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and Getting  
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# Citrus Heights Messenger

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

VOLUME 7 • ISSUE 24

Serving the City of Citrus Heights and Sacramento County

DECEMBER 15, 2017

## DONATIONS NEEDED FOR BABY BASKET DRIVE



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## LATEST 'STAR WARS' OUT OF THIS WORLD



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## Be Part of Something Bigger

*Providing Food, Resources and Hope*



Volunteers Julie Walker-Howard, left, Ruth Ann Wright, and Veronica LoCurto (above) staff the produce tables at the Orangevale Food Bank. Claire Bennett (left) and Laila Bottomly (photo at right) pass out food at Orangevale Food Bank. Photos by Gary McFadyen

**By Margaret Snider**

**SACRAMENTO COUNTY, CA (MPG)** - Orangevale Food Bank found its mission when it was conceived as an idea in 2011. That mission is to make a positive impact in the communities of Orangevale and Fair Oaks by providing food, resources and hope to families in need. Their doors opened in January of 2012.

"We primarily get our food through small local donations in addition to donations from local grocery stores," said Keith Wright, assistant director. "We get close-to-date food from Trader Joe's, WalMart, Safeway, and Sprouts locally." They also have food drives to collect nonperishable foods.

The food bank relies on volunteers for everything from bringing food in,

to sorting it and preparing it for easy dispersal. On distribution days volunteers check in clients and distribute the food. "I come on Monday before they open up at 11," said volunteer Linda Eldredge. "I do the bags, and I stock and I condense, and tell them what they're going to need . . . I think the hardest part is that we sometimes don't have enough volunteers."

Linda Ervin was a client of the food bank at one time, when her husband had passed away and she needed help. She figured that they were helping her, she should start giving back. Ervin started volunteering three years ago. "I love the clients, they're fantastic, the volunteers are fantastic, they're my

*Continued on page 5*



## Much Needed Warm Wishes from Meals on Wheels

**Story by Jacqueline Fox**

**SACRAMENTO COUNTY, CA (MPG)** - To have food to eat is one thing. To be warm and remembered may possibly be the other top two most requested "gifts" on the list of many seniors this year, and Sacramento's Meals on Wheels is hoping for your help in making those wishes possible.

If Meals on Wheels doesn't ring a bell it should. The non-profit provides roughly 500,000 meals and safety checks to roughly 1,500 home-bound seniors annually. The Sacramento operation is part of a network of more than 5,000 local Meals on Wheels chapters across country. Meals on Wheels was established under the Older Americans Act created by congress in 1965 to ensure seniors 60 and over have food. It is funded through a combination of

public-private partnerships, state and federal grants, private donations and an army of volunteers.

This year, the agency has introduced a new program giving you another option for supporting: Project Warm Wishes, says Michelle Bustamante, program specialist for Meals on Wheels, Sacramento, has a goal to give each of its participants the gift of warmth, as in fuzzy slippers, blankets, throws, hats, gloves and socks, anything to help participants stave off the cold.

"The goal of this new part of our services is to provide a simple Christmas gift to let people know they are remembered and they are not alone, because so many are isolated and don't have anybody to share the holidays with," said Bustamante. "So our goal is to get a gift to all of those individuals who are registered for our home delivery



The non-profit provides roughly 500,000 meals and safety checks to roughly 1,500 home-bound seniors annually. Photo courtesy Meals on Wheels

program and we are thinking about ways to keep them warm and comfortable."

Scarves, warm sweat suits,

even tea and tea kettles are also potential gifts you can donate through Project Warm Wishes, and you can add to the list things

like toothbrushes, toothpaste, coloring books for adults, jigsaw puzzles and word search books.

*Continued on page 2*



# Donations Needed for Baby Basket Drive

Donate to Help New Moms at Sacramento Life Center

By Kristin Thébaud

**SACRAMENTO REGION, CA (MPG)** - Local residents are invited to be a baby's first Santa as Sacramento Life Center holds its annual Baby Basket Drive for local women and teens spending the holidays preparing to become new moms in the coming year. The drive runs through Dec. 31 so the Sacramento Life Center can provide a basket of needed items to every patient who gives birth in 2018. Donations can be made online at [www.saclife.org](http://www.saclife.org). Gifts can be made in any increment, but a donation of \$50 buys one basket, which includes formula, diapers, newborn clothes, pacifiers and more.

"One of the most overwhelming feelings is learning that you're pregnant and fearing you won't have the resources to care for your vulnerable baby," said Marie Leatherby, executive director, Sacramento Life Center. "Sometimes something as simple as a gift of diapers and newborn clothes can give expecting mothers the confidence that they have a support system to help raise their child. Gifts to our Baby Basket Drive give expecting mothers proof that they will always have a family here at the Sacramento



A Sacramento Life Center client receives a baby basket shortly after giving birth. The center is running its annual Baby Basket Drive through December.

Life Center and cheerleaders out in the community rooting for their family."

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling

for men and women, education and resource referrals. The non-profit also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit [www.svpclinic.com](http://www.svpclinic.com). For more information about the Sacramento Life Center or to make a donation, visit [www.saclife.org](http://www.saclife.org).

Source: Kristin Thébaud Communications ★

# Much Needed Warm Wishes from Meals on Wheels

Continued from page 1

"In addition to a meal, this holiday season we also want to give the gift of warmth and let our participants know that, even though they may be alone, they are not forgotten," Bustamante said.

If you want to go deeper, consider becoming a driver for Meals on Wheels. While the job is 100% volunteer base and requires you to use your own car and pass a DMV and background check, the relationships formed with participants and the warmth you get in return are unsurpassed.

"I will tell you that, in addition to providing nutritional meals for our participants, one of our main areas of focus is the relationships that are formed between the drivers and our participants," said Bustamante. "We provide a safety check with every visit and the bonds formed between our drivers and the participants is unbelievable. They are so reliant on seeing that friendly face and the elimination of isolation is so important."

Not all seniors are home-bound. For those who are more mobile, Meals on Wheels has 20 All Seasons cafes set up across the Sacramento County region where more than 1,000 receive a free lunch and a place to socialize with others—a critical component of fighting off isolation.

There is an All Season Café set up at Rusch Park Community Center in Citrus Heights, Mission Oaks Community Center in Carmichael, and the Orangevale Community Center. Transportation to and from the café's is available for some participants.

"The café population is a bit more mobile, and they love the idea of having a place to go each day during the week for a meal and contact with others," Bustamante said. "Those folks are also forming relationships with the volunteers and some of these centers where the cafes are, is like a second home



If you want to go deeper, consider becoming a driver for Meals on Wheels. Photo courtesy Meals on Wheels

***"In addition to a meal, this holiday season we also want to give the gift of warmth and let our participants know that, even though they may be alone, they are not forgotten."***

**MICHELE BUSTAMANTE**  
PROGRAM SPECIALIST, MEALS ON WHEELS, SACRAMENTO

working in one of the cafes, lays a foundation for longevity.

"We are always in need of new volunteers to help us out," Bustamante said. "We are not really clear on what the future holds. As we all know there are future budget cuts that could affect us and the senior population is skyrocketing, so we need to be able to keep up."

Humans are not the only ones who benefit. The aniMeals on Wheels program also provides pet food for the critters who provide vital companionship for many Meals on Wheels program participants.

"Seniors' pets are often the only family member they have," said Bustamante. "And we found out that many of our participants were feeding their pets part of the meals we deliver, so we always need donations to help make it possible for them to keep their pets and enjoy their meals."

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# County Opens Mental Health Urgent Care Clinic

**SACRAMENTO COUNTY, CA (MPG)** - Over the past year the Sacramento County Department of Health and Human Services, Division of Behavioral Health Services has been working on an innovative Mental Health Urgent Care Clinic, funded by the Mental Health Services Act (MHSA). On Wednesday, Nov. 29, the clinic officially opened, providing mid-level service that will help stabilize community members who are experiencing a mental health crisis with same day interventions.

To introduce this this new program to the community, the Division of Behavioral Health Services and Turning Point Community Programs hosted an open house on Tuesday where Sacramento County Board of Supervisors, County staff, system partners and community members were in attendance.

