



# West Sacramento News Ledger

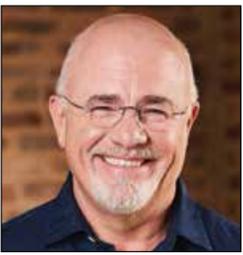
VOLUME 59 • ISSUE 17

Serving the West Sacramento Region Since 1964

APRIL 28, 2023

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By Russell Gloor



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## Charter School's in Top 10 for UC



Washington Middle College High School in West Sacramento has been ranked by the Sacramento Bee in the Top 10 high schools in the Sacramento Region for admissions into a University of California campus. Photo courtesy of WMCHS

By Michele Townsend

**WEST SACRAMENTO, CA (MPG)** - Washington Middle College High School, located at 637 Todhunter Ave., West Sacramento (formerly Bryte Elementary), has made the Sacramento Bee's Top 10 high schools in the entire Sacramento Region when it comes to 12th-grader admissions into a University of California campus! Washington Middle College High School (WMCHS) is a 9-12 grade Charter High School where the children attend and complete High School classes while also completing general education, pre-requisite college classes. In fact, many of these

students graduated High School with a High School Diploma and an AA Degree at the same time! In addition to that, there are students that are receiving their diplomas and double AA degrees when they walk for graduation ceremonies.

WMCHS is a dual enrollment program. The students attend WMCHS while attending Sac City College, starting in 9th grade. These do not need to be kids that have gone through the GATE program or AVID kids. They are kids that have the drive and determination to attend and graduate college. They do, in fact, have the AVID program at this school as well, however. In the AVID class, in 12th grade, the school helps the

students to complete required documents, letters, essays, etc., as part of the college admission paperwork.

The students take their English, Science, History, Math and AVID at the high school. All of the other classes such as electives, foreign languages are taken at the college. So, by the time they graduate high school, they have the potential to have earned an AA Degree. This year, three Seniors are receiving AA degrees. Natasha Z. is receiving an AA in Interdisciplinary Studies: Arts and Humanities, and one in Social and Behavioral Studies. Hanna V. is receiving an AA in Psychology. Multiple Seniors are graduating with

*Continued on page 3*

## 2nd Bivalent COVID-19 Vaccine Available

Yolo County News Release

**WOODLAND, CA (MPG)** - Older adults and immunocompromised persons are now able to receive a second bivalent mRNA vaccine dose against COVID-19.

The U.S. Centers for Disease Control and Prevention (CDC) recommends a second bivalent (also known as Omicron-specific or updated) dose for those 65 years old and older if at least 4 months have passed since their first bivalent dose. The CDC also recommends a second bivalent dose for immunocompromised persons if at least 2 months have passed since their first bivalent dose.

The protection provided by COVID-19 vaccines decreases over time, especially in older adults and those with weakened immune systems. A second bivalent dose increases this protection, helping to prevent infection, severe disease, hospitalization and death.

A single dose of bivalent COVID-19 vaccine is recommended for everyone 6 to 65 years old who is not immunocompromised. Only 28% of persons 5 years old and older living in Yolo County have received a bivalent dose, putting them at increased risk of severe COVID-19 disease.

For children 6 months to 5 years old who are already vaccinated, a bivalent dose may be recommended, depending on age and which vaccine product was used for previous doses. Young children continue to require multiple doses to establish initial protection against COVID-19. Consult with your child's healthcare provider to make sure your child is up to date with COVID-19 vaccines.

If you are not vaccinated against COVID-19, getting vaccinated is now easier than ever. A single bivalent dose of mRNA vaccine is now all that is needed to be considered fully vaccinated for persons 6 years old and older. Monovalent (original) mRNA COVID-19 vaccine doses are no longer available in the United States.

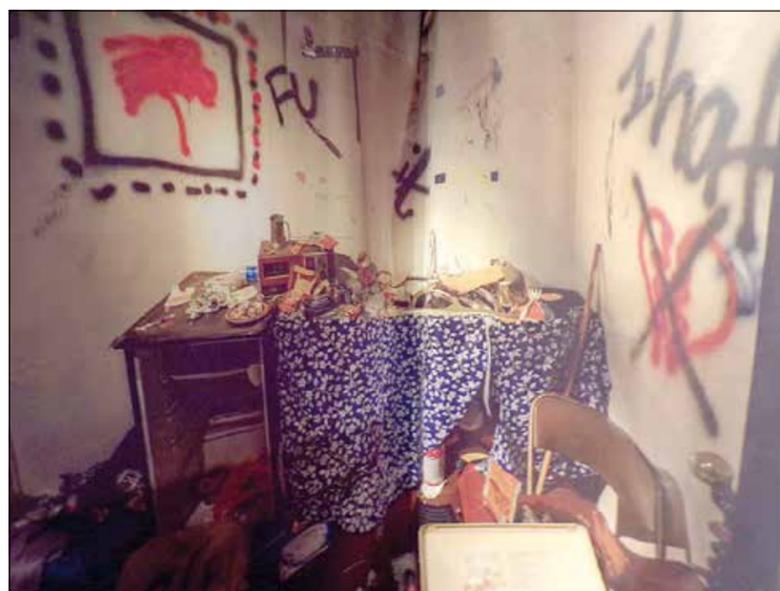
To find a COVID-19 vaccine near you, visit: [myturn.ca.gov](http://myturn.ca.gov). Healthcare providers and retail pharmacies continue to provide COVID-19 vaccines for free. Yolo County Public Health also provides free vaccines; visit [yolo-county.org/covid](http://yolo-county.org/covid) for clinic locations and hours. ★

## Lisa Project Raises Awareness of Childhood Abuse

By Michele Townsend

**WEST SACRAMENTO, CA (MPG)** - For many of us, when we think about childhood, we think about playing outside with the neighborhood kids. We think about sleepovers with our friends or playing at the park. We may even think about doing our chores, or our parents giving us a hard time about doing homework or taking out the trash. We think about family BBQ's and Christmas mornings. We think about our moms kissing our skinned knee right after she puts a band-aid on it. And overall, we have happy memories.

However, for many of those who think about childhood, they think about beatings. They think about fear and pain. They think about anger and violence. They have very few, if any, happy and child-like



Small rooms formed by curtains exhibited an abused child's experience of what looks like a filthy kitchen, with graffiti on the walls. Photo by Michele Townsend

memories. Some people think about what they've seen and what they've felt physically and emotionally. They think of loneliness, hopelessness

and desperation. Childhood was... or is, anything but happy.

April is Child Abuse Awareness Month and this year the Yolo County

Children's Alliance and the Yolo County Child Abuse Prevention Council (CAPC) partnered up with a group from Stockton to

*Continued on page 2*



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# Lisa Project Raises Awareness of Childhood Abuse

*Continued from page 1*  
bring The Lisa Project to Yolo County. For one day each, in Woodland, Davis and West Sacramento, the Lisa project shared its powerful message. On Tuesday, April 18, 2023, a reception was held in West Sacramento to kick off the exhibit with many prominent people speaking, although this article is not primarily about them.

Perhaps one exception to this was a young lady named Monique who got up and bravely told the story of her childhood. She spoke about the memories of her, and her siblings being forced to line up for their beatings and how they dreaded hearing, "Who wants to go first?" The answer of course was nobody, because whoever went

first, got it the worst. She explained how it always came with the statement: "I'm going to make an example out of you!" It was terrifying. She spoke of how programs like YCCA saved her life, and taught her how life should be, can be and now is. She spoke of survival.

Set up in the Black Box Theater, above the Community Center, the Lisa project was described as a "multi-sensory exhibit that tells the story of child abuse from the child's perspective." What this meant was that you walked into a very dark room with curtains hanging, were given a small iPod and headphones, and curtains were hung to form small rooms. In each room was another story. Every time you heard a

"ding", you were to go into the next room.

The story begins with a woman's voice telling a story about when she was six. You are standing in a room with what looks like a filthy kitchen, with graffiti on the walls. It cuts to the recording of a 911 call that she made when she was six years old. You could hear the violence taking place in the background and you could hear the heart-wrenching fear in the child's voice as she is yelling "Please send the Police! Hurry!!" and as she screams out "Stop fighting! Please! Mommy!! No Daddy, No!!" through her uncontrollable crying. Then there is a ding and you stepped into the next room.

The next room you are standing in is a neat, clean teenage girl's room with furry, purple, heart-shaped pillows and pictures of her and her friends hanging on the wall, and a picture of her with a black eye also hanging on the wall. It cuts to her voice. She speaks of coming from a well-off family and being a cheerleader. She speaks of being glad that her cheerleading uniform has long sleeves so that nobody can see the bruises and how at least this time, he didn't hit her in the face. Ding.

The next room is simply a table that holds a bowl full of pieces of paper. Each one has writing on both sides of the paper. On one side they say things like "Abandoned", "Physically Abused" "Safe", "Sexually Abused" and on the other side they all said "Call for help...Yolo County Child



Monique spoke in person of her childhood, how the children in her family were forced to line up for beatings, and how programs like YCCA saved her life. Photo by Michele Townsend

Welfare Abuse Reporting Hotline (530) 669-2345. Ding.

The next room, you appear to be standing in a bathroom. A young, shaky voice says she's 12 years old and that she was looking in the mirror at her developing body in the mirror when she noticed a family member looking at it too. She says at first he would just come in and sit on the toilet while she showered... until he started getting in with her. She said she cried, but it didn't stop him. Ding.

