move the water from one container to another. We need to level the disproportion.”

Walesa didn’t sound like he’d put money on Trump winning a Peace Prize this year or any year. Despite efforts to keep the peace, namely making historic inroads with North Korea and in the Middle East, all without war breaking out, Trump seems to be on the same prizeless path as some past Republican presidents. Reagan engineered the end of the Cold War, and Richard Nixon, by normalizing relations between the U.S. and China, forced the Soviet Union to yield to pressure for detente with the United States.

The last GOP president to win the Peace Prize was Theodore Roosevelt in 1906. Since then, Woodrow Wilson, Jimmy Carter and Barack Obama have been so honored in addition to Vice President Al Gore – all Democrats. This from an organization that as late as last month’s World Summit of Nobel Peace Prize Laureates said the selection committee has no political bias. ★



F.W. de Klerk (left) takes questions from the media at a summit of Nobel Peace Prize winners in Mexico. David Dickstein at right, with camera. Photo by Sara Sanchez

winning organizations. The softball field, just to close out the sports-related figure of speech, was next to the working press room inside a world-class convention center in Merida, capital of the state of Yucatan.

Poor organization and logistics made covering the event a living hell, but of greater importance to you readers is how the Nobel Peace Prize winners responded to the questions that didn’t kowtow to the people of honor, few and far between as they were. Most journalists asked pandering softball questions like this one to **Dr. Bernice King**, the youngest child of revered Dr. Martin Luther King: “As a privileged white woman who can’t relate to the struggles of people of color, what can those like me do to help?” Knowing the organization, that eye-roller will probably get that woman a permanent invitation to all future World Summits. That would be a travesty with the white journalist already feeling so privileged and all.

Then a real question from the press was asked. My first of two called on MLK’s daughter to substantiate claims she made earlier at the World Summit about the leader of the Free World: “You have repeatedly called President Trump a racist. Can you give one example of something racist he has said or done?” King fumbled with her response, often looking to her handlers for help.

“Um, I mean there’s

to trip King up. She seemed to ramble and contradict herself.

“Out of his mouth I have heard him denounce white supremacy. I’ve heard that,” King said. “Whether or not he denounces it in a way that pushes away those who support him is another discussion. Those are the examples I have. It’s hard for somebody to believe he’s not racist. I can say that just because There are some things he’s done policy-wise that’s helped to uplift some of the black community. The First Step Act in terms of prison reform Racism is prejudice plus power. Racism is when you think an entire group of people is inferior to you or your peer group. I don’t know if anyone has examined that. Does President Trump feel that all blacks or Mexicans are inferior as a group? That’s a question we have to ask and determine.”

My second question for King, a quasi-lighthearted one, made the civil rights activist laugh out loud, which, all professionalism aside, was pretty cool. I asked, “When the family sits down for Christmas dinner, what’s the conversation like with Cousin Alveda at the table?” Alveda Celeste King, for those who don’t watch Fox News, is a civil rights activist, former Georgia congresswoman and a vocal supporter of the President. The 68-year-old niece of MLK has defended Trump on many occasions, including on national TV

“Because our family has such strong unconditional love for each other we do not let those kinds of things tear us apart as a family,” she said. “We have strong, vehement disagreements about how President Trump conducts himself. She is a Christian and she is also a minister, but at the end of the day she does what she does. I say what I need to say, she says what she needs to say.”

King then spoke much like the minister she is and her father was: “One thing I’ve learned about different opinions and ideologies is if you sit down and listen long enough and shut down your right to be right and allow yourself to hear what a person is saying, you might discover a bit of truth. That’s how my father developed his philosophy of non-violence. He was able to read and study a lot of different philosophers and theologians. Even those he didn’t agree with. So, if we’re going to create a more humane world, we have to learn to do that. Alveda has taught me because she’s so strong in what she feels and believes. We had a discussion over Labor Day weekend, and I sat and really listened to some of the things she was saying, and as I thought about them holistically there was some truth in that, and I had to acknowledge that. We have a tendency with people we disagree with to disagree with them fully. If there’s something specifically that



Dr. Bernice King leads a press conference at the World Summit of Nobel Peace Prize Laureates. Photo by David Dickstein

where it is they will have to take in migrants. But I have sympathy for any country that says, ‘We can’t take anybody who wants to come into the country. We have to have an immigration policy that also puts importance on the interests of our country. We need migrants with specific skills.’ So, immigration policy should strike a balance between humaneness and protecting the interests of the country.”

Participating in her sixth World Summit was **Rigoberta Menchu Tum**, a Guatemalan Indian who was awarded the Peace Prize in

Walesa, who won the Peace Prize in 1983 for founding Poland’s anti-communist Solidarity movement that played a key role in the collapse of communism in Eastern Europe. My question for the former Polish president, a pro-capitalist, was whether he would have been more successful developing his country as “The America of the East,” as he declared in 1991, with a businessman in the White House, Trump, than an actor-turned-politician, Ronald Reagan. Walesa said that it probably wouldn’t have mattered who was the U.S. president at the time



The Secret to Being Organized
Pam Young's Corner
Let People Help You

If you are a caregiver, do you find it hard asking for help when it comes to your home? If that's a problem for you, this story may help make it easier to ask for help when you need it.

