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# Citrus Heights Messenger

"Written by the people, for the people"

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Serving the City of Citrus Heights and Sacramento County

NOVEMBER 3, 2017

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## Keeping Schools Safe



(From L to R) Bob Erickson, Manager, Safe Schools Program, San Juan Unified School District leads the staff of Chris Cooley, Field Operations Coordinator for Safe Schools, Kevin Givens, Team Leader for Safe Schools and Barry Cox, School Resource Officer for Citrus Heights campuses within the SJUSD.

*Story and photos by Jacqueline Fox*

**SACRAMENTO COUNTY, CA (MPG)**

Just days prior to the mass shootings in Las Vegas that left 59 dead and more than 500 wounded, Bob Erickson was presenting a day-long training for educators and staff in the San Juan Unified School District that could not have been more timely.

"Basically, we were talking about things that were done right and others that could have been done differently during the Sandy Hook Elementary School shootings," said Erickson, a retired sergeant with the Sacramento County Sheriff's Department, now managing San Juan Unified's Safe Schools Program.

Safe Schools is essentially the backbone of the district's campus safety and security system, which covers all policies and procedures for initial assessments and, if necessary,

responses to myriad issues and events that can go on at any one of the district's 65 campuses in a single day, including bullying, weapons found in back packs or lockers, drug and alcohol-related offenses, assaults, intruders, gang activity, suspected child abuse, and, sadly, the very real possibility of a student suicide on campus.

Established in 1988, Safe Schools operates through a partnership with the Sacramento County Sheriff's Department. To select, train and assign off-duty officers to serve as School Resource Officers (SROs) who patrol, monitor and respond to incidents across five designated school zones that include all 64 campuses in the district. SROs are assigned to roughly 5 schools each, but if needed, they will cross out of their districts to support other SROs in crisis.

In addition, the Citrus Heights Police Department also participates with the provision

of two, full time SROs at Mesa Verde and San Juan high schools, which sit within the SJUSD's boundary lines. They also will cover a crisis

**"Our trainings are not to scare anyone, but we need to be prepared."**

**BOB ERICKSON  
 MANAGER, SAFE SCHOOLS PROGRAM, SAN JUAN UNIFIED SCHOOL DISTRICT**

if needed at other schools in Sacramento County's unincorporated areas.

All calls for SRO assistance that are not initiated through a 911 call for police are filtered through a Safe Schools dispatcher at the district offices

in Carmichael. And, while the majority of dispatched calls for an SRO response are not lock-down or high-level emergencies like Sandy Hook or Vegas, as unlikely as they are to occur, according to Erickson, trainings for campus shootings are necessary and, in the recent case, involved the keen eye of hindsight to in reinforcing protocol.

"The seminar was called 'Lessons Learned From Sandy Hook,' and I started out by saying the chances of a school shooting happening on one of our campuses are very slim," says Erickson. "We are constantly aware that a school campus or workplace shooting can happen anywhere, but statistically, the odds are very low that we will have a campus shooting like Sandy Hook. That said, someone always wins the lottery. Our trainings are not to scare anyone, but we need to be prepared."

*Continued on page 3*

## Asian Citrus Psyllid Insect Detected in the Area Threatening Citrus Trees

**Special Release**

**CITRUS HEIGHTS, CA (MPG)** - The Asian citrus psyllid (ACP), a serious insect pest in California, has been detected in Roseville. The ACP is a tiny, flying insect that transmits a bacterial disease called huanglongbing (HLB) to citrus trees. Trees infected with the HLB disease produce bitter and misshapen fruit. The HLB disease is fatal to citrus trees. The ACP is a threat to California's backyard and commercially grown citrus. Emergency treatment and quarantine action is needed to protect California from the negative economic and environmental impacts the establishment of this pest throughout California would cause.



Trees infected with the HLB disease produce bitter and misshapen fruit. The HLB disease is fatal to citrus trees.

The California Department of Food and Agriculture (CDFA) consulted with scientists who are experts in the biology of this pest. These experts have recommended a treatment plan designed to mitigate the infestation.

Limited ground treatments with a formulation of a pyrethroid will be applied to the foliage of citrus trees on your property. At the same time, an imidacloprid insecticide will be applied to the soil beneath the citrus trees for ongoing protection against the ACP. CDFA will follow all pesticide label directions.

Residents of properties scheduled for treatment will be notified at least 48 hours prior to the application. Included in this packet is a map outlining the project area.

To inform you of planned activities residents of the affected area are invited to attend an open house meeting on Wednesday, November 1, 2017, between 5:30 p.m. and 7:00 p.m. - in meeting room 2 at the Maidu Community Center in Roseville. The open house will not feature a formal presentation; rather, it will be staffed by cooperating agency officials familiar with this program who will be able to individually address your concerns and answer any questions. If you cannot attend this meeting and require additional information, please contact the CDFA toll-free PEST HOTLINE at (800) 492-1899.

*Source: City of Citrus Heights* ★

## Girl Power: Girl Scouts STEM Center Opens in Sacramento

**SACRAMENTO COUNTY, CA (MPG)** - Silly boys. Science and technology also are for girls, and the Girl Scouts Heart of Central California (GSHCC) is about to prove it to you.

On Wednesday, Nov. 8, the GSHCC will open the region's first STEM (science, technology, engineering and math) Center + Makerspace, an all-girl facility that will serve as a hub for innovation and exploration across the world of tech and science for girl scouts in the council's 18-county region.

The STEM Center + Makerspace, modeled on the Girl Scouts of the USA's other STEM Centers already operating in other parts of the country, will offer girls scouts in grades K-12 the region's first open structured learning and development space where they can unleash their curiosity and skills and explore and innovate through a broad range of activities that include a deep dive into the study of robotics,



Girl Scouts at the Teeviah STEM Center 2 work with mechanical toys as part of an exploration into electronic engineering. Photo courtesy Girl Scouts of the USA

circuitry and programming, as well as the environmental sciences.

"Girl Scouts is uniquely qualified to offer support for girls to work creatively

in a single-gender environment, where they can explore new interests and collaborate with other girls," says Dr. Linda Farley, GSHCC CEO. "The STEM Center

+ MakerSpace is an investment in the next generation of Go-getters, Innovators, Risk-takers and Leaders (G.I.R.L.s.), and will serve as a hub for girl innovation, exploration and discovery for Girl Scouts throughout our 18-county region."

The GSHCC serves roughly 30,000 girls and 10,000 adult Girl Scout members in counties across Sacramento, Stockton and the Modesto area. Its new STEM Center, sponsored in part by Intel Corporation, includes the MakerSpace, which encourages the use of design thinking and collaborative problem solving.

"At Intel, we are committed to opening doors to opportunity for girls here in Northern and Central California, and we believe this STEM Center + Makerspace will inspire these girls and give them the skills they'll need to become future innovators," says Courtney Martin, Intel public affairs director.

*Continued on page 10*

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# In The Spirit

## UC Davis, Shriners Hospitals Party Down With the Kids

Story and photos by Jacqueline Fox

**SACRAMENTO COUNTY, CA (MPG)** - Children, few would argue, should never have to spend a single day in a hospital bed, hooked up to life-saving monitors and medications, undergoing treatments for things like cancer, head trauma from accidents and the myriad things that can go wrong. But, sadly, many do.

To make things feel a little better, to normalize the experience to some degree for the children admitted as patients (and their families) at UC Davis Children's Hospital and Shriners Hospitals

Placer and Yuba Counties, and as far north as Redding, CA.

For the last six years, the Pierce's and several of their Spirit Halloween store employees have brought costumes, backpacks, toys, face paint, photo booths, craft fixings, live character "actors," along with a boat-load of Halloween fun to UC Davis' Children's Hospital and organized a Halloween bash for the children admitted as patients and their visiting family members.

In addition to the parties, in the weeks prior to Halloween, Spirit Halloween stores across the region organize a range of fundraisers, including the company's

company, actually started this program for children's hospitals back east several years ago and we began participating in 2011," said Pierce. "We start planning for the Halloween party and raising funds in all of our stores right after we open in early September, and we don't stop until we close the doors November 2."

