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# Citrus Heights Messenger

*"Written by the people, for the people"*

VOLUME 8 • ISSUE 22      Serving the City of Citrus Heights & Sacramento County      NOVEMBER 16, 2018

**SSPCA RECEIVES  
OVER \$100,000  
IN GRANTS**



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**HERE COME "THE  
SUNSHINE BOYS"**



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**THANKFUL  
THANKSGIVING**



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## A Big Heart for All

*Citrus Heights Ambassador Receives Stone's Third "21" Award*



Kathlynn Carpenter, recipient of Stone's third annual "21" Award with members of her family on her left, and Stone's Kermit Schayltz, General Manager Art Van Loon, and District Representative for Senator Jim Nielsen, Landon Wolf on her right.

**By Elise Spleiss**

**CITRUS HEIGHTS, CA (MPG)** - "Sunrise MarketPlace is the heart of the City and you are the heart of Sunrise Market Place." These words said to Kathlynn Carpenter by Landon Wolf of Senator Jim Nielsen's office summed up the consensus of those gathered at Stone's Gambling Hall on November 7, 2018 to honor Carpenter, recipient of Stone's third annual "21" Award.

Family, friends and members of the Citrus Heights community gathered at Stone's Gambling Hall to recognize Carpenter for more than 20 years of commitment and service to Citrus Heights.

Stone's Kermit Schayltz greeted attendees and asked City Manager Chris Boyd, recipient of Stone's

2017 "21" Award, to read their resolution honoring Carpenter. Wolf also presented her with certificates of recognition from the offices of Senator Jim Nielsen and Assemblyman Ken Cooley.

Members of the Citrus Heights City Council, Police Chief Ron Lawrence, and City Manager Chris Boyd were introduced by Schayltz.

Carpenter has served as executive director of the Sunrise MarketPlace Business Improvement District (BID) since its inception in 1999.

Comprised of 11 shopping centers, with 450 businesses in the heart of Citrus Heights, the many retailers, restaurants and professional businesses span a 10-block area along Sunrise Boulevard between Arcadia Drive and Madison Avenue, and along Greenback Lane between

Birdcage Street and Fair Oaks Boulevard.

In 2015, in response to the growing presence of homeless along this business corridor, Carpenter worked with business owners and others to help form the Citrus Heights Homeless Assistance Resource Team (HART).

Under her leadership as Chair of the HART board since 2016, a team was built to address the long-term needs of all homeless in Citrus Heights, including programs and events for homeless veterans and to assist the 3,400 identified homeless students in the San Juan Unified School District. Lives are being changed daily as a result of these programs.

Following the presentations Carpenter shared that when she

*Continued on page 3*

## Help Turn the Tide of Opioid Use

**Sacramento  
County Release**

**SACRAMENTO COUNTY, CA (MPG)** - Progress is being made as opioid prescriptions in Sacramento County are decreasing, but more work needs to be done to prevent opioid overdose emergency department visits and deaths.

Opioids can have a number of serious side effects even when used appropriately; when used for non-medical purposes, opioids can become highly addictive.

To provide solutions, Sacramento County is an active participant in the Sacramento County Opioid Coalition that is comprised of a regional coalition of healthcare professionals, community-based organizations, law enforcement, county agencies and concerned citizens.

The Sacramento County Opioid Coalition goal is to work collaboratively on a comprehensive plan to address the opioid epidemic effectively with the following strategies: promoting safe prescribing; expanding treatment access; promoting safe medication disposal; encouraging early intervention treatment and recovery, overdose prevention; expanding public education and media outreach.

"Opioid misuse and dependency is a complex public health issue that requires a multidimensional community response," said Dr. Olivia Kasirye, Sacramento County Public Health Officer. "Through the Sacramento County Opioid Coalition, we're bringing together local organizations and citizens committed to saving lives through collaboration and action. We're engaging the medical community, providing law enforcement with life-saving tools, promoting safe medication disposal, and working to raise awareness about opioids in our community."

Sacramento County, in 2016, had 241 opioid overdose emergency department visits and 55 opioid overdose deaths. The numbers trended down in 2017 and in that year, Sacramento County received a State grant of naloxone nasal inhaler kits that were distributed to law enforcement agencies and community-based organizations.

*Source: Sacramento County Media* ★



## City Council Hears Plans for Holiday Festivities and EchoWater Project

**Story by Shaunna Boyd**

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights City Council meeting on November 8 featured presentations about upcoming holiday festivities in the city. The annual Tree Lighting event will be held at City Hall Outdoor Plaza (6360 Fountain Square Drive) on Thursday, December 6 at 6:30 PM. The event will feature music by the Citrus Heights Community Marching Band and a cappella quartet Encore. Guests will enjoy photos with Santa, hot cocoa and cookies, train rides, and taking photos inside the human snow globe.

Sunrise MarketPlace is hosting four free pop-up Magical Moments events

throughout the holiday season. A Laser Light Show with music presented by 98 Rock Radio will be held in LOWE'S parking lot on Thursday, November 29 from 6:00 PM - 9:00 PM. On Saturday, December 1, Birdcage Center will be transformed for Victorian Holiday from noon to 3:00 PM; the event will feature Santa Claus, sleigh rides, and music by KYMX Radio. The Winterfest Carnival on Saturday, December 15 will have games, a magic show, and many activities for the kids from noon to 3:00 PM at Sunrise Village on Sunrise Blvd. The final event of the season will be the Nutcracker Interlude Ballet, with two performances by the Sac Civic Ballet at 5:15 PM and 6:10 PM on

Thursday, December 20 at Macys Court at Sunrise Mall.

