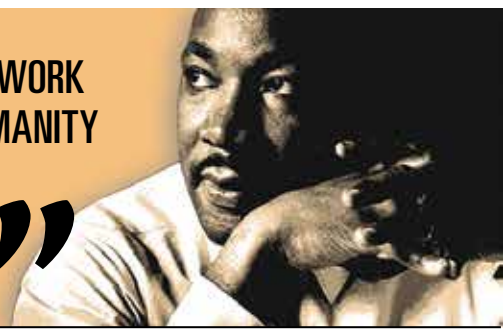


“IF A MAN IS CALLED TO BE A STREET SWEEPER, HE SHOULD SWEEP STREETS EVEN AS A MICHELANGELO PAINTED, OR BEETHOVEN COMPOSED MUSIC OR SHAKESPEARE WROTE POETRY. HE SHOULD SWEEP STREETS SO WELL THAT ALL THE HOSTS OF HEAVEN AND EARTH WILL PAUSE TO SAY, ‘HERE LIVED A GREAT

STREET SWEEPER WHO DID HIS JOB WELL.’ ”NO WORK IS INSIGNIFICANT. ALL LABOR THAT UPLIFTS HUMANITY HAS DIGNITY AND IMPORTANCE AND SHOULD BE UNDERTAKEN WITH PAINSTAKING EXCELLENCE.”

— MARTIN LUTHER KING, JR.



# Citrus Heights Messenger

“Written by the people, for the people”

Volume 7 • Issue 1

Serving the City of Citrus Heights and Sacramento County

January 13, 2017

**PERRY HARTLINE:  
REST IN PEACE**



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**CITRUS HEIGHTS  
ROTARY CRAB  
FEED ON THE WAY**



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## City to Celebrate 20th Birthday with Bash



Photograph of the water feature at City of Citrus Heights' beautiful City Hall Building at 6360 Fountain Square Drive in Citrus Heights. Photo courtesy of City of Citrus Heights

By Shelly Lembke

**CITRUS HEIGHTS, CA (MPG)** - Citrus Heights is kicking off its 20th anniversary birthday with major celebrations. January begins the events that will feature ongoing happenings throughout most of the calendar year.

“Happy 20th Anniversary, Citrus Heights!” commented Citrus Heights City Manager, and former Citrus Heights Police Chief Christopher W. Boyd. “It has truly been an honor to have served this city as chief of police for the last eleven years and now, as Citrus Heights celebrates twenty years of incorporation, as city manager.

Boyd referenced the long history of Citrus Heights, which may not be well known to many people. The city celebrations seek to rectify that and have included an extensive amount of historical documentation online. Interested readers can access the facts at [www.citrusheights.net/528/History-of-Citrus-Heights](http://www.citrusheights.net/528/History-of-Citrus-Heights).

“It seems like such a short time ago we were celebrating creating a new City. Now we are celebrating 20 years. We have done many amazing things. We will take a few opportunities over the next 12 months to celebrate all our successes and the great people we along the way.”

— JEFF SLOWEY  
CITRUS HEIGHTS MAYOR

The road to cityhood was paved with the best of intentions and plenty of roadblocks, ultimately ending up before the U.S. Supreme Court. After battling naysayers, Sacramento County for twelve years, and a host of other hurdles, the city at last incorporated on January 1, 1997.

The Kick-Off Celebration on January 12 at the City Council meeting officially begins the

festivities. Scheduled events fill the months leading up to a June 3rd “epic,” free, family event, the 20th Anniversary Block Party. The Block Party will be held at Van Maren Park & Stock Rancho Road, featuring live music on two stages, a Kids Zone, Beer Garden, Community Corner, Car Show, foods, vendors and more. For information on attending or participating, check [www.citrusheightsblockparty.net](http://www.citrusheightsblockparty.net).

Monthly Top 20 Lists are one of the ongoing highlights of the year, geared to focus on some of the many aspects of city life. January’s first list is City Awards & Accomplishments. Lists for February (Things You Love About Citrus Heights), June (Natural Scenic Spots to Enjoy) and October (Best Photos) will be based on social media submissions. “We encourage the community,” said the city, “to submit their photo or idea digitally using #chturns20. Tweet submissions @CityofCHights for ‘Things You Love About Citrus Heights’ this month.” For all other questions contact Citrus Heights at 916 725 2448 or [www.citrusheights.net](http://www.citrusheights.net). ★

**Bye, Bye, Mattress —  
Hello, Recycling!**

**SACRAMENTO COUNTY, CA (MPG)** - Two thousand mattresses on average have been recycled monthly since the free mattress drop-off program was launched in Sacramento County last December by the Department of Waste Management and Recycling. That’s literally 24,000 fewer discarded mattresses stacking up in our landfill and has the added benefit of reducing illegal dumping. These recycled mattresses and box springs instead have been recycled for the production of new items, such as appliances, building and industrial materials, and textiles.

The County’s Mattress Recycling Program,\* in coordination with Bye Bye Mattress through the Mattress Recycling Council, allows individuals to drop off unwanted mattresses and box spring foundations for free at the County’s North Area Recovery Station and Kiefer Landfill. These mattresses are sorted and loaded into trailers to be picked up by a dedicated mattress recycler.

If you are replacing a mattress and getting a new one, California applies a small disposal fee to every mattress purchase to cover the cost of recycling those old units. If your new mattress units are being delivered, be sure to have the retailer pick up the old ones at the same time at no additional cost.

“The free mattress drop-off program has been a great success for Sacramento County. With the average weight of mattresses at roughly 50 lbs., that’s well over 1 million pounds of diverted material from the landfill to this point. Plus they don’t settle like other materials, which makes mattress recycling the best scenario for both the environment and for landfill management,” said Doug Kobold, County Department of Waste Management & Recycling Program Manager and Co-Chair of the California Mattress Recycling Organization Advisory Committee.

If you don’t have a vehicle that can transport a bulky item like a mattress, that’s okay. Sacramento County Waste Management and Recycling residential customers can have five cubic yards of bulky items picked up at no additional cost once a year, and each additional pickup is \$25. To schedule a pickup, go online to make a Bulky Waste Collection Appointment, or dial 916-875-5555.

Source: County of Sacramento ★

## City Open for Comprehensive Transit Plan Bids

By Shelly Lembke

**CITRUS HEIGHTS, CA (MPG)** - Citrus Heights is ready to revisit its Comprehensive Transit Plan and will now be taking bids from interested companies. According to the city’s Transit Plan, qualified firms can register with the city online or through the General Services Department.

Per the city of Citrus Heights, “This project is federally funded and is subject to the Disadvantaged Business Enterprise (DBE) Policy.” At this juncture the city is searching for

professional consulting services to “develop a Comprehensive Transit Plan and recommendations for the City.”

The General Services Department selection process begins with Requests for Proposals (RFP) and then evaluates the proposals and creates consultant teams to determine which companies to interview.

Part of the city’s requirements is ongoing collaboration with city staff and “significant outreach with Citrus Heights residents and community stakeholders” via surveys,

open houses, focus groups and personal as well as group interviews.

According to the city, “Engagement shall be designed to obtain feedback on current services, and assess demand, preferences and community priorities for public transportation services.” The chosen consultant must, according to Citrus Heights, “ensure all public outreach events are publicly noticed to promote maximum attendance.” This will include website, media releases, public notices and surveys and

more. Media and translation for Spanish-speaking residents is also required.

The ability work well with other local transit entities is also a stated necessity. According to the City’s current documentation, “The Project includes ongoing and regular coordination with RT (Regional Transit) as one of the Project partners. In addition, the Consultant shall coordinate as appropriate with other local agencies...potentially impacting Citrus Heights transit users, including Roseville Transit, Placer County Transit

Authority, Folsom Transit services and the City of Rancho Cordova’s Transit Division.”

The selected consulting firm must show Scope of Work, Project Management, Personnel and Staffing, Qualifications, Experience and References, Federal/State Funded Project Experience and Quality and Responsiveness of the Proposal. Interested parties can contact the city at [GSD-Mailbox@citrusheights.net](mailto:GSD-Mailbox@citrusheights.net) or 916 727 4770. Proposals are due by 2 pm January 20, 2017.

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



# DMV Reminds Motorists of Many New 2017 Laws

**SACRAMENTO AREA, CA (MPG)** - With the New Year just around the corner, the California Department of Motor Vehicles (DMV) wants to inform the public of several new laws or changes to existing law that, unless otherwise noted, take effect on January 1, 2017. The following are summaries of some transportation-related laws taking effect.

