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West Sacramento News Ledger

VOLUME 60 • ISSUE 18

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West Sacramento Officials Tour Levee Improvement Project



Mayor Martha Guerrero and Col Chad Caldwell-Sacramento District Commander stand at the April 22, Earth Day tour of the new Southport Levee Improvement Project. Photo courtesy of the City of West Sacramento

By Angela Underwood

WEST SACRAMENTO, CA (MPG) - Earth Day in West Sacramento involved more than just planting some trees.

April 22, the annual day dedicated to the planet's health, involved a comprehensive tour of the Southport Levee Improvement Project. Officials, including the U.S. Army Corps of Engineers Sacramento District Commander Col. Chad Caldwell, Congresswoman Doris Matsui and Mayor Martha Guerrero, gathered to enjoy the fresh land and

fruits of the city's labor.

"More than 77,000 plants, trees, and shrubs were planted during construction of the setback levee, creating a 120-acre ecosystem for critters and waterfowl," West Sacramento public information officer Paul Hosley said.

The Disaster Preparedness and Flood Prevention Bond Act of 2006 quickened cities all over the Golden State to immediately begin managing their levees. One of those cities is West Sacramento. The West Sacramento Area Flood Control

Agency reports that it "is working quickly and efficiently to face the challenges of stricter flood control standards imposed by the state in 2006 that must be met by 2030," according to the city website.

Greg Fabun, City of West Sacramento Flood general manager, said the Southport Levee project is vital to West Sacramento's overall, "providing an increased level of flood protection that incorporates modern levee design standards and recent climate change modeling."

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County Administrator Announces Appointments

County of Yolo News Release

WOODLAND, CA (MPG) - As part of its commitment to support the Board of Supervisors in strengthening the community and advocating on behalf of residents, the Yolo County Administrator's Office has announced a series of strategic appointments. These appointments will enhance services and operations in the areas of Climate Action and Sustainability, Communications, Emergency Services, Personnel Administration, Policy Development, Procurement, Contracts, and Budgeting.

Lucas Frerichs, Chair of the Yolo County Board of Supervisors, highlighted the pivotal role of the County Administrator's Office in driving positive change and equitable development across the county. "These strategic appointments and promotions exemplify our collective commitment to building a more resilient and inclusive community where every resident can thrive," remarked Frerichs.

"We are very fortunate to have strong support from the Board of Supervisors to appoint five highly talented leaders to positions that will further enhance public service and advance quality of life issues county-wide," added Chief Administrative Officer Gerardo Pinedo.

The County Administrator's Office undertakes a comprehensive approach to county management, overseeing the implementation of policies established by the Board of Supervisors, with a primary focus on enhancing the quality of life for all Yolo County residents. Kristen Wraithwall's promotion to Sustainability Manager, co-located between the County Administrator's Office and the Department of Community Services, creates a unique opportunity for the county to highlight and implement various Climate Action and Sustainability measures to protect the environment. The position had previously been designated as Coordinator and was exclusively

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WUSD's Top 14 Awarded

By Angela Underwood

WEST SACRAMENTO, CA (MPG) - And the Employees of the Year are...

The 2024 list of Washington Unified School District's (WUSD) 14 elite is out, and according to some of the accolades given, it's an awesome workforce, beginning with Paraeducator of the Year Holly Valine of Stonegate School.

"Holly goes above and beyond in building relationships with all students, staff, and families on our campus," Belinda Rabb-Patterson, principal of Stonegate School, said.

Custodial and Maintenance Service Employee of the Year goes to Marta Diaz. According to LaReisha Johnson, a



Health and Student Services Health Aid of the Year Elisa Brown, Bridgeway Island stands with Superintendent Dr. Cheryl P. Hildreth. Courtesy photo

Riverbank Elementary teacher who has worked with Diaz for more than a decade, the honor could

not have gone to anyone better.

"Marta goes above and beyond the call of

duty on a daily, if not hourly, basis," Johnson said. "Marta is a friend to

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Yolo Farm to Fork Welcomes New President

Yolo Farm to Fork News Release

YOLO COUNTY, CA (MPG)

- Local nonprofit Yolo Farm to Fork has welcomed a new President, Christine Polycarpe. Former President Suzanne Falzone will now move into the treasurer position that Polycarpe previously occupied on the nonprofit's board of directors.

In 2002, Christine Polycarpe and her husband Matthieu Kohlmeyer left their home country of France for Woodland, California, where they established the specialty cooking oil brand La Tourangelle.

Inspired by the visionary

work of Alice Waters and her Edible Schoolyard project, Christine was soon drawn to support Yolo Farm to Fork and their mission of fostering healthier nutrition, vibrant well-being, and stronger communities.

In 2019, Polycarpe established a 1-acre community garden in Woodland and launched the La Tourangelle Foundation. The garden provides fresh produce to those in need, especially food banks and local schools. It also collaborates with Yolo Farm to Fork to host field trips for students to learn about edible gardening, regenerative agriculture, healthy cooking with fresh produce, and

more.

"It's an honor to embrace the responsibility of advancing Yolo Farm to Fork's mission to cultivate healthier, more vibrant lives for our children through the transformative power of gardening, culinary education, and environmental stewardship," says Polycarpe. "With unwavering dedication and the collaborative efforts of our esteemed partners – from schools to corporations to community allies – I am confident that we will forge a path of profound impact for our children and their families."

Yolo Farm to Fork is a nonprofit that supports over 68 edible school garden



Suzanne Falzone (seated center) receives a commendation from Congressman Mike Thompson for her work as past president of Yolo Farm to Fork. Christine Polycarpe (standing center) has succeeded Falzone as president of the nonprofit. Photo courtesy of Yolo Farm to Fork

programs throughout Yolo County and provides garden-centered and farm-based education to students. Their mission is to educate

the public, especially our children, about the value of a farm-to-table community food system that also teaches us to value the

environment.

For more information about Yolo Farm to Fork, visit <https://www.yolo-farmtofork.org>

Bike Fest 2024: Let's Ride!

American River Parkway Foundation News Release

SACRAMENTO, CA (MPG)

- American River Parkway Foundation is excited to announce that Bike Fest will return on Saturday, May 18 at William B. Pond Park located at 5700 Arden Way, Carmichael, CA. Save the date and get ready to participate in Bike Fest. The rides will start at 7 a.m., while the festival will begin at 10 a.m.

There will be many different highlights for people of all ages. There will be an interactive Kid Zone, where you can keep your little ones entertained with helmet decorating, obstacle courses, face painting, nature hikes, interactions with canine companions, sensory experiences, and captivating science experiments.

Also at the Bike Fest will be live music. Enjoy the lively tunes of Leaping Blennies and soak in the festive atmosphere.

There will be many food and drink options, as well. Indulge in delectable offerings from food trucks like Pinorrito, Tipsy



A biker displays enthusiasm at a previous Bike Fest. Photo courtesy of American River Parkway Foundation

Cheese, and Chicks 500 Degrees. Quench your thirst at the Beer Garden featuring local breweries, including New Belgium, Two Rivers Cider, River City Brewing, and Bike Dog.

Additionally, there will be bike demos and bike shops. Discover the latest bike trends and get expert safety advice from Specialized Bikes. Explore local vendors featuring Oak Park Massage, Moonscents, Isabel Emilie – Wellness Coach, Nurelle Creation, and more.

Lastly, guests can enter for raffle prizes. Enter to win awesome prizes like a family 4 pack to the Walt Disney Museum, a cruiser bike from New Belgium Brewing, and more.

Bike Fest promises a day filled with cycling excitement, family fun, and community spirit! Don't miss out.

Ticket prices vary; adult tickets cost \$30, while children's tickets are \$15. Family bundles cost \$90 (2 adults and 2 children). Kids under the age of 8 can come at no cost. Visit <https://arpf.org/events/bikefest/> for more information and tickets.

WUSD's Top 14 Awarded

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students and staff, and she completes her work with a smile and is always ready to lend a helping hand in any activity."

Superintendent Dr. Cheryl P. Hildreth visited each employee, presenting them with flowers along with a certificate only given to the select few who met certain accolade requirements: excellence in service, innovation and creativity, collaboration and teamwork, and positive impact.

"It is my utmost pleasure to extend heartfelt congratulations to this year's Employee of the Year recipients," Hildreth said. "Your unwavering commitment to our students and dedication to excellence has not gone unnoticed."

JoAnn Martinez walked away with Transportation Services of the Year as the best bus driver in Maintenance, Operations, and Transportation.

"She's always bringing the light and the love into the department," Angelina Valencia, transportation manager, said.

Anselmo Marin is the Secondary Teacher of the Year. This year, Marin gained serious respect for teaching science to sixth, seventh, and eighth graders at Elkhorn Village.

"Mr. Marin's unrelenting commitment to his students and community is truly remarkable; he is an exceptional teacher who goes above and beyond to ensure the success of his students," Carmen Wright, a math teacher at Elkhorn Village, said. "His remarkable impact

and exceptional contributions make him the ideal candidate for Secondary Teacher of the Year, an award he has earned and deserved."