To date, the Pierce's stores have raised roughly \$360,000 for UC Davis Children's Hospital, and the company, via the generosity of its customers and other fundraising channels, generated just under \$50,000 for Shriners' the first year of participation, Pierce said. "Every penny, 100 percent of what we raise in the stores and through fundraisers goes to fund the two facilities' children's programs now."

For William Banks, 5, of Chico, CA and his mother, Amanda, the Halloween "spooktacular" brought a welcome respite from the day-to-day routine they've been operating on since he was diagnosed with lymphoma in August. Banks' wore a contagious, ear-to-ear smile as he spent the afternoon painting his face and head, crafting and mingling with other kids and their families—doing everything a kid should be doing this time of year, never mind the cart of medications and monitoring devices he had to push around the party. Those things are just part of life right now.

"This is so great," William said, freezing for selfies with his mother, taking in the attention from staff, media representatives from this paper and others, including local TV reporters, and of course his fellow patients. "I feel really happy today," he said, and then went off to paint the top of his head tiger style.



The donations and party made possible by Spirit Stores is a vital part of the process of keeping kids' spirits high as they go through what is, in most cases, the scariest time of their lives.

for Children in Sacramento, staff and supporters delivered the "spirit" of Halloween, literally and figuratively, and threw them all a big fat party Oct. 18 and 19.

It's an annual event, says Shanda Pierce, who, alongside her husband, Kirk own more than 20 Spirit Halloween pop-up stores across the Central Valley, as well as Sacramento,

Vampire Ball, a purple pumpkin painting contest, as well as in-store outreach to Halloween customers to benefit UC Davis programs. And, last year, Spirit of Halloween fundraisers expanded to include support for Shriners Children's Hospital next door and now both facilities are recipients of the company's program.

"Spirit Corporation, our parent



Shanda Pierce (left), Franchisor Spirit Stores and sponsor of the party, and William Banks, 5, a Chico resident undergoing treatment at UC Davis.

donations. The program helps coordinate the Halloween party, as well as other events throughout the year, including a holiday with Santa at Christmas. But its core services provide an ongoing menu of programs and services for patients and their parents through the work of child life specialists, as well as music and art therapists, among others, who deliver a range of powerful coping strategies and educational information for the patients and their parents.

Diana Sundberg who runs the program at UC Davis, said the donations and party made possible by Spirit Stores is a vital part of the process of keeping kids' spirits high as they go through what is, in most cases, the scariest time of their lives.

"We do everything we can to help minimize fears and normalize the hospitalization experience for the children," said Sundberg. "By throwing the kids a Halloween party with costumes and games, we give them something they can recognize from home, be a part of, and a little bit of normal that they can carry with them while they are going through their treatment or in the recovery process. It's a very scary experience for kids to be away from home, let alone in a hospital. So bringing in Halloween fun for them is one of the ways we work to take those fears away, even if for just a little while." ★

Lisa and Jason Chandler from Cottonwood, CA, joined their daughter, Anastacia Reynolds, 12 for the fun at UC Davis. Anastacia is recovering from a near-hanging accident on a swing set that has left her with a traumatic brain injury, from which she is recovering at a pace that has even astonished her doctors, according to her parents.

"This place is amazing," said Lisa Chandler, wrapping her arms around her daughter who must currently use a wheel chair to stay mobile. "We can't believe how awesome all this is. She's making such amazing progress and this is really a great way to give her and all the kids a chance to socialize and just be kids for a little while. This facility is

absolutely amazing. They are the best."

The UC Davis Child Life and Creative Arts Program is a direct beneficiary of Spirit Store



Anastacia Reynolds, 14 (center), and her parents, Lisa and Jason Chandler.

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# Keeping Schools Safe

Continued from page 1

District-wide staff trainings like these, as well as a regular review of policies and procedures for handling an entire range of campus emergencies are held roughly every three months for teachers and staff, along with SRO representatives and other Safe School team members.

All schools in the district are required to have a "Comprehensive School Safety Plan" in place that should be made available for public review at any time.

In the case of Sandy Hook, says Erickson, many teachers and students exposed themselves to the gunman by trying to run first rather than hide, following a previously standardized policy of run, hide, fight, which today winds counter to the tactic advocated by many Safe Schools teams, including San Juan's.

"Here in the San Juan School District, we look at it as hide, run, fight," says Erickson. "If you can run to safety, do it. But if you are not sure, we advocate hiding first. At Sandy Hook, you had teachers who hid kids in cupboards and other places and called 911. That was exactly the thing to do. In other instances, however, teachers heard shots and went out to investigate and they were killed. So if you hear something that sounds like a shot, it's probably a shot and you should hide."

In addition, first responder protocol has also changed, according to Erickson, since the Columbine school shooting in Colorado in 1999.

"Before Columbine, law enforcement or SROs would arrive on the scene, form what's called a 'perimeter' around the school, and then wait for reinforcements before going in," said Erickson. "Now, they are trained to just go in."

Trainings rotate from campus to campus and are usually held on shortened days in the afternoon to ensure everyone who wants to attend can, Erickson said. In a few weeks another "active shooter" and high-alert response workshop will take place. Attendees will be given a range of scenarios, broken up into groups and charged to each come up with their own strategies for effective response.

One aspect that also gets emphasized in active shooter trainings that will also be highlighted, is the concept of friendly fire. Erickson explains it best.

"One of the things we also emphasize is a hands up policy," Erickson said. "If you are walking on the campus during a lockdown and law enforcement is there with weapons drawn, you always want to keep your hands where they can see them. Hands are what kill people. The hand is needed to make the gun go off."

The district is also amidst implementation of a campus fencing program launched several years ago. According to Keith Reed with the schools facilities department, a total of eight campuses identified as high-priority sites, such as Del Campo High School, now have fences. At a cost of \$1 million, the pace of the project is slow and, cautions



Julie Sarell, Safe Schools Dispatcher (center) is an important member of the Safe Schools staff. District-wide staff trainings, as well as a regular review of policies and procedures for handling an entire range of campus emergencies are held roughly every three months for teachers and staff.

Reed, they serve as deterrents, not guarantees against the possibility of a high-alert crisis.

"The fencing helps, but really the focus is to serve as a deterrent, which is why we have the SROs and trainings in place," Reed said. "They are designed in a way that forces visitors to enter the campus through the main office and they are not

schools are common. And, it's Erickson's job, working with Safe Schools team members, to identify those threats, discern which are real and respond accordingly. As unlikely as mass shootings in schools are, in all cases where they have occurred, according to Erickson, there were warning signs.

"Kids post threats against their schools on social media all the time," says Erickson. "It's almost weekly that the threats come in. Now, is it likely the student is going to come (to school) with a loaded gun? No. But we take every single threat as if it were real. Every shooting we've had (in the country) there was a message sent out by the shooter in advance. In cases where we do perceive the potential of a threat to be real, we will go out to visit homes. We'll find out if there are guns registered at the house. We look in (students') bedrooms, we check it out to see what's going."

While parents have not been flooding the district since the Vegas shootings to ask about their school's safety plans, they do call. Regularly. And their calls, says Erickson, are important.

"I wouldn't say that I've had any calls of concern about Vegas or since that event," says Erickson. But we do get calls from parents every day about something and when we do, I investigate it, triage it and if there is something we need to respond to, we do. Believe me, I spend a lot of my day on the telephone just talking to parents to assure them that we are all about student safety, safety for all the students and the staff and the families."

For more information about Safe Schools, visit [www.sanjuan.edu](http://www.sanjuan.edu) ★

**“Believe me, I spend a lot of my day on the telephone just talking to parents to assure them that we are all about student safety, safety for all the students and the staff and the families.”**

**BOB ERICKSON**  
MANAGER, SAFE SCHOOLS PROGRAM, SAN JUAN UNIFIED SCHOOL DISTRICT

cheap, so completion is based on when funding comes available. But we do prioritize based on the needs of each school."