- **Use of Electronic Wireless Devices (AB 1785, Quirk):** Driving a motor vehicle while holding and operating a handheld wireless telephone or a wireless electronic communications device will be prohibited, unless the device is mounted on a vehicle's windshield or is mounted/affixed to a vehicle's dashboard or center console in a manner that does not hinder the driver's view of the road. The driver's hand may only be used to activate or deactivate a feature or function on the device with the motion of a single swipe or tap of the driver's finger, but not while holding it. The law does not apply to manufacturer-installed systems that are embedded in a vehicle.
- **Child Safety Seats (AB 53, Garcia):** This law requires a parent, legal guardian, or the driver of a motor vehicle to properly secure a child who is younger than 2 years of age in an appropriate rear-facing child passenger restraint system, unless the child weighs 40 or more pounds or is 40 or more inches in height (3 feet, 3 inches).
- **Motorcycle Lane Splitting (AB 51, Quirk):** This law defines "lane splitting" as driving a two-wheeled motorcycle between rows of stopped or moving vehicles in the same lane. The law authorizes the California Highway Patrol (CHP) to develop educational guidelines relating to lane splitting in a manner that would ensure the safety of motorcyclists, drivers, and passengers. In developing these guidelines, the law requires the CHP to consult with specified agencies and organizations that have an interest in road safety and motorcyclist behavior.
- **Vehicle Registration Fee (SB 838,**



Just one of the new 2017 DMV laws will be (SB 838, Vehicle Registration Fee): This law increases the vehicle registration fee on every vehicle or trailer coach from \$43 to \$53 beginning April 1, 2017. Photo by Paul Scholl

- Committee on Budget and Fiscal Review):** This law increases the vehicle registration fee on every vehicle or trailer coach from \$43 to \$53 beginning April 1, 2017.
- **Environmental License Plate (SB 839, Committee on Budget and Fiscal Review):** This law increases the fee for the issuance of Environmental License Plates from \$43 to \$53, starting July 1, 2017. This law also increases the fee for the renewal, retention, transfer, or duplication of Environmental License Plates (personalized) from \$38 to \$43, starting January 1, 2017.
- **Accident Reporting (SB 491, Committee on Transportation and Housing):** This law increases the minimum financial threshold for property damage that is required to be reported to the DMV from \$750 to \$1,000 when a driver is involved in a motor vehicle collision.
- **Vehicle Safety Recalls (AB 287, Gordon):** This law enacts the Consumer Automotive Recall Safety (CARS) Act, and requires the DMV to include a general advisory regarding vehicle recalls and needed repairs on each vehicle registration renewal notice. This law prohibits a dealer or a rental car company from renting or loaning a vehicle with a manufacturer's

- recall no later than 48 hours after receiving the notice—until the vehicle has been repaired. This law gives a limited exception for a licensed dealer or a rental car company with a fleet of 34 or fewer loaner or rental vehicles. The law authorizes the DMV to suspend or revoke a vehicle dealer's license if they violate the CARS Act.
- **Year of Manufacture License Plates (SB 1429, Nielsen):** This law expands the Year of Manufacture (YOM) license plate program to include vehicles and license plates manufactured through 1980. This law benefits owners of vintage motor vehicles who obtain license plates from the year corresponding to the vehicle's model-year, and wish to use those vintage plates in lieu of regular license plates. Such plates are commonly found from different sources, including relatives, garage sales, estate sales, etc. The program will include the blue and yellow license plates issued for use on California motor vehicles from 1970 until 1980.
- **Background Checks of Drivers of Transportation Network Companies (AB 1289, Cooper):** A transportation network company (TNC) will be required to perform a comprehensive background

check of all their drivers. This law also specifies penalties for a TNC that violates or fails to comply with this requirement. A TNC will be prohibited from contracting with, employing, or retaining a driver if they are registered on the U.S. Department of Justice National Sex Offender public website, has been convicted of specified felonies, or within the previous seven years, has been convicted of a misdemeanor assault or battery, domestic violence, or driving under the influence of alcohol or drugs. Any TNC in violation of the specified requirements is subject to a penalty of not less than \$1,000 or more than \$5,000 for each offense.

- **Installing Counterfeit or Nonfunctional Air Bags (AB 2387, Mullin):** This law prohibits knowingly and intentionally manufacturing, importing, installing, reinstalling, distributing, or selling any device intended to replace an air bag system in any motor vehicle if the device is a counterfeit or nonfunctional air bag system, or does not meet federal safety requirements. The law also prohibits selling, installing, or reinstalling any device that would cause a vehicle's diagnostic system to fail to warn when the vehicle is equipped with a counterfeit, nonfunctional, or a case in which no air bag was installed. This violation is a misdemeanor punishable by a \$5,000 fine and/or up to a one year in county jail.

Never miss the latest news from the CA DMV. Sign up now for DMV News Alerts! It's an easy way to receive up-to-date information from the California Department of Motor Vehicles. This new tool also offers customization to obtain specific DMV related topics, such as AB 60, autonomous vehicles, and office openings and closures.

Click here to get started: <https://www.emailalert.dmv.ca.gov/DMVEmailAlert/>  
CONNECT WITH US 1-800-777-0133 (DMV customer service)  
TTY 1-800-368-4327 (hearing impaired) ★

# Mobile Passport Control Expands to SMF

**SACRAMENTO REGION, CA (MPG)** - U.S. Customs and Border Protection (CBP) and Sacramento International Airport (SMF) announced in December the expansion of Mobile Passport Control (MPC) services to SMF. Sacramento International Airport becomes the 21st airport to offer Mobile Passport Control for Customs and Border Protection processing.

Mobile Passport Control is the first authorized app to expedite a travelers' arrival into the United States. Eligible travelers submit their passport information and answers to inspection-related questions to the CBP via a smartphone or tablet app prior to arrival. Travelers who use it do not have to complete a paper form. As a result, travelers will experience shorter wait times, less congestion, and faster processing.

Android and iPhone users can download the Mobile Passport app for free from the Google Play Store and Apple App Store. The app is available to US citizens and Canadian visitors.

"U.S. Customs and Border Protection remains committed to keeping the international arrivals process as secure and traveler-friendly as possible by offering new and innovative technology systems," said Brian J. Humphrey, CBP Director of Field Operations in San Francisco. "The Mobile Passport Control (MPC) app adds another option proven to reduce wait times for the ever-growing number of international visitors without compromising our important border protection mission."

This first-of-its-kind app was developed in partnership with U.S. Customs and Border Protection by Airports Council International-North America and their technical partners.

"The number of international travelers continues to grow at Sacramento International Airport and we are happy to announce this free service and its added convenience," said John Wheat, Director of Airports. "Mobile Passport Control joins Global Entry as new amenities at the airport to facilitate customs processing for international travelers."

The free app will come in especially handy for travelers on Alaska Airlines' new nonstop service from Sacramento to Cabo San Lucas, which begins in June.

The Sacramento County Department of Airports is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. Sacramento International Airport is a self-supporting enterprise offering more than 145 nonstop flights on nine domestic and international carriers to 30 destinations. The regional economic impact of the airport system is more than \$4 billion annually. For more information, visit [www.smf.aero](http://www.smf.aero).

Source: Sacramento County Media ★

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- 5 Small particles (PM2.5 or fine particulate matter) pose the greatest problem because they can get deep into your lungs and some may even get into your bloodstream, which can affect both your lungs and your heart.

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# CITRUS HEIGHTS CHAMBER

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Mark Creffield  
Executive Director

The Citrus Heights Chamber of Commerce is very excited for the opportunity to partner with the Citrus Heights Messenger.

The Chamber sincerely looks forward to communicating with you each month in this newspaper. My goal is to provide information to the community as to our program of work at the Chamber.

The mission of the Citrus Heights Chamber is to be a unifying force for business, government, education, and the community, to be recognized as a leader and vital resource for business in the Greater Sacramento area, and to be committed to promoting economic prosperity.

The Citrus Heights Chamber is a membership driven organization of businesses seeking to further their collective interests, while advancing their community and region. Our Chamber currently has 270 members and is governed by a 19-member volunteer Board of Directors. As one of the two staff members of the Chamber, I would like to introduce Renee Larscheid, our Membership Director, who has worked for the Citrus Heights Chamber for 27 years.

The Chamber has multiple committees that work to improve our operations, working closer with the City of Citrus Heights and the community, and to create additional opportunities for our membership. Over the next few months, I will provide additional information on each of these committees.

Whether you represent a business in the community or an individual who is interested in the Chamber, we would love to meet you. Come visit our Chamber office located at 7920 Alta Sunrise Drive, Suite 100 in Citrus Heights. You can browse our current member's information in our lobby along with selecting business cards of members you may want to do business with.

We would love the opportunity to further discuss the many benefits in joining our growing organization. If you are interested in receiving more Chamber information and to also discuss potential membership opportunities with us, please call Renee at the Chamber office at 916-722-4545x24 or email her at renee@chchamber.com.

Happy New Year and see you next month! For additional information, please visit our website at [www.chchamber.com](http://www.chchamber.com). We also invite you to like our page on Facebook and follow us on Twitter.

