



Back-to-School Anxiety and Your Child

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Never, Ever Forget



SEPTEMBER 11, 2001

West Sacramento News Ledger

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SEPTEMBER 10, 2021

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Packathon Honors 9/11 Victims



Move America Forward package recipients are Armed Forces soldiers who get a colorful view inside packages sent with care and affection. Photo: MAF

By Scott Raab, MAF Outreach Director

SACRAMENTO REGION, CA (MPG) - Move America Forward (MAF), a non-profit organization dedicated to serving our troops on the front will be gathering dozens of volunteers in Sacramento to commemorate the 20th anniversary of the 9/11 terror attacks by holding the 4th annual Packathon Memorial. They will be shipping over 2001 care packages and hand-packing 911 more with local volunteers, military families, and active-duty military from the Sacramento area.

All are invited to join in this important event at 3105 Fite Circle, Suite 108, Sacramento, (Bradshaw exit off of Hwy 50) from 10 a.m. to noon on 9/11.

MAF plans to deploy about 20-30 volunteers throughout the day starting

at 10 a.m. and will not halt work until they reach their goal of shipping over 2001 packages overseas and hand packing another 911 more. The care packages are meant to honor the 20th anniversary of the 9/11 terrorist attacks.

Melanie Morgan, Co-Founder and Chairwoman of Move America Forward started the group in 2004 to thank American troops for their important missions in Iraq and Afghanistan. "In the 20 years since we deployed to Afghanistan our troops never faltered, never lost a fight, and even when losing dear friends, never lost faith. Our brave troops succeeded in ousting the Taliban, destroying Al Qaeda, and sent all our enemies into hiding. Time and again, our troops proved victorious on every battlefield." Melanie

Morgan went on to say. "To all troops who served in Afghanistan, you accomplished your mission and we the American people, always and forever, thank you for your exemplary service and sacrifice."

World Trade Center Tower 2 Survivor and MAF Ambassador, Richard Hannaford will be present at this event. His day will begin at the West Sacramento 9/11 Flag Display at 5:46 a.m. at the exact time the first plane hit North Tower (1 WTC) of the world trade center 20 years ago that started what we would know as 9/11 - the most horrific terror attack ever on American soil, which killed almost 3,000 innocent Americans. Hannaford was working for a major financial firm on the 84th Floor of South Twin Tower on the morning of September

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More California School Workers Desperately Needed

By Debra Dingman

SACRAMENTO, CA (MPG) - The children in the state of California have gone back to school but are suffering from not enough school workers to help them get safely across streets, be monitored on playgrounds, served their school lunches, or have their schools cleaned by custodians.

Teachers are also in demand. There are 25,413 jobs currently available according to EdJoin.com, the site for schools to post positions available where a whopping 3,362 were listed just in Los Angeles alone. There are 1,376 in Sacramento, 827 in San Joaquin County, 1,361 in Santa Clara and 681 in Sonoma just to name a few. Locally, there are 465 positions in Solano and another 266 in its next-door neighbor, Yolo County.

"Teachers don't get their lunch breaks because they are doing yard duty. They don't have assistants in the classroom. They are getting completely stressed. There aren't enough aids to help with special needs children and it is just chaos," said one Sacramento school employee who asked not to be identified. "We need people to come work with the children."

The times have created a perfect opportunity for retirees and seniors—those who have long experienced age discrimination, to come out for a few hours a day and really help the future generations.

These are no low-paying jobs either. A Crossing Guard starts in Vacaville at \$15.92 to \$20.37 an hour. A Playground Monitor for seven hours a week can make between \$14 and \$16.63 an hour. That is a whopping \$420 a month of a second income or 'fun' money for a retiree.

Do you like working outside? A "Groundsperson" starts between \$16 and \$20 per hour. Do you like working in a kitchen? Food Assistants start at \$14 per hour. These positions are often part-time but for those who want to work more, they can lead into full-time positions.

To address some of the teacher shortages, Governor Gavin Newsom signed the TK-12 Education Trailer Bill (AB 130) at the end of July creating new pathways for aspiring teachers

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Dr. Richard Pan Receives National Child Health Advocate Award



Office of Senator Richard Pan, MD

SACRAMENTO, CA (MPG) - California State Senator, Richard Pan, MD, FAAP, has been selected by the American Academy of Pediatrics (AAP) as the 2021 recipient of their prestigious Child Health

Advocate Award.

"As a pediatrician and lawmaker, protecting the health and wellness of children has been my life's work, and I am humbled and honored to have been chosen as this year's Child Health Advocate by my professional peers in the American Academy of Pediatrics," said Dr. Richard Pan. "Pediatricians are the world's leading advocates for child health and safety, and I am deeply moved to have my legislative accomplishments recognized by our nation's pediatricians."

Nelson Branco, MD FAAP, President of the American Academy of

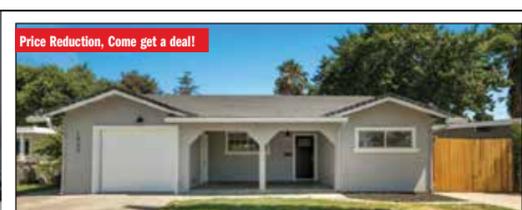
Pediatrics California Chapter released the following statement after Dr. Pan received the award:

"Dr. Pan has worked and advocated for children and pediatricians tirelessly and effectively," said Dr. Nelson Branco. "We all benefit from his efforts to make California a leader in child health, and know he is there to fight with us on behalf of children, pediatricians and our communities. We are thrilled his efforts are being recognized by the AAP."

As a pediatrician, Dr. Pan cares primarily for poor and uninsured children and co-founded Healthy Kids Healthy Future, where he

helped secure health, dental and vision coverage for over 65,000 children in the Sacramento area. He has used his unique experience as a medical doctor in the legislature to pass laws that improve the health and wellness of all Californians. He passed landmark legislation to abolish non-medical exemptions to legally required vaccines for school students, thereby restoring community immunity from preventable contagions. He also expanded health care coverage to millions of new Californians, ensuring health care access will be there

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1032 Fremont Blvd 95605 \$438,750

Virtual Tours: www.facebook.com/TheJerrettTeam/videos



1044 Anna Street 95605 \$444,900



DANIEL JERRETT

916-215-1920 | THEJERRETTTEAM@GMAIL.COM



CA DRE #01495670

Commemorating 9/11 National Day of Service

JustServe.org News Release

SACRAMENTO REGION, CA (MPG) - September 11, 2001 - A day that could be remembered solely for the tragedy and the disbelief we experienced together as a nation, yet so individually through our television screens, over and over again as the images replayed. Yet, there were also the helpers, those who brought unity, love and even song on the Capital steps in the wake of the billowing dust, ash and loss. There were the helpers.

Born out of the tragedy of Sept. 11, David Paine and others made a decision. A decision on what they would remember and what they would do. Of who they would be and who they would become because of that day.

“We wanted to make sure the terrorists didn’t have the last word in forever defining for generations how America would remember and observe 9/11,” said Paine, co-founder of MyGoodDeed and the 9/11 National Day of Service and Remembrance. “We wanted instead to honor the victims and those who rose in service by keeping alive the spirit of unity and service that arose in the immediate aftermath of the September 11 attacks.”

In 2011, in observance of the 10th anniversary of the September 11 attacks, MyGoodDeed joined with

other national service organizations in helping to organize what was then considered to be the largest day of charitable service in U.S. history, with more than 30 million Americans participating.

In 2021 that initiative to do good in the face of tragedy continues in our own communities in various forms of charitable service, including volunteering, donations to charities, and simple good deeds. A hero is the one who sees a need, and fills it for their neighbor. Just because it needed to be done. Just to serve.

Nelson Mendela stated “Sometimes, it falls upon a generation to be great. You can be that great generation. Let your greatness blossom.” This generation, this one right now in 2021, right here in Orangevale, Fair Oaks, Citrus Heights, Folsom, Antelope, Sacramento. This is the generation that can bloom right out of the challenges wrought in 2020 and into 2021. As we unite, build, rebuild, heal, lift, serve - together.

Paine’s good friend Jay Winuk lost his younger brother Glenn J. Winuk, an attorney at Holland & Knight LLP, and a volunteer firefighter affiliated with the Jericho Fire Department, in the rescue efforts when the South Tower of the Trade Center collapsed. He remembers his brother by how he answered the call to help. Grassroots Americans in their own

communities can answer a similar call to again step up, again and again committing to respond when they see a need. Even if it’s inconvenient. Even if it requires forgiveness. To bring unity and healing by serving.

There are those who see and do. There are those who see and want to do, but don’t know how. And there are organizations for nearly every need. If you know where to look. Organizations like JustServe.org and HandsOn Sacramento (www.handsonsacto.org) bring those who want to help to those who need the help, by hosting a network of community organizations and service opportunities on their websites.

As the communities of the greater Sacramento Area, will we stand up to just serve, to just lift, to just unite and build a greater community, a greater tomorrow. Will you?

Let us be that be that greater generation that not only remembers the responders of 9/11, but also sees and remembers their neighbors right at hand, remembers and sees the difficulties of the past two years with an eye of understanding, and remembers the times they have been lifted, so they can lift another.

For more information on how to serve, visit: JustServe.org or HandOn Sacramento, www.handsonsacto.org ★

West Sacramento Foundation Donates over \$11,000 to Local Schools

West Sacramento Foundation News Release

WEST SACRAMENTO, CA (MPG) - In an effort to support West Sacramento schools as they return to in-person education, the West Sacramento Foundation has made gifts to ten local schools, totaling \$11,250.

Last year’s reliance on distance learning was a challenge for families, teachers, and schools across West Sacramento and the pandemic made it difficult for local parent teacher organizations (PTOs) to raise funds and support their school sites as they normally would. Therefore, as students return to school, the West Sacramento Foundation is making gifts to local PTOs to support an enriching, engaging, and educational experience for all students.

