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Citrus Heights Messenger

"Written by the people, for the people"

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Gift Caravan Delivers Smiles

Tenth Police Holiday Caravan Brings Joy to Local Families



Nearly fifty Citrus Heights Police Department (CHPD) police officers and staff arrived at a home on Sperry Drive.

Story By Elise Spleiss
Photos by Janet Schaefer

CITRUS HEIGHTS, CA (MPG) - The streets of Citrus Heights once again lit up with the sights and sounds of a strategically executed caravan of 27 police vehicles as they wound through three neighborhoods to deliver toys, stuffed animals, bikes, beds, blankets, food, and other gifts to two waiting families and the children of Sayonara Drive.

Nearly fifty Citrus Heights Police Department (CHPD) police officers, staff and volunteers, along with Mayor Jeannie Bruins, city council members, Santa Claus and others, arrived at a home on Sperry Drive and an apartment complex at Antelope and Auburn with lights flashing and sirens blaring. At both locations children and their families suddenly appeared from nowhere and the fun began.

Both families consisted of a single mother and her children. One mom along with her daughter and son, had survived and recovered from a flood which turned into a fire in their first recently purchased home. According to CHPD Support Services Manager Sandy Maraviov, "Mom has been incredibly resilient for her children and is using this situation to help her family grow stronger as



An officer greets an excited young boy with a special surprise.

they move on."

The second single mother to three children has been working long hours at a difficult job to move her family into their own apartment. Seeing her family happy and well cared for has made it all worthwhile.

Families chosen to receive the special holiday delivery
Continued on page 10

Start Your New Year Right - Adopt a Shelter Pet



By Allison Harris,
Sacramento County
Media

SACRAMENTO COUNTY, CA (MPG) - Want a happy start to your new year? Why not adopt your new best friend from the Bradshaw Animal Shelter? Adoptions are only \$25, and we've already had our first adoption of 2019!

Athena, known affectionately as "Pudding," is a Pit Bull Terrier mix who has lived at the Bradshaw Animal Shelter since Nov. 29, and was also the shelter's first adoption this year.

Over the weekend, Athena's new parents, Cassidy and Agama, drove down from Folsom to adopt her, but she just wasn't available to leave yet, so they had to wait a few more days. Not wanting to let this sweet pup go home with another family, Cassidy and Agama arrived right when the shelter opened. One stood in front of the kennel to keep Athena company while the other waited in the adoption line to sign her paperwork.

Athena was very excited to go home with her new parents, where she will have the opportunity to show off her sweet personality and be her gentle, playful, cuddly self.

The Bradshaw Animal Shelter has a wide variety of animals available to adopt today. Cassidy and Agama may have adopted Sacramento County's first animal in 2019, but it's not too late to adopt your new best friend in 2019.

Source: Sacramento County. ★

Speed Bump Coming for Local Business?

The latest job demand and hiring trends

By Rick Reed

SACRAMENTO REGION, CA (MPG) - Employers are downshifting in the hiring race as 2019 begins. One regional company is reducing workforce by more than fifty percent (50%) as tariff related contract losses impact Sacramento area employment. In direct contacts with regional employers between November 19th and December 17th, Pacific Staffing discovered fifty-six percent (56%) of companies are hiring in the First Quarter of 2019.

Hiring has pulled back from this same time one year ago when sixty-five percent (65%) planned to hire in January, February and March. While the pace of hiring among top Sacramento regional employers has fallen throughout 2018 companies



Employers are downshifting in the hiring race as 2019 begins. MPG file photo.

report finding applicants and specific skilled workers remain a top challenge in the new year.

While not a single company surveyed planned first quarter layoffs in 2018, in the first three months of 2019 seven percent (7%) are reducing workforces. Staff reductions are attributed to seasonal change and slower demand for products and services. Forty-four percent (44%) of hiring in the first quarter is for

attrition, or replacements, among existing workforces while employers seek just forty-two percent (42%) for growth.

By talking to top regional firms each quarter since 1992, Pacific Staffing has learned there are always hiring challenges for employers, regardless of economic direction. In this first quarter of the new year seventeen percent (17%) of employers also report a continuing challenge with

finding enough applicants, despite the slowdown. Others also citing increased minimum wage and hiring specific skilled trades as workplace concerns.

Sales, customer service, accounting/finance, technical, warehouse and shipping experience is in high demand through March. Drivers for route and delivery remain scarce.

The most active sector is Service companies with Manufacturers second, followed by Construction and Retail through January, February and March of 2019.

Sacramento Regional Top Companies Polled by Industry were Service (54%), Manufacturers (25%), Construction (19%) and Retail (2%)

For more information, employment blogs & market surveys go to www.pacific-staffing.com.