Greif counselors are also part of the Safe Schools team and are trained to provide support to school counselors and psychologists in the district in responding to a crisis, such as a student suicide and other highly charged, emotional events.

"Sadly, we do have student suicides in schools," says Erickson. "It happens. And when it does we have staff who are trained to comfort those in crisis and help allow students to have their emotions. We never want to advocate for anything else."

Student threats against

## Invitation to Bid

CITRUS HEIGHTS WATER DISTRICT

NOTICE INVITING BIDS

FOR

**HIGHLAND AVENUE AND ROSA VISTA AVENUE WATER MAIN REPLACEMENT PROJECT C15-133**

Sealed bids will be received at the Citrus Heights Water District (CHWD) Office, located at 6230 Sylvan Rd., Citrus Heights, CA, to provide construction services for the Highland Avenue and Rosa Vista Avenue Water Main Replacement Project C15-133. The Project generally consists of furnishing of all labor, materials, tax, equipment and services for the construction and completion of the following work all within the roadways of Highland Avenue and Rosa Vista Avenue in the City of Citrus Heights. The work to be completed includes, but is not limited to, installing 1322 linear feet of 8-inch water main, 24 linear feet of 6-inch water main and related appurtenances. A **mandatory pre-bid conference** will be held on Wednesday, November 8, 2017 at the CHWD Office beginning at 9:00 a.m. Bids must be received no later than 2:00 p.m. on Tuesday, November 21, 2017 at which time bids will be publicly opened and read aloud.

To be eligible for award, bids shall be made on the form provided by CHWD and made in accordance with the instructions to bidders. Copies of the Contract Documents, Plans and Specifications including any CHWD-issued amendments can be ordered at the expense of the requesting party through the CHWD Plan Room website at <http://chwdplanroom.com> and through California Surveying and Drafting Supply, Inc., (916) 344-0232, 4733 Auburn Blvd., Sacramento, CA 95841. Inquiries about the Project should be directed to Project Manager Paul Dietrich at (916) 735-7723.

CITRUS HEIGHTS WATER DISTRICT  
By Hilary M. Straus, General Manager



# CITRUS HEIGHTS

## CHAMBER

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**Cendrinne DeMattei**  
Interim Executive Director

### Looking Ahead & Planning for 2018

As the Citrus Heights Chamber begins to plan for 2018, we look back at the main purpose of the Chamber as a guide for what's ahead for the businesses, communities and the City. Our motto "Helping You Achieve New Heights" still pertains today. Our mission statement drives our programs and focuses our goals for the future.

*"The Citrus Heights Chamber, a unifying force for business, government, education and community involvement, is recognized as a vital resource for businesses in the Greater Sacramento Area, committed to promoting economic prosperity."*

That's a tall order and yet, over and over again the Chamber meets the challenge of providing for the needs of the businesses it serves. In addition, the commitment to continued involvement in the community enhances the quality of life found in Citrus Heights and the Region.

We will also find new ways to provide our members with visibility and strategic networking to help grow their businesses. We continue to bring valuable benefits to our members and improve current communication systems. Providing a new Membership Directory, adding an e-newsletter and providing a monthly calendar of events are all ways we meet that goal. We will also continue our commitment to creating the next generation of leaders. Leadership 2017/18 is well under way and our Job Readiness Program continues to give high school students the much needed training for securing their first job. Yes, it's a tall order, but with a new Executive Director, a powerful Board that blends new and seasoned Board members, and determination to serve, we will continue to provide members resources as we look forward to the year ahead.

### • Upcoming Meetings and Events •

**Citrus Heights Monthly Luncheon**  
**Speakers: Sunrise Mall & Sunrise MarketPlace**

Northridge Country Club

Tuesday, Nov 14<sup>th</sup>, 11:30 a.m. – 1:00 p.m.

**Coffee Networking Connection**  
**Chamber Office**

7920 Alta Sunrise Dr. Ste. 100, Tuesday, Nov 28<sup>th</sup>,  
8:00 – 9:00 a.m.

### • Welcome New Members •

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For More Information or to Join the Chamber,  
Contact us at (916) 722-4545 or Visit our Website [www.chchamber.com](http://www.chchamber.com)



CITRUS HEIGHTS WATER DISTRICT

## Join CHWD's New Customer Advisory Committee and Help Shape the Future!

The Citrus Heights Water District CHWD is seeking applications to form a new Customer Advisory Committee (CAC), a volunteer working group comprised of CHWD customers from a variety of backgrounds and neighborhoods across the District.



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Applications are due by Monday, November 13, 2017.

For more info on how to apply, please visit the CHWD Website at <http://chwd.org/customer-advisory-committee/>

For questions, please contact CHWD by phone at (916) 725-6873 or by email at [cac@chwd.org](mailto:cac@chwd.org).



**Publisher, Paul V. Scholl**

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## Citrus Heights Messenger

"Written by the people, for the people"

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It is the intent of the Citrus Heights Messenger to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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**Crossword Puzzle on Page 5**

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

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**Sudoku Puzzle on Page 5**

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

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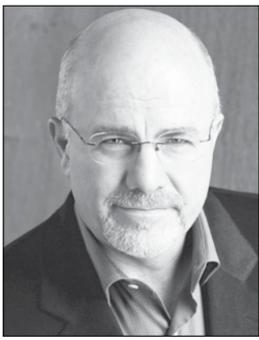
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# Dave Says

## Separate accounts?

Dear Dave,  
What is your opinion of buying a vacation home, then renting it out when you're not there?  
- J.P.

Dear J.P.,  
I see nothing wrong with it, as long as you're buying with cash and you're also **debt-free**. A vacation home is a wonderful "extra" as you start building wealth. Remember though, it's still basically a very large, very expensive toy. In most cases it will go up in value, and if you rent it, it might become something of a money maker for you.

But here's another side to vacation home rentals. You'll probably make some money, but in most cases there will be several weeks during a year when it sits empty. You're not going to get rich renting it out. So, they're not really great investment properties. What you're talking about is more of a plan to offset the annual costs of your toy. If you look at it that way, I don't think you'll be disappointed. If you're determined to go this route, be ready to deal

with spills on the carpet and damage from your guests, along with general maintenance and repairs. There's always something that needs attention when you own a property. But if you can handle all that emotionally and financially – and you're not looking for it to be a big-time investment that will **make you rich** – you'll be fine.  
—Dave

## Balance rebuilding and repaying

Dear Dave,  
My wife and I are on Baby Step 2 of your plan. We have about \$60,000 in debt left to pay off before we'll be debt-free, and a household income of \$140,000 a year. We have one child, but we would like to expand our family. We would have to do this using in vitro fertilization. We've talked to a doctor, and he's given us a ballpark figure of about \$20,000 for the procedure. Should we wait until we're debt-free to have this done?  
- Jim

Dear Jim,  
Babies are wonderful, important things. Having kids, even the thought of having kids, is a big emotional deal. But sometimes it can cause people to change their financial plans and directions. I would urge you not to accept the first opinion and pricing model you receive

on something like this. I've heard prices of \$35,000, but that includes as many attempts as it takes until your wife becomes pregnant. I've also heard of single attempts priced at \$7,500 each. There are all kinds of options and guarantees, because they understand someone who is willing to do this really wants a baby.

If I'm in your shoes, I'm not accepting the idea that there's one approach and one pricing structure to all this. I would explore other options, as far as doctors and clinics are concerned. Then, with your income, you could consider taking off a couple months from paying down debt and put some money toward the IVF. If it doesn't work pay off a little more debt, pause the debt payoff, and try for a baby again.

Take some time, learn a little more, and go from there – always using cash for the endeavor. God bless you two!  
—Dave

*Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, Entrepreneurship and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.* ★

# The Human Trafficking Battle Continues

## FBI Announces Results of Operation Cross Country XI

### FBI Special Release

**SACRAMENTO, CA (MPG)** - The Federal Bureau of Investigation, along with the National Center for Missing & Exploited Children (NCMEC), announced October 18th, that 84 minors were recovered and 120 traffickers were arrested as part of Operation Cross Country XI, a nationwide effort focusing on underage human trafficking that ran from October 12-15, 2017.