## Upcoming Meetings and Events:

**Tuesday, January 24th – 8:00am – 9:00am**

Morning Networking Mixer at the Citrus Heights Chamber office

**Friday, January 27th – 5:30pm – 9:00pm**

Installation Dinner and Community Awards – Tickets Still Available.  
Contact the Chamber

**Tuesday, February 14th – 11:30am – 1:00pm**

Monthly Membership Luncheon at North Ridge Country Club in Fair Oaks

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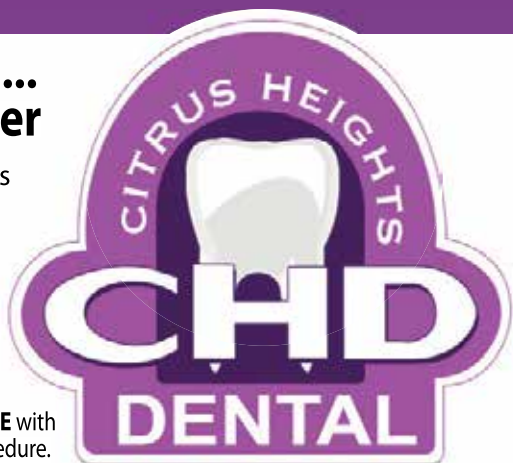
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# Citrus Heights Messenger

Serving Citrus Heights and Sacramento County Since 2006

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Paul V. Scholl**

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Crossword Puzzle on Page 5

A	W	A	I	T		W	A	S		S	H	E	S		
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G	A	F	F			R	E	T			S	P	O	T	S

Sudoku Puzzle on Page 5

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

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May the most Sacred Heart of Jesus be praised and glorified now and forever. Amen

St. Jude pray for us and hear our prayers. Amen.

**Blessed be the Sacred Heart of Jesus**  
**Blessed be the Immaculate Heart of Mary**  
**Blessed be St. Jude Thaddeus, in all the world and for all Eternity.**  
(say this prayer, followed by the Our Father and the Hail Mary)

This prayer has been known not fail. Thank you St Jude for prayer answered. ICB

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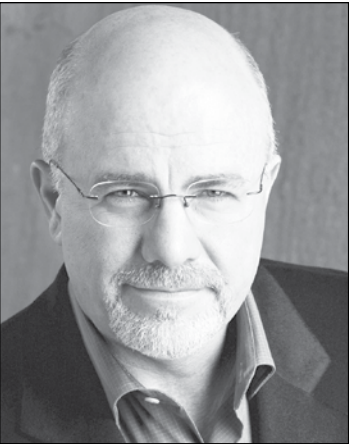
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# Dave Says

the credit card debt.

I get what you're saying about the car. You guys might be in a bind if something happened and you lost one car. But it's also something you could work around if you had no other choice. So yeah, knock out the credit card first then move on to the car. Going this route will serve two purposes: First, it will save you some money. And second, I've got a feeling it will fire up your wife and get her on board with the plan even more than she already is.

She's taking this seriously if she's eyeballing interest rates, Pat. So use this momentum to work together, and knock out that debt!

—Dave

## IRA to gold? Bad idea

Dear Dave,  
What are your thoughts on transferring an IRA over to gold?  
- Sandy

Dear Sandy,  
Honestly, I think that's about the dumbest thing a person could do. I hope I wasn't unclear.

Gold is going down like a rock

right now as people start to believe in the economy and the economic direction of this country again. The stock market indicates this is true, and in the process, gold becomes worth less and less. Gold is essentially a fear-based product, and the less fear that's out there, the cheaper gold is.

That's not how you want to fund your IRA, Sandy. You want to fund it with something that has a long track record based on growth due to the performance of the companies involved — not someone's greed or fear. Gold is a horrible investment, and I don't own any except for one nice watch and a pair of cufflinks. That's it!

—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, EntreLeadership 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.* ★



## Make It Fun and It Will Get Done!

The Secret to Being Organized

## Pam Young's Corner

### 10 Minutes of Focus Can Get You Back on the Happy Track

William James said, "Things are not as they are, but as we are." We really do see through the eyes of our own experience and each of our experiences is different, so in every moment, we see everything from the perspective of the mood we're in. It's almost like we put on different glasses from moment to moment.

Have you noticed you can get in the habit of being in a bad mood? The good news is if you can get into the habit of being in a bad mood, you can get into the habit of being in a good one! Habits are breakable and like any habit good or bad, it just takes desire to change.

When you have a negative thought, if you don't get busy and call up positive thoughts, the negative thought will serve up more negative thoughts like a mental magnet. Misery loves company was probably originally written about negative thoughts. The sooner you can entertain positive thoughts, the quicker you can eliminate the negative thought and all its friends and get back to being happy.

**Sometimes it takes longer than 10 minutes**

Once years ago, I was

mentally pulled from my routinely solid state of happiness and contentment. It doesn't matter what the source of the discontent was. What mattered was, for a time I allowed circumstances to control my habitual center of peace and joy. When that happens, that's when a timer can come in handy. At a time like that when you're thrown out of your peace, you we can stop your mental and emotional free fall by setting a timer for 10 minutes of stillness for the purpose of breathing and regaining a positive direction of thought, and peace will usually return.

My husband was present through my tunnel of annoyance though that depressing day and when he'd look at me; there was always a question in his eyes: "Are you back yet?" I had to set that timer many times that day and read-just my thinking, and the next day, there it was again! It was just like the song, "It's a Small World After All," grating with its nauseating repetition. Sometimes those negative thoughts can be stubborn.

I wanted to spare myself another day of the needless repetition of a thought that

didn't match my normal spirit, so I stuck with my 10-minute breaks and finally on the third ten minutes of day two, it worked!

When the timer dinged, I clearly realized I needed to walk. I hadn't walked for two days and I certainly didn't want to do it with my heavy heart, but the walk was a trans-fusion. I got myself back and with it came clear thoughts, free of negativity. Because of the needed exercise, my body called for more water and a nap.

Sleep, sweet sleep came and I woke up from my nap completely refreshed and healed.

Don't ever give up getting your spirit back. You were born to enjoy this wonderful life and you deserve to have peace all the time.

*For more from Pam Young go to [www.cluborganized.com](http://www.cluborganized.com). You'll find many mus-ings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view.* ★

## Sacramento County Wins National Tech Savvy Award

SACRAMENTO COUNTY, CA (MPG)

- The Public Technology Institute (PTI) awards a handful of city and county governments each year with the Tech Savvy designation. PTI announced recently that Sacramento County was awarded with the PTI 2016 Tech Savvy Designation for having proven exceptional talent, great ideas, a spirit of teamwork and collaboration, creativity, technology leadership and proven technology best practices across the entire enterprise.

As one of six local governments designated as Tech Savvy for 2016, Sacramento County met or exceeded in nine criterions for: adhering to a stated standard of

ethics and excellence, embracing performance management practices and using data/business intelligence to drive decision-making; providing leadership communication and collaboration around technology solutions; encouraging professional development; implementing a Technology Plan; offering cybersecurity and network security training and awareness; demonstrating a commitment to green technology initiatives; and embracing a culture of technology innovation.

Some of the elements of the County submission of excellence included the creation of 3-1-1, the use of data driven analytics for the Department of Human Assistance,

commitment to green technology initiatives, and a progressive training and professional development program for Department of Technology employees. All while maintaining the highest level of integrity and accountability to the constituents of Sacramento County.

Created by and for cities and counties, the not-for-profit Public Technology Institute promotes innovation and collaboration for thought-leaders in government, and advances the use of technology to improve the management and delivery of services to the citizen. For more information, visit [www.pti.org](http://www.pti.org).

*Source: Sacramento County Media* ★

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### CLUES

#### ACROSS

- Hang around for
- Is no longer
- "\_\_\_\_ Come Undone" by Wally Lamb
- Food from heaven
- Not square
- Annoy a bedfellow
- Mountaineer's tool
- Anger
- Length of a forearm
- \*Author of best-selling book series ever
- \*"The Amazing Adventures of Kavalier & Clay" Pulitzer-winning author
- Mele Kalikimaka wreath
- \_\_\_\_-friendly
- Stout relative
- Small town or hamlet
- \*Many of his novels were made into romantic drama movies
- Long John Silver's walk
- Designer Hugo
- A way to sell tickets
- "Ali \_\_\_\_ and the 40 Thieves"
- Community spirit
- Hip bones
- Euphoric way to walk
- Oscar De La \_\_\_\_
- Bad impression
- Bone filler
- Locker room supply
- "Get the picture?"
- Conclusion starter
- Sigma Alpha Epsilon
- \*Speculative fiction Booker Prize winner
- \*"One Hundred Years of Solitude" Nobel Prize-winning author
- One of "12 Angry Men," e.g.
- Placeholder surname
- Prevention measure?
- Black and white cookies
- Opposite of WSW

#### DOWN

- Gulf V.I.P.
- TV's "Fixer Upper" location
- All over again
- Completely
- What airplane did after landing
- Patriot, a.k.a. American \_\_\_\_
- \_\_\_\_ Jordan
- Four-eyes' gear
- Give the cold shoulder
- Great Depression drifter
- Sportscaster Andrews
- Group of something
- Escarpments, for short
- She was turned into Weeping Rock, Greek mythology
- "For \_\_\_\_ a jolly..."
- Final results
- \*Sports columnist turned inspiration novel writer
- Tarzan's swing
- Bar
- \*"American Pastoral"

- Pulitzer-winning author
- Battery fluid
  - Pneumonia symptom, pl.
  - \*"Orphan Train" by Christina Baker \_\_\_\_
  - Great deal
  - Lucy and Ricky, e.g.
  - Miso bean
  - Pico de gallo, e.g.
  - Rotating parts
  - One of the five W's
  - Wassailing compositions
  - Bovine milk dispenser
  - Outfit
  - Mystique
  - Not kosher
  - Kennel sound
  - Swim or track contest
  - "Do \_\_\_\_ others as you would do..."
  - Genuine
  - Last letter, pl.
  - Run for exercise
  - \*Ken Kesey's \_\_\_\_ Flew Over the Cuckoo's Nest"

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Crossword Puzzle Solutions on Page 4

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

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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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# Thank A Veteran Today



# Is The Cup Half Empty or Half Full?

Dr. James L. Snyder

Many things in life have me in a tangle of confusion. I try to put on a good face so that nobody knows how confused I am at the time. I think I get away with it, at least most of the time.

