

Demolition Begins at Shell Facility PAGE 2

Thanksgiving: Have an Attitude of Gratitude PAGE 12





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Serving the West Sacramento Region Since 1964

NOVEMBER 19, 2021

The Best Feel-Good Moment

INSIDE LOCAL AUTHOR RELEASES **BOOK "101**

SDD







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PAT-DOWNS



River Cats outfielder Drew Robinson at his last professional baseball game on July 20, where he received a standing ovation from fans and attendants. Photo provided by Sacramento River Cats

By Maverick Pallack, Sacramento River Cats

WEST SACRAMENTO, CA (MPG) - Sacramento River Cats outfielder Drew Robinson's final professional baseball game, and the moving standing ovation from fans, teammates, and opponents at Sutter Express on July 20.

much larger than baseball, and won the MiLBY Award for Best Feel-Good Moment of 2021.

With his family watching from the stands, players from both dugouts stepped out to applaud an emotional Robinson before his first at bat against the Round Rock

comeback to the diamond that reached thousands on social media. Less than a year after losing his eye in an attempt to take his own life, Robinson returned to home plate on May 11. baseball, making the River Cats' roster out of Spring Training.

He started for Sacramento

celebrated an incredible his hometown Las Vegas Aviators. In his fourth game of the season, Robinson launched a towering home run and pointed to his family in the crowd as he touched

> Robinson also earned the No. 1 spot on SportsCenter's Top-10 Plays with a diving double-catch against Round

Grant Helps the CHP Focus on Street **Racing and Sideshows**



CHP News Release

SACRAMENTO, CA (MPG) -The California Highway Patrol (CHP) Southern and Valley Divisions are working to reduce the number of victims killed and injured in traffic crashes as a result of illegal street racing and sideshows with the support of the Communities Against Racing and Sideshows (CARS) grant.

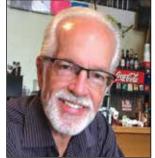
The CHP Valley Division continues to experience an increase in illegal street racing, sideshows, and drifting activities, often with fatal results. This continued dangerous behavior has proven the need for additional personnel and resources to properly address this illegal and highly dangerous activity.

With the CARS grant, CHP Valley Division officers will be able to focus enforcement on these unsafe driving behaviors and educating the public about the oftentimes deadly outcomes they bring. "Ultimately we want to keep our roadways safe for everyone," said CHP Valley Division Chief Mike Dust. "Those who choose to engage in these irresponsible and selfish acts need to know they put everyone's life at risk, not just their own, and we cannot allow that." Grant activities will include focused task force operations, undercover procedures, "in-view" proactive patrol operations, local high school presentations, and a public awareness campaign including community events and presentations. Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. The mission of the CHP is to provide the highest level of Safety, Service, and Security.

The standing ovation on Opening Day against

Continued on page 3

IS IT



PAGE 9

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POSSIBLE? Celebrating Our Vets

By Michele Townsend

WEST SACRAMENTO. CA (MPG) - Wow! West Sacramento Veterans of Foreign Wars (VFW), Post 8762, should be walking proud today for the great parade they hosted on Veteran's Day. Tom Hastain is the man that brought together the great group of individuals, organizations, clubs and business sponsors that formed the parade that left everyone impressed. People of all ages lined the parade route, which started at the old Westmore Oaks Elementary School and ended at Sam Combs Park.

Some spectators brought lawn chairs, while others either stood or sat along the edge of the road and watched as the long line of special guests, floats, antique cars, horses, emergency vehicles, bands, cheerleaders,



River City Marching Band looking sharp while playing patriotic music. Photo by Michele Townsend

dance groups, Boy and Girl Scouts and Veterans from every war America has fought in since WWII went by. People cheered and waved flags as patriotic music played from the fire truck and the various marching bands.

Special guests included Mayor Martha Guerrero, Councilwoman Quirina

Orozco, Mayor Protem Chris Ledesma, Councilwoman Dr. Dawnte Early-West, County Supervisor District 1 - Oscar Villegas and several City Commissioners. But of course, the most celebrated guests were those that this day was all about... the Veterans!

Many of the participants

rode in decorated, antique cars, as they threw candy to the bystanders. There were vehicles from the US Coast Guard, law enforcement agencies, and emergency agencies like the fire department and CERT. The number of heroes around us was just amazing. It's truly hopeful *Continued on page 3*



Demolition Begins at Shell Facility

Site Projected for Future Infrastructure Projects

City of West Sacramento

WEST SACRAMENTO, CA (MPG) - Demolition and cleanup at the site of Equilon Enterprises, LLC, dba Shell Oil Products US (SOPUS) petroleum tank farm has begun following an agreement reached in 2017 with the Port of West Sacramento on the disposition of the facility at 1509 South River Road in Pioneer Bluff. The deal outlines a creative public-private transaction which allowed for the phaseout of operations at the facility over the course of four years. The demolition and clean-up of the six-acre facility, which has been in operation since the 1940s, reflects the Port's broad economic development mission and is another example of the transition of the Pioneer Bluff district from legacy industrial operations to future riverfront mixeduse development.

"This transaction is a big step in the planned de-industrialization

of West Sacramento's Pioneer Bluff District", said Oscar Villegas, Yolo County Supervisor and Port Commission chairman. "We would like to thank SOPUS for their partnership, professionalism, and commitment to remediation of this fuel terminal. The Port of West Sacramento looks forward to taking ownership after its



The six-acre petroleum storage facility began operation in the 1940s. Photo: City of West Sacramento

clean-up and working with the City of West Sacramento on its future development."

Mayor Martha Guerrero believes the release of this keystone property will help West Sacramento implement its waterfront vision. "The closure,

demolition, and remediation of this fuel storage and distribution facility represents a very meaningful transition on several levels. There is so much potential for life on the river, and this is an important next step in creating great attractions for the region and neighborhoods that embrace our beautiful waterfront."

Mayor Pro Tem and Port Commissioner Chris Ledesma adds that "this property transaction is a good example of how the Port can facilitate important public infrastructure projects in West Sacramento in collaboration with the City and for the benefit of the community".

The phase-out of operations and cleanup of the property has been a collaborative effort, under the supervision of the Regional Water Quality Control Board. The agreement secures a strategic cornerstone parcel which will facilitate construction of future infrastructure projects including a new Broadway Bridge over the Sacramento River and an extension of West Sacramento's River Walk trail.

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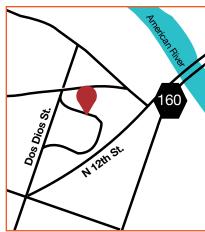
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* Amounts are estimates and may change by the time of lease-up.

Celebrating Our Vets The Best Feel-Good Moment



Three Daisies, Early start for Girl Scouts, waving American Flags during the November 11th Veterans Day parade. Photo by Michele Townsend



Geico Lizard making his Veterans Day appearance. Photo by Michele Townsend

Continued from page 1 that the veterans that were present could feel the love and appreciation that the community feels for them. For those veterans that were unable to make it to the celebration, please know that we were all out there to Thank and Honor each and every one of you.

In an email from Tom, after the parade, he said "I'm also pleased to announce that we exceeded our fundraising goal. Your donations will help Veterans in need. So, a big thanks to all 430 of you who marched, drove, or rode in the parade. Thanks to the 50 more who manned the booths, emceed, prepared the food, and loaned your equipment or church. Thanks to the City for approving the permit and providing the resources to keep the streets closed and everyone safe. You all made the Veterans Day parade a success." He also said that there is a photo gallery at westsacvfw.com/ veterans-day-parade, and invites anyone to add photos they took at the parade.

In a press release about the parade, VFW Commander James Brashaer said, "We try to run this parade annually but last year we couldn't due to COVID-19. It's been a challenging few years for nonprofits like the VFW, but especially for veterans. Events in Afghanistan have left many veterans hurting, and that makes it important for us to get out there and show our love."

Later that evening, a steak dinner was held at the VFW, located at 905 Drever St, in

West Sacramento, for all Vets and their spouses that were interested in attending. The VFW is a national organization that was designed to be a safe place where veterans go gather and band together in the brother and sisterhood that only comes from serving. Veterans share experiences, knowledge, feelings and a heart that the rest of us can only imagine. My guess our imagination is nowhere close to doing those things justice.

At a VFW, soldiers and former soldiers, as well as their families, can get assistance with a large variety of services. You don't have to be injured, although, the VFW will do their best to help you with that too. Basically, these people will bend over backwards, and then some, to help vets with food, to pay bills, to fill out paperwork, to battle VA, to find and apply for scholarships for Vets and/or their spouse or children. They will try to help with housing, with repairs, or maybe, just listen and understand.

VFW Post 8762 is a nonprofit providing veteran services since 1946. The location offers a bar, banquet hall, and venue for public or private events. All proceeds go to supporting veterans, their families, and community programs.

If you don't see what you need on the website, don't be discouraged. Go into the post, talk to someone. There is no need to be embarrassed. They are there to help, with no judgement. The great thing about the members (especially in West Sac) is that if there is not already a program to help with the needs you have, people work together to do their best to figure out how to help. It never hurts to ask. *



Robinson in another feel good moment at bat. Photo provided by Sacramento River Cats

Continued from page 1 Rock on July 19.

The inspirational Robinson has since transitioned into a role as a mental-health advocate with the San Francisco Giants.

The MiLBY Awards highlight the best players, moments, and teams in Minor League Baseball each season, and are decided through voting on MiLB.com.

The Sacramento River Cats, Triple-A affiliate of the 2021 National League West champion San Francisco Giants, kick off their 2022 schedule against the Sugar Land Skeeters (Houston Astros) on April 5 at Sutter Health Park, with a 6:35 p.m. (PT) Opening Night first pitch.

Sutter Health Park is the West Sacramento home of the 2019 Triple-A Champion Sacramento River Cats, and a proud affiliate of the three-time World Champion San Francisco Giants. Sutter Health Park is consistently voted one of the top ballparks in America. Memberships and Mini-Plans may be purchased now for the 2022 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487) or visiting www.rivercats.com. For information on other events at Sutter Health Park, visit www.sutterhealthpark.com. ★

Lawn Mower Driver Suffers Fatal Injuries in Collision

California Highway Patrol Press Release

WOODLAND, CA (MPG) - On November 11, 2021, at approximately 3:10 p. m., a man was driving a lawn mower in a northerly direction on County Road 97, south of SR-16. Another driver was driving Nissan northbound on County Road 97, south of SR-16 at an unknown speed. For an unknown reason the Nissan was unable

to slow or stop prior to colliding with the lawn mower. The lawn mower's driver was ejected and sustained fatal injuries and was pronounced deceased at the scene. The second driver sustained minor injuries. She was treated and released at the scene. County Road 97 was closed from SR-16 to County Road 24 for approximately 4 hours during the investigation. Alcohol and/or drugs are not believed to be a factor in this collision.









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Bagged Leaf Collection Guidelines.

Free Bagged Leaf Collection

Make sure you are following these guidelines:

- Bagged leaves only.
- Individual bags may not weigh more than 50 pounds.
- Paper or ATSM D6400 rated compostable bags only.
- Place leaf bags next to your organics cart on collection day.
- Do not leave unbagged leaf piles in the street.

Leaf Bag Set-out Collection Schedule

Weekly pickup during leaf drop season (Nov. 1 - Jan. 31)

Organics Cart Service

A Cleaner Solution

Use your organics cart to dispose of organic waste and help keep West Sacramento storm drains free of leaves.