A member of the Citrus Heights Chamber of Commerce spoke about some of the Chamber's accomplishments during 2018. They gained 24 new members this year, and they have an 85% member retention rate, well above the national average of approximately 75%.

The Council heard an update about the EchoWater Project, which involves major upgrades of the existing Sacramento Regional Wastewater Treatment Plant (WWTP) in Elk Grove. The WWTP serves more than 1.4 million people in the cities of Citrus Heights, Rancho Cordova, Folsom, Elk Grove, Sacramento,

and West Sacramento. Renovations to the facility will improve the quality of water discharged into the Sacramento River and will allow the WWTP to meet the new treatment standards required by the Central Valley Regional Water Quality Control Board and State Water Resources Control Board.

The project, which is the biggest public works project in Sacramento's history with a total budget of \$1.7 billion, is being implemented by the Sacramento Regional County Sanitation District. Construction is expected to be completed between 2021 and 2023. So far, nine phases of the project have been completed and nine are currently under construction, with

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# Fire Volunteers Work to Rescue Animals

## The Camp Fire Effect on Livestock is Huge

Story and photos  
by Seti Long

**GRIDLEY, CA (MPG)** - Our community is painfully aware of the events that have transpired over the last week affecting Paradise and the surrounding areas. Gridley has seen an influx of evacuees from all walks of life seeking refuge, including man's best friend. The Red Cross Shelter located at the Butte County Fairgrounds is one of a handful of shelters that will take animals large and small. Though they are not allowed inside the main areas of the shelter, the Feather Room and Farmers Hall, smaller domesticated animals are allowed to remain on the property under supervision of their owners. This has caused many evacuees to camp outside with their animals to keep them close during this time of tragedy. For some it is their only source of comfort. While the smaller animals are allowed to stay with their owners, the larger live stock is housed near the Fairgrounds arena and show areas.

I was able to speak to Artemis Black, or “Molly” to her colleagues, who is the Lead for Large Animals for the North Valley Animal Disaster Group of NVADG. NVADG’s Livestock Rescue Unit and crew arrived on scene and immediately got to work on the intake of animals affected by the fire shortly after the shelter was established. Each animal taken in requires special handling and an array of paperwork releasing liability before it can be placed and receive medical treatment. Molly along with the NVADG crew, has been tasked with assisting the continued evacuation efforts of animals still located in the disaster area, reuniting animals with their owners, organizing supply and shelter for those animals, coordinating with trained specialists to treat the injured animals and more. NVADG in conjunction with a group called Cowboy 911, a public group dedicated to helping



People used this resources desk to communicate what or who they had lost and were looking for, and any help they could offer to those in need.



Paradise Evacuee Richard Metcalf stands with his prize winning horse Renegade, who narrowly escaped the deadly flames of the Camp Fire. White burn treatment can be seen on Renegades muzzle and around his delicate eye area.



Happy to Help. Hayley Dieckmann, third year student at UC Davis Veterinarian School and Dr. John Madigan are pictured outside the VERT unit, headquarters for the Veterinarian Emergency Response Team and life-saving mobile emergency pharmacy.

farmers, horseman and animal owners in times of need or disaster, have utilized social media to reunite owners with their animals and arrange assistance to help rescue those in peril. While most of the animals arrived with their owners, some have been brought in separately and remain un-identified.

Days after the shelter opened, animals continue to pour in, some uninjured but most under extreme stress. NVADG in association with the Veterinarian Emergency Response Team out of UC

Davis have been working along with skilled volunteers and private Veterinarians to treat those wounded animals and maintain a healthy environment in which they can recover. The VERT team arrived Saturday November 10th with their mobile unit, essentially a horse trailer retrofitted into a mobile Vet pharmacy and crew consisting of 2-3 Veterinarians and 3-5 students. Dr. John Madigan from UC Davis Veterinarian School and Hayley Dieckmann, President of the Student VERT Club and third year Veterinarian Student, were onsite Sunday over-seeing medical treatments, and implementing an incident command system. Dr. Madigan explained that VERT assisted in getting supplies donated and coordinating the reimbursement of medications and supplies used by private Veterinarians from their personal stock. Hayley Dieckmann explained the importance of the VERT unit in situations

where animals have been critical injuries, allowing access to crucial medical supplies and treatments that can make the difference in saving the animals life. The unit provides students with the opportunity for extra training in times of disaster and plans to be on site for at least a week.

*“Thinking that they had lost everything and that they would never see their beloved horses again, they made their way to the Gridley Red-Cross Shelter. Miraculously the animals survived and Cowboy 911 in combination with NVADG were able to locate their horses and extricate them from the burning area.”*

**RICHARD & SHARON METCALF  
PARADISE**

One of the horses being treated by the VERT team was Renegade, owned by Sharon and Richard Metcalf of Paradise. Renegade, a former Top 10 Canadian Nation Champion and Bronze Medalist Champion in the Las Vegas Arabian Breeders Finals, sustained burns to his muzzle and sensitive eye area. Renegade was one of 8 horses, three of which were pregnant, to survive the fire and be reunited with his owners.