The only person I cannot fool is the Gracious Mistress of the Parsonage. According to her evaluation, I am confused all the time. I would like to set her straight sometime, but I am really confused as to when would be the right time.

If I do not pick the right time, my confusion will be accelerated to the point of no return.

There is one thing, despite my professional confusion, I have not been able to understand. And it just bugs me to no end. Why are some things more confusing than others?

There is a positive side to confusion.

For example, someone is trying to explain to me something that is rather boring I can say, "That's too confusing for me."

What that does is help the other person think that he's a lot better than I am which is not a bad thing to get out of some boring situation at the time. Believe it or not, this is not too confusing for me.

Another side of this would be, somebody wants me to explain something and I am not really in the mood to do a lot of explaining, I say many confusing things and the person comes to the point where he says, "That's too confusing for me."

Winning is so wonderful.

Not long ago, I overheard somebody say, "Is that cup half full or half empty?"

For some reason I just cannot get that out of my head and it has confused me like nothing else in my life.

If, for example, a cup is half-full is it not also half-empty?

And, if it is half-empty is it also half-full?

I do not know if this is intentional confusion or if it is not supposed to make any sense at all.

I think "the half empty/half full" scenario is just for plain ordinary fools. In my experience, I have never met a half fool. Either they are all fool or they are not a fool at all. Just when you think you met a half-fool, they spiral into a complete fool. There is a question whether any fool can be complete or not, but that is too confusing for me.

Several times my wife will look at me and say, "Are you acting a fool?"

I would like to set her straight sometime, but I am a little confused as to be the right time. But I am not acting a fool. I have absolutely no skill in the thespian art of acting. Of course, when she addresses me with that question, I act like I am not a fool which I am not sure qualifies in the thespian arts category.

The confusion here is, if I am not acting a fool, how can I act like I am not a fool? What is the real difference here? Is there any difference at all? Oh, how confusing it all is.

I am afraid that confusion runs very deep in my life.

If I wanted to get out of the confusion syndrome, all I have to do is approach my wife and say, "I don't understand this, could you explain it to me?" After that, I am too confused to really understand that I am confused about it at all. Thanks, of course, to my wife who is confused about nothing that I know.

With her great skill in this area, she has helped me out of many a confusing situations.

Perhaps that is the primary difference between a husband and wife. The husband

is afflicted with the confusion syndrome and the wife knows how to unconfuse her husband. She has a remedy, according to her, that will cure him immediately.

This is the great joy of my life to be able to ignore my confusion and trust my wife's judgment in this area. I can balance the checkbook, but I have a hard time balancing these confusion elements in my life. Thanks to my wife, I do not have to worry about it.

At my present junction in life, I do not know if I am really confused or not. It is rather a confusing aspect to think about right now. Am I confused or am I not confused. If I am confused, what are the symptoms? If I am not confused, how will I know?

Perhaps the most comforting aspect of life, at least for someone my age, is knowing you are confused, accept it and get on with life. Nothing is more satisfying in life than knowing what you are and being able to accept yourself as you are and then enjoy the rest of your life.

With so much to do in the world today, it is always comforting to know that there is something you do not have to do. I like what the apostle Paul said. "And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him" (Colossians 3:17).

In the midst of all your supposed confusion, sit back, take a deep breath and give thanks to God for his grace in accepting you as you are.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com.



By Pastor Ray Dare

Sometimes you give life your best shot and you still come up short. What do you do when you feel like giving up? What do you do when you feel like you've failed life or at being a good husband, wife, parent or friend? When you feel like you've let others down, or you feel like you've let God down and you feel like giving up on yourself? You may feel that way about this past year. You think, "I'm not making it!" Or, "Another year has past, and things are no different!" And you feel like running. What do you do?

**Remember Everybody Fails.** "There is no one on earth who does what is right all the time and never makes a mistake." Ecclesiastes 7:20 (GNA) All of us fail; nobody's perfect. Consider some of these failures:

## Pastor Ray's Encouraging Words

### When You Feel Like Giving Up

There was a famous U.S. general, who lost 2/3's of all the battles he fought, but he won the war – George Washington. Another commander graduated 42nd out of a class of 43, he was considered a dunce. Later he was considered one of the greatest military minds in history – Napoleon. Another guy failed at retailing seven times, before starting one of the largest department store chains in America – R.P. Macy. The point is failure doesn't make a failed person.

**Reduce The Failure.** We tend to blow it out of proportion. Failing is not the end of the world. "No matter how often an honest man falls, he always gets up again." Proverbs 24:16 (GN). Successful people are not people who never fail. Successful people are people who never quit! Failure is not falling down, failure is refusing to get back up.

**Recharge Yourself Daily.** "Therefore we do not give up; even though our outer person is being destroyed, our inner person is being renewed day by day" 2 Corinthians 4:16 (NLT). We're all getting older and breaking down physically. We

get the 3 B's: bifocals, baldness, bulges. But we don't have to break down internally. Paul says we get renewed "day by day." You do that through DAILY Bible reading and prayer. Paul got recharged every day, and so must we.

**Rely On God's Help.** God not only will forgive your mistakes of yesterday, but He will help you with today. "He gives power to those who are tired and worn out; He offers strength to the weak." Isaiah 40:29 (NLT). Do you feel tired or worn out? God wants to give you His power and strength. "You will not succeed by your own strength or power but by My Spirit, says the Lord." Zechariah 4:6 Don't depend on your own strength, you've already proven you can't do it on your own. That's why things get so messed up, when we try to go it alone, in our own strength. In this New Year rely upon God's strength and He will help you.

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By Marlys Johnsen Norris, Christian Author

There needs to be in balance when one prioritizes the vertical and the horizontal areas of life. The one in the love, knowledge and grace of God will hate what is evil. They will be Biblically aware of the schemes of the devil, flesh and the worlds views that draw them away from their love relationship with God. When the vertical priority grows, the horizontal Christians love of neighbor grows and a new commandment is fulfilled. Jesus said: "A

## The Cross in Your Life

new commandment I give to you, that you love one another; Just as I have loved you, you also are to love one another. By this all men will know that you are my disciples, if you have love for one another. (John 13:34-35)

When the life's area of faith is completed their life will exemplify Christ's love to all mankind. Fully grasping within their desire to reach others with the love of the cross and salvation provided by Jesus Christ.

When they engage themselves in the lives of others, the fruit of their life will exemplify the qualities of Jesus Christ such as: Forgiveness, Looking for the best in others, An encourager, A builder up and Helper in the Character of others lives. All to the glory of God their most important priority is to love God with one's whole heart and soul and then everything else will fall into its proper place.

A person after God's own heart will have a love for knowing Him more deeply by consuming His Word daily which gives guidance and power to overcome the seducing priorities of this world. The Holy Word of God (Bible) is powerful as one claims its words and promises as their own. With God, "Everything is possible!" The closer one walks with God one will capture walking in His perfect will for their life as He guides and directs them in the divine path chosen for them before the foundation of the earth.

Behold He stands at the door of your heart, waiting to be invited into your life. All you need to do is open that door and invite Jesus into your heart and life. He is most anxious to hear those beautiful words from you. (Rev.3:20) He will enter!

Marlys Johnsen Norris  
Christian Author of 6 books  
Marlysjn@gmail.com

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# WIDOWED PERSONS ASSOCIATION OF CALIFORNIA

The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

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In the Stars  
2017

When you wish upon a star... well,,let's see if that wish will come true. It all depends. If the planets are aligned, perhaps there is a way to read our future. **Astrologer Mercury** shared his read for 2017 on POPPOFF and I thought you'd like to be in on the future. It's all about how the planets align in your chart which dates back centuries. For now, let's concentrate on the immediate future. And it all begins on...

**JANUARY 8** when Mercury goes direct. No, not the Astrologer, the planet. Uranus in Aries is opposite Jupiter in Libra. Pluto is in Capricorn Square... Mars in Aries and Conjunct Uranus Square Pluto in Capricorn with Jupiter in Libra. As a result, the New Year begins with a sense of trepidation, and caution is warranted.