Weekly Organics Cart Guidelines:

- Ensure cart lids can close.
- Only place green waste, food scraps, and food-soiled paper in cart. Do not place food waste or food soiled paper in leaf bags.
- Excess branches and pruning no larger than three (3) feet long and two (2) inches in diameter, weighing no more than fifty (50) pounds may be tied in bundles and placed next to the organics cart.



No plastic, glass, metal, treated wood, rocks or dirt, hazardous or pet waste. No plastic or foil coated paper.





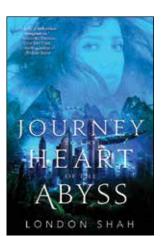
BOOK REVIEW & SPECIAL EVENTS EDITOR • 🖸 amy-shane@att.net • 💿 amy_fortheloveofbook

Journey to the Heart of the Abyss by London Shah

Living life undetected and on the run was one thing, but knowing that the Government is part of a vast coverup, spreading falsehoods is another. Leyla's heart's desire was to free her father from prison, and now that her father is finally by her side, it's time to uncover the truth. Deep down, Leyla knows that there was more to her father's arrest, Ari's capture, and the Government marking her as the nation's "Number One Enemy," and she will stop at nothing to uncover the truth.

Now, Leyla and her father must evade detection as they travel into remote areas of the ocean, looking for any sign of anthropoid communities, hoping that they might be able to find answers. Yet, traveling into remote areas of the ocean carries new types of threats. Dangerous creatures roam the waters, and hostile communities could be hidden around any bend. Yet, Leyla is driven by her convictions, knowing that truth lies far beyond a few broken laws.

However, the deeper Leyla dives into uncovering the truth, the more she is aware of the devastation, and the reality



- ♦ Publisher: Little Brown
- ◆ Intended audience: young adult
- ♦ Rating: ♥♥♥♥
- ♦ Release Date:
 - November 16, 2021

hits like a rippling shock wave across Britain. Surmounting fears begin to surface and tension escalate as rebel crowds rise, demanding equality and justice, marking Leyla's fight as one that has the power to change the future – proving that now is the time to have their voices heard.

Journey deep into the abyss where old world relics lie on the ocean floor in watery decay. Where truth is buried deeper than the vast depths of the ocean and the search for answers may cost you your life. London Shah returns to her beautiful and enchanting world encapsulated by the sea as she

continues the fight for survival and acceptance.

Like the sea-filled city, nothing is what you expect to uncover. Political tension begins to rise, and traitors are revealed. Leaving Leyla and her father to take on a fight for both truth and justice that could end up costing their lives. Just as intense and unforgiving as the first book, Journey to the Heart of the Abyss, will leave readers dreaming of a world encapsulated by the sea. London Shah takes her readers deep into the depths of the ocean, filling their minds with vivid imagery of a time that was lost. Wallpapered walls and curtained windows dance in the rippling water as if a view from a perfectly encapsulated snow globe, seemingly blending wonder with just the right level of intrigue and fear.

London Shah keeps the same thrilling tempo as The Light at The Bottom of the World, proving to her readers that you can't drown preserve, determination, or heart. As she shatters barriers and stereotypes,Shah allows her voice to be heard. But the one question that remains can love prevail? ★

Local Author Releases Book "101 Pat-Downs"



Author Malvini Redden with Book. Photo courtesy of WordSmith Communications

WordSmith **Communications** News Release

SACRAMENTO, CA (MPG)

- Sacramentan and CSU Sacramento faculty member Shawna Malvini Redden has released 101 Pat-Downs: An Undercover Look at Airport Security and the TSA, just ahead of the agency's 20-year anniversary. Part confessional, part investigative research and part light-hearted social commentary, 101 Pat- Redden examines airport Downs takes readers behind security interactions in a the scenes as Malvini social-science framework, Redden explores airport explaining how people navsecurity interactions and offers solutions to what has become the most stressful part of modern-day travel.

Shawna Malvini Redden, an award-winning author and professor who specializes in organizational rent form of security theatre communication research, teaching and consulting, interviewed more than 200 passengers, Transportation of it," said Elisa Camahort Security Officers (TSOs) and airline crew. She spent Map for Revolutionaries: years observing security lines as a passenger, Advocacy for All.

watching everything from TSOs cracking jokes to passengers fuming over carry-on confiscations, to the occasional security shutdown and everything in between.

Seasoned and amateur travelers alike will recognize familiar characters (and possibly themselves) in 101 Pat-Downs, including the stereotypically gruff TSO, the entitled business traveler and the nervous first-time flier. Malvini igate communication in complex interpersonal situations – like TSA checkpoints.

"As a road warrior myself, I appreciated 101 Pat-Downs and its keen observations about our curand how people on either side of that power dynamic react to and evolve because Page, co-author of Road Resistance, Activism and

Now available at online bookstores, 101 Pat-downs is a perfect traveler's companion for navigating what one TSO described as the nation's "second most hated government agency." The book also offers researchdriven suggestions for improving the airport security experience for passengers and TSOs alike.

Shawna Malvini Redden is an associate professor in the Communication Studies department at California State University, Sacramento. She holds a doctorate in organizational and interpersonal communication from Arizona State University. Her academic research has been widely published and she has received Top Paper awards from the National and International Communication

Associations. In addition to academic and professional writing about communication, she maintains a personal blog called The Bluest Muse.

For More Information, visit: https://101patdowns.com/





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Los Rios Colleges Awarded **Major Federal Child Care Grants**

Los Rios Community College District \$150,000 a year for the next four years and

SACRAMENTO REGION, CA (MPG) - Three of the Los Rios colleges - American River College, Cosumnes River College and Sacramento City College - have been awarded federal grants to support child care and family services on campus. The multi-year grants will support a variety of campus programs at the colleges' child development centers.

The grants are part of the Child Care Access Means Parents in School Program (CCAMPIS) program from the federal Department of Education. Here are the details for each college.

The American River College grant award is \$283,000 per year for the next four years. The grant will fund the college's infant toddler program in the following areas:

Improvements to the indoor and outdoor environments; Increased staff to allow for younger children – starting at 6 months of age; Teacher training; Early Childhood Education student training and permit advancement; Family workshops (both enrolled families and campus community)

The Cosumnes River College grant is

will fund the development of the college's family resource and engagement center, the Nest. This program will support families so that:

Families feel welcomed at our campus, persist, and are strengthened by educational and career achievement; The economic mobility of both parent/family and the child is enhanced; Both student parents and their children's educational outcomes will advance generationally; Families within the college community will be supported, sustained, and strengthened in their collective pursuits and wellbeing

The Sacramento City College grant award is \$224,000 and is renewable each year for five years. The grant will help fund comprehensive services for student families of children under the age of two years:

The funded activities for the children and families will begin in Spring 2022, starting with toddler-aged children; Income-eligible student parents may participate at no cost to the families; The program will feature a parent involvement and education component, with an online parent support and education Canvas

site, as well as on-campus activities

Dodd Lauds Passage of Infrastructure Bill

of new clean-energy jobs:

"Investing in our long-

neglected infrastructure is

critical, especially as we

face the devastating effects

of climate change," Sen.

Dodd said. "The passage

of this key legislation will

ensure we can shore up

deteriorating roads, address

traffic congestion and

improve internet access

for everyone. I applaud

members of Congress

for approving a measure

that will be so important

for our country and the

The federal allocation

complements progress

made this year on the

state level, where the

Legislature in partner-

ship with Gov. Gavin

Newsom made historic

investments to stem the

North Bay."



From the Office of Sen. Dodd

SACRAMENTO, CA (M)PG) -Sen. Bill Dodd, D-Napa, issued the following statement upon congressional passage of a \$1.2 trillion bipartisan infrastructure bill that would improve our nation's roads, bridges, rail and broadband systems, boosting economic recovthe digital divide.

Sen. Dodd secured \$8 million for improvements in key areas of his North Bay district, including \$5 million for environmental mitigation, marsh restoration and sea-level rise protection along Highway 37. The funding is in response to the dangerous rise in tidal waters across the San Francisco Bay that is now threatening the vital commuter route.

Also, he secured \$3 million for design and planning of interim improvements including adding a lane on Highway 37 between Sears Point and Vallejo to increase capacity and reduce traffic. The investment helps create a more sustainable and less con-

California's Messier, but Fairer, Redistricting Process



By Dan Walters **CALMatters**

For many decades, the decennial chore of redrawing California's congressional and legislative districts was relatively simple.

Every 10 years, following the census, legislative and congressional leaders would hire some knowledgeable number-crunchers and privately divvy up the districts for purely political purposes.

If one party controlled both the Legislature and the governorship, it would maximize its ability to remain in power. The maps that the dominant Democrats drew up after the 1980 census was the last time California saw a blatantly partisan gerrymander.

Republicans howled and persuaded voters to overturn the plan via a referendum, but the state Supreme Court ordered that the rejected maps be used anyway for the 1982 elections, in which Democrats retained their control of the Legislature and the congressional delegation.

Assembly Speaker Willie Brown publicly thanked "Sister Rose and the Supremes" for helping his party overcome the referendum, referring to Chief Justice Rose Bird. It fueled a successful drive to oust Bird and two other justices when they stood for re-election four years later.

Get a veteran journalist's take on what's going on in California with a weekly round-up of Dan's column every Friday.

After the 1982 election, Democrats enacted a slightly altered version of the gerrymander and then-Gov. Jerry Brown signed it just before leaving office. The congressional map was particularly slanted toward Democrats and its primary creator, San Francisco Congressman Phil Burton, laconically called it "my contribution to modern art."

Control of redistricting was the primary, if unspoken, issue of the 1990 campaign for governor and after Republican Pete Wilson won he vetoed a new set of maps drawn by Democrats, throwing the issue into the state Supreme Court. The court generated maps of its own that allowed the Republicans to make some gains in the 1992 and 1994 elections.

Democrats once again controlled the Legislature and the governorship after the 2000 census, but a partisan gerrymander was blunted by other factors, including an implicit threat of intervention by the U.S. Department of Justice under President George W. Bush.

The upshot was a bipartisan gerrymander aimed at protecting all incumbents and preserving the partisan status quo in both the Legislature and Congress, while ignoring dramatic demographic shifts, including a big surge in Latino population.

Overt gerrymandering ended a decade later, after voters approved two initiatives - hated by leaders of both parties – to shift the decennial mapmaking to an independent commission that would ignore partisan considerations,

draw districts to follow, where possible, city and county boundaries and preserve "communities of interest."

On the whole, the commission was faithful to its mission, but nevertheless, Democrats made big gains in congressional and legislative seats - eventually winning three-fourths of both as GOP voter strengthen plummeted.

With data from a new census - much delayed due to the COVID-19 pandemic – a new commission is working on new maps under a very tight deadline and it's been a rather messy process - a "hot mess" in the recent words of one commission member. Drafts of the new maps were released last week and it's apparent that they are likely to change quite a bit before the Dec. 27 deadline.

That said, it's obvious that Democrats will retain their overwhelming legislative and congressional supermajorities and could gain a few more seats simply because demographic trends continue to run their way.

Most of the uncertainty is in the 52 congressional districts – one fewer than before due to California's slow population growth. Democrats are struggling to retain their paper-thin control of Congress and a handful of toss-up seats in California could be the difference.

However, until the final maps are filed, no one can truly predict who will survive and whose careers will end. The process is messier than before, but also fairer.

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

Farm Credit West Donates to Food Banks

Farm Credit West

the nutritious foods our direct impact these orgacustomers grow to those nizations have on our communities and dedimeet.' cate our resources to help ensure no family goes hungry."

