



**Anything
is Possible**
Ainsley's Angels Inspires Hope
PAGE 2

**AboutKidz: Sacramento
Walmart Stores Donate
to Local Non-Profit**
PAGE 9



Citrus Heights Messenger

"Written by the people, for the people"

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Serving the City of Citrus Heights & Sacramento County

SEPTEMBER 21, 2018

**SOCIETY FOR THE BLIND
RECEIVES \$15,000
FROM WELLS FARGO**



PAGE 9

**DONE TO DEATH:
THEATRE IN THE
HEIGHTS**



PAGE 12

**TRESTON SHULL
GAINS KEY
ENDORSEMENTS**



PAGE 12



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Chamber Honors CHPD and Remembers 9/11



Youth and Family Services Detective William Dunning; School Resource Officer Barron Cox; Special Operations Lieutenant David Gutierrez; Chief of Police Ronald A. Lawrence; Lieutenant Kris Frey; Commander Alex Turcotte.

**Story and Photos
by Trina L. Drotar**

CITRUS HEIGHTS, CA (MPG) - September's luncheon opened with the Pledge of Allegiance before Chaplain Debra Fontes and Citrus Heights Police Chief Ron Lawrence spoke in remembrance of 9/11.

"Let us remember what was lost on this day seventeen years ago, but even more importantly, we remember that this day is a reminder of our nation's unity, resilience, and strength," said Fontes. "May all of our endeavors here today make us stronger tomorrow."

Chief Lawrence said that "this is the first year that we'll have seniors graduating from high

school who were just being born when that tragedy occurred, which means that the next generation will not know what that moment was like. Those of us in this room probably distinctly remember where we were, what we were doing, and what we felt like. And for a few brief weeks after that tragic incident this country was united like I have never experienced in my life."

"The truth is, it's not going to be a national, a political party, or some big movement to make things better in our country, it's going to take communities just like ours right here in Citrus Heights banding together and having those moments of clarity of who we are, what we're about, and what brings us

together as a city."

Following the introduction of dignitaries and sponsors, Sgt. Wes Herman spoke about the newly created Mesa Verde High School Pathway Program, a "multi-year educational opportunity" for high school students to focus on academics and career opportunities. "For eighteen weeks, they get an opportunity to explore the different fields," he said. "After that, they have an eighteen week internship in our police department or a neighboring department where they'll get hands-on experience." Currently, 18 students, many from outside of Citrus Heights, are enrolled.

Presentations about the Citrus Heights Police Foundation by

Lt. Chad Morris and Student Connect by Haley Reid followed. A motorcycle skills challenge and safety fair on September 29 will benefit the foundation. Backpacks and other school supplies will be distributed on the same day at Advent Lutheran Church.

Education Committee Chair Rosa Umbach introduced the CHPD Youth and Family Services Unit - Sgt. Wesley Herman, Juvenile Detective William Dunning, School Resource Officer Barron Cox, School Resource Office Jacob Davis, JDEP Coordinator Judie Cooper, and PAL Coordinator Kendahl Smallwood. Certificates were presented by

Continued on page 3

September is Alcohol and Drug Recovery Month

SACRAMENTO REGION, CA (MPG)

- In recognition that recovery happens and people can change their lives for the better, the Behavioral Health Services, Alcohol and Drug Services presented a resolution to the Sacramento County Board of Supervisors, who proclaimed September 2018 as Alcohol and Drug Recovery Month in Sacramento County.

And recovery does happen. Case in point: DeAnna Lopez, a Sacramento County resident, began using drugs when she was 11 years old. At 15, she was pregnant, unemployed and living in her car. DeAnna could not stop using and did not know how to get help. DeAnna's moment of clarity came when her daughter was born.

Child Protective Services was the first organization to offer DeAnna help, and she gladly accepted. Today DeAnna is 12 years sober and works as a Court Services Supervisor for WellSpace Health. She delivered a passionate speech at the Board of Supervisors meeting, recognizing her daughter and County services for helping her recover from an addiction to drugs. DeAnna is a true success story and is a living testimony that recovery does happen and people do change their lives.

"It is critical that people experiencing substance use disorders receive the support they need," said Sacramento County Alcohol and Drug Services Division Manager, Lori Miller. "The reality is that behavioral health is essential to health, prevention works, treatment is effective, and people recover."

The County recently passed the 2018-19 budget, which included \$5.9 million to implement the Drug Medi-Cal Waiver that will provide enhanced drug treatment services to the community.

Sacramento County provides various alcohol and drug treatment services that range from outpatient treatment, medication assisted treatment, residential treatment, detoxification and Perinatal Services. If you or someone you know suffers from substance abuse or dependency, please call for an assessment at 916-874-9754 or reference the Alcohol and Drug Services Resource list for information.

Source: SacCounty News ★

Sunrise Mall Cancels Pop-Up Stadium Plans

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - Back in 2017, the Sunrise MarketPlace Business Improvement District (BID) joined with Sunrise Mall on an ambitious idea to bring a variety of exciting events to the City of Citrus Heights. The plan was to develop a Pop-Up Stadium that would be located at Sunrise Mall and would generate business by attracting more visitors to the area for entertainment, cultural, and sporting events. The city approved the idea, and the project was granted \$300,000 in Economic Development funding.

The stadium was originally scheduled to "pop up" in the spring of 2019. But unfortunately, Sunrise Mall recently canceled the plans for the Pop-Up Stadium. In an email, Kathlynn Carpenter, executive director of Sunrise MarketPlace BID, stated, "Sunrise Mall has recently advised

us that, given the mall's current state of affairs, they are unable to commit to the Pop-Up Stadium as originally planned."

The terms of Sunrise Mall's commitment to this project included providing the location for the stadium (the former tennis courts/concerts stadium area) through 2021 and annual contributions (in the form of cash as well as goods and services) for operations and programming.

Carpenter said, "As there is no comparable space (with existing electrical infrastructure, parking for event patrons, etc.) in the District, this decision effectively puts an end to the project." Because Sunrise MarketPlace BID can no longer fulfill the terms of the grant agreement with the city, they have returned the \$300,000 received in funding for this project.

At the time that Sunrise Mall withdrew from the agreement, Sunrise MarketPlace BID had spent less than \$5,000 on the

project, most of which was in staff time and production. So while the financial loss was not particularly significant, there were substantial time and resources out-pur in the planning and preparation for the project.

When asked if Sunrise Mall has offered any further explanation for the current state of affairs that caused them to withdraw from the plan, Carpenter replied, "No, we have not received additional information from the mall. And, I don't have any information on the current state of affairs."

Carpenter is confident that Sunrise Mall disclosed their intent to cancel the plans as soon as they could, stating, "I would assume the mall advised us of their inability to participate in the project as soon as they became aware of it." So while it appears that Sunrise Mall entered into the plan in good faith and did not unnecessarily delay this revelation, they have yet

to offer a more detailed explanation for canceling this potentially lucrative project that had so much support among local residents.