Hildreth said each of the 14 recipients "embodies what makes WUSD truly exceptional."

Other district employees of the year include Sara Drewery for Clerical and Administrative as an administrative secretary in the district office; Elisa Brown for Health and Student Services as a health aide at Bridgeway Island, Stephanie Byard for Food and Nutrition Services as the managing cook at Westmore Oaks; Patricia Arauza for Security Services, as a campus aide at Westfield Village; Gabriel Mendoza for Skills Service; and Aaron Smart for Technology Services.

Regarding additional instructors, Primary Teacher of the Year goes to Nicole Wilson, a second-grade teacher at Riverbank School, and Excellence in Education goes to Jose Guiterrez, principal at Elkhorn Village. Last but not least, Support Staff of the Year goes to Dannah Nielson, school social worker at Southport, and Volunteer of the Year to Irene Vera, parent volunteer at Elkhorn Village.

"I am immensely proud to have such outstanding individuals on our team," Hildreth said. "Thank you for your tireless efforts and invaluable contributions to the education and well-being of our students. Congratulations once again on this well-deserved recognition." ★



Paraeducator of the Year goes to Holly Valine, Stonegate School pictured here with Superintendent Dr. Cheryl P. Hildreth. Courtesy photo



Superintendent Dr. Cheryl P. Hildreth smiles with Skills Services Employee of the Year Gabriel Mendoza, equipment mechanic, Maintenance, Operations and Transportation. Courtesy photo

West Sacramento Officials Tour Levee Improvement Project



From left are Col Chad Caldwell-Sacramento District Commander for the U.S. Army Corps of Engineers, West Sacramento City Councilmember Verna Sulpizio-Hull, Councilmember Quirina Orozco, Councilmember Dawnte Early, Mayor Martha Guerrero, Congresswoman Doris Matsui and Assistant Secretary of the Army Michael Connor. Photo courtesy of the City of West Sacramento

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The city currently has two ongoing levee projects, the Yolo Bypass East and the Sacramento River West North, along with other completed projects, including the Southport Levee, which is 5.6 miles long and extends from river mile 57.2 to river mile 51.6.

The \$80,000,000 construction created flood risk-reduction measures, addressing “deficiencies of through-seepage, under-seepage, slope stability and geometry, erosion, encroachments, and non-compliant vegetation,” according to the city website.

When the project was underway, it promised a greener future, stating that “it would provide opportunities for ecosystem restoration and public recreation,” as well as meeting federal and state levee design criteria.

The promise was kept and displayed during the Earth Day tour, which was attended by Councilmembers Verna Sulpizio-Hull, Quirina Orozco, Dawnte Early, and Assistant Secretary of the Army Michael Connor. Fabun said the levee improvements provide at least 200 years

of flood protection for West Sacramento residents.

“The floodplain and habitat restoration components of the project allowed for on-site mitigation for the Southport Levee Improvement Project, with additional habitat available for future levee project impacts,” Fabun said.

According to Fabun, the levee project’s significant financial sponsor is the federal funding made possible through the U.S. Army Corps of Engineers, which paid up to 65% of the project costs. The remaining 35% was paid for by the State of California and the West Sacramento Area Flood Control Agency, 70% and 30%, respectively.

“Without the United States Army Corps of Engineers and its contributions, plus support from Congresswoman Matsui, these projects would not be feasible,” Fabun said.

Officials say even greener pastures are to come. The top of the setback levee will have pavement and an additional 5.6 miles of Class 1 bike lanes, adding to West Sacramento’s 61-mile-long trail network. ★

West Sacramento Historical Society to Host Bunco Fundraiser May 11

West Sacramento Historical Society News Release

WEST SACRAMENTO, CA (MPG) - The West Sacramento Historical Society is hosting a Bunco Fundraiser benefiting the society on Saturday, May 11, from 11 a.m. to 2 p.m. at Vince’s Restaurant, 840

Harbor Blvd., in West Sacramento. Doors open at 10 a.m.

For tickets, contact the West Sacramento Historical Society at (916) 374-1849 or call/text Jackie Rossi (Vince’s Restaurant) at (916) 296-2518.

Tickets are \$25 (non-refundable), and that

includes the Bunco game, light snacks, and soft beverages. Raffle tickets will be sold.

If you’re prepaying by check, please make it out to WSHS Bunco Fundraiser and mail to: West Sacramento Historical Society, P.O. Box 1202, West Sacramento, CA 95691. ★

First Northern Bank Hires Seasoned Banker as Chief Credit Officer

First Northern Bank News Release

DIXON, CA (MPG) - First Northern Bank (OTCQX: FNRN), the region’s #1 local small business lender, proudly announces the appointment of Brett Hamilton as its new Executive Vice President and Chief Credit Officer. Retiring Chief Credit Officer, Joe Danelson, will serve as Executive Vice President until April 5, 2024, to ensure a smooth transition and continuity of operations.

With more than 25 years of experience in the banking industry, Hamilton brings a vast background and expertise in credit risk strategies, portfolio management, and regulatory relations. As the Chief Credit Officer, he will oversee the quality and



Brett Hamilton is to be the new executive vice president and chief credit officer at First Northern Bank. Photo courtesy of First Northern Bank

diversity of the credit portfolio, and have responsibility for ensuring compliance with regulatory requirements, and optimizing risk management practices at the Bank.

“Brett’s leadership and financial acumen should be instrumental in guiding our credit culture and supporting our Strategic Plan

and helping us achieve our annual performance metrics,” said Jeremiah Smith, President and CEO of First Northern Bank. “His extensive experience combined with the Bank’s already established sound lending practices should position Brett as a key driver of the Bank’s continued growth throughout the region and surrounding communities we proudly serve.”

Hamilton most recently served as the Senior Vice President and Senior Credit Administrator at Tri-Counties Bank where he led a team of credit analysts, commercial underwriters, and regional credit administrators. Previously, he worked for more than 16 years on a variety of credit and risk teams at Rabobank. He attended California State University, Fresno. ★

County Administrator Announces Appointments

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housed in a department. This promotion and the reorganization further underscore the county’s dedication to embedding sustainability principles into decision-making processes and operational strategies county-wide. Wraithwall holds a Bachelor of Arts in Environmental Science and Public Policy from Harvard University and a Masters of Environmental Management from Yale School of Forestry and Environmental Studies.

In a strategic initiative intended to improve services and regulatory compliance, Yana Pavlova is stepping into the role of County Service Areas Manager. Tasked with supervising the efficient and cost-effective delivery of services to unincorporated communities, Pavlova’s appointment highlights the county’s dedication to ensuring equitable access to essential services and adherence to regulations. Pavlova holds a Bachelor of Arts in Legal Studies from the University of California, Berkeley, and a Juris Doctor from UC Davis School of Law. Prior to joining the county, Pavlova practiced law for 5 years with a focus on commercial litigation and contract disputes.

Yen Nguyen’s appointment as Associate Management Analyst for County-wide Policies aligns with the county’s vision of efficient and

effective governance and community-driven policy development. Nguyen’s role in supporting the County Administrator’s Office will focus on policy areas such as health and human services, as well as broader initiatives to increase the county’s pursuit of federal grant funding for key community programs. Nguyen holds a Bachelor of Arts in Asian American Studies from the University of California, Davis; and she is being promoted from her prior role of Administrative Services Analyst with the Health and Human Services Agency.

Sandra Rodriguez’s promotion to Administrative Services Manager reflects the County’s commitment toward efficient, high quality, and cost-effective services. In this important management role, Rodriguez supports the County Administrator as the primary liaison to staff from the Board of Supervisors. She is responsible for leading the County’s newly implemented strategic recruitment process; and she is the County Administrator’s lead on all matters pertaining to personnel management, procurement, and contracts within the County Administrator’s Office. Rodriguez holds a Bachelor of Arts in Psychology from California State University, Sacramento. She previously served on the staff of two Yolo

County Supervisors: The Honorable Jim Provenza and The Honorable Mariko Yamada.

Laura Galindo’s appointment to the Office of Emergency Services (OES) significantly enhances the county’s readiness and effectiveness in managing incidents. Drawing on her skills in planning and public communications, Galindo guarantees the timely and accurate distribution of information, enhancing the community’s response and resilience in emergency scenarios. In addition to providing crucial support to OES, Galindo will also assist the County Administrator’s Office with enhancing county-wide communications. Galindo holds a Bachelor of Science in Sustainable Enterprise Management from the University of Phoenix, and she joins the county after 8 years on the communications team of the Yocha Dehe Wintun Nation, a federally recognized tribe bordering Yolo County.