River City Weekly Sports



Winter Sports 11/19 to 11/25

RC Sports

Friday 11/19 Boys Soccer at Ponderosa Tournament Boys Basketball vs Christian Brothers

Saturday 11/20 Boys Soccer at Ponderosa Tournament

Tuesday 11/23 Boys Basketball vs Fortune TBD

Game Times

TBD

4:30/6/7:30 FR/JV/V

6/7:30 JV/V

News Release

SACRAMENTO REGION, CA (MPG) - Farm Credit West, ACA, one of the largest agricultural lending cooperatives in the nation, recently donated over \$50,000 to food banks throughout the regions where they operate, including Arizona, California's Central families impacted by ill-Coast, the Imperial Valley, South San Joaquin Valley, home. and Sacramento Valley.

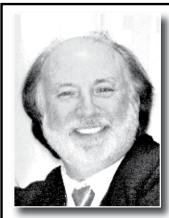
"In times of need, it is imperative our communities have access to healthy foods," said Mark Littlefield, President and in our local communities CEO of Farm Credit and respond with finan-West. "Providing financial support to our local Association and its Board food banks helps connect of Directors recognize the

trying to make ends

Every year, Farm Credit West prioritizes distributing funds to fight food insecurity through their robust charitable giving program. This year, seventeen food banks received a donation to support their local programs helping ness, job loss, or loss of a

"Stewardship is at the core of Farm Credit West's mission. Year after year, we keep a keen eye on the most vulnerable cial assistance. Our

Farm Credit West is a lending institution of the Farm Credit System with California branch offices in Bakersfield. Dinuba. Hanford, Imperial Valley, Santa Maria, Templeton, Tulare, Ventura, Woodland and Yuba City; and Arizona branch offices in Tempe, Safford, and Yuma. The System provides loans, leases, and related services to farmers, ranchers, rural homeowners, agribusinesses and agricultural and rural utility cooperatives nationwide. Visit www.farmcreditwest. com.



Publisher, Paul V. Scholl

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6 • NOVEMBER 19, 2021

"Housewarming for the Unhoused" Donation Drive

By Traci Rockefeller Cusack, **T-Rock Communications**

SACRAMENTO, CA (MPG) - Sacramento Self-Help Housing (SSHH) is proud to announce the 4th Annual winter donation drive that is now titled "Housewarming for the Unhoused" presented by Molina Healthcare. The drive-thru donation event will take place on Saturday, December 11 at the Cal Expo main gate loop from 8 a.m. to noon. In 2022, Sacramento Self-Help Housing is set to open 30 program houses, a record number for the organization in one year, that will house approximately 125 individuals.

The theme this year is "Warm it Up, Mix it Up" to encourage specific items for donation to help keep the served population both warm and well stocked as they transition to stable living environments. New or gently used items requested following: blankets, bed sheets (single & twin preferred), wash cloths, towels



The Cal Expo 2021 drive theme is "Warm It Up, Mix It Up" to encourage needed donations of kitchen appliances and items that add warmth. Photo: SSHF

for "Housewarming for (bath and kitchen), bed ances such as microwaves, Help Housing has opted to mixers, and blenders.

It is important to note name of the donation drive connotations," explained the Unhoused" include the pillows, and kitchen appli- that Sacramento Self- in lieu of "unhoused." toasters, coffee makers, remove the word "home- word 'homeless' is often Self-Help Housing. "The 341-0593 or visit www.

John Foley, Executive Especially these days, the Director of Sacramento less" from the previous associated with negative term can be demoralizing, sacselfhelp.org.

affecting self-esteem, and undermining progressive change. Instead, the word 'unhoused' conveys an insecure housing situation that is (hopefully) only temporary."

To make it as safe and easy as possible for the community to participate, SSHH staff and dedicated volunteers will be on-hand to collect new and/or gently used items that will be distributed to hundreds of recently homeless individuals in Sacramento County.

In addition to Molina Healthcare, the donation drive is also supported by Supervisor Rich Desmond, District 3, Lighthouse Public Affairs, LLC, Sunrise Marketplace, South Sacramento HART, Carmichael HART, Citrus Heights HART, and iHeart Media.

Each donation, big or small, will go directly to furnishing a home for a recently unhoused individual or family in our community. For more information about Sacramento Self-Help Housing, please call 916-

Legal Advertising Hotline 016-483-2299 Legal Advertising 916-773-2999

LEGAL ADVERTISING

News-Ledger Adjudicated For and By the County of Yolo, Adjudication No. CV PT 09-1432–September 4, 2009

Legal Advertising 7144 Fair Oaks Blvd #5 Carmichael, CA 95608

PUBLIC HEARING NOTICE December 2, 2021

Pursuant to Government Code Section 66018, the West Sacramento Planning Commission will conduct a public hearing on December 2, 2021, at 6:00 PM or as soon thereafter as possible on the item(s) listed below.

The Planning Commission meeting will be conducted via teleconference pursuant to Government Code section 54953(e). On October 20, 2021, the City Council adopted Resolution 21-80 confirming that a statewide state of emergency continues to exist because of COVID-19 virus pandemic, and that the Yolo County Public Health Officer continues to recommend measures to promote social distancing. The Commission and City staff shall take all actions required by Section 54953(e) to protect public access and right to comment. Members of the public are asked to watch the meeting Livestream (https://www.cityofwestsacramento.org/ government/meetings-agendas/planning-commission), or via Wave Cable Channel 20 and to submit comments in writing by 5:00 PM on December 2, 2021.

To submit a comment in writing, please email tanyaf@cityofwestsacramento.org and write "Public Comment" in the subject line. In the body of the email, include the item number and/or title of the item as well as your comments. All comments received by 5:00 PM will be provided to the Planning Commission and posted on the website. The comments submitted

City of West Sacramento Public Hearing Notice Community Development Block Grant

The West Sacramento City Council will conduct a public hearing on December 8, 2021 at 7:00 p.m. to receive comments on the Substantial Amendment to the 2021 Annual Action Plan for the Community Development Block Grant (CDBG) Program. The City anticipates a total of \$434,217 in CDBG funds will be reallocated though the substantial amendment.

Pursuant to the Governor's Executive Order N-29-20, members of the West Sacramento City Council and staff will participate in this meeting via a teleconference. To reduce the spread of COVID-19, members of the public are asked to watch the meeting via Livestream (https://www. cityofwestsacramento.org/governmenUmeetings-agendas/city-council) or via Wave Cable Channel 20 and to submit comments in writing by 5:30 pm on December 8, 2021.

To submit a comment in writing, please email clerk@cityofwestsacramento.org and write "Public Comment" in the subject line. In the body of the email, include the item number and/or title of the item as well as your comments. All comments received by 5:30 PM will be provided to the City Council and posted on the website. The comments submitted shall become part of the record of the meeting. To make a verbal comment during the meeting, join the meeting using the Zoom link or by phone.

https://westsacramento.zoom.us/j/89031183144?pwd=dnVlY1BFSjRDemNsWXVxb1M5b2lDdz09

shall become part of the record of the meeting

6:00 p.m.

REGULAR AGENDA

1. PUBLIC HEARING REGARDING MARSHALL ROAD TENTATIVE PARCEL MAP 5213 (Allen)

The applicant is requesting approval of a tentative parcel map to subdivide one lot located in the Rural Estates (RE) zone totaling ± 5.0 acres into two lots. The project is located at 3105 Marshall Road (APN 045-170-022-000). The project is exempt from the California Environmental Quality Act (CEQA) under §15315 (Minor Land Divisions). APPLICANT/ OWNERS: BLSS Enterprises Yolo, LLC, PO Box 981000, West Sacramento, CA 95698.

PUBLIC HEARING REGARDING PROPOSED DEVELOPMENT 2. AGREEMENTS AND CONDITIONAL USE PERMITS FOR CANNABIS DISTRIBUTION, MANUFACTURING, AND INDOOR CULTIVATION AT 2505 FRONT STREET (Laffey)

WCC MGMT, LLC is requesting approval of modifications and amendments to previously approved Conditional Use Permits (CUPs) and Development Agreements (DAs) for a cannabis distribution, manufacturing and indoor cultivation facility located within the M-1 Light Industrial zone at 2505 Front Street (APN: 067-150-013-000). The request also includes approval of new CUPs and DA for indoor cultivation at the same location. The request to modify the existing approvals is to facilitate an expanded indoor cultivation area and provide greater flexibility to the applicant in where to locate the uses within the existing building. The Commission will consider adopting Resolutions that would recommend the City Council adopt both amendments to existing Development Agreements and proposed Development Agreements with the applicant. The Commission will also consider approval of the modifications to the existing CUPs and new CUPs for the proposed uses pending City Council approval of the required Development Agreements. The proposed Development Agreements and CUP are categorically exempt from California Environmental Quality Act (CEQA) pursuant to \$15301 and \$15332 (Existing Facilities & Infill Development). Applicant: WCC MGMT, LLC, 2505-2535 Front Street, West Sacramento, CA 95691. Owner: FCP Front Street LLC, 156 Mott Street, 4th Floor, New York, NY 10013.

FINDING OF GENERAL PLAN CONSISTENCY FOR PROPOSED GRADING 3. ACTIVITIES FOR 851 SACRAMENTO AVENUE MIXED-USE PROJECT (Laffey)

Planning Commission will consider approval of Resolution 21-16PC finding that grading work for a permitted by right project at 851 Sacramento Avenue (APN:010-320-038-000) is consistent with the City's General Plan. The project involves grading in excess of 20,000 cubic yards and thus this finding is required pursuant to Municipal Code Section 15.08.140. The grading would cover the entire approximately 8-acre project site for a project that includes approximately 445 residential units on five stories with ground floor live work units as well as a one-story retail building at the western side of the property. The Commission's review is limited to grading only. On November 16, 2016, the City Council certified the General Plan 2035 Environmental Impact Report. A technical memorandum has been prepared in order to fully analyze any potential impacts associated with the project. Based on the analysis presented in the technical memorandum, the proposed project is within the scope of the EIR prepared for the General Plan 2035, and no new or substantially more adverse impacts would occur through implementation of the proposed project. Applicant: Kristian Story, 10430 S DE Anza, Suite 280 Cupertino, CA 95014. Owner: WSAC ASSET AA, LLC, 10430 S DE Anza, Suite 280, Cupertino, CA 95014.



David W. Tilley, Secretary West Sacramento Planning Commission

If you disagree with the decision of the Planning Commission, you have a right of appeal. Only persons who participated in the review process by submitting written testimony or oral testimony at the public hearing, may appeal. Appeals are limited to those issues raised at the Planning Commission meeting. If you challenge any of the above items in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City of West Sacramento at, or prior to, the public hearing. West Sacramento News Ledger 11-19-202

ID: 890 3118 3144 Passcode: 095472 Join by Phone: 1-669-900-9128 Meeting ID 89031183144 Passcode: 095472

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, seventy-two (72) hours prior to the meeting to allow the City to make reasonable arrangements to assure accessibility to this meeting.

Assistance is available to groups representing low-income residents that are interested in learning about CDBG funding for programs or projects. Questions or comments may be directed to Isaah Alford, Community Investment Specialist, at (916) 617-4555 or by email at isaaha@ cityofwestsacramento.org.

The City of West Sacramento promotes fair housing and makes all programs available to low- and moderate-income households regardless of age, race, color, religion, sex, national origin, sexual preference, marital status, or disability.

Ciudad de West Sacramento Aviso de Audiencia Pública Subsidios Globales para el Desarrollo Comunitario

El Concejo Municipal de West Sacramento llevará a cabo una audiencia pública el 8 de diciembre de 2021 a las 7:00 p.m. para recibir comentarios sobre la Enmienda Sustancial al Plan de Acción Anual 2021 del Programa de Subsidios Globales para el Desarrollo Comunitario (CDBG, por sus siglas en inglés). La Ciudad anticipa que se reasignará un total de \$434,217 en fondos CDBG a través de la enmienda sustancial.