Spinoso Real Estate Group, which is based out of New York, acquired ownership of Sunrise Mall in 2015. Spinoso's website showcases their decades of experience in mall acquisition, stating, "Through careful analysis, we can determine the strengths and weaknesses of a particular mall, as well as develop an achievable vision of what can be done to create value." In an email to Spinoso, they were asked to offer a detailed explanation of why they backed out of the stadium plans, and if commitments to the Pop-Up Stadium project (such as the location and cash contributions) would have potentially interfered with future redevelopment plans. As of press time, Spinoso had not responded to the request for

Continued on page 3

Anything is Possible

Ainsley's Angels Inspires Hope

Story by Michael Cella

SACRAMENTO REGION, CA (MPG)

Ainsley's Angels is a national nonprofit organization aimed at servicing the special needs community through their race series, consisting of athlete riders and runners who participate in races across 30 states and over 60 cities.

The inspiration for all this is Ainsley, the daughter of Marine Corps Major Kim and Lori Rossiter. Before turning four, Ainsley was diagnosed with Infantile Neuroaxonal Dystrophy (INAD), an extremely rare terminal illness that slowly causes global paralysis. Most children diagnosed with INAD pass on before reaching ten years of age, as there is no cure or treatment to help slow down this very progressive and terminal disease. Ainsley passed away in 2016 at the age of 13, but not before she completed over 100 races, including nearly 20 half-marathons.

Sacramento's chapter of Ainsley's Angels is in its third year, founded and directed by Russ Howell – the organization uses the title "ambassador" rather than chapter president.



Sacramento's Angels are set to run their first ultra-marathon in November, the 200-mile Napa RAGNAR relay that runs from SF up the coast and back down to finish in Napa. Six athletes and two riders will participate. Photo courtesy Ainsley's Angels

Howell identifies as a life-long endurance athlete. He

undertook his first 100 mile bike ride at 12, ran track in high school, and stayed in shape in his adult life through a stint in the Army where he was a member of a COLT team deployed to Kosovo. In 2010, Howell and his wife had a son born with serious medical complications and he stopped participating in endurance activities. When his son passed away shortly before his second birthday, Howell got back into running as form of escape and therapy. Running helped him keep centered and deal with grief.

A year later, Howell's second child was born. As a baby shower gift, his family pitched in and got him a very nice running stroller. From then on,

Howell, now an accountant, put in twenty to thirty miles a week with his son. Time passed, and eventually his son grew too big to fit in strollers, but Howell was eager to keep up with his running. One day, Howell came across an article on Ainsley's Angels in Running World, and sent an email to the president of the organization. Sacramento has a vibrant running vibe, with many races in the area, he told her. It would be a great area for the organization to expand and a perfect way for him to take his running to the next level and give something back.

Howell started the new Sacramento chapter from ground zero and began fundraising, recruiting members, reaching



For more information visit www.Ainsley'sAngels.org. Photo courtesy Ainsley's Angels

out to race directors, and getting the Ainsley's Angels name out to local hospitals and care centers. Thanks to Howell's connections within the racing community and the people he met while caring for his first son's health complications, the group was immediately accepted and progress quickly snowballed. Today there are close to 200 members, ranging from as young as five years old to two adult riders who are in their thirties. The group has also raised enough money to purchase eleven racing chairs for its riders to keep and use with their families.

"Ainsley's Angels taught me that you don't need to run, or even walk, to be an athlete," says adult rider Emily Crosgrove. "What's more important is having the will to get out there."

The organization provides a 100% free service to the disabled community, which is no easy feat – racing chairs can coast nearly \$5,000. There are three levels of chairs which vary depending on the age, size, and disability of

the rider. Every chair has three wheels and a fixed front wheel, which provides stability and keeps the chairs from going off course.

"The smiles, the celebration, the joy, that's what it's all about," says Howell. "To see that level of excitement for people that would never be able to experience a race, showing up to the something like the California International marathon (one of Ainsley's partners) surrounded by 10,000 amazing athletes. It takes them out of their world."

Sacramento's Angels are set to run their first ultra-marathon in November, the 200-mile Napa RAGNAR relay that runs from SF up the coast and back down to finish in Napa. Six athletes and two riders will participate.

"There's no better feeling than the wind in my hair as I glide through a sea of fast moving bodies, encouraging stagers to never give up," Crosgrove added. "If myself and my team could be out there on the road, then *anything* is possible." ★



Sacramento's chapter of Ainsley's Angels is in its third year, founded and directed by Russ Howell. Photo courtesy Ainsley's Angels

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Sunrise Center Toastmasters

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Sunrise Center Toastmasters returns to Citrus Heights following a brief detour. They are back at the location of the former Denny's, now Perko's Café Grill. Members give speeches, evaluations and impromptu talks each week. Courtesy photo

Story by Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - It's 6:15 a.m. Thursday morning. As the meeting room at Perko's Café Grill begins to slowly fill up it is obvious those arriving are there for a purpose. After the cobwebs have been shaken off with a good cup of coffee and greetings exchanged, the Pledge of Allegiance is recited and the fun begins. This is Sunrise Center Toastmasters.

This scenario is repeated day and night throughout the United States and internationally as men, women and young adults of all ages, different cultures, professions, interests and life experience come together as part of Toastmasters International. They are there to learn how to become better communicators at their job, other organizations and in their personal relationships.

Toastmasters International (TI) is a nonprofit, educational organization that operates clubs worldwide to promote public speaking communication, and leadership skills. Members give speeches, make presentations and do projects, continually challenging themselves to improve. Impromptu speaking, evaluations and mentoring are all important components of the program.

Sunrise Center Toastmasters was founded in 1976 by a small group of experienced Toastmasters from a club in downtown Sacramento. Over those 42 years hundreds of members have come and gone and a few remain today. Armed with the knowledge and confidence gained from their work with the club, members have become entrepreneurs, advanced in their present jobs, become leaders in the community and local

government, and simply become better people.

Founding members Dave Mason and Ed Schroeder fought through the hard times as they grew but forged on as they believed that "one person can make a difference, two can change the world," setting the tone of excellence for the life of the club.

By 1986, club membership reached 88 members, earning Sunrise the #3 position in the world of Toastmasters. They were forced to split and formed American River, Spellbinders and Birdcage clubs, among others.

On April 26, 2001 nearly 40 members and guests, including 14 past presidents, gathered to celebrate the club's 25th anniversary. Former member and then District 39 Governor, Ruth Maloney had been quoted as saying, "What we learn at Toastmasters we take with us forever. You never know when you'll make a difference (with your words) in another person's life."

At least five members have received their Distinguished Toastmaster (DTM), the highest honor to be earned. The club itself has been in the "Top 10" clubs in the world for eight years in a row.