“The return to school is usually an exciting time, full of optimism and excitement. We know that many local schools and their PTOs are striving to create a welcoming environment for all, but many were unable to fundraise last year as they normally would. We hope these gifts can make a big difference for a lot of local students in our community,” said Nathan Dietrich, president of the West Sacramento Foundation’s Board of Directors.

In order to ensure the Foundation’s limited funds were distributed equitably, larger gifts were given to PTOs at the school sites with the greatest number of students that qualify for a free lunch. Gift amounts ranged from \$750 to \$1,500. The PTOs at the following schools received gifts:

Bridgeway Island Elementary, Elkhorn Village Elementary, Lighthouse Charter,

Our Lady of Grace School, River City High, Riverbank Elementary, Southport Elementary, Stonegate Elementary, Westfield Elementary, Westmore Oaks Elementary

In addition to making these gifts to our local schools, the West Sacramento Foundation is pleased to announce that the All Charities Raffle will take place again this fall. The All Charities Raffle is a great way for local nonprofit organizations to raise funds. The West Sacramento Foundation board of directors collects and donates thousands of dollars’ worth of prizes and also manages the ticket distribution to participating organizations. Participating nonprofit organizations sell tickets for \$10 each and earn \$8.50 for each ticket sold. The remaining \$1.50 helps build the West Sacramento Foundation’s annual Community Grants Program fund and covers the costs of ticket printing. Typically, each year the All Charities Raffle helps local nonprofits raise more than \$75,000 collectively and \$15,000 for the Community Grants Program. More details about the launch of the raffle and how to get involved will be available soon.

The Foundation continues to raise funds for local non-profits and is actively soliciting prizes for the All Charities Raffle. For more information about the West Sacramento Foundation or to contribute, please visit our website at www.westsac-gives.org.

The West Sacramento Foundation is on social media. Follow us on Twitter at <https://twitter.com/WestSacFdn> or find us on Facebook at <https://www.facebook.com/WestSacramentoFoundation/> ★

Notice to Public Regarding City Council Candidate



Candidate Dawnte Early West for City of West Sacramento City Council. Photo provided by Dawnte Early West

By Michele Townsend

WEST SACRAMENTO, CA (MPG) - This notice is for the purpose of informing the public that the same opportunity for a story and introduction was offered to Candidate Dawnte Early West as was given to Duane Wilson. She was approached in person, which was followed up by multiple phone calls, in which messages were left. In addition,

she was texted about the opportunity for a story to be published in the West Sacramento News Ledger. No response was received. There was an introduction story done about Dawnte before the last elections. If you would like information regarding Dawnte, she has a website. There is also a Facebook page for Dawnte for West Sac City Council and a YouTube video “Dr. Dawnte Early and why I’m running for city council.” ★



By Mail -
Postmarked by Election Day
(Tuesday, September 14, 2021)
and received by the Elections Office by
Tuesday, September 21, 2021

By Ballot Drop Box -
City Hall (Exterior - Daily, 24/7)
1110 W. Capitol Avenue, West Sacramento
Arteaga’s Supermarket (Daily 8:00 a.m.-8:00 p.m.)
940 Sacramento Avenue, West Sacramento
West Sacramento Recreation Center
Weekdays 6:00 a.m.-1:00 p.m.; 5:00 p.m.-8:00 p.m.
Saturday 8:00 a.m.-5:30 p.m., Sunday 12:00 p.m.-5:30 p.m.
2801 Jefferson Boulevard, West Sacramento

In-Person at any Voter Assistance Center -
Saturday, September 11, 2021, through
Monday, September 13, 2021, from 10:00 a.m.-6:00 p.m.
Tuesday, September 14, 2021, from 7:00 a.m.-8:00 p.m.

Bridgeway Lakes Boathouse
3650 Southport Parkway, West Sacramento
Washington USD Office- Multipurpose Rm.
930 Westacre Road, West Sacramento
Bryte CCT - Bryte Café- Multipurpose Rm.
637 Todhunter Avenue, West Sacramento

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Thanks to All Official Ballot Drop Boxes & Voter Assistance Centers Host Partners:
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Yolo County Office of Education, Washington Unified School District, Bryte CCT- Bryte Café.

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Sac Team Hope Walk Supports HDSA

By Matthew Santamaria, HDSA Press

SACRAMENTO, CA (MPG) - The Northern California Chapter of the Huntington's Disease Society of America (HDSA) will host the Sacramento Team Hope Walk on Saturday, September 18th at 10:00 AM (PT) at River Walk Park. All proceeds support HDSA's mission to improve the lives of people affected by Huntington's disease (HD) and their families.

"This is a time of hope and inspiration for all those who have been affected by HD," said Denny Cone, HDSA's Pacific West Regional Development Officer. "The generous donations are used to support the local families with education, services, and support. We look forward to seeing you at our Team Hope Walk."

Team Hope is HDSA's largest national grassroots fundraising event, which takes place in over 100 cities across the U.S. and has raised more than \$20 million for HD since its inception in 2007. Thousands of families, friends, co-workers, neighbors, and communities walk together each year to support HDSA's mission to improve the lives of people affected by HD and their families.

For more information about the event, please contact Event Coordinator Dawn Green (dgreen5@comcast.net, 510-710-2241). Online registration and donation can be found at hdsa.org/thwsacramento

HDSA's Team Hope Walk Program is nationally sponsored by Genentech and Teva Pharmaceuticals.

Huntington's disease (HD) is a fatal genetic disorder that causes the progressive breakdown of nerve cells in the brain. It deteriorates a person's physical and mental abilities during their prime working years and has no cure. Every child of a parent with HD has a 50/50 chance of inheriting the faulty gene. Today, there are approximately 41,000 symptomatic Americans and more than 200,000 at-risk of inheriting the disease. The symptoms of HD are described as having ALS, Parkinson's and Alzheimer's - simultaneously.

The Huntington's Disease Society of America is the premier nonprofit organization dedicated to improving the lives of everyone affected by HD. From community services and education to advocacy and research, HDSA is the world's leader in providing help for today and hope for tomorrow for people with HD and their families. HDSA was founded in 1967 by Marjorie Guthrie, the wife of legendary folk singer Woody Guthrie. Woody died from HD complications when he was only 55 years old, but the Guthrie family legacy lives on at HDSA to this day.

To learn more about Huntington's disease and the work of the Huntington's Disease Society of America, visit www.hdsa.org or call (800)345-HDSA. ★

Walking the Walk for 100 Miles for Hope



Bob Fitzgerald, 83-year-old retired Air Force master sergeant.

By Henry Howard, The American Legion

SACRAMENTO REGION, CA (MPG) - Bob Fitzgerald is persistent and consistent.

The 83-year-old retired Air Force master sergeant has logged more than 200 miles walking since the second annual 100 Miles for Hope Challenge kicked off. He has also raised roughly \$1,300 thus far, easily eclipsing his initial goal of \$1,000. Fitzgerald, a member of American Legion Sacramento Legislative Action Post 861, walks at least two miles daily, and completes three miles on two or three days a week. But he's not lollygagging. He averages 16 1/2 minutes per mile.

"When I saw the notice in The American Legion Magazine, I thought, 'Well, shoot, I'm walking every day, anyway. Why not?'" said Fitzgerald, who says he has walked at least 5,000 steps daily since Nov. 9 last year. "I do what I can to support veterans. And the Veterans & Children Foundation (V&CF) sounded like an excellent program to support. 100 Miles for Hope gave me the opportunity to do that."

One hundred percent of donations for 100 Miles for Hope goes right to the foundation. Since its creation almost a century ago, the V&CF has delivered over \$30 million in assistance to disabled veterans and military families. The foundation funds the work of 3,000 accredited American Legion service officers who provide free assistance to veterans seeking help with their earned VA benefits. It also provides

Temporary Financial Assistance grants to minor children of active duty or American Legion members.

Fitzgerald, who has been an American Legion member for more than 30 years, knew that his family members and friends would be more likely to donate through familiar mediums than an app that others used. So, he turned to Facebook and other means to ask for support to reach his initial goal of \$1,000.

"Family members donated because I asked them to - but also because they believe in the cause, supporting veterans and children," Fitzgerald said. "My friends donated because they respect the fact that I am a veteran and I support veterans causes. They are all very patriotic and support veterans as well."

His supporters quickly surpassed the fundraising goal, so Fitzgerald increased it to \$1,500. He's confident that in the final weeks of the 100 miles campaign, he will reach that goal.

Supporters can make a tax-deductible donation that goes directly toward supporting the nation's disabled veterans and military families who face financial crises.

"I would encourage everyone, if they are looking for something to support, to look at The American Legion Veterans & Children Foundation," Fitzgerald said. "I can't think of a better way to donate your money. A large percentage (100 percent) goes to benefit the foundation."

Fitzgerald encourages everyone to participate any way they can: walking, donating, doing yoga, fundraising, cycling, whatever it takes to embrace fitness, improve wellness and support the foundation.

"Persevere - get off the chair and do it," he advised. "And don't give up. I'm almost 84 years old and if I can get up and walk two miles every day at a fairly fast pace, there's no reason why a lot of other people can't." For more information regarding the American Legion and its many programs including Bob Fitzgerald's 100 Miles for Hope Challenge, Sacramento Legislative Action Post 861, please contact Cmdr. Donald Harper at govia@comcast.net, or Adj. Ernie Larson at ernielarson@yahoo.com. (Revised article courtesy of the American Legion) ★

Packathon Honors 9/11 Victims



From the left: Scott Raab, Outreach Director for Move America Forward; Richard Hannaford, 9/11 Survivor and MAF Ambassador; and Dottie Hannaford, MAF Supporter. Photo: MAF



Soldiers deployed overseas are grateful to receive MAF packages reminding them of home and hoping for a safe return. Photo: MAF

Continued from page 1
11, when the first plane hit the North Tower, prompting Rich to gather friends, colleagues, and complete strangers to begin evacuating. Rich was in the middle of evacuation when the South Tower was

hit just 17 minutes later. If not for his immediate decision to evacuate, Rich would have perished in the South Tower like so many other friends and unfortunate innocent victims that day.