The County Administrator’s Office emphasizes the significance of these appointments in advancing the county’s mission of making a difference by enhancing the quality of life for all residents. These appointments reflect Yolo County’s values of high quality, efficient, and cost-effective customer service through a diverse workforce reflective of longstanding community values. ★

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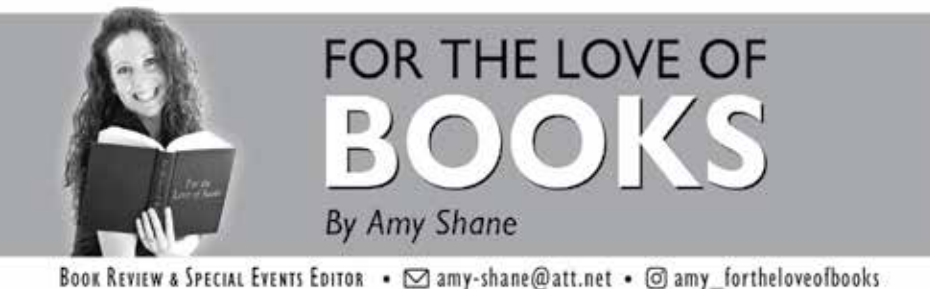
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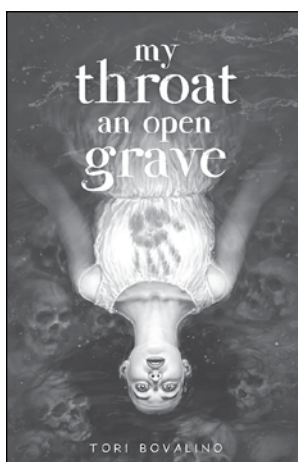
My Throat an Open Grave

by *Tori Bovalino*

Leah grew up knowing the stories about the Lord of the Wood. For years, young women of her hometown entered the woods, never to return. Living within the righteous standards of the town's small church is almost suffocating, where every girl is told they must be righteous, holy, above all temptations, or the Lord of the Wood will take her like the others. So, Leah keeps her head down, attends church, and cares for her brother, who never stops crying.

But one night, when it all feels too much, Leah offers her screaming brother to the Lord of the Wood, and he hears her. The next morning, lying on her brother's crib, is a small bundle of sticks tied in a ribbon. Instantly, Leah knows she has made a mistake, and there is only one thing she can do: enter the forest to bring him back. Once she crosses into his domain, Leah realizes that The Lord of the Wood isn't the devil she was made to believe, but a handsome young man. Who offers to return her brother for a price.

One month is all she has, and as Leah prepares, she learns more about the Lord



◆ Publisher: Page Street YA
◆ Intended Audience: Young Adult
◆ Release Date: Feb. 20, 2024

of the Wood and those who live within the Forest village. Surrounded by loving caretakers who become friends and Tristan, the Lord of the Wood, Leah starts to feel like she belongs. But the closer she becomes to all of them, the more hidden secrets begin to unearth themselves. Secrets that no longer can stay hidden.

As the month draws to a close, so does her resolve, leaving Leah searching for where she truly belongs and what she believes. Yet, the truth she uncovers about her hometown is too heavy to remain buried, and if Leah doesn't return, then the pattern continues.

Labyrinth meets the Grace Year in this deeply emotional and thought-provoking folklore story, *My Throat an Open Grave*. Don't fear the cover. While at first glance, this story might look like a horror read, it is instead an emotional, heart-wrenching story of self-discovery, truth, lies, and the power of an overly righteous town run by controlling men.

With strong main characters interlaced with the best elements of the 1980s cult classic movie *Labyrinth*, film fans will instantly fall for the Lord of the Woods. Tori Bovalino once again captures the hearts of her readers while delivering a strong, powerful read. Bovalino doesn't shy away from topics that leave her characters vulnerable and raw, touching on rarely-discussed subjects. Yet, she provides them with powerful storytelling settings that propel her readers through the story.

My Throat, an Open Grave, is raw, beautiful, impactful, and emotional, opening the door to unspoken questions and truths. This is a book perfect for getting lost in or discussing in a group; either way, readers will not be disappointed. ★

Social Security Matters

Minister Wants to Maximize Social Security Benefit



By **Russell Gloor**,
AMAC Certified Social Security Advisor

Dear Rusty: I want to apply for Social Security, but I want to make sure I get all the benefits I have earned. I am a veteran with a 10% disability rating (not sure if that matters). I am 68 years old. I am a minister and have been exempt from Social Security taxes for most of my income since I was about 30, but I still have the 40 quarters needed. I have also worked off and on in the secular workplace and continued paying Social Security taxes.

One hears a great deal about those who want to "help" us apply for Social Security, but which turn out to be a scam or want a fee. How do I apply and maximize my benefits with my unique situation? **Signed: Seeking Answers**

Dear Seeking: Don't worry about fees here at the AMAC Foundation – there is never a fee for the services we provide (we are non-profit). And I want to thank you for your military service - you may find the "For Veterans" section at our AMAC Foundation website interesting – www.amacfoundation.org.

To your question: Your VA disability rating does not affect your Social Security benefit. At 68 years old, your Social Security benefit payment has been earning Delayed

Retirement Credits (DRCs) since you reached your full retirement age (FRA) of 66 years and 4 months in July 2022. That means that your benefit, if you claim now, will be about 13% more than it would have been had you claimed at your FRA. FYI, if you continue to delay, your SS benefit will continue to grow (by 8% per additional year you delay), up to the month you turn 70. At that time, your SS benefit will be 29% higher than it would have been at your FRA. Nevertheless, if you wish to claim a smaller amount now, you can do so in a couple of ways:

- You can call Social Security (at 1.800.772.1213, or your local SS office) to request an appointment to apply. They will most likely set a date/time to call you to take your application over the phone (they discourage office visits these days). Once you have applied, it typically takes a month or two to process your application, but they will pay your benefits effective with the month you say you want them to begin. Note, they will likely also offer you six months of retroactive benefits but be aware that if you accept that offer your monthly payment will be permanently reduced by 4%.

- You can apply for your SS retirement benefit online at www.ssa.gov/apply. Applying online is, by far, the most efficient method, as shown in this short video: www.ssa.gov/hlp/video/iclaim_r01.htm. However, to apply online you will need to first create your personal "my Social Security" online account at www.ssa.gov/myaccount. Once you have your personal online

account set up, you will be able to see what your SS retirement benefit will be now, and at future ages should you plan to wait longer to claim. Your SS retirement benefit will be based on your lifetime record of earnings from which Social Security FICA taxes were withheld (or self-employment earnings on which SS payroll taxes were levied). In any case, your SS benefit will be based on your lifetime earnings record contributing to Social Security, as well as your age when you claim. You'll get your maximum benefit based on those factors.

Although your situation is somewhat uncommon, it is not exceptionally unique. Your VA disability rating does not affect your Social Security benefit and, because you are a member of the clergy, you are not subject to Social Security's Windfall Elimination Provision (WEP) – a rule which reduces SS benefits for those with a pension earned while not contributing to Social Security. In other words, your SS benefit will be based entirely on your lifetime record of earnings from which Social Security payroll taxes were withheld, and your age when your benefit starts.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★

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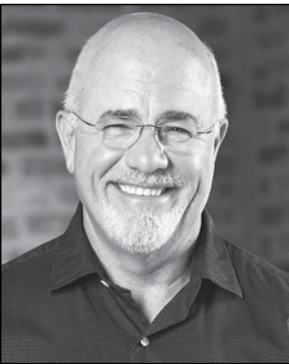
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Dave Ramsey Says

made plenty of mistakes during my 30-plus years in business. But when it comes right down to it, it's not their job to challenge me and help me grow. As a leader, that's on me. It's my responsibility to make sure I'm constantly challenging myself and growing as a leader and businessman.

Now, developing your team members and getting them to actually care and align with your mission? That is part of your job. You don't want leaders within your organization who aren't aligned with what you're trying to accomplish. When that happens, you've got a leader working a J-O-B. And at that point, they're no longer a leader. They're just a boss. Leaders lead. They show the way, they encourage and they lead by example. A boss just tells people what to do.

Over the years, I've had more luck promoting from within than I have bringing in someone new and plugging them in. Maybe there's someone there who's smart, already showing potential and demonstrating they care about the place and your mission. That's someone you can tap on the shoulder and start to move in a leadership direction. That kind of person is already fired up and wired up, so take

the bridle off them and give them a chance to run.

Here's an easy first step: Find a really good small-business and leadership book, buy three copies and start a series of study sessions with you and the two team members you mentioned earlier. Let them know you feel they have real leadership potential, then read through the chapters together and discuss one or two over a lunch each week. Open up the discussions, and just let them talk. After a few weeks of this, it'll start to become clear really fast if either one is suited for a bigger role in the company. It'll become the ultimate interview process.

Great question, Troy. Best of luck to you and your company as you take this next big step!

- Dave

Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of The Ramsey Show. He has appeared on Good Morning America, CBS This Morning, Today, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions ★

Plug In or Promote from Within?

Dear Dave,

I own a small business with about 20 team members, and we're doing pretty well. Last year, we had revenues of about \$1.2 million and profits of \$250,000. How do I find leadership within my company that cares about the vision and value of my company enough to help me grow it to the next level? I have two people in mind here who have impressed me a lot in the last two years, and I'd like for one of them to take a step up in the company. I'd like for this person to also challenge me and help me grow as a leader.

