

Spend Twenty **Minutes With Me** PAGE 2

What Should I Do **During Medicare Annual Period?** PAGE 6



Citrus Heights

Serving the City of Citrus Heights & Sacramento County VOLUME 9 • ISSUE 22 OCTOBER 25, **2019**

900 NSIDD

HALT HALLOWEEN **HAZARDS WITH THESE SAFETY TIPS!**





5 FALL TIPS FOR A HEALTHY YARD



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A Howling Good Time



Kids played Halloween-themed games and won prizes in the Howl 'O Ween Kids Zone.

Story and photos by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - On Saturday, October 19, thousands of winners were All Stage Canine Harvest Festival, which offered an people from all over the Sacramento Development in the canine com- array of entertainment, food, and region gathered at Rusch Park to petition, Mesa Verde High School attend the 8th annual Howl 'O Ween in the marching band competi- games and enjoyed a bounce house parade and festival. The fundraising event is hosted each year by the Citrus Heights Community Marching Band (CHCMB).

event, with the pooches prancing proudly in the parade.

canines are always a highlight of the representative for Sunrise Recreation and Park District chose Kaia Fit.

After the parade arrived at Rusch This year's first place parade Park, attendees enjoyed the free fun. Kids played Halloween-themed tion, Sunrise Ranch Area 6 in the in the Kids Zone. A variety of vendor booths offered craft items, books, jewelry, toys, and plenty of gift ideas. Attendees admired the vintage vehicles on display at the Citrus Heights Police Activities League (PAL) Car Show. "It's a great event. It really brings the community together," said Kyle Silver, recreation coordinator for Sunrise Recreation and Park District. "It's an amazing atmo-Mayor Jeannie Bruins chose Citrus sphere with the whole community

Reported Sexually Transmitted Diseases Reach Epidemic Levels in California

By Corey Egel, California Department of Public Health

SACRAMENTO, CA (MPG) -

The California Department of Public Health (CDPH) released final data on sexually transmitted diseases (STDs) in California in 2018. According to the data, syphilis, gonorrhea, and chlamydia cases are continuing to increase throughout California and are at the highest levels in 30 years.

Particularly concerning, the number of congenital syphilis cases was 14% higher than the previous year and nearly 900% higher than in 2012. Congenital syphilis can be fatal to infants: there were 22 stillbirths or neonatal deaths in 2018.

STDs can cause a number of serious health problems. If left untreated, chlamydia and gonorrhea can cause pelvic inflammatory disease and lead to infertility, ectopic pregnancy, and chronic pelvic pain. Syphilis can cause permanent loss of vision, hearing and other neurologic problems. The highest rates of STDs are among young individuals ages 15-24. "STDs are preventable by practicing safe-sex, and many can be cured with antibiotics," said Acting State Public Health Officer Dr. Charity Dean. "Regular testing and treatment are essential prevention strategies, even for people who have no symptoms. Most people infected with an STD do not know it." CDPH is collaborating with local health departments and organizations throughout the state to coordinate efforts to control STDs, hepatitis C and human immunodeficiency virus infection (HIV). The 2019-2020 state budget includes increases in funds to help address the rise in STDs, including: \$40 million over four years to enhance the capacity of local health departments to identify, monitor and respond to communicable diseases; \$5 million per year for STD prevention and control by local health departments and community based organizations; \$5 million per year for HIV prevention and control by local health departments and community based organizations. \$5 million per year for Hepatitis C prevention and control by local health departments and community based organizations. \$2 million per year to enhance local health department capacity for STD prevention and control.

UNDERFUNDED **By Sue Frost**

OVERSTUFFED AND



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The festivities kicked off at 9:00 AM with a parade following Auburn Blvd. from Twin Oaks Ave. to Rusch Park. Many community organizations, neighborhood associations, and local businesses participated in the parade — waving to onlookers, throwing candy to the kids, and showing off their costumes. The costumed Heights Water District, and the coming together."

Neighborhood Association category, Sunrise Recreation and Park District Preschool in the community organization category, the Sacramento Spyder Ryders in the classic car category, and Atlas Disposal in the local business category. For the judges' picks, Sacramento County District 4 Supervisor Sue Frost chose Quick Quack Car Wash, Citrus Heights

> For more information, visit the CDPH Sexually Transmitted Diseases Control Branch. www.cdph.ca.gov \star



International Railfair Celebrates 43 years of Model Railroading

Submitted by International Railfair

ROSEVILLE, CA (MPG) -Model train enthusiasts shouldn't miss the 43rd annual International Railfair on Saturday, November 9 and Sunday, Nov. 10 at The Grounds, at Placer County Fairgrounds at 800 All America City Boulevard in Roseville.

Open to the public, the West's premier model railroad show will be held between 10 am and 5 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday, and features American and European operating layouts, hobby clinics, vendors and a Trainmart consignment store for hobbyists who may want to sell items in their personal railroad inventory.



Trains featured can be small toys for children or impressive, finely-crafted exact replicas, which will make your jaw drop with nostalgia for yesteryears. Photo courtesy International Railfair

adult kids! Be sure to bring your cameras and plan to spend a day full of fun.

Four model railroad clubs and organizations: Sacramento Modular Kids love model Railroaders, Roseville

Railroad Club, European Train Enthusiasts, and the Sierra Division of the National Model Railroad Association put each year.

Explore three buildings

railroads. And so do Roundhouse Model at the Placer County Fairgrounds in Roseville which will be filled with operating model railroads of many different scales, and vendors who on International Railfair sell model railroad and railfan products. Explore *Continued on page 3*

Read More at www.CitrusHeightsMessenger.com



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Spend Twenty Minutes With Me

By Sal Arrigo, Jr.

SACRAMENTO REGION, CA (MPG) - Attending the 14th Annual California Capital Airshow at Mather Airport on October 5-6, 2019, was a thrilling experience!

My original intent was to focus and write about the 75th anniversary of the D-Day invasion which was one of the highlights of the show. As it turned out, I was distracted by a documentary that was being filmed about the WASP organization. As I eavesdropped, I became more and more interested in the Women's Airforce Service Pilots who were very instrumental in adding to the success of the United States Air Force.

I have never heard of this military group, but by show's end, I became quite a fan. The WASP organization was formed in 1942 with 23 women making up the first graduate group of Service Pilots. Their job was to ferry and test aircraft and to train other personnel in their use. While this group became part of history by being the first women to fly military aircraft for the United States, their organizational mission was just beginning. The title of this article is attributed to Kimberly Johnson, one of the keepers of the official archives of the WASP organization located at Texas Women's University in Denton, Texas. Kimberly told me a fascinating story about began in the 1970s. Colonel Paul Tibbetts, the pilot of the Enola Gay and cockpit area, I asked Vera the B-29 Superfortress, (the plane that dropped the atomic bomb on Hiroshima, Japan during World War II). "The B-29 was a scary

plane to fly and the male pilots were finding excuses not to fly it," said Kimberly. Colonel Tibbets had to find a way to convince his pilots to start training and becoming familiar with the aircraft. He turned to the WASP's and found that Dorothea Moorman and Dora Daugherty were willing to fly the B-29 and encouraged the male pilots by telling them it was safe to fly. "Imagine the look on the male pilots' faces when two ladies stepped off the plane!" she concluded.

I had the privilege of learning so much more about the WASP's and came to realize that more than 25,000 women signed up to join the first class! The WASP's were official members of the United States Air Force, but it took more than 60 years before Congress bestowed upon the group the Congressional Gold Medal for contributions made during World War II.