Incidentally, we all need help in areas we aren't competent in. We get accountants to help with our bookkeeping, and lawyers to help with legal issues and we're willing to get help with electricity and plumbing problems, but for some reason when it comes to our homes, we caregivers have a crazy notion we should be able to take care of everything ourselves.

The whole self-help movement implies you can do everything yourself. Lord knows you've tried, but how's that working for you?

Women are usually in service-rendering businesses; teachers, doctors, nurses, and mothers (even though being a mom isn't considered a business, it really is). As a life coach, today, I worked with a lovely woman from PA who has been an RN for thirty years. She explained how much she adores her calling because she loves to help people.

When I asked her to explain more about the feeling of helping others, she said, "When I help a patient, I feel happy knowing, because of me, that person is happier. I don't feel arrogant, just important in being part of another's well-being and happiness." She went on to tell me she is respected by the doctors at the hospital she works in and she's eager to go to work every day.

Because her home was in critical condition she asked a doctor friend if he thought she had Attention Deficit Disorder (ADD). The doctor asked her these questions: "Do you get to work on time?" (Yes.) "Have you ever missed going to work?" (No.) "Do you pay your bills on time?" (Yes.) With these answers, her friend said, "No you don't have ADD. This woman was relieved (as if having Attention Deficit Disorder was some kind

of fatal disease).

After reading a lot of the material I've written about ADD, she decided to get another professional opinion. This next doctor gave her a test. She passed having ADD with flying colors, but was, at the same time devastated to think something was wrong with her brain. It was important for me to talk her into the joy of having ADD, because it's a wonderful thing to have as long as you understand how to live with it!

When I suggested she get help with getting her home organized, she said, "Oh I'd be too embarrassed to let someone in to do that." When I explained I wasn't going to leave her alone until she agreed to bring someone in, she realized I was serious and she came up with a person's name that was actually her best friend and had been in her home and already knew of her dirty little secret.

Once she'd agreed to get help from this person, I said something to her she'd never thought about before and maybe you haven't either. "Do you realize you'll be giving your friend an opportunity to feel happy knowing because of her, you are happier? She won't feel arrogant, just important for being part of your well-being and happiness. And just think, if you don't ask for help, you'll be a happiness hoarder!" We don't think that we're happiness hoarders when we don't ask others for help, but really we are. By reflecting her words about how she feels helping others to apply to someone's feelings for helping her, she got excited to call her friend.

Don't be a happiness hoarder. Ask for help.

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



2020 Medicare Part D Changes. . .Released!

Reader Alert: Effective October 1st, the new Medicare.gov website was released . . . Webinar on understanding how to navigate the new Medicare.gov site is Wednesday October 23 at 3:00PM visit www.ToniSays.com for more information.



Toni:
Last year, the 2019 Medicare and You handbook did not include the 2019 Part D deductibles and "Donut Hole" costs, and I got in the "famous" Medicare donut hole last March.

I know it is only September, but I would like to get prepared and really cannot find the answer online or at the Medicare.gov website. Please inform me what the 2020 Medicare Part D costs. I did not see the 2020 Medicare Part D costs in either in the handbook or Medicare website. I look forward to what you have to say.

- Carrie League City Area

Carrie:
You are correct that the 2020 Medicare and You handbook did not have the 2020 Part D deductibles or out of pocket maximums. I did not foresee it being updated until October 1st .

But guess what?? For the Toni Says® Medicare newspaper column readers, we have a big surprise! I know what the Medicare Part D cost, copays and Donut Hole will be for 2020.

Below are the findings regarding the 2020 Medicare

Part D costs.

2020 Medicare Part D costs and copays are explained below.

Part D changes for 2020 are:

- **Initial Deductible:** will be increased by \$20 from \$415 in 2019 to \$435 in 2020.
- **Initial Coverage Limit:** will increase by \$200 from \$3,820 in 2019 to \$4020 in 2020 where the 2020 "Donut Hole" begins.
- **Out-of-Pocket threshold cost:** or (TrOOP) will increase from \$5,100 in 2019 to \$6,350 in 2020.
- **Coverage Gap (Donut Hole):** begins once you reach your Medicare Part D plan's initial coverage limit (\$4,020 in 2020) and ends when you spend a total of \$6,350 out-of-pocket in 2020.
- **Does the Donut Hole go away...** in 2020 is now called the Donut Hole Discount **Donut Hole Discount:** Part D enrollees will receive a 75% **Donut Hole discount** on the total cost of their brand-name drugs purchased while in the Donut Hole. The discount includes, a 70% discount paid by the brand-name drug manufacturer and a 5% discount paid by your Medicare Part D plan. The 70% paid by the drug manufacturer combined with the 25% you pay, count toward your TrOOP or Donut Hole exit point.