Within the FBI Sacramento field office's 34-county area of responsibility, the FBI and its law enforcement partners conducted operations in the four metropolitan areas: Chico, Fresno, Sacramento, and South Lake Tahoe. Local recoveries of minors and pimping arrests during Operation Cross Country are as follows:

- **Thursday, October 12, 2017**  
Sacramento County Sheriff's Department recovered one minor
- **Friday, October 13, 2017**  
FBI and Chico Police Department recovered one minor
- **Saturday, October 14, 2017**  
Porterville Police Department arrested an adult male on felony pimping charges.

In addition to successful recovery of two minors and the arrest of a pimp, more than 23 arrests were made for a variety of charges including prostitution and probation violations. The following agencies participated in Operation Cross Country XI. Butte County District Attorney's Office, El Dorado District Attorney's Office, El Dorado County Sheriff's Office, Fresno County District Attorney's Office, Fresno Police Department, Hanford Police Department, Placer County Sheriff's Department, Porterville Police Department,

Sacramento County District Attorney's Office, Sacramento County Probation Department, Sacramento County Sheriff's Department, Sacramento Police Department, South Lake Tahoe Police Department, and Tulare County District Attorney's Office.

This is the 11th iteration of the FBI-led Operation Cross Country (OCC), which took place this year in 55 FBI field offices and involved 78 state and local task forces, consisting of hundreds of law enforcement partners. This year's coordinated operations took place with several international partners, including Canada (Operation Northern Spotlight), the United Kingdom (Aident 8), Thailand, Cambodia, and the Philippines.

"We at the FBI have no greater mission than to protect our nation's children from harm. Unfortunately, the number of traffickers arrested—and the number of children recovered—reinforces why we need to continue to do this important work," said FBI Director Christopher Wray. "This operation isn't just about taking traffickers off the street. It's about making sure we offer help and a way out to these young victims who find themselves caught in a vicious cycle of abuse."

As part of Operation Cross Country XI, FBI agents and task force officers staged operations in hotels, casinos, and truck stops, as well as on street corners and Internet websites. The youngest victim recovered during this year's operation was 3 months old, and the average age of victims recovered during the operation was 15 years old. Minors recovered during Cross Country Operations are offered assistance from state protective services and the FBI's Victim Services Division. Depending on the level of need, victims are offered medical and mental health counseling, as well as a number of other services. "Child sex trafficking is

happening in every community across America, and at the National Center for Missing & Exploited Children, we're working to combat this problem every day," said NCMEC President and CEO John Clark. "We're proud to work with the FBI on Operation Cross Country to help find and recover child victims. We hope OCC generates more awareness about this crisis impacting our nation's children."

Operation Cross Country XI is part of the FBI's Innocence Lost National Initiative, which began in 2003 and has yielded more than 6,500 child identifications and locations. For additional information on Operation Cross Country XI and the Innocence Lost initiative, please visit [www.fbi.gov](http://www.fbi.gov).

### Examples of stories from various cities that took part in Operation Cross Country XI:

On October 13th, FBI Denver recovered two minor girls—one 3-month-old and one 5-year-old. The subject, a friend of the children's family, offered an undercover officer access to the two children for sexual purposes in exchange for \$600. The FBI is working with Child Protective Services to conduct a forensic interview and secure safe placement of the children. The subject was placed under arrest.

Also on October 13th, a 16-year old female victim was recovered by FBI El Paso, after an undercover agent called an online advertisement for entertainment. Shortly thereafter, the agent met with a 21-year-old female, who offered a fee of \$200 to engage in sexual intercourse with her and another female, the 16-year-old victim. Further investigations revealed that a second adult female drove the minor and the 21-year-old to the undercover's location. Both female subjects have been arrested on federal charges. ★

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ACROSS

- \*Stars of "The Waltons" and "Roseanne," e.g.
- Equinox mo.
- Don't do this to the messenger
- Whitman's dooryard bloomer
- \*Logo of "All in the Family" network
- Beyond normal limits
- \*Where to hear Frasier Crane
- Workout segment
- Nary a soul
- \*TV's largest family
- \*Flintstones' best friends
- Before now
- Catch some Z's
- Car nut
- "Brave New World" drug
- "Can't stop! I'm \_\_\_ a \_\_\_!"
- Big Bang's original matter
- Sheep's milk cheese
- "So You Think You Can \_\_\_"
- Knowing about
- \*Sansa, Arya, or Robb
- Narcotics agent
- Nymph of lakes and springs
- Most populous continent
- Major bike maker
- \_\_\_ the Clowns," past tense
- "Me and \_\_\_ and the Dying Girl"
- "Da" to a Russian
- Source of protein
- More, in Madrid
- \*"Blackish" family
- \*"Fuller House" family
- "So long, farewell, auf Wiedersehen, \_\_\_"
- Skeleton in a lock
- Part of gastro-intestinal system
- Modulator-demodulator, for short

DOWN

- Simpleton
- Hokkaido native
- Smeltery refuse
- a.k.a. boreal forest
- Scrawny ones
- Army \_\_\_ hall
- Pirate's affirmative
- Old but in
- Door opener
- Adored one
- Half-moon shaped object
- Tommy and Spike, e.g.
- Straighten a paperclip, e.g.
- Abode toppers
- Israeli submachine gun
- Computer program input
- \*Lucious and Cookie
- Arm bones
- "\_\_\_ on the ground floor"
- Of higher order
- Deliver a tirade
- Opposite of binary
- Rocks at mountain base
- "Family in "The Middle"
- Castle's line of defense
- "Mi chiamano Mimi," e.g.
- Deserved consequence
- Chinese tapas
- What's old is new again, prefix
- Jousting match participant
- Bracelet-wearing part
- Sleep sound
- Doorframe part
- Airy emanation
- Sweep under the rug
- Financial aid criterion
- Done on a Smith Corona
- Joie de vivre
- One way to memorize
- \*\*"Game of Thrones" bastard
- Inner, middle or outer, on one's head

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**Crossword Puzzle Solutions on Page 4**

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|   |   |   |   |   |  |   |   |   |   |
|---|---|---|---|---|--|---|---|---|---|
|   |   | 3 |   | 8 |  |   |   | 6 | 1 |
|   |   | 7 | 4 |   |  | 1 |   |   |   |
| 1 |   |   |   |   |  |   |   | 4 | 9 |
|   |   |   |   |   |  | 5 | 1 |   |   |
| 6 | 8 |   |   |   |  |   |   | 9 | 7 |
|   |   | 1 | 7 |   |  |   |   |   |   |
| 4 | 2 |   |   |   |  |   |   |   | 8 |
|   |   |   |   | 5 |  |   | 2 | 1 |   |
| 7 | 1 |   |   | 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 4**

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# Craft Fair

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If you would like a copy of my testimony, contact me and I will be happy to mail one to you.

Marlys Johnsen Norris  
American River Columnist since 2006  
Christian Author of 7 Books  
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By Pastor Ray Dare

Many people think that happiness is simply a matter of luck. They think if you're happy you're just lucky. You got lucky and have good circumstances, so you're happy. The trust is, happiness can be learned. There are certain qualities that if you learn them, your happiness will increase. If you don't learn these qualities, your happiness decreases.

You probably have never thought about this, but if I mention it to you, you will automatically know what I'm talking about, because you can instinctively pick out qualities that cause you to be happy and qualities that cause you to be unhappy.

For instance, if we made two columns - a happiness column and an unhappiness column, and I said "Impatience". Which column would impatience go in? The Unhappiness column, of course! Impatient people tend

## Pastor Ray's Encouraging Words

### You Can Learn Happiness

to be unhappy people. And the more patient you are, the happier you will be. That obviously makes sense.