One of the WASP display highlights was a B-25 Mitchell medium bomber available for visitors to climb aboard and visit the cockpit. This is where I found pilot and Boeing engineer Vera Martinovich. She flew the B-25 from its base in Madras, Oregon to Mather Airport and was experiencing her first airshow. The plane is part of the Erickson Aircraft Collection, an organization with "a wide variety of WW II Aircraft," which

As I climbed into the if she experiences "any visitors" when she is flying the B-25? "I think about those 20-year old WASP's talking together," she said. She



Present at this year's 14th Annual California Capital Airshow at Mather Airport are Delane Buttacavoli, left, and Kaitlan Comm, two members of the WASP National Soar Tour. Photo by Sal Arrigo J

joined as a pilot to fly the piece of our nation's mil-B-25 "to keep them flying" to honor the history of the WASP pilots. As we spoke, Vera mentioned the people who were attend-

itary history, and one that needs to be told on a more frequent basis. The Women Airforce Service Pilots crosses many generations



In the cockpit is B-25 pilot Vera Martinovich. The B-25 Mitchell was a medium bomber introduced in 1941. Photo by Sal Arrigo Jr.

that they "could truly grasp and realize what the WASP pilots accomplished." I had to agree it is an important

ing the airshow, hoping and has made an impact on young women of today. It certainly made an impact on Vera as she said "this is the plane I wanted to fly."

pilots who emphasized the importance for the general public to know about the WASP's. Delane Buttacavoli and Kaitlan Comm are part of the WASP National Soar Tour. They both told me that they "love the WASP's" and they wanted to take the WASP story to other airshows across the United States. It was easy to understand these women's passion for doing so. I watched them enthusiastically greet show spectators and then assist them to climb onboard the B-25.

As with any group throughout history who difference to those around them, I can say the Women more. Airforce Service Pilots did just that. Kimberly Johnson said she felt the women "persevered and really had something

I also met two other to contribute to the war effort." As it is stated "the mission of the WASP Archive is to honor the first female military pilots, tell their story of service, bravery, and heroism to their country, and celebrate the place women in aviation occupy today, tomorrow, and yesterday inspiring future generations."

If you find yourself asking such questions as - "who was the person who approved the program to train the women?", or "how many of the women died in service to their country while WASP members?" - visit the WASP website at: https://waspwant to make a positive museum.org/ for answers to these questions and

> "We live in the wind and sand...and our eves on the stars." – Motto of the Women Airforce Service Pilots (WASP)



Suspects Not Located in Shooting Investigation

By Jason Baldwin, Citrus Heights Police Department

CITRUS HEIGHTS, CA (MPG) - At approximately 12:00 PM, unknown suspect(s) fired at least two rounds at a residence on the 6300 block of Mariposa. There were no injuries as a result of the shooting. There is no evidence to suggest that rounds were fired at or in the direction of San Juan High School. The suspects were described as one white male juvenile and two black male juveniles. Witnesses reported the suspects fled on foot after the shooting toward San Juan High School.

At the time of the incident, San Juan High School students were out of their classrooms on lunch break. At approximately 12:04 PM San Juan High School was locked down, and officers started searching the campus.

Due to the violent nature of the crime and our concern for the safety of our

students, CHPD Officers searched every building, room, bathroom, and storage closet for the suspects and evidence. The suspects were not located.

Throughout the investigation, we coordinated with parents, students, school administrators, and faculty. We would like to thank the California Highway Patrol, Sacramento County Sheriff's Department, San Juan School District, San Juan High School Staff, as well as Safe Schools for their assistance and cooperation.

The safety of our students and teachers and the surrounding community are our number one concern. We deeply care for our schools and will continue our efforts to make them safe havens for the kids in our community.

CHPD continues to investigate this incident. If anyone has information or knowledge related to this investigation, we ask that you please call the CHPD tip line at (916) 727-5524. ★

International Railfair Celebrates 43 years of Model Railroading



Railyards are the life story of many, and a detailed replica invites you into a rugged slice of Americana. Photo courtesy International Railfair

Continued from page 1

model train layouts in narrow gauge, Lionel, HO, N, Z, O, S, G and live steam in action.

Three sponsors of International Railfair, the Roseville Roundhouse Model Railroad Club, the European Train Enthusiasts and the Sacramento Modular Railroaders, will be operating their large club model railroads at this year's show.

The Sacramento Valley Garden Railway Club will display their G scale modular garden layout that features an operating sawmill and other action scenes, many with sound.

Don't miss the Sacramento Modular Railroaders double-track HO scale layout which features an operating turntable and steam facilities at one end. Many buildings in the yard and on modules are lighted. In operation, the group regularly runs long trains of 75 cars or more, many which are sound-equipped. Another family favorite is the two children's starter layouts, designed and set up so children attending the show can earn a junior engineer badge as they operate a model train on a finished model railroad on their own. The two layouts are set up in separate buildings on the fairgrounds (Jones Hall and Johnson Hall) and both layouts are HO Scale. Junior Engineer trains will be rolling throughout both Saturday and Sunday.

Hot food and drinks will be available at the snack bars and seating will be available in both Jones and Johnson Hall.

Cash only admission cost is \$10 for adults. Children under 12 years of age are free. Fairgrounds parking at the Placer County Fairgrounds is \$10. A Sunday family admission special for parents and children is \$15. For more information visit: www.internationalrailfair.com

Motorcyclist Killed In Collision On I-80 Westbound

By Mike Zerfas, California Highway Patrol

SACRAMENTO REGION, CA (MP) - On October 22, 2019 at approximately 4:32 am, The California Highway Patrol (CHP) received a call of a multiple vehicle traffic collision involving a motorcycle on I-80 westbound near the Antelope Scales. CHP officers responded to the collision scene and learned that a 38-year old man out of Los Angeles had been riding his 2009 Kawasaki motorcycle westbound on I-80 and was approaching the Antelope Scales when he collided into the rear of the sedan (2012 Ford Fusion) that was driving in front of him. This caused the motorcyclist to be fully ejected from his motorcycle. Both the rider and the bike were sliding on the roadway and came to rest in the #4 westbound traffic lane directly in the path of a big rig (2019 Peterbuilt with box trailer). The driver of the big rig was unable to stop or avoid the rider and collided with him. The motorcyclist was pronounced dead on scene at 4:42 am.

The #2 thru #5 traffic westbound lanes were closed until 6:20 am while CHP officers conducted their on-scene investigation. The cause of this collision i s under investigation. It is not known if drugs or alcohol were a factor in this collision however no arrests were made on scene.

The drivers of both the sedan (a 58-year old woman from Citrus Heights) and the big rig (a 64-year old man from Granite Bay) were not injured, remained on-scene, and cooperated with the investigation. Any persons who may have witnessed this collision or who can provide any additional information regarding this collision should call Officer Mike Zerfas at the North Sacramento Area CHP office at (916) 348-2300 or Officer Amy Walker by cell phone at (916) 798-0975. ★



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Dare to Live Without Limits by Bryan Golden Don't Give in

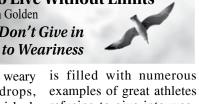
When you become weary your enthusiasm drops, your resolve is diminished, and the option of giving up becomes more appealing. In short, you don't want to take another step. If you give into weariness, you risk losing all the progress you have already made.

The following examples illustrate what happens when a person gives into weariness. Let's first look at Roger, a college student just starting the second half of his senior year. To pay for his education, Roger has been working while going to school since he was a freshman.

Needless to say, Roger is weary from working and attending school for over three years. He is now being offered a substantial promotion at work. Taking it would require dropping out of school due to the increased hours required.

If Roger gives into the weariness by quitting school, he won't get the degree for which he has devoted so much effort. Although he might have a better job now, his future job mobility would be limited by his lack of a degree.

However, if Roger stays in college for a few more months in order to graduate, his degree would be a credential which would pay off for a lifetime. Although it's tempting for Roger to give into weariness, he has much more to gain by sticking it out.



refusing to give into weariness. They push through extreme fatigue and even injuries to play on to victory. These athletes dig deep inside themselves to tap into an extra reserve of energy. This is the difference between winning and losing.