Richard Metcalf first noticed that the sky was too dark to be normal last Thursday morning around

9:30 a.m. and looked out the window to discover why. Just over the treeline of his 7 1/2 acre dream ranch was a billowing cloud of black smoke. He called 911 and the operated told him to get out as fast as he could. He and his wife Sharon grabbed a handful of items and ran to open the gates to the corral that contained their prize winning horses. They flung the gates open so that their horses could have a chance of survival and hopped into their 4-wheel drive truck heading towards the Skyway. They recalled that the trees were already blanketed in white ash and the tips were beginning to singe due to the heat of the fire closing in. Leaving their home, located off of Clark Road,



The NVADG crew at command central pictured working with Camp Fire survivors on the intake of their displaced and wounded animals.

they found that the roads were grid-locked and the street lights were not working. Desperate to get out, they ended up using the Paradise Memorial Trail way, a bike and pedestrian trail that runs through Paradise, as a road to get to the skyway and to safety. Thinking that they had

lost everything and that they would never see their beloved horses again, they made their way to the Gridley Red-Cross Shelter. Miraculously the animals survived and Cowboy 911 in combination with NVADG were able to locate their horses and extricate them from the burning area. Unfortunately, the Metcalfs dream ranch where they intended to spend a peaceful retirement was completely destroyed. Although their home and belongings were gone, they found solace in the fact that all of their horses survived against incredible odds.

The Metcalfs expressed their deep gratitude for the all of the assistance they had received from Cowboy 911, VERT and NVADG teams, local volunteers, and the generosity of the surround community. Students from Gridley High’s FFA Club with advisor Matt Reed have been volunteering their services to aid NVADG and help with animal husbandry concerns like cleaning pens, feeding and general care of the animals already on site. On Sunday, the animal roster included about 130 horses, and around 150 smaller animals including 5 cows, 37 goats, 38 sheep, 6 pigs, 3 donkeys, 3 llamas, 13 chickens and more. The FFA students were busy helping with kids and lambs that had been born at the evacuation center in the few days since the fire had started. The experience of volunteering during this time of crisis has inspired many of the FFA students to pursue careers in fields pertaining to animal emergency response.

Although there is no way to forecast how many more animals will arrive,

the NVADG crew expects many more and will not turn away any animals in need of shelter and medical treatment. Volunteers and donations are welcome in the continued effort to help the wounded, weary, and strained animals from the Camp Fire and their equally exhausted owners. ★



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- March 8, 2019 – Water Conservation
- April 12, 2019 – Renewables
- May 10, 2019 – Electric Vehicles and Electric Buildings
- June 14, 2019 – Selling Your Plan Upstream

# A Big Heart for All

*Citrus Heights Ambassador Receives Stone's Third "21" Award*  
*Continued from page 1*

arrived here in 1997 from Las Vegas her goal was to be more involved in her community. She thanked the many who have formed the team to help her reach her goal including her MarketPlace staff, the City of Citrus Heights, Chamber of Commerce, police department, Rotary Club and other nonprofits, the local faith community, businesses and other property owners. She noted,

"we are a team with the same goals".

Stone's first recipient of the "21" award was Mel Turner who was serving his second term on the Citrus Heights city council when he passed away on April 20, 2017. Turner served as mayor in 2014.

Stone's Gambling Hall "21" Award is presented to a member of the community who has shown exemplary commitment and dedication to the

advancement of the City of Citrus Heights, a history of leadership, and demonstrated a passion for making a different." Carpenter epitomizes these requirements in her work with and for the City of Citrus Heights.

For information visit [www.shopsmp.com](http://www.shopsmp.com), [www.facebook.com/sunrise-marketplace](http://www.facebook.com/sunrise-marketplace). For information on HART go to [www.citrusheightshart.org](http://www.citrusheightshart.org). ★

# Here Come "The Sunshine Boys"

By Vanessa Voetsch

**CITRUS HEIGHTS, CA (MPG)**  
- Check out this fun Citrus Heights production performed by local actors.

Al and Willie as "Lewis and Clark" were top-billed vaudevillians for over forty years. Now they aren't even speaking. When CBS requests them for a "History of Comedy" retrospective, a grudging reunion brings the two back together, along with a flood of memories, miseries and laughs.

The play is written by Neil Simon and directed by Dan Cohen. The local show is featuring: Mark Cornfield, Stephen Kauffman, Shane Burrows, Erica Magee, and Torie Stoichich.

Some of the reviews: "It's ham on wry...Simon's sure footed craftsmanship and his one liners are as exquisitely apt as ever." - New York Post; "Delicious and oddly affecting."



Come out and support your local theatre group. Photo courtesy Theatre in The Heights

- The New York Times ; "Another hit for Simon in a shrewdly balanced, splendid and rather touching slice of the show biz life." - New York Daily News.

Performance dates are Fridays and Saturdays at 8p.m. and Sundays at 4p.m. through November 25. All tickets are \$15 for all ages (no infants please)

For more information or to make a reservation please call the theater at (916) 509-3445. Also see their website at [www.theatreintheheights.com](http://www.theatreintheheights.com) for more information and directions to the theater.

Theatre In The Heights is located at 8215 auburn Blvd., Suite G Citrus Heights, CA 95610. ★

## City of Citrus Heights - 22nd Annual

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## CITRUS HEIGHTS CHAMBER

CONNECTING ■ BUSINESS ■ EDUCATION ■ COMMUNITY



### Cendrinne DeMattei

Executive Director

## Chamber Gives

The Chamber gives much needed toiletries and supplies to families in need through the City's Annual Holiday Referral Program. In its 10th year, the program is designed to help families who reside in Citrus Heights and have experienced a recent hardship over the last year. By using a referral system, the City identifies families in Citrus Heights who have lost jobs, had a death of a family member, been in an accident that caused impairment or other crisis which has seriously changed their life situation. The program consists of four phases: 1) Application 2) Interviewing and Selection; 3) Adoption; and 4) Pickup and Delivery.

In order to meet this great need for supplies, the City of Citrus Heights and the Citrus Heights Police Department partner with various service clubs, schools and community members to provide assistance for the families in need. The Chamber is pleased to be able to join in this effort again this year. Chamber members donate funds for the direct purchases of supplies.

**If you are interested in participating in this effort here are a few things to know:**

- All donated items must be brand new.
- The Police Department will be accepting donated items from Nov. 19 thru Dec. 14th
- Needed items: food items, gift cards, new, unwrapped toys and gifts.