The final room is the voice that was speaking at the beginning of the exhibit. She speaks about helping a child whom you think is being abused or neglected. She talks about how important it is to break the cycle of abuse. She speaks about how abuse does not distinguish the boundaries of age, race, religion, gender, and socio-economic status. It tends to be generational,

cyclical, leaving life-long scars and often remaining a secret.

Deciding to get involved in a situation of suspected abuse or neglect can be difficult. It is, however, a decision that may be crucial to a child not only today, but also in the future. Parents who have abused or neglected their children may need services and support to provide safe care for their children.

Children who have been abused need caring adults to help them recognize that they are not responsible for the violence in their homes and to help them find ways to grow past their present trauma into healthy adults. Caring adults must help abused kids avoid a cycle of learned abusive patterns by teaching and modeling nonviolent methods of conflict resolution and helping them express their feelings in healthy ways.

Your community has victim assistance programs and counselors who are trained to work with child abuse victims. These advocates can provide information and a full range of victim support services. The services are available to all child victims even if no one is charged with a crime. If you suspect abuse or neglect, find out what is going on. Is it reoccurring? Does a child flinch when you move towards them? Are they shy by nature, or made shy by conditioning? Is the child always outside because they are playing or because they can't go inside? Does the child hesitate before answering any questions or talking about home. Teach your children to speak up if they have friends that talk about abuse. It may save that child's life. If you ever witness an emergency situation, call 911. ★



Ashley told her childhood story of coming from a well-off family and being a cheerleader at school but had to constantly struggle with the shame of bruises on her body from parental abuse. Image courtesy of the Lisa Project

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## Charter School's in Top 10 for UC

Continued from page 1

over 60 college units. One hundred percent of our Seniors are graduating with A-G UC eligibility.

In order to graduate from WMCHS, the students need to take all A-G (general education) courses with a grade of C or better as well as having a C or better on their college classes. By achieving this, the students have their required general education completed. This usually takes the first two years of college to complete.

The 12th graders from WMCHS will enter college as Freshmen but will have the first two years of work completed (or nearly completed) and are now considered a "better risk" or having a better chance of completion. The high school curriculum is a little bit more flexible, for example the English

class is more of a College Composition writing class. In addition, in order to graduate the students must complete Integrated Math 1, 2 & 3. Basically, the classes are designed and structured for the plan of continuing their education.

You do not have to "qualify" to attend this school. It is a public Charter School that welcomes all demographics. However, Principal Rachel Lane says that she can only accept up to 75 students each year. So, being timely to apply is a factor, but seeing if the student and school are a good fit is important when it comes to success.

This is a great school for children with the drive to succeed. It doesn't matter if they are the first one in their family to attend college or if all generations in the family have. For first

generation students there are so many support systems embedded into the program, the school walks them through it. Many families may not know what is required to attend a university, much less how to navigate through it. WMCHS does that.

"We guide them all the way through, both the students and the families", said Principal Lane, "That's part of the reason why every student I have got accepted into a four year... and not just one. Most got accepted into multiple school[s]."

WMCHS is the only school of its kind in this region. There are many around the country and Principal Lane said there is one in the Sacramento Region, with the next closest one being in Stockton. ★

## Jamba Juice Settles Consumer Protection Lawsuit with Yolo DA

**District Attorney  
Special Release**

**YOLO COUNTY, CA – APRIL 24, 2023** - On April 21, 2023, Jamba Juice LLC was ordered to pay \$143,000.00 to resolve a statewide case brought by the Yolo County and Santa Cruz County District Attorneys' Offices contending that Jamba Juice advertised misleading, or potentially misleading, discounts on its food and drink products at its California franchises.

The complaint alleged that from July to December 2020, Jamba Juice advertised a discount on its food and drink products to consumers who downloaded and signed up for Jamba's

smartphone app. Some of Jamba's in-store promotional materials for the discount failed to disclose that a \$10 minimum purchase was required in order to obtain the discount. A consumer relying on those materials would not have learned of the minimum purchase requirement until after installing the app and providing their personal information.

The judgment, entered on April 21, 2023, by the Honorable Timothy Volkmann of Santa Cruz County Superior Court, prohibits Jamba Juice from offering discounts or reduced prices without disclosing upfront all conditions upon which

the offer or reduced price depends. Additionally, Jamba Juice will pay a total of \$6,750.00 in restitution to California's Consumer Protection Trust Fund. Throughout the investigation, Jamba Juice was cooperative and promptly changed its store advertising to comply with the law.

Yolo County District Attorney Jeff Reisig stated: "When consumers are offered discounts on products and services, they are entitled to know conditions on which the offer depends. This settlement will help ensure consumers receive the information they need before making a purchase or signing up for discounts." ★

## West Sacramento Foundation Welcomes Participation in Big Day of Giving

**West Sacramento  
Foundation  
News Release**

**WEST SACRAMENTO, CA (MPG)** - The West Sacramento Foundation will once again participate in the regional Big Day of Giving. Last year the organization received a "Newbie prize" from Sacramento Region Community Foundation for its efforts. Each dollar donated to the West Sacramento Foundation on the May 4th Big Day of Giving will fund the foundation's grant program, which supports West Sacramento-serving nonprofit organizations. West Sacramento Foundation will be holding a community celebration on May 4th at 6 pm at Streets of London Pub in West Sacramento and invites the community to attend. Grant recipients will be receiving their grant checks and the successes of the day will be acknowledged and celebrated at the event.

"The West Sacramento Foundation continues to

make investments throughout our community. I ask everyone to take a moment on May 4th to support the West Sacramento Foundation and other local nonprofits" said Jeff Henry, President of the West Sacramento Foundation. Over 120 nonprofit organizations based in Yolo County will be participating in Big Day of Giving.

This year's Big Day of Giving is critically important to local nonprofit organizations like West Sacramento Foundation. A recent report published by the Yolo Community Foundation shared that nonprofit expenses are growing faster than revenues and the need for services in Yolo County is high and growing. Big Day of Giving is an opportunity for donors to rally around the organizations, like the West Sacramento Foundation, that make our community stronger, healthier, and more vibrant.

The West Sacramento Foundation has been helping local nonprofits improve the quality of

life for West Sacramento residents since 1988. An all-volunteer organization, the Foundation has been a trusted avenue for charitable donations from businesses and residents. A donation to West Sacramento Foundation is a gift to make the city stronger, more resilient, and more equitable. Funds donated to the West Sacramento Foundation on Big Day of Giving will be used as part of the foundation's Community Grants Program.

Big Day of Giving is a project of the Sacramento Region Community Foundation. The day has helped over 700 nonprofits in the region raise \$78 million from tens of thousands of donors. Big Day of Giving runs for 24 hours on Thursday, May 4th. Donors can give at [www.bigdayofgiving.org](http://www.bigdayofgiving.org).

For more information about the West Sacramento Foundation, please visit our website at [www.westsaccommunityfoundation.org/](http://www.westsaccommunityfoundation.org/) ★

## Dollar Tree to Settle Consumer Protection Lawsuit Related to Expired Products

**Yolo County DA  
News Release**

**WOODLAND, CA (MPG)** - On April 14, 2023, the Yolo County District Attorney's, Consumer Fraud and Environmental Protection Division settled a civil law enforcement action against Dollar Tree Stores, Inc.; Dollar Tree Distribution, Inc.; and Family Dollar, LLC ("Dollar Tree.") The settlement was in conjunction with the San Joaquin County and San Bernardino County District Attorneys' offices.

Dollar Tree, a retail chain that sells general merchandise, including over-the-counter medications, operates six stores

in Yolo County. Retail establishments that sell over-the-counter drug products are required to ensure that those products have not exceeded the manufacturer's printed expiration date. The civil complaint, filed in San Joaquin County Superior Court, alleged that Dollar Tree offered and sold expired over-the-counter drug products.

Dollar Tree cooperated during the investigation and evaluated all products on their shelves at their over 750 California locations. Dollar Tree further invested time and resources to prioritize the verification of expiration dates and re-train store

personnel. There was no evidence that the sale of outdated over-the-counter drug products resulted in harm to consumers.

"Consumers should be able to trust what they are buying is not expired before they bring it home," stated District Attorney Jeff Reisig.

Without admitting or denying liability, Dollar Tree agreed to be bound by a court order which prohibits any additional violations of California's laws related to the sale of expired over-the-counter drugs. As part of the judgment, Dollar Tree will pay \$2,894,050 in civil penalties, restitution, and investigative costs. ★

## Bill to Prevent Defamation Lawsuits Against Survivors of Abuse Moves Forward

**From the office  
of Assemblymember  
Cecilia Aguiar-Curry**

**SACRAMENTO, CA (MPG)** - Assemblymembers Cecilia Aguiar-Curry (D-Winters) and Chris Ward (D-San Diego) announced that their Assembly Bill 933 passed off the Assembly Floor with an overwhelming margin of 60-2. The bill will protect survivors of sexual assault, harassment, and discrimination from weaponized defamation lawsuits. Specifically, AB 933 will strengthen the legal protection of survivors who may face retaliatory defamation lawsuits from speaking publicly about their personal experiences.

"Survivors of sexual assault, harassment, and discrimination are our family, our neighbors, our friends, and our colleagues" said Cecilia Aguiar-Curry (D-Winters), Vice Chair of the Legislative Women's Caucus. "We have to empower anyone who would expose those who've done them harm, because their courageous act will

protect others."