If I said, "Cruel". That would go in the unhappiness column. Kindness would go in the happiness column. This is kind of obvious. We could make an entire list. If I said if I'm arrogant, I'm going to tend to be unhappy. And if I am humble I'm going to tend to be happier. So, as you can understand, there are some very important qualities that you need to build within your life to increase your happiness. Here are four significant qualities that will increase your happiness:

**Considerate: I shift the focus away from myself.** That is the starting point for all happiness. I have to care about more than just me. You've got to care about the needs of those around you. If all I think about is me, me, me, myself and I, I'm going to be a pretty miserable person. Shift the focus off of yourself. Phil. 2:4.

**Dependable:** The more reliable, consistent, trustworthy you become, the more others will trust you and the happier you will be. The greatest ability is dependability. It's more important than any other ability in life.

Prov. 25:13.

**Cooperative:** if you don't know how to work with people different from you, you're in deep, deep guacamole! Because let me tell you, most of the world is different from you! The more you learn to work well with others, the happier you will be. 1 Cor. 1:10.

**Significance: Live for something worth dying for.** Most people give first class allegiance to second class causes. A lot of times we give big-time commitment to small-time causes. You need to live for something worth dying for. Ask yourself, "How much of what I'm doing is going to matter in eternity?" Is your commitment to Christ deep enough to die for? If it's deep enough to die for then it's deep enough to live for; and that will produce happiness, Luke 9:24.

Let me summarize, the happiest people on earth are caring, consistent, cooperative, considerate and courageous! Learn these qualities and you will learn happiness!

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**American River Community Church**  
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Fri. Nov. 17th • Sat. Nov. 18th  
9AM - 3PM  
CRAFTS • FOOD • GIFTS  
It's a time to greet your neighbors, sample many exquisite foods and select gifts in a festival atmosphere.  
Event Coordinator: Heidi Cadena 916-483-3465 info@arconline.org

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**Help People in Need**  
This Thanksgiving, your neighbors in desperate need won't have anything to celebrate. They will be searching for food, shelter and for hope.  
Over the next two months, we will feed about 18,000 hungry men, women and children who come through our doors. And you can help your neighbor in need for just a \$1.92 a meal. With your support, we'll be able to serve every person who reaches out for help.  
Help us feed and care for as many people as possible and send in your donation today.  
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Your Donation by **November 20th** will make a difference.  
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# Holiday Craft Faire

Saturday November 4

9am-3pm




Rain or Shine



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Inside and Outside  
New Vendors Welcome!

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Hosted by the  
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Saturday, November 11th, 2017  
9am - 3pm

at the  
Citrus Heights Community Center  
6300 Fountain Square Drive,  
Citrus Heights





- Over 75 Handcrafted Vendors
- Raffle Prizes starting at 10:00
- Homemade Bake Sale
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WEEKLY MEAT SPECIALS

|                                                                                                                                      |                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>GREAT BUY</b><br>Fresh Ground Beef 80/20<br>Carne Molida Fresca<br><b>\$1.79</b> /lb                                              | <b>Tyson</b><br>Chicken Leg Quarters<br>Pierna y Muslo de Pollo<br>40 lb Box..... <b>\$22.50/ea</b><br><b>59¢</b> /lb |
| <b>USDA CHOICE</b><br>Beef Bottom Round/<br>Rump Roast-Boneless<br>Pulpa Contra en Trozo sin Hueso<br><b>\$2.69</b> /lb              | <b>USDA CHOICE</b><br>Beef Bottom Round<br>Steak-Boneless<br>Pulpa Contra en Bistek sin Hueso<br><b>\$2.99</b> /lb    |
| <b>RANCHERS PREMIUM</b><br>Beef New York<br>Strip Steak-Boneless<br>Filet de Res Estilo Nueva<br>York sin Hueso<br><b>\$3.99</b> /lb | <b>SWIFT</b><br>Pork Loin Chops Bone-In<br>Chuletas de Cerdo con Hueso<br><b>\$1.49</b> /lb                           |

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**HAPPY HOURS** **KARAOKE SPECIAL** Come before 6pm (Valid Time)

|                                                                                                                                                                      |                                                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>\$1 FOR 6 PEOPLE \$60.00</b><br>3 Hours Karaoke • Pizzas • Pitcher Soda • 2 Main Dishes (Small Room) (14 inch) (Up to 3 pitchers) (10 Dishes to Choose From)      | <b>\$5 FOR 28 PEOPLE \$280.00</b><br>3 Hours Karaoke • 4 Pizzas • Pitcher Soda • Fruit • 7 Main Dishes (Party Room) (14 inch) (Up to 14 pitchers) (20 Dishes to Choose From)            |
| <b>\$2 FOR 8 PEOPLE \$80.00</b><br>3 Hours Karaoke • Pizzas • Pitcher Soda • 3 Main Dishes (Medium Room) (14 inch) (Up to 4 pitchers) (10 Dishes to Choose From)     | <b>10 DISHES TO CHOOSE FROM</b><br>Hornburger, Cheese Burger, Club Sandwich, Chicken Nuggets, Spiced Edamame, Fried Dumpling, Korean Meatball, Chicken Wings, Pork Lumpia, French Fries |
| <b>\$9 FOR 14 PEOPLE \$140.00</b><br>3 Hours Karaoke • 2 Pizzas • Pitcher Soda • 5 Main Dishes (Family Room) (14 inch) (Up to 7 pitchers) (10 Dishes to Choose From) | <b>OPEN 7 DAYS A WEEK:</b><br>Mon-Thru 4PM-2AM / Fri-Sat 4PM-2AM / Sun 2PM-12AM<br>10947 OLSON DRIVE, RANCHO CORDOVA, CA 95670<br>916-853-2006 • WWW.KP-KARAOKE.COM                     |
| <b>\$4 FOR 18 PEOPLE \$180.00</b><br>3 Hours Karaoke • 3 Pizzas • Pitcher Soda • 7 Main Dishes (Large Room) (14 inch) (Up to 9 pitchers) (10 Dishes to Choose From)  |                                                                                                                                                                                         |

**DRAFT BEER \$2.00**  
Mon-Thru 4:00PM-9PM  
Fri-Sat 2:00PM-9PM

**FRESH PRODUCE** SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

|                                 |                             |                                    |                               |                           |                                    |                                    |
|---------------------------------|-----------------------------|------------------------------------|-------------------------------|---------------------------|------------------------------------|------------------------------------|
| Kale Bunch <b>79¢</b>           | Red Leaf Lettuce <b>79¢</b> | Nopales Diced Bag 1 lb <b>1.99</b> | Tomatoes 4 x 5 <b>89¢</b>     | Green Onions <b>3/\$1</b> | Gala Apples 3 lb Bag <b>1.99</b>   | Honeycrisp Apples 58 ct <b>99¢</b> |
| Clementines 10/3 lb <b>4.99</b> | Lemons <b>4/\$1</b>         | Green Cabbage <b>2lbs \$1</b>      | Avocados 2 lb Bag <b>3.59</b> | Navel Oranges <b>99¢</b>  | Tangerine Satsumas <b>2lbs \$3</b> |                                    |

**AMERICAN/HISPANIC GROCERY**

|                                  |                                   |                                                  |                                        |                                                           |
|----------------------------------|-----------------------------------|--------------------------------------------------|----------------------------------------|-----------------------------------------------------------|
| HOISTY BUNCHES OATS <b>2/\$7</b> | HOISTY BUNCHES PASTA <b>2/\$3</b> | Western Family Chicken Broth 32 oz <b>\$9.99</b> | Mazola Corn Oil 1 Gallon <b>\$3.99</b> | Coca-Cola Canned Soda 12 Pack 12 x 12 fl oz <b>\$1.39</b> |
|----------------------------------|-----------------------------------|--------------------------------------------------|----------------------------------------|-----------------------------------------------------------|