En conformidad con la Orden Ejecutiva N-29-20 del Gobernador, los miembros del Concejo Municipal de West Sacramento y el personal participarán en esta reunión a través de una teleconferencia. Para reducir la propagación de COVID-19, se solicita a los miembros del público que vean la reunión a través de Livestream

(https://www.cityofwestsacramento.org/governmenUmeetings-agendas/city-council) o mediante el Canal 20 de Wave Cable y envíen sus comentarios. por escrito antes de las 5:30 pm del 8 de diciembre de 2021.

Para enviar un comentario por escrito, envíe un correo electrónico a clerk@cityofwestsacramento.org y escriba "Comentario público" en la línea de asunto. En el cuerpo del correo electrónico, incluya el número de artículo y / o el título del artículo, así como sus comentarios. Todos los comentarios recibidos antes de las 5:30 PM se proporcionarán al Concejo Municipal y se publicarán en el sitio web. Los comentarios presentados pasarán a formar parte del acta de la reunión. Para hacer un comentario verbal durante la reunión, únase a la reunión mediante el enlace Zoom o por teléfono.

Unirse por dispositivo electrónico:

https://westsacramento.zoom.us/j/89031183144?pwd=dnVlY1BFSjRDemNsWXVxb1M5b2lDdz09

Número de identificación: 890 3118 3144 Código de acceso: 095472 Únase por teléfono: 1-669-900-9128 Número de identificación: 89031183144 Código de acceso: 095472

En conformidad con la Ley de Estadounidenses con Discapacidades (ADA), si necesita ayuda para participar en esta reunión, comuníquese con el Secretario de la Ciudad, en

clerk@cityofwestsacramento.org, setenta y dos (72) horas antes de la reunión para permitir que la Ciudad hacer arreglos razonables para asegurar la accesibilidad a esta reunión.

Hay asistencia disponible para grupos que representan a residentes de bajos ingresos que estén interesados en aprender sobre la financiación de CDBG para programas o proyectos. Las preguntas o comentarios pueden dirigirse a Isaah Alford, Especialista en Inversiones Comunitarias, al (916) 617-4555 o por correo electrónico a isaaha@cityofwestsacramento.org.

La ciudad de West Sacramento promueve la vivienda justa y pone todos los programas a disposición de los hogares de ingresos bajos y moderados, independientemente de su edad, raza, color, religión, sexo, nacionalidad, preferencia sexual, estado civil o discapacidad.

West Sacramento News Ledger 11-19-2021

West Sacramento News	Ledger				NOVEMBER 19, 2021 • 7
Legal Advertising Hotline 916-483-2299 Legal Advertising Fax 916-773-2999		GALAD ted For and By the County of Yo			Legal Advertising 7144 Fair Oaks Blvd #5 Carmichael, CA 95608
FICTITIOUS BUSINESS NAME STATEMENTS FICTITIOUS BUSINESS NAME	FICTITIOUS BUSINESS NAME STATEMENT File No. F20210892	FICTITIOUS BUSINESS NAME Statement	FICTITIOUS BUSINESS NAME STATEMENT File No. F20210947	SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO	SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE
STATEMENT File No. F20210857 The following person(s) is doing business as:	The following person(s) is doing business as: Skoozi Entertainment, 155 Oak Avenue, Apt. 11, Woodland, CA 95695, County of YOLO.	File No. F20210937 The following person(s) is doing business as:	The following person(s) is doing business as: Clear Water Pool Services, 1411 McKinley	ORDER TO SHOW CAUSE CHANGE OF NAME	CHANGE OF NAME #CV2021-1601 Kimberly Denise Nettles-Barcelón and
C and H Bookkeeping & Professional Services, 3248 San Vicente Road, West	Julio Mazuka, 155 Oak Avenue, Apt. 11, Woodland, CA 95695	Casco Dock and Door, 3701 Seaport Boulevard, West Sacramento, CA 95691, County of Yolo.	Avenue, Woodland, CA 95695, County of Yolo. Mark Paul Biggs, 1411 McKinley	#CV2021-1660 Abdul Hadi has filed a petition with this	Aaron Joseph Barcelón have filed a petition with this court for a decree changing the
Sacramento, CA 95691, County of Yolo. Sophie & Kenneth You, 3248 San Vicente	This business is conducted by Individual. The registrant commenced to transact	Casco Equipment North Corporation, 3701 Seaport Boulevard,	Avenue, Woodland, CA 95695 This business is conducted by Individual.	court for a decree changing the name(s) of Abdul Hadi to Abdul Hadi Sadat.	name(s) of Maya Victoria Nettles-Barcelón to Maya Alberta Victoria Nettles-Barcelón.
Road, West Sacramento, CA 95691. Thisbusiness is conducted by AMarried Couple.	business under the fictitious business name or names listed above on 10/24/2021	West Sacramento, CA 95691. This business is conducted by Corporation.	The registrant commenced to transact business under the fictitious business	IT IS ORDERED that all persons	IT IS ORDERED that all persons interested in the above-entitled matter
The registrant commenced to transact	/s/ Julio Mazuka This statement was filed with the County	The registrant commenced to transact business under the fictitious business	name or names listed above on N/A /s/ Mark Paul Biggs	interested in the above-entitled matter appear before this court at 9:00a.m. on	appear before this court at 9:00a.m. on
business under the fictitious business name or names listed above on 10/6/2021	Clerk of Yolo County on 10/14/2021. Jesse Salinas, County Clerk/Recorder	name or names listed above on 11/1/2016 /s/ William J. Sherick	This statement was filed with the County Clerk of Yolo County on 11/02/2021.	November 23, 2021, in Department 10 and show cause, if any, why the petition for	December 14, 2021, in Department 9, and show cause, if any, why the petition for
/s/ Sophie You & Kenneth You This statement was filed with the County	By: dho, Deputy 11/5, 11/12, 11/19, 11/26/21	This statement was filed with the County	Jesse Salinas, County Clerk/Recorder	Change of Name should not be granted. Dated: September 16, 2021	Change of Name should not be granted. Dated: October 15, 2021
Clerk of Yolo County on 10/6/2021. Jesse Salinas, County Clerk/Recorder	NEWS-LEDGER 11-26-2021	Jesse Salinas, County Clerk/Recorder	By: kquam, Deputy 11/19, 11/26, 12/3, 12/10/21	Daniel M. Wolk, Judge of the Superior Court	Daniel M. Wolk, Judge of the Superior Court Publish: November 19, 26 & December 3, 10,
By: Iramirez, Deputy 10/29, 11/5, 11/12, 11/19/21	FICTITIOUS BUSINESS NAME STATEMENT	By: kquam, Deputy 11/12, 11/19, 11/26, 12/3/21	CNS-3529480# NEWS-LEDGER	Publish: October 29 & November 5, 12, 19, 2021	2021 BARCE 1801 12-10-21
NEWS-LEDGER Oct 29 Nov 5 12 19 nl 3386	File No. F20210902 The following person(s) is doing business as:	CNS-3527949# NEWS-LEDGER	Nov 19 26 Dec 3 10 nl 3386 12-10-2021	HADI 1801 11-19-21 SUPERIOR COURT OF CALIFORNIA	NOTICE OF LIEN SALE
FICTITIOUS BUSINESS NAME	GP Maintenance Solutions, 16665 Freeman Street, Esparto, CA 95627, County of YOLO.	Nov 12 19 26 Dec 3 nl 3386 12-3-2021	FICTITIOUS BUSINESS NAME	COUNTY OF YOLO	Notice is hereby given
STATEMENT	Ricardo Guzman, 16665 Freeman Street, Esparto, CA 95627 This business is conducted by Individual.		STATEMENT	ORDER TO SHOW CAUSE CHANGE OF NAME	pursuant to California Business and Professional
File No. F20210860 The following person(s) is doing business as:	The registrant commenced to transact business under the fictitious business	FICTITIOUS BUSINESS NAME STATEMENT	File No. F20210959 The following person(s) is doing business as:	#CV2021-1844 TJ Ray Juarez has filed a petition with	Codes #21700-21716, Section 2328 of the UCC of
The Growing Company, 4 Wayne Court, Building 3, Sacramento, CA 95829, County of Yolo.	name or names listed above on 10/24/2021 /s/ Ricardo Guzman	File No. F20210948 The following person(s) is doing business as:	Resolute Company, 1102 Chapman Street, Winters, CA 95694, County of Yolo.	this court for a decree changing the name(s) of TJ Ray Juarez to Ray Juarez.	the Penal Code, Section 535 the undersigned, StorQuest
Jensen Landscape Services, LLC, 1983 Concourse Drive, San Jose, CA 95131	This statement was filed with the County Clerk of Yolo County on 10/18/2021.	Heartfelt Seasonings, 2163 Valley Oak Lane, Unit 1099, West Sacramento,	Priority Strategies, 1102 Chapman Street, Winters, CA 95694	IT IS ORDERED that all persons	Express Self Storage/Ramco St. of West Sacramento,
ThisbusinessisconductedbyLimitedLiabilityCompany.	Jesse Salinas, County Clerk/Recorder By: kquam, Deputy	CA 95691, County of Yolo. Michael Eugene Johnson, 2163 Valley Oak	This business is conducted by Corporation. The registrant commenced to transact	interested in the above-entitled matter appear before this court at 9:00a.m. on November	will sell at public sale by
The registrant commenced to transact business under the fictitious business	11/5, 11/12, 11/19, 11/26/21 CNS-3525721#	Lane, Unit#1099, West Sacramento, CA 95691. This business is conducted by Individual.	business under the fictitious business name or names listed above on N/A	24, 2021, in Department 10, Room: Zoom and show cause, if any, why the petition for	competitive bidding the personal property of Anna
name or names listed above on 09/30/2021 /s/ Tony W. Lee, Secretary and Treasurer	NEWS-LEDGER 11-26-2021	The registrant commenced to transact business under the fictitious business	/s/ Alfredo Arredondo, President PRIORITY STRATEGIES	Change of Name should not be granted. Dated: October 14, 2021	Stinson, Samantha Price, Daniel Baldizan, Timothy
Jensen Landscape Services, LLC This statement was filed with the County	FICTITIOUS BUSINESS NAME	name or names listed above on 11/01/2021	This statement was filed with the County	Samuel T. McAdam, Judge of the Superior	Valentine, Cheyenne Crotteau, Mitchell Ferrua,
Clerk of Yolo County on 10/06/2021. Jesse Salinas, County Clerk/Recorder	STATEMENT File No. F20210874	/s/ Michael Eugene Johnson This statement was filed with the County	Clerk of Yolo County on 11/04/2021. Jesse Salinas, County Clerk/Recorder	Court Publish: October 29 & November 5, 12, 19,	Stacy Levasseur, Joseph
By: kquam, Deputy 10/29, 11/5, 11/12, 11/19/21	The following person(s) is doing business as: Jess Holle Photography, 613 2nd Street, Apt.	Clerk of Yolo County on 11/02/2021. Jesse Salinas, County Clerk/Recorder	By: kquam, Deputy 11/19, 11/26, 12/3, 12/10/21	2021 JUAREZ 1801 11-19-21	Berthelot, Lonnie Nunley, Jessica Gosse, Brittani
CNS-3521805# NEWS-LEDGER	20, Woodland, CA 95695, County of YOLO. Jessica Holle, 613 2nd Street,	By: Iramirez, Deputy 11/12, 11/19, 11/26, 12/3/21	CNS-3529663# NEWS-LEDGER	SUPERIOR COURT OF CALIFORNIA	Lunday, Sonrisa Ewing, Dwayne Speed, Noel Gaona,
Oct 29 Nov 5 12 19 nl 3386 11-19-2021	Apt. 20, Woodland, CA 95695 This business is conducted by Individual.	NEWS-LEDGER Nov 12 19 26 Dec 3 nl 3386	Nov 19 26 Dec 3 10 nl 3386 12-10-2021	COUNTY OF YOLO ORDER TO SHOW CAUSE	and Ralph Gibson. Property to be sold: Misc. Items.
FICTITIOUS BUSINESS NAME	The registrant commenced to transact business under the fictitious business	12-3-2021		CHANGE OF NAME #CV2021-1812	Auctioneer Company: www. storagetreasures.com The
STATEMENT File No. F20210862	name or names listed above on 09/01/2021 /s/ Jessica Holle	FICTITIOUS BUSINESS NAME	FICTITIOUS BUSINESS NAME	Vanessa Do Truong has filed a petition with this court for a decree changing the name(s)	Sale will end at 10:00 AM,
The following person(s) is doing business as: The Interior Plant Company, 8240 Umbria	This statement was filed with the County Clerk of Yolo County on 10/11/2021.	STATEMENT File No. F20210891	STATEMENT File No. F20210945	of Vanessa Do Truong to Van Truong.	November 26, 2021. Goods must be paid in CASH at site
Avenue, Sacramento, CA95828, County of Yolo. Jensen Landscape Services, LLC, 1983	Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 11/5, 11/12, 11/19, 11/26/21	The following person(s) is doing business as: Hauling Aces, 3408 Kauai Road, West	The following person(s) is doing business as: Valley Oak Wool and Fiber Mill, 41501 County	IT IS ORDERED that all persons interested in the above-entitled matter appear	and removed at completion of sale. Sale is subject to
Concourse Drive, San Jose, CA 95131	CNS-3526217# NEWS-LEDGER	Sacramento, CA 95691, County of Yolo. Alex Tkachev, 3408 Kauai Road,	Road 27, Woodland, CA 95776, County of Yolo. Marcail McWillilams, 627 1st	before this court at 9:00a.m. on November 24, 2021, in Department 10, Room: Zoom	cancellation in the event of settlement between owner
This business is conducted by Limited Liability Company.	11-26-2021	West Sacramento, CA 95691. This business is conducted by Individual.	Street, Woodland, CA 95695 This business is conducted by Individual.	and show cause, if any, why the petition for Change of Name should not be granted.	and obligated party. 3005
The registrant commenced to transact business under the fictitious business		The registrant commenced to transact business under the fictitious business	The registrant commenced to transact business under the fictitious business	Dated: October 12, 2021	Ramco St. West Sacramento, CA 95691 (916)241-8600.
name or names listed above on 09/30/2021 /s/ Tony W. Lee, Secretary and Treasurer	FICTITIOUS BUSINESS NAME STATEMENT	name or names listed above on 10/07/2013	name or names listed above on 11/07/2017	Samuel T. McAdam, Judge of the Superior Court	11/12, 11/19/21 CNS-3527004#