For example: If you reach the Donut Hole and purchase a brand-name medication with a retail cost of \$100,

you will pay \$25 for the medication, and receive \$95 credit toward meeting your 2020 total out-of-pocket spending limit.

- **Donut Hole Generic Drug Costs:** one will pay a maximum of 25% co-pay on generic drugs purchased while in the Coverage Gap (receiving a 75% discount). For example: If you reach the 2020 Donut Hole, and your generic medication has a retail cost of \$100, you will pay \$25. The \$25 that you spend will count toward your TrOOP or Donut Hole exit point.
- **Catastrophic coverage:** \$3.60 for generics with a retail price under \$72 and 5% for those priced greater than \$72. For brand-name drugs, pay \$8.95 for those drugs with a retail price under \$179 and 5% for those with a retail price over \$179.
- **Prescriptions not in formulary:** If your prescriptions are not in your Part D formulary, then YOU WILL pay 100% of the prescription drug cost. Always verify that your prescriptions are in the Part D plan chosen.

Need help understanding your Medicare options. Attend a Confused about Medicare workshop or call the Toni Says® Medicare hotline at 832/519-8664.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book to the Toni Says Medicare column readers at www.toni-says.com. ★

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CLUES

ACROSS

- At a great distance
- *TV network, last aired World Series in 1993
- Biological blueprint
- "For" in Spanish
- Clarified butter
- Kind of Wrangler
- Foolish person
- Capital of Latvia
- More so than #16 Down
- *As opposed to #51 Across
- Grateful Dead's kind of rock
- Like Hitler's ideal
- Bugling ungulate
- *2018 World Series winner
- Like default settings
- American cuckoo
- Interstellar cloud
- Female gamete
- Noonan in "Caddyshack"
- Olympic chant
- Related on mother's side
- Narc's unit
- Kind of acid
- Mountbatten-Windsor Markle
- Financial deficit
- Made noise
- "I ____ You Babe"
- Next step for juvenile
- Dylan Thomas, e.g.
- *League with most World Series victories
- Miss America's headgear
- ____ en scene
- Successor
- Picnic invaders
- Change for a five
- Marine eagle
- Unknown power
- *Formerly known as Stockings
- Shirt is tied, then ____

DOWN

- City dwelling, abbr.
- Babe in the woods
- Cantatrice's offering
- Drum sound
- Formal dishes
- Between "begin" and "begun"
- Notary Public's mark
- Cold cuts store
- Demand
- Credit card acronym
- Breakwater
- *Single series HR record holder
- Opposite of sun-kissed
- Often-missed humor
- *Pitching stat
- Hard place to scratch?
- Currently broadcasting
- Sashay
- Surveyor's map
- *1984 winner Darrell or 1986 loser Dwight
- Tutor's student
- *World Series play-by-play announcer
- Take illegal drugs
- Fitting reward
- *2018 losing team
- Cause for food recall
- Adam of "Stand and Deliver"

fame

- Hardens
- I, to a Greek
- Used a back-scratcher, e.g.
- Kind of acid
- Spay
- Pub order
- Solemn promise
- Singer Toni
- Bald eagle's nest
- *Positions on the field
- Summer glow
- *Sock color of the 1918 and 2004 winners

Crossword Puzzle Solutions on Page 9

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Solutions on Page 9

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by Jeff Pickering

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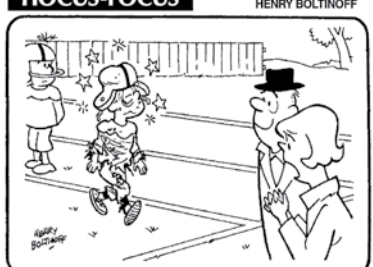
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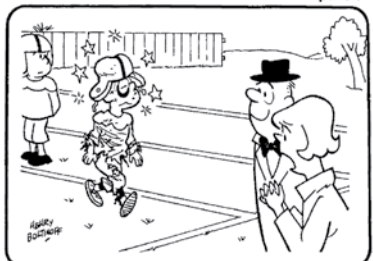


HOCUS-FOCUS

BY



Find at least six differences in details between panels.



3. Tree is moved. 4. Face guard is missing. 5. Boy has black eye. 6. Fence is shorter.

A	F	A	R			C	B	S				D	N	A
P	A	R	A		G	H	E	E			J	E	E	P
T	W	I	T		R	I	G	A		P	A	L	E	R
	N	A	T	I	O	N	A	L		A	C	I	D	
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B	O	S	T	O	N			P	R	E	S	E	T	
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1	7	6	3	8	5	4	9	2
4	9	2	1	7	6	3	8	5
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**The NBA Salutes
Its Chinese
Overlords**

Little did Dr. James Naismith know when he invented the game of basketball in Springfield, Massachusetts, in 1891 that, more than a century hence, it would become beholden to its Chinese overlords.