"This intermediate level of service for mental health has been an ongoing need in our community," says Uma Zykovsky, Sacramento County Behavioral Health Services

Director. "This will fill the gap between outpatient and inpatient services and serve as a connector to the appropriate level of service needed. This clinic will allow us to test different ways to successfully adapt the physical health urgent care model to address mental health needs in our community for all ages. What we learn will provide our local practice with the insights needed to improve our county's service delivery system across many healthcare partners."

In addition to helping stabilize community members experiencing a mental health crisis, the Mental Health Urgent Care Clinic will reduce the impact on hospital emergency departments and psychiatric hospitalizations. Once stabilized at the Mental Health Urgent Care Clinic, staff will make appropriate referrals for ongoing mental health support and services. The opportunity to intervene at the start of a crisis will help staff reduce the impact a mental health crisis might have on patients such as loss of housing, broken/

disrupted relationships, and/or incarceration.

"This clinic represents a core component of the mental health continuum the County and its partners are striving to create," says Rosemary Younts, Dignity Health Behavioral Health Services Senior Director. "We're excited over the benefits it will offer to our patients and all consumers and we look forward to continuing to work with the County in the future."

Located on Stockton Boulevard on the same campus as the Mental Health Treatment Center, the Mental Health Urgent Care Clinic will be open 7 days a week from 10 a.m.-10 p.m. Monday-Friday and from 10 a.m. – 6 p.m. weekends and holidays. The address is 2130 Stockton Boulevard, Building 300. The clinic will offer a variety of services including, clinical and psychiatry services, alcohol and drug screening, medication, peer support and recovery services.

Source: Sacramento County Media special release ★

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# Toys for Tots Collection a Busy Time for Community



Shown in front of the 57-foot 1966 Vietnam era Bell UH-1 “Huey” helicopter are Marine Lance Corporal Reed, Toys for Tots Coordinator Corporal Campos, Congressman Ami Bera, and Boy Scouts Austin Eckard and Matthew Boster with Troop 635 leader Cathy Best.

**Story and photo by Elise Spleiss**

**CITRUS HEIGHTS, CA (MPG)** - Every year on the morning of the annual Citrus Height’s Toys for Tots collection day in front of the Citrus Heights Veteran’s Community Center, drivers traveling west on Sylvan Road wonder what is the cause is for the sudden back-up.

However, this year on November 18, frustration quickly turned into awe as a 57-foot 1966 Vietnam era Huey helicopter, World War II jeep and other memorabilia slowly came into view. The fifth U.S. Marine Toys for Tots collection event was under way.

Drivers who had gifts and financial donations were diverted into the Center by volunteers as other helpers including the Casa Robles High School ROTC Cadets and Boy Scout Troop 635 received donations. Other motorists waiting in the short back-up realized what the event was, left to buy a new toy or two and returned to drop them off with the volunteers.

As in previous years, the community began bringing new toys, stuffed animals, games, books, clothing and other items to the Center a week before this day. It

is not too late to donate. Donations will be accepted inside the Center at 6921 Sylvan Road, weekdays, 9 a.m. to 1 p.m. until December 19. Other veteran’s group and community organizations in the area have been collecting for this toy drive. Gifts for teens are also needed. Many of the homeless families in the Sacramento area will also be recipients of these donations.

Congressman Ami Bera joined with Center owners Jim and Jean Rounsavell to sponsor this event at its inception in 2013. He was accompanied by his staff to meet and celebrate with the community. Bera said of the event in an email, “My office has collected toys since December of 2013. We’ve also partnered with the Citrus Heights Veterans Community Center and other groups to collect hundreds and hundreds of toys...it’s an honor to partner with the men and women of our military, and it’s even better that we get to do it helping children.”

This year one of the Center’s own veterans took on the role of Santa Claus for the day to mingle with the community and hear the Christmas wishes of all. Word is he “loved” his new role and would like to do it again!

Visitors to the event also got a taste of WWII history. The Huey helicopter is said to be “perhaps the most enduring symbol of Vietnam combat”. This 1966 gunship saw serious action in Vietnam. Shot down twice, it was repaired both times and is now available for events courtesy of Curt Knapp and the Vietnam Helicopter Pilots Association. Visitors can climb up and sit in the cockpit, view the original instruments throughout, and see where the guns and rocket tubes were mounted on each side. With the cargo compartment full of equipment there would have only been room for two pilots and two gunners to sit.

Don Miller, a local WWII memorabilia collector transported his authentic 1942 WWII jeep and other artifacts from his collection for the public to inspect.

Toys for Tots is a program run by the United States Marine Corps Reserve which collects and distributes toys to children and teens whose parents cannot afford to buy them Christmas gifts.

For information of the Veteran’s Center go to [www.veteransgolfpark.com](http://www.veteransgolfpark.com)  
VN Helicopter Pilots Association: [www.vhpaccn.org](http://www.vhpaccn.org) ★

# Anna Ng Named Student of the Month



Caption (L-R) Jonathan Glatz of Assemblyman Ken Cooley’s office, Matthew Cecatto of Congressman Ami Bera’s office, Matt Hedges of Sacramento County Supervisor Sue Frost’s office, Student of the Month’s father Chuck Ng, Student of the Month Anne Ng of Skycrest Elementary, Student of the Month’s mother Kelly Ng, Citrus Heights Chamber Education Chair Rosa Umbach, and City of Citrus Heights Vice Mayor Steve Miller.

**Written by Jinne Calvi  
5th grade Teacher,  
Skycrest Elementary**

**CITRUS HEIGHTS, CA (MPG)** - The Citrus Heights Chamber’s Education Committee honored Anna Ng a fifth grader at Skycrest Elementary K-5 School, as the November 2017 Student of the Month. The award was presented at the Chamber’s November 14, 2017, luncheon held at the North Ridge Country Club in Fair Oaks.

On a hot day in August of 2017, Anna arrived to California by way of Iowa. It was 110 degrees the day Anna’s family unpacked and moved into their new home in Citrus Heights. “It’s hot and dry!” Anna recalls letting out in desperation. A week later, Anna was meeting me, her 5th grade teacher, before the school year started. Anna still

wasn’t sure about California, let alone a new school. Rest assured, even though she still doesn’t like the heat here, she is loving her 5th grade year!

Anna is a natural leader and a great collaborator. She encourages her table mates to persevere and finish tasks well. During STEM challenges, she is competitive, but always fair. Her leadership ability and empathy led to her becoming a 2017 Safe School Ambassador. Anna has made a yearlong commitment to be a positive force on our campus.

She is an exceptional student, too! As a gifted writer, she mentors others in their writing processes. We used her personal narrative as an exemplar in ELA. In Math, she helps those around her to understand the concepts and even previews upcoming content for her table mates so

they are “ahead of the game.”

Anna’s optimism and quiet charisma are infectious. Everyone wants one of Anna’s drawings or to be assigned a seat next to Anna. She is careful to let others speak and patient when their words take time to process. She is generous in her help and always encouraging. Anna is an all-around great kid and it’s a joy to recommend her for Citrus Heights Student of the Month for November.

Lunches for the student and guests are sponsored by local businesses. Many thanks to our Student of the Month lunch sponsor Sunrise Marketplace, courtesy of Kathlynn Carpenter. Additionally, thank you to Stones Gambling Hall, courtesy of Amanda Blackwood, for providing a gift certificate to Sammy’s Restaurant for the Student of the Month. ★

## Citrus Heights Police Experience Great Success with Bait Theft Reduction Program

*Continued from page 1*

The average age of those arrested by the Citrus Heights Police Department for stealing a bait item is 35 years old, and since the inception of the bait program, only six juveniles have been arrested.