STATEMEN File No. F20210903

The following person(s) is doing business as: Captain Andy's Emporium, 3810 Court, West Sacramento, Mendocino CA 95691, County of YOLO. Andrew V. Pierce, 3810 Mendocino Court, 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 Andrew V. Pierce, Owner This statement was filed with the County Clerk of Yolo County on 10/18/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 11/5, 11/12, 11/19, 11/26/21 CNS-3525845# NEWS-LEDGER

11-26-2021 FICTITIOUS BUSINESS NAME STATEMENT File No. F20210929

The following person(s) is doing business as: News Ledger, 1040 West Capitol Avenue, Suite B, West Sacramento, CA95691, County of Yolo. Scholl, 4854 Paul V Tono Way. Ca nichael, CA 95608 This business is conducted by Individual. The registrant commenced to transact business under the fictitious business name or names listed above on 08/01/2021 /s/ Paul V. Scholl This statement was filed with the County Clerk of Yolo County on 10/26/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 11/12, 11/19, 11/26, 12/3/21 NEWS-LEDGER Nov 12 19 26 Dec 3 nl 3386

/s/ Alex Tkachev This statement was filed with the County

Clerk of Yolo County on 10/14/2021. Jesse Salinas, County Clerk/Recorder Bv: kouam. Deputv 11/12. 11/19. 11/26. 12/3/21 NEWS-LEDGER Nov 12 19 26 Dec 3 nl 3386 12-3-2021

FICTITIOUS BUSINESS NAME STATEMENT File No. F20210943

The following person(s) is doing business as: Eagle Auto Sales LLC, 1540 South River Road, West Sacramento, CA 95691, County of Yolo. Auto Sales LLC, 4730 Eagle Court, Roseville, CA 95747. Winona This business is conducted Limited Liability Company. by The registrant commenced to transact business under the fictitious business name or names listed above on 10/01/2021 /s/ Ahhas Ahhasi

This statement was filed with the County Clerk of Yolo County on 11/01/2021. Jesse Salinas, County Clerk/Recorder By: Iramirez, Deputy 11/12. 11/19. 11/26. 12/3/21 NEWS-LEDGER Nov 12 19 26 Dec 3 nl 3386

/s/ Marcail McWilliams This statement was filed with the County Clerk of Yolo County on 11/01/2021. Jesse Salinas, County Clerk/Recorder

Bv: dho, Deputy 11/19. 11/26. 12/3. 12/10/21 NEWS-LEDGER Nov 19 26 Dec 3 10 nl 3386 12-10-2021

FICTITIOUS BUSINESS NAME STATEMENT

File No. F20210962

The following person(s) is doing business as: Lighthouse Bar & Grill, 2125 W. Capitol Avenue, West Sacramento, CA 95691, County of Yolo. Garken Corp., 2125 W. Capitol Avenue, 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 05/19/2016 /s/ Jim Gouveial

This statement was filed with the County Clerk of Yolo County on 11/05/2021.

Publish: October 29 & November 5, 12, 19,

2021 TRUONG 1801

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1821

Diem Thi Phan Quinlan has filed a petition with this court for a decree changing the name(s) of Diem Thi Phan Quinlan to Diem Thi Phan. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on November 30, 2021, in Department 9 and show cause, if any, why the petition for Change of Name should not be granted.

Dated: October 12 2021 Daniel M. Wolk, Judge of the Superior Court er 29 & November 5, 12, 19, 2021 QUINLAN 1801 11-19-21

below at the location indicated: 975 F ST West Sacramento, ca 95605 on 12/06/2021 @2:00PM: Deago Williams Clothes. Luvannah Pedrick basinet, stroller, totes, high chair. Grant White household goods. This auction will be listed and advertised on www. storagetreasures.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.

Extra Space Storage will hold

a public auction to sell personal

belonging to those individuals listed

described

11/19, 11/26/21 CNS-3528552# NEWS-LEDGER

NEWS-LEDGER 11-19-21 PUBLIC LIEN SALE

property

business under the fictitious business name or names listed above on 01/16/2019 /s/ Chris Macko

Jensen Landscape Services, LLC

This statement was filed with the County

Clerk of Yolo County on 10/06/2021.

FICTITIOUS BUSINESS NAME-

STATEMENT OF ABANDONMENT

File No. F20210900

following fictitious business name(s):

West Sacramento News Ledger, 1040

West Capitol Avenue, Suite B, West

Sacramento, CA 95691, County of Yolo.

News Ledger LLC, 1040 West Capitol Avenue,

Suite B, West Sacramento, CA 95691.

The registrant commenced to transact

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11-19-2021

conducted

Company.

Jesse Salinas, County Clerk/Recorder

By: kquam, Deputy

CNS-3521816#

NEWS-LEDGER

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This statement was filed with the County Clerk of Yolo County on 10/18/2021. Jesse Salinas, County Clerk/Recorder By: Iramirez, Deputy 10/29, 11/5, 11/12, 11/19/21 CNS-3497407# NEWS-LEDGER

Oct 29 Nov 5 12 19 nl 3386

FICTITIOUS BUSINESS NAME STATEMENT File No. F20210800

The following person(s) is doing business as: Wice Motors Corp, 2620 W Capitol Avenue, West Sacramento, CA 95691, County of Yolo. Wice Motors Corp, 1788 Camino Way, Roseville. Real CA 95747. This business is conducted by Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on 09/15/2021 Vitali Sciupac This statement was filed with the County Clerk of Yolo County on 09/20/2021. Salinas, County Clerk/Recorder Jesse By: dho, Deputy 11/5 11/12 11/19 11/26/21 NEWS-LEDGER Nov 5 12 19 26 nl 3386 11-26-2021

FICTITIOUS BUSINESS NAME STATEMENT File No. F20210915

The following person(s) is doing business as: JS Threading Plus. 779 Ikea Court. Suite 110. West Sacramento, CA 95605, County of Yolo. Threading Plus, 2108 N Street, JS Suite N, Sacramento, CA 95816. This business is conducted by Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on 10/01/2021 Satveer /s/ Ark This statement was filed with the County Clerk of Yolo County on 10/20/2021. Jesse Salinas, County Clerk/Recorder By: kguam, Deputy 11/5, 11/12, 11/19, 11/26/21 NEWS-LEDGER Nov 5 12 19 26 nl 3386 11-26-2021

FICTITIOUS BUSINESS NAME STATEMENT File No. F20210950

12-3-2021

The following person(s) is doing business as: Hampton Inn & Suites, 2060 Freeway Drive, Woodland, CA 95776, County of Yolo Sunrise Hospitality, Inc., 5546 Kalispell Sacramento, Way, CA 95835 This business is conducted by Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on 05/04/2007 /s/ Arvind Patel This statement was filed with the County Clerk of Yolo County on 11/02/2021. Salinas, County Clerk/Recorder Jesse By: dho, Deputy 11/12, 11/19, 11/26, 12/3/21 NEWS-LEDGER

Nov 12 19 26 Dec 3 nl 3386

	12-3-2021
FICTITIOUS BUSINESS N	AME
STATEMENT	
File No. F20210938	
following person(s) is doing l	ousiness as:
Boomer Gazette, 3810 Mend	ocino Court

The ess as: Court, The West Sacramento, CA 95691, County of Yolo. Andrew V. Pierce. 3810 Mendocino West Sacramento, CA 95691 Court, This business conducted is Partnership. General by registrant commenced to transact business under the fictitious business name or names listed above on 03/03/2020 /s/ Andrew V Pierce / Nancy A. Levy This statement was filed with the County Clerk of Yolo County on 10/28/2021. Salinas, County Clerk/Recorder Jesse By: kouam. Deputy 11/12, 11/19, 11/26, 12/3/21 CNS-3527945# NEWS-LEDGER Nov 12 19 26 Dec 3 nl 3386 12-3-2021

12-3-2021 FICTITIOUS BUSINESS NAME

STATEMENT File No. F20210939

The following person(s) is doing business as: The Buhagiar Group LLC, 3954 Martis Street, West Sacramento, CA 95691, County of Yolo. The Buhagiar Group LLC. 3954 Martis Street, West Sacramento, CA 95691 This business is conducted Liability by Limited Company. registrant commenced to transact The business under the fictitious business name or names listed above on N/A Jenna Buhagiar /s/ This statement was filed with the County Clerk of Yolo County on 10/29/2021. Jesse Salinas, County Clerk/Recorder By: mlindstrom, Deputy 11/12, 11/19, 11/26, 12/3/21 NEWS-LEDGER Nov 12 19 26 Dec 3 nl 3386 12-3-2021

> FICTITIOUS BUSINESS NAME STATEMENT

File No. F20210942

The following person(s) is doing business as: It's All Yoga, 3075 Gabri Court, West Sacramento, CA 95691, County of Yolo. Michelle Amber Marlahan, 3075 Gabri Court, 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 10/20/2021 /s/ Michelle Marlahan

This statement was filed with the County Clerk of Yolo County on 11/01/2021. Jesse Salinas, County Clerk/Recorder By: Iramirez, Deputy 11/19, 11/26, 12/3, 12/10/21 NEWS-LEDGER Nov 19 26 Dec 3 10 nl 3386

12-10-2021

Jesse Salinas, County Clerk/Recorder By: mlindstrom, Deputy 11/19, 11/26, 12/3, 12/10/21 NEWS-LEDGER Nov 19 26 Dec 3 10 nl 3386

12-10-2021

FICTITIOUS BUSINESS NAME STATEMENT File No. F20210981

The following person(s) is doing business as: Instakevz. 1335 Lisbon Avenue. West Sacramento, CA 95605, County of Yolo, Aleksandr V Kozin. 1335 Lisbon Avenue, West Sacramento, CA 95605 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/ Aleksandr V Kozin This statement was filed with the County Clerk of Yolo County on 11/12/2021.

