

Back-to-School
Anxiety and
Your Child

PAGE 12

Never, Ever Forget



SEPTEMBER 11, 2001

West Sacramento
News Ledger

VOLUME 57 • ISSUE 54

Serving the West Sacramento Region Since 1964

SEPTEMBER 10, 2021

SEE
INSIDE

WALKING THE
WALK FOR 100
MILES FOR HOPE



PAGE 3

FIRST HUMAN
CASE OF WEST
NILE VIRUS
CONFIRMED



PAGE 7

HOUSING
PLANS NEED
AN OVERHAUL



PAGE 9

PRESORTED STD.
US POSTAGE
PAID
PERMIT 2110
West Sacramento, CA

Change Service Requested

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

Continued on page 3

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

Continued on page 7

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

Continued on page 7



1032 Fremont Blvd 95605 \$438,750

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

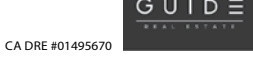


1044 Anna Street 95605 \$444,900



DANIEL JERRETT

916-215-1920 | THEJERRETTTEAM@GMAIL.COM



Commemorating 9/11
National Day of Service

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

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 Mandela 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
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/> ★



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

★☆☆★
**VOTE SAFE
YOLO!**

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

**Available until 8:00 p.m. on Election Day
(Tuesday, September 14, 2021)**

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

Thanks to All Official Ballot Drop Boxes & Voter Assistance Centers Host Partners:

Arteaga’s Starlite Supermarket, City of West Sacramento,
West Sacramento Recreation Center, Bridgeway Lakes Boathouse,
Yolo County Office of Education, Washington Unified School District, Bryte CCT- Bryte Café.

STAY CONNECTED: Facebook: @YoloACE, Instagram: @YoloCoACE, Twitter: @YoloCoACE
www.yoloelections.org (530) 666-8133 elections@yolocounty.org

VOTING RIGHTS ARE HUMAN RIGHTS

Support
Neighborhood
Elections

★ VOTE FOR DUANE WILSON ★

Ad paid for by Citizens For A Progressive West Sacramento. FPPC #Pending. This advertisement is not authorized by a candidate or a committee controlled by a candidate.

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 (dlgreen5@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 ½ 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 om MAF contact 916-441-6197, email info@moveamericaforward.org; www.moveamericaforward.org and on Facebook ★

Tanya Aguilera

West Sacramento Specialist

Cell: (916) 206-9016
Fax: (916) 239-2955

[IloveWestSacramento.com](https://www.IloveWestSacramento.com)
Tanya@golyn.com

LYON
REAL ESTATE
www.Golyn.com
CalBRE# 1444144

Lifetime Masters Club Member

DRYING IS FREE WHEN YOU WASH!

LOVE Laundry

4 LOCATIONS TO SERVE YOU!

2907 W. Capitol Avenue • West Sacramento

7272 Franklin Blvd.
Sacramento

2431 K Street
Sacramento

4641 Watt Avenue
North Highlands

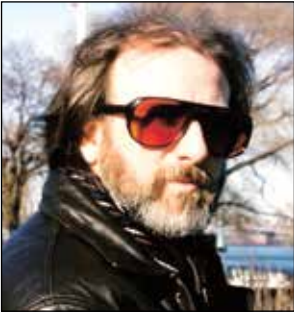
- Machines take coin or card
- Small to Super Jumbo Washers and Dryers
- Super Friendly Attendants
- Plenty of TV's, Drinks & Snacks While you Wait

DO LAUNDRY & STAY HEALTHY

Try our Excellent **DROP OFF** Laundry Service

The Cleanest Laundromat in California

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



USAF Thunderbirds

2 MILITARY JET TEAMS



RCAP Snowbirds

SEPTEMBER 24-26, 2021

SACRAMENTO COUNTY presents CALIFORNIA CAPITAL AIRSHOW in partnership with RINCHO CORDOVA CALIFORNIA

BUY TICKETS NOW!

CALIFORNIA CAPITAL AIRSHOW.COM

HONORING OUR PAST — INSPIRING THE FUTURE



for sale

West Sac

Realty.com

916 373-9800

MOXIE SALON



DONOVAN BLAZAK
your professional hairstylist

1029 Jefferson Blvd
West Sacramento, CA. 95691

916-371-4906
916-747-5201
hairbydonovan@gmail.com

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

LEGAL ADVERTISING

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

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

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. Adrienna M Schabert, 4015 Shaver Court, West Sacramento, CA 95691. This business is conducted by Individual. The registrant commenced to transact business under the fictitious business name or names listed above on 01/01/2021 /s/ Adrienna M Schabert, Owner This statement was filed with the County Clerk of Yolo County on 08/13/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 8/20, 8/27, 9/3, 9/10/21 CNS-3497407# NEWS-LEDGER Aug 20 27 Sep 3 10 nl 3386 9-10-2021

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. Jodi Lyn Barnhill, 2950 Portage Bay West, 221A, Davis, CA 95616. This business was conducted by Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on 04/20/2018 /s/ Jodi Lyn Barnhill, Owner This statement was filed with the County Clerk of Yolo County on 08/13/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 8/20, 8/27, 9/3, 9/10/21 CNS-3497407# NEWS-LEDGER Aug 20 27 Sep 3 10 nl 3386 9-10-2021

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. Scoggan DLS, Inc, 357 Nevada Street, Suite 40, Auburn 95603. This business is conducted by Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on 06/23/2021 /s/ Michael Cunningham, CEO This statement was filed with the County Clerk of Yolo County on 08/20/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 8/27, 9/3, 9/10, 9/17/21 CNS-3497407# NEWS-LEDGER Aug 27 Sep 3 10 17 nl 3386 9-17-2021