For more of Richard's

story and work with Move America Forward in his own words TROOPATHON FOCUS: 9/11 VIDEO; For questions on MAF contact 916-441-6197, email info@moveamericaforward.org; www.moveamericaforward.org and on Facebook ★

Tanya Aguilera

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A Morning Like No Other - Ground Zero at 20 Years



Commentary
by Paul V. Scholl

After a long night of late work well into the morning, I was in a deep sleep. The repeating ring of the telephone awakened me. I received an alarming telephone call from a close friend frantically trying to get my attention. She said "just get up and turn on the TV. You won't believe what is happening". She was absolutely right.

As I sat there on my

white leather couch in my small rental home in Roseville, tuned in as the world was tuned it, to the disaster in New York as it unfolded live for everyone to see. We were all New Yorkers that day.

I had previously lived in Manhattan. After returning to California, I traveled to New York City often to teach classes at The Learning Exchange and spiritual training centers as a part of my ministry. I also met with many clients as a spiritual life coach each visit. Through these visits I became friends with so many great people who lived in The City. I stayed at their homes, got to know their families, learned about their lives, loves, and fears. Many of them worked in the immediate area of the Twin Towers.



One of the memorial walls surrounding the Ground Zero site. Photo by Paul Scholl

As I sat there watching the towers fall along with the rest of the world, I had no idea if any of those friends or members of their families were being crushed under the weight of that destruction. It was a personal anguish and horror felt by millions simultaneously. It was a grief embedded forever. And we as a nation vowed to never forget.

Everything changed for everyone during those hours. Terrorism had come to our shores, and those whom we had charged to protect us failed miserably. We have been paying for their failures ever since.

And for those who paid the ultimate price, giving their lives to save others inside and around the Twin Towers? And for all the First Responders who witnessed the death and destruction at the end of

their fingertips and right before their own eyes? What did they get from so many after only 20 years? Many forgot.

Yes, life goes on, but as individuals we do not. Our time is limited. We are here to understand life, liberty, love, and loss. We are here to understand joy and grief. These become the web that builds our evolution, our DNA that we pass on to those who follow us. If we do not teach our emotional history to our children, good and bad, they will suffer repeating our mistakes and the feeling of betrayal from us for not forewarning them.

Enter our current day Neon Nation. Have we lost our way in one generation? Does the "Shiny thing" distract us so easily because it is too hard for us to focus on the truth and explaining it to others

as our society crumbles around us?

A few months after 9/11 I traveled back to New York to offer support to any of those friends who needed it. I traveled to the site while the clean-up was still underway. I saw the scorched church and cemetery. There were still many "Missing" flyers posted to walls and lampposts. I saw the many memorials around the site. When I found one memorial that listed all of the names of those lost I read every one of them. I thank God to this day that not one of my friends was on that list.

The history of Ground Zero is complex and still unfolding. The more the years fall away the more important it is that we reveal as much as we can about that fateful morning and all that led up to it.

When someone kills

your son or daughter, husband or wife, it doesn't matter what political party they belong to. It doesn't matter what religion they belong to. It doesn't matter their motive. All that matters is your loved one is gone forever. Grief takes over. And no one can ever really fill that void. It never truly heals. You just learn how to manage it in the silent times, alone with your Creator.

All those who lost a loved one during those tragic days only asked one thing from us. Never Ever Forget.

On this remembrance weekend 20 years later, take a few moments in silence to share the grief and the weight of the losses experienced by so many on September 11, 2001. If only with that simple action, love will prevail. ★



Visitors reading through the many memorials and "missing" posters. Photo by Paul Scholl

2 MILITARY JET TEAMS

Thunderbirds (USAF)

Snowbirds (RCAF)

SEPTEMBER 24-26, 2021

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Beware of Price Gouging During and After Fire Evacuations

Better Business Bureau Press Release

OAKLAND, CA (MPG) - The Better Business Bureau (BBB) is reminding businesses and consumers of the California law prohibiting excessive price hikes during a state of emergency following California State Governor, Gavin Newsom's declaration on August 18, 2021 in response to the Caldor Fire. According to CalFire, the Caldor Fire is 20% contained, has burned over 200,000 thousand acres, and has destroyed close to three thousand structures in its way causing mandatory evacuations in and around the South Lake Tahoe area.

"Local businesses may be overwhelmed with the influx of customers following recent evacuations in the South Lake Tahoe area and other communities experiencing these wildfires. We want to help businesses avoid potential problems

as our community comes together to help one another in a time of need," said Lori Wilson, President of the Golden Gate Better Business Bureau.

Industries affected by the consumer protection laws during a state of emergency include, but are not limited to, hotels and other lodging accommodations, gas stations, grocery stores, and rebuilding industries.

If you need to make preparations to stay at a hotel:

Know that according to California law, under Penal Code 396, 30 days after a state of emergency is declared, it is illegal for a business or other entity to sell their goods or services for more than ten percent of their regular rate. This includes hotels, motels, the sale of food items, gasoline, and any goods or services used for emergency cleanup, emergency supplies, and building materials.

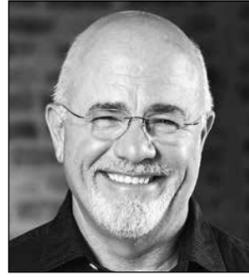
Consumers who are told

otherwise should file a complaint with their local Better Business Bureau, the California Attorney General and their local District Attorney's Office.

There is a penalty up to \$2,500, one year of jail time, or both per violation; To file a citation please visit www.oag.ca.gov or call 800-952-5225.

For more information on this and other tips please visit BBB.org.

For more than 100 years, the Better Business Bureau has been helping people find businesses, brands, and charities they can trust. In 2020, people turned to BBB more than 220 million times for BBB Business Profiles on 6.2 million businesses and Charity Reports on 11,000 charities, all available for free at BBB.org. The International Association of Better Business Bureaus is the umbrella organization for the local, independent BBBs in the United States, Canada, and Mexico. ★



Dave Ramsey Says

that you teach children to work. Teaching a child to work is not child abuse. We teach them to work not for our benefit, but because it gives them dignity in a job well done today and the tools and character to win as adults in the future.

In my mind, children should be taught to work just like you'd teach them to bathe or brush their teeth—as a necessary life skill. An adult who has no clue how to tackle a job and finish it with pride is every bit as debilitated as an adult with body odor or green teeth. If your child graduates from high school, and his or her only skill set consists of playing video games, eating fast food and believing the world owes them something, you've set up your child to fail.

Another benefit of teaching a child the wonder of work is they may grow to lose a little respect for those who refuse to work. I'm not talking about folks who lost jobs due

to unforeseen circumstances and are trying to get back on their feet, or someone who genuinely cannot work. I'm talking about folks who refuse to look for, or accept, gainful employment.

My wife and I noticed that our kids, as they grew older, didn't pursue relationships with people who didn't understand the value of work and demonstrate the character traits of mature, hardworking people. And that was wonderful news to us!

—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 20 million listeners each week. He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business, and more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions. ★

Teaching the Value of Work

Dear Dave,

What are your views on teaching children good work habits? Many of our friends don't require their kids to help out or work around the house, but we both strongly feel that instilling a strong work ethic early in life is one of the best things you can do as a parent for your children.

—Deshay

Dear Deshay,

I'm so glad you both feel that way. Our culture has made many great advances to ensure the happiness and well-being of children. But too many parents today are so centered on what their children want that they have lost perspective on what their children need.

Perspective, or looking at life over time, demands

Local Classified

Announcement

Become a Published Author. We want to Read Your Book! Dorra Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-538-9554 or visit <http://dorranepublishing.com/California> (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. FREE 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care of. Call 1-844-491-2884 (Cal-SCAN)

DONATE YOUR CAR TO KIDS Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453. (Cal-SCAN)

DONATE YOUR CAR, BOAT OR RV to receive a major tax deduction. Help homeless pets. Local, IRS Recognized. Top Value Guaranteed. Free Estimate and Pickup. LAPETSALIVE.ORG 1-833-772-2632 (Cal-SCAN)

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AT&T Internet. Starting at \$40/month w/12-mo agmt. Includes 1 TB of data per month. Get More For Your High-Speed Internet Thing. Ask us how to bundle and SAVE! Geo & svc restrictions apply. Call us today 1-855-397-7909. (SCAN)

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For Rent

Property is under construction and will soon have 1, 2, 3, & 4 bedroom units for rent!

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing program in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"

Fitness/Yoga

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Age Well At Home
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Financial Services

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274. (Cal-SCAN)

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc. Our case managers simplify the process & work hard to help with your case. Call 1-844-998-1460 FREE Consultation. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)](SCAN)

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2 dining room tables and chairs. Also a hutch and sofa. Very good condition. Call 916 717-0601

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SAVE BIG ON HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)

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Classified Advertising

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Water Damage to Your Home? Call for a quote for professional clean-up & maintain the value of your home! Set an appt. today! Call 1-855-401-7069 (Cal-SCAN)

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-327-2824. (Cal-SCAN)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)

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Pets/Animals

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Classified Advertising

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Work Wanted

Is it time to declutter and clean your garage and house? I can help! And I prune and weed and wash windows. References, College grad. Call Tim, 916-370-0858. (MPG 12-31-21)

Real Estate

RETIRED COUPLE \$1 Mil for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viplan.com Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

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Private Party loans generally have higher interest rates, points & fees than conventional loans

DISCLAIMER

Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.