Jesse Salinas, County Clerk/Recorder By: Iramirez, Deputy 11/19, 11/26, 12/3, 12/10/21 NEWS-LEDGER Nov 19 26 Dec 3 10 nl 3386 12-10-2021

FICTITIOUS BUSINESS NAME STATEMENT File No. F20210961

The following person(s) is doing business as: Atmosphere X Photography, 820 Sacramento Avenue, Apt. 325, West Sacramento, CA 95605, County of Yolo. Kenneth Pence, 820 Sacramento Avenue, Apt. 325, West Sacramento, CA 95605 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/ Kenneth Pence This statement was filed with the County Clerk of Yolo County on 11/05/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 11/19, 11/26, 12/3, 12/10/21

CNS-3530225# NEWS-LEDGER Nov 19 26 Dec 3 10 nl 3386

12-10-2021

VOEGE

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1810

Anthony Hilario Arocan has filed a petition with this court for a decree changing the of Anthony Hilario name(s) Arocan to Anthony Hilario Perez. IT IS ORDERED that all persons interested in the above-

entitled matter appear before this court at 9:00a.m. on November 23, 2021, in Department 10, Room: Zoom and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 12, 2021 Samuel T. McAdam, Judge of the Superior Court

Publish: October 29 & November 5, 12, 19, 2021

AROCAN 1801 11-19-21 SUPERIOR COURT OF CALIFORNIA

COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME

#CV2021-1915 Nancie Roberta Voege has filed a petition with this court for a decree changing the name(s) of Nancie Roberta Voege to four waters.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on December 16, 2021, in Department 10, Room: Zoom and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 29, 2021 C. Gojkovich, Deputy Publish: November 12, 19, 26 & December 3.2021

1801

12-3-21

PUBLIC LIEN SALE

In accordance with the provisions of State law, there being due and unpaid charges for which the undersigned is entitled to satisfy an owner and/ or manager's lien of the goods hereinafter described and stored at the Life Storage location listed below. Life Storage #635 3280 Jefferson Blvd Sacramento, CA 95691 West 492-2056 (916) And, due notice having been given, to the owner of said property and all parties known to claim an interest therein, and the time specified in such notice for payment of such having expired, the goods will be sold to the highest bidder or otherwise disposed of at a public auction to be held online at www.storagetreasures. com, which will end on Thursday December 16th, 2021 at 10:00am

Leonard Rubio: Hsld gds/Furn Leonard Rubio: Hsld gds/Furn Supreme Roper: Hsld gds/Furn, TV/ Stereo Equip, Tools/Applnces, Acctng rcrds/Sales Sampls Polly Susan Fields: Hsld ads/Furn

Kaycee Gutierrez: Hsld gds/Furn, TV/Stereo Equip, Tools/Applnces, Lndscpng/Cnstrctn equip, Acctng rcrds/Sales Sampls

Charles Boozer: Hsld gds/Furn

Dorothy Stewart: Hsld gds/Furn

Angela Alcaraz: Hsld gds/Furn, TV/ Stereo Equip, Tools/AppInces

Nov. 19 and 26, 2021

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11-19-2021

Reinforce the Pandemic's Partnerships for Innovation

Commentary by Kenneth Thorpe

Beating Covid-19 has certainly taken longer than most of us were hoping, but we've turned the corner, and it's never too early to begin the critical exercise of assessing "lessons learned."

Clearly, in numerous critical areas, we were unprepared for the pandemic's arrival. Nevertheless, as a nation, we rallied and the ways in which we did so, properly reinforced, will see us through the end of this public health emergency and leave us better prepared for the next one.

The most distinctive characteristic of our rally to beat Covid-19 was partnership for innovation. We learned we needed to do many things differently and that dependent on foreign suppliers.

efforts across sectors that don't always work together easily or well. Going forward, we need political leaders and their industry counterparts to reinforce the ter to avoid being caught short partnerships that have developed and strengthen the climate for innovation.

No one relishes thinking back to the early months of the pandemic when uncertainty and fear were running high, but even then, as we learned what we needed the hard way, we worked together to make it happen.

Take for example the acute problem of the shortage of personal protective equipment. The United States had failed to restock and was dangerously

we needed to coordinate our But within weeks, new suppliers quickly stepped up, converting production lines to manufacture masks and gloves.

> We can and must do betby shortages again. Some PPE makers are now in danger of failing because demand has let up. Let's end the boom-bust cycle with a steady commitment from federal, state, and local officials to stock up and keep surge capabilities available.

> Another problem posed by this pandemic has been how to get people the consistent and coordinated care they need when medical offices and clinics have had to close doors to avoid becoming clusters for the spread of the virus. The ability to pivot to telemedicine has

no doubt saved lives and health care dollars. We need to keep this option open by renewing and expanding insurance coverage for telemedicine.

Perhaps the single most important partnership for getting us through the pandemic was the one between the federal government and pharmaceutical industry to create, test, produce, and distribute vaccines as quickly and safely as possible. The "lesson learned" here is that we all benefited from an existing ecosystem promoting innovation that was already feeding world-class research facilities, leading-edge technology, and top scientists.

We must preserve this ecosystem for innovation and avoid dramatic cuts to health care providers in the midst of a pandemic.

We have also learned that the need for partnership extends beyond our borders. Though underfunded, COVAX, the global initiative to inoculate the world against Covid-19 directed by Gavi, the Vaccine Alliance, the Coalition for Epidemic Preparedness Innovations, and the World Health Organization is a model to build on.

Let's not go back to Square One. Instead, let's recognize and fortify these partnerships for innovations that will protect us into the future.

Kenneth E. Thorpe is a professor of health policy at Emory University and chairman of the Partnership to Fight Chronic Disease. *







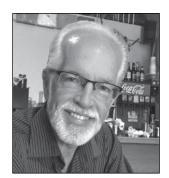






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Is it Possible?



Commentarv by Bruce Lee

This column's primary mission deals with citizen ownership and responsibility for our governments. However, at times I am asked if that just sounds good? Or, is it really possible? Are we "tilting at windmills?" Can you fight City Hall?

Today, I want to assure everyone that citizen ownership is absolutely possible, and I have real-world results to prove it. It takes effort and organization, but it is possible. Let me share a few illustrations to encourage us all!

2020 was a busy year for the Sacramento Taxpayers Association. SacTax was involved in a multitude of state and local issues, including Split Roll Property Tax and several local policy and tax matters (COVID fines on businesses, changing the election cycle of the county sheriff, and the Sacramento strong mayor initiative, etc.). unnecessary tax dollars were saved!

Of particular significance, in the spring of 2020, we met head-on the Sacramento Transportation Authority's proposal to increase the county-wide sales tax by a half percent for forty years. On July 15, 2020, after months of working on this tax increase in the middle of a pandemic, the Authority reluctantly withdrew its November 2020 ballot measure. Most notable to me was literally the very last comment in the report:

"(S)hould any organized opposition materialize, the measure will not be viable (on the November ballot)."

Dear co-owners of our government, we were the "organized opposition!" And, we had a resounding success.

Then in August 2020 (after pleading with the Citrus Heights City Council to reconsider placing Measure M on the November ballot to raise their sales tax by one percent with no sunset date) we faced another new battle. The Council was intransigent – arrogantly confident that voters would easily approve their tax increase as the Council's consultants assured them that polling showed the measure being adopted by well over 70 percent.

The City Council scoffed at us - confident in their ability to call in over \$50,000 of "pay-to-play" vendor money to push Measure M across the winning line, as well as spend thousands of public city dollars in multiple citywide mailings to every household - all proclaiming the merits of Measure M in so called "educational mailings."

It was all very daunting ... but SacTax rolled up its The result was that billions of collective sleeves and organized a "No on M" task group. With a total of about \$7,000 (from small donors) plus hundreds of coordinated hours of volunteer time and help from community leaders, in two months the citizens sent this "ugly pig" of a tax measure to its rightful grave by approximately 2,000 votes (or 52.45%).

> Again, friends, we were "the organized opposition,"

with another resounding success!

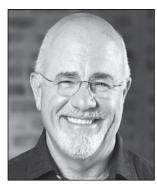
In fact, if you look at all of the local tax increase and bond measures placed before Sacramento region voters in November 2020, they all passed - except for the ones SacTax actively opposed.

There is an important lesson here, we did not have to burn down buildings or destroy businesses. We did not have to deface or tear down any monuments. All we had to do was be well organized; upfront; use sound logical arguments; make our concerns known; and educate citizens. All we had to do was put leadership into practice and encourage our citizens in exercising ownership over their governments.

We had to shed light on important topics; allow government officials to realize that we must all be good stewards of public dollars; and realize that "business as usual" was not acceptable.

Lesson learned - our democratic, republican form of government works when we collectively take responsibility for it! Together, we make a difference!

W. Bruce Lee is an educator and speaker (WBruceLee. com) with a career in government as an elected official and fiscal advisor, who has worked at the local, state, and federal levels. He authors the "We the Government" column as a community service. He is president of the Sacramento Taxpayers Association (SacTax) - promoting efficient, economical government; fair and equitable taxation which permits a strong, healthy economy; as well as sensible balance and rational control of government expenditures.. His private message telephone is 916-624-6476.



Friend Want to be a Tenant

Dear Dave,

I own a duplex that has an opening for a tenant, and an old college buddy wants to rent the apartment. He has always been a good friend, but I'm a little worried about the possible effects on our friendship if business is brought into the picture. Do you have any advice?

– Justin

Dear Justin,

lot of honesty and maturity from you both.

Doing business with friends always comes with the risk of running into a situation that can damage the relationship. Am I saying never do business with a payment, or not be able



do a lot of business with friends. I just make sure all the specific requirements and expectations of the business relationship are laid out in clear detail, in writing, and fully understood by both parties before a deal is struck.

Sometimes friends have unrealistic expectations when it comes to doing business together. The friend who's renting may think the friend who is the landlord will give him a pass if the rent is late, and on a dozen other things. The friend who is the landlord may think the renter will be a perfect tenant, because they're friends, and find out the hard way his buddy's a slob who doesn't respect and take You can make this work, care of the property. All but you'll both need to be these things should be careful. It's going to take a ironed out ahead of time and before the agreement is signed.

You might want to make sure, too, he understands the need to come talk to you if a situation arises where he may be late with friends? Of course, not. I to pay the rent one month.