"Far too often, perpetrators of sexual misconduct, abuse, assault and harassment use the court system to punish survivors for speaking out about their abuse. This further victimizes those who bravely choose to come forward," said Assemblymember Chris Ward (D-San Diego). "This bill will protect them from being silenced and lift up the voices of survivors, so they can freely share their experiences without fear of retaliation."

The #MeToo movement gave many assault and harassment survivors the opportunity to bravely join countless others in sharing their stories on a national platform, in solidarity. At the same time, it unveiled a toxic and predatory culture that persists across all sectors of employment and society. While survivors courageously came forward, many were served with defamation lawsuits by those who abused them. In fact, defamation lawsuits have become the weapon of choice by perpetrators seeking to intimidate, punish, and

silence their accusers.

Existing law makes certain publications and speech - including complaints of sexual harassment - privileged and protected from civil defamation actions. However, these protections are limited. AB 933 expands protections for speech made by a survivor, without malice, about their own experience of sexual assault, harassment, or discrimination. This bill would make it harder for perpetrators to retaliate against survivors with legal threats and intimidation, but does not apply to unfounded claims. This bill also helps take the burden off of survivors by providing reasonable attorneys' fees and damages if they successfully defend themselves against meritless defamation lawsuits.

AB 933 now moves to the Senate.

Assemblymember Aguiar-Curry represents the 4th Assembly District, which includes all of Lake, Colusa, Napa, and Yolo Counties, and part of Sonoma County. ★

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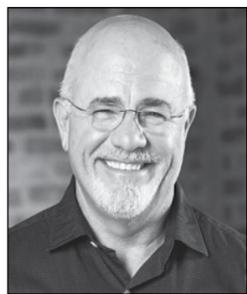
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## Dave Ramsey Says

get her out of my life for good?

– Arnold

Dear Arnold,

Pay her back. Anything else would be unfair. And, on top of that, it's just the right thing to do.

The whole move of her taking out a loan to buy you a motorcycle was kind of a dumb anyway. It was dumb on her part, and it was dumb on your part. And you can see why it was now, can't you? It has left you in a lurch emotionally and relationally. We're not talking about a random chunk of cash here. This money was for the motorcycle, from the motorcycle and about the motorcycle. So, you just pay her back, and that'll

clear things up.

I'm sorry the relationship didn't work out, brother. But I'm glad you're taking steps to be in control of your finances. And I hope making things right where the bike is concerned will bring you a little peace of mind.

– Dave

*Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of "The Ramsey Show," heard by more than 18 million listeners. He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, He also serves as CEO of Ramsey Solutions. ★*

### It's Just The Right Thing To Do

Dear Dave,

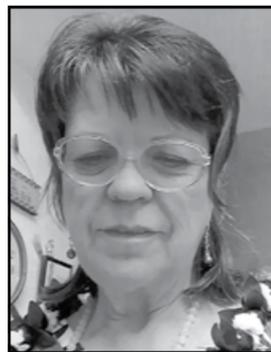
I'm about to start paying off debt in Baby Step 2, but there's a motorcycle loan my ex-girlfriend took out for me. I crashed the motorcycle and sustained some injuries. After two months of litigation, I received a settlement of about \$15,000 that was just enough to cover the loan. Do I use the settlement money toward my debt snowball, or should I pay her back so I can



## MEMORIAL

### MARY WATERS

Mom, you were such a blessing to our family and a strong Christian woman of faith. You suffered like Jesus did on the cross. You paid it all! You went through chemo



presence in the room. You are my hero, Mom, like the song by Mariah Carey.

You worked so hard at McClellan Air Force Base for 22 years to provide for us.

and radiation and many surgeries for five years and you kept your faith in the Lord.

On February 7, 2023, our Father in Heaven put his foot down and said "Enough" and came to take you home. I had a vision in a dream of this, and I also saw your crown. It was gold with emerald and pink sapphire gems, and I knew it fit your head. God is good. It was an honor to be your caregiver, Momma. Amen, no more pain and suffering. I'm sure they have "Leave It To Beaver" and "The Walton's" in Heaven.

I want to thank you for being my Mom and friend. I will see you again, like the song by Carrie Underwood that I sang for you at your wake. What a wonderful celebration of life. Family and friends, they were all there for you, sweet Momma.

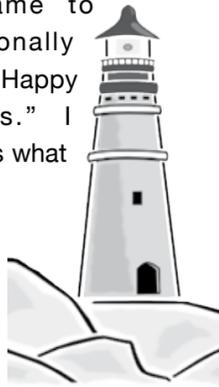
When brother Greg sang Amazing Grace, the Holy Spirit touched all of us. I felt your

Mom, you are truly a beautiful woman, inside and out, and forever now in spirit, and I will always recognize you.

Mom, you touched the lives of many, and we can only strive to be more like you. You put others before yourself, and that was truly Christlike. You accepted Jesus Christ as your Lord and personal Savior at age 23. You were genuinely on fire for the Lord, even when life was tough.

Mom, you are reunited with your sister Cathy and brother Richard in Heaven. I know you earned for them and Grandpa Frank came to me personally and said "Happy Situations." I think this is what he meant.

Grama Elizabeth, Mom, Me and Maddie



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## Crime Reports WEST SACRAMENTO

April 2, 2023 - April 18, 2023



- 4-12-23 JEREMY KING Arrested for disorderly conduct:alcohol, possess/purchase for sale/controlled substance, possess marijuana over 1 oz.
- 4-14-23 CALEB LANE Arrested for bench warrant.
- 4-15-23 NATHALIE PEREZ Arrested for disorderly conduct: alcohol.
- 4-15-23 TRAVIS TAYLOR Arrested for parole violation.
- 4-16-23 DANIEL SWILLEY Arrested for disorderly conduct:alcohol and two warrants after Police responded to a call about an intoxicated guest. While talking to police, Swilley allegedly dropped his pants and began to shout.
- 4-17-23 ANTONIO JIMENEZ Notice to appear for possession of a controlled substance.
- 4-18-23 STEVEN KITTELSON Arrested for trespassing after Police responded to scene for verbal fight. Kittelson allegedly exited the condemned residence, where he did not have permission to be.
- 4-18-23 ROBERT RIOS Arrested for warrant while in custody.

## INCIDENT/CRIME REPORTS

- 4-02-23 Two pane window had first layer shattered by a street sign. \$800 loss. Vandalism.
- 4-07-23 Unknown subjects attempted to steal from the Box truck were successful – no damage to any property and no items.
- 4-05-23 Reporting person's phone was stolen while in Walmart. Situational information blacked out. \$1,399 loss. Grand theft.
- 4-09-23 Vehicle window was shattered, ignition was punched, and steering wheel column moved, car was ransacked, and the vehicle was moved from the driveway to the street by an unknown subject. \$4,000 loss. Vandalism.
- 4-11-23 Vehicle rear passenger window was smashed and nothing was damaged inside. \$350 loss. Vandalism.
- 4-12-23 Reporting person arrived to his business this morning to find his fencing cut by an unknown suspect. Information blacked out. \$200 loss. Vandalism.
- 4-12-23 Catalytic Converter was cut off vehicle. \$1,200 loss. Grand theft.
- 4-12-23 Burglary of detached garage. \$1,600 loss. Burglary.
- 4-13-23 Male alleged that another male hit him with a baseball bat.
- 4-13-23 Unknown suspect gave a fraudulent check to store in order to buy merchandise. Information blacked out. \$521 loss. Make/pass fictitious check.
- 4-15-23 Suspect attempted to steal alcohol from grocery store causing injury to employee. Information blacked out. \$149 loss. Robbery.
- 4-17-23 Unknown homeless subject was attempting to steal items from front porch and punched owner when owner attempted to stop the suspect. Battery on person.
- 4-17-23 Unknown suspect(s) broke into business and stole items of value. Information blacked out. \$30,000 loss. Burglary.
- 4-17-23 Burglary.
- 4-17-23 Unoccupied vehicle located by owner with three bullet holes. \$1 loss. Shoot at unoccupied dwelling/vehicle.
- 4-17-23 Suspect followed Homeless outreach member and made derogatory remarks about another employee, as well as left two voicemail messages regarding the same remarks. All other information blacked out.
- 4-18-23 Burglary. \$2,000 loss. Info blacked out.

## CHURCH DIRECTORY



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#### Trinity Presbyterian Church

1500 Park Blvd. W. Sacramento

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www.TrinityWestSac.org

info@trinitywestsac.org

Pastor Jamie Crook

Spanish Ministry Pastor: Miryam Osorio

Sunday Worship Services:

10 a.m. Blended/Traditional

Noon Spanish Language

#### West Sacramento Baptist Church

Sun. School - 9:30 a.m.

Sun. Worship - 11 a.m.

Wed. Prayer Meeting

& Bible Study - 6:30 p.m.

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#### Our Lady of Grace Catholic Church

911 Park Blvd, West Sacramento

Office: (916) 371-4814

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230229 The following person(s) is doing business as: Original Aram's, 1002 Waterford Drive, West Sacramento, CA 95605.

Aram Sandwich Enterprises LLC, 1002 Waterford Drive, West Sacramento, CA 95605. This business is conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

This statement was filed with the County Clerk of Yolo County on 3/14/2023.

By: Jesse Salinas, Deputy Publish: April 7, 14, 21 & 28, 2023 ORIGINAL 4-28-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230265 The following person(s) is doing business as:

Night Market, 22 5th St, Woodland, CA 95695, County of Yolo. Ecological Communities Organization, 22 5th Street, Woodland, CA 95695

This business is conducted by a limited liability company. The registrant commenced to transact business under the fictitious business name or names listed above on 01/01/2016

/s/ Christin Coulon, President Ecological Communities Organization

This statement was filed with the County Clerk of Yolo County on 03/21/2023.

Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 4/7, 4/14, 4/21, 4/28/23 CNS-3686823# NEWS-LEDGER DJ 823 4-28-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230246 The following person(s) is doing business as: Coding and More, Robin Bell, 1732 Del Rey Street, Woodland, CA 95695.

Robin Bell, 1732 Del Rey Street, Woodland, CA 95695. This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on June 1, 2012.

This statement was filed with the County Clerk of Yolo County on 3/16/2023.

By: Jesse Salinas, Deputy Publish: April 7, 14, 21 & 28, 2023 CODING 4-28-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230181 The following person(s) is doing business as: DoJo Enterprises, 812 Arthur Drive, West Sacramento, CA 95605.

Dorothy M Jones, 812 Arthur Drive, West Sacramento, CA 95605. This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

This statement was filed with the County Clerk of Yolo County on 3/1/2023.

By: Jesse Salinas, Deputy Publish: April 14, 21, 28 & May 5, 2023 DOJO 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230277 The following person(s) is doing business as: OT Press, 3166 Pender Island Street, West Sacramento, CA 95691.

Vince Wetzel, 3166 Pender Island Street, 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 3/17/2023.

This statement was filed with the County Clerk of Yolo County on 3/23/2023.

By: Jesse Salinas, Deputy Publish: April 14, 21, 28 & May 5, 2023 OT 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230224 The following person(s) is doing business as: Alumalux USA / Exterior Perfection / Alumalux Coatings / Alumalux / Speedy Plots, 2509 Del Monte Street, West Sacramento, CA 95691.

Exterior Perfection Builders Inc., 2509 Del Monte Street, West Sacramento, CA 95691. This business is conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

This statement was filed with the County Clerk of Yolo County on 3/13/2023.

By: Jesse Salinas, Deputy Publish: April 14, 21, 28 & May 5, 2023 ALUMALUX 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230308 The following person(s) is doing business as: Absolute Mortgage Company / Boschken Properties / Flat Coat Travel / Boschken Lock & Key, 133 F Street, Davis, CA 95616.

Boschken Inc., 133 F Street, Davis, CA 95616. This business is conducted by a Corporation. The registrant commenced to trans-

act business under the fictitious business name or names listed above on N/A.

This statement was filed with the County Clerk of Yolo County on 3/31/2023.

By: Jesse Salinas, Deputy Publish: April 14, 21, 28 & May 5, 2023 ABSOLUTE 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230393 The following person(s) is (are) doing business as:

CALREPAIRS, 1706 Donner Way, Woodland, CA 95695 County of YOLO Mailing Address: 1706 Donner Way, Woodland, CA 95695

AVG PAINTING LLC, 1706 Donner Way, Woodland, CA 95695 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.

AVG PAINTING LLC S/ Victor Garcia, Managing Manager,

This statement was filed with the County Clerk of Yolo County on 03/28/2023.

Jesse Salinas, County Clerk/Recorder kquam, Deputy 4/14, 4/21, 4/28, 5/5/23 CNS-3681418# NEWS-LEDGER DJ 418 5-5-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230289 The following person(s) is doing business as: A.P. Studio, 3540 Silverwood Road, West Sacramento, CA 95691.

Alexander Parunin, 3540 Silverwood Road, 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 20, 2023.

This statement was filed with the County Clerk of Yolo County on 3/28/2023.

By: Jesse Salinas, Deputy Publish: April 21, 28, May 5 & 12, 2023 AP 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230342 The following person(s) is doing business as: Ludy's BBQ, 392 Main Street, Woodland, CA 95695.

Jeffrey S Ratter, 730 Ashley Avenue, Woodland, CA 95695. This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

This statement was filed with the County Clerk of Yolo County on 4/10/2023.

By: Jesse Salinas, Deputy Publish: April 21, 28, May 5 & 12, 2023 LUDYS 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230263 The following person(s) is doing business as: Palm Gardens Senior Living, 240 Palm Avenue, Woodland, CA 95695.

Woodland Care Center Inc., 3700 Hilborn Road, Fairfield, CA 94534. This business is conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on 3/1/2023.

This statement was filed with the County Clerk of Yolo County on 3/21/2023.

By: Jesse Salinas, Deputy Publish: April 21, 28, May 5 & 12, 2023 PALM 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230343 The following person(s) is doing business as: Omega Motorcycle 1551 Merkle Avenue, West Sacramento, CA 95691.

Omega Motorcycle, 4435 Park Green Court, Sacramento, CA 95821. This business is conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on 1/1/2011.

This statement was filed with the County Clerk of Yolo County on 4/11/2023.

By: Jesse Salinas, Deputy Publish: April 21, 28, May 5 & 12, 2023 OMEGA 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230352 The following person(s) is doing business as: Heal & Conquer Counseling Services, 1601 Merkle Avenue, #592, West Sacramento, CA 95691.

Araceli Alicia Vega, 2377 Portola Street, West Sacramento, CA 94691. This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on 4/5/2023.

This statement was filed with the County Clerk of Yolo County on 4/13/2023.

By: Jesse Salinas, Deputy Publish: April 21, 28, May 5 & 12, 2023 HEAL 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230286 The following person(s) is (are) doing business as:

1. UNIVERSITY COURT, 2. UNIVERSITY COURT APARTMENTS, 515 SYCAMORE

LANE, DAVIS, CA 95616 County of YOLO Mailing Address: 515 SYCAMORE LANE, DAVIS, CA 95616

GP SYCAMORE LANE, LLC (PARTNER), 2805 DICKENS STREET STE 103, SAN DIEGO, CA 92106

THE WILLIAM G. AYYAD TRUST DATED 04/04/96 (PARTNER), 2805 DICKENS STREET STE 103, SAN DIEGO, CA 92106

This business is conducted by a Limited Partnership The registrant(s) commenced to transact business under the fictitious business name or names listed above on 11/10/2004.

S/ WILLIAM AYYAD, MANAGER

This statement was filed with the County Clerk of Yolo County on 03/27/2023.

Jesse Salinas, County Clerk/Recorder KQUAM, Deputy 4/21, 4/28, 5/5, 5/12/23 CNS-3690174# NEWS-LEDGER DJ 174 5-12-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230292 The following person(s) is doing business as: Delta Elementary Charter School / Lighthouse Charter School / Delta Elementary Charter School PTC / Lighthouse Charter School PTC / DECS / LCS / River Charter Schools Lighthouse Charter / LCS PTC / DECS PTC, 36230 North School Street, Clarksburg, CA 95612.

River Charter Schools, 36230 North School Street, Clarksburg, CA 95612. This business is conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on April 11, 2006.

This statement was filed with the County Clerk of Yolo County on 3/28/2023.

By: Jesse Salinas, Deputy Publish: April 28, May 5, 12, & 19, 2023 RIVER 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230367 The following person(s) are doing business as: Anchored Outdoors Guide Service / Eil's Guide Services, 1645 Alamo Place, West Sacramento, CA 95691.

Elias Escamilla and Lisa Escamilla 1645 Alamo Place West Sacramento, CA 95691. This business is conducted by a married couple. The registrant commenced to transact business under the fictitious business name or names listed above on May 31, 2022.

This statement was filed with the County Clerk of Yolo County on 4/18/2023.

By: Jesse Salinas, Deputy Publish: April 28, May 5, 12, & 19, 2023 ANCHORED 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230372 The following person(s) are doing business as: Senior Slimmers, Boomer Slimmers, Senior Fasting, Senior Keto, 3810 Mendocino Court, West Sacramento, CA 95691.

Andrew V Pierce and Nancy A Levy, 3810 Mendocino Court, West Sacramento, CA 95691. This business is conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

This statement was filed with the County Clerk of Yolo County on 4/18/2023.

By: Jesse Salinas, Deputy Publish: April 28, May 5, 12, & 19, 2023 SENIOR 5-19-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230334 The following person(s) is doing business as: Sphython, 2455 W Capitol Ave Apt 146, West Sacramento, CA 95691, County of Yolo.

Alexandr Bessarab, 2455 W Capitol Ave Apt 146, 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 N/A/s/ Alexandr Bessarab This statement was filed with the County Clerk of Yolo County on 04/07/2023.

Jesse Salinas, County Clerk/Recorder By: kquam, Deputy Publish: 4/28, 5/5, 5/12, 5/19/23 CNS-3694140# NEWS-LEDGER DJ 140 5/19/2023

ORDER TO SHOW CAUSE CHANGE OF NAME SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-563

Olga Sanchez De Maravilla has filed a petition with this court for a decree changing the name(s) of Olga Sanchez De Maravilla aka Olga Sanchez Moreno aka Olga Sanchez to Olga Torres.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on May 24, 2023, 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: March 27, 2023 Donna M. Petre, Judge of the Superior Court Publish: April 21, 28, May 5 & 12, 2023 OLGA 5-12-23

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-0588

Farhad Ahmadzai has filed a petition with this court for a decree changing the name(s) of Farhad Ahmadzai to Farhad Azad.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 1, 2023, 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 4, 2023 David Rosenberg, Judge of the Superior Court Publish: April 21, 28, May 5 & 12, 2023 FARHAD 5-12-23

NOTICE OF PETITION TO ADMINISTER ESTATE NOTICE OF PETITION TO ADMINISTER ESTATE OF RUSSELL M. KING CASE NO. PR2023-0078

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Russell M. King.