Wilderness survival stories also exemplify the refusal to give into weariness. These are examples of people who survive daunting odds. Injuries, lack of food, extreme heat or cold are among the weariness causing adversities which must be overcome in order to stay alive. Each survival account demonstrates how much is possible when a person is determined to keep going regardless of the challenges facing them.

You may be facing you own weariness causing challenges now, or in the future. Regardless of their nature, you must not give into weariness. Giving in to weariness ensures failure. Nothing positive is accomplished. If you give in to weariness, you will look back on your experience wishing you had kept going.

Your journey may be longer than you planned. Your strategy might not be as effective as you hoped. You may be dealing with a long series of challenges. As a result, weariness The world of sports will set in. You think you have no more energy. The thought of giving up is ever more appealing. Fight against this urge with everything you have.

You must keep moving forward even though you are weary. Take your mind off of how far you have to go. Instead, focus on just taking one more step forward, and then another. This is how you avoid giving into weariness. It requires relentless persistence.

Overcoming weariness is a matter of mindset. A burning determination to reach your objective is essential. Take one step at a time while proceeding one day at a time. Moving forward, no matter what obstacles you face, is what it takes.

When you feel weary, don't distress, it's only a temporary condition. Motivate yourself by visualizing how you will feel once you successfully reach your goal. Make a commitment to yourself to never give up, or to give in to weariness.

Life's journey has bumps, detours, and the unexpected. Weariness is part of the experience. It is always your decision as to how you respond. Nothing can defeat you. Only you can defeat yourself.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com

or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2017 Bryan Golden



By Marlys Johnsen Norris, Christian Author

The LOVE BOOK OF GOD, THE HOLY BIBLE was written over 1500 years ago and holds the stories of all kinds of people and their search to know and love the God of all TRUTH. Truth of God is more than an idea about something! Truth brings with it a witness that it is actual and comes from our Creator.

There are 39 books in the Old Testament: Law, History, Poetry and Prophecy

The first 5 books of the Bible provide many of God's laws about how to live one's life. Following there are 12 historical books that cover the occupation of the Promised Land.

God "Must Be First" In Our Lives

the Old Testament is written in poetry describing questions about evil, pain, love, wisdom and God.

The last 17 prophetic books account for almost a quarter of the Bible and include the Major 5 Prophets and 17 Minor Prophets.

Every one desires to find TRUTH in their lives and God's plan is for everyone to find it. It is truly at our fingertips. We have a choice. That is to know God created every one of us. Until we yield to His perfect design, his blessings will fall on our lives. The Bible states: You shall know the truth and the truth shall make you free!

TRUTH comes from God! It is more than a simple idea about something!

TRUTH brings with it a witness that it is actual and comes from our Creator!

TRUTH is so powerful the one who hears it, will experience it's conviction. They may try to deny and run from it but it echo will remain in their conscience!

TRUTH births a new life from God to the one who accepts it!

TRUTH will expel CA

One third in 5 books of all darkness from God's enemy because it comes from God!

> Problems and trials come because Satan is the accuser of the brethren! He wants to keep people who don't know God - "captive"! He is the father of lies (John 8:44) and the "owner of Hell." He does everything to cause a person to reject God and follow him. Run from him! Resist him! Pray to God and plead the **Precious Sacrificial Blood** of Jesus Christ and he will flee from you.

God's enemy has only the power you allow him to have. He heaps guilt and all kinds of feelings on people to make them prisoners and bound by his ideas. Seek God's truth and He alone will grant you freedom and victory over His enemy. Pray and "Seek God with your whole heart and soul. He will expel all the darkness from you by His loving power."

Marlys Johnsen Norris Christian Author, Teacher, Stephen's Minister Marlysin@gmail.com PO Box 114, Orangevale,

A Minister And A Day Off His Rocker

Dr. James L. Snyder

I was tootling along one day last week, quite focused on getting my business for the day done. In fact, I was feeling good about the progress I was making with my "to-do list." Nothing is more satisfying to me than the sense of being in control of my schedule. I love checking off items on my "to-do list."

As the scheme of things usually develops with me, this euphoric situation was not long-lived. It was left to the Gracious Mistress of the Parsonage to bring a sense of reality into my life.

"One of your New Year's resolutions was to take a day off each week. When was the last time you took a day off?" She demanded.

At the time, the resolution was not the result of any serious contemplation on my part. I thought I was just placating her at the time. I never imagined months later she would be calling me on the carpet for it.

"Well," I stammered, "there was that week in February when I took several days off." Then my smile returned to me along with a little bit of confidence.

"You don't mean those you're not including those in the category of days off?"

like to make snap judgments on things affecting my schedule.

Looking back on the conversation, I can see my mistake. I hesitated. In my many years as a husband, I have noted whenever I hesitated, my wife assumed it was a sign of agreeing with her proposal.

"It's settled then," she said. "Tomorrow you will be taking the day off."

This was an invitation I could not refuse. I love it when a plan comes together and I felt compelled to go along with the plan.

The Bible offers a wonder-"Haven't you forgotten days you were sick in bed ful invitation. "Come unto something?" She asked me. with a cold, do you? Tell me me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30.)





Tap into God's Power

felt that way, I have good news for you. God says "I want to help you get You start acting as though there... I'm going to help it's already so. You thank you be the person I cre- God for the answer in

Start acting in faith. You put feet to your faith.

By Pastor Ray Dare

God's power is unlimited. God can do anything He wants to. His power is amazing! But let me tell you something more amazing – the Bible says God wants to make His power available to YOU. That's good news because there are so many people in our society who are powerless. Powerless to change their lives. person they want to be. Powerless to rise above their present situation or circumstance.

So many people live all their life beneath their God given potential. And they go all through life with the feelings of inferiority, feeling defeated, hopeless, with no dreams, no goals, no purpose, no ambition and that's sad.

You may feel this way, you think, "I'll never be the person that I want to be... I'll never be what I could have been... My circumstances will never change." If you've ever

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going to help you rise above your present selfimposed limitations." So, how do you get God's power in your life?

Admit that you need His power. You stop acting like superman or superwoman. You stop relying on your own strength and power and admit that you need His help. Paul said in 2 Cor. 2, "I have cheerfully made Powerless to become the *up my mind to be proud of* my weaknesses, because they mean a deeper experience of Christ's power. . For my very weakness

makes me strong in Him!" Believe He will help you. Faith is the key that unlocks the door to God's power in your life. "Everything is possible for him who believes." Mark 9:23. One of my favorite verses is Matthew 9:29 "According to your faith it will be done unto you." God says, you get to choose what I do in your life. You get to choose how much power God pours into your life.

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ated you to be ... I'm advance. If you wait until you receive the answer to thank God is that faith? No. That's gratitude. Faith thanks God in advance and acts as if it's already so.

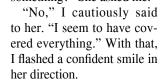
The Bible tells us that power is wrapped up in a person, the person of Jesus Christ. You don';t get the power without getting the person. So, the key to having God';s power in your life is to have God':s Son in your life, Jesus Christ. When you say, "Jesus Christ, put Your Spirit in me, the Spirit of power, love, hope and peace," you have God's power. If you';ve never invited Christ into your life, open yourself up and say, "Christ come into my life, give me your power. I want to live your way." That';s how you do it! Plug in to God's power today.

Pastor Ray New Beginnings Church 10am Sundays, You're invited! www.NBC4U.org

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She caught that smile and returned a menacing glance in my immediate direction. I caught her drift, which clearly undermined my previous confidence in my schedule

"Don't you recall," my wife almost sneered, "your I tried stalling her, "and I'll New Year's resolution?"

Looking at her with all the seriousness I could muster at the time I said, "I really don't know what you mean." "I think you know exactly

what I mean," she demanded.

My smile along with my confidence deserted me.

"Okay," I conceded. "I'll take a day off next week." I thought that would settle it and with any good luck by next week she will have forgotten this conversation.