Rodkey Home Sale
Beautiful waterfront home for sale in Post Falls, ID, just off of Lake Coeur d'Alene on the Spokane River. For more info go to: bit.ly/3mqXtAP or call 1-208-819-3416.

Wanted - AUTOS

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE 1-707-339-5994. Email: porscherestoration@yahoo.com (CalSCAN)

CALL 916 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Classified Advertising

916 773-1111

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If you have questions about your pension, 401(k) or profit sharing plan, call the Western States Pension Assistance Project at (866) 413-4911 to get free legal advice. Funded by the U.S. Administration on Aging, WSPAP staff provides free legal assistance to anyone with a question about their retirement plan.

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Legal Advertising
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Carmichael, CA 95608

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT
File No. F20210704
The following person(s) is doing business as: HOA Election Inspectors, 813 Harbor Boulevard, #299, West Sacramento, CA 95691, County of Yolo.

FICTITIOUS BUSINESS NAME-STATEMENT OF ABANDONMENT
File No. F20210208
The following person(s) or entity are abandoning the use of the following fictitious business name(s): International Database Experts LLC, 2950 Portage Bay West, 221A, Davis, CA 95616, County of Yolo.

FICTITIOUS BUSINESS NAME STATEMENT
File No. F20210723
The following person(s) is doing business as: Drive Line Services of West Sacramento, 704 Houston Street, West Sacramento, CA 95691, County of Yolo.

FICTITIOUS BUSINESS NAME STATEMENT
File No. F20210662
The following person(s) is doing business as: Ready All Rowing, 305 Bridge Place, West Sacramento, CA 95691, County of Yolo.

FICTITIOUS BUSINESS NAME STATEMENT
File No. F20210705
The following person(s) is doing business as: Attia Cars 1540 S River Road, West Sacramento, CA 95691, County of Yolo.

FICTITIOUS BUSINESS NAME STATEMENT
File No. F20210716
The following person(s) is doing business as: Ames Taping Tools, TapeTech, 1030 Riverside Parkway, Suite 100, West Sacramento, CA 95605, County of Yolo.

FICTITIOUS BUSINESS NAME STATEMENT
File No. F20210737
The following person(s) is doing business as: Khalsa Cash & Carry, Singh's Island Market, 2021 W Capitol Avenue, West Sacramento, CA 95691, County of Yolo.

FICTITIOUS BUSINESS NAME STATEMENT
File No. F20210737
The following person(s) is doing business as: Khalsa Cash & Carry, Singh's Island Market, 2021 W Capitol Avenue, West Sacramento, CA 95691, County of Yolo.

FICTITIOUS BUSINESS NAME STATEMENT
File No. F20210701
The following person(s) is doing business as: Azad 7 Truck & Trailer Repair, 5766 Lolet Way, Sacramento, CA 95835, County of Yolo.

FICTITIOUS BUSINESS NAME STATEMENT
File No. F20210734
The following person(s) is doing business as: Dripp'd Out LLC, 724 Elkhorn Plaza, West Sacramento, CA 95605, County of Yolo.

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1401
Zoya V. Popova has filed a petition with this court for a decree changing the name(s) of Zoya V. Popova to Zoya Vladimirovna Popova, Yevgeny S. Stanchits to Yevgeny Sergeevich Stanchits, Alexander Yevgeny Stanchits to Alexander Yevgenievich Stanchits.

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1436
Shivani Jitendra Sachania has filed a petition with this court for a decree changing the name(s) of Shivani Jitendra Sachania to Shivani Jitendra DiDuca.

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1450
Elisabeth Fernandez has filed a petition with this court for a decree changing the name(s) of Daniel Jaylon Herrera to Daniel Jaylon Fernandez.

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1504
Zoe Elizabeth Hicks has filed a petition with this court for a decree changing the name(s) of Zoe Elizabeth Hicks to Zoe Elizabeth DeMars.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. CV2021-1501
Superior Court of California, County of Yolo
Petition of: CLAUDIA CORRALES ZEVADA for Change of Name TO ALL INTERESTED PERSONS: Petitioner CLAUDIA CORRALES ZEVADA filed a petition with this court for a decree changing names as follows: CLAUDIA CORRALES ZEVADA to KLAUDIA ZEVADA-ROMERO

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case No. CV2021-1501
Superior Court of California, County of Yolo
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DANIEL M. WOLK
Judge of the Superior Court
CNS-3508066#
NEWS-LEDGER
Publish: September 10, 17, 24 & October 1, 2021
ZEVADA 18010 10-1-21

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1478
Ana Duran has filed a petition with this court for a decree changing the name(s) of Christian Carrillo to Christian Carrillo Duran.

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JOSEPH RICHARD KERUB CASE NO. PR2021-0192
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of JOSEPH RICHARD KERUB.

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1401
Zoya V. Popova has filed a petition with this court for a decree changing the name(s) of Zoya V. Popova to Zoya Vladimirovna Popova, Yevgeny S. Stanchits to Yevgeny Sergeevich Stanchits, Alexander Yevgeny Stanchits to Alexander Yevgenievich Stanchits.

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SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1450
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en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pidala al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1478
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postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Nationalwide Posting & Publication at 916.939.0772 for information regarding the Trustee's Sale or visit the Internet Website address www.nationwideposting.com for information regarding the sale of this property, using the file number assigned to this case, CA07000956-19-1.

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SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2021-1478
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PUBLIC HEARING NOTICE

Pursuant to Government Code Section 66018, the West Sacramento City Council will conduct a public hearing on September 15, 2021 at 7:00 PM or as soon thereafter as possible on the item(s) listed below.

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 Livestream (https://www.cityofwestsacramento.org/government/meetings-agendas/city-council), or via Wave Cable Channel 20 and to submit comments in writing by 5:30 PM on September 15, 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 meeting link or by phone.

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.

Public Hearing and First Reading of Ordinance 21-14 regarding development agreement for a cannabis testing only laboratory at 3971 Commerce Drive September 10, 2021

Pan Receives Health Advocate Award

Continued from page 1
when Californians need it. He expanded the newborn screening program, ensuring that babies get the earliest diagnosis and treatment possible for life-threatening diseases. The American Academy of Pediatrics

is an organization of 67,000 primary care pediatricians, pediatric medical subspecialists and pediatric surgical specialists dedicated to the health, safety and well-being of infants, children, adolescents and young adults. ★

First Human Case of West Nile Virus in Yolo County Confirmed

Yolo County Press Release

WOODLAND, CA (MPG) - The Yolo County Health and Human Services Agency's Communicable Disease Program has received confirmation of a human case of West Nile virus in Yolo County. The patient first became ill last month and is now recovering.

"The recent detection of first case of West Nile virus in a Yolo County resident this year is a reminder that COVID-19 is not the only disease residents need to protect themselves against right now," said Yolo County Health Officer Dr. Aimee Sisson. "West Nile virus is spread by the bite of an infected mosquito, and mosquitoes are active this time of year. To protect yourself against West Nile virus, protect yourself from mosquito bites by wearing long sleeves and pants and using mosquito repellent, particularly at dawn and dusk when mosquitoes are most active."

People typically develop symptoms of West Nile virus between 2 and 14 days after they are bitten by an infected mosquito. While 80 percent of people who are infected will not show any symptoms, up to 20 percent of those infected will have symptoms such

as fever, headache, body aches, nausea, vomiting and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days or as long as several weeks, even for generally healthy people. So far in 2021, more than 30 people have contracted West Nile Virus in California.

About 1 in 150 people infected with West Nile virus will develop severe illness. Their symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks and neurological effects may be permanent. People over the age of 50, and those who have diabetes or hypertension, are more likely to develop serious symptoms of West Nile virus and should take special care to avoid mosquito bites.

The best way to prevent West Nile virus infection and other mosquito-borne illnesses is to prevent the bite of an infected mosquito. Following the 7 D's decreases the risk of mosquito bites:

DRAIN any standing water that may produce mosquitoes; **DAWN** and

DUSK are times to avoid being outside. These are the times when mosquitoes are most active; **DRESS** appropriately by wearing long sleeves and pants when outdoors; **DEFEND** yourself against mosquitoes by using an effective insect repellent, such as **DEET**, Picaridin or Oil of Lemon Eucalyptus; **DOOR** and window screens should be in good working condition. This will prevent mosquitoes from entering your home; **DISTRICT** personnel are available to address any mosquito problem you may be experiencing by calling 1-800-429-1022.

The Sacramento-Yolo Mosquito & Vector Control District has been performing extensive control measures in and around Yolo County to reduce both larval and adult mosquitoes and will continue to do so to minimize adult mosquitoes carrying the disease.

For additional resources, visit the Sacramento-Yolo Mosquito & Vector Control District website at: www.fightthebite.net or call 1-800-429-1022. For the Yolo County Health Department's website visit: www.yolohealth.org. For California's data and statistics on West Nile Virus visit: <http://westnile.ca.gov/>. ★

Suspect Arrested for Evading Police and Felony Warrants

By Officer Hector Torres, WSPD

WEST SACRAMENTO, CA (MPG) - On 9/6/2021, at approximately 4:00 PM, West Sacramento Police Officers initiated a traffic stop on West Capitol Ave. The driver of the vehicle failed to yield to the officer's emergency lights and siren then led police on a short vehicle pursuit. Officers briefly lost sight of the suspect vehicle but quickly located

it parked and abandoned within the 1000 block of Elliot St. A community member reported the suspect entered their residence on Elliot St and demanded they vacate. The suspect matched the description of the suspect driver who fled from officers. Officers have established an active perimeter around the residence and have also deployed the drone team. It is believed there are no other occupants inside of the residence with the

suspect and the incident is contained within the 1000 block of Elliot St.