A Petition for Probate has been filed by Eric King, in the Superior Court of California, County of Yolo, requesting Eric King be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows: April 28, 2023, 9:00 a.m. in Dept 14. Superior Court of California, County of Yolo, 1000 Main Street, Woodland, CA 95695.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Barbara Sonin, 21 Court Street, Woodland, CA 95695; 530-662-2226 Publish: April 14, 21 & 28, 2023 KING 4-28-23

NOTICE OF PETITION TO ADMINISTER ESTATE OF: MARY M. KRANTZ CASE NO. PR2023-0059

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of MARY M. KRANTZ. A PETITION FOR PROBATE has been filed by CLYDE KRANTZ in the Superior Court of California, County of YOLO.

THE PETITION FOR PROBATE requests that CLYDE KRANTZ be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows: April 28, 2023, 9:00 a.m. in Dept 14. Superior Court of California, County of Yolo, 1000 Main Street, Woodland, CA 95695.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Barbara Sonin, 21 Court Street, Woodland, CA 95695; 530-662-2226 Publish: April 14, 21 & 28, 2023 KING 4-28-23

NOTICE OF PETITION TO ADMINISTER ESTATE OF: MARY M. KRANTZ CASE NO. PR2023-0059

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of MARY M. KRANTZ. A PETITION FOR PROBATE has been filed by CLYDE KRANTZ in the Superior Court of California, County of YOLO.

THE PETITION FOR PROBATE requests that CLYDE KRANTZ be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows: April 28, 2023, 9:00 a.m. in Dept 14. Superior Court of California, County of Yolo, 1000 Main Street, Woodland, CA 95695.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

tate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Es-tates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 05/31/23 at 9:00AM in Dept. 11 located at 1000 MAIN STREET, WOODLAND, CA 95695

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing.

Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner BRADY DEVEREAUX - SBN 332859 DEVEREAUX ESTATE LAW, PC 455 UNIVERSITY AVE SACRAMENTO CA 95825 Publish: 4/28, 5/5, 5/12/23 CNS-3693820# NEWS-LEDGER DJ 820 5/12/2023

SUMMONS SUMMONS (CITACION JUDICIAL) CASE NUMBER: CV2022-2136 NOTICE TO DEFENDANTS: LCM HIGH INCOME FUND, LLC; LATITUDE FINANCIAL, INC.; STANDARD TRUST DEED SERVICE COMPANY; SUCCESSORS AND ASSIGNS OF LCM HIGH INCOME FUND, LLC, LATITUDE FINANCIAL, INC., AND STANDARD TRUST DEED SERVICE COMPANY, AND ALL PERSONS OR ENTITIES CLAIMING BY, THROUGH OR UNDER SUCH ENTITIES; ALL PERSONS UNKNOWN CLAIMING ANY LEGAL OR EQUITABLE RIGHT, TITLE, ESTATE, LIEN OR INTEREST IN THE PROPERTY DESCRIBED IN THE COMPLAINT ADVERSE TO PLAINTIFFS' TITLE, OR ANY CLOUD ON PLAIN-TIFFS' TITLE THERETO; and DOES 1-50, inclusive.

YOU ARE BEING SUED BY PLAINTIFFS: Edwin F Virgin, JR., and Melinda Virgin. PROPERTY DESCRIPTION Real property in the unincorporated area of the County of Yolo, State of California, located at 52101 Wil-low Point Road, Clarksburg, California 95612, and described as follows: BEING A PORTION OF LOT 19, AS SAID LOT IS SHOWN ON THE MAP ENTITLED "HOLLAND LAND CO. SUBDIVISION NO. 9A", FILED IN BOOK 3 OF MAPS, AT PAGE 48, YOLO COUNTY RECORDS AND BEING A PORTION OF SWAMP LAND SURVEY NO. 473, AS SHOWN ON THE MAP ENTITLED "P.A. KRULL EST.", FILED IN BOOK 4 OF MAPS AND SURVEYS, AT PAGE 42, YOLO COUNTY REC-ORDS, DESCRIBED AS FOL-LOWS: BEGINNING AT THE SOUTH-WEST CORNER OF SAID LOT 19; THENCE FROM SAID POINT OF BEGINNING, NORTH 0 DEGREES 02' 30" EAST, 2757.47 FEET; THENCE NORTH 89 DEGREES 48' 42" EAST 529.60 FEET; THENCE SOUTH 0 DEGREES 25' WEST, 173.89 FEET; THENCE NORTH 89 DEGREES 35' EAST, 265.20 FEET TO A POINT ON THE EASTERN BOUNDARY OF SAID LOT 19; THENCE SOUTH 2540.27 FEET; THENCE SOUTH 61 DEGREES 27' WEST, 24.59 FEET; THENCE

SOUTH 69 DE-GREES 18' WEST, 71.80 FEET; THENCE SOUTH 86 DEGREES 01' WEST, 47.50 FEET; THENCE SOUTH 89 DEGREES 46' WEST, 659.41 FEET TO THE POINT OF BEGINNING. APN 043-220-027-000

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 dias, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion.

Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que proce-sen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leyes de su conda-do o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia

# Stage Nine Entertainment Welcomes Artists for "Star Wars Weekend"

**T-Rock Communications**

**OLD SACRAMENTO, CALIF. (MPG)** - Located in the heart of the historic district at the Old Sacramento Waterfront, Stage Nine Entertainment invites the community to welcome two Thomas Kinkade Studios Artists – Monte Moore and Brian Rood – for a special "Star Wars™ Weekend" on May 6-7, 2023. Stage Nine will also unveil a new spiral staircase that takes guests from The Vault to a completely remodeled The Underground event space just below the popular retail store and art gallery. Artist meet-and-greet opportunities with Moore and Rood are available from 11 a.m. to 5 p.m. on Saturday and 11 a.m. to 4 p.m. on Sunday in The Underground, that will be filled with Star Wars™ memorabilia from Stage Nine's impressive collection. Both guest artists will be creating sketches for customers with purchase of any limited-edition canvas, signing purchased art pieces, and sharing stories about the inspiration behind each work of art.

A talented and versatile artist, Moore creates and paints The Mandalorian™ Star Wars™ Series paintings for Thomas Kinkade Studios, which are always fan favorites. Stage Nine offers a variety of The Mandalorian™ and Boba Fett™ canvas reproductions that will be available for viewing and purchase during this special weekend event. Moore has an impressive 30-year background as a professional illustrator focused on creating memorable and eye-catching pop culture

related designs. He has created artwork for a wide variety of formats including for book covers, video games, movie posters, card games and comic books. In addition, he has had eight books published that feature his commercial artwork in the pop culture industries. Monte has won the World Fantasy Art Show twice for Best Black and White Work and has been a guest of honor artist at conventions and art shows around the world including Italy, Scotland, Belgium, and Germany and 2001 Guest of Honor at the San Diego Comic-Con International.

Brian Rood is a professional illustrator in the entertainment industry, most known for his photo-realistic watercolor and mixed media paintings from the Star Wars™ saga. He has spent the better part of the last two decades working primarily in a galaxy far, far away...His work for the Star Wars™ franchise can be found on everything from fine art reproductions to illustrated storybooks for Lucasfilm and Disney publishing. He has spent the last seven years creating more than 1,000 new illustrations for the most extensive storybook retelling of the Star Wars™ trilogies to date. His Lucasfilm and Disney publishing projects can be found in bookstores worldwide, and his work has also been used in a special Star Wars™ anniversary edition of Time Magazine. Brian's artwork has been commissioned and used by nearly every major licensor of Star Wars™ merchandise. He also assists in creating new artwork for Lucasfilm's style guides. Brian's fine art

reproductions for Disney, Marvel, and Lucasfilm have been a staple throughout Disney Parks for the past decade.

During "Star Wars™ Weekend" at Stage Nine, guests are encouraged to come dressed in Star Wars™ attire, are encouraged to participate in a scavenger hunt taking place throughout the five Stage Nine retail stores and have the opportunity to spin the Stage Nine Prize Wheel to receive special in-store discounts and prizes valid all weekend long. As another fun highlight, each artist will provide a custom sketch for two grand prize winners.

Located at Front & K Streets (102 K Street) at the Old Sacramento Waterfront, Stage Nine Entertainment is well known as the area's premier entertainment retail destination that showcases approximately 20,000 unique items related to movies, television, toys, and pop culture. With five retail concepts – Stage Nine Entertainment Store, G. Willikers! Toy Emporium, The Vault, The Old Fashioned Candy & Confectionery Store, and California Clothiers – Stage Nine stores are open daily from 10 a.m. to 8 p.m. In addition to the retail offerings, Stage Nine is well known for hosting retail events attended by celebrities, artists, and entertainers. For more information about the special Star Wars Weekend activations, Stage Nine Entertainment, Inc., or Stage Nine Family of Specialty Retail Stores, please call 916-447-3623 or visit [www.stagenine.com](http://www.stagenine.com) ★

# Local Attorney Sentenced for Filing False Tax Returns

**By Thomas J. Sullivan**

**SACRAMENTO REGION, CA (MPG)** - Scott Norris Johnson, 61, of Carmichael, an attorney known throughout Northern California for suing under the Americans with Disabilities Act (ADA) has been sentenced in federal court to 18 months of home detention after having pleaded guilty to filing false tax returns. Johnson was also ordered to pay \$250,000 in restitution and a \$50,000 fine.

