

High School Teachers Learn to Identify Signs of Human Trafficking **PAGE 11**

Local Businesses Celebrate their **Grand Opening** PAGE **15**



Citrus Heights

VOLUME 9 • ISSUE 18

Serving the City of Citrus Heights & Sacramento County

The Big One Is Back!

SEPTEMBER 27, **2019**

SUNDAY FUNDAY FULL OF FAMILY FUN



PAGE 10

"WITH THE COURAGE OF A MOUSE", NOMINATED FOR GLOBAL AWARD FOR BOOKS



PAGE **15**

CITY COUNCIL REMEMBERS AND



PAGE 3

flying trapeze is an homage to the golden era of circus in America.

Above: The show must go on! Circus Vargas is a community, a

friendship and a family. Courtesy Circus Vargas/Wednesday Aja Right: Circus

Vargas' 50th Anniversary extravaganza of acrobats, daredevils and

Circus Vargas Press Release **SACRAMENTO REGION, CA (MPG)** - The

Big One is Back with "The Greatest of Ease" bringing acrobats, daredevils and flying trapeze! Join us in celebrating, Circus Vargas' 50th Anniversary extravaganza, an homage to the golden era of adventure, as we transport you back circus in America!

All aboard our spectacular circus steam engine as we ride the railways back in time, to relive the nostalgia of yesteryear! Marvel at the sights and sounds emanating from the big top, just as audiences did decades ago!

The hypnotic call of the calliope, the sawdust, the sequins, the spangles!

Hurry, Hurry! Witness the unusual, the astonishing, the unimaginable! Wonder at the daring and the

beauty! Experience the phenomenal, the extraordinary!

Run away with the circus, for two unforgettable hours of nonstop action and

through the ages of circus history and tradition! A magnificent, mega-hit production guaranteed to thrill and enchant children of all ages... only at Circus Vargas, where memories are made and cherished for a lifetime!

Circus Vargas presents "The Greatest of Ease," circus as it should be seen... under the Big Top!

Always fun for the entire family, Circus Vargas' incredible new 2019 production highlights an amazing cast of

world-renowned performers! Death- Defying Acrobats, Daredevils, Aerialists, Jugglers, Contortionists, Clowns, Motorcycles and much, much,

Arrive 30 minutes early for an entertaining, interactive pre-show celebration, where kids can create their own magic under the big top, learning circus skills such as juggling, balancing and more! Meet and mingle with the entire cast after each performance. Capture

Continued on page 16

CA Trucking Association Issues New Statement on the Governor's Signing of AB 5

By Bernice Creager, California Trucking Association

SACRAMENTO, CA (MPG)

- Shawn Yadon, CEO of the California Trucking Association (CTA), issued the following statement in response to the decision by Governor Gavin Newsom to sign Assembly Bill 5 into law:

"In the wake of Governor Newsom signing AB 5, the California Trucking Association is exploring its options to ensure California's more than 70,000 independent owner-operators do not lose the tens of thousands of dollars spent in purchasing and updating their trucks, and other assets they have invested in order to build their own businesses.

"In its current form, AB 5 denies a significant segment of the trucking industry the ability to continue operating as independent owner-operators, forcing them to abandon investments they've made in their trucks as well as taking away their flexibility to set their own schedule and determine their destiny regarding their businesses, which many have operated for more than three decades.

"We look forward to working with the Legislature and the Administration to develop a more workable solution to AB 5 that protects employees from misclassification without eliminating the independent owner-operator business model."

Since 1934, the California Trucking Association has been serving the commercial motor carrier industry in California and the companies that provide products and services to the trucking industry. A critical and vital component of California's economy, nearly 80 percent of California communities depend solely on trucks to deliver their goods. Our carrier membership ranges from individual owner-operators, to small for-hire fleets, to the largest national and international carriers. Allied members of the California Trucking Association range from businesses involved with truck and trailer sales, parts and service, insurance, legal services and all other businesses that support the trucking industry.

The California Trucking Association promotes leadership in the California motor carrier industry, advocates sound transportation policies to all levels of government, and works to maintain a safe, environmentally responsible and efficient California transportation goods movement

Airshow Takes to the Skies







Airshow action takes to the skies on next Saturday and Sunday. In addition to the U.S. Navy Blue Angels, the show features an extensive roster of spine-tingling acts. Photos courtesy CCA

By Liz Fox Johnson, California Capital Airshow

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County in partnership with

the City of Rancho Cordova, brings thrills, chills and jawdropping excitement to the skies over Sacramento October 5 and 6. Headlined by the world-famous U.S. Navy Blue Angels, this year's show is packed with hours of entertainment in the

people of all ages can enjoy. CCA kicks off the week-

end on Friday evening with Blues & Brews, a performer meet and greet that offers fans a chance to meet their favorite airshow performers and enjoy some of regions

air and on the ground that best beer and spirits at the airshow's first-ever brew fest. The event features live music, access to a variety of display aircraft, yard games, food trucks and more. Blues & Brews takes place on Friday, October 4 from 6

Continued on page 12

County Board Approves Revised FY 2019-20 Budget

By Kim Nava, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted to revise the Approved Budget for the 2019-20 fiscal year.

The Approved Budget in June totaled \$4.4 billion. With the completion of the County's FY 2018-19 year-end financial closing activities and updated information, an increase of \$138 million was proposed, bringing the Budget Recommended for Adoption to \$4.5 billion in appropriations. Most of this increase involved re-budgeting funds for capital projects due to shifts in timing for those projects.

In June, to close a general shortfall of \$55 million, Sacramento County made \$43 million in reductions in General Fund Departments and reduced \$12 million in General Fund reserves to bridge the gap.

General Fund departments identified a number of targeted program and position reductions. The reductions included the elimination of 181.3 FTE positions that were either vacant or, in a few cases, filled by employees who were shifted to other positions in the same class. No layoffs were necessary.

The June Approved Budget also

included budget increases in a number of areas, including:

\$21.7 million to make improvements to the County's jails as part of continuing efforts to resolve conditions of confinement concerns identified in a recent lawsuit;

\$2.3 million in state and federal revenue to add 25 FTE positions in Child Support Services;

\$1.2 million in 2011 Realignment Local Innovation funds to add seven positions in Probation to establish a Pre-Trial Assessment and Monitoring Pilot

\$1 million set aside for costs related to the Hardesty/Schneider lawsuit against the

\$3.5 million to add 29 FTE positions in Airports Department to handle the impact of increasing passenger and freight volume; and \$668,000 to cover the cost of postcards

and postage for the March 2020 Primary Election, as required by state law.

The Board formally adopted the Budget Recommended for Adoption on Sep. 24.

For details, read the Budget Letter to the Board of Supervisors or view all budget documents on the Office of Budget and Debt Management website.

Registering and Updating Voter Reg at the DMV

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - With the 2020 March Presidential Primary closer than you think, registering to vote and updating your registration and party information is more important than ever. It is also easier than ever - you can register and update your information online, in person or even at the DMV. However, if you go to the DMV, understand that ALL eligible individuals completing driver license or ID card applications or change of address transactions will be registered to vote in the county of their residence unless they choose to opt-out of automatic voter registration.

Our voter registration staff has been hard at work reconciling voter files with information coming from the DMV. They are finding that many residents are unintentionally registering to vote, or mistakenly changing their contact information or party preference.

If you are completing a driver license/ ID application or renewal or changing your address, the touch screen will prompt you with options to 1-Register to Vote, 2-Update Registration or 3- Do Not Change Registration. These options have been confusing to many voters and have led to errors in their voter registration file. What does each option mean?

I want to register to vote: This is your option if you are currently eligible, but not registered to vote and would like to

I want to update my registration: You must update your registration if you have moved, changed your name or want to change your political party status. Updating due to these changes is important to ensure you receive your ballot at the correct location with the correct information come next election.

I do not want to register to vote or update my registration: This option means you are already registered to vote and you have no changes to your file. Your information is still correct and up to date.

What changes have been made to the voting process now that Sacramento County is administering elections under the Voter's Choice Act?

Every registered voter will receive a postage-paid, Vote by Mail ballot

All voters can drop off their ballot at one of 57 Ballot Drop Box location up to 29 days before Election Day

All voters can drop off their ballot, register to vote and vote in person at any Vote Center in the county up to 10 days before Election Day

All Vote Centers (84 total) will be open at least four days before Election Day

Eligible, but unregistered voters can register online or in-person at a Vote Center, before and through Election Day. How can I check my registration status online?

Visit the "Check my status" webpage. It will prompt you to enter your name, driver license/ID number, last four numbers of your social security number and your date of birth.

How can I register to vote online?

Visit the Register to Vote website and fill out the online voter registration form.

Why does it matter if I update my registration information?