As a part of the effort to

reduce theft throughout the city, the Citrus Heights Police Department asks that our citizens remain vigilant in locking vehicles and keeping valuables secured and out of sight. A key component to the success of this program is to encourage the community to report thefts that have

occurred allowing us to target our resources to the areas affected by criminals the most. As an organization, we are committed to the safety and security of our citizens, and we will continue to implement innovative crime prevention and deterrence strategies throughout the city. ★

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**Crossword Puzzle on Page 5**

A	W	A	R	D		P	R	O		W	R	I	T
L	A	N	A	I		A	I	M		C	A	I	R
G	L	O	B	S		R	O	E		A	R	G	O
A	L	A	B	A	M	A		G	E	R	M	A	N
						I	R	E		M	A	L	T
M	A	R				M	E	N	U		M	O	D
E	L	U	L			D	O	G	S		N	A	C
R	O	M	E			S	E	W	E	R		R	E
R	H	E	A	S		L	U	R	E		N	U	L
Y	A	N	K	E	E	M	A	C	H		P	L	Y
						A	S	A	P		T	I	S
R	U	D	O	L	P	H		D	I	C	K	E	N
E	V	A	D	E		E	A	R		C	A	M	E
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**Sudoku Puzzle on Page 5**

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

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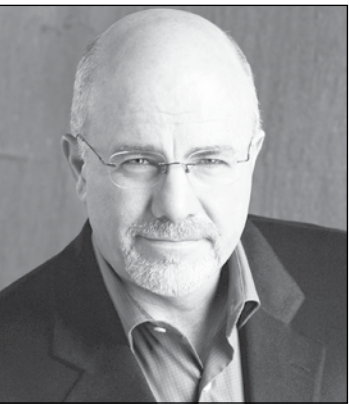
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- Scot

Unclaimed Checks Listed on SMUD.org

**SACRAMENTO REGION, CA (MPG)**  
- SMUD has posted the names of customers and vendors who have not yet cashed checks dated between October 1, 2013 and September 30, 2014. The list of names will remain online until December 22, 2017. Each year SMUD posts this information in an effort to locate the money's rightful owner.

Claims for these uncashed checks should be filed on or before December 22, 2017 with SMUD Unclaimed Monies, 6201 S Street, Mail Stop K109, Sacramento, CA 95817-1818 or by calling (916) 732-7440. Replacement checks will be issued only to the payee whose name is on the list, or upon proof of death, to the

chance one of you wants to spend what the other considers to be too much, talk about how and why you arrived at that figure. Then, using your budget as a guide, gently and lovingly talk things out.

Honestly, I don't think you're going have problems if you've already been working together to get your finances in order. And remember, you don't have to spend a lot of money to make people happy. Delicious homemade treats and thoughtful, handcrafted gifts can put a smile on anyone's face.  
Merry Christmas!  
—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.* ★

Savers Credit Helps Low and Moderate Income Workers

Save for Retirement Now, Get a Tax Credit Later

By David A. Tucker II, IRS

**WASHINGTON, DC (MPG)** - The Internal Revenue Service reminds low- and moderate-income workers to plan now to earn a credit on their 2017 tax return. A special tax break can help people with modest incomes save for retirement. It's called the Saver's Credit and it could mean up to a 50 percent credit for the first \$2,000 a taxpayer contributes to a retirement plan.

Also known as the Retirement Savings Contributions Credit, the Saver's Credit helps offset part of the amount workers voluntarily contribute to a traditional or Roth IRA, a 401(k) or 403 (b) plan, and similar workplace retirement programs.

Taxpayers with an IRA have until April 17, 2018, (the due date of their 2017 tax return) to contribute to the plan and still have it qualify for 2017. However, contributions (elective deferrals) to an employer-sponsored plan must be made by the end of the year to qualify for the credit. Employees

who are unable to set aside money for this year may want to schedule their 2018 contributions soon so their employer can begin withholding in January.

The Saver's Credit can be claimed by:

- Married couples filing jointly with incomes up to \$62,000 in 2017 or \$63,000 in 2018
- Heads of Household with incomes up to \$46,500 in 2017 or \$47,250 for 2018
- Singles and married individuals filing separately with incomes up to \$31,000 in 2017 or \$31,500 in 2018

To qualify for the credit, a person must be:

- Age 18 or older
- Not a full-time student
- Not claimed as a dependent on another person's tax return

Like other tax credits, the Saver's Credit can increase a taxpayer's refund or reduce the amount of tax owed. Though the maximum Saver's Credit is \$1,000 (\$2,000 for married

couples), the IRS cautioned that it is often much less and may be zero for some taxpayers.

The amount of the credit is based on filing status, income, overall tax liability and the amount contributed to a qualifying retirement plan. It may also be impacted by other credits and deductions or reduced by any recent distributions from a retirement plan.

To claim the Saver's Credit, taxpayers must complete Form 8880 and attach it to their tax return. Form 8880 cannot be used with Form 1040EZ.

In tax year 2015, the most recent year for which complete figures are available, Saver's Credits totaling nearly \$1.4 billion were claimed on more than 8.1 million individual income tax returns.

The Saver's Credit can also add to other tax benefits available to people who contribute to their retirement; for example, most workers can also deduct contributions to a traditional IRA.

Source: IRS Media

★

Providing Food, Resources and Hope



Daniel Stauble, Susie McKee, and Trinity Putnam (left to right) at work in the bagging area at Orangevale Food Bank. Photo by Margaret Snider

Continued from page 1

second family." Ervin also serves the organization as ambassador to the Orangevale Chamber of Commerce from the food bank. "The work is so rewarding. It's my first love," Ervin said. "I will never give this up, never in a million years."

Wright joined up soon after the organization started. A friend was volunteering there and since Wright had construction skills, the friend recruited Wright to do light construction work. Now he serves alongside the volunteers as assistant director, along with Tom Carden, executive director. Wright said the biggest challenge right now is reaching the people who need

help. "Some people don't have the means to get here, or don't have the physical capability to get here," Wright said. "We're a volunteer organization . . . So we've got to find a way to meet that need without overtaxing our volunteer sources."

Ray Cook, who is retired, finds the food bank a great place to volunteer. "You feel like you're part of something bigger than you could be as an individual," Cook said. "This, to me, is my purpose in life, to help other people."

The volunteers at Orangevale Food Bank are very mission driven, Wright said. "I think they are here because they want to take care of people. I assume the same is true of all food

banks, but I feel like Orangevale does a fantastic job of nurturing that volunteerism. People who come here seem to come with the spirit that they really want to help people."

The food bank is open for food distribution three days a week: Mondays from 11 a.m. to 1 p.m., Wednesdays from 4:30 p.m. to 6:30 p.m. and Thursdays from 9 a.m. to 12:30 p.m. The food bank is located at 6483 Main Ave. in Orangevale.

You can sign up to volunteer for the Orangevale Food Bank by going to <https://www.just-serve.org>. Just enter your town or zip code to find a variety of projects and ways to serve in your community.

★

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CLUES

ACROSS

1. Oscar, e.g.

6. Debate position

9. Judicial document

13. Hawaiian veranda

14. Deadeye's forte

15. Capital of Egypt

16. Lumps of something soft

17. Beluga yield

18. Ar on table of elements

19. \*First state to officially recognize Christmas

21. \*Country which produced first artificial Christmas trees

23. Boiling emotion

24. Grain in "The House That Jack Built"

25. Equinox mo.

28. \*On Christmas it often includes ham or goose

30. In style

35. Twelfth month of Jewish year

37. \*Max and Santa's Little Helper

39. Jack Black's Libre

40. Saturnalia's place of origin

41. Rat's world

43. Movie spool

44. Actress \_\_\_\_ Perlman, pl.

46. Angler's decoy

47. Partner of "void"

48. "A Connecticut \_\_\_\_ in King Arthur's Court"

50. Speed of object divided by speed of sound

52. A layer in plywood

53. Please do not delay

55. \* \_\_\_\_ the season to be jolly..."

57. \*Beloved Montgomery Ward creation

61. \*"Christmas Carol" author

65. Avoid, as in taxes

66. ENT's first concern?

68. Alfred Hitchcock in his own movie, e.g

69. What tailor did

70. #19 Across abbreviation

71. Driver's 180

72. Sin over cos, pl.

73. Blade drops

74. Mexican coins

DOWN

1. Aquarium dweller

2. Room border

3. Dwarf buffalo

4. Torah teacher

5. Divest one of a gun

6. "For" in Spanish

7. Orinoco or Grande

8. Opposite of alpha

9. \*Like holiday memories?