**JANUARY 28** is on the First Moon of the first Luna month. The Year of the Monkey ends

POPPOFF!

with Mary Jane Popp

and the Year of the Fire Rooster begins. Over the next twelve months, there is an awakening to the idea that hard work, patience, and perseverance bring success. The fires from within illuminate the idea that a sense of purpose, appreciation of family and friends, and wisdom are integral to a meaningful life. Inspiration arises from the realm of perceived chaos, and clarity emerges as mental obstacles are cleared. Intuition provides the best guidance in this endeavor.

**OCTOBER 10** Jupiter moves into Scorpio, and the expanding consciousness shifts from without to within, when the heart is open, and a new journey to self-discovery and awareness begins. But with passion in abundance, and adaptable to circumstance, a danger lies in susceptibility to misguidance, and an explosive period for terrorism and violence is possible toward the end of 2017.

We also need a check on our new President Donald Trump. His first one-hundred day's transit astrology chart is a difficult period. The amount of restrictions that the office of the Presidency will be disruptive to Donald Trump's way of life. Uranus is square to his natal Saturn for those first one hundred days in office, and he will not be

happy with the frustration that he encounters. The Uranus in Aries square Saturn in Cancer ends by June of 2017.

China has not been looked at lately, and **Mercury** says China is a formidable conundrum to Trump because of his approach towards China and Taiwan. After one term in office, he will step down and let Vice President Pence run for the Presidency. His outward appearance will look as if he is happy and enjoys his new life. Behind the scenes, he's frustrated, angry, and can't do anything about the limitations he did not expect. Congress will be a stumbling block that will add to his frustration. And, at the behest of President Trump, The U.S. and North Korea will meet to discuss the threats levied by the latter against the West.

Just a peek at what is in store for us in 2017. If you want to know more, check out [www.MercuryMinute.com](http://www.MercuryMinute.com) or call **Mercury** at 916-834-4321. You can also hear him on KUBU, the voice of Sacramento 96.5 FM on the Internet Thursdays from 2-4 PM. Always remember Live simply, Love Deeply, Laugh Often, and Dare to Dream. This is my wish for you. May this be the **HAPPIEST NEW YEAR EVER!!!** ★

Hardwired: The Brain's Circuitry for Political Belief

*When people's political beliefs are challenged, their brains become active in areas that govern personal identity and emotional responses to threats, USC researchers found.*

A USC-led study confirms what seems increasingly true in American politics: People are hard-headed about their political beliefs, even when provided with contradictory evidence.

Neuroscientists at the Brain and Creativity Institute at USC said the findings from the functional MRI study seem especially relevant to how people responded to political news stories, fake or credible, throughout the election.

"Political beliefs are like religious beliefs in the respect that both are part of who you are and important for the social circle to which you belong," said lead author **Jonas Kaplan**, an assistant research professor of psychology at the Brain and Creativity Institute at USC Dornsife College of Letters, Arts and Sciences. "To consider an alternative view, you would have to consider an alternative version of yourself."

To determine which brain networks respond when someone holds firmly to a belief, the neuroscientists with the Brain and Creativity Institute at USC compared whether and how much people change their minds on nonpolitical and political issues when provided counter-evidence.

They discovered that people were more flexible when asked to consider the strength of their belief in nonpolitical statements – for example, "Albert Einstein was the greatest physicist of the 20th century."

But when it came to reconsidering their political beliefs, such as whether the United States should reduce funding for the military, they would not budge.

"I was surprised that people would doubt that Einstein was a great physicist, but this study showed that there are certain realms where we retain flexibility in our beliefs," Kaplan said.

The study was published on Dec. 23 in the Nature journal Scientific Reports. Study co-authors were Sarah Gimbel of the Brain and Creativity Institute and Sam Harris, a neuroscientist for the Los Angeles-based nonprofit Project Reason.

Inside the mind

For the study, the neuroscientists recruited 40 people who were self-declared liberals. The scientists then examined through functional MRI how their brains responded when their beliefs were challenged.

During their brain imaging sessions, participants were presented with eight political statements that they had said they believe just as strongly as a set of eight nonpolitical statements. They were then shown five counter-claims that challenged each statement.

Participants rated the strength of their belief in the original statement on a scale of 1-7 after reading each counter-claim. The scientists then studied their brain scans to determine which areas became most engaged during these challenges.

Participants did not change their beliefs much, if at all, when provided with evidence that countered political statements.

But the scientists noticed the strength of their beliefs weakened by one or two points when challenged on nonpolitical topics.

Thoughts that count

The study found that people who were most resistant to changing their beliefs had more activity in the amygdalae (a pair of almond-shaped areas

near the center of the brain depicted in the illustration) and the insular cortex, compared with people who were more willing to change their minds.

"The activity in these areas, which are important for emotion and decision-making, may relate to how we feel when we encounter evidence against our beliefs," said Kaplan, a co-director of the Dornsife Cognitive Neuroimaging Center at USC.

"The amygdala in particular is known to be especially involved in perceiving threat and anxiety," Kaplan added. That is consistent with the idea that when we feel threatened, anxious or emotional, then we are less likely to change our minds."

"These areas of the brain have been linked to thinking about who we are, and with the kind of rumination or deep thinking that takes us away from the here and now," Kaplan said.

"Understanding when and why people are likely to change their minds is an urgent objective," said Gimbel, a research scientist at the Brain and Creativity Institute. "Knowing how and which statements may persuade people to change their political beliefs could be key for society's progress," she said.

The findings can apply to circumstances outside of politics, including how people respond to fake news stories.

"We should acknowledge that emotion plays a role in cognition and in how we decide what is true and what is not true," Kaplan said. "We should not expect to be dispassionate computers. We are biological organisms."

The work was supported by the Brain and Creativity Institute at USC and by Project Reason. ★

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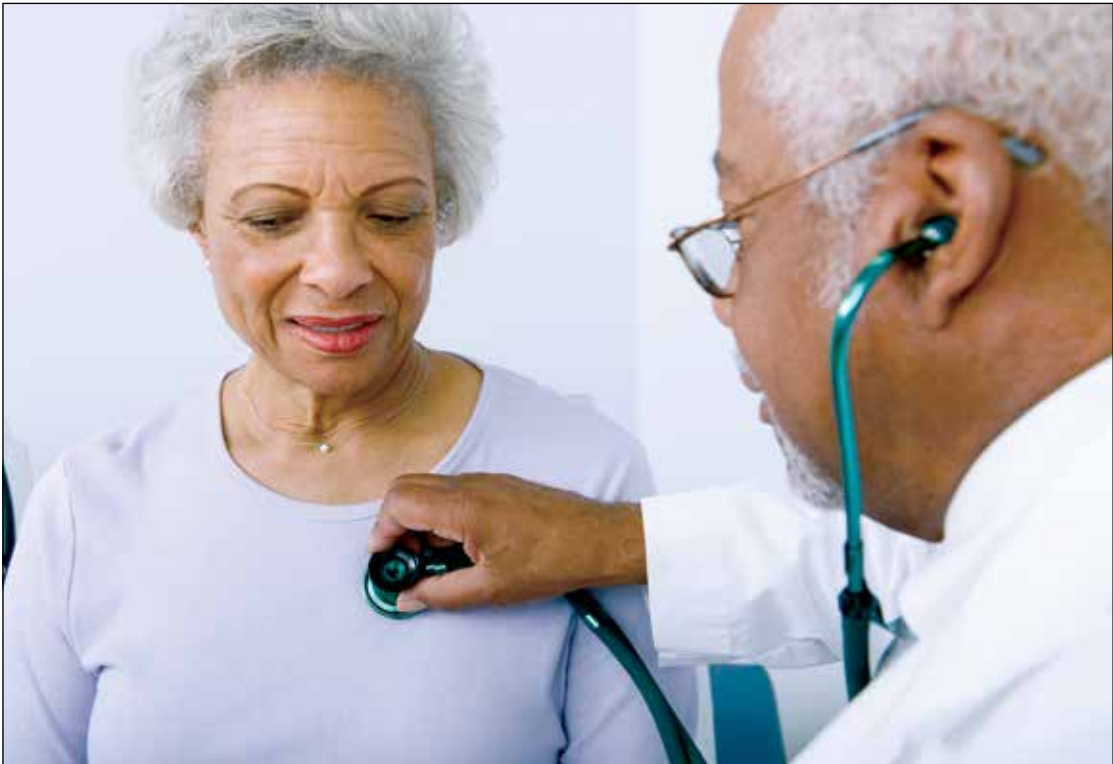
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# Americans are Freaking Out About Insurance Quality



Insurers increasingly exclude some providers from networks to squeeze big discounts out of the remaining in-network doctors and hospitals. As a result, four in ten consumers had trouble, or knew somebody who had trouble, finding an in-network doctor or clinic.

**Commentary**  
**by Larry Hausner**

Of all their concerns about healthcare, Americans are most worried about whether they can afford their insurance. That's the key finding from a new Morning Consult survey of over 20,000 people.