If you have moved, changed your name or political party since the last election and did not update your voter registration record, your registration is out of date. To receive the correct ballot for the district you live in, with your correct name and political party preference you must provide up to date information. Your signature validation is based on your latest signature and name on file, so it is critical they match.

What do I need to know about the presidential primary and party preference?

The Primary Presidential Election has moved to March 3, 2020. Primary Presidential Elections are party specific. The party you are registered with is the ballot type you will receive (Ex: If you are a registered Democrat, you will only see declared Democratic Presidential candidates on your ballot). Before the upcoming election check your status to see what party you are registered with. Contact County of Sacramento Voter Registration and Elections office with any questions by calling (916) 875-6451.

For more information on Sacramento County Voter Registration and Elections, visit our website.

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

The Road Money Rip-Off

Newsom's Latest Broken Promise

Assembly Republican **Communications Press** Release

SACRAMENTO, CA (MPG) - If you listened to Democrats' rhetoric, increasing California's gas tax was all about filling potholes, repairing bridges and fixing roads.

But now that the money is rolling in, liberal poldifferent tune.

As the legislative trian projects near infill Republicans

session wrapped up for the housing. year, Democratic lawmakers signed off on a plan to rip off drivers by diverting a billion dollars from road maintenance to bike lanes and pedestrian projects.

Not to be outdone, Governor Newsom announced his own raid on road money a week later, putting nearly all the state's road funds at risk of iticians are singing a being misspent on public transit, bike and pedes-

Under Newsom's radical plan, anyone who can't afford to live in a big city will be punished, forced to subsidize wealthy urbanites' bike lanes while commuting on roads that continue to crumble.

#CaliforniaForAll must ring hollow for drivers stuck in the nation's worst traffic while Democratic politicians refuse to help.

Source: Assembly

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City Approves Wine Sales at Catholic Bookstore

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - At the September 12 Citrus Heights City Council meeting, the Council considered whether to issue a Letter of Public Convenience and Necessity (PCN) to allow Easter's Catholic Books and Gifts to sell altar wine.

When the Department of Alcoholic Beverage Control (ABC) receives a request for a Type 20 (beer/wine) license in an area considered to be overconcentrated or at risk of high crime, ABC refers the matter to the local jurisdiction for review and approval of the PCN, which is why the matter was brought to the Council.

Easter's Catholic Books and Gifts has been located at 6916 Sunrise Blvd. since they moved to Citrus Heights in 2016. The original location was on Auburn Blvd. in Sacramento County where they were granted a Type 20 license, but they had to reapply after the move.

The store sells a variety of religious items and books, and they requested to resume the sale of altar (or liturgical) wine, which is used in church services. They sell the wine by the case directly to parishes and churches, and the wine is not stocked on the sales floor for general public purchase.

After the Citrus Heights Police department and the City's Planning Division reviewed the application, City staff recommended the Council approve the license. Staff explained that the store would be selling a specialized product not otherwise available in the nearby area, the wine was sold at the previous location without any known issues or violations, the store has limited hours, and the amount of wine in the store would be limited.

Denise Kramer, one of the owners of Easter's Catholic Books and Gifts, spoke to the Council about the request, explaining that they provided liturgical wine for 15 years at their previous location and it is a "unique item not found readily in the Sacramento area."

The move stopped the sale of the wine, and Kramer said, "It has impacted our business, and it has caused us great concern with regards to keeping the store open because when churches would come in for the wine they would also buy other needs, so it kept things flowing."

"It is a good portion of our sales; it does help us," said Kramer. "Our sales have declined drastically since we've moved to Citrus Heights, and this is one of the

Kramer explained that Easter's Catholic Books and Gifts is "a small family business" and it would not be competing with other businesses in the area that already sell alcohol.

The Council unanimously approved the request for a PCN.

The City of Citrus Heights is a member of the League of California Cities, which is an association of city officials in California that work together to influence the state's policy decisions.

The League of California Cities annual conference will be held in October, and Councilmembers Bret Daniels, Steve Miller, and Porsche Middleton are scheduled to attend. The Council is required to select a delegate to vote on League resolutions at the conference.

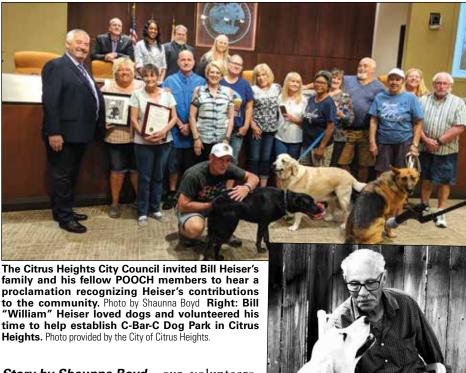
Mayor Jeannie Bruins said, "Our tradition is usually to send our newest councilmember to vote for us. It's a good experience," so Councilmember Middleton will cast the votes for Citrus Heights at the conference. Councilmember Miller volunteered to be the alternate delegate, and Councilmember Daniels agreed to act as second alternate.

The Council then discussed two resolutions that will be voted on at the conference and provided direction to Councilmember Middleton regarding the Council's stance on the issues.

Resolution 1 concerns Rule 20A of the California Public Utilities Commission (PUC), which involves an annual allocation of utilities funds to help communities convert from overhead electric lines to underground lines. The League of California Cities will be voting on whether to request the PUC amend Rule 20A to add projects in very high fire severity zones to the list of eligible criteria and to increase funding allocations for Rule 20A projects.

Vice Mayor Jeff Slowey said, "It really doesn't have a lot of impact on us, [but] it makes sense to recommend undergrounding, especially in high fire hazard areas... And if the PUC is going to increase funding, it's kind of spread over everybody. To

Council Remembers, **Honors Bill Heiser**



Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG)

- Local resident William unfortunately "Bill" Heiser was a dedicated volunteer in the away in May, Citrus Heights community and I found out who passed away in May 2019. The Citrus Heights City Council presented a proclamation to Heiser's family on September 12 to honor his contributions to

name. ... "We really value of the early pioneers in

our volunteers here in Citrus Heights, and Bill passed

by going to the dog park and he wasn't there. It was the first day I hadn't seen him there."

Councilmember Miller read a proclamation, stating, "Bill Heiser served Councilmember Steve the community of Citrus Miller said, "I first met Heights as a devoted vol-Bill about three and a half unteer who had a love for years ago at the C-Bar-C dogs. He spent decades Dog Park. He was there volunteering with Pet every morning. I didn't Owners Organization know his name back of Citrus Heights, or

helping to bring C-Bar-C Dog Park, that we all love and enjoy today, to Citrus Heights. Bill spent countless hours keeping the C-Bar-C Dog Park clean. ... Bill was loved by all he met and was a dedicated friend to many. He will be missed by all who knew and loved him." Heiser will be remembered for his "kindness and willingness to help the community then, but I knew his dog's POOCH, and was one in any way he could," said Councilmember Miller. ★

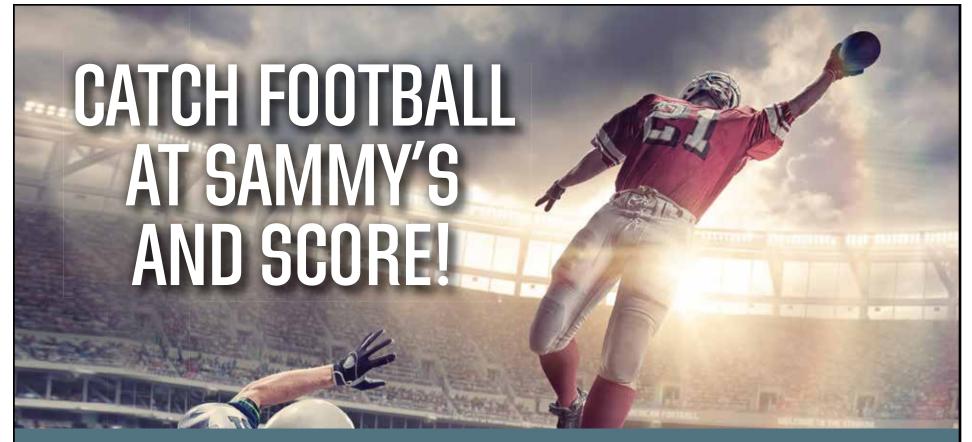
me, it makes sense to support it."

Resolution 2 calls on federal and state governments to address the impacts of international transboundary pollution flows from Mexico into the southernmost regions of California and the Pacific Ocean - and calls for additional funding to address the environmental impacts.

Vice Mayor Slowey said, "It makes sense ... one county shouldn't impact the other with their flow."

Mayor Bruins agreed: "I would support addressing the impacts."

The Council directed Councilmember Middleton to vote in support of both resolutions at the conference.