10. Capital of Latvia

11. Wedge in a golfer's bag, e.g.

12. Broadway recognition

15. Dairy aisle package

20. Bribes of rewards, in the olden days

22. Liberty Tree, e.g.

24. "Naked Lunch" creatures

25. \*Like Christmas

26. Greeting in the land of "Mele Kalikimaka"

27. Part of cow's stomach

29. \*Yuletide

31. Repair, as in socks

32. Freeze over

33. Conch, e.g.

34. \*Poisonous Christmas berry

36. Plumbing problem

38. Red Cross supplies

42. Abdominal muscles

45. \*Like a letter mailed to Santa

49. Sixth sense

51. Diaphragm spasm

54. Best way to shop?

56. \*The kids do it in opening of "A Charlie Brown Christmas"

57. Catch your breath

58. Iris holder

59. Dracula's bane

60. Words from Wordsworth

61. Big attraction

62. Outback birds

63. Infamous emperor of #40 Across

64. Daughters' brothers

67. Belgian brew

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Crossword Puzzle Solutions on Page 4

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By Marlys Johnsen Norris,  
Christian Author

Most everyone is so very aware that the beginning of the end times has already begun. Nature itself is giving us warnings, not to mention the murders in our streets and the hatred of anyone who is different! Different ideas,

## Our Creator's Design

about religion, family or politics, as well as daily living. Small groups of people have also influenced the laws of our country to be changed to meet their agenda. One must believe their way or are wrong which has led to death in some cases.

Persecution of Christians has been on the rise all over the world and it appears that those same ideas are penetrating our country as well. Because American was founded on respecting all religions and allowing their expressions of faith in our society, our people have gotten along for generations.

However today, an over emphasis of people with foreign ideas and religions into America there now appears to be a constant unrest. Unrest because these ideas are ones that

want to irradiate anyone who differs from their religious ideas of what is right. Sadly that means the destruction of the sacred values we have had since the country was founded and the Constitution was signed by men of honor.

Christians believe honoring our God, we forgive those who offend us and do good to them. A hope that they might desire to learn and desire to know our Jesus and Father God of Creation, hope, love and mercy who provided the gift of eternal life to those who come to Him. Ironically, we may need to be willing to die - for what we believe- in the days ahead.

Marlys Johnsen Norris  
American River Messenger  
since 2006  
Christian Author of 7 Books  
Marlysjn@gmail.com



By Pastor Ray Dare

There's no other time during the year when our lives are more rushed than the holidays. We hit the holiday parties, visit the relatives, buy gifts, and basically run ourselves ragged. We may sing about "Peace on Earth" during the Christmas season, but most of us aren't experiencing it.

So what's the antidote? A night out? A relaxing trip to the beach? A week of sleep? Those activities might refresh your body, but they'll hardly restore your soul. When we're empty inside, our culture tells us *we need more*. We need to do more, go more, and be more.

Jesus says something different. The antidote to our overloaded soul isn't a time-management program. It's not a new philosophy. It's not a new plan or pill. It's a person. *It's Jesus*.

## Pastor Ray's Encouraging Words

### How to Relax This Season

Jesus says, "*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light*" (Matthew 11:28-30, NIV).

How can we live relaxed rather than rushed all the time? These verses give us three important clues:

**Come to Jesus.** You don't just do this once — you do it every single day. No matter what the problem, no matter how deep the hurt, you bring it to Jesus. Take a few minutes out of each day, read the Bible a little, pray a little and bring those cares to Him. If it's worth worrying about it's worth praying about.

**Connect with Jesus.** Jesus says we must yoke up with him. The yoke is a piece of wood that puts two cattle together to pull a cart. It makes a load easier because the two cattle are sharing it. Jesus doesn't want you to carry all your burdens. You weren't designed to do that. He wants you to "yoke up" with him. He wants to help you carry

those burdens.

**Cooperate with Jesus.** Jesus wants you to learn from him and as you do, he'll change you in the process. For example, Matthew 11 tells us that he wants to make us more humble and gentle. You might think that the road to real peace would be more about endurance and stamina. But God knows what causes the stress in your life. He knows humility and gentleness are the antidotes to the two biggest causes of stress in your life: arrogance and aggression. Jesus wants to give you a better way — but you have to learn from him. You must let him change you.

The Bible says, "*You will keep in perfect peace those whose minds are steadfast, because they trust in you*" (Isaiah 26:3). Are you tired of being stressed out? Are you ready to have true peace that only comes from Jesus? It's yours for the taking. It's His free gift to you this Christmas Season.

Pastor Ray  
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# Latest ‘Star Wars’ Out of This World



In “Star Wars: The Last Jedi,” Mark Hamill shines, and what a thrill to see him swashbuckling almost as spryly as he did 40 years ago.

By David Dickstein

**SACRAMENTO REGION, CA (MPG)** - Just past the 2-hour mark of “Star Wars: The Last Jedi” (opening Thursday night), there’s a scene that would make for a gripping ending. The First Order (the bad guys) has the Resistance (the good guys) on the run, and the surviving arch enemies repping each side are soooooo ready to rumble. The moment is ripe for drooling in anticipation over Episode IX slated for release two years from now. What a perfect time to fade out and play some John Williams over the closing credits, right?

Not on writer-director Rian Johnson’s watch. Like so much of the movie, the climax isn’t what you think it is. In fact, this fake-out cliffhanger is in many ways just the beginning. And that’s one of the countless beauties of the latest “Star Wars”; it keeps giving you more.

From the appearance of those beautiful blue words, “A long time ago in a galaxy far far away ...,” to what does serve as the final scene, your goosebumps,

heartstrings and funny bone get a workout the likes this fan of the franchise (save for the Jar Jar Binks era) hasn’t experienced since “The Empire Strikes Back.”

Trying hard not to give away spoilers, let’s scratch only surfaces here. Following an exhilarating opening battle scene, which deliciously includes some banter straight out of Austin Powers’ joke vault, we venture where “The Force Awakens” left off. Unlike Episode XII, in which Luke Skywalker (Mark Hamill) makes his appearance in the final minutes, the self-exiled Jedi Master is the driving character in this one. Hamill shines, and what a thrill to see him swashbuckling almost as spryly as he did 40 years ago.

More somber reminiscing comes at first sight of Carrie Fisher, who finished her scenes as Leah before passing away last December. A couple moments may spawn a tinge of morbidity or beauty, depending on the viewer, and unless Fisher already shot scenes for the yet-titled

Episode IX, how her character is dealt with is yet another reason December 2019 can’t come soon enough.

Other icons from the original trilogy are welcome sights, including C3PO, R2D2 and Chewbacca, who has an entertaining running gag with the Porgs, a new breed of creatures that look like a cross between a puffin, a seal and a pug dog. They’re a crack up, and if you ask Chewie, quite tasty, too.

Lead characters introduced in the current trilogy are all purposeful and three-dimensional. Plucky heroine Rey (Daisy Ridley), who we last saw handing Luke his trusty lightsaber on a remote island, is on a quest to find herself while saving the free world. Also fighting the good fight are former Stormtrooper Finn (John Boyega) and ace pilot Poe (Oscar Issac), who has an interesting run-in with new character Vice Admiral Amilyn (Laura Dern).

For safety sake, we’ll end things here. May the Force and pleasant surprises be with you at the theater. 5 of 5 Stars ★

# SacRT Board Votes to Reduce K-12 Student Monthly Pass to Just \$20

By Wendy Williams, SacRT

**SACRAMENTO, CA (MPG)** - How often do you see prices go down in today’s economy? Well, that’s exactly what going to happen at the Sacramento Regional Transit District (SacRT). The Board of Directors unanimously voted last night to roll back SacRT’s student monthly pass from \$55 to just \$20 (65% reduction). The fare reduction is being proposed as a six month pilot and is expected to cost the District approximately \$100,000.

“The reduction in price is part of SacRT’s effort to encourage young people to learn about the region’s public transportation system and travel without restriction,” said SacRT Board Chair Andy Morin. “It’s our hope that students in grades K-12 will adopt this mode of travel as they become adults, so providing them

affordable transit access in their youth seems to be an excellent approach.”

It’s all part of SacRT’s Ridership Building Initiative. A recent analysis of ridership data identified K-12 students as the least subsidized category of passengers with the highest sensitivity to rate increases.