The plea before U.S. District Judge John A. Mendez in Sacramento federal court closes the books on a three-count tax indictment against Johnson from 2019, when he was still operating at the height of his time visiting businesses and suing over alleged violations of the Americans with Disabilities Act.

Johnson's attorney, Malcolm Segal, said his client's plea agreement involves a dispute over tax returns, not any charge involving his serial ADA lawsuits. Neither Johnson nor Segal responded to a request for comment.

Johnson, a quadriplegic who uses a motorized wheelchair, is well known in the Northern California business community for suing retailers for alleged violations of the federal disability-access law. His complaint letters frequently arrive in flurries at numerous businesses in a single town or neighborhood, leaving owners to settle or risk likely higher costs of litigating his allegations.

As of 2020, Johnson had filed approximately 4,000 suits, according to documents filed with the United States District Court for the Eastern District of California. The majority of those lawsuits were settled.

Under the ADA, someone suing for violations, particularly if the suit is settled, gets at least a portion of that settlement. Yet according to the plea agreement, from 2012 through 2014, Johnson did not declare some of that income to the IRS.

During those years, Johnson received settlements anywhere from \$93,000 to more than \$1 million. As such, he owed more than \$250,000 to the federal government.

Johnson will have a year of supervised release, according to a previously announced plea agreement. While on probation, he won't be able to apply to be reinstated to the California Bar. During the period of home confinement, Johnson won't be able to file ADA lawsuits in federal or state courts.

News of Johnson's recent sentence came as no surprise to Carmichael attorney Catherine Corfee of the Corfee Stone Law Corp. (Corfee Stone) which has for years been actively cautioning local businesses in Fair Oaks and Sacramento County to be pro-active and responsive

to potential ADA lawsuits which may be filed against them.

"His (Johnson's) sentence is just a slap on the wrist," she said. "This may take Johnson out of circulation for a while, and I suspect he'll be back."

In her observation, the number of ADA compliance cases filed in both federal and state court has been increasing each year, she said.

Johnson and his corporation, Disabled Access Prevents Injuries Inc., filed approximately 4,000 lawsuits in California's Eastern and Northern district courts under the ADA and related California laws between 2003 and April 2020, according to the U.S. Attorney's Office.

Signed into law in July 1990 by President George H.W. Bush, the Americans with Disability Act (ADA) aims to make buildings and transportation accessible for those with disabilities and to protect them from discrimination in employment. Store owners and restaurants can often face a fine of \$4,000 for each individual ADA violation.

In her blog, Corfee outlines active steps which local business owners and restaurants should be taking to protect themselves against serial ADA filings.

Corfee, a graduate of UC Berkeley and the McGeorge School of Law, has been in professional legal practice since 1991. She has practiced ADA and California disability access law since 1985 and has published case law on the subject. She also worked for two prior United States Magistrate judges in the Eastern District Court of California.

Many ADA cases can become a "game" for attorney's fees as the disabled person's attorney tries to protract litigation to earn more money in fees to later reclaim such in a settlement, a motion, and/or at trial.

Corfee said she recommends business owners retain the services of an ADA compliance expert, such as a Certified Access Specialist (CASP), to physically inspect their business or commercial facility to provide specific access recommendations.

"We can also prepare for our business clients ADA policy and procedural manuals, much like an employee handbook," she said.

Visit the Corfee Stone Law Corp. on the web at: [corfeestonelaw.com](http://corfeestonelaw.com)

Local business owners with specific questions regarding the Americans with Disability Act (ADA) or compliance with law can call Catherine Corfee directly at (916) 487-5441, or by cell phone at (916) 812-7322 between 10 a.m. and 5 p.m. to schedule a minimum one-hour business consultation. She is also available by email at [corfee.catherine@gmail.com](mailto:corfee.catherine@gmail.com) or [corfee.assistant@gmail.com](mailto:corfee.assistant@gmail.com). ★

## PUBLIC HEARING NOTICE

**PURPOSE:** The Governing Board of the Washington Unified School District, in order to comply with the requirements of Board Policy 6141, will hold a public hearing on May 11, 2023, at 6:30 pm for the purpose of adopting instructional materials for Math K-5.

**DATE:** Thursday, May 11, 2023

**TIME:** Meetings begins at 6:30 pm

**LOCATION:** West Sacramento Civic Center, Council Chambers, 1100 West Capitol Ave., West Sacramento, Ca. 95691



West Sac Newsd Ledger 4-28-23 and 5-5-2023

## PUBLIC HEARING NOTICE

Pursuant to Government Code Section § 60018, the West Sacramento City Council will conduct public hearings on May 3, 2023, at 7:00 PM or as soon thereafter as possible on the items listed below.

The hearing will be held in the Council Chambers at the Civic Center, 1110 West Capitol Ave., West Sacramento. All interested persons are invited to attend the hearing and express opinions. Please note: The City does not transcribe its hearings; however, action minutes are prepared and are publicly available once approved by the hearing body.

In compliance with the Americans with Disabilities Act (ADA), if you need assistance to participate in this meeting, please contact the City Clerk, at [clerk@cityofwestsacramento.org](mailto:clerk@cityofwestsacramento.org), seventy-two (72) hours prior to the meeting to allow the City to make reasonable arrangements to assure accessibility to this meeting.

**PUBLIC HEARING AND CONSIDERATION OF RESOLUTION 23-30 ADOPTING ELECTRIC VEHICLE CHARGING FEES IN THE CITY BOOK OF FEES**

**PUBLIC HEARING TO CONSIDER OBJECTIONS TO THE PROPOSED REMOVAL OF WEEDS**

West Sac News Ledger 4-28-2023

## PUBLIC HEARING NOTICE

Pursuant to Government Code Section § 53311 of the Government Code of the State of California, under the Mello-Roos Community Facilities Act of 1982, being Chapter 2.5, Part 1, Division 2, Title 5 and Municipal Improvement Act of 1913 (Streets and Highways Code Sections 10000 and following), the West Sacramento City Council will conduct a public hearing on May 3, 2023 at 7:00 PM or as soon thereafter as possible on the items listed below. The hearing will be held in the Council Chambers at the Civic Center, 1110 West Capitol Ave., West Sacramento. All interested persons are invited to attend the hearing and express opinions. Please note: The City does not transcribe its hearings; however, action minutes are prepared and are publicly available once approved by the hearing body.

In compliance with the Americans with Disabilities Act (ADA), if you need assistance to participate in this meeting, please contact the City Clerk, at [clerk@cityofwestsacramento.org](mailto:clerk@cityofwestsacramento.org), seventy-two (72) hours prior to the meeting to allow the City to make reasonable arrangements to assure accessibility to this meeting.

**PUBLIC HEARING AND CONSIDERATION OF RESOLUTION 23-18 AMENDED AND RESTATED RESOLUTION TO CONFIRM PARTICIPATION IN THE STATEWIDE COMMUNITY INFRASTRUCTURE PROGRAM (SCIP)**

West Sac News Ledger 4-28-2023

# California Man Found Guilty of Felony Charges Related to Capitol Breach

**FBI News Release**

**WASHINGTON, DC (MPG)** - A California man was found guilty in the District of Columbia of felony charges for his actions during the January 6, 2021, Capitol breach. His actions and the actions of others disrupted a joint session of the U.S. Congress convened to ascertain and count the electoral votes related to the presidential election. Sean Michael McHugh, 35, of Auburn, California, was found guilty yesterday, following a stipulated bench trial, of obstruction and assaulting, impeding, or interfering with law enforcement officers. U.S. District Court Judge John D. Bates scheduled a sentencing hearing for September 7, 2023.

According to evidence presented in court, McHugh was on the Lower West Terrace on the afternoon of January

6 where he was captured on video footage and audio assaulting multiple U.S. Capitol Police (USCP) officers. McHugh is captured on video carrying a canister of bear spray in a holster on his hip and discharging the bear spray into a line of USCP officers. Metropolitan Police Department body worn camera video and audio captures McHugh yelling at officers, among other things, "You're protecting communists!"; "There is a Second Amendment behind us, what are you going to do then?"; and "You ain't holding the line!" At approximately 1:40 p.m., McHugh, along with other rioters, pushed a large metal sign into a line of uniformed police officers while McHugh yelled into his megaphone, "Put it up there! Put it up there!"

The case is being prosecuted by the U.S.

Attorney's Office for the District of Columbia and the Department of Justice National Security Division's Counterterrorism Section. Valuable assistance was provided by the U.S. Attorney's Office for the Eastern District of California.

The case is being investigated by the FBI's Washington Field Office, as well as the Metropolitan Police Department, with significant assistance provided by the FBI's Sacramento Field Office.

In the 27 months since January 6, more than 1,000 individuals have been arrested on charges related to the Jan. 6 Capitol breach, including more than 320 individuals charged with assaulting or impeding law enforcement. The investigation remains ongoing.