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4 • CITRUS HEIGHTS MESSENGER SEPTEMBER 27, 2019



By Pastor Ray Dare

Hurried, overwhelmed, burned-out and frustrated describes so much of our life. We pack more into our schedule than any other culture. We're obsessed with going faster, trying harder. As a result, we feel overloaded, stressedout, overwhelmed. And the sick thing is, we see fatigue as normal. We've come to accept it. You're born into a busy life and you move and rush through life until we drop dead. There are always little tasks that are biting at our ankles. There are too many responsibilities to be met, too many obligations to be carried out and not enough time to do everything. We feel frustrated, overwhelmed, and ready to throw in the towel.

God says in Psalm 46, "Cease striving and know that I am God." Ps. 46:10a (NASB)

God says cease striving. Why does God say that? Two of the greatest sources

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Pastor Ray's Encouraging Words

How to Lower Your Stress?

of stress in your life are arrogance and aggression. First, aggression: You don't wait, you're not patient, you get aggressive, try doing things in your own strength, in your own energy and effort to get it all done. Next arrogance: you think, "If it's going to be, it's up to me!" "I've got to get it done!" You try to control everything. A lot of your stress comes from your own pride, thinking you can do more, be more, have more and control more.

So, God says, "Be still and know that I am God!" Ps. 46:10. You need to remind yourself that you are not the general manager of the universe. That you are not everybody's savior, that you cannot do all and control all, that you are only a cog on a giant wheel. You are a pawn on God's chessboard. It's about God and not us. And your world is not going to fall apart when you start trusting God. I want to suggest, because you've probably tried a lot of other things to reduce the pressure in your life, why not try trusting God?

Another stress reducer

is found in Proverbs 20, "Since the Lord is directing our steps, why try to understand everything that happens along the way." Your stress will lower when you stop demanding explanations for everything. God doesn't owe us explanations. If He tried to explain it all to you, you couldn't understand it anyway. So why don't you just trust Him. He loves you and wants the best for you.

Put God at the center of your life and he will bring everything else into balance. Resign as the general manager of the universe. When you put Christ at the center of your life, you restore a sense of balance and harmony you've been missing. You will tap into a source of strength that will never run dry. There's enormous energy there, when God is at work in your life. Cease striving and realize He is God. Realize that you matter to Him, that He's in control and He has a good plan for your life.

Pastor Ray New Beginnings Church 10am Sundays, You're invited!

www.NBC4U.org

New Beginnings

5510 Diablo Drive Sacramento, CA



By Marlys Johnsen Norris, Christian Author

This earthly life is just our rehearsal before we can enter heaven is something I just read and those words appear to be true. Yet, not all people will end up in heaven! Some people erroneously believe that when they die they automatically will go to heaven. They believe they just "arrive" and nothing is required of them. Truth is . . . much is required before one can pass through God's heavenly gates into heaven! Is their God one of their own making with a small "g" and not the God of

Heaven Bound?

the Bible?

Many questions come to mind for them to answer! What has one done in their lives to show and demonstrate the love of God is alive in their hearts? Do they even recognize that there is only one person in this whole world who always met the needs of others where-ever He went? How have they given and served others? What have they done with the Savior and Son of God, Jesus Christ? He came to rescue us from the condemnation of sin and eternal death brought on by Adam and Eve's disobedience! Did they ever accept Jesus death on the Cross for their sins and wrong doings to purchase the gift of eternal life? Do they understand that God has provided both grace and mercy for us?

How have they personally demonstrated with love and gratitude for all God has done during their lifetime? Have they recognized God's supernatural

hand in their life?

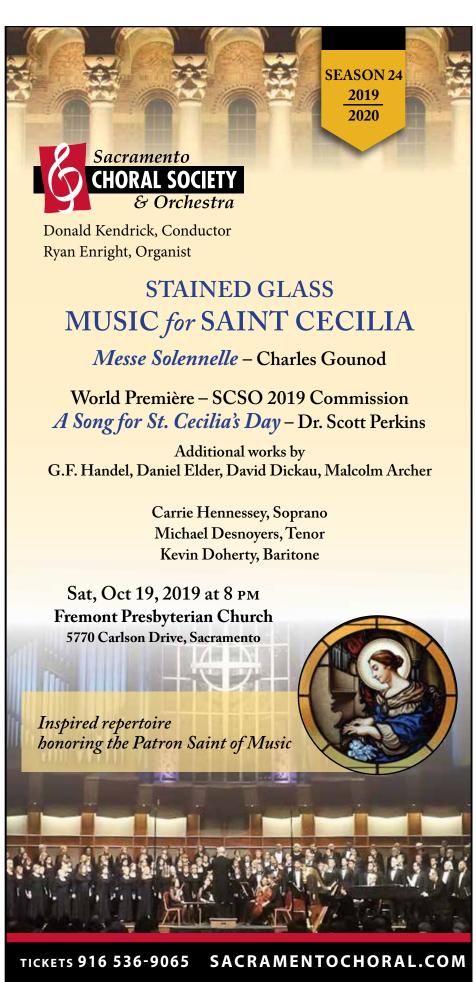
How many opportunities to demonstrate the love of God have they passed by because of their self-centered ideas to meet their personal wants and desires? What is truly the center of their faith? Just what and who do they believe?

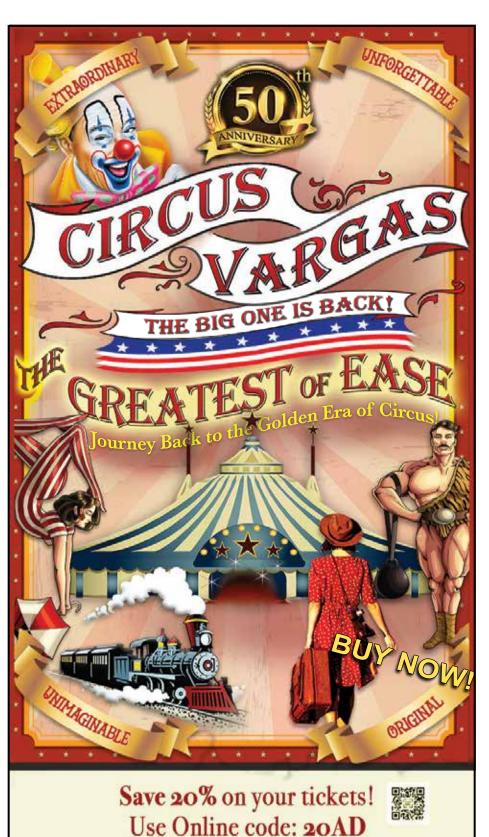
Have they ever investigated the words of the Holy Bible? Do they believe and know that the Word became flesh and dwelt among us and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth... And of His fullness we have all received, and grace for grace. For the law was given through Moses, but grace and truth came through Jesus Christ. (John 1:14, 16-17)