Source: Pacific Staffing ★

SMUD Board of Directors Approves 2019 Budget

SMUD Special Release

SACRAMENTO REGION, CA (MPG) - The elected SMUD Board of Directors approved a \$1.71 billion budget. The 2019 budget provides funding for all capital and operations and maintenance (O&M) programs needed to meet the Board's Strategic Directions in the year ahead and in future years.

The 2019 budget is \$25 million less than the 2018 budget, which is primarily due to lower planned capital expenditures, though SMUD anticipates an exciting and transformational year as the electric company continues laying the foundation for the future. Next year's budget includes funding for many industry-leading initiatives and a variety of programs and investments that support the development of SMUD's load-serving capacity, grid modernizations and compliance with regulatory requirements. Support for outreach and communications to educate customers about SMUD's move to time-of-day pricing is also included.

Some major capital projects for next year include the rebuilding of three major substations that serve large

numbers of residential and commercial customers, hydro generation facilities work and the designing and building of a new energy control facility. Completion of the SMUD Headquarters remodeling project, and new and ongoing technology projects are included as well.

Other major projects include removing and replacing more than 50 circuit miles of cable; automation of a couple of dozen high-voltage switches; upgrades and expansion of the downtown Sacramento electrical distribution network; expansion of the grid into new communities in Folsom and Rancho Cordova; and improvements at a bulk substation that serves the Arden area.

SMUD continues to be in a strong financial position. In 2017, Fitch and S&P upgraded SMUD's credit ratings to AA, from an already impressive AA-, while Moody's continues to rate SMUD Aa3. To maintain these credit ratings, which continue to be the highest in three decades, SMUD has a strategic financial target to maintain strong operating cash flow. Forecasted 2019 operating cash flow cover is 1.76

times operating cash flow, which exceeds the SMUD Board's minimum target of cash flow cover of 1.5 times operating cash flow and supports a higher level of proposed capital spending. The higher credit rating produces a lower cost of borrowing.

SMUD customers continue to pay significantly less for electricity than most Californians, and as of September 1, 2018, more than 30 percent less than customers who are supplied by neighboring PG&E.

As the nation's sixth-largest, community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for more than 70 years to Sacramento County (and small adjoining portions of Placer and Yolo Counties). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD's power mix is about 50 percent non-carbon emitting. For more information, visit smud.org.

Source: SMUD Media ★

Sac County Airport Firefighters "Brave the Shave"



Sacramento County Airport Firefighters "Brave the Shave" in honor of Captain Anderson. Photo courtesy Sacramento County

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Airport Firefighters shaved their heads as part of the second annual "Brave the Shave" in honor of Captain Tim Anderson, a Sacramento County Airport Firefighter who lost his life to cancer in 2017. Brave the Shave was started one year ago by Tim's son Mason, when his mother Lacey was diagnosed with breast cancer just 6 months after his dad, Captain Tim Anderson died.

After hearing the news

of his mom's diagnosis, Mason at 10 years old wanted to have a shaving party in an effort to turn a difficult situation into something positive. Mason challenged local area firefighters to shave their heads with him as a way to honor his dad and support his mother. In 2017, 112 firefighters in 4 states and 2 countries shaved their heads in support of the Anderson family.

Mason's mom Lacey is now cancer free and this year Mason would like to open Brave the Shave up to all firefighters and their families affected

by cancer in an effort to make December Firefighter Cancer Awareness month. Firefighters and anyone else wanting to offer their support were asked to shave their heads in the month of December and post the pictures or videos to Mason's Facebook page Brave the Shave with Mason Anderson or his Instagram Brave the Shave Mason Anderson. This year's goal is 150 shaved heads. Mason is only 57 shaved heads away from meeting that goal!

Source: Sacramento County Media. ★

Start Planning Your New Year's Resolutions

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG) - As we ring in the New Year:

See how Sacramento County can help you keep your 2019 New Year's resolutions.

Whether it's eating healthy,

traveling or volunteering in the community, the County is here to help.

- Get more exercise in by cycling the miles of trails at our Regional Parks.
- Get a new furry family member and adopt a pet from Bradshaw Animal Shelter.

- Get involved in the community and volunteer with a Sacramento County organization.
- Get healthy and visit Be Healthy Sacramento, a hub for data, education and health tips. Also, visit the Health and Social Services webpage

to learn about vital information and services.

- Get traveling and visit one of Sacramento International Airport's new nonstop destinations including León (Mexico), Washington D.C., Detroit, Boston, Maui, Oahu, Kona and many more!

- Get yourself and your family a good emergency preparedness plan in place before an emergency strikes – and, sign up for Emergency Alert Notifications!