**ASIAN GROCERY**

|                                                      |                   |                                                             |                                      |                               |                                  |                                   |                                     |                                           |
|------------------------------------------------------|-------------------|-------------------------------------------------------------|--------------------------------------|-------------------------------|----------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------|
| Litas Phyrus Skin Whiting Bread 110 gr <b>\$2.99</b> | Litas Litas Bread | Pho Noodle w/ Beef, Bean Sauce 2 Kinds 2.53 oz <b>2/\$3</b> | Quick Fish Cookery 5 oz <b>4/\$5</b> | Thai Tea 1 Liter <b>4/\$5</b> | Dark Noodles 900 gr <b>5/\$4</b> | Chaudoc Rice 5.5 lb <b>\$1.99</b> | Great Milk 15.5 fl oz <b>\$1.99</b> | Sweet Chili Sauce 2.5 fl oz <b>\$1.99</b> |
|------------------------------------------------------|-------------------|-------------------------------------------------------------|--------------------------------------|-------------------------------|----------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------|

**EUROPEAN GROCERY**

|                                            |                                     |                                  |                                        |                                               |
|--------------------------------------------|-------------------------------------|----------------------------------|----------------------------------------|-----------------------------------------------|
| Benito Juice 2 Kinds 1 Liter <b>\$1.99</b> | Liquid Saffron 177 ml <b>\$7.99</b> | Vegan NATUR 300 gr <b>\$3.99</b> | Kaemich Buckwheat 900 gr <b>\$1.79</b> | 100% Thai Jasmine Rice 5 lb Bag <b>\$3.49</b> |
|--------------------------------------------|-------------------------------------|----------------------------------|----------------------------------------|-----------------------------------------------|

**KOREAN/JAPANESE GROCERY**

|                                         |                                            |                                                              |                                                |                                                   |                                           |
|-----------------------------------------|--------------------------------------------|--------------------------------------------------------------|------------------------------------------------|---------------------------------------------------|-------------------------------------------|
| Cd Rice 2 Kinds 15 lb Bag <b>6.99</b>   | Pickled Radish 2.2 lb <b>1.99</b>          | Fresh Noodle w/ Beef, Bean Sauce 2 Kinds 2.53 oz <b>3.99</b> | Seasoned Crab 3.5 lb <b>2.49</b>               | Hot Spicy Noodles 2 Kinds 5 x 4.95 oz <b>2.99</b> | Cooked White Rice 6 x 7.4 oz <b>5.99</b>  |
| Seasoned Soybean 12 x 17 oz <b>2.99</b> | Asst. Crunchy Rice Balls 5.5 oz <b>99¢</b> | Hell's Pasta 4 Kinds 10 x 31 oz <b>2.99</b>                  | Hi-Chew Candy Packs 5 Kinds 3.53 oz <b>99¢</b> | Miyake Panko 5.5 oz <b>99¢</b>                    | Nishiki Rice 2 Kinds 2 lb Bag <b>1.99</b> |

**HOUSEWARES**

|                                      |                                                   |
|--------------------------------------|---------------------------------------------------|
| LUMINARC POTS <b>\$23.99-\$67.99</b> | PREMIUM PRESSURE COOKERS <b>\$399.99-\$449.99</b> |
|--------------------------------------|---------------------------------------------------|

**FROZEN DEPARTMENT**

|                                                             |                                          |                                     |                                      |                                    |
|-------------------------------------------------------------|------------------------------------------|-------------------------------------|--------------------------------------|------------------------------------|
| Frozen Farm Raised Oysters 5 oz / (226 g) Bag <b>\$2.99</b> | Seaweed 1.1 L (1.27 fl oz) <b>\$4.99</b> | Swiss Cheese 2 lb Bag <b>\$5.99</b> | Balsamic Vinegar 16 oz <b>\$4.99</b> | Akt Yoghurt 5 lb Bag <b>\$6.49</b> |
|-------------------------------------------------------------|------------------------------------------|-------------------------------------|--------------------------------------|------------------------------------|

**EUROPEAN DELI**

|                                     |                                      |                                    |
|-------------------------------------|--------------------------------------|------------------------------------|
| Swiss Cheese 2 lb Bag <b>\$5.99</b> | Balsamic Vinegar 16 oz <b>\$4.99</b> | Akt Yoghurt 5 lb Bag <b>\$6.49</b> |
|-------------------------------------|--------------------------------------|------------------------------------|

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**FALL BOOK SALE**

NOVEMBER 9th - 12th

Proceeds to benefit the Sacramento SPCA animals.

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THURS - SAT | SUN  
10am to 6pm | 11am to 5pm

**SSPCA.ORG/FALLBOOKSALE**

# Sacramento County DA Reports



## Defendants Sentenced for Crime Spree Involving Multiple Robberies, Rape

DATE: October 13, 2017

CASE: Anthony Cotton, Latrale Way, Lamar Edwards & Donny Smith (Case #14F05913)

PROSECUTOR: Deputy District Attorney Aaron Miller, Career Criminal Prosecution Unit  
The Honorable Michael Savage sentenced Anthony Cotton to 49 years plus 8 months to life in prison. Latrale Way was sentenced to 108 years to life in prison. Lamar Edwards was previously sentenced to 16 years in prison and Donny Smith was previously sentenced to 15 years in prison.

On November 22, 2016, a jury convicted Anthony Cotton of kidnapping for purposes of robbery, first-degree residential robbery, second-degree robbery, attempted robbery, residential burglary, and assault with intent to commit rape during a residential burglary. Latrale Way was convicted of two counts of kidnapping for purposes of robbery, kidnapping for purposes of rape, first-degree residential robbery, assault with intent to commit rape during a residential burglary, forcible digital penetration, forcible rape, attempted robbery, second-degree robbery, and felony sexual battery. The jury also found true several firearm allegations connected to the crimes.

On September 27, 2016, co-defendants Lamar Edwards and Donny Smith pled guilty to first-degree residential robbery with personal use of a firearm allegations.

Between June and October 2014, the defendants committed a number of crimes in the Antelope and North Highlands areas. While committing a home invasion robbery, all four defendants held a man and his children in their house at gunpoint and ransacked the house. Two of the defendants then attempted to rape the man's 27-year-old daughter, but the father was able to run outside for help and the defendants fled. In a second robbery, Latrale Way and other unidentified suspects approached a man and a woman at a park. After the group robbed the man, Latrale Way kidnapped the woman and forced her to drive to an ATM machine to get money. Way then directed the woman to a nearby neighborhood and raped her in her car. Two weeks later, Cotton and Way

committed three additional armed robberies in the same park. Forensic DNA testing conducted by the Sacramento County District Attorney's Crime Lab conclusively linked Latrale Way to the rape.

## Former Baseball Coach Convicted for Child Sexual Assault

DATE: October 18, 2017

CASE: Steven Erickson (Case #16FE003051)

PROSECUTOR: Deputy District Attorney Catrina Skor, Special Assault & Child Abuse Unit

Steven Erickson was convicted by a jury of 19 counts of child sexual assault on a child age 13 to 15 years old.

Steven Erickson is a former baseball coach who also ran a traveling baseball academy in Sacramento County. The victim played baseball for Erickson's baseball academy. Erickson knew the victim since he was 9 years old.

Erickson faces a maximum sentence of 37 years, 8 months in prison. Sentencing is set for November 20, 2017, at 9:00 a.m. in Department 13 before the Honorable James Arguelles.

## Former Teacher Pled to Multiple Child Sexual Assault Charges

DATE: October 23, 2017

CASE: Eric Echols-Gollas (Case #16FE017839)

PROSECUTOR: Deputy District Attorney Brian Morgan, Special Assault & Child Abuse Unit

Eric Echols-Gollas pled no contest to six felony counts of lewd and lascivious acts against a child under the age of 14 and one misdemeanor count of annoying or molesting a minor.

Between June 1, 2015 and July 24, 2016, while employed as a paraeducator at Prairie Elementary School, Echols-Gollas sexually abused seven girls within the classroom setting.

Echols-Gollas faces a stipulated sentence of 11 years in prison. Sentencing is set for December 21, 2017, at 8:30 a.m. in Department 61 before the Honorable Michael Sweet. ★

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SACRAMENTO COUNTY

SACRAMENTO COUNTY STORMWATER UTILITY | DEPARTMENT OF WATER RESOURCES

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- Create a storm ready check list
- Prepare an emergency kit
- Clear drains or leaves & debris
- Find nearest sandbag locations



Get the latest info...