He loves us all!
Marlys Johnsen Norris
Author, Stephens Minister,
Teacher

Marlysjn@gmail.comPO Box 114, Orangevale, CA ★







CITRUS HEIGHTS

Sunrise Mall

Oct 3 - 6

CircusVargas.com 🍁

FOLSOM

Lakeside Church

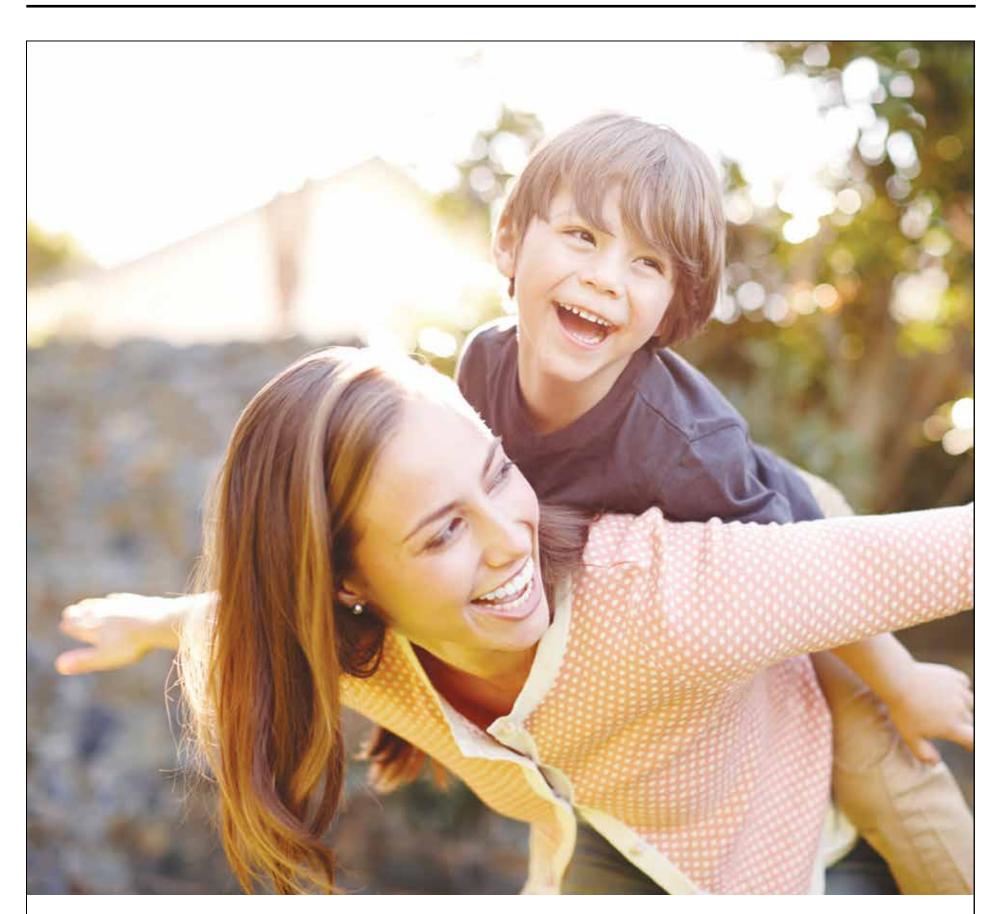
Oct 10 - 14

ROSEVILLE

Westfield Galleria

Sept 20 - 29

SEPTEMBER 27, **2019** CITRUS HEIGHTS **MESSENGER • 5**



Taking humankindness to new heights.

Now open: Our new Citrus Heights medical office building.

Hello, neighbor. We're honored to be part of your community. We've put a lot of thought into our new medical office building, offering comprehensive services from primary and specialty care, to imaging and lab—all under one roof. The clinic was designed with our patients in mind, featuring a personalized experience and the latest technology, including in-room checkout. It also features something that makes everyone feel better: humankindness. Welcome to your new Citrus Heights medical office building.

To learn more about our services, visit **mymercymedicalgroup.org/citrusheights**.

Join Us

Join Mercy Medical Group and the City of Citrus Heights for our community celebration. Meet our team, enjoy family activities, and take a building tour.

Sunday, October 13

Noon to 2:30 p.m.

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Citrus Heights

Across from Sam's Club



Hello humankindness®







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WHAT EVERY PG&E CUSTOMER NEEDS TO KNOW



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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.

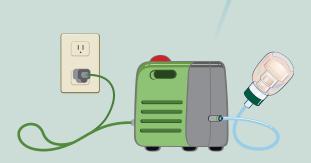
If power is temporarily turned off, customers should consider these questions:



Can we reach
you in the event of
a Public Safety Power
Shutoff? Update
your contact info at
pge.com/mywildfirealerts.



Do you know how to open your garage door manually?



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



Make sure we can reach you in the event of a PSPS. Please update your contact information at pge.com/mywildfirealerts.



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WEEKLY COMICS

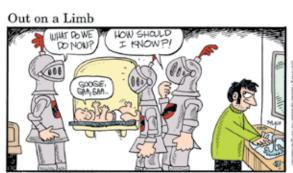








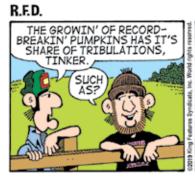
The Spats by Jeff Pickering CAN I PUT IN A REQUEST SOMETIMES I DON'T KNOW WHETHER I'M FOR GOING! COMING OR GOING













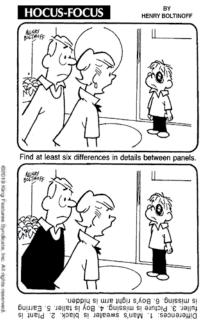






LAFF - A - DAY





I just can't pronounce it."



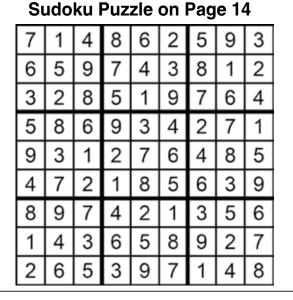




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Art Jazz Poetry Event

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10 • CITRUS HEIGHTS **MESSENGER SEPTEMBER 27, 2019**

Sunday Funday Full of Family Fun

City offers a day to come together and just have fun



Officers from the Citrus Heights Police Department thrilled children with chances to sit on the motorcycles, hear the sirens, start the engines and get high fives.



Sacramento Valley Astronomical Society members spent the afternoon sharing their

Story and photos by Paul Scholl

CITRUS HEIGHTS, CA (MPG)

-The weather was perfect for thousands of neighbors to come together for the annual Sunday Funday event,

historic Rusch Park.

This year had many additional bounce houses for the family, pony rides, K-9 dem-

sponsored by the City of area's favorite good trucks. Citrus Heights, and held at (The chicken burritos were scrumptious).

Other sponsors included Sunrise Recreation and Park kids, activities for the whole District and the Citrus Heights Chamber of Commerce. The onstrations and many of the event couldn't be possible September.

without this great team coming together to provide the community with a day to meet and enjoy what the city has to offer.

The event is scheduled each year on the fourth Sunday of



goers and share the love and their message.



Vendors came from miles away to share their trades. AM Mandarins Tunes from the sounds of Journey filled the air for local rockers and offered their great jams and jellies from their Oroville business. The groupies. apricot jam was fantastic!

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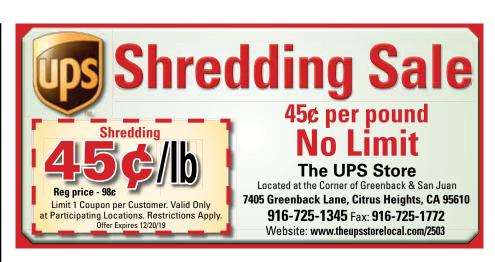
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MONTHLY MEETING OF MILITARY RETIREES/SPOUSES: Our next monthly meeting October 10th, 2019 North Highlands Park and Recreation District, 6040 Watt Ave, North Highlands 95660. This will be the last one for the year of 2019. Our guest Speaker is Bill MacDonald, a very interesting speaker. Coffee and Cookies will be available.

You don't want to miss this one. See you all on the 12th of September. If you have any questions, call Volunteer staff at 916-640-8446 Monday through Thursday, 0900 to 1500 hrs. See you all on the 10th of Oct.



Local High School Teachers Learn to Identify Signs of Human Trafficking

Story and photos by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG)

- Human trafficking is the fastest-growing criminal enterprise. It is happening around the world and across the country, and the Sacramento region is a hotbed for trafficking activity.

Local non-profit 3Strands Global Foundation sponsored Assembly Bill 1227, the Human Trafficking Prevention Education and Training Act, which was signed into law in 2017. The law requires that California public schools train school personnel on how to identify possible trafficking victims and how to proceed when victims are identified. The schools must also provide human trafficking prevention education at least once in middle school and once in high school.

Local Rotary District 5180 partnered with 3Strands Global to fund the educational training program in area schools, and educators at Mesa Verde High School in Citrus Heights recently completed the second phase of the training.

Mesa Verde High School Vice Principal Brett Tujague welcomed the opportunity to address this issue: "I love the fact that we're able to get this type of exposure to this major crisis that's happening. ... It wasn't until I sat down about a year ago with the Rotary Club that I first saw the bigger picture. It was ... eye opening to see. ... human trafficking is a The next day I came back to campus and, based on what



Teachers at Mesa Verde High School in Citrus Heights recently completed the PROTECT program, learning how to identify and report suspected case of human trafficking. Photo by Shaunna Boyd

I had learned, I was looking at students with a different lens and able to kind of see some red flags and some warnings. ... And in talking with our teachers who have gone through the training as well, they are super excited for Part 2."

Sean Brown, 3Strands Global Regional Director, presented the PROTECT (Prevention Organized to Educate Children on Trafficking) training, which focused on understanding vulnerability and trauma as well as identifying warning signs, reporting suspected exploitation, and implementing prevention education in the classroom.

Brown explained that growing criminal enterprise because while drugs

or guns must be carefully hidden and can only be sold once, humans can be hidden in plain sight and "can be sold over and over again."