If you are interested in more information about the Chamber's committees or benefits, please contact Renee Larscheid at (916)722-4545.

**• Upcoming Meetings and Events •**

#### Chamber Monthly Luncheon

Tuesday, Nov. 13th – 11:30am to 1:00pm  
**Guest Speaker:** Stephen Cantelmes, Chief  
Sacramento Office of Emergency Services (OES)  
North Ridge Country Club

#### Chamber Business Mixer

Tuesday, Nov. 15th – 5:30pm to 7:00pm  
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FD 1489

# Stop the HIT to Protect American Workers

Commentary  
by Janet Trautwein

A little-known provision of the Affordable Care Act has been stealthily contributing to higher health insurance premiums. It's called the Health Insurance Tax, or HIT -- and Congress is finally ready to do something about it.

Earlier this summer, a bipartisan House majority voted to suspend the HIT through 2021. Now it's the Senate's turn to act. Billions of dollars in insurance premiums for consumers are on the line.

Since the Affordable Care Act took effect in 2014, insurance companies offering conventional full-coverage policies have paid fees based on how much their premiums are. That includes employer-sponsored group insurance plans, individual plans on the Obamacare exchanges, and Medicare and Medicaid plans. The HIT served as an extra source of funding for the ACA.

Unfortunately, insurers simply pass the Health Insurance Tax along to individuals and employers in the form of higher premiums.

That's particularly bad for small business owners, who can't deduct HIT fees from their overall tax

liability. Meanwhile, most Americans buying health coverage in the individual market have no idea that part of their premium is just a pass-through tax.

The HIT gets more burdensome every year. Fees from insurers totaled \$8 billion in 2014 and \$11 billion in 2015. Congress suspended the tax for 2017 and 2018. But if the federal government had collected the tax this year, the tab would have been over \$14 billion.

There's no doubt the HIT has increased premiums. The Kaiser Family Foundation estimates that the HIT inflated exchange plan premiums by two to three percentage points this year. According to an Oliver Wyman analysis, the tax accounted for \$500 in annual premium costs for families obtaining coverage through an employer, \$255 for those enrolled in Medicare Advantage, and \$165 for people insured through the individual market.

Without relief from Congress, the HIT will drive up average individual premiums by more than \$2,100 -- and family premiums by \$5,000 -- over the next decade.

The HIT also knocks those least able to pay the hardest. Americans earning \$10,000 to \$50,000 a

year pay more than half of the HIT.

Large businesses can escape the Health Insurance Tax by self-insuring, or paying employee medical bills directly. But that's not an option for small businesses with fewer employees and volatile health care costs.

That's a big reason why small businesses have faced skyrocketing premiums. From 2010 to 2015, seven in 10 small businesses reported premium increases of more than 20 percent.

The HIT will only continue harming small businesses, causing cuts in employee benefits and reduced hiring. According to one estimate, the HIT could put 163,000 workers at small businesses out of their jobs in the next ten years.

The House measure to suspend the tax for three more years, H.R. 6311, would offer some relief. The Senate should support it.

Better still, Congress should repeal the HIT once and for all. Doing so would be an easy way to lower Americans' insurance premiums and protect the middle class.

Janet Trautwein is CEO of the National Association of Health Underwriters (www.nahu.org). ★

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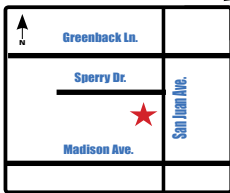
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# SMUD Lists Unclaimed Checks on its Website

**SACRAMENTO REGION, CA (MPG)** - SMUD has published the names of customers and vendors who have not yet cashed checks dated October 1, 2014 through September 30, 2015. The list of names will be posted on SMUD's website, [smud.org](http://smud.org), until December 21, 2018.

In order to file a claim on an uncashed check, claimant's name must be included on this list, or they do not have a valid claim.

To make a claim, call 916-732-7440 and supply the claimant's name, current address, telephone number and the address for the time period between October 1, 2014 and September 30, 2015. Claimants can also mail



In order to file a claim on an uncashed check, claimant's name must be included on this list, or they do not have a valid claim.

a claim to Sacramento Municipal Utility District Unclaimed Monies, 6201 S Street, Mail Stop K109, Sacramento, CA 95817-1818.

Each year, SMUD posts this information in an effort to find the money's rightful owner. Claims must be made by 5 p.m.

on December 21, 2018 or they become the property of SMUD under California Code Section 50050-50057.

Replacement checks will be issued only to the payee or upon proof of death, to the payee's beneficiary.

For more information, visit [smud.org](http://smud.org).

Source: SMUD Media ★

# SouthEast Connector Funding Secure Following Proposition 6 Failure

By Lindsey Goodwin

**MATHER, CA (MPG)** - The Capital SouthEast Connector Joint Powers Authority has announced \$20 million in grant funding previously secured through the California Transportation Commission's (CTC) Local Partnership Program (LPP) available through Senate Bill 1 (SB 1), the Road Repair and Accountability Act of 2017, is secure following the failure of Proposition 6. This statewide proposition would have repealed SB 1, a 2017 law that generates \$5.2 billion annually in new transportation funding that is permanently designated for road repairs and public transportation.

"The voters of California have spoken and, based on the outcome of Proposition 6, understand the importance of prioritizing funding sources to maintain our state's transportation infrastructure," said Derek Minnema, executive director of the Capital SouthEast Connector JPA. "The \$20 million in funds previously

secured through SB 1 will be invested judiciously to continue the advancement of the Connector, which will provide instant regional congestion relief to downtown Sacramento and close a critical rural-to-suburban connectivity gap here in our region."