- Troy

Dear Troy,

I want leaders on my team who aren't afraid to bring things to my attention. If there are things they feel I need to work on, or look at differently, I want them to let me know. I'm not perfect, that's for sure. And I've

Housing Discrimination Is Illegal

It is against the law to treat a tenant, prospective tenant, or homebuyer differently because of race, color, national origin, sex, disability, the presence of children, religion, sexual orientation, gender identity, marital status, source of income, age or any arbitrary characteristic.

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Gold Dredge, 4 inch, 13hp electric start \$3,500.00. 916-206-3483 (5/3/24)

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240128
The following person(s) is doing business as: Ruiz Farms, 35837 County Road 24, Woodland, CA 95695.
Jose Ruiz Michel, 4141 Palm Avenue Apt 627, Sacramento, CA 95842. This business is conducted by an individual. The

registrant commenced to transact business under the fictitious business name or names listed above on January 11, 2019. This statement was filed with the County Clerk of Yolo County on February 12, 2024.
By: Jesse Salinas, Deputy
Publish: April 12, 19, 26, May 3, 2024

RUIZ 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240279
The following person(s) is (are)

doing business as: Clear Cut Coatings and Painting, 1111 Kato Ln., Winters, CA 95694
County of YOLO Fernando Gutierrez Tafoya, 1111 Kato Ln., Winters, CA 95694
Jaime Rodarte, 1106 Almeria Ave, Winters, CA 95694
This business is conducted by Co-Partners
The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A. S/

Jaime Rodarte, This statement was filed with the County Clerk of Yolo County on 03/26/2024.
Jesse Salinas, County Clerk/Recorder kquam, Deputy
Publish: 4/12, 4/19, 4/26, 5/3/24 CNS-3799804#
NEWS-LEDGER 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240261

The following person(s) is doing business as: 1. CALIFORNIA WINE TRANSPORT, 2. ALDENBRIDGE, 3910 SEAPORT BLVD. WEST SACRAMENTO, CA 95691, County of YOLO. Mailing Address: 1000 BRICKELL AVE., STE 215 MIAMI, FL 33131 PSTV B2, LLC, 15751 TAPIA STREET IRVINDALE, CA 91706 This business is conducted by LIMITED LIABILITY COMPANY. The registrant commenced to transact business under the fictitious business name or names listed above on N/A /s/ HARALD KOHLMAN, MANAGER OF PSTV B2, LLC This statement was filed with the County Clerk of Yolo County on 03/19/2024. Jesse Salinas, County Clerk/Recorder By: MELISA VERA, Deputy
Publish: 4/12, 4/19, 4/26, 5/3/24
CNS-3799272#
NEWS-LEDGER 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240287

The following person(s) is doing business as: BAY AREA VET BEHAVIOR, 9253 JOHNSON RD., WINTERS, CA 95694, County of YOLO. BEHAVIOR PATHWAYS VETERINARY CORPORATION, 9253 JOHNSON RD, WINTERS, CA 95694
This business is conducted by A CORPORATION.
The registrant commenced to transact business under the fictitious business name or names listed above on 3/12/2024 /s/ WAILANI SUNG
This statement was filed with the County Clerk of Yolo County on MARCH 27, 2024.
Jesse Salinas, County Clerk/Recorder
By: MELISA VERA, Deputy
Publish: 4/12, 4/19, 4/26, 5/3/24
CNS-3799030#
NEWS-LEDGER 5-3-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240307

The following person(s) is doing business as: THE CLEAN + SIMPLE CREATIVE COMPANY, 998 RIVERFRONT ST., APT 206, WEST SACRAMENTO, CA 95691, County of YOLO. BRITTANY NIELSEN, 998 RIVERFRONT ST., APT. 206, WEST SACRAMENTO, CA 95691 This business is conducted by INDIVIDUAL. The registrant commenced to transact business under the fictitious business name or names listed above on 12/07/2023 /s/ BRITTANY NIELSEN This statement was filed with the County Clerk of Yolo County on 4/04/2024. Jesse Salinas, County Clerk/Recorder By: KQUAM, Deputy
Publish: 4/19, 4/26, 5/3, 5/10/24
CNS-3803313#
NEWS-LEDGER 5-10-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240318

The following person(s) is (are) doing business as: XENOMET, 3531 Mono Place, Davis, CA 95618 County of YOLO
Mailing Address: 3531 Mono Place, Davis, CA 95618
XENOMED LLC, 3400 COTAGE WAY, STE G2 #3518, SACRAMENTO, CA 95825
This business is conducted by a limited liability company
The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A.
XENOMED LLC
S/ Sean Adams, Manager,
This statement was filed with the County Clerk of Yolo County on 04/09/2024.
Jesse Salinas, County Clerk/Recorder Kquam, Deputy
Publish: 4/19, 4/26, 5/3, 5/10/24
CNS-3766169#
NEWS-LEDGER 5-10-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240326

The following person(s) is doing business as: Yoga Events Sacramento, 2725 Paradise Way, West Sacramento, CA 95691.
Carla Hanson, 2725 Paradise Way, West Sacramento, CA 95691. This business is conducted by An Individual. The registrant commenced to transact business under the fictitious business name or names listed above on March 23, 2024.
This statement was filed with the County Clerk of Yolo County on April 11, 2024.
By: Jesse Salinas, Deputy
Publish: April 26, May 3, 10, 17, 2024
YOGA 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240291

The following person(s) is doing business as: Brookside Investors, 610 Barbera Place, Davis, CA 95616.
Mark McNece, 610 Barbera Place, Davis, CA 95616. This business is conducted by a Limited Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on January 7, 2019.
This statement was filed with the County Clerk of Yolo County on March 29, 2024.
By: Jesse Salinas, Deputy
Publish: April 26, May 3, 10, 17, 2024
BROOKSIDE 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240348

The following person(s) is doing business as: Ripple., 135 Penegast Street, Woodland, CA 95695.
KF Bacon, LLC, 14138 Second Street P.O. Box #89, Woodland, CA 95695. This business is conducted by Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on April 1, 2024.
This statement was filed with the County Clerk of Yolo County on April 18, 2024.
By: Jesse Salinas, Deputy
Publish: April 26, May 3, 10, 17, 2024
RIPPLE 5-17-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240197

The person(s) or entity listed below are abandoning the use of

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240344
The following person(s) is (are) doing business as: 1. Dentists of Woodland, 2. Dentists of Woodland Dental Group, 1450 E Main Street, Suite 100, Woodland, CA 95695 County of YOLO
Mailing Address: 17000 Red Hill Ave., Attn: Legal Dept., Irvine, CA 92614
Macchiarella and Gill Dental Corporation, 17000 Red Hill Avenue, Irvine, CA 92614
This business is conducted by a Corporation The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A.
Macchiarella and Gill Dental Corporation S/ Sergio Vicuna, Secretary, This statement was filed with the County Clerk of Yolo County on 04/16/2024.
Jesse Salinas, County Clerk/Recorder
KQUAM, Deputy
Publish: 5/3, 5/10, 5/17, 5/24/24
CNS-3801040#
NEWS-LEDGER 5-24-24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO
ORDER TO SHOW CAUSE CHANGE OF NAME
#CV2024-0544
Juan Gabriel Gomez Vasquez has filed a petition with this court for a decree changing the name(s) of Cristian Alexander Reyes Rojas to Cristian Alexander Gomez Rojas.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 14, 2024, at 9:00 a.m. in Department 14, located at 1000 Main Street Woodland, CA 95695 and show cause, if any, why the petition for Change of Name should not be granted.
Dated: March 26, 2024
David W. Rosenberg, Judge of the Superior Court
Publish: April 19, 26, May 3, 10, 2024
VASQUEZ 5-10-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO
ORDER TO SHOW CAUSE CHANGE OF NAME
#CV2024-0917

Mayra Yvette Rodarte has filed a petition with this court for a decree changing the name(s) of Dolores Yvette Alvaro to Lola Yvette Rodarte and Luis Alberto Alvaro to Luis Alberto Rodarte.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 24, 2024, at 9:00 a.m. in Department 11, located at 1000 Main Street Woodland, CA 95695 and show cause, if any, why the petition for Change of Name should not be granted.
Dated: April 12, 2024
Timothy L. Fall, Judge of the Superior Court
Publish: April 26, May 3, 10, 17, 2024
RODARTE 5-17-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO
ORDER TO SHOW CAUSE CHANGE OF NAME
#CV2024-0852

Naima Gonzalez has filed a petition with this court for a decree changing the name(s) of Naima Gonzalez to Naima Cardona-Bregante.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 6, 2024, at 9:00 a.m. in Department 14, located at 1000 Main Street Woodland, CA 95695 and show cause, if any, why the petition for Change of Name should not be granted.
Dated: April 19, 2024
David W. Rosenberg, Judge of the Superior Court
Publish: May 3, 10, 17, 24, 2024
GONZALEZ 5-24-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO
ORDER TO SHOW CAUSE CHANGE OF NAME
#CV2024-1001