Find out more at <http://www.saccounty.net/news/>

★

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- Know the facts. Understand that marijuana negatively affects the developing teenage brain
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Holkan Honored as Student of the Month

By Rosa Umbach

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Chamber's Education Committee honored Mark Holkan an 8th grade student at Lichen P-8 School as the November 2018 Student of the Month. The award was presented at the Chamber's November 13, 2018, luncheon held at the North Ridge Country Club in Fair Oaks.

Mark, an 8th grade student, has been at Lichen since Kindergarten. Mark was chosen as the Lichen's Student of the Month for being an all-around great representative of what Lichen students strive to be. He is a very conscientious student who cares a lot about his grades and his classmates. He is extremely helpful to other students and often will ask to sit with a classmate who is struggling so he can help them out.

He is very close to his parents. His mom works at the Aerospace Museum.



Mark Holkan receives his Student of the Month awards at the luncheon. Pictured, let to right: Brian Ricks of Assemblyman Ken Cooley's office, Citrus Heights Chamber Education Committee Chair Rosa Umbach, Landon Wolf of Senator Jim Nielsen's office, Student of the Month Mark Holkan of Lichen P-8, Citrus Heights City Council Member Bret Daniels, Philip Norton of Congressman Ami Bera's office, and Vance Jarrard of Sacramento County Supervisor Sue Frost's office. Photo courtesy Citrus Heights Chamber of Commerce

Mark was the driving force behind the 8th grade classes going on a field trip to the Aerospace Museum this year. As his class was working on a Solar System Unit, Mark asked his teacher if he could help set up a field trip to the museum to go with the unit.

When he was told he was selected as Lichen's Student of the Month and asked why he thought he was chosen, he said, "I just work my hardest all the

time." We are so proud to have Mark Holkan represent Lichen P-8 school!

Local businesses sponsor the lunches for the student of the month and their guests. The Education Committee thanks Judi's Cleaners, courtesy of Ben Combs, as this month's Student of the Month lunch sponsor and Stones Gambling Hall for providing a gift certificate to Sammy's Restaurant for the Student of the Month. ★

Major Injury Hit-and-Run Collision Involving a Pedestrian

CITRUS HEIGHTS, CA (MPG) - At approximately 5:40 p.m., on December 27, the Citrus Heights Police Department received a 911 call regarding a vehicle collision involving a skateboarder, on Auburn Boulevard, near Charwood Lane. The caller indicated the skateboarder and the involved vehicle were no longer on scene.

Officers quickly arrived in the area. Responding officers located the skateboarder's shoes and skateboard, but were unable to locate the skateboarder. Officers secured the scene to preserve any potential evidence while they continued to investigate.

At approximately 5:55 p.m., our communications center received a 911 call from a female who indicated she was involved in a vehicle collision, but did not know where she was at. An additional caller advised the female and the vehicle were in the 6900 block of Mariposa Avenue. The caller stated the female appeared to have major injuries.

Officers quickly responded to the 6900 block of Mariposa Avenue. Officers located a 27 year old female inside a sedan. The driver of the vehicle was not found on scene. It was determined the female had been struck by the vehicle and was thrown through the windshield and



Angel Huerta

into the passenger side of the sedan. Officers were able to conclude the female was the same person who was described as a skateboarder and hit by a vehicle near Auburn Boulevard and Charwood Lane. The female was transported to a local hospital with major, but non-life-threatening, injuries.

Officers searched the area and eventually located an adult male nearby who had injuries on his body along with other physical evidence that were consistent with being involved in a vehicle collision. The male was identified as 27 year old Angel Huerta out of Sacramento. Mr. Huerta was found to be on CDCR Parole for Robbery and Felony DUI.

The Citrus Heights Police Department Traffic Unit responded to the original scene to take over the investigation.

Although it is unknown at this point what the

primary cause of the collision was on Auburn Boulevard near Charwood Lane, the preliminary investigation revealed Mr. Huerta struck the adult female with his vehicle while she was riding her skateboard. The force of the impact caused the adult female to be thrown through the front windshield and into the vehicle. Instead of stopping and rendering aid to the adult female, Mr. Huerta fled the scene with the adult female in his vehicle suffering from major injuries. Mr. Huerta drove to the 6900 block of Mariposa Avenue, pulled over and fled the scene on foot.

Mr. Huerta was arrested for Felony DUI, Felony Hit-and-Run, Kidnapping, and violation of Parole.

The collision is still under investigation by the Citrus Heights Police Department's Traffic Unit. We are asking anyone who may have information related to the collision to contact the police department at (916) 727-5500.

The Citrus Heights Police Department would like to remind everyone about the extreme dangers of driving while under the influence of alcohol and/or drugs. If you are going to drink, please make sure to utilize a sober designated driver or a ride-sharing option such as Uber or Lyft. ★

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JANUARY 25, 2019

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Citrus Heights Messenger

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Monster Jam Returns

The Most Family-Friendly, Action-Packed Motor Sport

By Heather Atherton

SACRAMENTO, CA (MPG) - Unexpected, unscripted and unforgettable! Monster Jam®, the most action-packed motorsports experience for families in the world today, returns to Sacramento with a new level of high-flying, four-wheel excitement! Be prepared for another high-octane weekend of Monster Jam Triple Threat Series events featuring six different competitions of speed, racing and freestyle stunts at the Golden 1 Center from January 18–20, 2019.