The Connector received the third largest statewide funding award of close to 90 grant applications for projects throughout California.

Earlier this year, the Sacramento Transportation Authority ranked the Connector as it's No. 1 regional transportation project pursuing funding through the CTC's LPP grant program.

The Connector closes a rural-to-suburban connectivity gap by transforming 34 miles of two-lane rural roads into a state-of-the-art, four-lane expressway connecting the communities of the City of Elk Grove, Sacramento County, City of Rancho Cordova, City of Folsom and El Dorado County. The new

expressway will provide instant regional congestion relief to downtown Sacramento, provide parallel capacity to Highway 50, and an evacuation route for the southeastern part of Sacramento County. Project benefits also extend beyond the region as the Connector has been identified as a key project within California's Central Valley Major International Trade Region, and will connect three U.S. Department of Transportation's Primary Freight Network Routes that are the backbone of goods movement within the Central Valley.

The Connector JPA was formed in December 2006 and includes Sacramento County, El Dorado County and the cities of Elk Grove, Folsom and Rancho Cordova. It is responsible for the Connector's planning, environmental review, engineering design, development and construction.

For more information, visit [www.connectorjpa.net](http://www.connectorjpa.net)

Source: Randle Communications ★

# Capitol Pops Concert Band Rings in the Holidays

By Linda Glover

**CITRUS HEIGHTS, CA (MPG)** - The Capitol Pops Concert Band continues its 22nd season with a free, open to the public holiday concert at 7 p.m. Saturday, Dec. 1, 2018, at the Rusch Park Gym, 7801 Auburn Blvd., in Citrus Heights.

Under the baton of Director Judith Steinle, CPCB will once again play traditional holiday favorites, seasonal musical hits and carols.

This performance, sponsored by the Sunrise Recreation and Park District

and the City of Citrus Heights, is family friendly and a great way to usher in the holiday season. The two-hour concert includes a 20-minute intermission.

Various prizes will be on display for the raffle ticket drawings. In addition, there will be a silent auction on special, one-of-a-kind items. The public also will have the opportunity to purchase a variety of colorful poinsettias after the concert concludes. Longtime CPCB supporter Easley Nursery of Auburn has donated a large poinsettia plant as a grand prize in

support of the band's student scholarship fund.

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concertgoers throughout Northern California. Based in Citrus Heights, the self-supporting, nonprofit community band of about 50 musicians represents a wide cross-section of the Sacramento area. For more information on the Capitol Pops, visit [www.capitolpops.org](http://www.capitolpops.org) or its Facebook page. For more information, call (916) 725-5214. ★

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By Marlys Johnsen Norris, Christian Author

Religion itself is powerless! Alone it means nothing! It never does not set people “free” or give them the peace that passes all understanding! Actually it is an empty word people who answer “I’m religious” do not understand!

When questioned about their faith, haven’t we all heard people responding with those words “I’m

**Religion Doesn’t Work**

religious”? And what does that really mean? Yes they may go to church every week! Do they really believe that is all they need to do? Do they hear, respond and be inspired to do the works of serving God in their daily lives? Possibly they totally miss their divine calling with that kind of answer! How about reading and study of their Bible? What do they learn? Do they pray every day? Talking to God daily is one of the most important events everyone needs to do. If not, no wonder some critics call them “hypocrites”?

Until a person understands and drinks of the “Living Water” God provides, their lives are not filled with Jesus love and forgiveness. He provides so much more **when one seeks Him with their whole heart!** Not just on Sunday - but every single day. God loves every one of us far more than any of us will ever understand but we can learn and appreciate what we do learn about Him. **“Come Alive” now by accepting God’s Son, Jesus as your Savior and Lord of your life and you will begin to really live for the first time in your life. You will be “born again” and begin a brand new life!** I promise you because it happened to me 50 years ago and I have learned a lot about a dynamic loving God who loves everyone with His whole heart. Right Now, He is on His knees in prayer just waiting for you! Come and Experience a Brand New Life with Jesus!

Christian Author of 7 Books  
Coming: God’s Blessings for Life’s Journey  
Marlysjn@gmail.com ★



By Pastor Ray Dare

What would you consider to be the number one emotional pain in our society? You may think, “Depression, guilt, anxiety, stress.” Sociologists tell us it is loneliness.

One of God’s remedies to loneliness is recognizing His presence. The fact is you cannot escape God’s presence. God is everywhere. No matter where you go, God’s going to be there. But how do you recognize God’s presence in your life? So, you can take advantage of the benefits of it? And what are those benefits?

**He supports you.** Isaiah 41:10 “Don’t worry because I am with you. Don’t be afraid because I am your God. I will make you strong and help you. I will support you.” God’s saying you’re not alone in this world. No matter what you face you don’t have to face it alone. There is a

*Pastor Ray's*  
**Encouraging Words**

**When You Feel Lonely**

difference between being alone and being lonely. If God is with you and you sense His presence, you may be alone, but you’ll never be lonely.

**He calms you down.** When is loneliness the most difficult? What time of day? At night. Nobody wants to go to bed at night alone. That’s why some leave the radio or TV going. When you’re alone at night your fears exaggerate. You hear noises at night you never hear during the day. You start imagining the shower scene from Psycho. Your mind goes into overdrive. However, God’s presence calms me down. Ps. 4:8 “I will lie down in peace and sleep for though I am alone, O Lord, You will keep me safe.”

**He cheers you up.** When you are alone you have two choices: You can choose to focus on your loneliness and have a pity party - “Poor me! Nobody loves me!” Or you can focus on the fact that God loves you, He’s never left you and that He’s with you now. Ps. 16 “Your presence fills me with joy.”