Why not take a day off this week?" she queried.

"Let me think about it," get back with you on the day."

"How about tomorrow? It's a day," she replied.

Well, she had me there. Tomorrow was a day this week. My problem is I don't com.

My advice is to take God up on his marvelous offer, today, not tomorrow.

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

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With Halloween on the Horizon, Halt Hazards with These Tips!

National Fire **Protection Association Press Release**

SACRAMENTO REGION, CA (MPG) - Halloween has become a hugely popular time for fun and festivities, but with it comes the potential for a variety of fire hazards. The National Fire Protection Association (NFPA) encourages everyone to take these these fires. simple precautions to stay safe without sacrificing that fun.

"Halloween brings an season: opportunity to wear fun costumes, decorate our homes, and eat too much candy," says Lorraine Carli, NFPA's vice president of Outreach and Advocacy. "However, without proper safety precautions, we run the risk of turning good times into the wrong kind of common decorations like scary ones."

research, between 2012 and 2016, decorations were the item first ignited in an estimated average of 800 reported home structure fires per year, resulting in an average of two civilian deaths, 34 civilian injuries and \$11 million in direct property damage. The decoration was too close to a heat source such as a candle or equipment in almost half of

NFPA offers these tips to stay safe during the spooky

Costumes: Avoid fabric that billows or trails behind you, as these can easily ignite. If you are making your own costume, avoid loosely woven fabrics like linen and cotton, which can be very flammable.

Decorations: Many cornstalks, crepe paper, According to NFPA and dried flowers are very



Without proper safety precautions, we run the risk of turning good times into the wrong kind of scary ones. Photo by Steven Libralon

flammable. Keep these and done correctly. Keep them in lit. Extinguish candles before similar decorations far away from any open flames or heat sources, like candles, heaters, and light bulbs.

Candles: Using candles as decoration can be risky if not a well-attended area out of the leaving an area. path of potential trick-or-treat-

Jack-o-lanterns: Glow ers. Remind children of the sticks or electric candles dangers of open flames, and are the safest choice when make sure they are supervised it comes to lighting up your at all times when candles are jack-o-lantern, but if you

choose to use a real candle, do so with extreme caution. Light a candle inside a jacko-lantern using long fireplace matches or a utility lighter, and keep it away from other decorations.

Visibility: Give children flashlights or glowsticks for lighting, these can even be incorporated into the costume. If your child has a mask, ensure the eye holes are large enough for them to see clearly.

Smoke Alarms: This is a great time to make sure your smoke alarms are functional and up-to-date.

Exits: Exits are NOT an appropriate place for decorations. When decorating, ensure that nothing is blocking any escape routes.

All NFPA codes and standards can be viewed online for free at www. nfpa.org/freeaccess.









Spring is what I call my *ex-husband* season. My ex was always unpredictable and the only thing predictable about him was his unpredictability. Before you unconsciously store the warm sweaters, knits and jackets that are for colder days, to make room in your closet for your spring clothes, remember how ex-husbandy spring's weather can be and join me in a few Farewell Wearing Ceremonies.

What's a Farewell Wearing Ceremony? It was coined by my good friend Krista. She's very organized and she always looks great in her clothes. I used to see her once a week because we sang in a chorus together. She shared with me this fabulous idea she partakes in regularly to keep her wardrobe reflecting just what she loves and therefore wears. I just had to tell you about it, before you unconsciously store your warmer clothes that perhaps have seen better days.

Krista is always looking for items of clothing she doesn't wear regularly (those articles in your closet or dresser drawers, you keep passing over for various reasons, ending up picking something you really want to wear). Say she chooses a sweater she hasn't worn in a couple of months; she puts it on and wears it for the day. (She often wore such garments to our chorus rehearsals and once had a jacket that was being worn for its Farewell Wearing when she told me about this.) During the day of wearing the sweater, she remembered as much about it as she could; where she bought it or who gave it to her. She thought about all the times she had worn it, and if there were special occasions she remembered wearing it and she pulled up specifics about those events in her mind and relished the enjoyment she had. She talked to it and thanked it for its service.

As part of the ceremony, she informed the garment that she'd wear, it and IF, during the day, someone complimented it, it'd get a temporary reprieve from disposal! At the end of the day, the blouse got put in the Salvation Army bag, because it got no compliments. (She didn't tell me how much time the compliment buys, but I suppose that'd be an individual thing.)

So before you pack those sweaters and jackets away to make room for your spring wardrobe, why not try Krista's idea? As spring gets closer to summer and the weather is more predictable, you'll have a nice collection of garments that have taken part in a Farewell Wearing Ceremony and you can head to the Salvation Army.

Mother Nature's Closet

Don't vou love the change in seasons? I like to think of the trees in my yard as people. I've got a flowering cherry tree that's all decked out in her new dress right now and in another couple of days all the trees will be dressed in a multitude of shades of green. We can learn from Mother Nature. She gets rid of the old, worn out garments of last year, and dons new clothes in the spring. Wouldn't it be great to get all new clothes every spring? I don't have Mother Nature's limitless budget for all new clothes, but for every Farewell Wearing Ceremony victim, I've promised myself a new spring garment to replace it.

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, lose weight and get your finances in order. all from a reformed SLOB's point of view. Pam's books are available on Amazon.



Under 65: What Should I Do During Medicare Annual Period (aka Open Enrollment)?

Reader Alert: Effective October 1 st, the new Medicare.gov Medicare plan finder was released. Navigating this site is not easy. Please take your time when searching a new Medicare Part D or Medicare Advantage plan ... Toni



I turn 65 next March, and I'm overwhelmed by all of the mail I am getting this year for Medicare

Annual Enrollment. What do I do? All the mail from all the companies say theirs *is the best, but they all offer* the same thing. If I don't do something at the right time everybody says I'll get a penalty that will last the rest of my life.

How does someone know what is the right decision for their situation? Look forward to your answer. Matt, Hoover, Alabama

Matt.

NOTHING!!! NADA!!!

how often we are asked is not a cookie cutter, one this question during a Toni Says Medicare appointment. America is absolutely horrified about making a Medicare mistake and receiving a penalty that to believe that. Your health can last a lifetime. The and prescriptions needs

answer to your question are not the same as your is NO...you do not have to do a thing during this year's Medicare's Annual Enrollment Period (aka Open Enrollment) because Medicare Annual you are not 65 yet; therefore, you have not enrolled in Medicare yet.

Now next year, Medicare's Annual Enrollment Period (aka Open Enrollment) is when

you can make a change to your Part D plan, change, or enroll in a Medicare Advantage plan.

You MUST have already turned 65 before Medicare Annual Enrollment Period (aka Open Enrollment) to affect you during this time period.

Since you are turning 65 in March, then 90 days prior beginning January, is a good time to find out which Medicare option is the right choice for your Matt...you must do specific Medicare needs. As we say in the Toni You have no idea Says® office, "Medicare size or plan does not fit everyone." Although the insurance companies' marketing their specific Medicare plans want you

friends and so you cannot compare your Medicare to theirs.

Toni Says[®] Alert: Enrollment Period (aka Open Enrollment) is for those who are already 65 and enrolled in a Medicare Plan. You do not have to make a change during the if you enroll in Medicare for the first time that year or are happy with your current plan.

Concerned that your medical providers or facilities are not accepting the Medicare Advantage plan which you are considering. There are specific Medicare rules when changing from a Medicare Advantage plan to a Medicare Supplement. Call the Toni Savs Medicare Hotline at 1/844-250-8664 to have your Medicare questions or concerns answered or email info@ tonisays.com.

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. tonisays.com. *





Sacramento County **DA Reports**



Defendant Convicted of Murdering Girlfriend at Hotel **DATE: October 17, 2019**

CASE: Lucas Sanchez (Case #17FE016812)

PROSECUTOR: Deputy District Attorney Allison Dunham, Homicide Unit.