A ridership committee recently spent several months evaluating ridership trends, and determined that this fare reduction would have the greatest number of positive impacts, including increased ridership.

“In addition to ridership building, we believe the discounted student monthly fare will help many Sacramento families by reducing the financial burden of transportation,” said Henry Li, SacRT General Manager/CEO. “Attracting more students to transit would also have the residual

effect of reducing traffic congestion and greenhouse gas emissions, because fewer parents would need to shuttling their children from place to place in a car.”

The \$20 student monthly pass and \$10 student semi-monthly pass will go into effect on Monday, January 1, 2018, and will remain in effect through June 30, 2018. Advance sales of the January monthly pass will begin on December 20, at the reduced price.

SacRT operates approximately 69 bus routes and 43 miles of light rail throughout Sacramento County, including the cities of Citrus Heights, Folsom, Rancho Cordova and Elk Grove. Sacramento buses and light rail trains operate 365 days a year. SacRT’s entire bus and light rail system is accessible to the disabled community. ADA services are provided under contract with Paratransit, Inc. ★

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Avocados 2 lb Bag <b>2.49</b>	Green Cabbage <b>3lbs/\$1</b>	Kiwi Clamshell 1 lb <b>2/\$3</b>	Red Potatoes <b>79¢/lb</b>	Fuji Apples <b>79¢/lb</b>	Yellow Onions 3 lb Bag <b>99¢/ea</b>
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Pea. ~~\$8.99~~ **\$4.99 EA**



# Sacramento County DA Reports



## Early Prison Releases: NOVEMBER 2017 Update

In January 2015, the Department of Corrections and Rehabilitation began a new parole determination process after a federal court ordered California to reduce prison overcrowding. As a result, inmates characterized as “nonviolent second-strikers” (NVSS) became eligible for early parole. In November 2016, Proposition 57 was then passed with the promise that “nonviolent” inmates who “turn their lives around” in prison could also earn early parole under a new “nonviolent parole review” (NVPR).

Qualifying NVSS and NVPR inmates must not currently be serving a sentence for a crime legally categorized as a violent felony and must not be required to register as sex offenders. NVSS inmates must have served (or be within 12 months of serving) only 50 percent of their sentence, while NVPR inmates may be paroled after serving the base term for the principal offense and may earn additional conduct credits.

The Board of Prison Hearings (BPH) determines whether NVSS or NVPR offenders would pose an unreasonable risk of violence to the community based on a paper review of prior criminal history, facts of the current commitment offense, behavior in prison, rehabilitation efforts, whether the inmate has any medical condition which might affect the ability to re-offend, and written statements.

Unlike parole hearings - where the prosecution, defense attorney, and victim may appear - there is no public hearing for these BPH administrative reviews. Additionally, no evidence-based risk assessment is conducted prior to consideration of early release to indicate an inmate's safety risk.

The Sacramento County District Attorney's Office takes an active role in evaluating NVSS and NVPR cases. For inmates who appear to pose a danger to the public, the office writes opposition letters to BPH with an overview of the inmate's criminal history and current commitment offense, and an opinion on the public safety risk if an inmate is granted early release. NVPR cases are especially concerning since prosecutors are denied access to records of the inmate's behavior behind bars, which is critical to rehabilitation, and do not have a right to appeal an early parole decision.

Many of the offenders who are granted early prison release have violent and lengthy criminal histories. District Attorney Anne Marie Schubert feels it is important for the public to be aware of the so-called “nonviolent” offenders being released early from prison into our neighborhoods.

As of November 30, 2017, 297 inmates sentenced from Sacramento County have been granted early prison release. Information about some of these inmates can be found on the Early Prison Releases webpage at [www.sacda.org/early-prison-releases](http://www.sacda.org/early-prison-releases). Monthly press releases are issued to provide the public with a sampling of recent noteworthy offenders, including:

**Celeste Jordan (Case #13F07499)** – Jordan's criminal history began in 1979 with a misdemeanor burglary conviction, followed by another misdemeanor burglary conviction in 1980. In 1982, he was convicted of felony robbery involving the use of a weapon and received a 4-year prison sentence. Jordan was also convicted of felony second-degree burglary. He was paroled in 1984, but was back in prison in 1985 on a parole violation. He was convicted in 1986 for a first-degree burglary, resulting in another 4-year prison sentence. After being paroled in 1988, he was arrested for auto theft and added another misdemeanor conviction and parole violation to his record. Jordan was arrested in 1989 for being high on methamphetamine, which put him back in prison in 1990 on a parole violation. Approximately two weeks after his release, he was arrested for robbery and received another parole violation in 1990. He was convicted of felony burglary in 1992, resulting in a 28-month prison sentence. In 1995, Jordan was in Illinois when he committed an armed robbery with a firearm. He received a 12-year prison sentence for this violent offense. After his release, Jordan was convicted of vandalism. He returned to prison in 2003 for an attempted burglary on Christmas 2002. He was paroled in 2004, and went back to prison in 2005 on a parole violation. Jordan then reoffended in 2006 and was convicted of second-degree burglary. He was sentenced to 8 years in prison. In his current 2013 commitment offense, Jordan was convicted for the first-degree residential burglary of one of his relative's house. Jordan's criminal history is prolific, choosing a life of crime. He has been in jail or prison custody constantly for more than 37 years, since he was 18 years old. He has left a trail of victims in his wake and multiple violent felonies in his past.

**Jimmy Lee Stewart (Case #05F03941)** – In 1972, Stewart was sentenced to 6 months in jail for stealing a car. Almost immediately after his release, he stole another car and was sentenced to 1 year in jail. In 1975, Stewart and an accomplice committed a robbery while armed with a gun. In that case, they entered a market and stole money from the register and a handgun from behind the counter. He was sentenced to 6 months to life in prison for this violent offense, but was paroled in 1978 after serving three years. Shortly after his release, Stewart was convicted of being a felon in possession of a loaded

firearm and petty theft in 1979. In 1984, he committed six separate first-degree burglaries. Stewart was convicted of all six burglaries and six counts of receiving stolen property. He was sentenced to 12 years, 8 months in prison. After being paroled six years later, he was convicted of petty theft in 1992. In 1993, he was convicted of giving a false identity to a police officer and possession of drug paraphernalia. That same year, Stewart committed another first-degree burglary. While he was in the custody of the Sacramento County Sheriff's Department, he briefly escaped during an outside medical appointment. Stewart was convicted of the burglary and the escape, resulting in a 14-year, 8-month prison sentence. While on parole from this sentence, he sustained five separate parole violations, including a theft conviction, and was returned to prison custody. Stewart was discharged from parole in April 2005. Less than a month later, he committed another burglary and was convicted of committing his eighth first-degree burglary. Stewart has a criminal history spanning more than 44 years. He has had numerous chances to reform himself, but continued to reoffend.

**Jose Mata (Case #15F07857)** – Mata is a violent four-time felon. He began his criminal career in 2000 with a residential burglary, which resulted in a grand theft conviction. In 2002, he threatened a victim and displayed a handgun in the waistband of his pants. He was observed pointing the handgun at a window and threatened to shoot. Mata then pointed the handgun at the victim before a witness took the handgun away from him. The handgun was later determined to be a BB gun. Mata was convicted of brandishing a weapon. In 2006, he was convicted of DUI. In 2007, he burglarized the home of his ex-girlfriend. The victim had two restraining orders against Mata at the time. He was convicted of first-degree residential burglary, admitted to a prior strike allegation, and was sentenced to 4 years in prison. In 2008, Mata was convicted for another DUI and sentenced to jail. In 2012, he was convicted of petty theft with priors, a felony, and admitted his prior strike. He was sentenced to 32 months in prison. Currently, Mata is serving a 4-year prison sentence for violently assaulting his girlfriend. In that case, Mata became aggressive and verbally abusive with the victim. He ripped the victim out of her vehicle, causing her to fall to the ground, and took her car keys. Mata then deliberately stepped on the victim's lower back to get into her car and drove over the front fence of her home. As a result of the assault, the victim suffered abrasions and bruising. The next day, Mata crashed the victim's car. After the collision, he fled the scene on foot and abandoned the vehicle. In 2016, Mata was convicted of felony domestic violence and he admitted to a prior strike. He was sentenced to 4 years in prison. Mata has been classified as a Northern Associate gang member. Over the last 16 years, he has victimized people by physically assaulting them and stealing their property. His failure to abstain from criminal conduct demonstrates his continued risk to public safety.