How do you know when somebody’s walking in the presence of God? They are full of joy. How do you know when somebody’s not walking in God’s presence? They’re not full of joy.

**He’ll see you through.** Isa. 43 “When you go through deep waters and great troubles, I will be with you. When you go through rivers of difficulty, you will not drown.” God is not going to let you sink. He says, “I will see you through.” Even when you feel like you can’t go on another day. God is with you and if you’ll tune in to Him, He’ll help you out. There are radio waves going through the air all the time. You can’t see them, but it doesn’t mean they’re not there. You can’t see God but He’s with you right now. He’s all around you and if you’re a believer He’s in you, but you must tune into Him through prayer, then His presence will help you out, see you through, lift you up, calm you down.

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### Crossword Puzzle on Page 6

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### Sudoku Puzzle on Page 6

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8	5	6	3	7	1	2	4	9
9	7	4	2	8	5	1	6	3
6	8	5	7	2	4	3	9	1
7	2	1	5	9	3	4	8	6
4	9	3	1	6	8	7	5	2
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# SSPCA Receives Over \$100,000 in Grants

## Petsmart Charities Donates to Help Pets Find Forever Homes

By Sarah Varanini, SSPCA

**SACRAMENTO REGION, CA (MPG)** - The Sacramento SPCA recently announced their receipt of two new grants of \$50,000 and \$51,821 from PetSmart Charities, the leading funder of animal welfare in North America. The grants are designed to increase intake and help the Sacramento SPCA transport and relocate pets so they can find forever homes.

Since 2016, the Sacramento SPCA has transferred close to 1,000 animals from overburdened shelters in Northern California to their location in Sacramento. In 2018 alone, the Sacramento SPCA transferred 328 animals from Antioch Animal Services, Contra Costa County Animal Services, Placer SPCA, Stockton Animal Control, Sacramento County Animal Control, and weekly visits to Sacramento City Animal Control on Front Street.

The relocation of these pets not only allows the overburdened shelter to have open kennels for incoming animals, but gives the pets transferred the opportunity to find loving homes in a new environment.

A \$50,000 grant from PetSmart Charities was used to purchase a new transfer van, allowing the Sacramento SPCA to transfer even more animals per visit to overburdened shelters. A \$51,821 grant from PetSmart Charities will soon completely renovate a new area at the Sacramento SPCA for intake and assessment of these transferred animals before they are ready to find their new families.

“In the past, we could rescue six large dogs, or eight medium dogs or about a dozen and a half small dogs or cats,” said Kenn Altine, Sacramento SPCA CEO. “With the new PetSmart Charities van, we can load eight large crates and dozens of small and medium crates by using the folding shelves.

We can bring back a wide mix of sizes that matches the needs of the partner shelter and the space availability here at Sacramento SPCA.” Employees from the Sacramento SPCA recently drove this new animal transfer vehicle to Kettleman City to transfer 15 dogs from areas affected by Hurricane Michael.

“Pet transport continues to play an important role in reducing pet homelessness and can provide a better chance for pets to find loving homes,” said David Haworth, DVM, Ph.D. and president of PetSmart Charities. “We are thrilled to not only provide funding to support the transport of these pets from overwhelmed areas, but also increase the Sacramento SPCA’s capacity to provide quality care to pets on the journey to find their forever home.”

Pet Transport is one of PetSmart Charities’ seven grant categories designed to provide year-round opportunities for animal



Sacramento SPCA Rescue Coordinator Emily Egle (on left) and Sacramento SPCA Foster Coordinator Palina Chordas with two transferred dogs from the Sacramento City Animal Control on Front Street. Photo courtesy SSPCA

welfare organizations and non-profits to apply for funding support. Funding from PetSmart Charities can help to cover the costs

associated with pet transportation, veterinary and shelter care and vehicle maintenance and modifications. With the help of

its animal welfare partners, since 1994, PetSmart Charities has helped more than 8 million pets in need find forever homes. ★

# AlSCO Gives Support to Seniors Through Philanthropic Partnership Program



Eskaton management receives the donation from AlSCO executives. Photo courtesy AlSCO

By Nina Canning

**SACRAMENTO, CA (MPG)** - AlSCO Inc., the premier linen and uniform rental services company, recently joined the Eskaton Foundation’s Philanthropic Partner Program to better support senior citizens as they age, helping them remain independent, but also provides volunteer opportunities and education forums about the aging experience for

AlSCO employees.

Seniors are an often overlooked demographic when it comes to charitable giving. In fact, in the United States, only two percent of all giving is directed to senior causes.

“Our donation allows us to support seniors through the innovative health, housing and social services the Eskaton Foundation provides to seniors,” says Mark Kotsios, general manager, AlSCO Sacramento.

Eskaton, which means “the dawning of a new day,” is a community-based nonprofit whose mission is enhancing the quality of life of seniors to transform the aging experience. Eskaton Foundation supports the needs of seniors in the greater Sacramento area.

AlSCO is a fourth-generation family owned and operated business, founded in 1889, that was recognized by the prestigious Hohenstein

Institute for having invented the linen and uniform rental industry. Celebrating 129 years of business, AlSCO provides linen and uniform rental services to customers that include restaurants, healthcare, automotive industry and industrial facilities. With over 180 locations, AlSCO provides world-class service to over 355,000 customers in 14 countries. Learn more at <http://www.alsco.com>. ★

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TV GUIDE MAGAZINE

CHEERS & JEERS

Jeers to Any Americans Who Aren't Watching All American

The CW's underrated tale of a high school football star (Daniel Ezra) who's moved from the hood to the Hills of Beverly deserves to be a hit for ignoring the "teen drama" playbook and tackling universal stories of race, class and self-acceptance without ever being preachy.