The traffickers reach out to youth online, vastly increasing the number of potential victims. Brown said the traffickers target vulnerable youth, gaining their trust by offering affection and attention. Some groups at high risk of exploitation are foster youth, victims of domestic abuse, homeless youth, bullied students, and LGBT

Most kids do not recognize when they are being exploited, and it is rare for them to self-disclose. Brown said they often do not identify as victims or seek help. He explained that

Mesa Verde Principal Colin Bross, (right) and Vice Principal Brett Tujague (left) recently invited 3Strands Global Regional Director Sean Brown (center) to present the second phase of

the "trauma bond" between skin such as dollar signs, victim and trafficker is a diamonds, bar codes, or "caging of the mind. It removes their sense of identity, their sense of self."

the PROTECT program. Photo by Shaunna Boyd

Signs that can indicate a student is a trafficking victim include lack of eye contact, frequently missing school, suddenly having else," said Brown. expensive new clothes or accessories, and having two cell phones. Brown said teachers should also look for branding on students'

names. These brands are tattooed, burned, or cut into the skin on the student's finger, forearm, or chest somewhere the victim "sees it every day to remind them they belong to someone

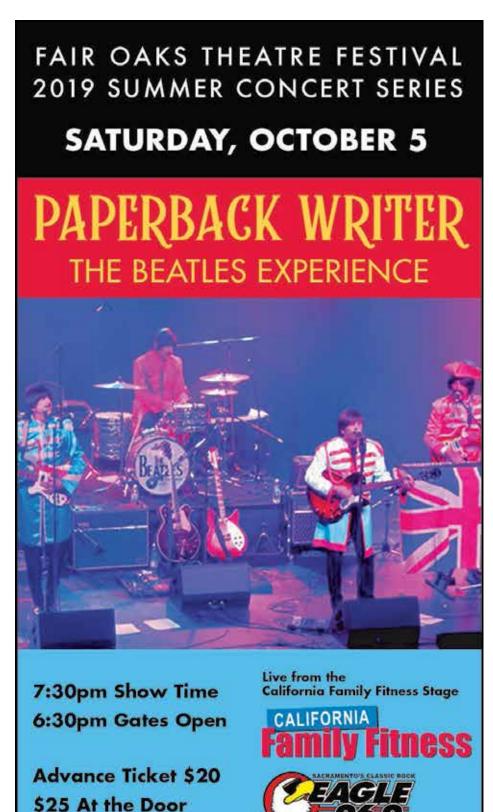
If teachers notice warning signs, Brown said they should not confront the student. Instead, they should ask questions and see if the

student's answers seem off. Depending on the student's answers, teachers can then report their concerns if they suspect the student is being trafficked.

Teachers can download the PROTECT curriculum to teach awareness and prevention directly in their classrooms. In order to track the impact of the curriculum, 3Strands Global partners with researches who analyze data from the teacher trainings and the prevention programs in the classroom.

Colin Bross, Mesa Verde High School Principal, considered how to best implement the prevention education curriculum for students at the school: "The most logical place seems to be health [class], since it's a graduation requirement anyway" and the issue can be discussed in relation to other health topics such as "mental health issues, drug abuse, victimization."

If a teacher suspects one of their students is a trafficking victim, Bross said, "We and our counselors need to know so we can work with those kids in an appropriate way. ... We don't want a bunch of isolated conversations taking place in classrooms. We need to have a kind of funneling of these issues being brought to someone who can do some investigating to make sure it's done with a certain care, so we're not accusing, or assuming, or confronting a kid. ... Having counselors and people who are trained to have those tough conversations with kids is important for us for the next steps."



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Airshow Takes to the Skies



Highlights include performances from Team Oracle, the Patriot Parachute Team, the F-16 Viper Demonstration Team, the California Air National Guard F-15 Screaming Eagle, Vicky Benzing Barnstorming and the Aftershock Jet Fire Truck. Photos courtesy CCA

Continued from page 1

p.m. to 9 p.m. at Mather Airport's Mather Jet Center Hangar 1. Admission to is free and open to the public. Food is available for purchase from Sacto MoFo food trucks. Wristbands for beer and spirits can be purchased for \$40 per person.

Airshow action takes to the skies on Saturday and Sunday. In addition to the U.S. Navy Blue Angels, the show features an extensive roster of spine-tingling acts. Highlights include performances from Team Oracle, the Patriot Parachute Team, the F-16 Viper Demonstration Team, the California Air National Guard F-15 Screaming Eagle, Vicky Benzing Barnstorming and the Aftershock Jet Fire Truck. Spectators can look forward to miles of static display aircraft in all shapes and sizes as well as interactive STEM experiences for kids and families.

"Friday night's Blues and Brews will set the tone for an amazing weekend of flying" said Darcy Brewer, executive director, CCA. "Saturday and Sunday's shows are packed from start to finish and there is just so much to see along the ramp. Bring the whole family because there is

something exciting for all ages." Family-friendly ticket pricing provides admission for up to six children ages 15 and under with the purchase of just one Adult General Admission ticket. Kids under age 5 receive free general admission. Discounted tickets are available through the Airshow Insider program at CaliforniaCapitalAirshow.com. For more information on the Airshow go to CaliforniaCapitalAirshow.com.

Rep. Ami Bera Statement

WASHINGTON, DC (MPG) - Rep. Ami Bera,

"After reading the Mueller Report and witnessing the President's actions, it has been clear to me that President Trump has committed impeachable offenses and went to great lengths to commit obstruction of justice on several occasions.

Multiple committees with jurisdiction Ami Bera

have been conducting important and necessary oversight, including investigating Trump. I have supported the committees'

ity to hold the president accountable for his actions. I am confident we will do so."

Source: Office of Representative



Why Do I Need a Will if I'm Young?

Dear Dave,

Why do I need a will if I'm still young and haven't acquired a lot of wealth? - Laura

Dear Laura,

In a case like yours, you don't need a complicated will. But you do need an inexpensive, basic will. The larger and more complicated your estate is, the more you'd spend on estate planning and a will in order to ensure everything is properly addressed - and to keep the government's hands off everything.

Let's say you're in your early - to mid-twenties and single. You have a car and a bank account, and that's it. In this kind of scenario, it's going to be easy to work through your estate. But it's going to take your parents – or whoever's left - a whole lot longer to get those few simple transactions taken care of if you don't have a will in place.

The other thing you'll always want to have in your will package is a healthcare power of attorney directive. This includes things like who's going to make medical decisions for you if you're unable to make

Dave Ramsey Says

a part of this, you'd want to fill out the paperwork on whether to disconnect life support systems in the event of a coma. These things aren't fun to think about, but doing it will take a huge burden off the people you love. And all this becomes even more important if you have children, because the state will step in and decide what happens to them if you don't.

Having these things laid out ahead of time, and sharing them with your family and close friends, is a very thoughtful and mature thing to do for those who would be left behind in the event of your death. They're already going to be distraught and grieving, and you don't want to make it worse by leaving them with a lot of important, difficult decisions to make. - Dave

Keep the House

Dear Dave,

My wife and I are on Baby Step 2, and the only debt we have is \$90,000 in student loans. We bring home about \$90,000 a year. In addition to this, we have almost \$60,000 in equity in our home. We also have a toddler, plus another baby on the way. Do you think we should sell the house, and rent for a few years, while using the money from the sale of the house to pay down our student loan debt? - Chris

Dear Chris,

No, I wouldn't sell your DaveRamsey.

decisions for yourself. As home in this situation. You're going to be out of debt in a couple of years or so, anyway. You'll just have to lean into it, and make sure you're living on a strict, written budget. I'm talking about no vacations, and no eating out. You shouldn't see the inside of a restaurant unless you're working there. And the new kid's crib may have to come from a garage sale, but so what? Mine did, too. Want to know something else? I survived without having a rich kid's nursery, and so did my kids.

There's a price to be paid anytime you decide to get serious about gaining control of your money and cleaning up a financial mess you've made. You're going to have to work like maniacs and have no lives for a while. That might even mean picking up a part-time job at night or on weekends. You've got a tough couple of years ahead of you, but I think it's worth the tradeoff.

Keep your house.

– 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 @

on Trump Impeachment

By Travis Horne

M.D. (CA-07) released the following statement on impeachment.

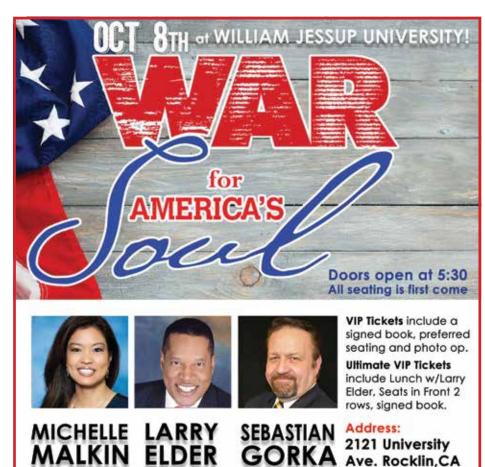
and holding hearings into obstruction, corruption, and abuse of power by President actions and will continue to do so, including an impeachment inquiry.

Congress has the constitutional author-

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SEPTEMBER 27, 2019 CITRUS HEIGHTS MESSENGER • 13



Not So Friendly Skies

Americans are taking to the skies in record numbers. In 1977, only 25% had taken a flight. In 2017, nearly 50% flew. Top Travel specialist **Pete Trabucco** had some tips for me on POPPOFF! Surprises? YES!