It's easy to see why Americans are so anxious. Premiums are set to rise sharply next year. And insurers are shifting more of the cost of procedures and medicines onto patients. In short, people are paying more but getting less coverage. In many cases, patients appear to be skipping needed treatments because they can't afford their copays or co-insurance.

Unaffordable insurance is a problem for the nation, not just for individual households. If people don't have quality coverage, they'll be stuck with ineffective treatments. Their conditions can worsen -- causing their healthcare costs to balloon.

Rising premiums are crushing family budgets across the nation. More than four out of ten Americans said that their monthly health insurance premiums increased in the past year. Come 2017, insurers will increase premiums for employer-sponsored plans about 5 percent. For Americans who buy coverage on the Affordable Care Act exchanges, premiums will skyrocket 25 percent, on average. Consumers in many states could see their premiums increase 60 percent or more.

Insurers are making patients shoulder a larger share of treatment costs. Four out of ten Americans say that their out of pocket costs have spiked in the past few years, according to the survey. As of 2014, Americans were spending more than triple

on their deductibles than they had a decade prior, according to the Kaiser Family Foundation.

In exchange for the added costs, Americans are receiving less coverage.

Insurers increasingly exclude some providers from networks to squeeze big discounts out of the remaining in-network doctors and hospitals. As a result, four in ten consumers had trouble, or knew somebody who had trouble, finding an in-network doctor or clinic.

Recently I had a medical issue that required surgery. The cost of the out-of-network surgeon was \$18,000. The insurance company refused to pay the doctor's charge for the surgery. After three long and tedious rounds of appeals, an outside arbitrator deemed that the surgery should be covered since it was an emergency situation. The insurance company paid the surgeon its previously negotiated in-network fee of \$179.47. The number of in-network doctors, and thus patient's choices, is shrinking.

Firms are also dragging their feet or flat out refusing to pay for certain therapies. Nearly 30 percent of Americans report that their doctor prescribed them a treatment that wasn't covered by insurers. A similar percentage experienced difficulty getting an insurer to cover a needed treatment.

The thinning coverage and bulked up costs mean that healthcare is, in practice, inaccessible for many people, even though they technically have insurance coverage. A majority of Americans either couldn't fill a prescription, or know someone who couldn't, because the cost-sharing requirement was too high.

Consider the story one doctor recently shared about his patient suffering from ulcerative colitis,

a chronic disease that causes inflammation in the large intestine. The doctor had prescribed the 28-year-old woman two medications that got her colitis under control.

But a year later, the woman returned to his office, crying. She was sicker than before. The doctor asked if the medicines had stopped working. She then revealed that she had quit taking them because her insurance company stopped covering the drugs, and she couldn't afford the out of pocket costs.

Going without treatment is bad for patients -- and for the nation's healthcare budget. Nearly 60 percent of the population suffers from at least one chronic disease. Preventing and managing these diseases is vastly cheaper than letting them spiral out of control.

Chronic diseases are already projected to cost us \$42 trillion from now until 2030. If insurance quality continues to decline and more patients can't adhere to their treatments, the bill could grow even larger.

Reforms to lower insurance costs and ensure quality coverage would enable patients to better manage their chronic diseases. That would spare them from needless suffering -- and the nation from needless healthcare expenditures.

In the current political climate, it is difficult to see quick resolution to this not insurmountable problem. However, amending Obamacare -- as was always anticipated by the administration -- could resolve the issues.

For millions of Americans, good insurance is a prerequisite for good health. No wonder people are so concerned about their worsening coverage.

*Larry Hausner is chief patient advocate of the Partnership to Fight Chronic Disease.* ★

# Sacramento County DA Reports



## Man Sentenced for Kidnapping Teens & Sexual Assault Defendant Convicted for Murder of Rancho Cordova Woman Pair Convicted for Murder at Home Depot Parking Lot, Series of Crimes

**DATE:** December 20, 2016  
**CASE:** Kevin Hickman (Case #15F03015)  
**PROSECUTOR:** Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit

The Honorable Donald Currier sentenced Kevin Hickman to 11 years, 8 months plus 100 years to life in prison. On October 6, 2016, a jury convicted Hickman of three counts of forcible rape with kidnapping allegations, one count of forcible oral copulation with kidnapping allegations, kidnapping for purposes of rape, kidnapping of a child under the age of 14, and criminal threats.

Hickman met the victims' mother through a dating website. A few days later on May 16, 2015, Hickman offered to take her 16-year-old daughter and 13-year-old daughter to a party at a roller skating rink. The mother agreed, but Hickman didn't take the girls to a party. Instead, Hickman took the young girls to a house off of Marconi Avenue. By this time, the girls' cell phones had died and they had no way to call for help. Hickman took the 16-year-old victim to a shed in the backyard and raped her at knife point three times throughout the night. Meanwhile, the girls' mother called 911. The Sacramento Police Department was able to trace Hickman's cell phone to the house. The 13-year-old daughter was not physically or sexually harmed.

**DATE:** December 20, 2016  
**CASE:** Harold Fulkerson (Case #15F00520)  
**PROSECUTOR:** Deputy District Attorney Thien Ho, Homicide Unit

Harold Fulkerson was convicted by a jury for the second-degree murder of Teresa Anderson. The jury also found true that Fulkerson used a deadly weapon and committed the crime while out on bail for carrying a concealed dirk or dagger.

On January 27, 2015, Fulkerson was visiting a friend at the Ashgrove Place Apartments in Rancho Cordova. Fulkerson followed the victim, Teresa Anderson, into her bedroom and stabbed her 17 times. The other occupants of the apartment called authorities, who apprehended Fulkerson at the scene and retrieved the murder weapon. Fulkerson claimed that his use of marijuana and methamphetamine caused him to suffer hallucinations. The victim and Fulkerson were acquaintances with no prior history of conflict.

Fulkerson faces a maximum sentence of 18

years to life in prison. Sentencing is set for February 2, 2017, at 9:30 a.m. in Department 33 before the Honorable Michael Savage.

**DATE:** December 22, 2016  
**CASE:** Jeffrey Michael Caylor & Kari Ann Hamilton (Case #14F01906)  
**PROSECUTOR:** Deputy District Attorney Donell Slivka, Homicide Unit

Jeffrey Michael Caylor was convicted by a jury for the first-degree murder of Hassan Alawsi. The jury found true the special circumstance that Caylor shot the victim from a motor vehicle intentionally causing death and the allegation that Caylor personally and intentionally discharged a firearm causing death. Caylor was also convicted of attempted murder, assault with a firearm causing great bodily injury, robbery, burglary, vehicle theft, and felon in possession of a firearm. Kari Ann Hamilton was convicted of accessory to the murder. Hamilton was also convicted of attempted murder, robbery, and burglary while armed with a firearm as well as vehicle theft.

On March 16, 2014, Hassan Alawsi was standing by his vehicle in the Home Depot parking lot on Florin Road when Caylor drove up and shot and killed him. Hamilton was in the car with Caylor. A few hours later, Caylor and Hamilton returned to their neighborhood in Carmichael. The two accosted a neighbor, and Caylor pulled out a gun and demanded the victim give them her car keys. When the victim refused, Caylor physically assaulted the victim. The defendants then stole the victim's car. On the morning of March 17, 2014, Caylor and Hamilton drove to their prior business location in the stolen car. As they approached the business, Caylor observed the neighboring business owner. Caylor and Hamilton had a hostile business relationship with that individual. Caylor pointed a gun at the business owner and pulled the trigger three times, but the gun did not fire. That victim got the license plate of the vehicle and called 911.

The defendants were stopped in the stolen vehicle by Chico police, which led to the discovery of the gun used to murder Mr. Alawsi and evidence linking the defendants to the assault of the second victim and car theft.