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- Sign up for Sacramento Alert ([www.Sacramento-Alert.org](http://www.Sacramento-Alert.org)) & receive emergency alerts on your phone or via email
- Facebook (@SacCountyDWR) & Twitter (@SacCountyWater)

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### 2nd Saturday



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Present this coupon for a chance to win the OCTOBER FARMERS MARKET GIFT BASKET and receive 5 Raffle Tickets at the Farmers Market. One Per family. Expires October 31, 2017.

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# POPPOFF!

with Mary Jane Popp

## Natural Travel Remedies

It's that time again as we're on the road to visit family and friends during the holidays. Are you ready for a variety of problems that might arise? Would you like to deal with them naturally? Homeopathic Remedies have been around for some 200 years, but we've gotten used to prescription fixes. **Dr. Kathleen Fry** hasn't. As Founding Diplomat of the American Board of Integrative and Holistic Medicine, she gave me a Homeopathic breakdown on my radio show POPPOFF with some travel remedies for a myriad of situations as we head out on the road and fly off into the wild blue yonder. **Dr. Fry** brings a host of homeopathic remedies for chronic conditions in "What's the Remedy for That." Here are her Top Ten Remedies to Never Travel Without!

**ARGENTUM NITRICUM.** Fear of flying for hot and talkative travelers. **ARNICA**

**MONTANA.** Trauma of any kind like painful muscles from over exertion. Prevents bruising and reduces pain when taken every few hours after an injury. May use 200c potency if the trauma is severe. **ARSENICUM ALBUM.** Food poisoning with nausea, vomiting, diarrhea. Prefers to sip not gulp water. Often have chills alternating with hot sweats. Take 1 pellet every 15-30 minutes initially, then taper down as the symptoms lessen. **BELLADONNA.** Heat or sunstroke with headache and flushed face. Sudden onset of high fever. Also, very helpful for ear infections (right more than left) that come on suddenly with high fever. **COCCULUS INDICUS.** Motion sickness made worse by cold air. Also a great remedy for fatigue that develops after worry and loss of sleep while caring for a sick loved one. **FERRUM PHOSPHORICUM.** Gradual onset of a cold or other inflammation. Taking the 30c potency every four hours at the first sign of a cold will often prevent or shorten the duration of cold or flu. **LEDUM PALUSTRE.** Insect stings; punctures of any kind including from needles, nails, or knives. **NUX VOMICA.** Heartburn or

hangover. Especially well-suited to Type A personalities who overwork and self-medicate with alcohol or rich spicy foods. **STAPHYSAGRIA.** Urinary tract infections, particularly after insertion of a bladder catheter or other instrumentation into the urethra and bladder. **TABACUM.** Motion sickness. Fresh air is good. Then Tabacum helps.

Here's how to take them. Place pellet of 30c potency under the tongue. It's best to avoid eating, drinking or smoking for 20 minutes before or after a dose. You can repeat it every 15 minutes for severe symptoms and then taper it to every few hours as your symptoms abate. Continue the remedy at least once a day for a few days after your symptoms are gone to prevent relapse. **CAUTION:** When traveling by plane, be sure to have the remedies hand-checked. X-rays render them useless.

Homeopathic remedies are available in most health food stores or online. If you want to check out more about

Dr. Kathleen Fry just go to [www.DrKathiFry.com](http://www.DrKathiFry.com). You'll find more on "What's the Remedy for That" and "Vitality" How to get it and keep it. **SAFE TRAVELS!** ★

## 7th Annual Chili Cook-off and Classic Car Show Raises Funds to Brighten Kid's Holiday

Story by Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - The homemade chili was just a good, the classic cars just as 'hot' and the shopping booths just as enticing as previous years, but the 7th annual Citrus Heights Women's Club Chili Cook off and Car Show held on October 7, was a bitter-sweet day for event organizer Darla Buechner and her family.

Loyd Winner, Buechner's 80-year-old uncle and inspiration for the classic car show component of the event died on September 26, just 10 days before its seventh year. The addition of the car show in 2015 has brought in thousands of additional dollars to help support children and families in Citrus Heights who are victims of domestic violence.

The fundraiser took place at the Lowe's parking lot, a venue popular for classic car shows. Attendees tasted and voted on 15 diverse chili recipes, and inspected 77 vintage cars compliments of partnering with the Nor Cal Cruisers Car Club. Funds raised for A Community for Peace (ACFP) came from car show entry fees, rental fees from 35 vendors, and a \$10 chili tasting fee.

ACFP holds an annual Christmas party each year for the children with a visit from Santa, food, toys and other gifts, along with games and crafts. While their children are being entertained by



Loyd Winner receives the Monsignor Scott's Award at 8th annual Parish Pride Car Show. Left to right: Monsignor Scott, car show organizer Jim McDaniel, Matt Buechner.

staff and volunteers, parents can 'shop' for their gifts bought and donated by the women's club. Each child also receives a huge Christmas stocking stuffed with more surprises provided by Citrus Heights Curves.

Cars were a part of Winner's life before his own prized possessions became classics, and the Buechner family has followed in

his footsteps. Loyd purchased his first car, a 1940 Mercury, in 1954 for \$75. He was 17. More than six decades later at the age of 80, Winner bought his final classic, a 1955 Original Bel Air Coupe.

His expertise in running a successful car show brought his niece and her family, who also own and restore classics, into the pastime. He attended the club's first car show at Lowe's in 2015.

Winner was born and raised in Porterville, California. He was a Psychiatric Technician for more than 25 years at the Porterville Development Center. He was a founding member of the Rollin' Relics Car Club among many other shows which remain today.

*Citrus Heights Women's Club:* phone: 751-1918; website: [www.chwomwnsclub.com](http://www.chwomwnsclub.com); and on Face Book *A Community for Peace* - 728-5613 or at [ACommunityForPeace.org](http://ACommunityForPeace.org) ★



Denise Jacks, 2nd place winner Chili cook-off with Mandy Buechner, cook-off MC.

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

From 11/20/2017 through 12/31/2017, East Lawn will waive this fee on all purchases that are for advance of need cemetery property.

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



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## 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.

[www.EastLawn.com](http://www.EastLawn.com)

# Girl Power: Girl Scouts STEM Center Opens in Sacramento

Continued from page 1

A "task force" of local female innovators and Girl Scout members will collaborate on the new STEM Center's formation and operations.

The Girl Scout's push for girl leadership and training in STEM is being fueled by the organization's drive to reverse what it points to as a decline in the country's number and efficacy of its STEM-related industries. Putting STEM in front of girls, first at the pre-college level, the organization hopes, will build on their interest and confidence in the fields of math, science, technology and engineering. In turn, that knowledge and experience can be expanded at the college level, creating a pipeline of

STEM-trained women ready to take their education on to build life-long careers.

According to the organization, America's status as the world's leading technology and science innovator appears to be slipping, pointing to a 2015 Pew Research Center report, which suggests that only 29 percent of Americans rated their country's K-12 education in STEM subjects as "above average" or "the best in the world."

Since 1912, Girl Scouts has served as one of the most widely supported, all-girl leadership development organizations in the world. There are currently 112 regional Girl Scout councils across the country representing roughly two

million members, where they focus on building courage, confidence and character, and yes, cookies.

But the creation of Girl Scout STEM Centers aims to ratchet up the impact of membership, specifically by working to fill the gaps in educational instruction in the fields of science, engineering and technology and give girls a chance to build careers across sectors that have, in some cases, remained out of reach.

"With our focus on mechanical engineering, biological and environmental sciences, programming and robotics, girls develop skills that have the potential to change their lives," Farley said.