1) IT'S EXPENSIVE TO **CARRY BECAUSE IT'S HEAVY.** Keeping fuels low saves Airlines a lot of money. But it also means if there's rough weather (in flight or an unexpected delay), Airlines are more likely to make an emergency landing because they are running out of gas. 2) DON'T ACCEPT THE FIRST \$200 VOUCHER THEY OFFER. Airlines typically keep increasing the offer until they have enough volunteers willing to give up their seats. If they don't getenough volunteers and have to bump you involuntarily, insist on cash compensation instead. Many Airlines willwrite a check at the airport). Department

POPPOFF!

with Mary Jane Popp

of Transportation rules say you're entitled to as much as \$1300 in cash, depending on your ticket price and how long you are delayed. 3) SEARCH FOR ONLY ONE TICKET AT A TIME. If you search for, say, four tickets, and the airline has only three at the lowest rate, all four are bumped to the higherprice bracket. 4) YOU'RE NOT IMAGINING IT. In the new aircrafts, especially those used for long-haul international flights, airlines recently shrank the seats by one inch so they could fit an extra seat in each row. 5) IF YOUR FLIGHT IS CANCELED, GET IN LINE AT THE TICKET COUNTER. BUT, also get on the phone. You'll probably reach an airlinephone agent before you get to the frazzled agent behind the counter.6) DON'T EVER WALK AROUND BAREFOOT ON THE AIRPLANE. That carpet? Everything you can imagine has been spilled on it. This includes vomit, milk, babypee, and blood. Also wipe down those table trays. Don't want to tell you what could be on those. 7) AIRLINES RELEASE BARGAIN TICKETS **BY MISTAKE.** Every so often, airlines release dirt

cheap tickets. They're not doing it as a favor. It's an accident. Once these tickets are released, there's no going back. That's from Jamie Campbell, travel blogger and creator of the Gaiiin Crew. The best way to catch these slip-ups and make the most of them is to sign up for mailing lists from sites such as Airfarewatchdog, which scans the internet for cheap fares. Another site that specializes in helping travelers find mistake fares is Secret Flying. 8) KNOW **YOUR RIGHTS.** The more you know about your rights as an airline passenger, the better. "Airlines don't want customers to know much about their passenger rights, which is not all that surprising when they could owe up to \$700 for each passenger if their flight to or from Europe is delayed or canceled," said Thomas Busson of ClaimCompass. Airlines flying to and from Europe are subject to EU passenger laws. "While U.S. regulations only cover passengers facing cases of overbooking and luggage problems, European regulation goes further." Peter Trabucco breaks down their secrets for a safer, happier and cheaper flight. Check out Pete and his books at PeteTrabucco. com. FLYIN' HIGH!



By County Supervisor Sue Frost

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

We have a moral obligation to be compassionate to one another. That includes not just our family or neighbors, but everyone including the homeless. There are those who, through their efforts to aid the homeless, have created unintended consequences for the very populations they seek to help. We can't shy away from hard truths in this matter and we need to be able to support solutions that provide the most public good.

The hard truth here is that the enforcement of anticamping ordinances benefit our entire community, even the homeless. That is why I am pleased that Sacramento County is joining with Boise to support their Supreme Court appeal of the recent court decision that forbids local enforcement of anticamping ordinances and prevents us from clearing up homeless settlements—and I am urging all cities and counties in our region to join with us by doing the same.

In September of last year, the Ninth Circuit Court of Appeals issued a decision in Martin v. Boise which ruled localgovernments cannot cite or arrest anyone for sleeping on public property when

environment.

Appealing to Common Sense

Citrus Heights Community Update

adequate shelter beds are ordinance, there is no real unavailable. Because of that ruling, Sacramento County Parks Rangers stopped enforcing our anti-camping ordinance, and as we all have seen, the problems associated with homelessness have increasingly spiraled out of control: aggressive panhandlers are chasing customers from businesses, used needles are being discarded in our parks, human feces is contaminating our water, and fire hazards in open fields are threatening our homes.

One of the first actions I took when I got elected to the Board of Supervisors was to approve a set of four homeless initiatives designed to provide shelter and re-housing services. This was in line with the approach that many of my constituents indicated was the best way to go about the homeless crisis, balanced between compassion with toughness. Our social service programs such as mental/physical health care, addiction treatment, job training, and housing provided a compassionate approach. The anti-camping ordinance allows us to be a little tough.

Last year, the Ninth Circuit Court stripped our ability to be a little tough and we were left with fewer ways to push people toward services, making our overall situation much worse. An imbalance was created because Sacramento County geographically has a lot to offer to those living outside with our warm weather and acres upon acres of beautiful parkway to camp in. That hospitable environment is then combined with government services and efforts by non-profits. So without the ability to be tough and enforce the anti-camping

incentive for those living in the parks to stop and that creates a dangerous

The anti-camping ordinance has always been a positive tool. It helps keep our parks and other public areas for everyone to benefit from and enjoy. Homeless advocates have accused of using it as a punishment, a way of depriving homeless individuals of their rights. That has never been true and if the appeal is successful, that will remain to be the case. The ability to enforce the ordinance better enables us to connect the homeless to medical treatment, mental health and drug treatment and even job training. Through the ordinance, we are better serving our community as a whole.

The official homeless count found 5,570 homeless people living in our County in 2019, which is a shocking increase from 3,665 in 2017. I have confidence that if our anti-camping ordinance continues to get restricted, this number will continue to skyrocket when the next count is done in 2021, regardless of how many services we add or how many millions we spend.

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.

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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Sacramento County DA Reports



Defendants Convicted for Murder Outside Arden Way Nightclub DATE: September 18, 2019 CASE: Julian Garcia &

German Zamora-Canada (Case #16FE021333) PROSECUTOR: Deputy District

Attorney Jeff Hightower, Homicide

Julian Garcia was convicted by a jury of the first-degree murder of Cesar Aleman-Luna, two counts of attempted murder and being a felon in possession of a firearm. German 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.

Allegations that Garcia suffered a prior strike conviction for assault with a firearm and Zamora-Canada suffered a prior strike conviction for robbery will be determined at the sentencing hearing.

Garcia faces a maximum sentence of 122 years to life in prison. Zamora-Canada faces a maximum sentence of 83 years to life in prison. Sentencing for both defendants is set for October 11, 2019, at 9:00 a.m. in Department 34 before the Honorable Ernest Sawtelle.

Defendant Sentenced to Life for Murdering Wife

DATE: September 6, 2019 CASE: Jerry Vang (Case #17FE013719)

PROSECUTOR: Deputy District Attorney Allison Dunham, Homicide Unit The Honorable Steve White sentenced Jerry Vang to life in prison without the possibility of parole. On August 5, 2019, a jury convicted Vang of the first-degree murder of Padao Vue with the special circumstance that Vang committed the

murder during the commission of a kidnapping. Vang was also convicted of kidnapping, domestic violence, two counts of making criminal threats while personally using a firearm, and two counts of being a felon in possession of a firearm.

In December 2014, Jerry Vang and the victim started dating. Vang began to physically assault the victim, beating her with his fists. The victim did not report the abuse to police out of fear. In February 2016, Vang and the victim were married, and soon had a baby. In September 2016, Vang pointed a gun at the victim and the baby while threatening to kill them. In November 2016, he again pointed a gun at the victim and threatened to kill her, the baby and commit suicide. The victim ran away both times but did not report either incident to police.

On February 3, 2017, CHP officers responded to the intersection of 65th St. and 53rd Ave. on a report of a female in the roadway. The victim was found on the ground on the 65th St. Expressway. She had obvious head trauma, road rash and was not breathing. The victim was taken to a hospital, where she died a few hours later. Vang told CHP officers that earlier that evening the victim left the residence after an argument, and Vang pursued her in his truck. Vang claimed the victim got into his truck and then jumped out onto the road while he was driving. Initially, her death was ruled an accident.

In March 2017, the investigation was reopened. Interviews of family members and information from the victim's cell phone, email and social media revealed a history of domestic violence and the victim's fear of Vang. Photographic evidence and forensic analysis conducted by the District Attorney's Crime Lab of the victim's fingernail scrapings recovered during the autopsy revealed Vang's DNA. This evidence demonstrated a violent struggle occurred between Vang and the victim just prior to her death.

During the subsequent investigation, Vang began dating another woman and accused her of fraudulently using his dead wife's credit card. He told her she "would be the next one and he is not afraid to kill" as he strangled her and placed a gun to her head. The victim begged for her life. She suffered bruising around her neck from the strangulation.

Vang has prior strike convictions for making a criminal threat and domestic violence.

Crime Reports

Citrus Heights Police Report

September 18th -September 22nd

09/18/2019: 11:23 Criminal Threats Rpt 1909180111 Occurred on Shadow Ln. RP rec'd call from male who threatened to kill him over issues w/housing. "I will find you and kill you." Last call was this morning. Ongoing threats.