Anyone with tips can call 1-800-CALL-FBI (800-225-5324) or visit [tips.fbi.gov](http://tips.fbi.gov) ★

**LEGAL ADS FOR YOLO COUNTY?**  
**We Can Do That!**  
 Call to place your legal advertising **916-773-1111**  
 All Legal Ads Published by Messenger Publishing

**Thank A Veteran Today**

# Social Security Matters

## Why Can't I Get Social Security Disability on My Own or My Husband's Record?



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** I am considered disabled by State of Washington doctors, but Social Security has turned me down three times when I applied for disability saying I don't have enough work points. I am the wife of a retired, disabled veteran who served over 20 years in the US Navy. I raised three children, one of which is disabled. How do I get Social Security to accept my disability?  
**Signed: Frustrated & Disabled**

**Dear Frustrated & Disabled:** Social Security's criteria for disability eligibility are separate and distinctly different from any other authority such as the State of Washington. To be eligible for Social Security Disability Insurance (SSDI) benefits, you must have earned a minimum number of credits on your own from working and contributing to Social Security, and that work must have occurred recently (you must have worked at least 5 of the last 10 years). If you did not personally earn the required credits through recent work, you cannot

get SSDI benefits. I presume that is what Social Security has determined to be the case for you. And to clarify, you must be totally disabled (rendering you unable to work for at least one year) and that must be confirmed by your medical service providers, who will be contacted by Social Security's representatives.

For information, SSDI is an individually earned entitlement, thus your husband's lifetime earnings history applies only to him, and his earnings record does not extend to you for SSDI purposes (in other words, he might be eligible for early SSDI benefits on his own, but his eligibility for those benefits does not make you eligible too). Nevertheless, if your husband is collecting SSDI benefits and you are caring for your child who became disabled before age 22, or if your husband is collecting SS and any of your children are under age 16, you may be eligible for "child-in-care" spousal benefits. Child-in-care spouse benefits are available at any age, but your husband would need to be collecting either SSDI or his regular SS retirement benefit for you to be eligible for those benefits. And if your husband is collecting SS of any kind, his disabled child (or any minor children under 18) may also be eligible for dependent child benefits from him, subject to the Family Maximum.

So, to answer your

specific question about how to get Social Security to "accept your disability," unless you meet the recent work test and have earned the needed credits on your own as described above, and are totally disabled, you cannot. You may wish to confirm this by discussing your situation with an attorney who specializes in SSDI matters. You can find such an attorney online by searching for "SSDI attorney near me" - just be sure to fully vet any firm you are considering. SSDI attorneys should not charge for an initial consultation, and they will only take your case if they believe you can win (they take their fees from any back SSDI benefits they can secure for you). SSDI attorney fees are also limited by federal law, and seeking such counsel should not result in any out-of-pocket expense for you.

*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). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.* ★

# High Living Costs Solidify California's Two-tier Economy



By Dan Walters, CALMatters.org

Why California is what it is – a state with an immense economy but equally immense socioeconomic divisions – is the topic of perpetual academic, media and political debates.

There is one factor, both a cause and an effect, that cannot be debated: California is an enormously expensive place in which to live and work. And if anything, the relatively high inflation that has plagued the national economy in recent years has exacerbated the angst that Californians were already feeling as they struggled to make ends meet.

Gov. Gavin Newsom's crusade against gasoline refiners, accusing them of price-gouging, exploits that angst by virtue signaling to his constituents that he's sympathetic to pain in their wallets. However, the state's high fuel prices are just a tiny fragment of the state's high cost of living and its corrosive effects.

How high? Insure.com, a website that analyzes insurance costs, recently updated its comprehensive, state-by-state guide to living costs of all kinds, and revealed that it costs 46.8% more to live in California than the national average – the third highest behind Hawaii's 85.5% and 54% in the

District of Columbia.

Its high cost of living is the single most important reason why California, despite its world class economy, has the nation's highest rate of functional poverty, as measured by the U.S. Census Bureau. Its supplemental poverty index is weighted for the cost of living and California's high costs, especially for housing, drive the state's ranking.

Moreover, when the near-poor are added, well over a quarter of Californians are suffering from serious economic stress, according to the Public Policy Institute of California.

High living costs, again particularly for housing, are also a major factor in California's outflow of population to other states and thus its recent loss of population.

"Since 2015, California has experienced net losses of over 500,000 adults who cite housing as the primary reason, according to the Current Population Survey," PPIC fellows Hans Johnson and Eric McGhee noted in a recent report. "About half of those who leave the state buy a house in their new state, whereas only one-third of those moving to California buy a house."

California is several million housing units – the exact number is often debated – short of what it needs to house its people, even despite recent population drops. Despite much ballyhooed efforts at the state level to increase production, the gap between supply and demand remains largely unchanged, thus putting upward pressure on rents and home prices.

According to the World

Population Review, California's average rent, \$1,586 a month, is the third highest in the nation, topped only by Hawaii and the District of Columbia, and also third highest behind those two markets in median home price at \$538,500.

High home prices make ownership an impossible dream for millions of California families, thus explaining why the state has the nation's second lowest level of families living in homes that they or their families own, 54.6%. New York is the lowest at 53.6%, thanks to New York City's rental-dominated housing market.

A new study by Moneywise, a website devoted to consumer finance, reveals that first-time home buyers in California would have to cough up the nation's second highest average down payment, \$98,904, topped only by Hawaii's \$110,360.

California's extremely high housing hurdles not only explain why so many residents are fleeing to other states, but why it's so difficult for working-class families to build generational wealth via home ownership. It solidifies the state's two-tier economy – white and Asian Californian majorities in its over-class and Black and Latino Californians dominating the underclass.

Political pontificating about gas prices really misses the point.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★

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## Hidden Life of Aster Kelly by Katherine A. Sherbrooke

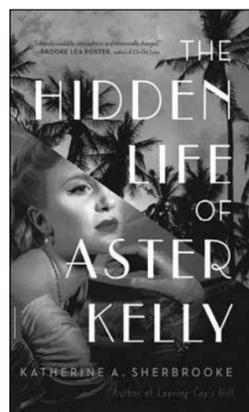
It's 1948, and Aster Kelly is starting her life over. After winning a prestigious fashion design contest, Aster leaves the NY modeling world behind for the bustle of Hollywood.

With the opportunity of a lifetime at the helm, Aster Kelly knows her life is about to change.

A design apprenticeship with the notable Fernando Tivoli is everything she needs to get her start in Hollywood. Then Aster arrives only to discover there isn't an apprenticeship. Fernando has his sights on his own career, and propelling someone else's is outside the cards. Yet, once he meets Aster, he quickly realizes she might be the key to driving his career aspirations.

Devastated to realize that she will once again put her dreams to the side, Aster decides to take the job as a stand-in model for Lauren Bacall as Fernando champions his way in convincing Galaxy Studios to be their personal couturier. If he wins the contract, Aster will finally get her chance at mentorship.

However, Hollywood always has its own plans, mixing well intentions with the glitz and



◆ Publisher: Pegasus Books  
◆ Intended Audience: Adult  
◆ Release Date: April 4, 2023

glamour of Hollywood starlets. But now, Aster's life as she thought she knew it drastically takes a charted course she never expected as Aster and Fernando quickly find themselves caught up in romantic affairs with Hollywood's most prominent insiders. Life is even more difficult as she blends the glamorous lifestyle with complicated secrets, leaving her to carefully craft a secret life behind the dazzling lights.

Now, twenty-five years later, Aster's daughter, Lizzy, is on the trajectory of becoming a rising Broadway star, all without knowing her mother's time in Hollywood. But as Hollywood would

have it, secrets can't be hidden forever, and when the light of the truth blinds their path, it is up to Aster to finally relinquish the truth before losing everything she has worked a lifetime to protect.

Fall for the glamour of Hollywood but stay for the secrets in *The Hidden Life of Aster Kelly*. With her ability to craft inspiring American figures with timeless issues, Katherine A. Sherbrooke immerses readers into the glamorous world of Hollywood in the late 1940s and early 1950s, then into the present day in 1975.

*The Hidden Life of Aster Kelly* highlights how the power of hidden love, in all aspects, can shape the trajectory of so many lives. This story blends the expectations of the time with motherhood, careers, marriage, and the scandalous independence of a woman and turns them on its head. Sherbrooke seamlessly blends three lives, two timelines, and two notable words of fashion and Hollywood entertainment. Shock, heartbreak, betrayal, and even the question of love will take readers deep into a story that is fit for a starlit Hollywood movie. ★

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# COMICS & PUZZLES

## The Spats



by Jeff Pickering



## Amber Waves



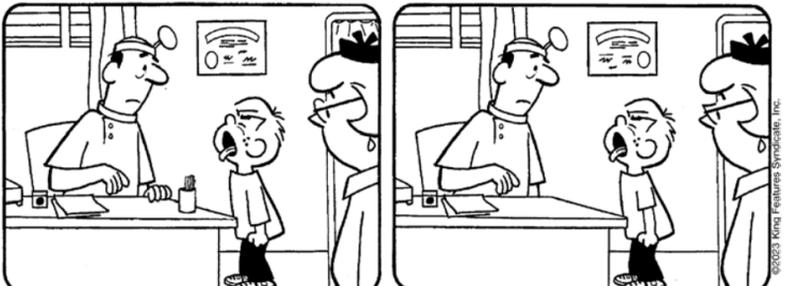
by Dave T. Phipps



## HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



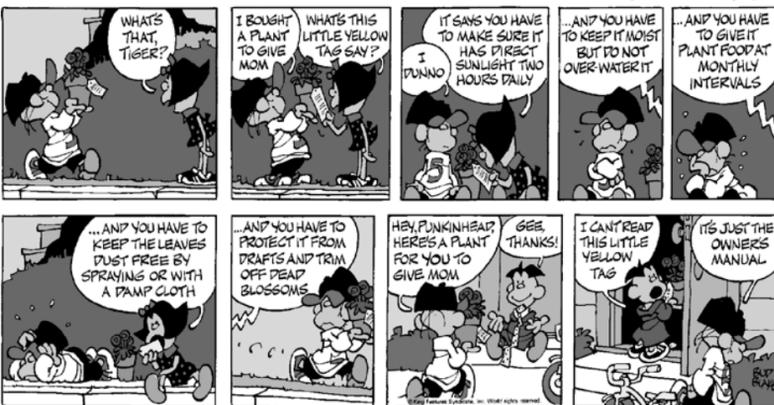
Differences: 1. Hand is shorter, 2. Container is missing, 3. Glasses differ, 4. Head is shorter, 5. Curtain is missing, 6. Diplo is missing.