Featuring eight of the most intense athletes of Monster Jam, Central Valley fans will witness a fierce battle for the championship with each Triple Threat Series competitor contending in customized high-powered vehicles: Monster Jam Speedsters, Monster Jam ATVs and of course, the iconic Monster Jam trucks in six events sure to leave fans on the edge of their seats.

Monster Jam drivers are trained, world-class male and female athletes who have mastered not only the physical strength and mental stamina needed to compete, but the vital dexterity to control 12,000-pound machines capable of doing backflips, vertical two-wheel skills and racing at speeds up to 70 miles per hour to produce jaw-dropping, live motor sports action seen around the world. Now across all Monster Jam events, fans in every city



Monster Jam®, the most action-packed motorsports experience for families in the world today, returns to Sacramento with a new level of high-flying, four-wheel excitement!

will have the chance to vote for the winner in the two-wheel and freestyle competitions by real-time, in-stadium fan voting on their smartphones.

Fans also have the unparalleled opportunity to get up close and personal to their favorite Monster Jam trucks and drivers at the Monster Jam® Pit Party

pre-show experience for photos & autographs.

Tickets are affordably priced for the whole family with seats starting at just \$20 each. Pit Passes available to purchase for \$15 each.

Tickets and Pit Passes will be available for purchase online at Ticketmaster.com, charge by phone at 800-745-3000

or visit the Golden 1 Center Box Office. Ticket prices are subject to change, venue/ticketing fees may apply.

For all the latest news, announcements and updates, be sure to watch the Monster Jam 2019 Season Kickoff Show live streaming on www.MonsterJam.com. ★



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By Marlys Johnsen Norris, Christian Author

God has provided hundreds of wonderful stories about admirable men in the Bible for us to learn the various things they went through with dignity and courage. They were men who counseled with God and lived faithfully by their faith as God spoke and inspired their journey through life.

1. **The first man in the Bible was never born and never had a birthday.** He owned nothing but he was physically perfect. He was a great zoologist and gave every animal a name. He even donated a rib for the first woman to come into existence. Did you guess it? His name was ADAM.
2. This man was the father of the oldest man in the world and he lived a godly life in spite of a very wicked generation. He

Stories About Six Wonderful Men In The Bible

is the only man in 3,000 years that did not die but walked into heaven. His name was ENOCH

3. This man was radiant with righteousness as he lived in a dark world. He saved his family of seven because of his personal faith in God. He heard the voice of God and became a ship builder in the desert. He put the family and one of every animal into it. He never had to launch his ship because the sea came up and flood the land and lifted the ship up to the top of a mountain. His name was NOAH
4. He left his beautiful home to live in a tent after he left a great city because of God's request. He traveled across the desert and lived in a tent for 100 years. He became the father of a great nation. He had his first son when he was 100 years old. His name is ABRAHAM
5. This man believed God when no one else would. He was a general. He used Trumpets to conquer land and destroy a city. His name was JOSEPH
6. This man was an adopted child and lived amidst the wealth of the day. He enjoyed Unlimited

education but in spite of this he choose to identify himself with the poor people. He was forced to live in the desert for forty years and was chosen to be the leader of three million people he let out of bondage. God gave Moses a wonderful promise! **"I will raise up for them a Prophet like you from among their brethren, and will put My words in His mouth and He shall speak to them all that I command Him."** (Deut18:18) He was faithful as he talked with God and followed His words faithfully. He died an unknown death and was buried by no man. His name is MOSES

Men (and women) of our world today need to take note! Ignoring, dishonoring or not believing in our Creator/God is a mistake you will be accountable to answer Him one day in the future. Paul echoed this when he wrote to Timothy: **"Hold fast the pattern of sound words which you have heard from me, in faith and love which are in Christ Jesus."** (2 Timothy 1:13) Marlys Johnsen Norris Author, Stephens Minister, Teacher Marlys@jnj@gmail.com PO Box 114, Orangevale, Ca ★



By Pastor Ray Dare

God always operates in your life by faith. That's why you need goals in your life, because a goal is a statement of faith. A goal says, **"I believe God wants me to accomplish something by a certain date."** If you don't have a date, it's not a goal. It's a wish. It's a dream. It's a desire. But wishes are a dime a dozen; they're worthless. The only thing that will change your life is setting a goal. So, I want to encourage you as we start this brand-new year to set some goals by FAITH. A FAITH goal has five characteristics, they are:

Focused: That means it is specific. If you use the words "more" or "less," it's not a focused goal. "I want to be less angry." "I want to be less angry" or "I want to weigh less" or "I want to be more like Jesus" are not goals because you can't

Pastor Ray's Encouraging Words

Set Goals by Faith

measure them. You must be specific.