### Doctor Sentenced for Sexually Assaulting Patient

**DATE:** November 15, 2017  
**CASE:** Logan Vincent Ford (Case #15F04758)  
**PROSECUTOR:** Deputy District Attorney Susan Nelsen, Domestic Violence Unit

The Honorable Geoffrey Goodman sentenced medical doctor Logan Vincent Ford to 12 years in prison and ordered him to register as a sex offender for life. On September 21, 2017, a jury convicted Dr. Ford of forcible rape, forcible digital penetration and two counts of sexual exploitation of a patient.

In March 2015, the 53-year-old victim went to the 420MD clinic to get a prescription for medical marijuana to treat pain from various health conditions. Dr. Ford committed his forcible sexual assaults on the victim during the examination. The victim reported the assault later that same day and participated in an evidentiary examination at a hospital. Unknown male DNA was recovered during the examination. Testing by the District Attorney's Crime Laboratory determined that the DNA was a match to Dr. Ford. Dr. Ford is also facing charges in Alameda County for allegedly committing a sexual battery against a different patient during an examination at a Berkeley 420MD clinic.

### Former Coach Sentenced for Having Sex with Minors

**DATE:** November 21, 2017  
**CASE:** Michael Martis (Case #16FE011239)  
**PROSECUTOR:** Deputy District Attorney Maria Wilson, Adult Sexual Assault Prosecution Unit

The Honorable Michael Bowman sentenced Michael Martis to 4 years in county jail prison and ordered him to register as a sex offender. On September 22, 2017, Martis pled guilty to unlawful sexual intercourse involving two minors.

One of the minors, age 15, played on a softball team Martis coached between 2006 and 2007. The other minor, age 16, was also a player on a separate team he coached in 2013. That relationship began with flirtatious text messages and developed into a sexual relationship. ★



# POPPOFF!

with Mary Jane Popp

It all over your body or simply do a foot massage. You can take a clue from Chinese medicine and apply pressure to the fleshy place between your thumb and index finger for 30 seconds. It's been shown to reduce upper body stress.

maintain good health.

## Holiday Survival

It's fun, family and friends. That's what the holidays bring, but they also bring celebrations, shopping and stress. And, it takes a toll on the body. But **Dr. Susan Smith-Jones** gave me nine surefire tips to look and feel your best and emphasize the FUN factor. **Dr. Jones** has traveled the world and helped many celebs in Hollywood hold their own, and she's authored some 25 books on health. Soooooo:

- 1) NUTRIFY YOUR SHOPPING.** Malls tempt wallets and taste buds, so bring healthy snacks like nuts, cut up veggies or fruit when shopping. Keeping your body fueled will help with long stressful checkout lines too.
- 2) GET HANDS ON.** Give yourself a mini massage or ask your partner to give you one. Restore vitality even more with this Mediterranean secret. Combine extra-virgin olive oil with three to four drips of Olbas Oil and rub

**3) SLOW DOWN.** When you constantly direct your attention and energies outward, it's easy to lose your sense of inner wonder, calmness and happiness. Your body will relax and you will feel less bogged down.

**4) SET A POSITIVE TONE FOR THE DAY.** The first 40 minutes of each day sets the tone for your entire day. Choose to make the first few moments as peaceful, positive and uplifting as possible. Spend a few minutes in quiet meditation and prayer time.

**5) SLEEP LIKE A BABY.** Avoid nighttime calls and turn off your cell phone before going to bed. A study at University of Zurich found that exposing people to electromagnetic fields from cell phones altered their brain waves during sleep, which resulted in sleep disturbances.

**6) KEEP HYDRATED.** Our bodies are 70% water. Our cells and planet are 70% water. Drink eight glasses of purified water or more to

**7) BATHE IN LAVENDER.** The flowers of lavender are an age-old remedy for stress. Bathing by itself is calming, but a bath infused with lavender oil significantly reduced anger, frustration and negativity.

**8) REFRESH WITH HONEY.** Honey has been used for centuries to keep skin looking youthful. Apply raw, unfiltered honey on your face like a mask for 20 minutes and rinse with warm water afterwards. It moisturizes the skin and helps it to look taut and supple.

**9) BOOST YOUR MOOD WITH DARK CHOCOLATE.** Chocolate is a wonderful mood booster because it stimulates the production of endorphins, which are the chemicals in the brain that promote pleasure. Dark chocolate contains serotonin, which is a natural mood booster. Keep a small square with you at all times for emergencies.

**Dr. Jones** has a free monthly newsletter. Sign up at [www.susansmithjones.com](http://www.susansmithjones.com). You can get personally autographed copies of her books there like **The Curative Kitchen and Lifestyle** and **Healthy, Happy and Radiant at Any Age**. ★

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# Working Hard and Getting Things Done

Story and photo  
by Jacqueline Fox

CITRUS HEIGHTS, CA (MPG) - *Citrus Heights Mayor Jeff Slowey says he is serving his final term in office, which ends in 2020. He was first elected to the city council in 2003 and in his third mayoral term. Mayor Slowey has witnessed Citrus Heights' transition to cityhood and formation of its own police department, as well as key retail and commercial developments. He recently talked with reporter Jacqueline Fox about his time in office and his vision for the city going forward, including development, homelessness, and his hopes for younger members in the composition of the sitting city council in November 2018.*

**Q:** What compelled you to get into local politics?

**A:** I've been in this community since 1988 and I really like Citrus Heights. I like the local aspect of getting things done. There's not a lot of red tape here. Essentially policy stops with the city council, so it's gratifying.

**Q:** What have been your most significant challenges?

**A:** Balance, I think. Running our local law enforcement, for example, takes some 60 percent of our general fund, so we have to address crime and public safety, but we also are charged with taking care of our streets and neighborhoods. We can put more officers on the street, but we might have more potholes. So, it can be a really tough balancing act.

**Q:** What projects were you elected wanting to tackle?

**A:** I wouldn't say I came in with grand ideas, but the two biggest things were forming our own police department and getting the Dignity Health project in place. One is done, the other will get done probably early 2019.

**Q:** Why was forming the city's police department so important?

**A:** We were contracting with the Sacramento County Sheriff's department when I arrived and the annual payment for that was going up \$1 million with no additional services attached. It made no sense. So, we formed a citizens' committee and we voted for it and got it.

**Q:** What major development projects are on your radar?

**A:** The Dignity Healthy project and the coming of Mercy Medical Group is key, because I've made no secret of the



Citrus Heights Mayor Jeff Slowey

fact that I want to do something with the vacant Sylvan School Site. Mercy has stated to us they are going to need additional offices in close proximity to the new building, and I'll be working toward that. What I don't want to see is another strip mall there. That world is changing. We need something that is going to better the city with jobs and a tax base.

**Q:** Can you discuss your vision for how to address the rising homelessness issue?

**A:** The sad part about homelessness is that it doesn't stop at the borders. So even if we come up with a good program, it has to be an ongoing program. It is getting worse. Our Navigator program does provide services to those who want help, but remember: not everyone who is homeless wants help. Big picture is that the county is putting \$44 million to address it. We haven't seen the breakdown yet, but we plan to get our share.

**Q:** What about other community programs?

**A:** We are coming up to the winter months and I have to say I deeply appreciate HART (Homeless Assistance Resource Team). They have stepped up and provided a shelter in the cold and rainy season. But the one thing I have been clear on is that we need to help

them as much as we can, but I do not want to build a permanent shelter here in town. I'd rather work with the ones that are already out there.

**Q:** Your police chief says body cameras are too expensive. What's your view?

**A:** I've supported the idea. But I think there's a bigger issue out there to resolve and that's at the state level. There isn't any protocol for how to maintain the tapes, for one thing. For example: do you keep a body camera tape for three years or five years? Who pays for it? That said, if I thought we had an issue where body cameras would help, I would say OK, let's do that. I think they are good for the city, but until the other issues are resolved, I'm willing to wait.