Distinguished Toastmaster, Marty Maskall has been a member of Sunrise Center for 35 years. She credits the confidence and knowledge gained from Toastmasters to her authoring two books, starting a business and becoming the co-founder of the Fair Oaks EcoHousing project to open in 2019.

Toastmasters come from all backgrounds, including local government and community services, art, finances, law, education, health, and law enforcement. Members and guests heard stories from

speakers such as a former Vietnam fighter pilot who ejected from his jet as it crashed to the ground; the vacation one member was compelled to take to the North Pole; and a story told by a member of her harrowing experience at the age of nine as she became one of the thousands of "Boat People" escaping North Vietnam in the 1970s.

Why the continued success of the Toastmasters program and Sunrise Center specifically? Members attribute success to having fast moving, well run meetings, being supportive of all members, and having fun. Many also see fellow members as family, with whom they share their lives each week. The endless cache of speech topics keeps members coming back. Each meeting gives three speakers the opportunity to talk about things such as their greatest challenges, world-wide travels, newly discovered book or magazine article, or a poignant story of the loss of a beloved family member.

Two quotes from founder Ralph Smedley explain the Toastmaster philosophy. He said, "Ours is the only organization I know dedicated to the individual, we work together to bring out the best in each of us and then we apply these skills to help others." And, "All speech is for communication, and there is no possibility of communication unless people understand. Your club can help you find out whether you are making yourself understood."

Sunrise Center Toastmasters meets at Perko's Café Grill at 6215 Sunrise Boulevard at the corner of Greenback. Meetings are held every Thursday except major holidays from 6:30 a.m. to 8:00 a.m. ★

Chamber Honors CHPD and Remembers 9/11



(L-R) Councilman Al Fox, Chief of Police Ron Lawrence, Johnathan Glatz of Assemblyman Ken Cooley's office, Chamber Executive Director Cendrinne DeMattei, Mayor Steve Miller.

Continued from Page 1

the Citrus Heights City Council and the offices of Congressman Ami Bera, Senator Jim Nielsen, Assemblyman Ken Cooley, and Supervisor Sue Frost.

Chief Lawrence presented the "State of the Police Department" report. "We could not do our job unless our community has complete faith and trust in your police department. This community loves our police department, and we love you."

Lawrence praised the professionalism of the men and women in the twelve-year-old department. The budget, he said, has come in at or under for the eight years he has been chief. Crime rates are down overall and the trend continues. He addressed

the importance of Citrus Heights having its own "full service police department."

Initiatives during the past 18 months include a regional approach to homelessness, drone program, and housing inspection unit. CHPD is on two area task forces, partners with WEAVE, recently secured a \$450,000 three-year grant to help pay for the program, and operates a mobile crisis team three days a week which is expected to grow to daily service.

Jonathan Glatz, representative of Assemblyman Ken Cooley's office, presented Chief Ron Lawrence with an Assembly Resolution. "On behalf of Assemblyman Cooley, I want to thank Chief Lawrence and the members of the Citrus Heights Police Department for all the

work that they do on a daily basis keeping us safe and for the sacrifices they make to the people of Citrus Heights."

Chief Lawrence accepted on behalf of the department and recognized the City Council. "Your support means a lot. We could not do what we do without you."

For additional information about the Citrus Heights Chamber of Commerce, visit www.chchamber.com. For additional information about the Citrus Heights Police Department, visit www.citrusheights.net/222/Police. For additional information about the motorcycle skills challenge, visit www.sunrisemallonline.com/event/traffic-safety-day-and-police-motorcycle-skills-challenge/2145510611. ★

Sunrise Mall Cancels Pop-Up Stadium Plans

Continued from page 1
additional information.

Now that the plans for the Pop-Up Stadium have been canceled, Carpenter was asked about the upcoming projects that Sunrise Marketplace BID is pursuing. She replied, "We have focused aggressively on 'turning the ship,' so to speak, and working on new strategies for 2019. Three things already in the works will receive more funding and emphasis: Magical Moments holiday events, June 2019 BeefFest, and 20th Anniversary activities.

We premiered Magical Moments in 2017; there will be four events around the district that invoke the magic of the holiday season, creating memories and traditions for our guests. The BeerFest will be a new event here in the District featuring specialty craft beer tasting, food, and entertainment. In 2019, we'll be celebrating our 20th Anniversary with activities all year long, including new banners and Facebook giveaways."

Although the cancellation of the Pop-Up Stadium is a disappointment, Sunrise Marketplace

BID is looking to the future and moving forward, implementing new and exciting projects in the area. Carpenter said, "Sunrise Marketplace will continue to do what it has done for the past 19 years and strongly focus on improving the economic vitality of the district by driving traffic and generating positive awareness. We will continue to activate space in the district with special events and other activities. We will continue to focus on our mission of providing value and benefit to the properties with the BID." ★



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The Gasoline Tax Hike WON'T Fix Roads

Commentary Karen Juten

SACRAMENTO REGION, CA (MPG) - The Gasoline Tax hike won't fix roads. It will go into the General Fund and be spent elsewhere. Just like the last time California raised our gas taxes. The only way that we can get our roads fixed is to have a 100% Lock Box on the Existing Gas Tax.

After repealing this gas tax, we can require that there be a 100% lock-box on the monies. Currently, not a

single dime is required to be spent on road repairs and maintenance. That is a giving the State a blank check to be spent on anything they want. If they wanted to fix the roads, they would have designated a special fund to put our money into that could ONLY be spent on road repair. We want to see potholes filled, roads built, and bridges fixed. We want accountability.

The state auditor discovered that more than 3,500 CalTrans employees

had no project to work on. CalTrans wasted \$500 million dollars a year from this fact alone.

California has a \$16 BILLION surplus right now. Why should we be paying more than \$700 a year in gas taxes when the state has 16,000 million dollars in SURPLUS?

If we continue at this rate, California will have the highest gas tax in the nation. Today we pay more than \$1 more per gallon than most other states (and those states have beautiful roads,

by the way). By 2021, we will be paying \$2 more per gallon. That adds up to 40 dollars more every time you fill up an average sized gas tank. If it cost you 40\$ now it will be 80\$ then to fill up your gas tank.

This gas tax not only hit us when we fill up our gas tanks but it hit us when we buy anything at the store. Diesel fuel taxes went up 20 cents a gallon. That means that it costs much more to transport all goods- including food. The cost of living in California is

already too high. This new gas, diesel, and car tax makes it even more difficult for families struggling to get by.

Prop 6 requires the voters to approve any future gas taxes, diesel taxes, or vehicle related fee increases. This is the only way to make sure that our hard-earned money pays for road repair and infrastructure. We can require a 100% lockbox on the money to make sure it is spent on asphalt, steel, and concrete workers.