Erik Rodriguez-Huerta has filed a petition with this court for a decree changing the name(s) of Erik Rodriguez-Huerta aka Erik Rodriguez Huerta, aka Erik Rodriguezhuerta) to Erik Rodriguez.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 4, 2024, at 9:00 a.m. in Department 11, located at 1000 Main Street Woodland, CA 95695 and show cause, if any, why the petition for Change of Name should not be granted.
Dated: April 22, 2024
Timothy L. Fall, Judge of the Superior Court
Publish: May 3, 10, 17, 24, 2024
RODRIGUEZ 5-24-24

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FILE NO. F20240197
The person(s) or entity listed below are abandoning the use of

NOTICE OF PUBLIC SALE

Notice is hereby given that the undersigned intends to sell at public auction the personal property described below. A lien imposed on said property pursuant to section 21700- 21716 if the Business & Professionals Code, and provisions of Civil Code. The undersigned will sell at public auction by competitive bidding online at StorageTreasures.com May 3rd, 2024 through May 17th, 2024. The premises where said property has been stored at **Southport Self Storage**, located at 3080 Promenade St., West Sacramento, CA 95691, phone # (916) 395-3080 the following described goods: Furniture, Electronics, Collectables, Motorcycle, Bicycles, and more. These goods are the lien property of the following tenant unit:

C55 Paula George

Purchases must be paid for at the time of sales in CASH. Items are sold AS IS WHERE IS and must be removed at the time of sale. Southport Self Storage reserves the right to refuse any bid or cancel auction.

West Sac News Ledger 5-3 and 5-10-2024

INVITATION TO BID

Sealed proposals will be received and submitted electronically through the City's OpenGov Procurement system at <https://procurement.opengov.com/portal/cityofwestsacramento> until **3PM local time on Friday, May 3rd, 2024**, at which time and place results will be posted and available for public review for the:

HIGHWAY SAFETY IMPROVEMENT PROJECT

The proposed work consists of the following: installing pedestrian improvements including curb ramps, mid block crossings, curb, gutter, and sidewalks, rectangular rapid flashing beacons, traffic signal hardware, striping, and signs.

The Contractor shall provide labor, materials, tools, equipment, and incidentals, and shall perform all work necessary to deliver a completed, workmanlike project ready for safe public use and economical maintenance by City forces.

Engineer's Estimate: The Engineer's Estimate for the proposed improvements is **\$1,942,420.00**
The Disadvantaged Business Enterprise (DBE) contract goal is 18 percent. This project is subject to Buy America requirements.

Pre-Bid Meeting: A non-mandatory Pre-bid meeting will be held virtually through Microsoft Teams on, **Wednesday, April 12th, 2024 at 11:00AM**. See meeting link below for access.

https://teams.microsoft.com/l/meetup-join/19%3ameeting_jBkNDiwNGitY2FiNy00ZGNILThjMzItOTNIODQxMzNhNmFh%40thread.v2/0?context=%7b%22Tid%22%3a%22284d74b9-2287-48dd-86fa-55c87b82bc40%22%2c%220id%22%3a%223c7c346c-5108-4bab-abd5-11ea50369821%22%7d

1. **Completion of Work:** All work shall be completed within One-Hundred-Twenty (120) calendar working days from the date designated on the Notice to Proceed.

2. **Obtaining Contract Documents:** Contract documents and plans are available for downloading free of charge through the City's ProcureNow link at <https://secure.procurenow.com/portal/cityofwestsacramento>.

3. **Questions:** Project-specific questions must be submitted through the City's ProcureNow link at <https://secure.procurenow.com/portal/cityofwestsacramento>. If appropriate, the City will post responses to Bidder questions through the ProcureNow system. The cutoff date for submittal of questions is **Friday, April 19th, by 5PM local time**.

4. **Submission of Proposals:** Sealed proposals will be received and submitted electronically through the City's ProcureNow system at <https://secure.procurenow.com/portal/cityofwestsacramento> until **3:00 p.m. local time on Friday, May 3rd, 2024**, at which time and place results will be posted and available for public review for the **Highway Safety Improvements Project**.

Each Bid must conform and be responsive to this notice and shall be submitted through the City's ProcureNow system at made on the official proposal forms furnished with the Contract Documents.

5. **Bid Security:** Each proposal must be accompanied by a Bid Security in the form of a cashier's check, certified check, or Bid bond executed on the prescribed form, in an amount not less than ten percent (10%) of the total Bid price payable to the City of West Sacramento.

Bidders are hereby notified that in accordance with the provisions of Public Contract Code section 22300, securities may be substituted for any monies which the City may withhold pursuant to the terms of this Contract to ensure performance.

6. **Construction License:** Bidder must possess a current Class "A" Contractor's License issued by the State of California, at the time the Bid is submitted.

7. **Contractor Registration:** All Bidders, and Subcontractors subject to Public Contract Code section 4104, must have registered with the California State Department of Industrial Relations pursuant to Labor Code section 1725.5 prior to submitting a bid. Furthermore, a Contractor, and all Subcontractors subject to Public Contract Code section 4104, must be registered pursuant to Labor Code section 1725.5 before entering into a contract to work on a public project.

8. **Public Contract Code section 20103.5:** In all contracts subject to this part where federal funds are involved, no Bid submitted shall be invalidated by the failure of the Bidder to be licensed in accordance with the laws of this state. However, at the time the contract is awarded, the Contractor shall be properly licensed in accordance with the laws of this state. The first payment for work or material under any contract shall not be made unless and until the Registrar of Contractors verifies to the agency that the records of the Contractors' State License Board indicate that the Contractor was properly licensed at the time the contract was awarded. Any Bidder or Contractor not so licensed shall be subject to all legal penalties imposed by law, including, but not limited to, any appropriate disciplinary action by the Contractors' State License Board. The City shall include a statement to that effect in the standard form of prequalification questionnaire and financial statement, if applicable. Failure of the Bidder to obtain proper and adequate licensing for an award of a contract shall constitute a failure to execute the contract and shall result in the forfeiture of the security of the Bidder.

9. **Preconstruction Conference:** A preconstruction conference will be convened after the Contractor has delivered the necessary bonds, insurance certificates, and signed agreement in proper form as required in the invitation to bid, Bid proposal, and general conditions of these specifications. Prior to any work, the Contractor shall provide the Engineer with a list of key personnel assigned to the project and the telephone numbers where they may be reached at any time. The list shall be made available in sufficient copies and presented at the preconstruction conference.

10. **Award:** The award shall be made to the lowest responsible Bidder whose proposal complies with the specified requirements. The award of the Contract will be made by the West Sacramento City Council, and the Contractor shall execute the Contract within ten (10) days after it has received the Contract from the City. The City reserves the right to waive any irregularity in the proposals. No Bid may be withdrawn for a period of sixty (60) days after the opening of bids.

11. **Rejection of Bids:** The City reserves the right to reject any and all bids, or to waive immaterial irregularities in any bid. Any Bid not conforming to the intent and purpose of the Contract Documents may be rejected. The City reserves the right to make all awards in the best interest of the City.

12. **Disqualification of Bidder:** If there is a reason to believe that collusion exists among any Bidders, none of the bids of the participants in such collusion will be considered and the City may likewise elect to reject all bids received.

13. **Relief of Bidder:** Attention is directed to the provisions of Public Contracts Code section 5101 and the following, concerning relief of Bidders and in particular to the requirements therein that if the Bidder claims a mistake was made in its bid, the Bidder shall give the City written notice, within five (5) days after the opening of bids of the alleged mistake, specifying in the notice, in detail, how the mistake occurred.

14. **Wage Rates:** Bidders are hereby notified that the California Department of Industrial Relations has determined the general prevailing rate of wages for each craft, classification, or type of worker needed to execute the work. Copies of the current schedules for prevailing wages are on file in the City's office, and the contents of those schedules are included herein as if set forth in full.

It shall be mandatory for the Contractor and any Subcontractor under it to pay not less than the said specified rates to laborers and workmen employed by them in the execution of the Contract.

15. **Bonds:** The successful Bidder will be required to furnish a payment bond in an amount equal to one hundred percent (100%) of the Contract price, and a faithful performance bond in an amount equal to one hundred percent (100%) of the Contract price.

16. **Federal Requirements:** Contractor shall comply with all federal requirements in Part 2 Federal Provisions. The DBE goal for this project is 18%.

By: _____

Kevin Tan, Assistant Civil Engineer
kevin.tan@cityofwestsacramento.org

Date: _____

West Sac News Ledger 4-19, 4-26 and 5-3-2024

The Uptime Resources, 32900 Alvarado Niles Road Suite 100, Union City, CA 94587.

The fictitious business name was originally filed in Yolo County on March 19, 2019, and is being abandoned by the registrants(s) listed below: KBA Document Solutions, LLC, 32900 Alvarado Niles Road Suite 100, Union City, CA 94587.

The business was conducted by: A Limited Liability Company.

This statement was filed with the County Clerk of Yolo County on February 29, 2024.