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

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

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

Defendants Sentenced for Murder Outside Arden Way Nightclub DATE: October 15, 2019

CASE: Julian Garcia

and German Zamora-Canada (Case #16FE021333)

PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit

The Honorable Ernest Sawtelle sentenced Julian Garcia to 149 years to life in prison and German Zamora-Canada to 99 years to life in prison. On September 17, 2019, a jury convicted Garcia of the first-degree murder of Cesar Aleman-Luna, two counts of attempted murder and being a felon in possession of a firearm.

Zamora-Canada was convicted of the second-degree murder of Cesar Aleman-Luna, attempted murder and being a felon in possession of a firearm. The jury also found true firearm allegations for both defendants.

On October 9, 2016, Julian Garcia and German Zamora-Canada got into an altercation with the surviving victims after a concert at La Nueva Tropicana nightclub on Arden Way. Garcia and Zamora-Canada pulled out guns and opened fire, striking three victims. Those victims survived, but suffered major injuries. Cesar Aleman-Luna was working at a taco truck outside the nightclub when he was also struck five times, killing him.

Both Garcia and Zamora-Canada have a prior strike conviction and both were sentenced under California's three strikes law. Garcia was previously convicted of assault with a firearm in 2010 and Zamora-Canada was previously convicted of robbery in 2012.

Defendants Sentenced for Murder and Abuse of 22-Month-Old Victims **DATE: October 11, 2019**

CASE: Taylor Montgomery-Gutzman & Rebecca Thomas (Case #16FE022095)

PROSECUTOR: Supervising Deputy District Attorney Chris Ore, Special Assault & Child Abuse Unit

The Honorable Allen Sumner sentenced Taylor Montgomery-Gutzman to 31 years to life in prison. Rebecca Thomas had been previously sentenced 25 years to life in prison. On May 3, 2019, a jury convicted Taylor Montgomery-Gutzman and Rebecca Thomas of the second-degree murder of 22-month-old Kash Thomas, and felony child abuse involving Kash's 22-month-old twin brother. Montgomery-Gutzman was also found guilty of assault on a child causing death.

On October 13, 2016, Taylor Montgomery-Gutzman strangled Kash Thomas to death. Rebecca Thomas, the children's mother, had seen injuries on her children prior to the murder, but nonetheless left the 22-month-old twins in Montgomery-Gutzman's care. Thomas had been told to seek medical attention for both children, but she failed to do so. ×

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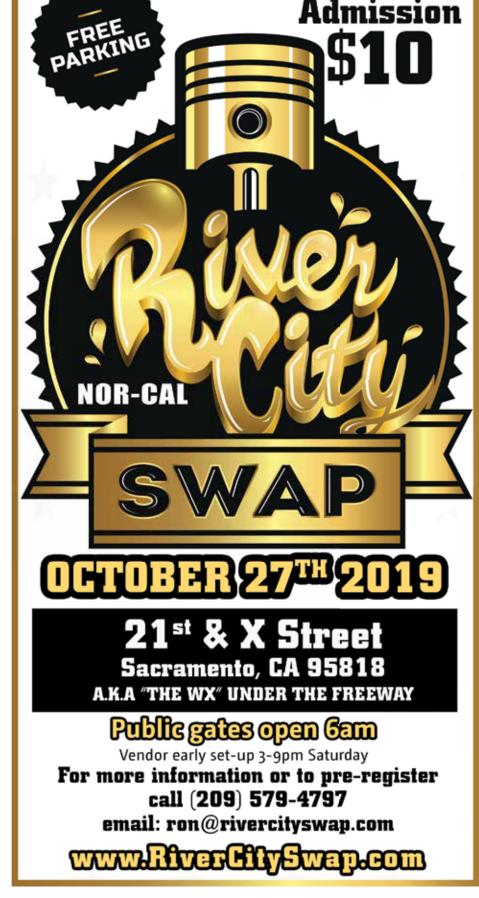
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The Foolhardy **Campaign Against** 'Endless Wars'

Barack Obama and Donald Trump are diametrically opposed figures, representing the categorical rejection of the other for his supporters, yet they share significant foreign-policy DNA.

They both defined themselves in opposition to George W. Bush's foreign policy. Obama probably wouldn't have defeated Hillary Clinton for the 2008 Democratic nomination if she hadn't voted for the Iraq War and if he didn't speak out against it at the time. Likewise, Trump outpaced all his 2016 GOP rivals in denouncing our Middle East commitments.

Obama represented the internationalist left, while Trump is the champion of the populist right, and there are important policy differences between the two (Obama cut the Iran nuclear deal; Trump withdrew from it). Yet, in his pullback from the Syrian border, exposing our Kurdish allies to a Turkish invasion, Trump now has his own version of Obama's foolhardy pullout from Iraq that created the opening for the rise of ISIS.

The cost of Trump's decision is a betrayal of the Kurds, a worsening relationship with Turkey, a possible lifeline for ISIS and a boost to the influence of Russia, which should be able to leverage it for continued strategic gains in the region.

The pullback has managed, astonishingly enough, to alienate both the Kurds and Turkev from the United States. Usually, given the historic enmity between the two, it's possible to alienate only one at a time. After we dumped them, the Kurds have fallen into the arms of the Assad regime in Syria, while Turkey will be as hostile to the U.S. as ever once Congress gets done trying to punish it for its invasion.

Just like Obama's withdrawal from Iraq, Trump's pullback in Syria is a belated reaction to the Iraq War. Obviously, there is no political support on the right or left for invading and occupying a Middle Eastern country again. But there's a vast distance between the height of the occupation of Iraq, when we had 150,000 troops fighting a war of counterinsurgency, and our minimal commitment in Syria aimed at creating and supporting a proxy force to do the hard fighting against ISIS.

To throw both the Syria and Iraq interventions together under the rubric of "endless war" is to fail to make distinctions. It's senseless to oppose a relatively cost-free action in Syria that has succeeded in its own terms (the ISIS caliphate has been defeated) because the Iraq War was fought for years at a high cost with dubious results. It'd be like opposing the invasion of Grenada because the invasion of Normandy required so much blood and treasure.

The long-standing American military reflex is to win and go home, but it's rare that even the most clear-cut victory is so neat. We won a decisive conventional military victory in World War II in Europe, and we still have troops in Germany. The first Gulf War is supposed to be the model of a rigorously limited commitment, but it still resulted in a no-fly zone over Iraq, the creation of an autonomous region for the Kurds in the north and a constant effort to enforce U.N. sanctions.

Nor is getting out as clean as advertised. Obama triumphantly exited Iraq, only to have to go back in when things spun out of control. If Trump wants to be done with Syria, it might not be done with him.

Rich Lowry is editor of the National Review. (c) 2019 by King

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Test His Resolve

Dear Dave,

Our son is 27, and he has a good job making \$55,000 a year. Recently, we learned he financed an expensive car he's now upside down on. In addition, he has accumulated debt. He lives in a small town, and only pays \$650 a month in rent, but he is asking for money. We taught him about living on a budget and staying out of debt when he was younger, and now it seems he didn't listen very well. How do you think we should handle this situation? – Bryce

Dave Ramsey Says

Dear Bryce,

The first thing I'd advise telling him is that you and his mom aren't going to whip out the checkbook, and make his problems disappear. That may sound harsh, but he had a really good thing going until he messed it up by acting impulsively and irresponsibly with his finances. Nope, I wouldn't take care of it for him – not at his age. This young man needs to have some skin in the game.

I'd tell him to sell the over \$15,000 in credit card fancy car, and get something way cheaper to drive for a while. I'm talking about a little beater in the \$2,000 to \$3,000 range. It sounds like he'll have to get a small loan to cover the difference, but a little car debt is better than a lot of car debt. I'd also advise him to pick up a part-time job nights or weekends until he gets that credit DaveRamsey.

card debt paid off.