PRESS UPDATE:
Officers concluded their investigation and determined there was no crime at the residence. The suspect vehicle was towed, and officers continued to search the area for the suspect. He was later located and arrested for outstanding felony warrants and evading. The suspect will be booked at the Yolo County Jail. ★

City of West Sacramento Reopens Programs for Senior Population

City of West Sacramento Press Release

WEST SACRAMENTO, CA (MPG) - The West Sacramento Community Center is happy to welcome back its senior programs beginning September 7, 2021. The Center will open on a modified schedule and will phase in programs gradually. Hours of operation are 9 am to 3 pm, Tuesday, Wednesday, and Thursday only. Safety is our priority. Everyone must wear a mask. Classes and programs are subject to change as the COVID environment changes.

At this time, the Community Center is

only opened to participants who are registered for classes or activities. Everyone must register in advance to participate including free programs and activities. Registration is available in person or online at westsacfun.org.

Phase 1 programming and activities include: Card making, Scrapbooking, Zumba Gold, Line Dancing, Exercise with Rose and Rita, Tai Chi with Chuck Malone, Knit Crochet and Sewing, Morning Chair Exercise, Bingo, and Master Gardener Classes.

For questions about resources and referrals call the Community Center at (916) 617-5320. ★

More California School Workers Desperately Needed

Continued from page 1

to demonstrate they have the subject matter and basic skills knowledge necessary to begin teacher preparation.

Part of the 2021-22 State Budget agreement, California expanded the choices available to teacher candidates by permitting, for the first time, relevant collegiate-level coursework to be used to meet the Basic Skills and Subject Matter requirements in lieu of the California Basic Education Skills Test (CBEST) and the California Subject Examination for Teachers (CSET).

"This is a game changer for those who have dreamt of becoming a teacher only to find their paths blocked when they couldn't pass the Basic Skills or Subject Matter entrance exams. These tests are meant to accurately measure readiness to begin teacher preparation not to be a barrier that keeps potentially great teachers from learning to teach," said Mary Vixie Sandy, Executive Director of the Commission on Teacher Credentialing in a press statement. "We are eager to move forward with this shift in State policy. As alternatives to high-stakes testing these measures will right-size the role of testing and allow a broader and more diverse array of people to make a career out of teaching."

The new Basic Skills flexibility creates the option for aspiring teachers to meet this requirement by completing full-credit, college-level coursework with a letter grade of B or higher in the subject areas of reading (including courses in critical thinking, literature, philosophy, reading, rhetoric, or textual analysis), writing (including courses in composition, English, rhetoric, written communications, or writing), and mathematics (including courses in geometry, mathematics, quantitative reasoning, or statistics). Courses from closely related subject areas may also be used in this manner.

Individuals may also seek approval from a California teacher preparation program to mix-and-match from among all the options permitted under current law, including the CBEST subtests.

The measure additionally allows incoming teachers to meet the requirement if they have completed an academic major in the subject they will teach. Further guidance will be provided on the Commission on Teacher Credentialing website (www.ctc.ca.gov). All in all, our children need more help. Apply today. ★

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

PUBLIC LIEN SALE
Extra Space Storage will hold a public auction to sell personal property described below belonging to those individuals listed below at the location indicated: 975 Fst West Sacramento, ca 95605 on 09/20/2021 @ 2:00PM : Gregory Bly Household items. Bennie Allen Household items, furniture, julian cardenas papers house hold items dresser, juanita burton suitcases and boxes. Les Allen Boxes, Clothes, Irving Horton Bins, Personal Items. Juanita Alfaro clothing This auction will be listed and advertised on www.storage-treasures.com. Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property, 93, 9/10/21 CNS-3502985# NEWS-LEDGER 9-10-2021

Notice of Public Review Period for the 2020 Consolidated Annual Performance and Evaluation Report (CAPER) for the Community Development Block Grant (CDBG) Program

The draft City of West Sacramento CAPER summarizing goals accomplished with fiscal year 2020/2021 CDBG funding received from the U.S. Department of Housing and Urban Development (HUD) will be available for review and comment from September 10, 2021, through September 27, 2021. The CAPER will be made available to the public for review either electronically or by U.S. mail. Please submit your request by U.S. mail to the City of West Sacramento, Economic

Development and Housing Department, 1110 West Capitol Avenue, West Sacramento, CA 95691 or by email to IsaahAlford@cityofwestsacramento.org. The CAPER can also be accessed online at the following website: <https://www.cityofwestsacramento.org/residents/housing/community-development-block-grant>
Written comments may be submitted by September 27, 2021 to: Isaah Alford, Community Investment Specialist, City of West Sacramento, 1110 West Capitol Ave., West Sacramento, CA 95691; by email to isaaha@cityofwestsacramento.org or by calling Isaah Alford at (916) 617-4555. Technical 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 to 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.

Aviso del Periodo de Revisión Pública para el Informe Anual Consolidado de Desempeño y Evaluación de 2020 para el Programa de Subvenciones Globales para el Desarrollo Comunitario

El borrador del Informe Anual Consolidado de Desempeño y Evaluación (CAPER, por sus siglas en inglés) de la Ciudad de West Sacramento que resume los objetivos alcanzados con los fondos del Programa de Subvenciones Globales para el Desarrollo Comunitario (CDBG, por sus siglas en

inglés) del año fiscal 2020/2021 recibidos del Departamento de Vivienda y Desarrollo Urbano de los Estados Unidos (HUD, por sus siglas en inglés) estará disponible para su revisión y comentarios desde el 10 de septiembre de 2021 hasta el 27 de septiembre de 2021. El CAPER se pondrá a disposición del público para su revisión, ya sea electrónicamente o por correo postal de los Estados Unidos. Envíe su solicitud por correo postal a la Ciudad de West Sacramento, Departamento de Desarrollo Económico y Vivienda, 1110 West Capitol Avenue, West Sacramento, CA 95691 o por correo electrónico a isaaha@cityofwestsacramento.org. También se puede acceder al CAPER en línea en el siguiente sitio web: <https://www.cityofwestsacramento.org/residents/housing/community-development-block-grant>
Los comentarios por escrito pueden enviarse antes del 27 de septiembre de 2021 a: Isaah Alford, Especialista en Inversión Comunitaria, Ciudad de West Sacramento, 1110 West Capitol Ave., West Sacramento, CA 95691; por correo electrónico a isaaha@cityofwestsacramento.org o llamando a Isaah Alford al (916) 617-4555. La asistencia técnica está disponible para grupos que representan a residentes de bajos ingresos que están interesados en aprender sobre el financiamiento de CDBG para programas o proyectos. Las preguntas o comentarios pueden dirigirse a Isaah Alford, Especialista en Inversión Comunitaria, 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, origen nacional,

preferencia sexual, estado civil o discapacidad. September 10, 2021

NOTICE OF PUBLIC HEARING
Purpose: The Governing Board of the Washington Unified School District, in order to comply with the requirements of Education Code Section 60119 will hold a public hearing on September 23, 2021, at 5:30 p.m., which is on or before the eighth week of school, for the purpose of determining the sufficiency of instructional materials provided to students. **Time:** Meeting begins at 5:30 p.m. **September 23, 2021, Virtual School Board Meeting**
Join the Zoom Webinar: <https://bit.ly/3mPbZ5B>
Zoom Webinar Passcode: 974278
Or Dial in: **Telephone ONLY:** 1-669-900-9128
Meeting ID: 880 7226 7251
Meeting Passcode: 974278
September 10 and 17, 2021

NOTICE OF PUBLIC HEARING REGARDING PROPOSED IMPLEMENTATION OF PHASE 2 YOLOGO SERVICE RECOMMENDATIONS INCLUDING NEW ROUTE 37, CHANGES TO ROUTE PATH AND SCHEDULE FOR ROUTES 40, 41, AND 240, AND ELIMINATION OF OTHER YOLOBUS FIXED-ROUTE SERVICES
At 7:00 p.m. on Monday September 13, 2021, the Yolo County Transportation District (YCTD) Board of Directors will conduct a public hearing regarding the proposed implementation of the first phase of YoloGo service changes. This meeting is agenda'd to

allow Board Members, staff, and the public to participate in the meeting via teleconference, pursuant to the Governor's Executive Order N-29-20. Options to join this meeting will be provided as part of the final agenda published for the September 13th meeting on the YCTD's website (<http://yolobus.com>).
YoloGo was unanimously adopted by the Board of Directors during their April 12, 2021 meeting. The service recommendations within YoloGo are proposed to be phased into service, with the second phase proposed to be implemented on October 25, 2021. The second phase of service recommendations to be considered during the September 13, 2021 public hearing includes:
• Introduction of Route 37 in West Sacramento
• Elimination of Routes 35, 39, and 241 in West Sacramento
• Modification of the route path in Downtown Sacramento for Routes 40, 41, and 240.

The proposed Route 37 schedule and path, modifications to routes 40, 41, and 240, and the final YoloGo Study can be viewed online at: www.yolobus.com/yologo.
Copies of the relevant proposed service changes may be requested by contacting Kathy Souza at ksouza@yctd.org or by calling 530-402-2819. Hard copies of all proposed service changes and YoloGo Study are available for review at YCTD, 350 Industrial Way, Woodland, CA 95776.
The public is invited to provide input on the proposed service changes. The options for providing public comment are as follows:
• Submit written comments via email by 4:00 p.m. on Monday, September 13, 2021, to Kathy Souza, Clerk of the Board, at ksouza@yctd.org

with the subject line: For Public Comment.
• Submit phone comments by 4:00 p.m. by calling Kristen Mazur, Senior Planner at (530) 402-2874
• Make a public comment during the public hearing, which will take place during the September 13, 2021, YCTD Board of Directors meeting at 7:00 p.m. via Zoom webinar platform. For more information on how to participate in the public meeting, please visit yolobus.com to view the meeting agenda, which will include the Zoom webinar instructions, or call (530) 666-2877. Sept 10, 2021

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Social Security Matters

Is It Always Best to Wait Until Age 70 to Claim Social Security?