Most issues like this can be worked out, but he needs to understand - and it's your job to tell him ahead of time, in a kind-but-firm manner - you're not running a charity.

Just be friendly, straightforward and businesslike. If you have to enforce the rules, do it consistently and with fairness. Likewise, if a situation pops up where a little grace and understanding are appropriate, provide those as well.

– Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsev Solutions.



Riley Reviews

"YELLOWJACKETS" SURVIVAL DRAMA; **STOCKWELL TRIBUTE ON TCM**

A Film and TV Review by Tim Riley

"YELLOWJACKETS" ON SHOWTIME Showtime's ten-episode drama "Yellowjackets" works off the premise that a female-centric version of "Lord of the Flies" is compelling for the mystery of the survivors' saga in the aftermath of a shocking airplane crash.

This series takes its name from a New Jersey girls high school soccer team with players so talented they have qualified to enter the national championship match. Hence, the ill-fated journey by air travel with their coach and a few others.

Jackie (Ella Purnell), who is not seen in her adult years, at least in the episodes made available for review. But the real mystery lies elsewhere.

The featured adults harbor secrets that a fake reporter seeks to uncover with ludicrous offers of a book deal. What happened to the teens while in the woods is the pressing mystery and why are they receiving identical postcards suggesting a conspiracy of silence?

'Yellowjackets" is smartly written as a wickedly fascinating drama that at times dwells on the gore and macabre but ultimately relies on character and the tenuous

Social Security Matters Why Is My Medicare Part B **Premium So High?**



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Social Security is deducting \$297 per month for my Medicare Part B coverage. I have what's called a "Windfall Elimination Provision" because I receive a pension from my former State employer. Prior to my 65th Birthday in July of this year, Social Security was paying me \$764 per month, but when I turned 65 they reduced my amount to \$467 per month. I read that the Part B premiums for 2021 are \$148.50, so I wonder why I'm paying double that amount? Could it be that I never enrolled in Medicare Part B and they just automatically started deducting that amount? Some sort of penalty? If so, it seems kind of high. Can you explain why I'm paying so much for Medicare Part B? Signed:

Curious About Medicare

B premium of \$297/month has nothing to do with the Windfall Elimination Provision (WEP). WEP affects (reduces) your Social Security retirement benefit amount but doesn't affect your Medicare premium. Your Medicare Part B premium is \$297/month because of a different Medicare rule

known as "IRMAA," which is the "Income Related Medicare Adjustment Amount." Here's how IRMAA works:

Medicare determines your Part B premium amount each year using your combined income (from all sources) from 2 years prior, so your 2021 Part B premium is based upon your 2019 income. The income amount used to set your Part B premium is called your Modified Adjusted Gross Income (MAGI), which is your normal Adjusted Gross Income on your tax return plus any other non-taxable income you may have had (including half of your SS benefits, non-taxable interest, etc.). If your MAGI is over a certain threshold, your Part B premium is more than the standard \$148.50.

The IRMAA thresholds at which you pay a higher Part B premium depend upon your tax filing status. A married couple filing jointly with MAGI under \$176,001 pays the standard premium (\$148.50 for 2021), and a single tax filer whose MAGI is under \$88,001 also pays the standard Part B premium, but income exceeding those thresholds means a higher Part B premium. How much Dear Curious: Your Part higher depends upon how much your MAGI exceeds the base amounts above. The Part B IRMAA premium increases on a scale relative to how much your MAGI exceeds the base threshold and, from what you've shared, it appears that your 2019 MAGI resulted in a 2021 Part B premium of \$297/month.

Since vou were already collecting Social Security when you turned 65, you were automatically enrolled in Medicare Part A (which is free) and Medicare Part B (for which you pay a premium), which is why your Medicare premium increased at that time. If you also have "creditable" healthcare from either your or your wife's employer ("creditable" is a group plan with at least 20 participants), you can disenroll from Medicare Part B by filing form CMS-1763 and having an interview with Social Security. That way you could save that \$297 monthly Part B premium for as long as you have other "creditable" employer coverage, and then re-enroll in Part B during the Special Enrollment Period which starts when your employer coverage ends (or shortly before to avoid a gap in healthcare coverage).

If you have retired from working and your combined income in 2020 was much lower than in 2019, Social Security will automatically adjust your 2022 Medicare Part B premium as appropriate for your combined income reported to the IRS on your 2020 tax return. If you retired in 2020, you might also wish to submit form SSA-44 (www.ssa.gov/forms/ssa-44-ext.pdf) to claim a "life

changing event," which may result in a smaller Part B premium for 2021 as well.

This article is intended for information purposes only and does not represent legal or financial guidance. Visit our website (amacfoundation.org/programs/ social-security-advisory) \star

Even though the team name "Yellowjackets" is the series' title, this is not a sports show about soccer competition. As a survival drama, the series is steeped in psychological and supernatural mystery that fluctuates with wild swings between the past and the present.

The storytelling about the fate of the girls and their accompanying adults is, in the words of writer Ashley Lyle, structured as a show not "about what happened, but about why it happened."

Told in flashbacks from the time of the 1996 crash in the Canadian wilderness to the present day of 2021, we get to see how the passage of time has affected the survivors, most particularly the four characters in the leading roles.

Christina Ricci's Misty was a friendless nerd serving as a team assistant. Melanie Lynskey's Shauna, a player once destined to attend an Ivy League college, has now fallen into the rut of a loveless marriage and conflict with her spiteful teenage daughter.

Closeted in her school days, Taissa (Tawny Cypress) is an ambitious candidate for state senate who is haunted by her past as well as present-day coping with a son troubled by an inexplicable supernatural undercurrent.

Last of the group is erstwhile gothic teen Natalie (Juliette Lewis) who seems to have spent her adult life in a revolving pattern of drug and alcohol abuse and stints in rehab. Moreover, she was frequently slut-shamed as a cynical youth.

Seeing these women as their teen versions offers clues to their struggles and tribulations in adulthood. Misty's younger self (Samantha Hanratty) was always weird and showed her cruel tendencies that carried over into her nursing home duties as an adult.

As for the rest of the teens, Taissa (Jasmin Savoy Brown) is a driven competitor; sweet-natured Shauna (Sophie Nelisse) may be deceptive and cunning; and Natalie's (Sophie Thatcher) stoner image belies her soccer talent.

There's also a mystery about team captain

bonds of relationships to deliver the goods.

DEAN STOCKWELL TRIBUNE ON TCM

Noted character actor Dean Stockwell, who recently passed away at the age of 85, started his entertainment career as a child actor and continued working in film and television for more than seventy years.

The TCM cable channel celebrates his life and career as we approach the Thanksgiving holiday with a retrospective of films while he was under contract with MGM for most of his childhood.

TCM's on-air tribute to Stockwell includes "Anchors Aweigh" (1945), a story about a pair of sailors on leave trying to help a movie extra become a singing star.

In "The Green Years" (1946), an orphaned Irish boy is taken in by his mother's Scottish relations. "The Mighty McGurk" (146) is about a punch-drunk prizefighter living on the Bowery who takes in an orphaned boy.

Friends and family try to tame an unruly student at the turn of the century in 1950's "The Happy Years." In "The Secret Garden" (1946), an orphaned girl changes the lives of those she encounters at a remote estate.

An orphaned boy mystically acquires green hair and a mission to end war in 1948's "The Boy with Green Hair." "Kim" (1951) is based on Rudyard Kipling's classic tale of an orphaned boy who helps the British Army against Indian rebels.

While the majority of these films being aired as a tribute to the late actor are about an orphaned child, you might wonder if this is a reflection of Stockwell's own circumstances. The short answer is in the negative.

Born into an entertainment family, Stockwell's father was a stage and film actor and his mother had performed in vaudeville. The parents split up when he was little, but that didn't make him an orphan.

A film that is not part of the TCM tribute is 1948's "Deep Waters," in which Stockwell played an orphan runaway longing to go to sea. With a 70-year career, at least he grew out of being cast as a child without parents.



Don't Neglect Long-Haul Covid in the Panic Over Delta

Commentary by Dr. Jeffrey Gold

Long Covid" is one of many scary phrases that have barged pandemic upended global life.

Those who have it are afflicted with a Covid that seems never to go away. With the present panic over the Delta variant, there's a danger that we will not accord this slow-burn condition the attention it deserves.

With symptoms ranging from severe fatigue and lightheadedness to anxiety and, in some extreme cases, psychosis, these long-haul patients are begging for help. Studies indicate that as many as three out of 10 people infected with Covid-19 may experience long Covid. Yet, doctors struggle to find an explanation.

Another problem is that the condition. almost all studies of long Covid

Little research has been done on "breakthrough infections" -- the contracting of Covid-19 after vaccination. Preliminary into our vocabulary since the research suggests that symptoms can endure for up to six weeks in breakthrough cases.

What makes long Covid so puzzling is the variety of possible symptoms, of which there are potentially hundreds. Patients report shortness of breath, fever, difficulty concentrating, and skin conditions. Some patients experience hearing loss. Still others report fatigue so severe that they struggle to get out of bed. There's no diagnostic test for long Covid, and brain MRI scans and other tests fail to yield results.

But this list of symptoms also gives researchers multiple vantage points from which to study

focus on the unvaccinated. fighting Covid-19 leaves behind viral particles that trigger a generalized cycle of inflammation long after the body has defeated the pathogen itself. Others think the virus may burrow in human tissues, allowing it to surface sometime later when immunity weakens.

In select cases, doctors have diagnosed patients complaining of long Covid symptoms with a rare condition known as postural orthostatic tachycardia syndrome (POTS). The condition often appears suddenly following a viral infection.

Any theory or link to a known condition offers hope for patients. In guidelines released mid-June, the Centers for Disease Control and Prevention recommended doctors focus their approach on patients' specific symptoms.

Thus, in the fight against Some scientists theorize that long Covid, doctors should

target the symptoms patients are mortality. experiencing with treatments already proven to address those indications.

For patients experiencing high blood pressure, for instance, doctors can prescribe betablockers to slow their heart rate. Those patients who feel extreme fatigue can benefit from medicines used to treat chronic fatigue syndrome. Some patients with a POTS diagnosis see positive results from a drug called ivabradine.

A number of drugs, FDAapproved for other ailments, are finding welcome additional use in the treatment of Covid. Empagliflozin, commonly used for Type-2 diabetes, promises to protect against Covid-related organ failure. Baracitinib, an anti-inflammatory drug developed for rheumatoid arthritis, has shown notable effectiveness in reducing Covid-related

Patients experiencing respiratory problems may benefit from a new drug known as Tavalisse, which has FDA approval for use in patients suffering from a rare condition known as thrombocvtopenia. Meanwhile, a recent study found that low-dose naltrexone -- a therapy for chronic fatigue or chronic pain -- shows potential to safely and effectively disrupt Covid-19's ability to attack the body.

Curing long Covid requires dedicated research and investment. Even repurposing existing drugs requires expensive clinical trials. With tens of thousands of Americans getting infected with Covid-19 every day, the scientific community must double down on finding cures for this condition.