The NBA disgraced itself kowtowing to Beijing after the general manager of the Houston Rockets, Daryl Morey, tweeted his support for Hong Kong protesters. The words he associated himself with — “Fight for Freedom. Stand with Hong Kong” — would seem uncontroversial. Who doesn’t hope for the best for plucky demonstrators trying to advance democracy against an overweening imperial dictatorship?

Morey, though, failed to adequately account for the feelings of the dictatorship. “I was merely voicing one thought,” he said, in a groveling tweet after deleting his original offending one, “based on one interpretation, of one complicated event. I have had a lot of opportunity since that tweet

to hear and consider other perspectives.”

The “other perspectives” are those of people supporting a regime that is determined to crush Hong Kong underfoot, maintain a one-party state that stifles all internal dissent, brutally repress Uighur Muslims, grab the South China Sea, build up its military with an eye to a future confrontation with United States and rewrite the rules of the international order to its liking.

But who’s to judge?

In its own licksplitte statement, the NBA said that Morey’s views “have deeply offended many of our friends and fans in China, which is regrettable.” It appears that the Chinese-language version was even more craven, saying that the league is “extremely disappointed” in the GM’s “inappropriate” tweet.

If you follow the NBA and missed the part where Red China stole the league’s soul, it’s only because you haven’t paid enough attention to the international business. China is a huge and growing market for the NBA. When Chinese sponsors and partners of the Rockets began to pull out, the team and the league buckled.

The joke of it is that here at home the league flaunts its woke social conscience. The NBA used the leverage of its All-Star Game

coming to Charlotte to force changes to a North Carolina bathroom bill, in the name of “equality.”

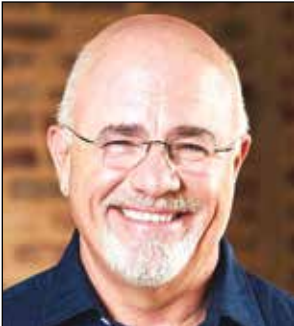
One would think that reeducation camps for a million Uighurs is much worse than any choice North Carolina makes about its restrooms. The NBA should be repelled by China’s policies, which run counter to everything that the NBA purports to stand for.

This episode exposes the league’s gutless hypocrisy. So long as social activism is costless, the NBA is all about its values. As soon as there is any price, it is willing to salute smartly at the dictates of one of the most cynical, self-interested regimes on Earth.

Of course, any profit-generating enterprise is going to care about its bottom line most of all. That shouldn’t efface all sense of decency and self-respect, though. James Harden, the Houston Rockets star, has grown very rich and famous playing an American game in an American league. His reaction to Morey’s tweet was unequivocal: “We apologize.”

He thus neatly encapsulated the willingness of a segment of the American business elite to express a kind of national loyalty to a nation that isn’t its own.

Rich Lowry is editor of the National Review.
(c) 2019 by King Features Synd., Inc. ★



**A Key Element in
Getting Out of Debt**

Dear Dave,

I’ve got about \$3,000 in credit card debt. Would it be a good idea to transfer the balance from my credit card to another one that has a much lower interest rate?

– Tammi

Dear Tmmi,

Lots of people who find themselves in your shoes make the switch to low-interest rate credit cards. A lower interest rate will help you save a little money in the short-term, but the drawback is it can also make you feel like you’ve addressed your problem with debt when you really haven’t. You’ve got to change the behavior

Dave Ramsey Says

and the mindset that put you in that situation in the first place. Besides, most low-interest, or no-interest, credit card offers are only good for a short period of time. There’s always a catch!

I discovered long ago that personal finance is only about 20 percent head knowledge and 80 percent behavior. Emotion is a key element to getting out of debt and staying out of debt. You’ve got to get really mad at debt, the impact it has on your financial life, and attack it with a vengeance. Think about how many times debt has been a negative influence on your life. My guess is there were many occasions in the past when you could have done great stuff – I’m talking about meaningful, important things – if you hadn’t had to send a bunch of money to those bozos at the credit card company every month. I want you to really think about it.

How about this? First, cut up your credit card and close the account. Then, sell some stuff and take a part-time job nights or weekends for just a little while. You could wipe out all your debt in less than a year by doing that and starting to live on a strict, written, monthly budget.