## Out on a Limb



by Gary Kopervas

## TIGER



by BUD BLAKE

## GRIN and BEAR IT



## Just Like Cats & Dogs

by Dave T. Phipps



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- Attired
- \*Alabama, for short
- Type of pit, at a concert
- "Nevada's "biggest little city in the world"
- October birthstone
- Don't do this to words?
- Elusive Himalayan
- Poet Sandburg
- Come to pass
- "Home of the Bourbon Trail
- Not us
- Winds to a ship captain
- "Dish popular in the 50th state
- "Largest state, by area
- Dick \_\_\_ of "Bewitched"
- Tombstone acronym
- Spews
- Succulent medicinal plant
- Cast member
- Greek "r"
- Gibson garnish
- Evade payment
- Like certain pentameter
- Lenon's wife
- Fashionable
- Barely audible words
- Casino's pull
- Bear down under
- Sound bounce-back
- \*a.k.a. Commonwealth
- Sing like Sinatra
- Not working
- Lymphatic swelling
- Flourishing
- Commotions
- Type of pitcher
- Not in port
- Chop off
- What the phone did

**DOWN**

- Have a bawl
- Potato's soup partner
- Initial stake
- Happenings
- Lickety-split
- Shenanigans
- Friend in war
- \*State with longest freshwater shoreline
- It's enough?
- Pond gunk
- Joaquin Phoenix 2013 movie
- Relating to eye
- "Michigan's " \_\_\_ City"
- Selfish one
- Pavlova's step
- Middle East natives
- Permissible
- In a fitting way
- Half a ticket
- Sober Ness
- Not a soul (2 words)
- Operatic voice
- "Home to Arches National Park
- Tucker of "Modern Family"
- \*State with panhandle
- Round openings
- School of thought suffix
- Google search category
- Often-missed humor
- Hide craftsman
- Little one

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# Cold River Flows Require Caution During Spring Snowmelt

**PG&E News Release**

**SACRAMENTO REGION, CA (MPG)** - With the near-record California snowfall, water flows will be significantly higher in rivers and streams as the spring snowmelt accelerates. Outdoor recreationists should remain aware and cautious of as higher flows mean dangerously cold, swiftly moving water.

Pacific Gas and Electric Company (PG&E) urges those who venture near or into water to take extra precautions, especially around hydroelectric facilities and dams, where flow conditions can change rapidly. As trout-fishing seasons generally opening in April, anglers are especially encouraged to take precautions.

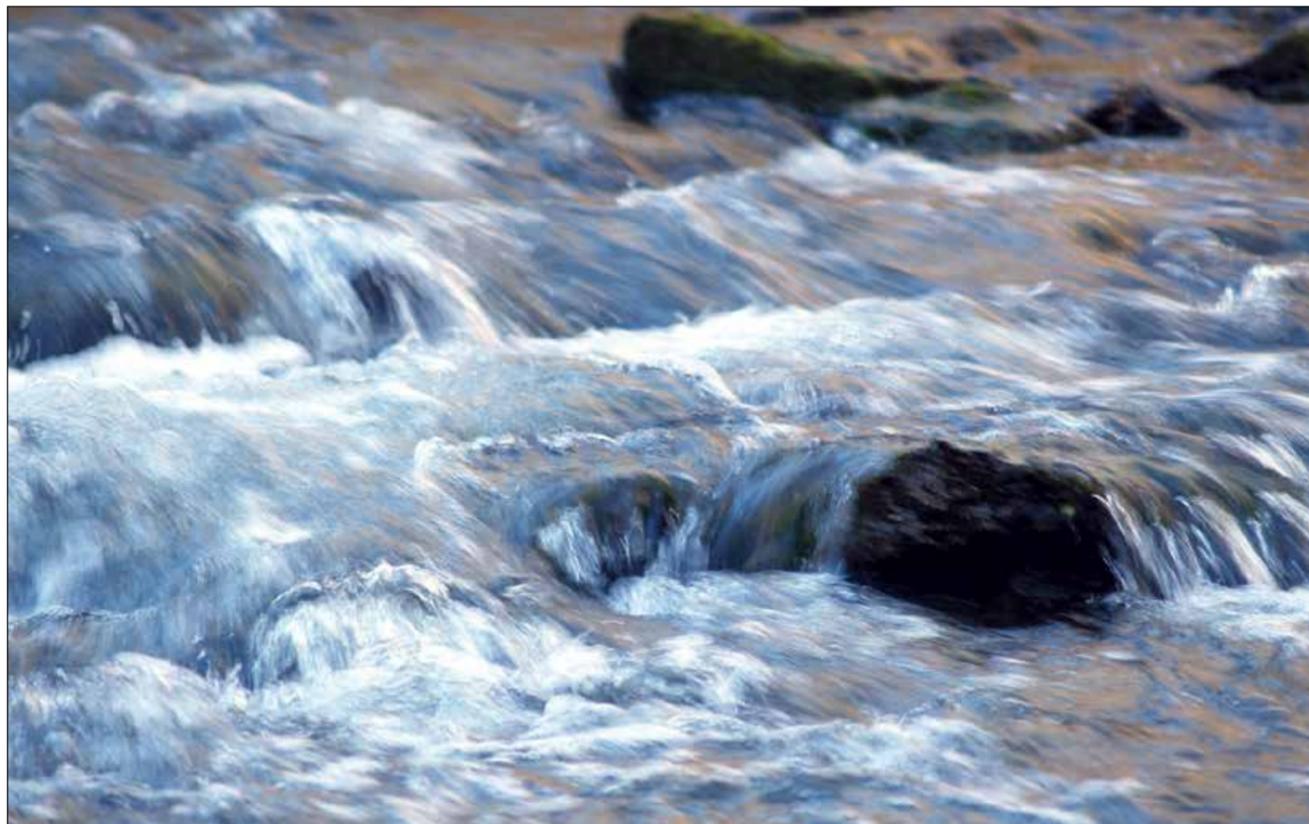
“The abundant snowfall is good for California but will result in much higher flows and potential flooding when warmer weather arrives,” said Jan Nimick, PG&E vice president of Power Generation. “We encourage everyone recreating in or near water to be situationally aware and have a plan to quickly and safely escape in case of changing water flows and cold temperatures.”

Most California rivers are fed by snowmelt, making them cold even in summer. Simple actions can save lives, such as recognizing if the water is too cold or swift, knowing your limits, wearing a life jacket or simply by not entering the water when conditions seem unsafe.

Below are some water safety tips:

**Know the Risks**

Prevention is the best way to save a person from



“We encourage everyone recreating in or near water to be situationally aware and have a plan to quickly and safely escape in case of changing water flows and cold temperatures.” Photo courtesy of Loren Markle Dreamstime.com

drowning. By the time a person is struggling in the water, a rescue is extremely unlikely and places the rescuer at risk; Sudden immersion in cold water can stimulate the “gasp reflex,” causing an involuntary inhalation of air or water. It can even trigger cardiac arrest, temporary paralysis, hypothermia and drowning. When faced with swift water, even the strongest swimmers can be easily overwhelmed; Cold water entering the ear canal can cause vertigo and disorientation. This can confuse swimmers, potentially causing them to venture deeper into the water;

Cold water also reduces body heat 25 to 30 times faster than air does at the same temperature and causes impairment that can be fatal.

**Learn About Self-Rescue Techniques**

If you do fall into the water, here are some survival tips:

Don’t panic. Try to control your breathing; don’t gasp. A sudden, unexpected fall into cold water causes an involuntary gasp (or torso) reflex. It takes less than one-half cup of water in a person’s lungs to drown. If you remain calm, you have a greater chance of self-rescue;

If you have a boat, stay

with it. It will help you stay afloat and will be seen more easily by rescuers. If it’s capsized and a portion of the craft is above water, try to climb on top;

Stay afloat with the help of a life jacket, regain control of your breathing and keep your head above water in view of rescuers;

If possible, remove heavy shoes. Look for ways to increase buoyancy such as by holding onto seat cushions or an ice chest;

If you’re in the water with others, huddle together facing each other to help everyone stay afloat and keep warm;

If you do fall into a river

without a life jacket, keep your feet pointed downstream and turn onto your back;

If you fall into the water with waders on, roll onto the shore. Wear a belt with waders.

**Know Your Limits**

Swimming in open water is more difficult than in a swimming pool. People tire more quickly and can get into trouble;

Many unseen obstacles can be lurking below the water’s surface. This is especially the case during spring and early summer snowmelt. Rising water can make these obstacles even more treacherous. Guided trips

for inexperienced paddlers are recommended.

Wear a Coast Guard-Approved Life Jacket

Conditions change quickly in open water and even the best swimmers can misjudge the water and their skills when boating or swimming.

**Adult Supervision**

Actively supervise children in and around open bodies of water, giving them your undivided attention. Do not assume that someone is watching them. Appoint a designated “water watcher,” taking turns with other adults. Use the buddy system and never swim alone. ★

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