Attainable. If you set an unrealistic goal, it's just going to discourage you. If you say, "I'm going to pray two hours a day." You're probably setting yourself up for failure. Set a goal that stretches you and then trust God will help you stretch.

Individual. That means it's personal. You cannot set goals for other people because you can't control them. You can't set goals for your children, husband, boyfriend or girlfriend. You can only set goals for yourself, because you can control only you and not anybody else.

Trackable. Trackable goals can be measured. They're verifiable. You set a date and say, "By June 30th. Or "By Dec. 31st, I want to accomplish "this." Make it trackable.

Heartfelt. Your goals must be heartfelt, something you're motivated to do, something you're passionate about. If you're not motivated to do it, you won't.

Let me give you four areas to make some FAITH Goals in. The Bible says, **"Jesus grew in wisdom and stature, and in favor with God and man."** Luke 2:52. He grew Intellectually, Physically, Spiritually and Socially. Every year we should grow same way. Each year set an Intellectual goal, to learn something new. Set a physical goal, to improve your health. Set a Spiritual goal, to grow closer to God and to be more like Christ. Set a Social goal, to improve your relationship(s).

If you do this, set some goals by FAITH, I guarantee you, you will grow and you will change in 2019! You will not reach all your goals, no one does, but you will have a FAITH driven direction that will grow you and will please the Lord.

Pastor Ray
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5	4	7	1	3	6	8	2	9
6	2	1	7	8	9	4	5	3
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American Pickers to Film in California!



Mike Wolfe, Frank Fritz, and their team are excited to return to California.

By Emily Chafetz, CINEFLIXUSA

Mike Wolfe, Frank Fritz, and their team are excited to return to California! They plan to film episodes Of The Hit Series American Pickers Throughout The Region In March 2019!

American Pickers is a documentary series that explores the fascinating world of antique “picking” on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America’s most valuable antiques. They are always

excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet characters with remarkable and exceptional items. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America’s past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they’ve never

seen before. They are ready to find extraordinary items and hear fascinating tales about them.

American Pickers Is Looking For Leads And Would Love To explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location and description of the collection with photos to: americanpickers@cineflix.com or call 855-OLD-RUST. facebook: @GotAPick ★

Roadway Winter Prep and Storm Response

Sacramento County Special Release
By Matt Robinson, Sac County Media

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Department of Transportation (SACDOT) is prepared to provide quick response to roadway maintenance incidents that result from weather conditions. Crews provide year round response for weather-related incidents, roadway hazards, urgent roadway repairs, pavement maintenance problems, traffic control and detour-signs twenty-four hours a day, seven days a week.

Crews are in the field every day all year long performing landscape maintenance, roadside ditch cleaning, roadway repairs, culvert replacement, and street sweeping to remove leaves that can block storm drains. Every year before winter sets in, a “Pothole Sweeps Week” is implemented for the unincorporated street system to get roads ready for inclement weather. Crews also pull debris out from under bridges and complete erosion control projects to protect critical infrastructure.

When winter weather hits, crews are available 24/7 for emergency response to clear roadways, remove fallen trees, repair streetlights, fix traffic signal malfunctions and keep traffic moving safely. Flooded roads are monitored and closed when necessary. When roads are flooded, they are posted to the SACDOT website to allow you to check routes for problem areas.



When winter weather hits, crews are available 24/7 for emergency response.

Although crews are in the field every day, your assistance, especially during bad weather conditions, is important. Report roadway issues listed below by calling 311 (or 875-4311) or reporting online at <http://www.311.sacounty.net>. You can also report with a 311 app on your phone.

Fallen Trees and Branches: During severe weather conditions, crews may clear just the material in the roadway and move on to the next incident. Additional cleanup work is performed when crews have handled all incidents that require immediate attention.

Please note: Trees or branches that fall on private roads or property are the responsibility of the property owner. Property owners should contact a private tree service for fallen trees or branches on private property.

Flooded Roads: Crews respond immediately to flooded roads and attempt to clear what is causing the problem right away. If the flooded road cannot be cleared, signage will be placed to close the road and maintenance crews will work to continue to clear the roadway.

Plugged Culverts: (a

tunnel carrying a stream or open drain under a road or railroad.) If a culvert is plugged, SACDOT crews will flush the culvert until it’s clear.

Traffic Signal Out: Technicians are dispatched immediately to make repairs to traffic signals that are out or malfunctioning.