Jeers to Modern Family

For being dead wrong about what significant means. Before Season 10 began, producers teased that a "significant character" would meet his or her maker this year. So if Shelley Long's DeDe was so important, why did Jay's ex—who hasn't even been



(Daniel Ezra pictured left) who's moved from the hood to the Hills of Beverly in teh CW program All American deserves to be a hit for ignoring the "teen drama" playbook.

seen this season!—die off-screen? They're just lucky it wasn't pup Stella.

Cheers to Chilling Adventures of Sabrina for making the macabre

cool. Dark, demented and definitely not afraid to offend, Netflix's giddily ghoulish take on Archie Comics' teenage witch quickly cast its spell over us with its bold embrace of the occult, plus star Kiernan Shipka's wickedly winning performance.

Cheers to Grey's Anatomy

for using Meredith's past to improve Teddy's future. When Owen's ex (Kim Raver) balked at telling him she was carrying his baby, Meredith shared the pain of growing up without a dad because of her own mother's lies. It was a nice nod to the character's history and acknowledgment of how far she has come from that dysfunction. ★



Thankful Thanksgiving

We eat turkey and pumpkin pie. It's because the pilgrims did, right? We mimic those somber folks in black outfits and clunky shoes with buckled hats.

Well, according to historian Ken Davis, Pilgrims didn't wear black, and their feast was more like surf and turf with venison, turkey and mussels and scallops from the nearby ocean. It was wild turkey and pumpkins, not pumpkin pie and cornmeal breads and puddings? And the "happy times" together with peace and good will lasted about a generation...quickly followed by fighting and bloodshed as relations with the Native Americans deteriorated when the colonists took land from the indigenous people.

But let's not forget that it is a day to be grateful for what we have, be it little or a lot. So, instead of asking celebs or other media personalities, I was curious what my own family

POPPOFF!

with Mary Jane Popp

was grateful for, including myself. Had to start out with my husband Rick. "I'm thankful to be blessed with a loving partner to make me smile through all my days...to have family that I will always love and sorely miss when they are no longer here...for all the four-legged friends who have graced my life with their devotion and never ending love.

Then my only brother Johnny added, "Thankful I made 80 years, my wife and I enjoying nearly 49 years of marriage, and living in a University community with many fun activities. My son has a good job he likes in Arizona and married a fine woman who makes him happy."

My sister-in-law Mary Frances added, "The thankfulness is long: 48 happy years married to Johnny, more than 40 years of being paid for work I loved, and now retired and sleeping late. Books to read and great libraries nearby to round out the list."

From Cousin Linda in Texas..."We are blessed with children who are healthy, responsible and grounded with strong work ethic. Our family knows God and his goodness. Thankful for the

chance to live in a constitutional republic that affords us freedom of religion, speech, press, and thankful for our soldiers who keep our freedoms safe. Thankful for our extended family...cousins, nieces and nephews who give unconditional love across the miles for decades."

Mine's next. Health came to mind, along with the wonderful man I married 47 years ago. Then, to realize that I am still doing what I love best in the whole world after 43 years...a radio show where I can share positive ideas, speak out without shouting or calling names with intelligent talk, and this column that allows me the opportunity to share those ideas with you. What more can I ask for? Perhaps, please let me keep on giving and sharing! And can't forget our four-legged kids Ice and Trekker! Real joy!

I hope you are all sharing your special Thanksgiving with much love, compassion and giving of yourself. It's what Thanksgiving is all about. Our time is so finite, so share the best of you with family, friends and strangers too. A HAPPY AND BLESSED THANKSGIVING!!! ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

HAS CBS RENEWED POLICE DRAMA INSTINCT?

Question: I really enjoyed CBS's *Instinct* and am hoping it will get renewed. Any idea whether it will? —Dorothy

the groundbreaking nature of the character he plays as a married and openly gay crime-solver, though I often wished the cases and the writing would rise to his level.

Matt Roush: I've been getting enough questions about this, I figured I should address it. CBS renewed *Instinct*, but as in its first season, the show will return as a mid-season series (no air date yet). I'm a big fan of Alan Cumming and appreciate

Question: Do you remember a show called *Early Edition* in the 1990s? *God Friended Me* reminds me a lot of it. —Jamie

Matt Roush: There are echoes of quite a few shows in the high concept

of *God Friended Me*—which I've also heard described as "Texted By an Angel"—but the DNA of *Early Edition* is also apparent in the story of a person getting predictive messages to do good for unknown reasons. *Friended* has the added spiritual/religious/atheist angle, which I find especially intriguing. But I'll admit as someone who got my start in newspapers, I find myself nostalgic for any show that depicts someone getting an actual newspaper dropped at their doorstep—as opposed to getting all of their information and behavioral cues on social media.

To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](http://tvinsider.com) ★

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# How the Individualized Education Program (IEP) Affects Our Kids

Commentary  
by Andrea Hatch

**SACRAMENTO REGION, CA (MPG)** - The Individualized Education Program was established for kids who have behavioral and learning abilities that are different than the “average” child. Some kids receive an IEP and remain in a general education classroom with special focus on what they need most to succeed. Other children are placed in completely separate classrooms staffed with several teachers and varying levels of behavioral and learning difficulties. My son, Andre, was put into an IEP class by second grade. He was kicked out of several schools, saw several therapists, and a call or email was received almost daily regarding a behavioral outburst. The request was made several times for a shadow but I was advised that, unless he had a specific diagnosis, it would not be possible. The only problem was he had not, and has not been, diagnosed with anything specific. Behaviors at home are the polar opposite of how his behavior is at school. One of our greatest fears, when moving Andre to the IEP program, was that his academics would slip and his behavior would worsen. We were assured that would not happen; however, we are now in the fifth grade and our fears have come true. It is called an Individualized Education Program; however, each time we made suggestions that would help we were told they don’t have the ability to give individual attention to each student.