In other words, let him wallow in it and worry about things for a while. Then, if he's willing to accept responsibility for his actions, and starts handling money more wisely, you two might help out every so often with a little extra cash on the payments.

But I'd test his resolve first. And I'd want to see proof he has learned from his mistakes! – 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 @ *









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SPOOOOOKY!

Little ghosts and goblins will be at your door to celebrate Halloween. It's all about dress-up and treats! But traditions go back a lot longer than you can imagine. Halloween straddles fall and winter...plenty and paucity...life and death. It is a time of celebration and superstition. It's thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires fires and wear costumes to ward off roaming ghosts. Like they were so stupid they wouldn't recognize you all decked out in some crazy getup? But I digress. The Celts, who lived some 2,000 years ago in the area that is now Ireland, the United Kingdom, and Northern France, celebrated the New Year on November 1. This day marked the end of summer and the harvest, and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the New Year, the boundary between the worlds of the living and the dead became blurred. That's why on October 31, they celebrated Samhain. They thought these roaming ghosts would cause trouble and damage crops, that the presence of the other worldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. These prophecies were an important source of

POPPOFF! with Mary Jane Popp

that they could divine the

name or appearance of their

future husband by doing

tricks with yarn, apple par-

ings or mirrors. By the late

1800s, there was a move to

mold Halloween into a holi-

day more about community

and neighborly fun than

about ghosts, pranks, and

Today's Halloween tradi-

tions may even dates back

witchcraft.

comfort and direction dur- Young women believed ing the long, dark winter.

When Halloween came to America, it was extremely limited in colonial England because of the rigid Protestants. Merging different ethnic groups and Native Americans gave America a distinct version of Halloween. The first celebrations included "play parties," public events held to celebrate the harvest, where neighbors would

to the early All Soul's Day

Spooky Me - Happy Halloween!

share stories of the dead, tell each other's fortunes, dance, and sing. Colonial Halloween festivities also included the telling of ghost stories and mischief making of all kinds. In the second half of the 19 th century, America was flooded with new immigrants, millions of Irish fleeing Ireland's potato famine of 1846. That helped to popularize the celebration of Halloween nationally. Taking from Irish and English traditions, Americans began to dress up in costumes and go house to house asking for food money. The "trick or treat" tradition was born.

parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family's dead relatives. The soul cake was encouraged by the church as a way to replace the ancient practice of leaving wine and food for roaming spirits.

So go the stories I gathered from history.com. They will all come-acalling on with their funny costumes and the call of "trick or treat." My choice...Chocolate please!!! BOO!!! ×



By County Supervisor Sue Frost

Through the generos-Messenger, this colaffecting the community of Citrus Heights.

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

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

Ιn addition

Citrus Heights Community Update

Overstuffed and Underfunded

having overstuffed jails, compliance issues, sui-Sacramento County's main cide prevention, and use of jail was built before the Americans with Disabilities Act (ADA) and the Health Insurance Portability and Accountability Act (HIPAA) were passed and thus did not meet ADA and HIPAA requirements. There have also been many *ity of the Citrus Heights* federal court decisions that set new standards concernumn serves to provide ing how inmates need to an update about matters be housed, the amount of out of cell time inmates are required to receive, and the medical, psychiatric, and other services that need to be provided in jails.

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

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

As part of this settlement, the County has agreed to improve inmate medical care, mental healthcare, to out-of-cell time, ADA

force policies. This will add additional clinic space for medical, dental, and mental healthcare, as well as the increased staff necessary to run these new programs. All told when fully implemented, the total operating cost associated with the new staff and services will likely exceed \$50 million annually, and construction costs will likely exceed \$100 million.

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

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

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

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



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By Damian Holbrook

Cheers to Riverdale

for its perfect Luke Perry tribute. The teen soap hit pause on its usual cults and speakeasies to honor the late actor in an hour that gave his Fred Andrews a fittingly heroic end and fans a heartbreaking, cathartic way to say goodbye.

Cheers to Bluff City Law 's Appeal

NBC's new legal procedural acquits itself nicely by giving equal weight to the trial of the week and the emotional travails of fiery attorney Sydney Strait (Caitlin McGee) as she tries to make a case for returning home to Memphis to work with her dad (Jimmy Smits). Jeers to The Good Place

estranged, iconic lawyer

for replacing Eleanor (Kristen Bell) with Simone (Kirby Howell-Baptiste) in Chidi's (William Jackson Harper) heart. Now that his mind has been erased and a new "soulmate" has stepped in, we have a bad feeling that Good's last season may keep our favorite couple apart forever.

Jeers to Survivor 's Lairo Tribe

for cutting out one of their own. On the October 9th episode, Karishma accidentally slashed open her hand and nobody on the team - which has mistreated her for weeks



Karishma accidentally slashed open her hand and nobody on the team – which has mistreated her for weeks offered any aid.

- offered any aid. No matter how you slice it, that's just shady.



Will Mac And Harm Be from Harm and Mac, or **Back In A New Jag?**

Question: Will David James Elliott and Catherine Bell make future appearances on NCIS: Los Angeles? I still miss JAG and I'm sure many others do too. Their final scene in the Sept. 29 episode left me with two possible interpretations. – Tom

Matt Roush: I'm sure you're far from alone. They obviously left the door open for either more appearances

even a JAG reboot/spinoff - which would take the franchise full circle, since NCIS originally spun off from JAG way back in 2003. Nothing has been announced, whether more guest shots as a backdoor pilot or an actual revival, but given the response, I'd be surprised if this is the last we've seen of them.

Question: Tiffany Haddish is perfect in ABC's hilarious Kids Say The tvinsider.com

Darndest Things, and of course those adorable kids! I have a feeling this will not just become a huge hit for ABC but possibly a longrunning one. Thank you for the recommendation! – Fred

Matt Roush: The early ratings certainly suggest the Kids reboot could be in for the long haul. Tiffany appears to be having a blast, which can be hard to resist, although as the premiere went on - an hour is an awful lot - I found myself wishing the kids on the stage weren't already so convinced how darned funny they were. But as tried- and-true formats go, this is probably a keeper.

To submit questions to TV Critic Matt Roush, go to:

GET A GREAT DEAL!



Crime Reports





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Citrus Heights Police Report

October 15th -October 16th

10/15/19: 07:58 Stolen Vehicle 1910150054

Occurred on Valeriana Av. 2 Days ago, while RP was asleep, ex-gf took keys & rental veh w/o RP's permission & is not returning RP's calls/text. 10/15/19: 18:02 Reckless Driving 1910150226

Occurred at Chevron X Aub on Greenback Ln. Road rage btwn vehs. EB GB. Whi Merz, veh is swerving and chasing other vehs, speeding.

10/15/19: 18:33 Disturbance Verbal 1910150232

Occurred on Valeriana Av. S/ just drove by house and threw eggs at RP's house, s/is driving RP's stln veh. Blk Niss Rougue.

10/15/19: 20:57 Fraud/Forgery 1910150258

Occurred on Cassini Wy. RP had called for pizza to be delivered. Pizza driver went to wrong house and subjs at that house signed for pizza via RP's credit card & tipped driver 5 dollars

10/16/19: 12:38 Assault 1910160127

Occurred on Charwood Ln. Occurred last night. RP says ex tried to restrain her while she was getting her belongings, RP says she was too scared to report last night.

10/16/19: 18:45 Petty Theft 1910160207

Occurred at Rite Aid X Van Maren on Auburn Bl. 484 just OCCC. Susp ran off, getting into drk blu bmw x5 w/paper covering plate. They just pulled paper off & drove off. Twds gb on auburn. 3 Fb 20's, looks like they had items in purses.

10/16/19: 19:33 Domestic Violence 1910160221

Occurred on Saint Philomena Wy. 20 ago, RP got a text from his sister. She sent msg saying her husb smashed her head into wall. He has left. History of DV. Drives a whi pu truck.