By: Jesse Salinas, Deputy
Publish: April 12, 19, 26, May 3, 2024
UPTIME 5-3-24

LIEN SALE

PUBLIC LIEN SALE

Extra Space Storage, on behalf of itself or its affiliates, Life Storage or Storage Express, will hold a public auction to satisfy Extra Space's lien, by selling personal property described below belonging to those individuals listed below at the location indicated.

19389 County Rd 102, Woodland, CA, 95776 on 5/15/24 @2pm:
Stephanie Ramirez Escobedo
975 F St, West Sacramento, Ca, 95605 on 5/15/24 @11am: Bryanna Caster

1100 N 1st St, Dixon, CA 95620 on 5/15/24 @2pm: Thomas Gomez; Giles Gunn; Lakayla Hairston
The auction will be listed and advertised on www.storage-treasures.com. Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property.
Publish: 5/3/24
CNS-3808158#
NEWS-LEDGER 5-3-24

TRUSTEE SALE

T.S. No. 119330-CA APN: 046-443-015-000 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 7/12/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER On 6/6/2024 at 12:45 PM, CLEAR RECON CORP, as duly appointed trustee under and pursuant to Deed of Trust recorded 7/19/2006 as Instrument No. 2006-0028071-00 the subject Deed of Trust was modified by Loan Modification recorded on 03/28/2013 as Instrument 2013-0009918-00, of Official Records in the office of the County Recorder of Yolo County, State of CALIFORNIA executed by: BERNARD SALUDARES, AND STACEY SALUDARES, HUSBAND AND WIFE AS JOINT TENANTS WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE; At the North entrance to the City Hall located at 1110 West Capitol Avenue, West Sacramento, CA 95691 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE ACCURATELY DESCRIBED IN SAID DEED OF TRUST. The street address and other common designation, if any, of the real property described above is purported to be: 1770 CHELAN RD, WEST SACRAMENTO, CA 95691 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$496,762.94 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned or its predecessor caused said

California Once Led In Government Transparency. It Descended Into Secrecy and Opacity



By Dan Walters, CALMatters.org

California once was a national leader in making government more transparent, requiring state and local agencies to conduct their business in public meetings and giving Californians easy access to public records.

In recent years, however, transparency has eroded. The Legislature has retreated into semi-secrecy, particularly on the state budget but also on other major legislation. Due to a construction project, legislative offices have been moved from the Capitol to an almost impenetrable building, making in-person contact more difficult.

Behind those well-guarded doors, decisions are made and deals are cut and the outcomes are simply announced and enacted with sometimes little or no meaningful debate. In recent years, governors and legislators have been using budget “trailer bills” to pass major changes in policy with little or no notice.

The descent into secrecy has, for obvious reasons, coincided with the advent of one-party government. The dominant Democrats can ignore media and the larger public because they know their numbers insulate them from accountability.

The increasing opacity of state government decision making is compounded by its having data systems that are clunky and often offer

only outdated information. Cal-Access, the system that contains political information, such as campaign contributions and lobbying expenditures, is especially difficult to use and efforts to improve it have themselves been sporadic.

Projects to modernize the state’s information technology have been underway for decades, but have experienced numerous delays and failures despite costing billions of dollars.

A poster child for the data shortcomings is the Financial Information System of California, which has the catchy acronym of FISCal. It was envisioned many years ago as a comprehensive financial management tool for all state agencies but is only partially operational.

One aspect of FISCal’s situation is that California is chronically tardy in reporting its financial picture. State Controller Maila Cohen recently released the state’s “Comprehensive Financial Report,” a nearly 400-page document required by law to be prepared each year. It was a report on the 2021-22 fiscal year that should have been issued a year earlier, but wasn’t because FISCal and other data systems could not generate timely and accurate numbers.

Cohen acknowledged its tardiness in a cover letter, saying it “will mark the fifth consecutive year that California has published its financial statements well beyond the regulatory deadline of nine months after the fiscal year end,” and blamed it on FISCal and other technical shortcomings.

The state auditor’s office, which is charged with reviewing the annual financial report, has been highly critical of FISCal’s implementation in

a series of audits for the Legislature. Three years ago, the office issued a report saying that FISCal’s deficiencies were chronically delaying the state’s annual economic reports, and noting that delays were hindering the state’s ability to borrow money and execute funding agreements.

Obviously little has happened since to rectify that embarrassing failure. The 2022-23 financial report should have been released this month, but it will probably be a year late as well.

California’s shortcomings in transparency have not gone unnoticed outside the state. This week, an organization called Truth in Accounting, which monitors financial information management across the nation, issued a 50-state scorecard on transparency and California scored third from the bottom.

States were graded on such issues as the timeliness and accuracy of their financial reports, and their candor – or lack of it – in reporting financial obligations such as unfunded liabilities of their public pension systems.

A perfect score would have been 100. New York was rated No. 1 with 86 points, followed by Wyoming and Hawaii. California’s score was 48, higher than only Illinois and Georgia.

That’s shameful.

Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers. He began his professional career in 1960, at age 16, at the Humboldt Times in Eureka, while still attending high school, and turned down a National Merit scholarship to continue working as a journalist. ★



Bring On Spring

We think of springtime as renewal, a time of living life to the fullest. But let’s be honest, there’s also a thing called spring fever, and we tend to go drifting off into a world of ‘I’ll do that tomorrow.’ According to Dr. Susan Smith-Jones, there are ways to enrich your life in springtime and it can be fun too. Dr Jones has made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition, life balance and peaceful living. She travels the world in search of tools to make life positive and has authored some 30 books on lifestyle and good living to make it so. From “The Curative Kitchen and Lifestyle” and “Thrive” along with her latest “Uplifted” 12 minutes to more joy, faith, peace, kindness and vitality. She strives to get you to a better place in any season of the year. Bring on spring with these simple tips.

1. **LISTEN TO MUSIC.** Music is the food for the soul and an instant way to gain peace of mind. Enjoy your favorite music daily. 2. **DEEP BREATHING.** Take five long slow, deep breaths. This is a quick and easy way to instantly feel calm. 3. **ENJOY NATURE.** Too much concrete is never a good thing. Spending time in nature can actually make you feel younger and happier. 4. **PLAY WITH A PET.** Playing with a pet is a great way to de-stress. Touch is a powerful sense and eases tension and promotes peace. 5. **DE-CLUTTER.** Have regular clear-outs. Clutter can add to feelings of tension and a clean, clear home allows a

cleaner, more peaceful mind. 6. **SENSE OF HUMOR.** Laugh a lot. The world is instantly a better place when you can see the funny side of life. 7. **HAVE GOALS.** Goals keep us going in the right direction and give us a sense of purpose. Create short term and long term goals. 8. **FROLIC.** All work and no play will stress anyone out. Make time for things you enjoy. Approach life with a playful attitude. 9. **LET IT GO.** There are some things you just cannot change, no matter how hard you try. Know when to cut your losses and detach. (Just like Elsa does in the movie “Frozen”). 10. **CULTIVATE GRATITUDE.** Focusing on all things in our lives that we are grateful for promotes inner calm and reminds us that there are always positives. 11. **SLOW DOWN.** Why does everything need to be accomplished today? Often, we place unrealistic pressure on ourselves when there is no need to. Challenge your impatience. Be mindful and enjoy life in the moment. 12. **BE KIND.** It’s free and it makes a difference. When we show kindness, it gives us an inner boost too. Live more by the golden rule.

You can check out Dr. Jones at www.SusanSmithJones.com and don’t forget to sign up for her FREE monthly newsletter at her website for great information and positive affirmations. Let this Spring take you to new heights of YOUR life. ★

HAPPY SPRING!!!

CDFW Warns Dog Owners to Be Mindful of Salmon Poisoning Disease



Dog owners in California are reminded to take precautions to protect their pets from salmon poisoning disease. Photo courtesy of CDFW

CDFW News Release

SACRAMENTO, CA (MPG) - Salmon Poisoning Disease is a potentially fatal condition seen only in dogs after they eat certain types of raw or cold smoked fish like trout and salmon that are infected with a bacteria-like organism, Neorickettsia helminthoeca, which is transmitted by the parasitic flatworm (or “fluke”) Nanophyetes salmincola.

Nanophyetes salmincola occurs naturally in waters of northern California and most of the north state can be considered the native range for the fluke. But dogs throughout the state are susceptible. Dog

owners are advised to be cautious and to keep their dogs away from salmon, steelhead, trout and other freshwater fish carcasses. The parasite cannot survive in cooked fish, is not harmful to humans and does not affect pets other than dogs.

If your dog has eaten or is suspected of eating raw fish, watch for signs of the disease. Symptoms are similar to distemper and may include some or all of the following: a rise in body temperature, loss of appetite, vomiting, diarrhea, listlessness and/or rapid weight loss. If signs of the disease appear, promptly take your dog to a veterinarian. Salmon Poisoning Disease is

treatable if caught in time. If untreated, death usually occurs within two weeks of eating the infected fish. Without treatment, 90 percent of dogs showing symptoms die.

While all fish caught or originating from streams in California could potentially be infected, the California Department of Fish and Wildlife (CDFW) cautions that trout stocked in some waters in CDFW’s North Central Region are more likely to be infected with the flukes that cause Salmon Poisoning Disease.