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Crossword Puzzle on Page 8

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H	E	L	L	O		O	E	R		W	I	N	O	S
A	R	B	O	R		M	B	A		H	E	T	U	P
	B	A	T	T	L	E		S	L	A	V	E	R	Y
	S	O	L				H	E	A	L				
U	S	A		F	A	C	E		B	E	L	O	N	G
N	U	D	E		M	O	M	S		R	I	G	O	R
I	C	O	N		A	L	L	E		V	I	S	A	
O	R	B	I	T		D	I	R	E		E	V	E	N
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					E	A	S	E		T	E	E		
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A	L	O	O	F		A	L	A		A	U	D	I	T
P	I	L	A	F		R	E	S		P	I	E	C	E
P	A	L	L			E	E	K		E	S	S	E	N

Sudoku Puzzle on Page 8

4	2	7	5	1	9	3	6	8
3	5	9	7	8	6	1	4	2
1	6	8	4	3	2	7	9	5
2	7	1	6	5	8	9	3	4
5	8	3	9	4	7	6	2	1
6	9	4	3	2	1	5	8	7
7	4	5	8	6	3	2	1	9
9	3	2	1	7	4	8	5	6
8	1	6	2	9	5	4	7	3

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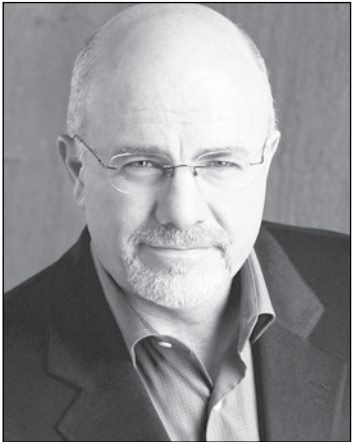


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Dave Says

I'm 35, single, and I have no dependents. Do I need a life insurance policy?
- Larry

Dear Larry,

In your situation, if you have enough cash saved up to pay your final expenses — and you don't have any debt — there's no reason for you to carry a life insurance policy. No one will be harmed financially by your death, and no one would be deprived of the income that would be lost if something unexpected happened to you. Even if you have a mortgage on a home, the house will normally sell for enough to pay off the mortgage.

However, if you have debt, or if you don't have some money stashed away in savings, you might want to consider an inexpensive term life insurance policy. At your age, if you're healthy, you can get \$100,000 worth of coverage for just \$10 to \$15 a month.

Remember, you don't buy insurance to leave an inheritance. You buy life insurance to make sure there's enough money to take care of your family and final expenses. You wouldn't want your parents or someone else having to foot the bill!

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

Need life insurance with no dependents?

Dear Dave,



Make It Fun and It Will Get Done! The Secret to Being Organized Pam Young's Corner Try This 21-Day Game

for 21 days remembering you've got all the time in the world to change anything you want to change. (The 21 days is just a segment of time in which a habit is established.) Don't put pressure on yourself. This is just a game you're going to play. There's no contest here. You don't need to prove your worth to anyone. You're reason to change something is so that you'll feel good because of it.

Bury the Hatchet

When it comes to getting organized, the real starting place is to make amends with you. You have to bury the psychological hatchet you've been holding over you for all your past misdemeanors. Give yourself a break! You're the only one who can do it, and all it takes is an apology. Tell yourself:

I'm sorry I've been so mean to you when things are disorganized. You are my best friend and I love you so much. I love how much I do in spite of being disorganized. Look

how beautiful the yard is! I'm a great cook and I don't waste food. I'm doing so much right and everything is fine. I want to be more organized and I'd like to start by going to bed every night for the next 21 days at 9:30 at the latest. That's all. Just a plan that will give me more rest for 21 days.

Going to bed at a regular time may not be the activity you choose to do for the 21- Day Game (it's a good one if you're not getting your rest) instead, it may be to shine your sink, make your bed, floss, walk for 30 minutes, get dressed before breakfast instead of before lunch or dinner, meditate for 20 minutes—you pick what feels right and do it. But pick something now.

Think of the habit you've picked as if it were a sunflower seed you're planting in a pretty pot. When you're actually doing the activity you picked to do for 21 days, think of that activity as watering and caring for the seed. The fertilizer for the

seed will come in the form of how kind and positive you treat yourself in those 21 days. The kinder you are to you, the sooner your seed will grow into a full blossom called a habit. If you know anything about gardening, fertilizer is a must to a beautiful garden. If you know anything about YOU, you know that you thrive on kindness.

Recently I heard a spiritual teacher say, "When you compliment someone and thank that person for something, your appreciation for him/her has an effect on you." It works no matter who you appreciate or compliment, so you may as well include you in your appreciation, along with others. Praise yourself throughout each day (fertilizer) you do the activity you've chosen for the 21-Day Game.

Please let me know how you're doing and whether I can share your thoughts with others. Just email me at pam@pamyoung.org.

*Blessings,
Pam*

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



Slim Randles' HOME COUNTRY

But That's Like Shooting Flies With a Thirty Ought-Six

If I hit it right there...?"

Arthur looked up from his end of the woodpile and wagged his tail. The old guy's talking to me again. Sure is cold out here. When are we going back in the cabin? Isn't it almost time for supper? Oops, gotta scratch an itch...

"Always good to have your opinion, old timer," Jasper Blankenship said.

He picked up the double-bit cruiser ax, made sure the splitting edge of the ax was in the downward position, and swung. Half a century and more of splitting firewood took that ax blade

to that crack in the block, and there was a welcoming ka-chunk as part of the block was surgically cloven from the rest.

Well done, Dr. Blankenship, Jasper thought. Now for this remaining chunk. One more split and it'll fit the firebox quite nicely.

He sized it up. This second swing wasn't as difficult to figure out as that first one. There is less wood to cut through, for one thing.

Ka-chunk. Three pieces of firewood in two swings of the ax. Not bad for an old guy.

Jasper could've bought a splitting maul, of course. Only Arthur

would know. But that's like shooting flies with a thirty ought-six. Overkill. This way a guy has to know what he's doing to hit the schism on the first swing.

Just take this next block here. Just to the left of that knot, I think.

"Arthur, we should have been diamond cutters, you know?"

I think it's time to feed the dog, Boss.