10/16/19: 23:19 Indecent Exposure 1910160255

Occurred on Glenhurst Wy. RP's daughter was getting out of her veh and male tapped on her window and asked if female wanted to have sex with him, he then pulled his pants down. Occd 15 min ago. WMA bald head LSW: no shirt, shorts.

Codes and abbreviations

AMB=ambulance DEC= declined HM = Hispanic male HBD = has or had been drinking

LSW = last seen wearing RP = reporting party UNK = Unknown

WFA = white female adult WM = white male 10851 = unauthorized use of vehicle/vehicle theft 602 = criminal trespassing

Find more info at citrusheights.net

OCTOBER 25, 2019

CHPD: DUI/Driver's License Checkpoint

Citrus Heights Police Department Press Release

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police Department Traffic Unit will be conducting a DUI/Driver's License Checkpoint on 10/25/2019, at an undisclosed location within the City of Citrus Heights between the hours of 8:00 PM and 2:00 AM.

The deterrent effect of DUI checkpoints is a proven resource in reducing the number of persons killed and injured in alcohol or drug involved crashes. Research shows that crashes involving an impaired driver can be reduced by up to 20 percent when well publicized DUI checkpoints and proactive DUI patrols are conducted routinely.

In California, this deadly crime led to 802 deaths and nearly 24, 000 serious injuries in 2012 because someone failed to designate a sober driver. Nationally, the latest data shows nearly 10, 000 were killed by an impaired driver.

Officers will be looking for signs of alcohol and/or drug impairment and checking drivers for proper licensing which will only delay motorists momentarily. Specially trained officers will be available to evaluate those suspected of drug-impaired driving, which now accounts for a growing number of impaired driving crashes. Drugs which may impair driving not only include illegal narcotics, but many prescription drugs, marijuana, and even some over-the-counter medications.

DUI Checkpoints are placed in locations based on collision statistics and frequency of DUI arrests affording the greatest opportunity for achieving drunk and drugged driving deterrence. In addition, locations are chosen with safety considerations for the officers and the public.

Drivers caught driving impaired can expect the impact of a DUI arrest to include jail time, fines, fees, DUI classes, and other expenses that can exceed \$10, 000.

Funding for this checkpoint is provided to Citrus Heights Police Department by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. We would like to remind everyone to 'Report a Drunk Driver - Call 9-1-1.'

Housing Legislation Delays Relief for Struggling Homeowners, Sets Up Vague Investment Scheme

By Jacqui Nguyen

SACRAMENTO, CA (MPG) Senate Republican Leader Shannon Grove (R-Bakersfield) released the following statement after Governor Gavin Newsom signed Senate Bill 113, a housing trailer bill into law. The newly-signed legislation addresses the state's plan to spend \$331 million in national mortgage settlement funds. Senate Democrats passed SB 113 on a partisan vote.

The \$331 million was created as part of the National Settlement Defense Fund in 2012 following the mortgage crisis. The funds were intended to help distressed homeowners who were victims of predatory lending. But Governor Jerry Brown a scheme to study the issue used the funds to backfill the state budget. The National Asian American Coalition (NAAC) sued the state of California in 2012 for the return of the funds and was finally victorious in July 2019.

Both the previous and current Democratic gover-

appealed earlier court rulings against their actions until the California Supreme Court directed the state of California to assist homeowners as originally promised.

In September, Governor Newsom's administration testified that it plans to take a year or more to set up a nonprofit trust that would invest the funds in still-unknown ways, and that it would only spend investment profits, not the actual settlement funds.

"Since 2015, Senate Republicans have been fighting to help struggling homeowners who suffered during the mortgage meltdown. Families should have had their victory at long last, but instead the Newsom administration has concocted for another year and then channel the funds through a vague and possibly risky investment trust.

"This decision will create a needless delay of potentially two more years before homeowners might see a dollar in assistance from unknown investment profits. Also, if nors, Brown and Newsom, the investments lose money, Facebook and Twitter.

there is no guarantee that the trust would have any profits to spend on homeowner assistance.

"Families in California already face affordability issues in our state, and now this overdue assistance is delayed once again. This legislation should have simply directed the state to immediately spend the \$331 million for its intended purpose of assisting homeowners, not create more delays and disappointments," said Senate Republican Leader Shannon Grove.

Senate Republican Leader Shannon Grove represents California's 16th Senate District which encompasses large portions of Kern, Tulare and San Bernardino counties and including the cities of Bakersfield, Barstow, California City, Exeter, Frazier Mountain, Joshua Tree, Mojave, Needles, Ridgecrest, Rosamond, Taft, Tehachapi, Twentynine Palms, Tulare, Visalia, Yucca Vallev and portions of the Kern River Valley. Follow her on

American River College Offers Free Visual Assistance Service

By Scott Crow, American River College

SACRAMENTO REGION, CA (MPG) - American River College (ARC) is providing a revolutionary visual assistance service for the blind and visually impaired on campus in partnership with AIRA, Artificial Intelligence Remote Access, a San Diego based company. Real time agents, or a voice-activated AI interface, assist individuals through visual obstacles, such as maneuvering through campus and reading written information. People who need the service at the college can connect through the AIRA Access service for free.

Funding for the service was gained through the efforts of ARC employee Tiffany Manosh, who is visually impaired and works in the college's Computer Science Department, and Randy Schuster, Chair of the ARC Design Hub. The funding was earned through a competitive grant program organized by the college's Office of Philanthropy. The \$15,000 grant provides several pairs of smart glasses and allows students at ARC to utilize AIRA for no charge during the academic year.

Manosh and other students have been using the glasses and app to maneuver throughout the school while it is undergoing construction work. Manosh has also used them to fly drones, print 3D items, and other activities.

For more information on AIRA, please visit www.aira.io.

Veterans Day Eleventh Hour March and Ceremony

Sylvan Cemetery Press Release

CITRUS HEIGHTS, CA (MPG) - The eleventh hour of the eleventh day of the eleventh month 1918 - an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War. Since no one knew that there would be a sequel in 20 years, it was known as "the Great War" or the war to end all wars but didn't have a number. Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Dav became Veterans Day, a holiday dedicated to American veterans. Unlike Memorial Day, it was not intended to just remember those that fell in battle. Instead it was a day to recognize all those men and women that have served over the course of 241 years of this nation's existence. Whether the service was in war time or peace time or in foreign countries or at home, the Veteran would be recognized on this day. The veteran knows Revolution to modern day.

not what the situation will be when they sign the bottom line and raise their right hand and promise to support and defend the constitution. Peace time quickly can become war time.

Every year, Sylvan Cemetery in Citrus Heights honors those that gave that served in the defense of their county. This year the Veterans Day service will be held on Monday, November 11, 2019, at Sylvan Cemeterv, 7401 Auburn Blvd., Citrus Heights. The ceremony begins at 10:30 with a march through the historical section of the cemetery, stopping briefly at each flag station to read a prayer and salute the flag. The men marching include the American Legion and American Legion Auxiliary, VFW, Sons of Union Veterans of the Civil War, Sons of the American Revolution, Boys Scout troop 228, Police Officers of the Citrus Heights Police Department and all others that wish to march. This march will last about 30 minutes. The march will conclude at the gazebo where there will be a one hour ceremony. Many of the men marching will be in uniform – past and present – from American

Mailed, Due Soon

Secured Property Tax Bills

Secured Tax Unit

SACRAMENTO COUNTY, CA (MPG) -Sacramento County will mail about 464,499 secured property tax bills, which are payable beginning Nov. 1, 2019. These tax bills are mailed only once a year, however, property owners may pay their bills in two installment payments:

The first installment payment is due on Nov. 1, 2019. Payments will be accepted without penalty until 5 p.m. on Dec. 10, 2019;

The second installment payment is due on Feb. 1, 2020. Payments will be accepted without penalty until 5 p.m. on April 10, 2020;

Both installments may be paid when the first installment is due. A reminder notice will not be mailed for the second installment.