Weekly fish stocking information is publicly available at CDFW’s Fish Planting Schedule web page. ★

Matsui Press Conference Sounding Alarm on Loss of Internet Savings

Office of Congresswoman Doris Matsui News Release

SACRAMENTO, CA (MPG) - On Tuesday, April 2nd at 10:00 a.m., Congresswoman Doris Matsui (CA-07) held a press conference with local leaders to discuss the future of the Affordable Connectivity Program (ACP) and her efforts to close the digital divide.

Last Congress, Democrats established the ACP through the enactment of the American Rescue Plan and the Bipartisan Infrastructure Law. The ACP provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on Tribal lands. Eligible households can also receive a

one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines.

The ACP currently helps ~23 million households afford an internet connection, including over 100,000 households in the Sacramento region. However, without additional funding, the ACP is at risk of expiring in April. As Ranking Member of the House Energy and Commerce Subcommittee on Communications and Technology, Congresswoman Matsui is one of the leading national voices calling for a continuation of this vital program. ★

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TRUSTEE SALE

to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder’s office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times

by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 758-8052 or visit this Internet Web site WWW.HOMESEARCH.COM, using the file number assigned to this case 119330-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: Effective January 1, 2021, you may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an “eligible tenant buyer,” you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an “eligible bidder,” you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There

are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (855) 313-3319, or visit this internet website www.clearreconcorp.com, using the file number assigned to this case 119330-CA to find the date on which the trustee’s sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee’s sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee’s sale. If you think you may qualify as an “eligible tenant buyer” or “eligible bidder,” you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. (FOR SALES INFORMATION: (800) 758-8052 CLEAR RECON CORP 8880 Rio San Diego Drive, Suite 725 San Diego, California 92108 Published 5/3, 5/10, 5/17, 2024 News Ledger 5-17-24



INVITATION TO BID

Sealed proposals will be received and submitted electronically through the City’s Procurement system at <https://www.cityofwestsacramento.org/business/invitation-to-bid> until **10:00 AM local time on May 30, 2024**, at which results will be posted and available for public review for the:

Recreation Center Slide Pool Repair & Refurbishment

This Invitation to Bid (ITB) is for the Recreation Center Slide Pool Repair & Refurbishment Project. The City is seeking a qualified contractor/vendor to provide all labor, material, equipment, and services necessary.

CITY SCHEDULE:

Non-Mandatory Bid Walk:
 May 21, 2024 - 11:00am
 West Sacramento Recreation Center
 2801 Jefferson Blvd. #5317
 West Sacramento, CA 95691

Bid Release Date		May 10, 2024
RFI Question Cutoff	no later than 1:00pm	May 23, 2024
Proposals Due	no later than 10:00am	May 30, 2024

INQUIRIES:

Questions about this Invitation to Bid should be submitted through the OpenGov at <https://www.cityofwestsacramento.org/business/invitation-to-bid>. If appropriate, the City will post responses to Bidder questions through the Procurement system.

COMICS & PUZZLES

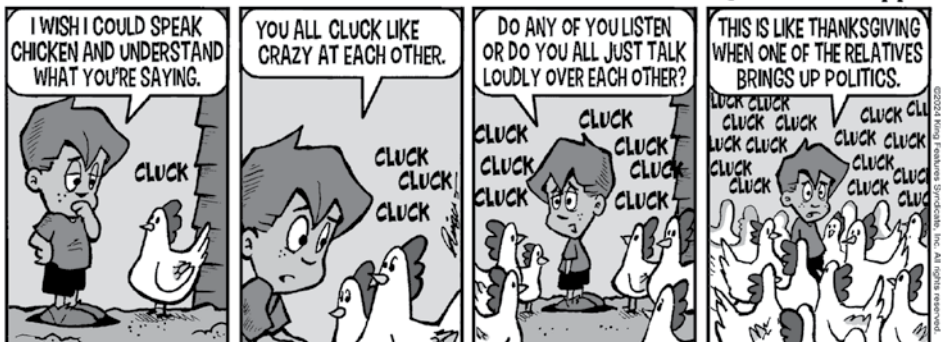
The Spats



by Jeff Pickering



Amber Waves



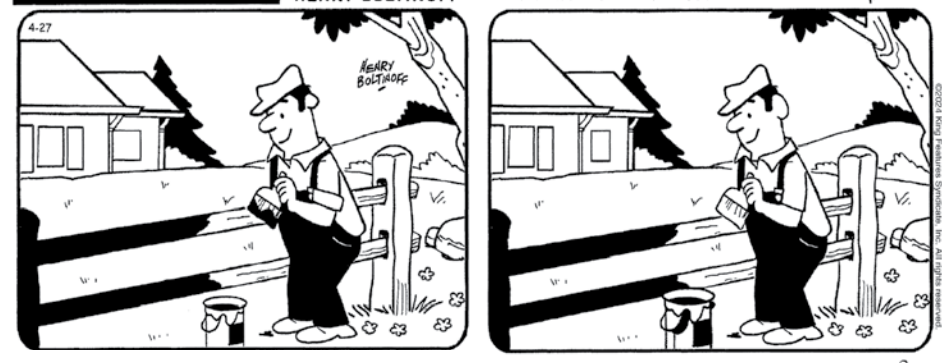
by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



GRIN & BEAR IT



by Bud Blake

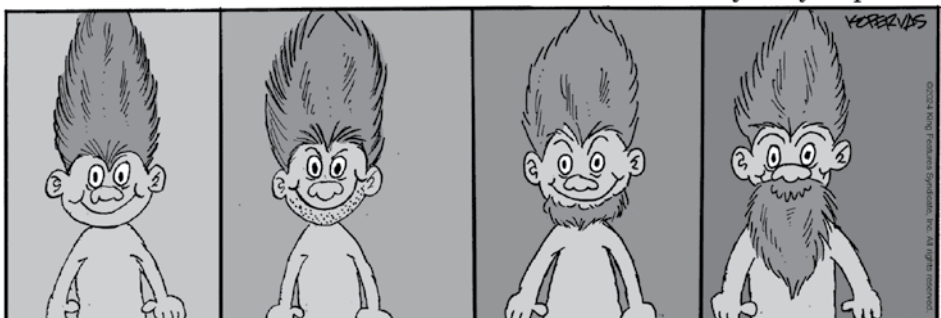
Just Like Cats & Dogs

by Dave T. Phipps

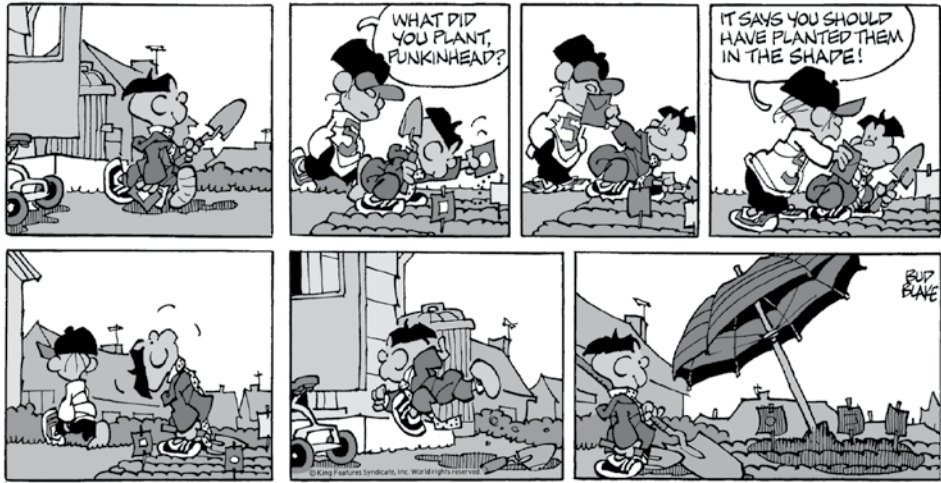


Out on a Limb

by Gary Kopervas



TIGER



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CLUES

- ACROSS**
- *"Odyssey" author
 - Time in NYC
 - Pay as you earn, acr.
 - Avoid paying taxes
 - Also
 - Rolled up, on a farm
 - From distant past
 - News channel acronym
 - Very angry
 - *"8 1/2" and "La Dolce Vita" director
 - Petri dish jellies
 - DDS exam
 - Engage for service
 - In all sincerity
 - *Preminger, director of "Exodus"
 - Petri dish jellies
 - DDS exam
 - Gordon Gekko: "_____ is good"
 - Barbershop sound
 - Bread pocket
 - Rumor
 - Whiskey straight, e.g.
 - Cubby hole
 - One-horse carriage
 - *#29 Down invasion coordinator
 - TV's Tony Nelson's "dream"
 - *"8 1/2" and "La Dolce Vita" director
 - Lake scum
 - Toothpaste type
 - Baited
 - Thorny
 - Anger
 - Last eight in college basketball
 - Kill
 - Lamentable
 - Bob Marley, e.g.