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: I'm 66 years old and still (self) employed as a home builder. I have not taken Social Security benefits yet, and don't need to at this time. If relevant, my business struggled when I first started it five years ago, but did well last year, and I'll have my highest earning year in my life this year and possibly next year as well. My question is, and it may be dumb, is it always best to delay Social Security until age 70 if there is no current financial need for it? Also, are benefits calculated by total dollars earned over a lifetime, or is some kind of average or mean computation used? I've enjoyed excellent health throughout my life, and I have longevity in my family. I'm single if that's relevant. **Signed: Planning Ahead**

Dear Planning Ahead: There is never a dumb question about Social Security because it's a highly complex program. No, it isn't always best to delay claiming SS until age 70, but yours might be a typical example of why waiting until age 70 to claim is a very smart move. Here's why:

- Your benefit at age 70 will be about 31% more



than it would be at your full retirement age (FRA), which is 66 years and 2 months if you were born in 1955.

- If you are still working and don't urgently need the money, your SS benefit will grow by 8% for each full year you delay claiming (but you can still claim at any time if necessary and get all Delayed Retirement Credits (DRCs) earned to the point you claim).
- Your benefit amount will be computed using the monthly average of your lifetime 35 highest earning years, so if your current and more recent earnings are among your highest, they will be included in your benefit computation when you claim. Your earnings in the early years will be adjusted for inflation, and if you don't have a full 35 years of earnings, they will still use 35 (putting zeros in to make 35). So, if you don't have a full 35 years of lifetime earnings, your current earnings now will eliminate some of those "zero earnings" years, resulting in a higher benefit.
- If you're in good health now and you enjoy at least an "average" longevity (about 84 for a man your age), you'll get more in cumulative lifetime benefits

by waiting until age 70 to claim and enjoy that higher monthly benefit for the rest of your life. If you wish to estimate your life expectancy, you can use this tool we use here at The AMAC Foundation: <https://socialsecurityreport.org/tools/life-expectancy-calculator/>.

- Since you're single, you don't need to worry about maximizing a survivor benefit for your spouse, but if you marry or have an ex-spouse who outlives you, then waiting until age 70 to claim would give them the maximum survivor benefit they are entitled to.

So, in your specific circumstance, waiting until you are 70 to claim appears to be a wise choice. For others who don't enjoy good health and don't expect to make average longevity, or for those who urgently need the money earlier, claiming before age 70 is often a better choice.

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

Some 14,000 Nurses Reach Tentative Agreement with Dignity Health

CNA/NNOC Press Release

OAKLAND, CA (MPG) - Registered nurses at Dignity Health facilities reached a tentative agreement on a four-year contract, announced California Nurses Association (CNA) and National Nurses Organizing Committee (NNOC). The agreement covers more than 14,000 RN members in California and Nevada, represented by CNA/NNOC.

The tentative agreement features stronger infectious disease prevention measures for nurses and patients. "As we face yet another surge of Covid-19 patients filling up our hospitals, we are proud to have achieved additional health and safety protections for our RNs and patients," said CNA/NNOC President Sandy Reding, RN negotiator.

Over the next few weeks, more than 14,000 RN members across California and Nevada will vote on the tentative agreement that includes greater economic security and health care

benefits to improve staffing. "We are hopeful that with the greater economic and health care gains we can recruit new nurses and retain experienced RNs to better protect our patients' safety," said Kathy Dennis, RN negotiator and CNA board member.

Agreement highlights include:

Health and safety provisions to ensure nurses get the highest level of personal protective equipment, including when caring for patients suspected of having Covid. Nurse participation in the Pandemic Task Force;

Comprehensive workplace violence prevention language which involves the union's input and recommendations;

Investment in education: Increased tuition reimbursement for education so nurses can continue expanding their knowledge and skills;

Economic gains and health benefit provisions to help retain and recruit experienced nurses, including no takeaways for pensions or retiree health.

The agreement includes a 13.5 percent wage increase over four years;

Equity and inclusion provisions, including agreement to fight racial injustice and health care disparities within the community, a commitment to a workplace free from racism and unlawful discrimination, and expanding implicit and unconscious bias training;

Shared vision on health care: Dignity Health agrees with the union that health care is a human right and that everyone should have access to quality health care; that we must end racial and ethnic disparities in health-care outcomes, promote the delivery of culturally competent care and the diversity of our health care workforce; and have a commitment to the community.

The California Nurses Association and National Nurses Organizing Committee is affiliated with National Nurses United, the largest and fastest-growing union and professional association of registered nurses in the United States with more than 175,000 members nationwide. ★

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Crossword Puzzle on Page 8

H	A	I	R		L	S	D			C	G	I							
A	N	T	E		L	E	A	R		A	C	O	R	N					
S	E	C	T		U	G	L	I		L	O	R	I	S					
					W	H	A	T	S	A	P	P		I	M	A	M		
										K	O	A	L	A		Y	A	M	
S	T	R	E	A	K					R	E	S	E	R	V	E			
C	H	A			D	A	V	I	E	S				N	O	E	L		
R	A	S	P	Y			L	O	P			S	T	A	N	D			
U	N	T	O			T	O	N	S	I	L			S	U	E			
B	E	A	D	I	N	G				M	A	S	T	E	R				
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S	A	L	S	A						L	I	E	U			V	E	D	A
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T	S	P								A	R	E				S	E	T	T

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CLUES

CROSS

- The American Tribal Love-Rock Musical
- Hallucinogenic drug
- Some special effects, acr.
- Chip in Vegas
- Cordelia's father in Shakespeare play
- One in squirrel's stash
- Dissenting clique
- Tangerine/grapefruit hybrid
- Type of lemur
- "Popular messenger"
- Mosque prayer leader
- Down Under marsupial
- Thanksgiving serving
- "100 days of snapping, e.g."
- Military's inactive force
- Repeated Cuban dance step
- The Kinks' lead singer, a.k.a. godfather of Britpop
- Late December season
- Rough, as in voice
- Chop off
- Stephen King's "The _____"
- "Do _____ others..."
- Strep throat organ
- File a suit
- Sewing pearls on a wedding gown, e.g.
- One with authority
- Army bed
- Space path
- Law school test acronym
- "Unique social media identifier"
- Latin dance
- "Place" in French
- Sacred Hindu writings
- Post-mortem bios
- Actress Campbell
- African chieftain
- Recipe amt.
- Nirvana's "Come as You _____"
- Badger's den

DOWN

- Current tense of "had"
- All over again
- Eczema symptom
- Second shot
- Corporate department
- Salpae, sing.
- Type of coffee maker
- Elizabeth McGovern's "Downton Abbey" role
- Inspiring horror
- As opposed to outs
- Capital of Zambia
- Bruce Wayne's _____ was Batman
- "Message under a post"
- Bootlicker
- Da, to a Russian
- "Done to social media past before applying for job?"
- Feudal lord
- Haile Selassie's disciple
- Gym exercises
- Comedy Central's "critique"
- Dolby Theatre to Oscars
- Often considered wise
- "Video blog"
- Charge carrier
- "Audio series"
- Killed, like dragon
- Big bang maker
- Permeate
- I to Greeks, pl.
- Sheet music line, pl.
- Basketry stick
- Clark Kent actor Christopher
- Black, yellow and chocolate dogs
- Parking spot for a boat
- Bone in human forearm
- "Bernie wearing mittens, e.g."
- "Do this before posting?"
- Chronic drinker
- It's open to interpretation

Crossword Puzzle Solutions on Page 8

1	2	3	4		5	6	7		8	9	10		
11					12				13	14			
15					16				17				
	18			19					20				
				21					22				
23	24	25					26			27	28	29	
30				31		32	33			34			
35			36			37				38			
39					40				41			42	
43				44					45		46		
				47				48	49				
	50	51						52			53	54	
55								56			57		58
59								60			61		
62								63			64		

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Sudoku Puzzle on Page 8

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

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

Solutions on Page 8

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California Housing Plans Need an Overhaul



By Dan Walters
CALMatters

For more than a half-century, California has been trying to nudge county and city governments into generating enough new housing to handle an ever-increasing demand.

The state's chief tool has been a legal requirement that local government "general plans" include an adequate "housing element." Every eight years, the state Department of Housing and Community Development issues regional quotas of housing needs which then are divvied up into specific city-by-city goals for zoning enough land to meet projected needs.

The allocations are very controversial, especially in suburban communities, because they run counter to the not-in-my-backyard sentiments of local residents. As housing production falls chronically short of the state's goals, the cyclic quotas steadily increase and in recent years the state has added penalties for failure.

Obviously, the quota system hasn't been working very well and researchers at UCLA's Lewis Center for Regional Policy Studies have concluded that it has a "fundamental flaw" because vacant land being zoned for

housing to meet the quotas is only rarely used for housing. Rather, the housing being built – which is still too little – tends to go on other property, including some previously being used for other purposes.

The study focused on what has happened in the San Francisco Bay Area vis-à-vis the housing quotas issued in the last decade for the eight-year period that will end next year.

"The median Bay Area city is on track to approve housing projects on less than 10% of the sites listed in its housing plan," the study found. "On average, however, cities are achieving a substantial portion of their (too low) housing targets – nearly 60% for the median city – just not on the sites they had selected and presented to the state as likely or apt for development. Across the Bay Area as whole, nearly 70% of housing built during this period was on sites not listed in housing plans."

While cities zone specific sites to meet quotas, "housing development occurs in a way that is hard to anticipate. In spite of planners' efforts to select imminently viable sites, they do not."