If you don’t get mad about it and take a stand against debt, and become determined you’re never going to fall into that trap again, you’re liable to find yourself back in the same situation or worse! – 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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A Creative Twist on Halloween Carvings

FAMILY FEATURES

When it comes to Halloween, carving the same pumpkin designs each year can become routine. This year, save a pumpkin and carve your spooky masterpiece into a watermelon instead. Nutrient-rich watermelon can be a healthy alternative to other sweet treats full of added sugar during Halloween festivities as it's a source of vitamins A and C as well as the antioxidant lycopene and the amino acid citrulline. Because they are made up of 92% water, watermelons can be an effective way to stay hydrated during trick-or-treating, and creations like a Mummy or Jack O'Melon can help satisfy sweet cravings while keeping friends and family members frightfully delighted. To get started, consider these carving tips and tricks:

- To make cutting and slicing easier, the watermelon should be at room temperate when carving.
- Cut a small, thin, flat piece from the bottom of the watermelon to provide a stable base for carving.
- Draw the design on the watermelon rind with a dry-erase marker before cutting. If you make a mistake, this can make it easier to wipe off.
- Use a sharp knife with a pointed tip for easier, cleaner cuts. Consider a paring knife with a smaller tip for ease of detail.
- Blend scraps of watermelon that are too messy for dicing or slicing to create an easy juice. For more watermelon carving ideas, visit watermelon.org.



Jack O'Melon

- Supplies and Tools:**
Knife
Round watermelon
Melon baller
Dry-erase marker
Toothpicks (optional)
Battery-operated light

Using knife, cut thin slice from bottom of watermelon to provide stable base. Cut circular piece of rind from top of watermelon big enough to reach into and remove flesh. Carefully remove top section and reserve for use as "lid." Remove flesh from inside watermelon

using melon baller, reserving melon balls for snacking. Hollow out remaining watermelon flesh and use blender to juice scraps and excess juice. Using dry-erase marker, draw outlines of eyes, nose, mouth, hair, ears and other features on side of watermelon. If mistake is made with marker, wipe off using paper towel to start over. Following outlines, carve features into watermelon and remove excess rind. Safe, battery-operated light can be firmly placed inside watermelon to provide haunting glow. Place circular piece of rind back on top of watermelon.

Mummy

- Supplies and Tools:**
Watermelon
Cutting board
Kitchen knife
Dry-erase marker
Paring knife
Melon baller
Scoop
Vegetable peeler
Cheesecloth or gauze
Straight pin (optional)
Battery-operated candle or light
Small bowl
Blueberries or bloody candy eyes
Toothpicks, pins or glue

Wash watermelon under cool running water and pat dry. On cutting board, place watermelon on its side and use kitchen knife to cut off 1/4-1/2-inch of rind from bottom to provide sturdy base, being careful not to cut too deep into

white part of rind. Cut 1-2 inches from stem end to create opening for bowl to be added. Using dry-erase marker, draw eyes, nose and mouth, along with wavy slits around carving. Use paring knife to cut them out, being sure to cut through to red flesh to let more light flow through. Use melon baller to hollow out inside of watermelon. Reserve watermelon balls. Use scoop to remove remaining watermelon. Using vegetable peeler, remove green skin off outside of watermelon, similar to peeling cucumber. Wrap thin strips cheesecloth or gauze around mummy carving and secure with straight pin, if needed. Place battery-operated candle or light inside carving and fit small bowl into top of carving. Trim away excess rind to make bowl fit securely. Fill bowl with melon balls. Attach candy eyes or blueberries using toothpicks, pins or glue. ★



An Imaginative, DIY Halloween Costume

FAMILY FEATURES

DIY Ice Cream Truck Boxtume

Project courtesy of Krafts by Katelyn

- Supplies:**
1 medium Amazon smile box
1 small Amazon smile box
Duct tape
Hot glue
Paint, variety of colors
Paint brushes
Painter's tape
1 Amazon smile box, any size, to cut out details
Scissors
Colored paper, variety of colors
Colored markers, variety of colors
Letter stickers
Ribbon

Using medium box and small box, create foundation of truck shape. Use duct tape to secure flaps in closed position. Open top and bottom of medium box and fold in all flaps on bottom. Use duct tape and hot glue to secure open flaps in place. Use hot glue and duct tape to attach small box to short side of medium box. Using white paint and paint brush, paint both boxes inside and out. Using painter's tape as guidelines, paint vertical candy stripes about half-way up both sides of "truck" in desired color. Using extra box and scissors, cut out wheels, windows and awning then paint desired colors. Using hot glue, attach pieces to "truck." Using colored paper and markers, create ice cream cone decorations. Connect using hot glue then hot glue decorations to "truck." Add letter stickers, as desired. Using markers, add extra details such as lights, as desired. Using hot glue, attach wide ribbon to top inside edges of "truck" to create straps.

Few traditions are as popular on Halloween as picking out the perfect costume. This haunting season, think outside the box – literally – and use boxes from your recent deliveries to create a unique DIY costume, or "boxtume." Boxtumes are a perfect way to express your creativity and stand out at any spooky gathering. Plus, they can be a fun way to get crafty with family and friends to create costumes for children, adults, couples and groups that can be as simple or elaborate as your imaginations desire. For example, this DIY Ice Cream Truck Boxtume just requires supplies like cardboard boxes, tape, paint

and glue, allowing your personality to shine through with customization. With households across the country already taking advantage of Amazon Prime's unlimited fast, free shipping and entertainment benefits, your costume inspiration could be just one click (or box) away. If you're feeling extra crafty this season, try upcycling those smile boxes to craft other custom Halloween items, such as treat containers, spooky centerpieces and decorations. Share your creativity online using #Boxtumes and #PrimeLife, and find more inspiration and step-by-step guides at amazon.com/boxtumes2019. ★



A New Vision for Revitalizing Sunrise Mall

Continued from page 1

which will handle traffic engineering and transportation concerns; and Mark Thomas, which will oversee the civil engineering. Gensler also agreed to the City’s aggressive timeline of completing the Specific Plan within 18-24 months.