Brought to you by Ol' Max Evans: The First Thousand Years. Available at unmpress.com. ★

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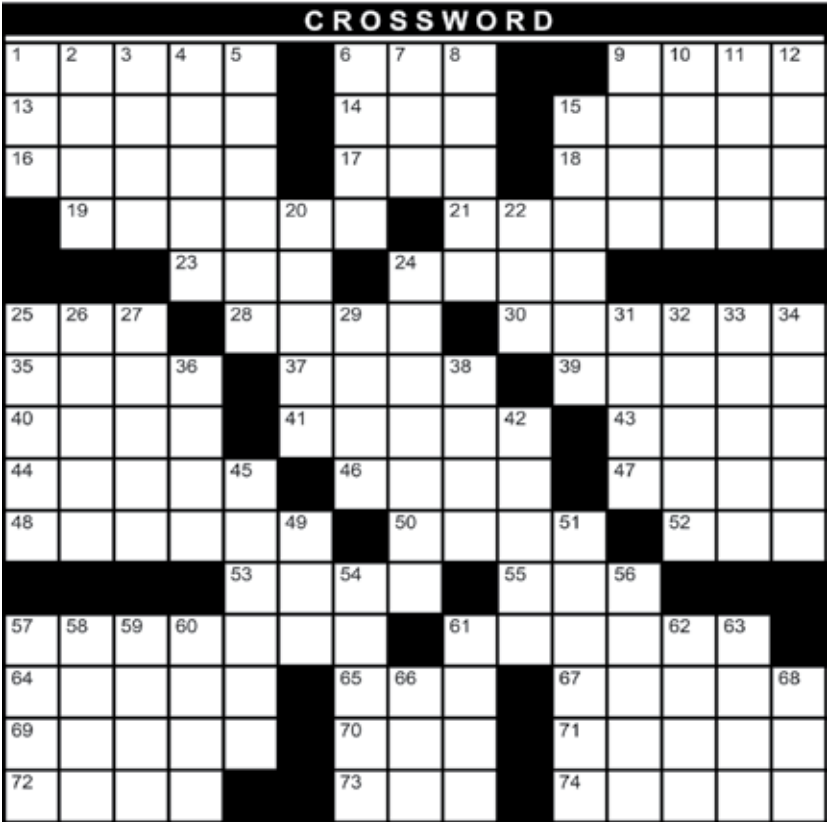
CLUES

ACROSS

- Rodeo garb
- Prefix for prior
- a.k.a. leaf cabbage
- Conversation starter
- "_____ the land of the free ..."
- Drunks
- Tree in Latin
- Exec's degree
- Full of emotion, in slang
- *Meeting at Appomattox Court House
- *Major Civil War issue
- Sun in Mexico
- Recover
- *It was split during the Civil War
- ____book
- Be in the right place
- Botticelli's Venus, e.g.
- Soccer _____, pl.
- Excessive sternness
- Orthodox artwork
- Homeless cat's home
- Presented at customs
- Galactic path
- Desperate
- Like never-losing Steven
- Vital
- Grannies
- "C" _____ la viel"
- "At _____, soldier"
- Casual attire
- *Spielberg's 2012 movie
- **American Nightingale"
- Remote in manner
- Between Fla. and Miss.
- IRS' threat
- Middle Eastern rice dish
- Hi-_____ graphics
- Part of a whole
- _____ Mall, in London
- Cry of horror in comics
- Ruhr's industrial center

DOWN

- Repeated Cuban dance step
- Flavor-giving plant
- "Fantastic Four" star
- Land chunks
- Somewhat
- Fleshy fruit
- *Johnny's other nickname
- Clear the chalkboard
- Chicken _____
- Initial stake
- Displeasure on one's face
- Grammy of sports
- Melville's "Pequod," e.g.
- "Is Your Mama a _____?"
- Dr. Frankenstein's workplace
- Bottom of a dress
- *Divided, it cannot stand
- Sugar in Paris
- PDF reader
- **_____ Mountain," Charles Frazier's novel
- Like SNL
- Nose of a missile
- Olfactory organs
- *General and post-Civil War President
- Children's author _____ Blyton
- "Will be" in Doris Day song
- Busyboddy, in Yiddish
- Start a hole



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Crossword Puzzle Solutions on Page 6

- Indian restaurant staple
- Colorful Mexican wrap
- Animal catcher
- Lady's pocketbooks
- Nordic native
- Pelvic parts
- Steelers's Chuck
- * _____ Torpedo, used by Confederacy against steam engines
- Lounge, like in the sun
- Words from Wordsworth
- French Riviera city
- *Commander of the Confederate States Army
- Base of the decimal system

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	7			9			8
	9		8				2
1	8					9	5
			6		8		
		3				6	
			3		1		
7	4					2	9
9				7		8	
8			2		4		

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

For Solutions See Page 6

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By Marlys Johnsen Norris,
Christian Author

The significance of those three words demonstrates a powerful and meaningful expression of healthy emotion when it is expressed to someone. Spoken aloud or written those three words represent “action” and most always gives life to the one receiving them.

Love originated in the magnificent heart of God and the Holy Bible is full of stories to teach mankind just how precious love is to Him. Also the Holy Bible has hundreds of personal stories and promises for every kind of situation a person may need to claim in their life. Promises lovingly written and given by God lifting the soul to bring blessings and perseverance..

When God proved His love for

Three Little Words - “I Love You”

every soul born to save us from the sins we committed

He put His love into “action” through His Beloved Son. Scripture states: *“For God so loved the world, that he gave His only begotten Son, that whosoever believes in him should not perish but have everlasting life.”* (John 3:16) This is how the “Lord sets us apart for Himself” and when we call on Him, He will hear. Another place in Scripture He speaks of His love for us. No one can ever love you as much as God does!

Speaking to the families of Israel. *“The Lord appeared of old unto me, saying, Yea, I have loved thee with an everlasting love; therefore with loving kindness have I drawn thee.”* (Jeremiah 31:3) *“The eternal God is my refuge and underneath are the His everlasting arms.”* (Deuteronomy 33:27)

There are times in every life when the struggles and/or pain seem too much to bear. He knew about them from the beginning and has promises for those times. *“Fear thou not, for I AM with thee: be not dismayed, for I AM thy God; I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right and*

of my righteousness.” (Isaiah 41:19) *The Lord thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy’ he will rest in his love, he will joy over thee with singing.”* (Zephaniah 1:17) *“As one whom his mother comforted, so will I comfort you; and you shall be comforted. (Isaiah 66:13)*

It is very important to study the Holy Word of God and live by Jesus words. *“He that has my commandments and keeps them, he it is that loves Me and he that loves me shall be loved by my Father and I will love him and will manifest thyself to him.”* (John 14:21) *“But God commended his love toward us, in that, while we were yet sinners, Christ died for us.”* (Romans 5:8) *“For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come. Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.”* (Romans 8: 38, 39) *The experience of His love in my life has been an exciting adventure!*

Marlys Johnsen Norris
Christian Author of 7 Books ★

Andrew Grant Receives Endorsement From California Sheriffs’ Association

SACRAMENTO REGION, CA (MPG) - The California State Sheriffs’ Association has endorsed Andrew Grant’s candidacy for the United States House of Representatives, California 7th District.

“On behalf of the California State Sheriffs’ Association (CSSA), we are pleased to endorse your candidacy for the United States House of Representatives, California 7th District,” writes Steve Moore, CSSA President.

“The Sheriffs appreciate your commitment to public safety and service to California.”

Grant is a business leader and



Andrew Grant (R-CA)

former intelligence officer, who served in combat as a Marine,

a senior official in the U.S. State Department, and for the Chairman of the Joint Chiefs of Staff.

“I am honored to have the endorsement of the California State Sheriffs’ Association,” Grant says. “Members of law enforcement will know that they have a representative in Congress who will stand with them to enforce the law and maintain public safety.”