DOWN

- *Alpert & the Tijuana Brass
- Last word over walkie-talkie
- Algeria's southern neighbor
- Written corrections
- Chef's guide
- *A Sketch toy, launched in 1960
- *Just one of "My Three"
- Polynesian kingdom
- Prefix with trooper or legal
- Resembling wings
- Abominable humanoid
- *#57 Across actress
- Large feline (2 words)
- The Obamas' daughter
- *"A Man for _____ Seasons" movie
- Political repression
- Nordic gl hwein
- *Turf
- Man behind Windows
- *Bay of _____ Invasion
- *"Turn on, tune in, _____ out"
- Shockingly graphic
- Fill with optimism
- *"The Times They Are A-Changin'" singer-songwriter
- Three on a certain slot
- It's between Ohio and Ontario
- *#21 Across - first man in _____
- *"Mary Poppins" producer
- Not Beta or Kappa
- Farm tool
- Front of cuirass
- Spurious wing
- Kickboxing moves
- Twelfth month of Jewish year
- City of Taj Mahal
- "_____ a soul"
- Ran off
- Purple flower
- Not gross
- Brainchild
- E in B.C.E.

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 West Sacramento, CA 95691
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Main Office Address: 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA, 95608. Call 916-773-1111 for more information. The *News-Ledger* is published weekly on Friday.
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West Sacramento Offers Summer Activities for Seniors

City of West Sacramento News Release

WEST SACRAMENTO, CA (MPG) - The Active Aging programs offer a wide range of activities and features a Senior Lounge, where West Sacramento seniors ages 50+ can enjoy complimentary coffee and snacks while they explore a variety of social programs and events designed to keep them active and engaged. Come join in the fun and expand your horizon. Membership is required.

ACTIVITIES

Card Making, Tuesdays (every other month, May, July, etc.) 11 a.m. to noon, \$4.50. Must register in advance. Join others and socialize making greeting cards. Bring your own tools and bling.

Scrapbooking, Tuesdays (every other month, April, June, etc.) 11 a.m. to noon, \$2. Must register in advance. Bring your scrapbooks and supplies and join others who also enjoy this hobby. Colored paper provided.

Adult Coloring, Wednesdays, 1:30 p.m. to 3 p.m., \$2. Enjoy this fun time activity and relax with your peers as you color pages and share ideas. Materials will be provided.

Movie Mondays, 1 p.m. to 3 p.m., free to registered members. Watch a movie with your peers and enjoy free popcorn. Bring your own beverage or enjoy free coffee in our Senior Lounge.

Hand and Foot Card Game, Wednesdays, 10 a.m. to 3 p.m., free to registered members. The objective is to rid of all your cards and then "foot" by melding them. A meld is a set of 3-7 cards of the same rank that are placed face-up.

Exercise with Rose and Rita, Wednesdays, 1:30 p.m. to 2:30 p.m., free to registered members. Designed for seniors of all fitness levels. This class is packed with energy and positive vibes. Get fit in this low impact class using bands and resistance.

Tai Chi, Mondays, Wednesdays and Fridays, 10:30 a.m. to 11:30 a.m., free to registered members. Space is limited. Class is for all levels. Tai Chi is designed to help you gain better health, balance and relieve stress.

Ceramics Class, Riverbend Manor, 664 Cummins Way, Mondays, 9 a.m. to 1 p.m., free



The Active Aging programs offer a wide range of activities and features a Senior Lounge, where West Sacramento seniors ages 50+ can enjoy complimentary coffee and snacks while they explore a variety of social programs and events. Photo by Tung Lam from Pixabay

to registered members. Participants work independently on their choice of ceramic projects and are instructed on how to complete projects from greenware (clay not yet fired) into beautiful fired ceramic pieces.

Knit, Crochet and Sewing, Wednesdays, 10 a.m. to 1 p.m., free to registered members. Bring your own supplies. The class is not instructor-led, but a fun social group where participants share tips and tricks. All string work is welcomed. Space is limited.

Zumba Gold, Tuesdays and Thursdays, 11:30 a.m. to 12:30 p.m., \$3 per class or \$14 for a seven-class punch card. Space is limited. Join your peers for this adaptive dance class where a vivacious party happens in every class.

Bingo, Thursdays, 1 pm to 2:45 pm, \$5 per class for registered members. Must register in advance. Play six cards for 50 cents (maximum cards, six) or 10 cents per card per game. Come prepared with change to play. A light lunch is provided.

Mexican Dominoes, Mondays, 11 a.m. to 1 p.m., free to registered members. Must register in advance. The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station."

Morning Chair

Exercise, Monday, Thursday, and Friday, from 9:30 a.m. to 10:30 a.m., free to registered members. Begin your day with movement. Join the group and participate in a DVD driven, low impact chair exercise class.

Scrabble, first and third Fridays, 2 pm, free to registered members. The objective is to create as many words as possible by placing letter tiles on the board to create words.

Brain Booster, second and fourth Tuesdays, 9:30 a.m. to 10:30 a.m., free to registered members. Please register in advance. Challenge your long-term and short-term memories with mentally challenging activities, i.e., word games and trivia.

Hi Cap - Medicare

Counseling, second and fourth Tuesday, 1 p.m. to 3 p.m., by appointment only. Legal services of Northern California will offer limited free service to the senior community. Call the Community Center, (916) 617-5320 to make an appointment one week in advance.

Lawyer's Clinic, first Tuesday, 9 a.m. to 11 a.m., by appointment only. If you need legal advice and help, Legal Services of Northern California will offer limited free service to the senior community. Call the Community Center, (916) 617-5320 to make an appointment one week in advance.

SPECIAL EVENTS, FIELD TRIPS AND WORKSHOPS



Walk with Friends- Seniors, sponsored by Health Education Council, exclusively for West Sacramento seniors, Fridays, May 3, 10, 24, 31. Image by Julita from Pixabay

Zumba Gold Happy Hour, Special theme days, \$8 per person, (punch passes are not available during special theme days). May 2, Zumba Gold anniversary, June 13, Hawaiian Luau. Wear your favorite attire for happy hour themes.

Walk with Friends-Seniors, sponsored by Health Education Council, exclusively for West Sacramento seniors, Fridays, May 3, 10, 24, 31, free to seniors 50 plus. No registration required. Participants will engage in age-friendly physical movements including chair exercises, group walks and stretching and take home a bag of free fruit and veggies. Bring your own bag. For more information call (916) 617-5320. Need a ride? Call VIA at (916) 318-5101 for free rides to and from the Community Center. Only valid during program hours.

Top Golf, Roseville, Tuesday, May 14, noon to 2 p.m., \$20 for members and \$28 for nonmembers. Driving ranges are in a climate-controlled environment with HDTV's. This is a self-led group activity and golf clubs are provided. Visit the restaurant or sports bar for lunch or bring your own. Meet in the Senior Lounge at 10:45 a.m. for an 11 a.m. departure. Bring money for your enjoyment. Register by May 3.

Sly Park, Jenkinson Lake, Pollock Pines

Friday, May 24, 10 a.m. to 3 p.m., \$40 for members, \$48 for nonmembers. Register by May 17. Remember to bring your outdoor essentials. Meet in the Senior Lounge at 8:45 a.m. for a 9 a.m. departure. Bring your own picnic lunch and snacks.

Yolo Cares present Embracing Change: Seniors (50 plus), caregivers and the path to peaceful transitions. No cost. Monday, Noon to 1:30 p.m. Part one June 3 and part two June 24. For more information, call the Community Center at (916) 617-5320 or visit our website at www.westsacfun.org.

Red Hawk Casino, Friday, June 7, 10 a.m. to 2 p.m., \$20 for members and \$28 for nonmembers. Try your luck, check out the buffet, or hang out in the Apex amusement area. Meet in the Senior Lounge at 8:45 a.m. for a 9 a.m. departure. Depart from Red Hawk at 2 p.m. Register by May 31.

Senior Craft Day—Paint pours over clay pots, Friday, June 7, 10 a.m. to 11:30 a.m., \$10 for members. Participants will mix different acrylic paint colors to pour over clay flowerpots. All materials provided. Bring an apron or wear clothing that you don't mind getting dirty. Register by May 31.

Juneteenth Celebration, Friday, June 14, 5:30 to 8 p.m., Bridgeway Lakes Community Park, 3650 Southport Parkway, West Sacramento. Commemorating the end of slavery, the city is hosting its second annual Juneteenth celebration. Free and open to the public.

Capitol Bowl, 900 West Capitol Avenue, West Sacramento, Friday, June 21, noon to 1 p.m., \$15 for members. Price includes shoe rental and game. Arrange for your own transportation to and from the bowling alley. Bring money for food and beverages. Register by June 14.

Fab 4th Celebration, Thursday, June 27, 12:30 p.m. to 2:45 p.m., \$15 for members and \$23 for nonmembers. Happy 4th of July! Dress in red, white and blue and play a few rounds of bingo. Enjoy a pulled pork sandwich with sides and an orange float for dessert. Participants will receive a goody bag. Bring change to play bingo and enjoy a raffle for prizes at the end of bingo. Register by June 20. ★

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