Downed Street Signs and Stop Signs: Street signs will be replaced as soon as possible. Downed stop signs are a priority and SACDOT’s goal is to have them back up within two hours of notification.

Street Light Out: When reporting a problem, have the pole number or property address available. The pole number can be found on a sticker approximately 8 feet high, usually on the traffic side of the pole.

Plugged Storm Drains: A major cause for localized street flooding. Call 311, give the location and the Department of Water Resources will dispatch crews to remove leaves and/or other debris from the drain.

Sandbag Sites: If your property has a history of flooding, get sandbags in advance at Sacramento County’s sandbag self-serve sites. ★



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Thoughts of Gratitude from Don Troutman, Founder, Clean & Sober Transitional Living

Counting the blessings of a very busy year, I am grateful to be able to offer a place where people who’ve navigated life for years with alcohol or drugs as their North Star can learn healthy new ways to manage life. Over the years, we’ve fine-tuned Mad House to support, reign in and inspire everyone in their recovery (even when they don’t want to or like it). We’ve given them the boundaries they lacked, the boosts they needed, the reasons to get up and show up, and the structure that supports their recovery with integrity.

I’m grateful for the opportunity to offer great support and friendship to those who may be estranged from their loved ones. Most of our residents arrive here with damaged families, heartache and destruction in their wake. In early recovery, they may not have anywhere to go for the holidays. Maybe they weren’t invited to join their families. Perhaps there were trust issues that still needed repair. Maybe it wasn’t safe for them to go home. But they



Don Troutman

can create a new “family” here to support them while they get healthy and work on mending relationships that have been damaged.

I’m grateful to be able to provide housing that is non-discriminatory and offers the protections of the Americans with Disabilities Act (ADA) to those in active recovery.

I am grateful for the opportunity to be of service – and to give others a chance to serve. Our residents can literally walk next door to a meeting and find someone who understands what they are going through. One of our residents said it best: “Being active in a sober living environment

and being able to relate to another alcoholic has kept me clean and sober for over nineteen months and still going strong. For that, I’m grateful.”

I am grateful to be able to participate in and be a part of the local economy as a taxpaying business and consumer of goods and services. While we don’t cost taxpayers a penny, we do put tens of thousands of dollars into the local economy and community coffers.

I’m grateful to run a business that helps eradicate the shame and stigma of substance use disorder through our words and deeds. Mad House offers an empowering environment where people find the structure, tools, wisdom and purpose that have helped the vast majority of our 6500-plus residents claim long-term recovery from their dependence on drugs or alcohol. They can proudly carry the torch of recovery and light the way for others to follow suit.

Recovery, pride and gratitude...what a solid finish to 2018 and great foundation for 2019. ★

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For more information, visit FairOaksEcoHousing.org

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A German Requiem | Johannes Brahms
Serenade in E Minor | Edward Elgar
Five Mystical Songs | Ralph Vaughan Williams

Requiem for the Masses—with its German text and emphasis on consoling the living, Brahms’ decidedly non-Latin Requiem was unlike anything that had come before it.

Elgar’s most favorite *Serenade* is a prelude to Vaughan Williams’ astonishing settings of poems of love and Resurrection.

Carrie Hennessey, Soprano
Trevor Scheunemann, Baritone

Saturday, March 23, 2019 at 8:00 pm
7:00 pm – Pre-concert talk
Sacramento Community Center Theater



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Die Erste Walpurgisnacht | Felix Mendelssohn

Joshua Dennis, Tenor
Matt Hanscom, Baritone
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Saturday, May 4, 2019 at 8:00 pm
7:00 pm – Pre-concert talk
Sacramento Community Center Theater

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CHEERS & JEERS

by Damian Holbrook

Cheers to A Million Little Things
for scoring one big move. ABC’s freshman hit, starring David Giuntoli, James Roday and Romany Malco will relocate to the plush post-Grey’s Anatomy slot when it returns January 17, giving Thursdays a double dose of soaps about likable people making terrible life choices.

Jeers to The Marvelous Mrs. Maisel
or being all over the place. And time. Prime Video’s showcase for the delightful Rachel Brosnahan (pictured) takes place in the 1950s, but they used tunes by the Go-Go’s and David Bowie last year, and Season 2 opened with “Just Leave Everything to Me” from



The delightful Rachel Brosnahan (pictured) takes place in the 1950s. 1969’s Hello, Dolly! Oy, we’re confused!

Jeers to Riverdale Parents
Hiram (Mark Consuelos), had daughter Veronica arrested, Alice (Madchen Amick) wanted nuns to drug her kid Betty, and even good-guy Fred (Luke Perry) has let son Archie skip weeks of school (albeit to hide from Hiram). No wonder their kids are so messed up!