Taxpayers may sign up for online e-mail notifications for annual secured property tax bills and reminders before delinquent dates. Choose "e-Subscribe for property tax payment notifications" to receive these notifications.

Due to an improving real estate market, many parcels in Sacramento County will see an increase in their 2019-2020 assessed value:

Some parcels that were previously in Prop 8 Decline-In-Market-Value status will see increases that exceed 2% but are still below their factored (inflationadjusted) Prop 13 level;

Others will see their Prop 13 values restored.

The Assessor's Office annually appraises parcels until their market value equals, or exceeds, the factored Prop 13 value. Property tax law requires that par- card or electronic check over the telecels be assessed at their factored Prop 13 phone at 1-844-430-2823.

value, or their fair market value (as of the Jan. 1, 2019 property tax lien date), whichever is less.

A rising real estate market can cause higher than expected increases in a parcel's annual tax bill if that parcel was in Prop 8 status last year. However, the assessed value of any parcel cannot increase beyond that parcel's factored Prop 13 level. The 2% inflation cap applies only to Prop 13 assessments. It does not apply to Prop 8 assessments, which by law must track the property's market value until it reaches the Prop 13 factored value.

Find assessed value on the Assessor's website under "Assessed Value Lookup," including this year's value and the factored Prop 13 value for comparison. If a taxpayer has evidence that their assessed value as of Jan. 1, 2019, is less than that shown on this year's (2019-2020) tax bill, they should:

Visit the Assessor's Website; Call the Assessor's Office at 916-875-0700; Or go to the Assessor's Office at 3701 Power Inn Road, Suite 3000.

Taxpayers may obtain current year tax bill information, direct levy information and delinquent prior-year tax information and amounts due online through the Sacramento County Online Property Tax Bill Information System, searching by APN or address. Find a QR Code on your tax bill payment stub for use with smartphones that connects to our website.

Payments can be made online via credit card or electronic check. Taxpayers may print tax bill installment payment stubs to mail in with their payments. Taxpayers may also pay by credit



Meet Your Citrus Heights Schools!

San Juan Unified School District

CITRUS HEIGHTS, CA (MPG) -On November 13, from 5 - 7 p.m. San Juan Unified are Arlington Heights CitrusHeights to learn School District is hosting Elementary, Cambridge more about the Meet Your Meet Your Citrus Heights Schools!

about the 12 San Juan Mariposa Unified schools in Citrus Elementary, Skycrest Heights. Come and enjoy Elementary, Kingswood Heights.

district and local resources!

Schools to be included Heights Elementary, Carriage Drive Elementary, Join us to learn more Grand Oaks Elementary, Avenue

student performances, K-8, Lichen K-8, Woodside refreshments and find out K-8, Sylvan Middle, Mesa more information about Verde High and San Juan High.

> Visit www.sanjuan.edu/ Citrus Heights Schools! Or call (916) 979-8783 for the Citrus Heights Community Center: 6300 Fountain Square Drive, Citrus



5 Fall Tips for a Healthy Yard

(eLivingtoday.com)

While many homeowners think lawns need less care during the fall months, it's actually the perfect time to give your yard the extra boost in needs to make it through a dormant winter.

Giving your lawn a little autumn attention as it works to absorb energy, moisture and nutrients to sustain it through the colder months can pay dividends with a lush, healthy yard next spring. Consider these tips to take advantage of the fall growing period:

Mow

Grass continues to grow until the first frost, so it's important to keep mowing throughout the fall. Ideally, you should keep your yard at 2 1/2-3 inches in height, which is short enough to prevent matting and fungi like snow mold yet long enough to keep the root system deep enough to withstand the cold and dryness of winter. Leaving small clippings on the yard can also add organic matter, moisture and nutrients to the soil.

Aerate

Because your yard typically suffers some degree of soil compaction and heat stress, which can lead to brown or thinned grass, regular aeration can prevent soil from compacting and defend against thatch - a layer of roots, stems and debris – that blocks water, oxygen and fertilizer from reaching the roots. The process of aerating removes soil plugs from the yard to encourage root growth and free up



Giving your lawn a little autumn attention as it works to absorb energy, moisture and nutrients to sustain it through the colder months can pay dividends with a lush, healthy yard next spring

passageways for nutrients.

Rake

When leaves fall on your lawn, they can block out sunlight and, if left too long, stick together to form a suffocating mat on your grass, potentially leading to fungal diseases. Start raking as soon as leaves begin to fall or blow into your yard, and rake at least weekly. Alternatively, use your lawnmower fitted with a collection bag attachment to remove leaves from your lawn's surface.

Fertilize

Because grass grows slower as the weather cools, fall is the ideal time to fertilize. In mid-to-latefall, apply a dry fertilizer to your grassy areas to provide necessary nutrients and encourage deep roots and denser growth that can better compete with weeds and tolerate disease and insects. For optimum coverage, use a drop spreader, though crank-style broadcast spreaders also work.

Over-Seed

A dense lawn not only looks good, but also helps protect against weeds. Over-seeding your existing turf can help fill in any thin or bare spots and also introduces the resilient grass seed. For best results, overseed immediately after aerating when the ground is still warm, nights are cooler and the sun is not as hot during the day.

For more strategies to build a healthy, better looking lawn, visit eLivingtoday.com.

Fall in Love with Outdoor Decor

(eLivingtoday.com)

Just because the temperatures cool doesn't mean the amount of time and attention you spend on your outdoor spaces should. Fall is the perfect time to add seasonal touches and decorations to the exterior of your home that not only improve curb appeal, but also amplify your personal style.

Consider these seasonal ideas for decorating your patios, porches and backyards.

Use Bold Autumn Colors

Orange is a go-to fall color, but other seasonal shades, such as burgundy, can be incorporated to complement those orangey tones of pumpkins. Think blankets, throw pillows, mums and faux leaves as accent items that can add seasonal welcome mat fall hues to your home.

Plant Autumn Varietals

Potted plants are one of the quintessential elements of outdoor decor, and taking advantage of your favorite fall blooming plants - Nippon daisies, Oriental lilies, chrysanthemum and helenium, for example – can add seasonal greenery and fiery tones to your garden or planters.

Bring the Indoors Out

You can create beautifully designed spaces that you'll enjoy year-round by bringing the indoors outside. Coffee tables, natural look - and attach to weather-proof area rugs, throw pillows, hanging lighting and wicker furniture can be staples of fall outdoor living spaces that provide the same cozy feel as your living room.

Warm Up with a Fire Pit

Calming and on-trend, creating a DIY firepit either in a safe spot in your vard or simply on a tabletop – using concrete blocks, a ceramic pot or copper bowl and some logs can serve as a perfect gathering place for fall nights.

String Some Lights Around Your Space

If you have an outdoor space that could use some ambience, a string or two of clear party lights or strategically hung lanterns can improve the look and feel of your patio or yard. Of course, you can also opt to light candles or repurpose leftover outdoor torches.

Welcome Guests with a **Personalized Doormat**

Adding a personalized, can add some personality to your porch as a simple way to supplement function with a touch of style. With a range of options typically available, swapping it out seasonally can keep your front door fresh.

Hang a Leafy Wreath

While lush green wreaths work many months out of the year, autumn is an opportunity to string together red, orange and gold hues that can often be found in yards as well. Simply pick up some faux leaves at a craft store – or pick them up from your yard for an even more a wooden or metal wreath frame then hang with some fall-themed ribbon or rustic twine.

Find more ideas for decorating your home at eLivingtoday.com. ★



Fall is the perfect time to add seasonal touches and decorations to the exterior of your home that not only improve curb appeal, Photo courtesy of Getty Imag

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