The solution, they say, is to create a more realistic set of requirements that identifies all potential sites for housing, a "change (that) may require cities to include many more sites in their housing plan."

While a more realistic inventory might require more work – and possibly increase local angst – the UCLA team also proposes that "cities receive preemptive credit for housing they

expect to be built on sites not listed in their plan.

"The credit would be tied to production on non-inventory sites during the previous period, giving cities an incentive to accommodate much-needed development when it is proposed, even if they can't anticipate exactly where or what developers will want to build."

"The Legislature should stop proliferating ever more detailed requirements for a site to be included in the inventory, and instead require cities to consider every parcel on which residential use is allowed," the UCLA team suggests. "Since cities aren't very good at picking the sites where developers want to build, the focus should shift to estimating how much housing is likely to be built during the planning period on the entire stock of residentially zoned land in a city."

This is wonky stuff, but important because of the state's worsening housing shortage. The proposals would shift the housing quotas from an exercise in paper-shuffling into something more likely to produce real results. But implementing it would require an official admission that the current system isn't working and a willingness to correct its "fundamental flaw."

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

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Riley Reviews

“US OPEN” BRINGS BACK THE TENNIS FANS; CABLE TV PREVIEW

A Film and TV Review by Tim Riley

“US OPEN” BRINGS BACK THE TENNIS FANS

Last year, the US Open tennis tournament in New York proceeded without fans and only a handful of media were on hand to cover the event. This year, due to the outdoor nature of the venue, full capacity is allowed for fans, but much less so for the media.

Once again, our coverage is limited to the remote method, which is about thrilling as grocery shopping or standing in a queue for more than a day to be among the first to see the newest “Star Wars” film (apologies to the hardcore fans).

Maybe being remote this year is just as well. US Open distributed a media guide which informs that only every other workstation will be available, meaning you would have an empty desk next to you. Are people aware that many commercial airplanes are flying at full capacity?

As of this writing, the US Open’s media-only site has malfunctioned, adding to frustration on coverage options. Here’s hoping that next year we are back to in-person reporting, especially to chronicle the awesome fan experience.

What’s more, the media dining room isn’t open for food service. Media have to dine in the food courts, but on the plus side, the daily meal allowance has been doubled. The good news for media and the fans is that this year’s food experience looks to be better than ever.

The largest retail and dining experience in the world, Eataly is a new concession. The gourmet sandwiches of Brooklyn-based Stuf’d make their debut. Also new is Stacked Sandwich Shop offering a vegan muffuletta. Hunger pangs are setting in now.

One sign that the pandemic has taken a toll is that the US Open has launched a mental health initiative to support the players with the “necessary resources to compete at the highest level.”

On Opening Night, tennis legend Billie Jean King remarked that the “heart of New York City is Broadway and Broadway is back,” thus introducing the evening’s entertainment prior to the first match.

Beginning first with the backup singers, the Tony award-nominated “Moulin Rouge! The Musical” provided a taste for the fans with show stars Aaron Tveit and Natalie Mendoza headlining the ceremonial performance.

A coincidence of bad timing, this year’s US Open suffers from the withdrawal of several marquee players. For the first time since 2003, both American sisters Serena and Venus Williams are not participating.

Still a teenager, Coco Gauff, who reached the third round in her first appearance at the US Open and now

ranked No. 23, is clearly someone to watch, but lost to fellow American Sloane Stephens in straight sets. Notwithstanding the loss, Gauff competes in women’s doubles.

On the men’s side, stars Rafael Nadal and Roger Federer are out due to injuries. Thus, the path may be cleared for Novak Djokovic to pull off the feat of winning the grand slam of the four major tournaments if he takes the Open’s championship trophy.

Even if the star power of the top tennis icons is missing, it’s worth watching on ESPN to see if Djokovic prevails or how far an American player goes.

While thirteen American men advanced to the second round, the most since 1994, setbacks still remain since America’s highest-ranked male player John Isner lost in the first round.

CABLE TV PREVIEW

This should be a preview of upcoming programs, but for the Hulu streaming service the fall season has mostly begun, notably with Steve Martin in a comedic murder-mystery series he helped to develop with creative partners Dan Fogelman and John Hoffman.

“Only Murders in the Building” follows three strangers (Martin, Selena Gomez and Martin Short) living in an apartment building on New York’s tony Upper West Side and who share an obsession with true crime and suddenly find themselves wrapped up in one.

With this triangle of two Boomers and one Millennial as amateur sleuths investigating a murder, we not only get a great cast with chemistry but a delightfully funny series. Adding to the comic formula is Nathan Lane in a recurring role.

Based on Liane Moriarty’s bestselling book, “Nine Perfect Strangers” is an eight-episode series with an ensemble cast that include notable figures who converge at a wellness resort that seems as dull as it is pretentious.

The Tranquillum House spa is run inexplicably by Nicole Kidman’s Masha, a Russian as autocratic as Vladimir Putin but at least not riding a horse shirtless like the leader of her homeland.

After viewing a few episodes, it seems that the visitors for the ten-day retreat are asking themselves how did they end up in this lush yet dubious place. I started asking myself the same even when it was fun to watch Melissa McCarthy and Bobby Cannavale sparring.

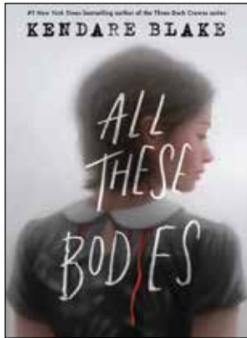
A limited series inspired by Beth Macy’s book, “Dopesick” arrives later this fall to examine how one company triggered the worst drug epidemic in American history.

In the struggle with opioid addiction, “Dopesick” has its heroes emerging in an intense and thrilling ride to take down the craven corporate forces behind this national crisis. ★

All These Bodies

by Kendare Blake

When a rash of unsettling murders sweeps through the Midwest, Michael Jensen never thought it would end with him. As newspapers circulate across the nation carrying stories of the “Bloodless” and “Dracula Murders,” Deer Falls thought they were safely tucked out of sight. What was quickly becoming the most peculiar case of the decade, everyone is reeling and questioning the bizarre evidence left behind; each body was discovered to be drained of all their blood, without a single drop left behind. But when the murders hit Michael Jensen’s home town the world as he knows it is turned upside down. This time there is a clue, the first in the string of murders. Fifteen-year-old Marie Catherine Hale is found standing in the center of the room, blanketed in blood, yet not a drop was her own. As the town reels with what to do with such a heinous crime, as well as how to house a female juvenile criminal, Michael finds himself drawn to the quiet, unassuming girl. Maybe it’s just the journalist side of him; maybe it’s her age, or perhaps it’s the lore behind the murders; whatever it is, he’s intrigued and even more bewildered



◆ Publisher: Quill Tree Books
◆ Intended Audience: Young Adult
◆ Rating: ♥♥♥♥♥
◆ Release Date: Sept. 21, 2021

when Marie claims she will only give her confession to him.

Marie quickly gets swept into the media frenzy, where she is purely known for her black bow and a slight smile that was just as unsettling as the crime itself, but Michael knows there is more to Marie than she wants others to see. Marie’s story for that night’s events is unsettling and unbelievable, and Michael might have to embrace the possibility of the unknown if he wants to uncover any truth behind her story. Can Marie really be responsible for these horrific crimes, or is there something even darker and more sinister at play?

Atmospherically, eerie, and raw, All These Bodies

rattles the cage of the unthinkable allowing readers to linger on the side of the impossible for just a mere moment. Kendare Blake returns to the world of horror, blending with it mystery, shock, and disbelief. Taking her readers back to the time of 1958, she will leave some readers shaken to the core, while fascinating others with a true sense of morbid curiosity. Tangling her readers in another blood-soaked tale, this book is part story, part investigation notes, and part personal accounts, making it read like an actual moment in history. However, this story delves deeper into the mind, the psyche, and the era blending these factors to give a true-crime account that feels like it is ripped straight from the headlines.

Kendare Blake not only captures your heart with a truly mesmerizing story of a boy and a girl but truly wraps you within a tale of a truly heinous crime that is just past the realm of possibility. This story is hauntingly beautiful in its pure form and research, allowing readers to decide for themselves what is actual fact and what is a misguided version of the truth. ★

FINAL GAMES

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WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



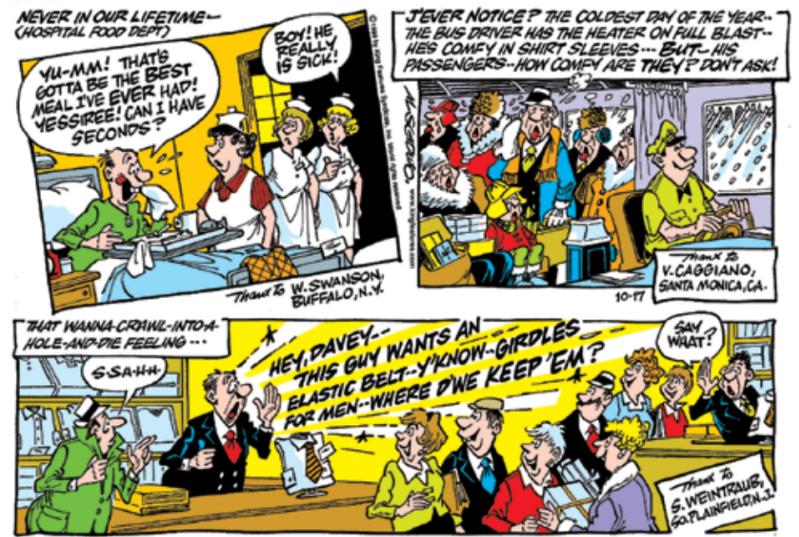
by Jeff Pickering

Out on a Limb



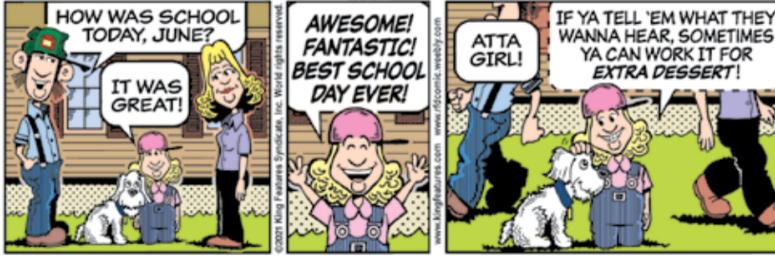
by Gary Kopervas

THEY'LL DO IT EVERY TIME



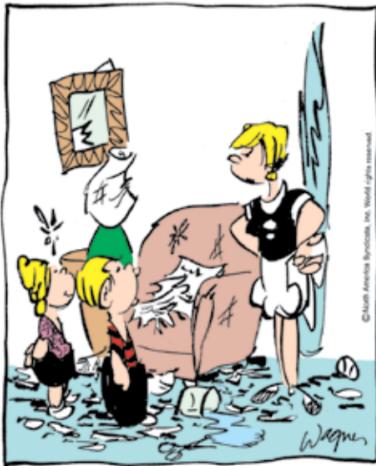
BY AL SCADUTO

R.F.D.