For more information visit www.AndrewGrantForCongress.com.

Source: Andrew Grant for Congress ★

Dare to Live Without Limits

by Bryan Golden

The Pitfalls of Pride

You should lead a life you can be proud of. This includes how you treat others and how you treat yourself, along with the examples you set. You can also be proud of accomplishments, proud of solving problems, or of overcoming obstacles. Other aspects worthy of pride include self-reliance and a standard of excellence.

Pride is an internal state of contentment. Pride is a feeling you have. It’s not something you show off to impress others. Pride is not something you laud over others. True pride is not advertised. You don’t need to show off to others what you have done or how much you have.

The pitfalls of pride begin with arrogance. When pride leads to being full of yourself, it becomes a negative. Pride does not make you better than someone else. Pride does not confer more privilege or status. All people are equal.

Thinking you know what is best for others is another pitfall. Someone with this frame of mind seeks to impose their beliefs and values. They think they have all of the answers everyone else needs.

Just because you may have discovered a strategy for success

which works for you does not mean it is appropriate for someone else. If what you are doing works well, the example you set will speak for itself. Other people will decide for themselves whether or not they want to follow your lead.

Believing that you are in a position to change others is also a pitfall of pride. You cannot change anyone. It’s up to each individual to decide whether or not they want to change. If they do, it’s up to them to decide what changes to implement.

Being proud of who you are and what you have accomplished does not put you in a position to judge others. Each person is responsible for their own life as well as the ensuing results. There is a cause and effect relationship between behavior and outcome. Each person must find their own way.

A bird experiences many benefits being able to fly. Yet, it is pointless for a bird to attempt to convince a fish that soaring has many advantages over swimming. All you can determine is what strategies work for you.

Your experience does not provide you with an obligation to provide answers for others. However, sharing your experience with others can be helpful if

you are asked for advice. One of the most potent forms of education is learning from the success and failure of others. This is why experience is not the best teacher, someone else’s experience is.

Always be willing to assist others with advice when asked. Never be condescending. Share your knowledge with the disclaimer, “this is what worked for me and this is what didn’t.” Actually, more is learned from failed attempts than when things go as planned. This is why the best sailors are those who have the most experience with adverse conditions.

Pride becomes arrogance when you believe you have all the answers. You then proceed to tell other people what action is necessary for them to solve their problems. Pride remains a positive when it is combined with humility.

It’s easy to avoid the pitfalls of pride. Have a standard of excellence. Strive to behave in a manner you are proud of. Treat others with courtesy, dignity, and respect. When asked, share your experiences in order to be of assistance. Live and let live.

NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2014 Bryan Golden. ★

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www.EastLawn.com

Society for the Blind Receives \$15,000 from Wells Fargo to Provide Education for Seniors Losing Vision

SACRAMENTO REGION, CA (MPG) - Society for the Blind in Sacramento recently received a \$15,000 grant from Wells Fargo to provide education, training and assistive devices to Sacramento-area seniors who are blind or have low vision. The funding will support Society for the Blind's Senior IMPACT Project that empowers people age 55 and older with alternative, non-visual techniques and skills that enable them to perform daily tasks and activities so they can maintain or increase independence.

"As the senior population in Sacramento continues to expand, so does the need for services like our Senior IMPACT Project that help seniors not only cope with vision loss, but also regain their independence," said Shari Roeseler, executive director, Society for the Blind. "We are so thankful that Wells Fargo has invested in active aging and vitality of older adults in our region."

Society for the Blind's Senior IMPACT Project includes an eight-day retreat offered monthly at Society for the Blind that gives seniors an immersion experience where they learn alternative techniques and skills to travel safely, efficiently and independently. They practice techniques and use adapted tools to perform tasks of daily living including cooking, cleaning, shopping, home maintenance, organization, personal finance and more. They learn how to use the latest in assistive technology to operate computers and mobile devices for home, school and work, and they learn Braille. Participants receive individualized attention from instructors and mentors who are blind or low vision, can join discussion groups with peers on issues around vision loss, participate in community activities, attend monthly peer support groups in English and Spanish, and attend workshops



Kären Woodruff of Wells Fargo (center) presents a check for \$15,000 to Society for the Blind's Pat Duffy and Shari Roeseler. Photo courtesy Kristin Thébaud Communications

throughout the year. For those unable to attend retreats, Society for the Blind sends instructors to their homes to teach skills and offer resources.

"Wells Fargo understands the importance of empowering individuals who are in need of critical community resources," said Kären Woodruff, community affairs senior consultant. "Our investment in this program builds confidence and independent living skills for these seniors and goes a long way to strengthen and reinforce the efforts of Society for the Blind's overall programming."

For more than 60 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training,

mentorship, and access to tools to maintain independence for 6,000 youth, adults and seniors experiencing vision loss each year. For more information or to make a donation, visit SocietyfortheBlind.org.

Wells Fargo provides monetary support, expertise and volunteers to national and local nonprofit organizations and causes that align with their business priorities, values, business expertise and geographies. The company focuses its philanthropic activities on creating long-term strategic relationships with nonprofits and other organizations to create innovative, sustainable solutions to meet local needs. Wells Fargo supports thousands of national and community-based nonprofits annually to help revitalize and strengthen communities. The company is among the top corporate cash donors among U.S. companies, donating \$286.5 million to 14,500 nonprofits in 2017 to support critical social, economic and environmental challenges. To learn more, visit WellsFargo.com.

Source: Kristin Thébaud Communications ★

AboutKidz: Sacramento Walmart Stores Donate to Local Non-Profit



AboutKidz received a \$5,900 check to support their programs and services, which will assist low-income and at-risk elementary-age children by providing backpacks filled with materials needed to successfully start the school year. Photo courtesy Walmart

ORANGEVALE, CA (MPG) - Sacramento Walmart stores today donated almost \$6000 to Fair Oaks-based AboutKidz following a job fair held last month. This morning, Walmart associates gathered at the Orangevale Supercenter for a check presentation to AboutKidz, followed by a celebration.

Last month, Walmart held a hiring event to staff ten of their greater Sacramento area stores. Prior to holding on-site interviews, local Walmart stores made a commitment to donate \$100 to AboutKidz for every applicant successfully hired at the event. 59 people were hired following the job fair.

"Walmart is proud to support AboutKidz in their efforts to help children and their families in our region live better," said Justin Righero, store manager of the Orangevale Walmart. "The back-to-school season can

be a financial burden and some families could use a little extra help. The services and programs that AboutKidz provides to kids in our area are so essential and I am proud to speak on behalf of Walmart today as I say thank you to them."

AboutKidz received a \$5,900 check to support their programs and services, which will assist low-income and at-risk elementary-age children by providing backpacks filled with materials needed to successfully start the school year.