Gensler’s Project Manager Nate Cherry addressed the Council, sharing his excitement about the process: “You’ve got to have a big idea that people can understand and get behind.” Cherry said the Specific Plan will make Citrus Heights competitive with other cities in the region by creating a retail, entertainment, wellness, and lifestyle space. Cherry said onsite affordable housing would “provide villagers where you’re hoping to create a village.” And with climate change presenting significant challenges, Cherry said there are opportunities for “making streets greener, integrating green spaces, (and creating) more sustainable land-use patterns.”

The budget for the contract with Gensler is \$1,208,885, and funding for the project will come from various sources: \$310,000 from the SB2 Planning Grant, \$440,000 from the Sewer Credit Program, \$350,000 from Development Fund 330, and \$108,885 from the General Fund 2021/2022 budget — with staff looking for alternative funding sources over the next two years.

During public comment, one local resident spoke in opposition to adopting the Gensler contract. He felt that the contract should have been made available for at least a month so the public had time to review it and provide written comments. He expressed concern that residents won’t be informed about opportunities to participate in the process: “Too many people in our community only find out about things afterwards. And we have an obligation to make sure everyone knows in advance when there will be opportunities for public input.”

Another resident spoke in support of the contract, praising Gensler’s vision for the Sunrise Mall Specific Plan. “I want to volunteer. I want to be on that committee,” he said.

Vice Mayor Jeff Slowey said that over the last 10 years the mall has had many different owners with many different ideas, “but none have come to fruition. At this point, we have to step in, engage the community, spend some money, come up with our own plan. ... I’m 100% ready to move forward.”

Councilmember Bret Daniels said, “This is a very big deal. ... We don’t exist without Sunrise Mall. There’s no Citrus Heights City today without Sunrise Mall, and so the future of Citrus Heights could also pin ... on what happens at Sunrise Mall.” Daniels also expressed hope that the Pop-Up Stadium idea could be revived.

Councilmember Steve Miller explained that “the ownership group is the one that’s going to have to buy into this and put the money up. It’s their money at risk. But we want to create an environment, an incubator, that will help them realize the biggest potential out of this property. ... I’m looking forward to this process.”

Mayor Jeannie Bruins said, “I think we have to have vision. ... I think this is an exciting opportunity. We have 100 acres here right in the middle of our business district to create something that otherwise we would not have had the opportunity to do.”

Mayor Bruins called for a vote on the resolution, and the Council unanimously approved the contract to utilize Gensler’s professional services in the creation of the Sunrise Mall Specific Plan. ★

San Juan High Receives Supplies from Schools Financial Credit Union



Tools for Schools, a Schools Financial Credit Union program, donated school supplies to San Juan High School. Courtesy City of Citrus Heights

City of Citrus Heights Press Release

CITRUS HEIGHTS, CA (MPG) - Schools Financial Credit Union donated \$1,000 in school supplies to San Juan High School teachers on September 27, as part of their Tools for Schools program. The school was nominated for the supplies by former San Juan High School principal and teacher, Dave Terwilliger. Tools for Schools is a grant program that awards teachers who have expressed a great need for classroom supplies in the communities served by the credit union. Congratulations, Spartans! ★


Explore Your Future with Police Explorers

City of Citrus Heights Press Release

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department Explorer Program is designed to provide challenging training along with an on-the-job experience for youth who are interested in a future in law enforcement. Our Explorers participate in many aspects of police work in a controlled environment. They participate in officer ride-alongs, assist dispatchers and records assistants, work in the property and evidence unit, and represent the department at special events.

This program prepares the Explorers for the rigors of a career in law enforcement while providing them with opportunities to develop positive mentoring relationships with our officers and staff. Explorers are encouraged to participate in numerous community events throughout the year. These positive experiences further build upon their character and enhance their ability to be an effective future law enforcement leader. Explorers in our program receive training in police procedures, crime scene processing, firearms training, accident investigations, traffic control & law, criminal law, crime prevention, first aid, teamwork, positive decision making, use of force simulator, and so much more.

For more information visit us citrusheightspal.com ★



Happiness As A Skill: A Different Narrative

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Sprouts Healthy Communities Foundation Announces \$3M in Annual Giving

Continued from page 1

the communities we operate in, and the Day of Service gives team members the opportunity to engage with the organizations the Foundation supports firsthand,” said Waugh.