**Q:** What would you like to accomplish in your last term?

**A:** At the end of 2020 it will have been 17 years for me here and that is plenty. I'm a firm believer in new blood. I'd like to see a few things done, including the development of the Sylvan School site, a successful deployment of a new vision for Sunrise Mall, and completion of the Ted Mitchell housing project. Also, next year we have three incumbents up for re-election. So we have got to get through next year's election with some cohesiveness and I would say I would love to meet and get some younger people to come forward. I'd love to get to know them now so I can mentor them.

**Q:** What should potential candidates know about the job before tossing their hat into the ring?

**A:** The work week is about 20 hours for roughly \$600 a month, so if you're doing it for the money, you're a fool. Not all of us are retired. We have careers. So I'd say if you're considering jumping in, discuss it with your partner first, because it's a tough gig for \$600 a month.

**Citrus Heights Mayor, Jeff Slowey, 57**

**Hometown: West Allis, Wisconsin**

**Education: UC Berkeley, BA, economics and political Science**

**Profession: Vice president and project manager for Bank of America**  
**Hobbies: Golf, gardening and reading** ★

# Tree Lighting Ceremony Sets the Mood for Christmas



Members of the 'Shire of Danegeld Tor' organization, the Muller family and friends strolled among attendees and posed for photos in their authentic 17th century Europe dress. Photo courtesy of the Muller family

By Elise Spleiss

CITRUS HEIGHTS (MPG) - Old Jack Frost kindly stayed away from the 21st Citrus Heights Tree Lighting Ceremony at City Hall on December 7. A warmer evening brought out nearly 1,000 excited children and their families and others from throughout the area.

As is tradition, the 50-piece Citrus Heights Community Marching Band (CHCMB) started off the event as it entertained the hundreds of waiting attendees with a 45-minute concert of traditional holiday songs. Jingle Julie led the crowd in song and Vice Mayor Steve Miller welcomed all. At 6:30 Miller led the countdown to the lighting of the 23-foot redwood tree. City Manager Chris Boyd and other city council members were also in attendance.

Santa and his elf sat for photos inside the city hall foyer. Area pageant princesses and ambassadors with director Tamara Baru-Brown mingled with crowd, along with the Christmas Mice and members of the Shire of Danegeld Tor, authentic re-enactors of life in 17th century Europe.

Lines formed quickly for the complimentary cookies, hot apple cider the cocoa, and the miniature train that made continuous loops around the parking lot. Little ones loved jumping around in the huge clear snow globe jump house, and



This is the second Christmas for the 'new' city hall which opened for business on August 9, 2016. Photo courtesy City of Citrus Heights

accompanying their parents to the carnival tents.

This is the second Christmas for the 'new' city hall which opened for business on August 9, 2016. The official Christmas tree was planted near the main entrance to city hall during the buildings construction in 2015 and 2016.

The tree can be seen with lights on day and night at 6360 Fountain Square Drive.

Sponsors were Republic Services, Sunrise Marketplace and Sunrise Mall. ★

# Citrus Heights Holiday Referral Program Accepting Donations Through December 19

CHPD Special release

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights' Annual Holiday Referral Program has launched its ninth year, and once again the Citrus Heights Police Department and the City of Citrus Heights are partnering with various local service clubs, schools, neighborhoods, businesses, and community members to brighten the holidays for several of our Citrus Heights families.

Referral applications have been received and are being processed, and participants will be notified the first week in December. In order to supply the families with their holiday items, we begin accepting donations on Tuesday, November 21, 2017. We will continue to accept donations through Tuesday, December 19, 2017.

Donations can be dropped off at the Citrus Heights Police Department located at 6315 Fountain Square Drive, Monday through Friday from 9 a.m. to 5 p.m. and on Saturdays from 9 a.m. until 2 p.m.

We thank you for your generosity and support. ★



Donations can be dropped off at the Citrus Heights Police Department located at 6315 Fountain Square Drive, Monday through Friday from 9 a.m. to 5 p.m. and on Saturdays from 9 a.m. until 2 p.m.

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- Postal products & services
- Notary services
- Passport/ID photos

## The UPS Store

7405 Greenback Ln  
Citrus Heights, CA 95610  
916.725.1345  
store2503@theupsstore.com

Hours:  
**Mon - Fri** 8:30 AM - 6:30 PM  
**Sat** 9:00 AM - 5:00 PM  
**Sun** Closed

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### \$5 OFF NOTARY SERVICE

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## EAST LAWN

CEMETERIES • MORTUARIES • CREMATION • PREPLANNING

*Special Offer:* **CEMETERY PROPERTY**

**No Opening & Closing Fees on Pre-Arranged Cemetery Property!**

It is standard practice that each time a memorial space is physically opened or closed, families are charged a fee for this service.

For all pre-arranged cemetery property purchased between 11/20/2017 through 12/31/2017, East Lawn will waive this fee.

*This is up to a \$895 per person value.*

**Call East Lawn today to make an appointment!**

Note: This offer cannot be combined with any other discounts

**EAST LAWN**  
Sierra Hills Memorial Park & East Lawn Mortuary  
5757 Greenback Lane, Sacramento, CA 95841  
Tel 916.732.2020  
Lic. #FD-1242

## The Privilege of Planning

A 25-minute free presentation. We'll serve you with a Catered Meal!

**Make Sure Those You Care About Are Always Cared For**

"The Privilege of Planning" is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

**Wed., Jan. 10**  
**Wed., March 7**  
11:30 am to 12:30 pm

**Sierra Hills Memorial Park & East Lawn Mortuary**  
5757 Greenback Lane, Sacramento, CA 95841  
To RSVP or More Info: 916.732.2020

*Reservations Required. Please RSVP your choice of date. Seating is limited to 30 attendees per seminar.*

**If you prefer to RSVP via email, log onto our website and go to the seminar registration page.**

**f www.EastLawn.com**





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.

It is a difficult time to be a police officer in the United States. While it may or may not be fair, incidents across the country have left many people feeling deeply negative towards how officers handle difficult situations. In response, many departments are equipping their officers with body cameras. I bring this up because it was recently announced that the Sacramento County Sheriff will soon be conducting research to identify possible vendors to supply the department with body cameras for officers to wear.

In a day and age where transparency, accountability, and building trust are more important than ever for departments across the country, I applaud our Sheriff for seriously looking at implementing this emerging technology. I have three main reasons for supporting body cameras.

First, the video collected by body cameras help juries paint an accurate picture of what happened in an incident. Whether that comes in the form of helping convict more criminals, or proving the innocence of the accused, society is better off for it. It will also provide clarity in cases of suspected police misconduct, as corrupt police officers will be more likely to be caught, and the

## Citrus Heights Community Update

### Bodycams for Sacramento County Sheriff's Department

honorable ones will be more likely to be exonerated.

Speaking of police misconduct, my second reason for supporting body cameras is that it causes improved behavior by everyone involved. Officers tend to be on better behavior when they know they are being watched, and the likelihood of citizens acting aggressively towards officers also diminishes. It also allows officers to review their own footage and improve how they handle their interactions. Speaking personally, the first time I was interviewed on TV I cringed a little as I evaluated my performance, but it served as a great learning opportunity and helped me improve.

My third reason is because it quantifiably reduces complaints and related expenses, as departments across the country are seeing positive results. In one study performed by the Rialto police department, it was found that there was a 60% reduction in use of force incidents and an 88% reduction in the number of citizen complaints. I also believe these cameras could present a fantastic opportunity for the Sheriff's Department to give the public a good idea of what the average day is like for an officer and potentially highlight the everyday good that officers do for our community.

But while there are numerous proven benefits to recording police interventions, there are also potential pitfalls, and this makes the careful approach the Sheriff is taking all the more important.

Like all new technology, there are large upfront costs associated with the cameras. This cost takes the form of the physical cost of the cameras themselves, and also the cost of storing the evidence and

public records requests. While agencies certainly save time collecting and managing digital photographic evidence - video evidence requires an investment in either cloud-based storage systems or physical storage hardware, both of which are expensive. I have concerns about personal privacy while officers are in private residences and how evidence that could impact the outcome of a trial would be managed. There's also the problem of doing too much too fast, as when you have been doing the same job for twenty or more years, it can be a challenge to suddenly change procedures.