For more information, please visit: [www.girlscoutshcc.org](http://www.girlscoutshcc.org) ★

## 5 Year FIXED RATE Home Equity Line of Credit Loan

**4.25%** Initial APR\*

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- ✓ Interest May be Tax Deductible (Please consult your tax advisor)



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\*The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.875%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$150,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

**City of Citrus Heights - 21th Annual**

# CHRISTMAS TREE LIGHTING

**Thursday, December 7**  
**6:30 pm**

**City Hall 6360 Fountain Square**  
**FREE REFRESHMENTS!**

- \*Musical Entertainment
- \*Pictures with Santa
- \*Train Rides
- \*Free Cookies

Visit [www.citrusheights.net](http://www.citrusheights.net) for more information!

Dedicated To Local Charities  
**The Lakeview Village Ladies Club**

# Craft Fair

## Cafe and Bake Sale

Jewelry, Linens, Art, Toys, Books, Christmas Items, and much more!

**Saturday, November 4th**  
**9:00 a.m. to 2:00 p.m.**

Lakeview Village Clubhouse  
6211 Summerset Lane, Citrus Heights  
Near Auburn Blvd. & Van Maren Lane

916-725-0223

Look for Advertised Sale Items Everyweek at [www.petclubstores.com](http://www.petclubstores.com)

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

We Only Accept ATM, Cash, & Checks

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

M-F 9-8, SAT 9-7, SUN 10-7 Effective 11/1/17 - 11/7/17

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

FREE

1 LB SPORT MIX PREMIUM DOG BISCUITS

with the purchase of pet, fish food or supply.  
Limit 1 Lb PLU 332 CHM  
Limit 1 Coupon per family  
Effective 11/1/17 - 11/7/17

\$5.00 OFF

ANY PURCHASE OF \$15.00 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 351 CHM  
Limit: 1 Coupon Per Family  
Effective 11/1/17 - 11/7/17

TASTE OF THE WILD GRAIN FREE DRY DOG FOOD

•Weitlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon

30 Lb Bag **\$39.99**

Effective 11/1/17 - 11/7/17

NUTRO MAX ADULT RECIPE DRY DOG FOOD

•Regular Max •Large Breed Adult •Beef •Senior •Lamb Meal & Rice •Mini Chunk

NEW SIZE 25 Lb Bag **\$21.99**

Limit 2 Bags Per Family  
Effective 11/1/17 - 11/7/17

BLUE BUFFALO WILDERNESS DRY DOG FOOD

•Chicken (\$10 Off Reg Price) •Duck •Salmon •Large Breed Adult •Healthy Weight

24 Lb Bag NEW **\$8 MARKED**  
100% LOW **\$8 OFF**  
Grain Free PRICE  
Limit 2 Bags  
Our Regular Low Prices!  
Effective 11/1/17 - 11/7/17

FRISKIES DRY CAT FOOD

16 Lb Bag  
•Surfing & Turfing •Seafood •Indoor

Limit 2 Bags **\$9.99**

Effective 11/1/17 - 11/7/17

9 LIVES CANNED CAT FOOD

5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 11/1/17 - 11/7/17

FANCY FEAST GOURMET CANNED CAT FOOD

All Varieties except Elegant Medley

3 Oz Limit 2 Cases per Family **20/\$11.00**

Effective 11/1/17 - 11/7/17

JONNY CAT PREMIUM CAT LITTER

20 Lb Bag  
•Regular •Multiple Cat Formula

Limit 2 Bags **\$3.29**

Effective 11/1/17 - 11/7/17

FRESH STEP SCOOPABLE CAT LITTER

42 Lb Bag

Limit 2 Bags per Family **\$12.99**

Effective 11/1/17 - 11/7/17

PRO-PLAN DRY DOG FOOD

30-35 Lb Bag  
•Chicken & Rice •Lamb & Rice •Beef & Rice •Sensitive Skin & Stomach •Lite •Bright Minds

Limit 2 Bags Per Family **\$3 OFF**  
OUR SUPER DISCOUNT PRICE

FUSSIE CAT PREMIUM DRY CAT FOOD

Market Fresh Recipe  
•Chicken & Turkey •Salmon •Salmon & Chicken  
2 Lb, 4 Lb, 10 Lb bag

As Marked **20% OFF**  
OUR REGULAR LOW PRICES

WELLNESS CANNED DOG FOOD

Limit 2 Natural 12.5 oz. Regular

**\$1.89** •Stew **\$1.99**  
•Core

EARTHBORN HOLISTIC CANNED CAT FOOD

•Grain Free •Selected Varieties  
Limit 1 case

3 Oz. **79¢** 5.5 Oz. **\$1.29**

CAREFRESH PET BEDDING

60 Liter (Ultra Not Included)

**\$12.99**

NUTRO MAX MAX CAT DRY CAT FOOD

•Selected Varieties  
6 Lb Bag Limit 2 Bags

**\$8.99**

MEOW MIX CAT FOOD

Market Select 2.75 Oz Cup Limit 1 Case

**49¢**

FELINE PINE HEALTHY CAT LITTER

20 Lb Bag Limit 2 Bags

**\$7.99**

SCIENCE DIET DRY DOG FOOD

•Lite •Active Maturity •Perfect Weight •Healthy Mobility •Sensitive Stomach •Oral Care

Limit 2 Bags **\$4 OFF**  
OUR DISCOUNT PRICES

CHICKEN SOUP FOR THE SOUL DRY DOG FOOD

•Adult •Large Breed •Mature •Weight Care  
30 Lb Bag Limit 2 Bags

**\$7 OFF**  
OUR ORIGINAL LOW PRICES

PRECIOUS CAT CLUMPING CAT LITTER

20 Lb Box Cat Attract Touch of Outdoors

**11.99** **\$7.49**

MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD

•Adult •Grain Free Chicken & Turkey •Grain Free Beef & Lamb •Grain Free Salmon & White Fish Limit 2 Bags per Family

25 lb Bag **ON SALE**

GREENIES DOG TREATS

•Chewy Texture • Easy to Digest •Teeny (43 Ct) •Reg (12 Ct)  
•Regular •Grain Free  
Limit 2 Packs Per Family •Petite (20 Ct) •Large (8 Ct)

**\$4 OFF**  
OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE

|             |          |                    |                   |
|-------------|----------|--------------------|-------------------|
| MODEL 100   | 20 Gal.  | <del>\$13.99</del> | Revolutionary     |
| CASCADE 150 | 35 Gal.  | <del>\$17.99</del> | Bio-Falls Quad    |
| CASCADE 200 | 50 Gal.  | <del>\$20.99</del> | Filtration System |
| CASCADE 300 | 100 Gal. | <del>\$27.99</del> |                   |

GIMBORN FREEZED DRIED DOG TREATS

•Beef & Liver •Chicken & Liver  
3-4 Oz. **\$5.99** 11.5-14 Oz. **\$16.99**

NORTH STATES PET GATES

All Models

**20% OFF**  
OUR SUPER LOW PRICES

TETRA BOXED 10 GALLON TANK With Economy Kit

Just add Heater For Tropical Fish

**\$36.99** Limit 1 Per Family

CHUCK IT FETCH GAMES

•Ball Launchers •Flying Squirrel •Tennis Balls •Glow Balls •Ultra Balls  
All Varieties

**20% OFF**  
OUR SUPER LOW PRICES

EIGHT-IN-ONE ECOTRITION SUPPLEMENTS & BLENDS

6-8 Oz (Avilac - \$2.19)

**\$1.79**

KENT MARINE WATER SUPPLEMENTS

20% OFF  
OUR SUPER LOW PRICES

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL

**\$11.99**

FRISKIES BUFFET CANNED CAT FOOD

5.5 Oz All Varieties  
Limit 1 Case With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon

**45¢**

Effective 11/1/17 - 11/7/17 CHM PLU 367

WHISKAS TEMPTATIONS CAT TREATS

•All Varieties Except Natural - 3 Oz  
Limit 2 Pkgs with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon

**\$1.19**

Effective 11/1/17 - 11/7/17 CHM PLU 569

JONNY CAT CAT LINERS

Jumbo Drawstring - 5 Ct  
Limit 1 Box with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon

**\$1.89**

Effective 11/1/17 - 11/7/17 CHM PLU 449