Caylor faces life in prison without the possibility of parole plus 82 years to life in prison. Hamilton faces 16 years in prison. Sentencing is set for February 10, 2017, at 9:00 a.m. in Department 31 before the Honorable Michael Kenny. ★

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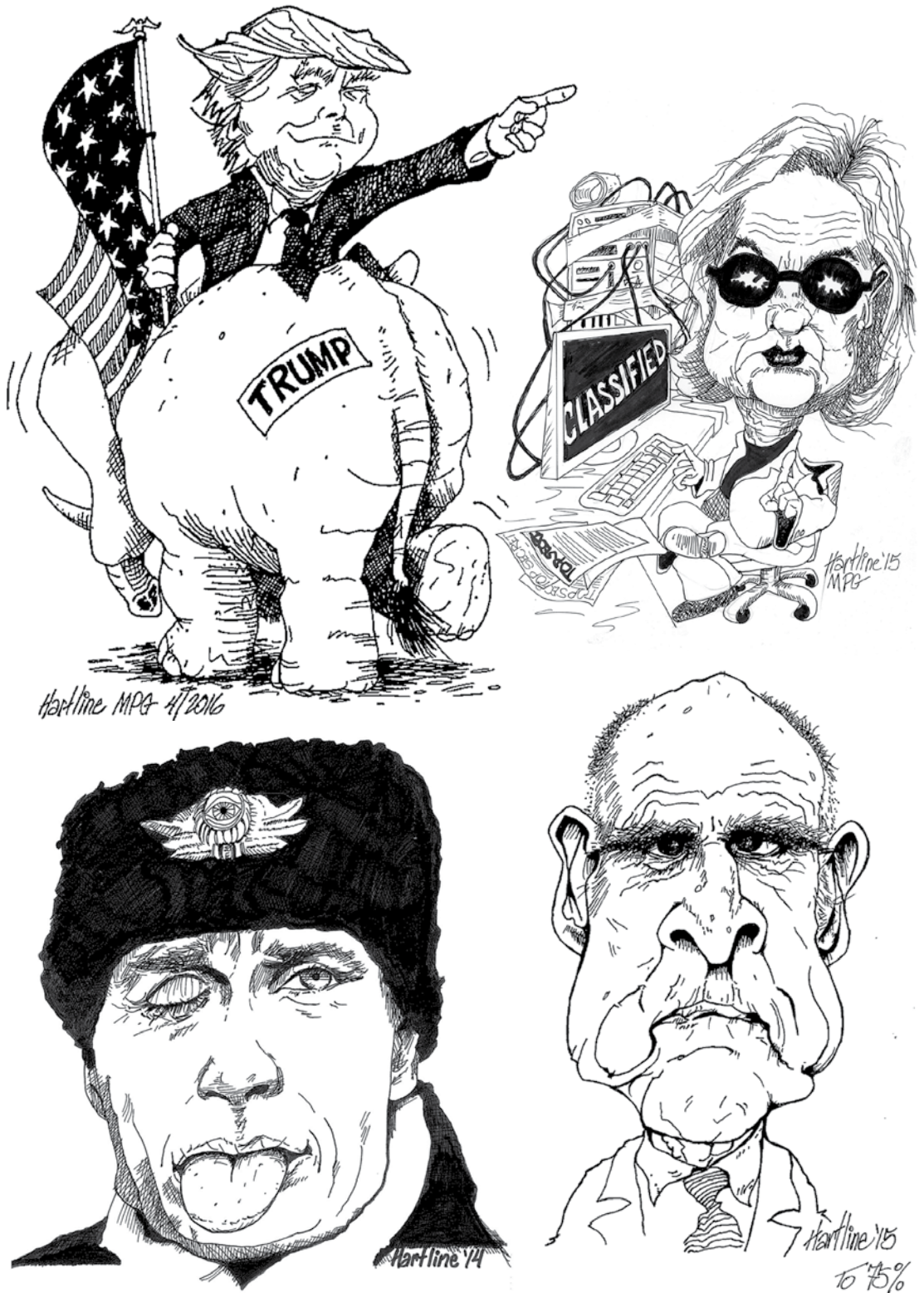


# Perry Hartline: Rest in Peace

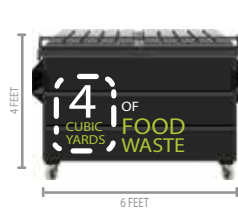
A very good friend of mine, Perry Hartline, passed away just hours before Christmas Eve. He had moved to the East Coast not long ago to escape from the confines of California. He said conservatives didn't stand a chance here anymore. Perry and I had many talks

about politics, life, history, our families. Turns out he was right more times and about more things than I can admit. Perry had been in the advertising and radio business for many years in this state. He also was a great political cartoonist. Some of his works appear here.

He is survived by a loving wife, a son and a daughter. He will be missed by his many friends on both coasts. I will miss you my friend, your wisdom, your humor, and your willingness to always take time to talk. God Bless you Perry Hartline. ★



## Commercial Food Waste Recycling = WasteRight!



**Background:**  
**Assembly Bill 1826** requires businesses that generate a certain amount of food waste per week to recycle it! The bill also includes "green" wastes that are generated by landscaping services such as lawn clippings, tree trimming and non-hazardous wood waste. Businesses such as restaurants, bakeries, grocery stores, hotels, schools, hospitals, food processors, and landscapers are in some cases now regulated by this new law. Together these waste streams are called "organic wastes."

**What is the Technical Definition of Organic Waste?**  
Organic waste as defined in the bill includes the following material: food waste, green waste, landscape and pruning waste, nonhazardous wood waste, and food-soiled paper waste that is mixed in with food waste. These materials represent the largest subset of organic wastes that are currently disposed of in California landfills.



### FOOD WASTE

- Solid, semi-solid, and liquid food
- Food soiled paper
- Coffee grounds
- Coffee filters
- Tea bags
- Fruits & Vegetables
- Meats
- Breads
- Cooking Oils
- Cheese
- Plants & Flowers

**Key Dates & Thresholds:**  
**January 1, 2017:** Businesses that generate 4 cubic yards of organic waste per week must arrange for organic waste recycling services.  
**January 1, 2019:** Businesses that generate 4 cubic yards or more of ANY solid waste per week must arrange for organic waste recycling services.  
**January 1, 2020:** If the State (CalRecycle) determines that organic wastes have not been reduced by 50 percent of the 2014 amounts, they will expand the requirements to cover businesses that generate 2 cubic yards or more of commercial solid waste per week.  
**What are the Options?**  
Businesses that are required to recycle their organic waste must implement at least one, or a combination, of the following actions:  
**a.** Separate organic waste from other waste and subscribe to organic waste recycling service that includes collection and recycling of organic waste.  
**b.** Recycle your own organic waste onsite or take it yourself for recycling.  
**c.** Subscribe to an organic waste recycling service that may include mixed waste processing that specifically recycles organic waste.  
**d.** Businesses sell or donate their recyclable organic waste.

**Business Incentives - Early Adopters**  
Businesses that get on board early with this new recycling requirement may also be eligible for saving on garbage service fees from their commercial waste hauler. Businesses are urged to contact their service provider for more information.  
In addition, the Business Environmental Resource Center (BERC) has a recognition program through their Sustainable Business Program for businesses.  
One Early adopter to organic waste recycling is Nugget Market. Nugget has reduced landfill waste by 70%!  
✔ 2million lbs. food scraps converted to fuel, fertilizer or compost  
✔ 1 million lbs. meat and oil converted to tallow and biodiesel  
✔ 500,000 lbs. mixed recyclables  
✔ 5 million lbs. of cardboard  
✔ 100,000 lbs. plastic film and plastic bags  
Nugget Markets are stepping up to the challenge of reducing landfill waste. With these great practices they are one of the Sacramento Area's Sustainable Businesses.  
There is **free** HELP Available  
There are certain exemptions for businesses and multifamily complexes, such as if they generate less than a ½ cubic yard of organic waste a week or they donate their extra food. Contact [BERC](#) for more information.



**WasteRight**  
Sacramento  
Commercial Food Waste in its Right Place

Contact BERC : (916) 874- 2100 or [BERCadmin@saccounty.net](mailto:BERCadmin@saccounty.net)  
Visit: [www.sacberc.org](http://www.sacberc.org)





**EAST LAWN**  
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4300 Folsom Blvd.,  
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**EAST LAWN**  
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*Special Offer:* **CEMETERY PROPERTY**  
No Opening & Closing Fees on Advance of Need Property

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


From 12/12/2016 through 1/15/2017, East Lawn will waive this fee on all purchases that are for advance of need cemetery property.

*This is up to a \$795 per person value.*  
Call one of our 3 cemeteries today to make an appointment.







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



# Convoy Shows Giving Spirit



Nine year old Julian looks on with delight as Sgt.Wes Herman of the CHPD points out features on his police cruiser during the annual police Holiday Toy Drop-off on December 20. Photo by Elise Spleiss

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - A police convoy of over a dozen Citrus Heights Police Department marked and unmarked vehicles, lights flashing and sirens wailing, made their way through the streets of Citrus Heights to five very special neighborhoods on the afternoon of December 20, 2016.

Residents living along parts of Centurion Circle, Terrell Drive, Stanford Avenue, and Villa Oak Drive were understandably uneasy at first, but then pleasantly surprised as the occupants of the vehicles emerged bearing gifts and much more for one special family at each address.

Nearly two dozen police officers, along with police volunteers, Mayor Jeff Slowey and other city council members, Boy Scouts of troop 635, and of course, Santa Claus executed one “flash gift and toy drop” in each of the four neighborhoods.

The four families chosen to receive the special delivery of toys, food, clothes and other necessities were selected from community referrals to the city’s Holiday Referral Program overseen by the police department.

Each family had experienced unusual hardship in 2016 placing them in extreme financial or other difficult situation. Items for these and 30 other needy families helped this year by the program, were donated by the police department, non-profit service organizations, churches, schools, private businesses and individuals

At the first stop, Elizabeth, whose son was celebrating his 5th birthday, was overwhelmed when Santa, accompanied by half a dozen officers ascended to their second floor apartment bearing a shiny green bike, toys, games, food and many other items for the family. The officers were then joined by more police personnel and their own children of all ages in singing “Happy Birthday” to her son. Elizabeth, who has no family and no parents to help her thanked everybody and vowed to “pay it forward”.