But these issues should be solvable. It seems clear that bodycams for our Sheriff's could be worthwhile if we implement them carefully, and based on initial results from other agencies who are using bodycams, they can potentially add clarity and save money in the long run.

Before ending, I wanted to invite you to participate in my community survey by going to [www.bit.ly/FrostSurvey](http://www.bit.ly/FrostSurvey) and answering a few questions. Filling out the survey helps me understand what you want me to fight for. Thank you for reading - and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at [SupervisorFrost@saccounty.net](mailto:SupervisorFrost@saccounty.net).

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



REPUBLIC SERVICES



## Holiday Treecycling



December 26, 2017 to January 12, 2018  
Citrus Heights residents can recycle their live Christmas Trees for free!

Simply put your tree out on the curb on your regular collection day, and Republic Services will pick it up and recycle it.

Artificial trees, flocked trees, or trees containing ornaments and other decor will not be accepted.

REMINDER: No collection will take place on Christmas Day (12/25) or New Year's Day (1/1). Collection will be delayed by one day for these holidays and the remainder of the week.

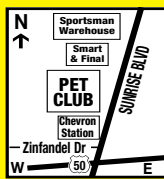
For more information, please call  
Republic Services at (916) 638-9000 or (916) 725-9060

## PET CLUB is Excited to Now Offer: Blue Buffalo, Chicken Soup, Earth Born, Evo, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods

### PET CLUB FOOD AND SUPPLIES

EVERYDAY LOW PRICES  
Super Discount Prices • Hot Specials & Coupons  
\*Short term promotions from vendors  
(No Membership Fees)

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 12/13/17 - 12/19/17



2344 Sunrise Blvd. 318 N Sunrise Blvd.  
Rancho Cordova, CA Roseville, CA  
916-635-5008 916-781-8500



### COUPON \$2.50 OFF

ANY PURCHASE OF \$7.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.  
Limit 1 PLU 331 CHM  
Limit: 1 Coupon Per Family  
Effective 12/13/17 - 12/19/17

### COUPON FREE PURE NESS PET BOWL

Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1. 99¢ Value PLU 338 CHM  
Limit: 1 Coupon Per Family  
Effective 12/13/17 - 12/19/17

### AVODERM NATURAL DRY DOG FOOD 24-26 Lb Bag Limit 2 Bags Per Family

•Lamb Meal & Rice \$31.99  
•Chicken Meal & Rice... \$31.99  
•Lite •Original \$33.99  
•Large Breed Adult... \$33.99  
Effective 12/13/17 - 12/19/17

### 9 LIVES CANNED CAT FOOD 5.5 Oz All Varieties

Limit 1 Case Per Family  
35¢  
Effective 12/13/17 - 12/19/17

### DIAMOND NATURALS DRY DOG FOOD 40 Lb Bag

•Chicken •Lamb •Beef •Large Breed •Senior 35 Lbs •Lite 30 Lbs •Lrg Breed Lamb (\$31.99) (Ex Athlete \$36.99)  
\$29.99  
Effective 12/13/17 - 12/19/17

### FANCY FEAST GOURMET CANNED CAT FOOD All Varieties except Elegant Medley 3 Oz

Limit 2 Cases Per Family  
20/\$11.00  
Effective 12/13/17 - 12/19/17

### NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD

•Chicken, Brown Rice & Oatmeal Formula (Adult & Large Breed Adult) •Senior •Lite 30 Lb Bag  
Limit 2 Bags Per Family  
\$35.99  
Effective 12/13/17 - 12/19/17

### PURINA CAT CHOW DRY CAT FOOD

•Regular •Indoor 16 Lb Bag  
Limit 2 Bags Per Family  
\$11.99  
Effective 12/13/17 - 12/19/17

### EARTHBORN HOLISTIC DRY DOG FOOD

Natural Grain Free  
•Pimitive Feast •Great Plain Feast •Meadow Feast •Coastal Catch (Reg. Price \$43.99)  
28 Lb Bag \$39.99  
Limit 2 Bags Per Family  
Effective 12/13/17 - 12/19/17

### SCOOPAWAY CLUMPING CAT LITTER 20 Lb Box

•Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.49)  
Limit 2 Boxes Per Family  
\$5.49  
Effective 12/13/17 - 12/19/17

### PURINA PRO-PLAN CANNED FOOD SALE

Limit 2 Cases •Selected Dog Food \$1.99 Cat Food 69¢  
13 Oz 3 Oz

### NUTRO MAX GRAIN FREE ADULT RECIPE DRY DOG FOOD

•Chicken •Lamb •Salmon •Mini Chunk 25 Lb Bag Limit 2 Bags Per Family \$23.99

### PEDIGREE DRY DOG FOOD

•Adult 50 Lb Bonus Bag Limit 1 Bag Per Family \$21.99

### MEOW MIX DRY CAT FOOD

•Original Choice 16 Lb Bag Limit 2 Bags Per Family \$10.99

### WORLD'S BEST CAT LITTER

14 Lbs Limit 2 Bags \$11.99 Original \$12.99 Extra Strength

### PRECIOUS CAT CLUMPING CAT LITTER

18 Lb Bag Limit 2 Bags Per Family \$5.99

### JONNY CAT PREMIUM CAT LITTER

10 Lb Bag Limit 2 Bags Per Family \$1.69

### CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

15 Lb Jug Limit 2 Jugs \$5.99

### CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD

24 Lb Bag Limit 2 Bags •Lamb •Duck •Salmon only \$10.99 OFF  
As Marked OUR REGULAR LOW PRICES

### WELLNESS CANNED CAT FOOD

Limit 1 •Selected Varieties Case •Grain Free 5.3oz. Core Signature Select \$1.35 \$1.39

### WILDERNESS DRY CAT FOOD

•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags AS MARKED \$5 OFF OUR REGULAR LOW PRICES

### PEDIGREE CANNED DOG FOOD

•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct) 69¢

### HAMILTON PET LEASHES

•Collars •Harnesses All Varieties 20% OFF  
•Leads •Nylon OUR SUPER LOW PRICES  
•Leashes •Leather

### BARKWORTHIES ALL NATURAL DOG CHEWS

•Bully Sticks •Antlers 20% OFF  
•Treats All Varieties OUR SUPER LOW PRICES

### STAR-MARK PRODUCTS

•Treat Balls •Chuckers •Treats 20% OFF  
•Bento Ball •Dura Foam Disc & Ball •Chew Ball •Mints All Varieties OUR SUPER LOW PRICES

### PET LINK SYSTEMS CAT PRODUCTS

•Cat Toys •Scratchers 20% OFF  
•Scratching Systems & Posts •Activity Toys All Varieties OUR SUPER LOW PRICES

### PETSPORT USA DOG TOYS

•Tuff Balls •Fetch Me Fido •Fling Thing •Tug Max •Soft Toys 20% OFF  
•Ass't Toys All Varieties OUR SUPER LOW PRICES

### MARINELAND POWER FILTER SALE

MODEL TANK SIZE PET CLUB SALE  
PENGUIN 100B .20 Gal. \$17.99  
PENGUIN 150B .30 Gal. \$24.99  
PENGUIN 200B .50 Gal. \$29.99  
PENGUIN 350B .75 Gal. \$39.99

### TETRA BOXED 10 GALLON TANK

With Economy Kit Just add Heater For Tropical Fish \$36.99 Limit 1 Per Family

### KORDON WATER CONDITIONERS

Amquel 16 Oz. \$5.99  
Amquel Plus 16 Oz. \$5.99  
Novaqua Plus 16 Oz. \$5.99

### O.S.I. PREMIUM FISH FOOD

ALL VARIETIES 20% OFF  
•Freshwater •Goldfish •Marine •Spirulina OUR SUPER LOW PRICES

### BONUS COUPON FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD

Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 12/13/17 - 12/19/17 PLU 568 CHM

### BONUS COUPON PURINA WHISKER LICKINS CAT TREATS

•Soft & Delicious - 2.5 Oz •Crunchy & Yummy - 1.7 Oz Limit 2 Pouches with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 12/13/17 - 12/19/17 PLU 446 CHM

### 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 12/13/17 - 12/19/17 PLU 422 CHM