"We are excited to have the support of Walmart to help families that are enduring hardship when going back to school," said Jeff Pitnikoff, Executive Director, AboutKidz. "Walmart's generosity will help so many children in the area and ensure they have a fantastic start to the school year."

As a result of the job fair,

Walmart's new hires will be working in the ten Capital Region stores that committed to the donation, including Folsom, Yuba City, Roseville (two stores) Placerville, Rancho Cordova, Rocklin, Citrus Heights, Orangevale, and Marysville. Walmart associates have access to competitive wages, affordable benefits, and the chance to build a career. Walmart recently unveiled a new associate education benefit to subsidize the cost of higher education beyond financial aid, reducing associate contribution to just \$1 a day.

Walmart hourly associates were also recently given bonuses as part of Walmart's quarterly MyShare program. In the Sacramento region, hourly associates received a share of over \$700K, and for California as a whole, over \$6.7 million was distributed to hourly associates.

Source: Walmart ★

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CHEERS & JEERS

by Damian Holbrook

Jeers to The Conners
for repeating a fatal mistake. In a recent interview, *Roseanne* survivor John Goodman hinted that the aborted reboot's spinoff may kill off Roseanne Barr's character to explain her absence. Because that move worked so well for *Kevin Can Wait*?

Jeers to toxic fandoms
for going batty. Shortly after being cast as Batwoman for this winter's Arrowverse crossover on The CW, gender-fluid actress Ruby Rose was run off Twitter by haters screeching that she wasn't the right pick to play a lesbian superhero. Just wait until they find out that she doesn't know Bruce Wayne either.

Cheers to The Late Late Show
for being a Grande ol' time. Thanks to double shots of guest



Netflix has found another unscripted series—this time, about folks who've gone wild with their home decor in *Grand Designs*.

Ariana Grande during the week of August 13—for a musical *Titanic* spoof, then a "Carpool Karaoke"—host James Corden gave the tiny belter a chance to remind viewers that she is as funny as her vocals are fierce.

Cheers to Amazing Interiors
for totally drawing us in. Like the addictive *Grand Designs*, Netflix has found another unscripted series—this time, about folks who've gone wild with their home decor—that is both binge-worthy and mind-boggling. ★

Question: Gerald McRaney seems to show up on at least one series per season! He was on *Shooter* this summer, and I see he will be on *NCIS: LA* this fall. Can you explain how it is he shows up all the time? — BJ

Matt Roush: Gerald McRaney has the enviable fortune of being an in-demand character actor, probably now more than ever since his 2017 Emmy win for his guest role as Dr. K on *This Is Us*. He's versatile, he's effective whether playing a good or bad guy, and he's a comfortably familiar face for millions of viewers. That's why so many shows want to work with him.

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



ASK MATT

BY MATT ROUSH TV Guide Senior Critic

IS TRIAL & ERROR COMING BACK THIS FALL?

Question: The whole cast of NBC's *Trial & Error* is great in this hilarious show. Will it return in the fall? — Eleanor

Matt Roush: Fall? No. Ever? Hard to say. For both of its seasons, NBC used *T&E* as a midseason—or, this year, summer—replacement, in each case doubling up on episodes each

week as if to acknowledge that watching multiple episodes, binge-style, makes this serialized true-crime spoof even funnier. At present, the show appears to be in limbo, with NBC reportedly having let its option for renewal lapse, and the studio is now shopping it around. I'd love to see more, especially if they keep finding defendants as memorable as John Lithgow and Kristin Chenoweth.



POPPOFF!

with Mary Jane Popp

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progress, measure your pleasure from the money you spend, create consciousness, and stay within your spending guidelines.

9) WHAT TO DO WHEN EXPENSES EXCEED INCOME. You look at fixed, variable, and discretionary items and all of them can be changed with some creativity.

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Sacramento County DA Reports



Defendant Convicted of Armed Robberies, Carjacking

DATE: August 30, 2018
CASE: Alexis Castaneda (Case #17FE023607)
PROSECUTOR: Deputy District Attorney James Wax, Career Criminal Prosecution Unit
Alexis Castaneda was convicted by a jury of robbery and carjacking with findings that Castaneda used a firearm during both offenses. The jury also convicted Castaneda of illegal possession of a firearm. Castaneda had previously pled to robbery while armed with a firearm and illegal possession of a firearm stemming from a separate incident.

On September 23, 2017, the first victim was arriving home and pulled his vehicle into the driveway. Castaneda jumped out of a car that was parked near the driveway and robbed the victim while armed with a gun. There were four suspects involved in the robbery. Castaneda was identified by surveillance video and fingerprints taken from the crime scene that matched Castaneda's known prints.

On September 24, 2017, a father and son were arriving home and parked along the curb when Castaneda and three other suspects surrounded their vehicle. One of the suspects pointed a gun at the father, forced him to exit the vehicle and struck him with the gun. Castaneda also had a gun and pointed it at the son, who had exited the vehicle. One of the suspects drove away in the vehicle. The victims had been transporting marijuana plants at the time they were robbed. The stolen vehicle was found about an hour later. A latent print taken from the vehicle matched Castaneda.

Castaneda has a prior 2017 conviction for possession of controlled substance for sale. Castaneda faces a maximum sentence of 24 years and 8 months in prison. Sentencing is set for October 12, 2018, at 2:00 p.m. in Department 21 before the Honorable Steve White.

Defendant Sentenced for Workers' Comp Fraud

DATE: September 6, 2018
CASE: Holly Merrill-Miller (Case #16FE019317)
PROSECUTOR: Deputy District Attorney John MacKenzie, Insurance Fraud Unit
Holly Merrill-Miller pled no contest to

misdeemeanor workers' compensation fraud. The Honorable Lawrence Brown sentenced Miller to 3 years probation and ordered her to pay \$8,382.31 in restitution.

Holly Miller was a 33-year-old nursing assistant with Sutter Health when she allegedly suffered an injury to her wrist. On September 22, 2015, Miller claimed a patient grabbed her hand, twisted it and repeatedly jerked it, causing pain and swelling. Miller was placed on restricted duty by the treating physician, but she complained her pain was getting worse. Images were taken, which didn't show an obvious injury. Miller continued to complain of increased pain and stress. After canceling several medical appointments, she was returned to work. In November 2015, surveillance was conducted on Miller which showed her using her right hand without any apparent limitations or pain. When the treating physician saw the video surveillance, he stated it was at odds with what Miller stated she could and could not do. Miller reiterated her complaints. The physician explained he had seen surveillance videos of her activity levels and was returning her to work with no restrictions.

This case was investigated and prosecuted by the District Attorney's Insurance Fraud Unit.

Defendant Sentenced for Murdering Jail Cellmate

DATE: September 14, 2018
CASE: Richard Russell Harden (Case #09F01356)
PROSECUTOR: Deputy District Attorney Satnam Rattu, Homicide Unit
The Honorable Ernest Sawtelle sentenced Richard Russell Harden to 19 years to life in prison. On August 15, 2018, a jury convicted Harden of the second-degree murder of Evaristo Ramirez and assault with a deadly weapon.