09/19/2019: 12:19 Stolen Veh Recovery 1909190143 Occurred on Auburn bl. Veh taken august 14th. Emply is standing next to VEH; currently unk occupied. Sun shade up in the window. Mar 2019 Nissan Titan; No PLTS

09/19/2019: 12:37 Suspicious Circumstances 1909190146 Occurred on Greenback Ln. 99 Cent plot, sees a male subj on the roof of BUSN across the street. WMA, UNK age, avg build, LSW mar JKT, khaki or no pants.

9/20/2019: 02:42 Assault 1909200009

Occurred at Twin Oaks Av/Auburn Bl. Uncooperative RP states he was assaulted by 2 males at corner about 5 ago. They asked him for cigarette, when he said he had none they assaulted him. No med needed. SUSP are 2 MWA.

9/20/2019: 22:51 Arson 1909200224

Occurred on Cook Av. 1 Hr ago, neighbor started dumpster fire in complex. Another neighbor chased him off prop. Fire now out. WMA, 40's, bald, white T shirt, blu jeans.

9/21/2019: 03:51 Suspicious Circumstances 1909210026 Occurred at Oak Creek Village Apartments on Greenback Ln. Male is IFO managers office, under influence of h&s, male has his pants dropped around his ankles. WMA late 20s tall/200 LSW: WHI nike shirt, GRY Nike pants.

9/21/2019: 08:22 Suspicious Circumstances 1909210052 Occurred on Nachez Ct. Male SUBJ walking around neighborhood going up to houses. Said he was looking for his friend's address. LS 5 ago. WMA, 40 YOA, 511/thin, balding, green hoodie, carrying case of pepsi.

9/22/2019: 22:03 Assault 1909220203

Occurred at Rite Aid X Van Maren on Auburn Bl. 242 In street. Male/female pushing her against veh. WMA 20-30 YOA bald. WFA 20-30 YOA 507 long BLND hair LSW: blk tank top, shorts.

Find more info at citrusheights.net



By Damian Holbrook

Jeers to GMA's Third Hour

Nothing against Keke Palmer (center), but her new hosting gig alongside Michael Strahan (left) and Sara Haines (right) on ABC's renamed GMA3: Strahan, Sara & Keke means that the Star and Berlin Station standout will have less time for her scene-stealing roles.

Jeers to Pay-Cable Nets

for playing the long game. First it was HBO making us wait over a year for Game of Thrones to return, then Starz started stretching out the breaks between Outlander. Now, who knows when Westworld our jaws dropping with

in June of 2018 - will be back!? All we've heard is "2020," which is still, well, worlds, away.

Cheers to The Dark Crystal

getting a glittering prequel. It's impossible to resist the Muppetized epic at the center of Netflix's wondrous Age of Resistance, set years before the 1982 feature film and loaded with piles of old-school nostalgia - not to mention a brave Gelfling voiced by Taron Egerton!

Cheers to Power

for still being able to shock us. Even in its sixth and final season. Starz's terrific crime drama had -which ended Season 2 the premiere-episode



Palmer (center) alongside Michael Strahan (left) and Sara Haines (right) on ABC's renamed GMA3: Strahan, Sara & Keke means that the Star and Berlin Station standout will have less time for her scenestealing roles.

death of Angela (Lela Loren), the slowly corrupted U.S. attorney who took a bullet in last September's cliffhanger. We can't wait to see the killer finale!

over Roseanne" this season, even if Sagal's character of Louise is intended as a possible romantic interest for the widower. Sounds to me like, as with last season of The Conners, the show and the fictional family will continue to operate in the long shadow cast by its former title star, and if Dan attempting to move on presents emotional hurdles, that's in keeping with the way real life, not to mention life on TV, tends to play out. And I don't see how expecting the character of Dan to stay in a perpetual state of mourning would honor the character of Roseanne anyway.

To submit questions to TV Critic Matt Roush, go



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New Girlfriend On The nothing. If I didn't want to **Conners?**

Question: I really can't believe that they are trying to have Dan (John Goodman) be with another even Roseanne's survivors woman on The Conners. I love Katey Sagal, but this feels wrong. No matter how people feel about the real Roseanne, the character of the way this revised reboot Roseanne Conner deserves has played out, and besides, better. It may be real life, according to our reportbut this isn't real life, it's TV, and I can't see Dan Favorites issue, "Dan is still and Roseanne's marriage having difficulty getting to: tvinsider.com

Is Dan Getting A be forgotten or made to be watch The Conners before, I don't want to watch it now. Lorraine

> Matt Roush: Don't deserve a little happiness? Look, Roseanne Barr is the architect of her own misfortune when it comes to ing in the our Returning

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Crossword Puzzle Solutions on Page 8 **CLUES ACROSS** Same as Amir Graduate degree 9. Rotisserie skewer 13. Wispy clouds 14. *Run-DMC performed at ", 1985 "Live 15. Elbow room 16. Portfolio content 17. Some special effects 18. Noncommittal response 19. *N.W.A. songwriter turned actor 21. *Marshall Bruce Mathers 23. Last letter of Hebrew alphabet 25. Tit for 28. Serve soup, e.g. 30. Done at "inspiration 35. Eurasian mountain range 37. Jack of all trades' sphere of expertise 39. More painful 40 Little hit in Mexico 41. Open-mouthed 43. Classic TV's Mr. Cleaver 44. Friend from Mexico 46. Power system 47. Batman's cave, e.g. 48. Ketchup, to some 50. *a.k.a. Detective Tutuola 52. "To Kill a Mockingbird" author 53. Bangkok native 55. Yoga turf 57. *She likes dollars, she likes diamonds 60. *SAG and Golden Globe awards recipient 64. 2 halves of a diameter 65. Exchange for money 1 67. Watery-eyed 68. Turn upside down 69. To add, often used with "out"

/1. "Cobbler, cobbler,	© StatePoint Me				
my shoe"	32. Cattle				
72. Up and down nod	village				
73. Horace's poem	33. Chill-				

DOWN 1. South American blackish-purple berry 2. Catchall abbr.

70. Shockingly graphic

3. Gaelic tongue 4. Not slouching 5. Something regularly observed 6. Debilitating spray

7. *The Notorious one 8. Opposite of bonjour 9. Distance from wingtip to wingtip,

10. Pay as you earn tax system 11. Ballistic missile acronym

12. Golf peg 15. Expression of pleasure, pl 20. Boss, in Swahili

22. Vitruvian one 24. Ancient Roman silver coins 25. *"The hate you give..." artist

27. Like unspoken agreement

29. *Snoop's last name? 31. Loose hood

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ePoint Media											
32. Cattle enclosure in African village 33. Chill-inducing 34. *Beats by 36. Fireplace fodder 38. **" Rap Battles of History" 42. Possible allergic reaction 45. Bested	The support you need to find quality SENIOR LIVING SOLUTIONS A Place for Mum has helped over one million families find senior living solutions that most their unique needs. There's no cost to you! CALL (855) 439-6734 Will putty no your communion.										
49. Sigma Epsilon 51. Babble out	7		4		6	2	5				
54. *Drake's tattoo of the The Beatles' " Road" 56. Bind		5	9						2		
57. Super garb?					1			6			
58. Port in Yemen 59. Orange peel		8	6	9		4					
60. Cleaning cabinet supplies 61. Wyatt Earp's card game			П	Г	7						
62. Desert quality 63. Jekyll's alter ego				1		5	6	3			
64. Cuba Libre ingredient 66. Israel Kamakawiwo'ole's strings		a			2						

8 3 9 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through

Solutions on Page 8

9



Ribbon Cutting



MN Herbals Beauty, LLC - Owner Kelly Mai celebrated her grand opening with a ribbon cutting on Friday, August 16. They are located at 7455 Greenback Lane in Citrus Heights. Attendees include City of Citrus Heights and Citrus Heights Chamber representatives.



Yippie's Playcenter held their grand opening ribbon cutting on Saturday, August 17. They are located at 7777 Sunrise Blvd., Suite 1700 in Citrus Heights. Owner Teresa Wallin cut the ribbon. Attendees include City of Citrus Heights Council Members, Citrus Heights Police Department and Citrus Heights Chamber representatives.



Just Tea It - Jason Liang cut the ribbon to mark the grand opening of Just Tea It on Monday, August 26. They are located at 8516 Auburn Blvd., #A in Citrus Heights. Attendees include the Citrus Heights Chamber, Citrus Heights Police Department and the City of Citrus Heights.

"With the Courage of a Mouse", **Nominated for Global Award for Books**



By Donna Sager Cowan, Author

CITRUS HEIGHTS, CA (MPG)

Mouse, by Citrus Heights resident, Donna Sager Cowan, has been nominated for a 2019 Author Academy Award, an honor bestowed for literary merit and publishing excellence in the writing and publishing industry.