Day of Service volunteer events with 2019 grant recipients will include Soil Born Farms Urban Agriculture and Education Project (Sacramento, Calif.) – During the Day of Service activity, Sprouts team members will be on-site at an elementary school to install raised garden beds, plant and beautify the school garden. Soil Born Farms Urban Agriculture and Education Project empowers youth and adults to discover and participate in a local food system that encourages healthy living, nurtures the environment and grows a sustainable community.

Created in 2015, the Sprouts Healthy Communities Foundation focuses on empowering individuals, especially children, to live healthier lives by supporting programs that teach nutrition education and increase access to fresh, nutritious food. In five years, the Foundation, together with Sprouts’ vendors and customers, has donated over \$10 million to more than 300 nonprofit partners. Sprouts covers 100 percent of the Foundation’s operational expenses, ensuring that every dollar raised is used to support their nonprofit partner agencies. To learn more, visit sprouts.com/foundation.

Sprouts Farmers Market, Inc., one of the fastest-growing retailers in the country, has made healthy living accessible to shoppers for nearly two decades by offering affordable, fresh, natural and organic products. True to its farmers market heritage, Sprouts is known for pioneering its unique grocery model by offering a welcoming store layout featuring fresh produce at the center of the store, an expansive bulk foods section, and a vitamin department focused on overall wellness. Sprouts also offers a unique assortment of healthier products with special attributes, such as plant-based, gluten-free, keto-friendly, and grass-fed, to meet the growing and diverse needs of today’s consumer. Headquartered in Phoenix, Ariz., Sprouts employs more than 30,000 team members and operates approximately 340 stores in 22 states from coast to coast. Visit about.sprouts.com for more information. ★

Safety Fair to Kick-Off Temporary Improvements to Old Auburn Road

City of Citrus Heights Press Release

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights is hosting a Community Safety Fair on Saturday, October 19 from 10:00 a.m. – 1:00 p.m. at Grace Church Sacramento, located at 8071 Old Auburn Road in Citrus Heights to kick-off week-long temporary safety improvements on Old Auburn Road. The improvements will be in place October 19 – October 27.

Community members are encouraged to attend the free family friendly event where attendees can check out a SacMetro Fire Department engine, attend a pedestrian safety class from 11:00 a.m. – 12 noon, tour a SMARTride bus, as well as participate in bicycle education activities, helmet giveaways and fittings and more.

The city invites community members to test out the week-long temporary safety improvements including protected bike lanes, pedestrian pathways and vehicle lane shifts. As part of the Old Auburn Road Complete Streets Plan, the temporary improvements will take place between Glen Tree Drive to Garry Oak Drive.

“The Old Auburn Road Complete Streets Plan is an important project that will help create a safe and comfortable street for all ages and abilities,” said Leslie Blomquist, City of Citrus Heights Principal Civil Engineer. “We are excited for families, friends and neighbors to join us at this fun community event and test out a potential improvement.”

Questions may be directed to Leslie Blomquist at OldAuburnCS@citrusheights.net or (916) 727-4770. More information about the project can be found at www.citrusheights.net/942 ★

Raising Awareness of Domestic Violence



Left to right: Citrus Heights Police Chief Ron Lawrence, Faith Whitmore of the Family Justice Center, Marci Bridgeford with WEAVE, and Mayor Jeannie Bruins recognize October as Domestic Violence Awareness Month

Story and photo by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights City Council issued a proclamation recognizing October as Domestic Violence Awareness Month. Citrus Heights Police (CHPD) Chief Ron Lawrence said that since inception, the CHPD has made “domestic violence — and breaking the cycle of violence — a major priority.” Chief Lawrence said the department’s goal is “not just to respond, but to work with the families and the children” to ensure safe and healthy environments in the community.

Chief Lawrence introduced representatives from two advocacy groups that partner with the department: Faith Whitmore with the Family Justice Center and Marci Bridgeford with WEAVE (Women Escaping a Violent Environment).

The CHPD’s collaboration with the Family Justice Center includes monthly meetings for domestic violence prevention and advocate training for officers who respond to incidents of domestic violence.

The CHPD’s Violence Response Team includes WEAVE advocates who ride in patrol cars with officers and respond to domestic violence calls. The program includes specialized training for 10 officers and is funded by a \$450,000 grant secured by WEAVE.

“I just can’t speak highly enough of our

partnership with both of these groups,” said Chief Lawrence. “It takes a team to keep our community safe.”

Mayor Jeannie Bruins explained that “the goal of Domestic Violence Awareness Month is to raise awareness of this serious epidemic, support victims and survivors, and to recognize community leaders” who advocate and provide services and assistance to survivors.

“Domestic violence is a serious, widespread, and often hidden social problem. It affects 4 million women, children, and men in the United States every year,” said Mayor Bruins, reading the proclamation. “It is no respecter of race, age, income, or any of those identifiers. One in every four women has experienced domestic violence [and] abuse has long-range effects on children as well.”