On February 16, 2009, Richard Harden walked into the Home Depot on Folsom Blvd. and attacked an employee with a hammer. Harden was booked into jail and placed in a cell with Evaristo Ramirez. The next day, Ramirez was found unresponsive in the cell. An autopsy revealed that Ramirez was strangled to death and had multiple blunt force injuries to his head and torso. ★

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All Varieties except Elegant Medley 3 Oz
Limit 2 Cases Per Family
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•Regular •Indoor 16 Lb Bag
Limit 2 Bags Per Family
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FANCY FEAST CLASSIC BROTH
1.4 Oz - All Varieties Limit 3 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/19/18 - 9/25/18 **89¢** CHM PLU 377

BONUS COUPON
ARM & HAMMER CAT LITTER DEODORIZER
20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/19/18 - 9/25/18 **\$1.49** CHM PLU 422

Done to Death: Theatre in the Heights

Story and photo by Theatre in the Heights

CITRUS HEIGHTS, CA (MPG) - ‘Done to Death’ is a classic mystery-comedy written by Fred Carmichael and directed by Blake Flores is coming to the Theatre in the Heights. Once famous mystery writers involve the audience as they apply their individual methods to solving various murders. They include a couple who write sophisticated murders, a young author of the James Bond school, a retired writer of the hard hitting method and an aging queen of the logical murder. They are brought together to write a new TV series, incorporating all their styles and we get to see their ideas through their “imagination” scenes. However, things aren’t what they seem and they end up caught in the middle of a mystery themselves and have to act and write their ways out of it.

“Ingeniously packed into the script is a parody of every mystery plot, hero, and villain created in the past fifty years. The story alternates between reality and imagination as five mystery writers wrestle with the problem of writing a television mystery series. All around them murders occur.” - Glens Falls Post Star

“Carmichael plays a skillful and fast paced game of guess again with the audience.... Clever and rewarding.” - Bennington Banner



The ‘Done to Death’ cast features Jason Markiewicz, Monique McKisson, Arie Knyazev, Stephen Wellman, Ronnie Duska Fowler, Justin Mancini, Veronica Jarboe, Tyler Anderson, Robert Hansen, Torie Stoicich, and Elias Nunez

Performance dates are Fridays and Saturdays at 8 p.m. September 21-October 14 and Sundays, 9/30 and 10/14 at 4 p.m. 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 our website at 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 and seats 50. ★



By County Supervisor Sue Frost

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

In 2014 California passed Proposition 47, which reduced the classification of most nonviolent property and drug crimes from a felony to a misdemeanor. This policy resulted in a surge of automobile and petty theft crimes throughout the state of California, and the effect of this was seen in businesses and on the streets of Sacramento County almost immediately. Since our jails are overcrowded and we do not have room to jail people for misdemeanor crimes, local law enforcement would arrest someone for something like theft or drug dealing, only for them to be released that same day, skip bail, and get arrested soon after for something new.

There was a person committing crimes in Orangevale who was the poster-child for this behavior.

Citrus Heights Community Update

Cracking Down on Repeat Offenders

He was unofficially referred to as the “Mayor of Orangevale” and was locally notorious for always being drunk in public and wreaking havoc on the community. In a period of eight days he was arrested six times, and each time he would be right back in the community the same day he was booked into jail. Another person in the County had around 1600 arrests accumulated through his lifetime (and no, that is not a typo).

In response to these, and similar criminals who act with complete disregard for the law, in 2016 Sacramento County implemented something called the “Chronic Nuisance Offender Program”. It is a program I take pride in, and I want to explain to you how it works.

Whenever our County law enforcement notice someone who is getting arrested over and over again, they keep track and as soon as they have been arrested for the tenth time in a one year period, they notify the District Attorney’s office. A District Attorney then offers the criminal a choice, they can either spend 120 days in jail, or they can spend 90 days in a drug or alcohol treatment program (90% of the people in this program are addicts). This produces one of two outcomes:

If they reject the treatment and spend the 120 days in jail, at a minimum the community can be at peace for a four month period.

But in many cases, we are seeing a much greater impact than that. Since these criminals are used to being able to get back onto the street the same day they are arrested, a four month stint in jail is a huge shock. Upon release, many times they either leave the area or clean up their act.

If they enter the drug/alcohol treatment program, we are getting the same benefits as the jail option since they are off the streets for 90 days, but with the added benefit of being able to attempt to treat one of the root causes for their criminal behavior. This only heightens the likelihood that we can positively impact their lives.

Neither I nor the majority of my district supported Proposition 47 because it makes it more difficult for our local law enforcement to keep us safe, but I am proud of what Sacramento County has done to think outside the box and work with what we have got.

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

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

Treston Shull Gains Key Endorsements

CITRUS HEIGHTS, CA (MPG) - Treston Shull has earned the endorsement of the Sacramento Area Firefighters Association (Local 522) in his race for Citrus Heights City Council.

“I am really honored to have the support our local firefighters,” said Shull. “They put their lives on the line everyday, responding to emergencies and keeping our families safe. That is the most important duty of government, and it will be my top priority on the City Council.”

Shull was also recently endorsed by the Howard Jarvis Taxpayers Association PAC.

“I am honored to have the support of the leading advocate for taxpayers in California,” said Shull. “I too am committed to protecting taxpayers and ensuring that their money is spent wisely, that’s why, in addition to public safety, my top priorities will be keeping the budget in line, rebuilding budget reserves and standing up for taxpayers.”

For over 35 years, the Howard Jarvis Taxpayers Association has been the legal and political watchdog for Proposition 13 and a staunch defender of California taxpayers.

Treston Shull sits on the REACH (Resident Empowerment Association of Citrus Heights) Board and the Birdcage Neighborhood Association Board. He manages economic development and labor issues for the Laborers, where he works with



Treston Shull (center) was recently endorsed by the Sacramento Area Firefighters Association (Local 522) in his race for Citrus Heights City Council. Photo courtesy Tabcommunications, Inc.

government, labor and developers to move projects forward. His priorities for the city include revamping the economic base, tackling growing crime and homeless problems, ensuring fiscal responsibility, and fixing local roads.

There are three (3) seats up for election in 2018, with five (5) candidates running.

Treston Shull has also been endorsed by County Supervisor Sue Frost and the Sacramento County Probation Association.


Source: Tabcommunications, Inc. ★


Tague Band Instrument Services Celebrates Two Years

CITRUS HEIGHTS, CA (MPG) - Tague Band Instrument Services held their Two Year Anniversary Ribbon Cutting on Friday, August 10. They are located at 8091 Greenback Lane, Suite I in Citrus Heights. Owner Kris Tague, surrounded by his team, family, friends, and Citrus Heights Chamber of Commerce members, cuts the ribbon. Courtesy photo



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