Cheers to Nailed it!
for cooking up the perfect holiday treat. Netflix’s gut-busting kitchen competition returned with a fresh batch of baking fails that brought down the (gingerbread) house and had us wanting to spend every Christmas with hilarious host Nicole Byer. Sleigh, queen! season was proof this Family has already overstayed its welcome. ★

Two of the best Netflix series of recent months—the British import Bodyguard (at a taut six episodes) and Chuck Lorre’s The Kominsky Method (at eight)—were distinguished and elevated by their economy of storytelling. (Same for Amazon Prime’s Homecoming, with its half-hour episodes.) Bodyguard was just as long as it needed to be—British series tend to be tighter and shorter, and that suits me fine—and if Kominsky left me wanting more, that’s a rather rare feeling these days. Now if Netflix would just go ahead and renew it! ★



ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Are Netflix Shows Too Short?
Question: Why is Netflix suddenly making series with only six or eight episodes? Now we feel like we just got into the show and it’s over. —Jean
Matt Roush: You are really barking up the wrong critical tree by griping to me about this issue. I am and always have been of the “less is more” school when it comes to binge-watching, and I can think of almost no Netflix series

of the 13-episode variety that wouldn’t benefit from significant trimming. I’ve gone on record saying many of Netflix’s originals would be twice as good at half the length, and “Netflix bloat” has become almost a critical cliché. (Case in point: I admired some things about the Netflix version of The Haunting of Hill House, but even at 10 long episodes, some clocking in at over an hour, it felt egregiously padded to me.)



Keen 2019
Mary Jane Popp

She is a Clairvoyant Master and a visionary. She reads energy fields, and Psychic Kerrie O’Connor is like a tuning fork to help raise your vibrational level. So Kerrie took a look at 2019 and what’s in store. She says **THE THEME FOR 2019 IS MASTERY/LAW OF ATTRACTION/WE CREATE OUR OWN REALITIES.** Kerrie told me on POPPOFF that throughout 2019, we will continuously be shown that with every thought, word, action or non-action, we are creating our reality. Then we will be given many opportunities to change what we don’t like and create what we do like. So here are a few areas to look at. **POLITICALLY...** Kerrie sees President Trump having some health issues. He won’t tweet about it, but it’s affecting his thyroid and heart areas. The Presidency is not what he thought it would be. He doesn’t like restrictions.

POPPOFF!

with Mary Jane Popp


If he could save face and make himself be the hero, he would walk away from it all. He will be pushing for more money for middle class and poor... especially after June to prepare for 2020. Don’t see him being able to follow through...but it will get many of his loyal people up in arms. Mueller investigation will show collusion, but the White house is already dancing around that. Don’t see impeachment happening after the House goes Democratic. A lot of talk about it, but Democrats will decide it’s not good for the economy etc. But **THEY** will continue to restrict him. So, a lot of what we have seen in 2018 will continue in 2019. Early summer, there will be something leaked to the media or exposed that will really be embarrassing for most of us, but the President will be the twist master. **QUEEN OF ENGLAND.** She will face serious health issues in 2019. Brexit will go through another revision...don’t see them breaking from the EU for a couple of years. **STOCK MARKETS.** It’s roller coaster time again as the markets will continue to follow a pattern of extreme lows and highs. So fasten your seat

belt. Interest rates will go up two or three times over the next year and a half. **MORE EXTREMES.** Earth is looking to balance herself out. Fires, earthquakes...big earthquakes in California and Washington...flooding and tornadoes in Texas... hurricanes in Florida... heat extremes in New Orleans. **MEDICAL BREAKTHROUGHS.** Medical marijuana and other plant medicines will continue to be supported. Use of micro dosage of LSD helps with depression and people will be open to getting back to working with plant medicines. **ET CONTACTS.** Throughout 2019-2022, we will be hearing governments acknowledge their awareness of ET and have known for a long time. This will shake people to the core. You can check out more about **Kerrie O’Connor** at www.kerrieoconnor.com or **860-887-1207.** **FINAL THOUGHT FROM KERRIE.** We are the “Angels Having a Human Experience,” so 2019 is the time to start getting connected to that aspect, and work with mastery and the Laws of Attraction. **HAPPY CREATING WITH MORE PEACE, acceptance and LOVE!** ★

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Sacramento County DA Reports