Dr. Jeffrey Gold, MD, is a family physician. This piece originally ran in the Boston Herald. \star

CHURCH DIRECTORY							
Seventh Day Adventist Church Sasa Andelkovic, Senior Pastor 2860 Jefferson Blvd., W. Sac. PO Box 447, W. Sac. 95691 Sat. Sabbath School 9:30 a.m. Worship 11 a.m. (916) 372-6570	American Buddhist Seminary Temple Learn how to practice mindfulness meditation for your everyday happiness in small groupsetting. Free Community Service. Sundays - 8:30–10 a.m. 423 Glide Avenue, West Sac (916) 371-8535 www.abstemple.org	New Seasons Church Your Church in West Sacramento Pastor Ron Jackson Sunday Service 9:30 a.m. Westfield Elementary School 2124 Michigan Blvd., West Sacramento, CA 95691 (916) 265-4025 pastorron@newseasonsws.com www. newseasonsws.com		Community Lutheran Church Join us for a positive, uplifting message! We welcome all! Sunday Service at 10 a.m. 920 Drever St. (916) 317-8804 Facebook.com/CommunityLutheranWest- Sacramento/			
West Sacramento Baptist Church Sun. School - 9:30 a.m. Sun. Worship - 11 a.m. Wed. Prayer Meeting & Bible Study - 6:30 p.m. 2124 Michigan Blvd. (916) 371-2111	Our Lady of Grace Catholic Church 911 Park Blvd, West Sacramento Office: (916) 371-4814 Fr. Mathew Rappu, Pastor Mass: Mon, Tues, Wed 8:30 a.m. Fri 8:30 a.m. at OLG school during school year Sat: 5:30 p.m. vigil, Sun: 9 a.m., 11 a.m.	Looking for a place to worship? <i>Check here first!</i> To find out how to list your place of worship in this directory, call (916) 371-8030 for more information.	Trinity Presbyterian Church 1500 Park Blvd. W. Sac. CA (916) 371-5875 www.TrinityWestSac.org info@trinityWestSac.org Pastor Jamie Crook Spanish Ministry Pastora: Miryam Osorio Sunday Worship Services: 10 a.m. Blended/Traditional Noon Spanish Language	Center for Spiritual Awareness 1275 Starboard Dr. (916) 374-9177 (For prayer line, listen for prompt) Sun. Service: 11 a.m. Youth Programs & Jr. Church Rev. Georgia Prescott www.csasacramento.org for weekly affirmations All are welcome!			

Crossword Puzzle on Page 10 STATEPOINT CROSSWORD • THANKSGIVING S Ο **Crossword Puzzle Solutions on Page 10** Е Ο Μ Ν Ο **CLUES** R R Α AIP 0 N ACROSS

"If all

e.g

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63. "

e.g.

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19. Toils



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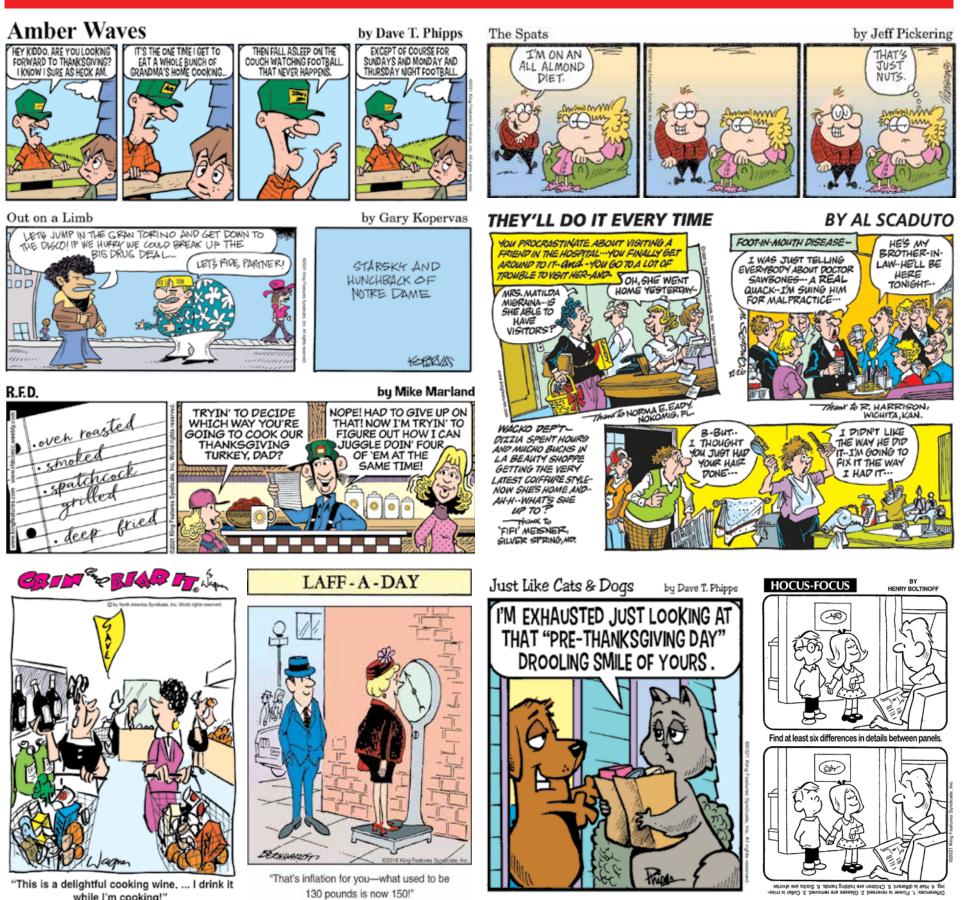


 Sudoku Puzzle on Page 10								0
1	3	6	8	4	7	9	5	2
7	4	9	2	6	5	1	3	8
8	2	5	9	1	3	4	7	6
9	5	1	6	7	8	2	4	3
2	8	4	3	5	1	6	9	7
3	6	7	4	9	2	8	1	5
6	1	8	7	3	4	5	2	9
5	9	3	1	2	6	7	8	4
4	7	2	5	8	9	3	6	1



fails. 5. *Male Thanksgiving bird 8. Yoko's last name 15 16 17 11 Indian restaurant bread 12. Carhop's carrier 13. *"Kiss the Cook" garment 18 20 15. Homer's "The Odyssey", 16. *Grandpa or Grandma, 17. Moolah or dough 24 25 28 18. *Pilarim's colony 20. Allah's cleric 30 32 33 21. Arranges into categories 22. Chance's genre 23. *"Plains, Trains and Automobiles" star 26. Woven containers 39 42 40 30. Kimono sash 31. Aristotle's schoo 43 34. Part of ideal 35. Hurricane feature, pl. 37. Comedian Schumer 38. Teen worry 39. Side of a rule 50 51 52 53 40. Left over 42. *When will the guests be 56 here?, acr. 43. Rejuvenate 45. Expression of agreement 61 (2 words) 47. *What Turkey Trot partic-62 63 64 inants did 48. Outdoor entertainment Blazing Fast Internet! BRING EVERYTHING 50. Messy substances 🖳 f 👞 dish 52. *It makes Thanksgiving wishes come true? YOU LOVE TOGETHER! @\$1999 PD 55. Half of diameter, pl 56. Flu symptom 57. Accompanies relief 2-YEAR 99 59. Leaves out TV PRICE 190 CHANNELS 60. More than a talker? MO. 61. Isaac's firstborn GUARANTEE Including Local Channel 62. Skin cyst CALL TODAY - For \$100 Gift Card = _ my party, and I'll cry if I want too... 1-888-416-7103 Office 37427 dish 💁 64. Confederate or Union, © StatePoint Media 1. Compass dir. 44. Desert mirage 2. Arctic native 46. Makes less tight GRAND ALASKAN 3. Go vachting 48. Lace loop **CRUISE & TOUR** 4. Become enclosed in a cyst 49. "Angela's ," memoir 2 days, departs May - Sep 2022 50. *Raiders vs. Cowboys, e.g. 5. Freshwater fish YMT. 6 N2017 6. Hop-drying kilns 51. Scandinavian war god 1-855-208-9533 7. *Pumpkin pie at the first 52. Dry riverbed Thanksgiving, e.g. 8. Sea World's performer 53. Not final or absolute 54. Exclamation of surprise, archaic 2 9. "Cheers" regular 55. Propel your boat! 6 10. Top seed 58. Color wheel feature 12. Like a rosebush 2 6 5 13. Spy name 14. *Kind of squash 9 3 8 22. Truck brand motto: "Guts. Glory. 9 3 1 23. Lawn trimmer 4 3 1 6 24. Toe the line 25. Designs on lemur's tail 3 8 5 26. Purchases 27. #39 Across. p 9 7 4 28. T in Ferrari TR 29. Thai restaurant chicken staple 2 1 6 32. Elder's support 33. Flightless bird 4 3 36. *Thanksgiving football game host city since 1934 38. Impromptu Fill in the blank squares in the grid, making sure that every 40. Big coffee holder row, column and 3-by-3 box includes all digits 1 through 5 41. Choice word Solutions on Page 10

WEEKLY COMICS



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Thanksgiving: Have an Attitude of Gratitude

By Bryan Golden

Thanksgiving is much more than a big meal with family and friends. It's a time to reflect on, and be thankful for, all of the good things you have. It's important to be grateful, not just on Thanksgiving, but each and every day. Rather than lamenting what you feel is lacking in your life, begin each new day by developing an attitude of gratitude. Take inventory of your blessings and you will be surprised at just how much you have to be thankful for.

If you have enough to eat, a place to live, a way to get around, people who care about you, or people you care about, then you are wealthy. If you lack any of these elements, you must still be grateful for what you do have, while striving to obtain whatever is absent.

Focus on all positive aspects of your life. Take nothing for granted. Every morning, recharge your appreciation. Be happy for everything there is, not upset over what you feel is missing.

Dreams of the future shouldn't diminish appreciation for the present. If all you do is concentrate on what you want, you won't enjoy today. Don't be jealous of others; what they do or have has no bearing on you.

You can feel bitter or resentful for a variety of reasons. Perhaps you feel something is missing from your life, things aren't going your way, or you have been treated unfairly. You may wonder, "why do these things always happen to me?"

Life's problems tend to dominate your thoughts, turning your focus to what you feel is wrong. You may start to resent those who appear to be better off. You're apt to dwell on things you think would make your life better if you had them. If only you had more money, more time,

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Thanksgiving is much more than a big meal with family and friends. It's a time to reflect on, and be thankful for, all of the good things you have. It's important to be grateful, not just on Thanksgiving, but each and every day. Photo courtesy Rodnae-Productions from Pexels

a bigger house, a different car, a different job, a different boss, had picked a different career, etc.

Once your attitude becomes one of deficiency instead of abundance and appreciation, you can become overwhelmed by feelings of frustration and feel like a victim. As this happens, a consuming vicious cycle starts.

Being bitter or resentful blows situations out of proportion. People who are bitter frequently find that their situations deteriorate and their mental and physical health decays. It's difficult, if not impossible, to achieve your goals while you are bitter or resentful. Regardless of what challenges might befall you, bitterness makes finding solutions much more elusive.

There is no point to feeling bitter since it accomplishes nothing, harms you and makes things worse. Filling yourself with gratitude on a daily basis makes you feel good, while driving out negative feelings.

Begin your practice of gratitude each morning as soon as you wake. Every day is a great day. If you have any doubts, try missing one. Take inventory of everything, no matter how small or seemingly insignificant, that is good in your life.

If it helps, make a written list of all things you are grateful for. Read your list every day. As you do this, you will build and reinforce your attitude of gratitude. Don't waste any time with what you feel you don't have.

Keep things in perspective. Consider all the people who have overcome difficulties far worse than yours. Don't be consumed by your problems, there is always a solution. Maintaining an attitude of gratitude allows your mind to devise a resolution for your circumstances.

Make everyday a day of Thanksgiving and you will be amazed how much better your life will become.

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at Bryan@ columnist.com or visit www. DareToLiveWithoutLimits.com Copyright 2021 Bryan Golden.★

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