We have pushed for Andre to be reintegrated to the general education and have been told that cannot happen until his behavior improves. How do we know



There are benefits of this program and there are drawbacks. Photo by Andrea Hatch

*“I am a dancer, a singer, and a person who is good at math. I am understanding, thoughtful, and try my hardest to make friends and sometimes I succeed. I am sooo much more than a kid in a special ed class.”*

**ANDRE HATCH**  
INDIVIDUALIZED  
EDUCATION PROGRAM  
STUDENT

his behavior in a new setting unless we try? When surrounded by kids, with even greater behavioral issues, how can we expect behavior to actually improve? Many IEP kids are in sports, activities, and have hobbies where they interact in a positive manor with others. When doing these other activities, outside of their special education program, they are

able to interact like a “normal” kid because they are in an environment with other “normal” kids. If we, even as adults, are placed in an environment where aggression is present then we will likely become aggressive, seeing as how it’s in our nature to protect ourselves.

There are benefits of this program and there are drawbacks. Being in IEP protects the children from expulsion, or arrest, depending on behavior and it allows the children to remain on a school campus, even though they struggle. The downfall is that there is such a severe gap in the behaviors and thoughts of these children that there is no way it is an Individualized plan. If you have a child who is academically challenged mixed with a child who is behaviorally challenged where do you focus? Both children are now being academically neglected. The child who is academically strong is being neglected due to behavioral challenges and the child

who struggles academically will continue to do so since the focus is only on a behavior, or behaviors, of other classmates. It’s a vicious circle that needs rectification.

The IEP children are removed from what is viewed as the “normal” classroom, yet are expected not to see themselves differently and the “normal” students are not supposed to view the IEP students differently. The IEP children get teased and picked on, yet are expected to see themselves as being like the other children. Other parent’s look at our children with disgust for their struggles with what seems like

simple tasks to other. I personally heard one mother, not realizing I was my son’s mother, talking so badly about my child and telling her child to stay away from my son.

What is being missed is that my son is a 10 year old boy. Just like several others, my son is loving, generous, funny, caring, and kind hearted. He just doesn’t know how to handle things when he gets upset. How will he ever learn unless the time is taken to teach him to do better? His academics should not suffer based on his struggle with behavior. We need to remember that these are

children too and that all children are different. As adults we need to remind the “normal” children that we are not all the same. We need the Individualized Education Program to be better tailored for each student. We need to remember that it takes a village and if the village gives up, so do our youth. We cannot expect our children to know what they haven’t been taught. Next time you see an IEP kid on the campus of your child’s school smile, ask them how they are doing, and show your kids the importance of being kind so that it lives within them when they are not with you. ★

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New Businesses Opening in Town

City Council Hears Plans for Holiday Festivities and EchoWater Project



Citrus Heights, CA (MPG) - Georgia's Treasures 2 held their grand opening ribbon cutting for their second location in Citrus Heights. The address is 6026 San Juan Avenue, Suite A & B. Owner Georgia Kringle, surrounded by her team, Citrus Heights Chamber representatives and Citrus Heights Police Department Officers, cut the ribbon. Photo courtesy Citrus Heights Chamber of Commerce



Luna Light Productions, a home based business, held their 3 Year Anniversary ribbon cutting on Wednesday, October 31st at the Citrus Heights Chamber office. Owner Sabrina Washington, surrounded by family, friends, and Citrus Heights Chamber members, cut the ribbon. Photo courtesy Citrus Heights Chamber of Commerce



Roses & Bows Florist & Gift Shop held their Grand Opening and New Ownership Ribbon Cutting on Saturday, August 4th. They are located at 11015 Olson Drive, Suite 8 in Rancho Cordova. Owners John and Elaine Leatherman, surrounded by their family, team and Citrus Heights Chamber of Commerce representatives, cut the ribbon. Photo courtesy Citrus Heights Chamber of Commerce



Cryptic Rose Unique Gifts held their Grand Opening Ribbon Cutting on Friday, September 21. They are located at 8215 Auburn Blvd. in Citrus Heights. Owners Anna Judd and Christina Judd, surrounded by family, friends, and representatives from the Citrus Heights Chamber, City of Citrus Heights, and Sacramento County Supervisor Sue Frost's office, cut the ribbon. Photo courtesy Citrus Heights Chamber of Commerce

Continued from page 1

two on track to be completed by the end of the year. Each phase of the project requires extensive planning. To mitigate for potential equipment failures or illness of essential crew members, the detailed project plans include ensuring backup equipment is available on site and that additional crew members are available on call during critical phases of construction. The project is currently on track to meet all the completion deadlines.

The following milestones will be met this winter:

decommission the obsolete chemical handling system; begin Nitrifying Sidestream Treatment seeding and lime system commissioning; complete the Bradshaw Equalization Structure Pipeline; complete work to winterize Channel Air Blower Project site; complete Flow Equalization Project washdown system installation; complete Tertiary Treatment Facility mass excavation and site winterization, and then begin the concrete placement; and complete water-tightness testing in Biological Nutrient Removal basins 1 and 2.

Finally, the Council

voted on modifications to the city's compensation policy guidelines. The modifications included an update to labor market guidelines, the removal of references to employer paid member contributions, the removal of references to pay-for-performance, an update to the severance provision for the Chief of Police, and an update to the established amounts for health insurance that removes references to unused health benefits and clarifies benefits for part-time employees. The modifications were unanimously approved by the Council. ★



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