Defendant Sentenced for Kidnapping & Child Abduction
DATE: January 4, 2019
CASE: David Watson (Case #16FE019708)
PROSECUTOR: Deputy District Attorney Heidi Brennan, Child Abduction Unit
The Honorable Michael Savage sentenced David Watson to 36 years to life in prison. On March 5, 2018, a jury convicted Watson of kidnapping while personally using a knife and parental child abduction.
In September 2016, the Shasta Interagency Narcotics Task Force conducted a probation search at the home where David Watson and Christina Bell had been residing. Bell, who was home at the time with the couple’s 5-month-old baby, was arrested for child endangerment and drug related charges. Law enforcement took the baby into protective custody and Shasta County Children’s Services placed the child with Bell’s mother, who resides in Sacramento County and obtained legal temporary guardianship of the baby. On October 12, 2016, Watson and Bell went to have a supervised visit with their child at the home of Bell’s mother. During the visit, Watson walked out of the residence with the baby, pulled out a knife and proceeded to leave with the baby. Bell got in the car with him and they fled. Watson and Bell returned to Shasta County with the child. Bell was arrested on October 13, 2016. Watson was found with the baby and arrested on October 15, 2016.
Allegations that Watson suffered a 1987 strike conviction for first-degree burglary and a 1992 strike conviction for assault with a firearm were found true prior to the sentencing.
On January 30, 2017, Christina Bell pled no contest to child abduction and was sentenced to 364 days in jail.

Attorney Scott Schweibish, Career Criminal Prosecution Unit
The Honorable Steve White sentenced Demarea Fulbright to 63 years to life in prison. On May 18, 2018, a jury convicted Fulbright of attempt murder with personal discharge of firearm causing great bodily injury, two counts of robbery with personal use of firearm, and assault with a firearm.
On February 4, 2016, Fulbright and two other perpetrators went to the victim’s home to purchase a gaming system. The victim’s wife, mother-in-law, and three young children were home at the time. Once inside the home, Fulbright and his associates pulled out guns and held the victim’s wife and mother-in-law at gun point as they robbed them of money, electronics, and medication. During the robbery, the victim struggled with Fulbright over the gun. Fulbright shot the victim several times before fleeing. The other associates also shot the victim as they fled the house. The victim was shot between eight and 11 times.
Fulbright was on probation for a misdemeanor domestic violence conviction at the time of this offense.

Defendants Sentenced for Multiple Child Sexual Assaults
DATE: December 17, 2018
CASE: Chantell Gosztyla & Richard Gosztyla (Case #18FE004488)
PROSECUTOR: Principal Criminal Attorney Nancy Cochrane, Special Assault & Child Abuse Unit
The Honorable Steve White sentenced Chantell Gosztyla and Richard Gosztyla to 91 years to life in prison. On November 6, 2018, a jury convicted both defendants of multiple counts of lewd and lascivious conduct against a young family member.
The defendants sexually assaulted the victim together and individually for more than one year. When they were apprehended in Napa County, they had with them passports and \$9,000 in cash. It is suspected they were planning on fleeing the country. ★

Defendant Sentenced for Attempted Murder During Home-Invasion Robbery
DATE: December 27, 2018
CASE: Demarea Fulbright (Case #16FE002779)
PROSECUTOR: Deputy District

Tenth Police Holiday Caravan Brings Joy to Local Families



Citrus Heights officers enjoyed giving as much as the children enjoy getting.

Continued from page 1
were selected from community referrals to the city's Holiday Referral Program overseen by the police department. Items are donated by members of the police department, non-profit service and faith organizations, schools, private businesses and individuals.

Mayor Bruins said how wonderful it always is for her to be part of this caravan. "You never know who you are going to meet" she said, telling of a man she met who had just lost his wife. He was holding a tiny, shivering dog in his arms. Bruins gave him one of 100 quilts made and donated by the Citrus Heights Quilters Guild. She noted, while the holiday program brings joy to its recipients, it "blesses us back."



CHPD and city staff joined in giving caravan.

Also adding a personal touch were homemade Christmas stockings, filled and donated by the Soroptimist. In addition, adult patients in the Multiple Sclerosis Day Wellness program under the

umbrella of Dignity Health crocheted full sized blankets to help bless recipients. The Rotary Club of Citrus Heights provided food boxes for families.

The event was held on
December 20, 2018. ★



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<p>Beef Filet Mignon Stk</p> <p>\$6.49^{lb}</p> <p>Filet Mignon Steak</p>	<p>PILGRIMS PRIDE</p>  <p>Chicken Drumsticks</p> <p>59¢^{lb}</p>	
<p>IBP</p>  <p>99¢^{lb}</p> <p>Beef Cow/Ox Feet</p> <p>Pies de Vaca</p>	<p>SEABOARD</p>  <p>Pork Loin Chop-Bone In</p> <p><small>Chopped or Carved Bone</small></p> <p>\$1.29^{lb}</p>	<p>IBP</p>  <p>Pork Spare Ribs</p> <p>\$1.99^{lb}</p> <p><small>Small Size (Single Pak)</small></p> <p><small>Can Be Cooked</small></p>

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(Combo Pizza Extra \$2)

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(Combo Pizza Extra \$2)

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3/\$2	2.53 <small>lb</small>	4lbs/\$1	3.99 <small>ea</small>	9.99 <small>box</small>	9.99 <small>box</small>	
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