Donna's book is up for an award in the Middle Grade/ YA category, which follows Catt and Simon Cheddar as they discover courage is the greatest power of all.

"Hundreds of books from throughout the world are up for an Author Academy Award," said Kary.

and the Author Academy

the book publishing industry, and raise awareness that the stories being told and the authors who write them are worth our attention."

Authors of all kinds - indie (self-published), traditional, or collaborative published – are being considered for the award in sixteen categories. Entries are reviewed and evaluated on popular vote, social contribution, and overall presentation (cover, content, flow, and originality) - With the Courage of a by the Academy's voting membership comprised of best-selling authors, literary agents and industry leaders.

> If interested in supporting Sager-Cowan and participating in the popular vote portion of the award evaluation, go to http:// authoracademyawards.

> com/ and scroll to the "Ready to Vote?" section. Once there, click through to the Middle Grade/YA category, then find and click on With the Courage of a Mouse.

The top ten finalists in each category will be Oberbrunner, founder invited to present their of Author Academy Elite book synopsis at an Author Academy Awards Awards. "Our goal is to Red Carpet Session on help further connect this Friday, Oct. 25, 2019, in global community, maintain Columbus, Ohio. Winners awards.com

excellence and integrity of will be announced later that evening at the Author Academy Awards Ceremony where they will be invited to give an acceptance speech. Winners will also receive:

The Academy Boon of Merit Award; Press release and media story presented to their hometown press; A Private Recorded Coaching Session for all First Prize Winners featuring a YouTube Consultant; Traditional Media and Social Media press including features on select podcasts, shows, vlogs, blogs, and articles; Lifetime access to 30 Days to a Bigger Stage Experience, an online program. The opportunity to present their book synopsis during the Igniting Souls Conference following Author Academy Awards.

The Author Academy Awards is bestowed for literary merit and publishing excellence in the writing and publishing industry. It is presented annually by Author Academy Elite, a premium service provider for authors, at the Author Academy Awards Ceremony. For more information on the awards, visit http://authoracademy-





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Volunteer Drivers Needed for Meals on Wheels

Photo and story by Margaret Snider

RANCHO CORDOVA, CA (MPG) - Starting out from Neal Orchard Senior Activities Center, volunteer Meals on Wheels driver Patrick Quinn picked up his hot pack and his cold pack for the nine senior participants to whom he would deliver that day. While the senior center serves hot meals on weekdays every week, patrons using Meals on Wheels are generally homebound. "I've worked a lot of volunteer places," Quinn said. "It's worth doing."

Most of Quinn's stops are fairly uneventful, but each is important. He gets out the individual hot meal and takes it along with a few grocery items to the door of the home. There he hands over the meal or takes it to the table for the participant. "For many of the seniors who rely on Meals on Wheels," said marketing and outreach coordinator Angela Roberts, "receiving their lunch from a volunteer is their only social contact for the whole day." Meals on Wheels participants in Carmichael are served out of the Rosemont facility, with the same standard of excellence. Participation is not income based, but primarily based on a person's home and health needs.

Roberts joined Quinn at the home of Meals on Wheels participant Thelma Wiltscire, who reached 100 years of age on September 13. Wiltscire looks forward to receiving her main meal every week day. She knows each of the drivers who come to deliver. "We have flowers and a card signed by all of us at Meals on Wheels for her," Roberts said. After accepting the birthday greetings, Wiltscire sat down with her dachshund, Dixie, on her lap.

Oldest of three siblings, Wiltscire passes the time by reading and doing puzzles. She attributes reaching 100 to taking care of herself, and to genetics. "Both our parents were almost 100 years old when they passed away," Wiltscire said. "And I have Dixie, my baby. She's a good little one." Meals on Wheels also may provide food, called Ani-Meals, for participants' pets. This ensures that participants will not need to feed pets from their own meals.



Thelma Wiltscire, just turned 100, poses with Meals on Wheels driver Patrick Quinn.

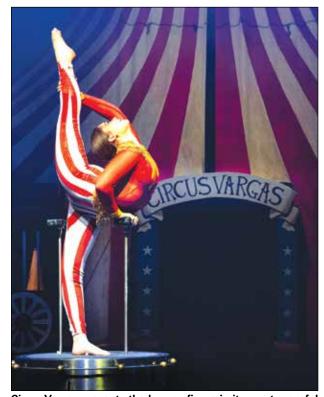
Another of Quinn's deliveries was June Merowitz, 92. She said she has been receiving the hot meals for considerably more than a year. "That way I don't have to cook it myself, they bring it to me," Merowitz said. "I sit down and eat it and that's my main meal for the day. The food is delightful, the people who serve it are delightful, so I have nothing but compliments for it."

For seniors who are able to travel to senior centers, the All Seasons Café is open for lunch at 11:30 a.m., Monday through Friday, at the Neil Orchard Senior Center, 3480 Routier Rd. in Sacramento – phone (916) 366-3133. The Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael, also has a café with weekday meals at 11:40 a.m.; phone (916) 359-1192. Everyone over 60 can receive a hot lunch at no fee, but must call in advance to ensure

"We always need volunteer drivers, especially since many volunteer drivers only drive once a week." Roberts said. "They are the direct contact between isolated seniors and the program. In addition to delivering nutritious meals, they can meet and socialize with seniors, brightening their day and helping them feel connected to their communities." Volunteer drivers drive their own vehicles and receive mileage reimbursement. For more information on volunteering, please contact Volunteer Services Specialist Victoria Cristobal at (916) 444-9533 or email volunteer@mowsac.org

For general questions about Meals on Wheels by ACC, or to learn more about applying for the Home-Delivered Meal Program, please call the Meals on Wheels by ACC office at (916) 444-9533, 7:30 a.m.-4 p.m., Monday-

Circus Vargas: The Big One Is Back!



Circus Vargas presents the human figure in its most graceful and subtle moments. Courtesy Circus Vargas/Wednesday Aja

Continued from page 1 the fun by posing for pics or selfies with your favorite cast members, all part of an unforgettable Circus Vargas experience!

A small self-contained city on wheels, Circus Vargas is a family operation laid out across whatever parking lot or grass field the Big Top calls home that week. It is owned and operated by a talented young couple who together with their immediate and extended family have managed to produce some of the most incredible productions in live discounts and behind the family entertainment in scenes video.

generations all under the Big Top!

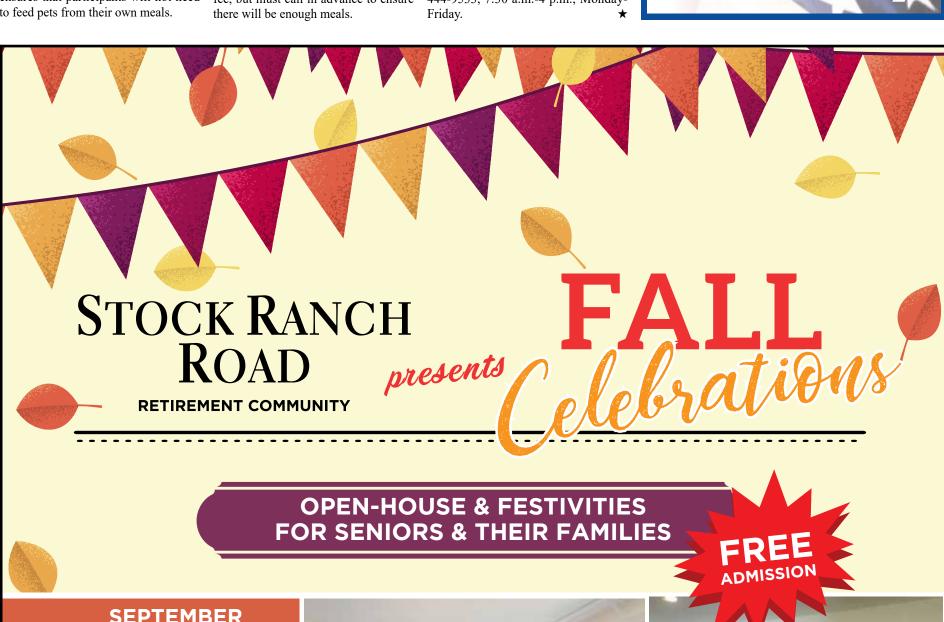
Circus Vargas will be performing in:

16166 Sunrise Mall, Citrus Heights, CA 95610 on October 3-6 and,

745 Oak Ave Pkwy, Folsom, CA 95630 on October 10-14.

For Circus Vargas more information and to purchase tickets, visit www. circusvargas.com, call 877-GOTFUN-1 (877-468-3861) or visit the box office at each location. Follow Circus Vargas on Facebook and Twitter for updates,





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