At another address, nine year old Julian was also greeted by Santa who handed him a bright red present. Julian’s mother passed away after Halloween following heart surgery. Julian said, “I loved my mom, and I’m very thankful for everyone

that came he said.” His father, Tony Bernardino, said, “Julian is doing very well with everything considering the situation.” But the highlight of Julian’s day was when Sgt. Wes Herman let him sit in and inspect the interior of his police cruiser and turn on the lights and siren.

Finally, no Citrus Heights Holiday Toy Drop-off would be complete without a stop on Sayonara Drive. Previously the ‘sore spot’ of Citrus Heights, Sayonara is now a much safer place for families to live. As the caravan pulled up to the Sayonara Community Center it took only seconds for dozens of children to appear and descend upon and eagerly surround the officers and volunteers handing out the rest of the over 300 stuffed animals donated this year.

This was Police Chief Ron Lawrence’s first Holiday Toy Drop-off. At the end of the day he spoke of how impressed he is with all the hard work of his officers. He commented that “today we make magic and create special moments these kids will remember the rest of their lives...It’s a gift for us as much as it is for them.” ★

# Citrus Heights Police Arrest Robbery Suspects

CHPD Special Report

**CITRUS HEIGHTS, CA (MPG)** - On Monday night, at approximately 8:00PM, Citrus Heights Police responded to a report of a Robbery occurring near the area of Fesler Ct involving a pizza delivery driver.

The pizza delivery driver reported at least two subjects; one armed with a gun, pointed the gun at him and took pizza and a cellular phone. While officers were investigating this crime, a separate

robbery occurred near the area of Greenback and Mariposa. The victim told dispatch the subjects pointed a gun and took money. The descriptions of the subjects in this robbery and the weapon used were similar to the previous robbery.

Citrus Heights Police located the suspect’s vehicle shortly after the robbery and attempted to stop the car. Several of the occupants of the suspect vehicle fled the area on foot and two were arrested at the scene. Citrus Heights Police Officers located

evidence from the previous robbery inside the suspect’s vehicle.

Investigators are currently working on these two cases and gathering evidence and surveillance footage to bring these subjects to justice. The identities of the arrestees and other possible suspects are being withheld at this time. All suspects involved appear to be juveniles. Anyone having information or other evidence related to these crimes should contact the Citrus Heights Police Department. ★



## Rotary Club of Citrus Heights

# 29th Annual Crab Feed Fundraiser

### February 11, 2017 5:30PM to 11:00PM

Citrus Heights Community Center  
6300 Fountain Square Drive,  
Citrus Heights, CA. 95621

## Tickets: \$50

Minestrone Soup, Caesar Salad,  
Penne Pasta. and Local  
Dungeness Crab Fresh off  
the Dock from Bodega Bay

Fabulous Live & Silent Auction Prizes, Raffles, Wine Toss, Desserts for Sale, Heads or Tails Game. Your support of the Crab Feed Benefits the Homeless Assistance Resource Team and Supports Scholarships, Dictionary Project.

Purchase Tickets at [chrotary2017crabfeed.eventbrite.com](http://chrotary2017crabfeed.eventbrite.com)  
Sponsorships available, contact: Rich Hale 916.599.5457





## CALL 773-1111 TO ADVERTISE

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

### Look for Advertised Sale Items Everyweek at

## www.petclubstores.com

## 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 1/11/17 - 1/17/17



2344 Sunrise Blvd. 318 N Sunrise Blvd.  
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916-635-5008 916-781-8500

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



COUPON

## PIG'S EAR

# 29¢

with any purchase of pet, fish food or supply.  
Large Size. \$1.49 value.  
Limit 1 PLU323 CHM  
Limit 1 Coupon per family  
Effective 1/11/17 - 1/17/17

COUPON

## ANGEL SOFT

### TOILET TISSUE

# 69¢

4 Roll Pkg.  
With any Purchase of Pet, Fish Food or Supply  
Limit: 1 Pkg PLU 325  
Limit 1 Coupon per family  
Effective 1/11/17 - 1/17/17 CHM

### 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 **\$33.99**
- Original/Beef **\$33.99**
- Large Breed Adult .....

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

### DIAMOND NATURALS

#### DRY DOG FOOD

40 Lb Bag

- Chicken •Lamb •Beef
- Senior 35 Lb •Light 30Lb **\$29.99**
- Large Breed .....
- Large Breed Lamb .....
- Ex-Athlete **\$36.99**

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

### EARTHBORN

#### HOLISTIC DRY DOG FOOD

Natural Grain-Free 28 Lb Bag  
•Primitive Feast •Great Plains Feast  
•Meadow Feast •Coastal Catch

Limit 2 Bags Per Family (Reg Price \$43.99) **\$39.99**

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

### PEDIGREE

#### DRY DOG FOOD

Adult.  
(Larger Breed Adult 36 lb Bag. \$19.99)

46 Lb Bag Limit 1 Bag Per Family **\$21.99**

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

### 9 LIVES

#### CANNED CAT FOOD

5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

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

### FANCY FEAST

#### GOURMET CANNED CAT FOOD

3 Oz All Varieties Except Elegant Medley

Limit 2 Cases Per Family **20/\$11.00**

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

### PURINA

#### CAT CHOW DRY CAT FOOD

•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11.99**

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

### 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 1/11/17 - 1/17/17

### PURINA PRO-PLAN

#### CANNED FOOD SALE

Limit 2 Cases • Dog Food Grain Free \$1.29 **99¢** Cat Food 3 Oz **63¢**

**BLUE BUFFALO** CANNED DOG & CAT FOOD **20% OFF**  
•Homestyle •Blue's Stew •Wilderness 12.5 oz  
•Spa Select •Wilderness 3 & 5.5 oz Selected Varieties **AS MARKED**

**WILDERNESS** DRY CAT FOOD **\$5 OFF** (in store coupon)  
•Chicken •Salmon •Duck •Indoor  
Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags **OUR REGULAR LOW PRICES!**

**SCIENCE DIET** IDEAL BALANCE DRY DOG FOOD **As Marked \$5.00 OFF** (in store coupon) **OUR DISCOUNT PRICES**  
•Adult •Mature Adult 30 Lb Bag •Lrg Breed Adult Limit 2 Bags

### WORLD'S BEST

#### CAT LITTER

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

18 Lb Bag Limit 2 Bags Per Family **\$5.99**

10 Lb Bag Limit 2 Bags Per Family **\$1.69**

15 Lb Jug Limit 2 Jugs **\$5.99**

### PEDIGREE

#### CANNED DOG FOOD

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

**WELLNESS** SIGNATURE SELECTS & CORE CANNED CAT FOOD Full Case **15% OFF** (REGULAR LOW PRICES)  
Grain Free Selected Varieties Limit 1 Case Per Family 5.3 Oz Can (Reg Price Signature \$1.79 Core \$1.69)

3 FREE Core Dog Food 12 Oz Can With Each purchase **CORE GRAIN FREE DRY DOG FOOD \$53.99**  
•Original •Ocean •Reduced Fat **\$58.99**

3 FREE Core Cat Cans 5.5 Oz With each purchase •Original •Indoor •Turkey Grain Free 12 Lb Bag Limit 2 Bags Per Family **\$37.99**

### MIDWEST METAL PRODUCTS

•Exercise Pens •Crates All Varieties **20% OFF**  
•Ovation Trainer •iCrate **OUR SUPER LOW PRICES**

**PARAGON WHIMZEE** Dental Dog Treats Edible Dog Chews All Varieties **20% OFF** **OUR SUPER LOW PRICES**

**VOLKMAN** Avian Science Bird & Small Animal Food Selected Varieties **15% OFF** **OUR DISCOUNT PRICE**

**FLEXI** RETRACTABLE LEASHES All Varieties **20% OFF** **OUR SUPER LOW PRICES**

**RADIO SYSTEMS** Pet-Safe Pet Doors & Patio Panel Pet Doors All Models •Aluminum •Plastic **20% OFF** **OUR SUPER LOW PRICES**

### MARINELAND POWER FILTER SALE

MODEL TANK SIZE PET CLUB SALE

PENGUIN 100B	20 Gal.	<b>\$19.99</b>
PENGUIN 150B	30 Gal.	<b>\$27.99</b>
PENGUIN 200B	50 Gal.	<b>\$33.99</b>
PENGUIN 350B	75 Gal.	<b>\$45.99</b>

**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**

**REEF CRYSTALS** 50 Gal. Salt Mix **\$15.99**

**BONUS COUPON**

### FANCY FEAST

#### ELEGANT MEDLEY CANNED CAT FOOD

Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 1/11/17 - 1/17/17 **59¢** CHM PLU 568

**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 1/11/17 - 1/17/17 **69¢** CHM PLU 446

**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 1/11/17 - 1/17/17 **\$1.49** CHM PLU 422