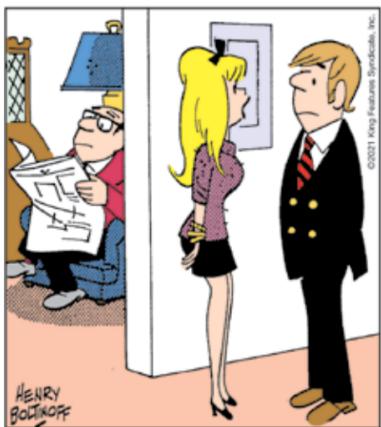


by Mike Marland

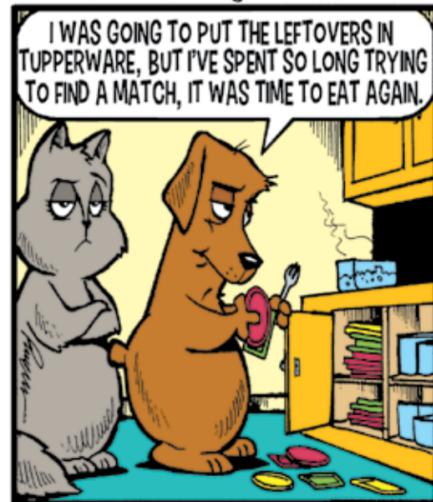
CRIN and BEAR IT



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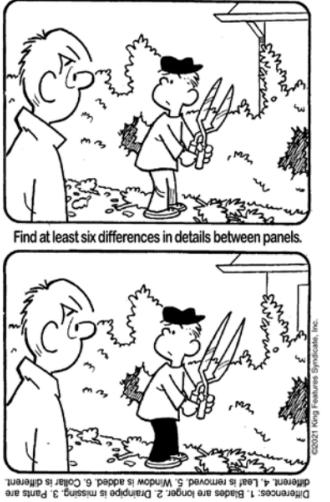


Just Like Cats & Dogs



by Dave T. Phipps

HOCUS-FOCUS



BY HENRY BOLTINOFF

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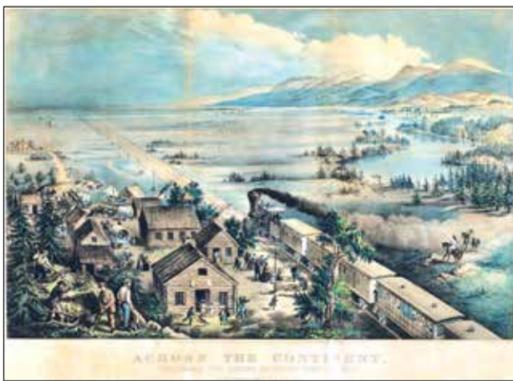
MARY KAY.

Crocker Art Museum Exhibits Towns, Trains, and Terrain

Crocker Art Museum Press Release

SACRAMENTO, CA (MPG) - The Crocker Art Museum is pleased to announce Towns, Trains, and Terrain: Early California Prints from the Pope Collection, an exhibition of over 80 works that showcase details of life in the Golden State through printmaking techniques that include etching, engraving, and lithography, on view from October 31, 2021, through January 30, 2022.

Towns, Trains, and Terrain examines the history of California through rare historic maps, depictions of Gold Rush towns, urban scenes of San Francisco, and other aspects of daily life. The Museum's presentation will actively address the under-told narratives of immigrants and immigrant



Frances Flora Bond Palmer (American, born England, 1812-1876) and James Merritt Ives (American, 1824-1895), *Across the Continent*, 1868. Lithograph, 17 1/2 x 27 1/8 in. Crocker Art Museum, gift of the Peter T. Pope Early California Collection, 2019.74.36.

labor that accompanied the Gold Rush boom, the influx of settlers to the region and forced relocation of Native American populations, as well as the increased demand for, and use of, the terrain's environmental resources.

The exhibition is drawn from a recent gift of 200

prints and original works on paper from the Peter T. Pope Early California Collection. The acquisition puts the Museum's collection of these early works on par with those of the National Gallery of Art and the Fine Arts Museums of San Francisco. ★



California Farm Bureau Backs Upgrades To Critical Canals

Farmers and ranchers are working with lawmakers in hopes of passing legislation to fund repairs and upgrades to California's water conveyance system. Senate Bill 559, from Democratic Sen. Melissa Hurtado of Sanger, would pay for more than \$300 million in repairs on the Friant-Kern Canal, the California Aqueduct and the Delta-Mendota Canal in the Central Valley. The California Farm Bureau supports the improvements.

Raging Timberland Fires Renew Calls For Better Forest Management

Calls for improved forest management approaches are echoing again as devastating fires rage in California timberlands, even burning into the Tahoe Valley. Licensed *timber operator Mike Albrecht* in Tuolumne County encourages forest thinning efforts that won't repeat mistakes of the past. For years, rather than thinning forests, California thinned out sawmills and biomass plants – removing useful forestry infrastructure. ★

California Plums Get Improved Market Access to Japan

Export rules have been streamlined to help more California plums reach buyers in Japan. Caroline Stringer of the California Fresh Fruit Association says multiple rounds of negotiations have refined protocols for fruit entering the Japanese market. While she doesn't expect an export spike this year, she said the new rules will expand market opportunities over time. The California plum harvest wraps up in October.

Agricultural Exports Surging in 2021 and 2022 Looks Bright

U.S. agricultural exports for 2021 are running nearly one-fourth higher than last year, based on forecasts through August. And an even better export economy is forecast for 2022. According to the U.S. Department of Agriculture, 2021 farm exports are expected to total \$173.5 billion for the fiscal year. That figure is expected to increase by another 4 billion in 2022. Rising soybean and corn shipments to China are a key factor. ★

Abbi Winslow

WayBeyondMeasure.com



Back-to-School Anxiety and Your Child

Commentary by Abbi Winslow

If your child has the back-to-school jitters they aren't alone. For many children and teens, the back-to-school rush is an incredibly anxious time. And while experiencing back-to-school stress is normal, would you be able to recognize if your child was experiencing higher than normal anxiety? There is a lot you can do as a caring adult to help a child in your life minimize their school anxiety. Here are some tips to help with back-to-school anxiety:

See it, Name it.

Practice helping your child or teen name their emotions. A powerful exercise to do with your child is to sit down, name the emotion they are feeling, then have them close their eyes and find it in their body. What does anxiety look like? How does it feel? Anxiety for me lives in my chest, it is black, sticky, and makes it hard to breathe. This exercise helps your child realize that emotions are just vibrations in our bodies. Phrases like "I am feeling anxiety" can be more empowering than saying, "I have anxiety."

Get Your Routines Down

Whether it is your first week, first month, or halfway through the semester, it is always important to reevaluate your family's school routine. Understanding how well your routine is working starts with asking questions. Does your child have enough time to get ready? Are they worried they will miss the bus? What do they do after school? What is hard for them? Once you understand what is working in your family's daily routines and what isn't, you can more effectively help your child tweak their schedule. For younger children, help them by structuring the morning and first hour after school as consistently as possible. For teens,

invite them to add more buffer time in their schedules or to take ownership of their appointments.

Take Away the Scary

For most of us, not just kids, we experience anxiety over the unknown. A huge way to help minimize the stress and anxiety in your child's life is to help them to "take away the scary." This process starts with identifying a fear your child has. This could be that they won't have anyone to sit by during lunch, their locker won't open, or they will fail a class. Once you have identified a fear, you can then talk through all the possibilities of that fear. If your child is worried about lunch you start with the worst outcome for them and add the phrase "and that's okay". *If I don't have anyone to sit by during lunch, then I will just eat by myself – and that's okay.* From there you can then brainstorm with your child additional possibilities. *I could pack a lunch and eat it in the library while I read. I could go sit by someone else eating alone. I could eat alone and do homework.*

By unpacking situations that your child is anxious about in this way, you help take away what is really causing them to be anxious – the unknown.

Taking just one of these tips and turning it into a new tool for your child to use can make all of the difference not only this year but in the future. Teaching your child mental health skills is just as important as any other subject they will learn this year.

Abbi Winslow is a certified life coach with Way Beyond Measure, a non-profit organization dedicated to teaching all ages positive mental health skills and character development.

To learn more visit waybeyondmeasure.com Email us at coachverdu@waybeyondmeasure.com Call us: 479-219-4328. ★

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