Mayor Bruins spoke directly to Whitmore and Bridgeford: “Thank you, on behalf of the City Council, for all that you do for our community and for families around the region.”

Whitmore expressed just how important it is to raise awareness about the issue: “Domestic violence is an epidemic, and together we’re trying to stem the tide.”

“We’re all a piece of the puzzle,” said Bridgeford. “To support survivors of domestic violence it takes all of us to come together. ... Everybody is touched by this.” ★

Crime Reports



Citrus Heights Police Report

October 10th - October 14th

- 10/10/19:** 15:19 Disturbance Loitering 1910100153
Occurred at Dollar Tree X Aub on Greenback Ln. Subj w/4 carts worth of prop spread out. WMA Tanned, 25 yoa, LSW: no shirt & jeans. Per RP, he is violent and previously advised RP he was going to cut RP’s head off a few weeks ago. Known to poss carry axe in shopping cart. Would like him 602’d.
- 10/11/19:** 08:08 Vandalism 1910110054
Occurred at Sunrise commons apartments on Sunrise Bl. Poss occur yest. RPS ex BF broke Rp’s tv. Entry made thru sliding glass door. Believes she left it open.
- 10/12/19:** 04:56 Assault 1910120022
Occurred on Wooddale Wy. Ocrd about 2 hrs ago, RP is lyft driver. RP dropped off female psgr, Male arrived in a diff veh. Punched RP in the back of the head & face and wrestled RP to Ground. RP has a bump in back of his head and his jaw is a little sore. Declined AMB. RP was disoriented after 242 so unk if male went inside. Female however was LS going into resd. HMA, mid 20’s, 503/thin, bro short hair, UNK clothing.
- 10/13/19:** 01:41 Reckless Driving 1910130011
Occurred at Safe Credit Union X San Juan on Madison Av. Blu Nissan 350 or 370 Z Coupe. Driving through lot reckless and doing burnouts. Parked in Safe lot currently
- 10/13/19:** 19:21 Criminal Threats Rpt 1910130145
Occurred at Mariposa Apartments on Mariposa Av. On going issue for a year. RP’s neighbor’s sister is harassing them anytime s/comes over. Sister accused her of a 20002. A few weeks ago the s/threatened the RP that she was going to 242 her. UNK susp info.
- 10/14/19:** 12:54 Assault 1910140108
Occurred at Ranch Motel on Auburn Bl. 5 People in physical 242.
- 10/14/19:** 17:50 Domestic Violence 1910140203
Occurred on Mariposa Av. 415 W/male IFO resd, came to resd looking for his GF. Male tackled fem to ground. Male then picked up crow bar and threatened other subjs at resd. Fem dec medical. Susp is WHT male in bb cap, blk shirt and gry shorts.

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TV GUIDE MAGAZINE

CHEERS&JEERS

By Damian Holbrook

Cheers to
The Masked Singer

for being in tune with what we sometimes need. With so many gritty dramas and negative real-life news cycles, it's nice to have a shiny, silly piece of musical brain candy like Fox's costumed karaoke show as an escape.

Jeers to Chicago Med

for misdiagnosing Connor Rhodes. Instead of writing off Colin Donnell's character, the NBC drama's writers should have examined why the doc fell for two mentally ill women – first, Robin (Mekia Cox) and then Ava (Norma Kuhling), the colleague

who killed his dad and then herself.

Jeers to American
Horror Story: 1984

for putting the “ear” in fear. Even though FX's campy, slasher flick-inspired season has so far been the most entertaining AHS since Coven, all of those lingering close-ups of the killer slicing off his victims' ears turn our stomachs.

Cheers to
A Million Little Things

for a priceless casting call. Bringing back Melora Hardin (*The Bold Type*) as Maggie's newly single mom on the ABC drama is a two-for-one treat. Not only is Hardin a



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tremendously underrated actress, but she looks so much like onscreen daughter Allison Miller, we've already made about a million double takes. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Will Grand Hotel Move
To Another Network?

Question: ABC canceled *Grand Hotel!* Will (executive producer) Eva Longoria pursue another network? – Fred

Matt Roush: The odds are against it, since the show was produced in partnership with ABC, which would require some tricky negotiations to continue. For those who'd like to spend more time in this world, Netflix is

streaming three seasons of *Gran Hotel*, the Spanish series that inspired it. I hear it's fun.

Question: How can *Yellowstone* not get nominated for any Emmys? – Greg

Matt Roush: Maybe next year, when *Game of Thrones* is no longer around, shows on smaller outlets like Paramount Network will get more of a chance. The stock answer is that, even with

an Oscar-winning star like Kevin Costner as a beacon, there are just way too many shows competing for a small number of slots.

Question: The series finale of *Suits* was one of the best series finale of any TV show ever! – Mike

Matt Roush: Few things are more satisfying than for a long-running show to end on its own terms and fashion a finale that gives viewers what they want, with maybe a surprise or two. Bravo to *Suits* for going out on a high.

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

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