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. Desmond Stahl, 305 Bridge Place, West Sacramento, CA 95691. This business is conducted by Individual. The registrant commenced to transact business under the fictitious business name or names listed above on N/A /s/ Desmond Stahl This statement was filed with the County Clerk of Yolo County on 07/30/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 8/27, 9/3, 9/10, 9/17/21 CNS-3497407# NEWS-LEDGER Aug 27 Sep 3 10 17 nl 3386 9-17-2021

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. Ahmed Attia, 901 Athelton Place, Sacramento, CA 95829. This business is conducted by Individual. The registrant commenced to transact business under the fictitious business name or names listed above on 08/12/2021 /s/ Ahmed Attia This statement was filed with the County Clerk of Yolo County on 08/13/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 8/27, 9/3, 9/10, 9/17/21 CNS-3497407# NEWS-LEDGER Aug 27 Sep 3 10 17 nl 3386 9-17-2021

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. Axia Acquisition Corporation, 1327 Northbrook Parkway, Suite 400, Suwanee, GA 30024. This business is conducted by Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on 03/09/2010 /s/ Ahmed Attia This statement was filed with the County Clerk of Yolo County on 08/18/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 9/3, 9/10, 9/17, 9/24/21 CNS-3497407# NEWS-LEDGER Sep 3 10 17 24 nl 3386 9-24-2021

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. Govind LLC, 2021 W Capitol Avenue, West Sacramento, CA 95691. This business is conducted by Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on N/A /s/ Ahmed Attia This statement was filed with the County Clerk of Yolo County on 08/25/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 9/3, 9/10, 9/17, 9/24/21 CNS-3497407# NEWS-LEDGER Sep 3 10 17 24 nl 3386 9-24-2021

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. Amarjit Singh, 5766 Lolet Way, Sacramento, CA 95835. This business is conducted by Individual. The registrant commenced to transact business under the fictitious business name or names listed above on 08/10/2021 /s/ Ahmed Attia This statement was filed with the County Clerk of Yolo County on 08/12/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 9/10, 9/17, 9/24/21, 10/1/21 CNS-3497407# NEWS-LEDGER Sep 10 17 24 Oct 1 nl 3386 10-1-2021

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. Dripp'd Out LLC, 724 Elkhorn Plaza, West Sacramento, CA 95605. This business is conducted by Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on N/A /s/ Ahmed Attia This statement was filed with the County Clerk of Yolo County on 08/24/2021. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy 9/10, 9/17, 9/24/21, 10/1/21 CNS-3497407# NEWS-LEDGER Sep 10 17 24 Oct 1 nl 3386 10-1-2021

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, Yevgenty S. Stanchits to Yevgenty Sergeevich Stanchits, Alexander Yevgeny Stanchits to Alexander Yevgenievich Stanchits. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 23, 2021, in Department 9, Room: ZOOM, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 9, 2021 Samuel T. McAdam, Judge of the Superior Court Publish: August 20, 27 & September 3, 10 2021 POPOVA 18010 9-10-21

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. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 29, 2021, in Department 10, Room: ZOOM, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 11, 2021 Samuel T. McAdam, Judge of the Superior Court Publish: August 27 & September 3, 10, 17, 2021 DIDUCA 18010 9-17-21

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. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on September 30, 2021, in Department 10, Room: ZOOM, and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 13, 2021 Samuel T. McAdam, Judge of the Superior Court Publish: September 3, 10, 17 & 24, 2021 FERNAN 18010 9-17-21

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. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on October 7, 2021, in Department 10, Room: Zoom and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 19, 2021 Samuel T. McAdam, Judge of the Superior Court Publish: September 10, 17, 24 & October 1, 2021 HICKS 18010 10-1-21

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case No. CV2021-1501
Superior Court of California, County of Yolo Petition of: CLAUDIA CORRALES ZEVEDA for Change of Name TO ALL INTERESTED PERSONS: Petitioner CLAUDIA CORRALES ZEVEDA filed a petition with this court for a decree changing names as follows: CLAUDIA CORRALES ZEVEDA to KLAUDIA ZEVEDA-ROMERO The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. Notice of Hearing: Date: 10/29/2021, Time: 9:00 AM, Dept.: 9 The address of the court is 1000 Main Street, Woodland, CA 95695 A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: News-Ledger Date: 8/23/2021

DANIEL M. WOLK
Judge of the Superior Court
CNS-3508606#
NEWS-LEDGER
Publish: September 10, 17, 24 & October 1, 2021 ZEVEDA 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. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court at 9:00a.m. on October 7, 2021, in Department 10, Room: Zoom and show cause, if any, why the petition for Change of Name should not be granted. Dated: August 19, 2021 Samuel T. McAdam, Judge of the Superior Court Publish: September 10, 17, 24 & October 1, 2021 DURAN 18010 10-1-21

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. A PETITION FOR PROBATE has been filed by ANN KERUB in the Superior Court of California, County of YOLO. THE PETITION FOR PROBATE requests that ANN KERUB be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held in this court as follows: 10/5/21 at 9:00AM in Dept. TBD located at 1000 MAIN STREET, WOODLAND, CA 95695 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner MICHAEL G. ABRATE. 655 UNIVERSITY AVENUE, SUITE 230 SACRAMENTO CA 95825 916-550-2688 9/3/21, 9/10/21, 9/17/21 CNS-3502009# NEWS-LEDGER 9-17-21

SUMMONS (CITATION JUDICIAL) CASE NUMBER: CV2020-1680
NOTICE TO DEFENDANT: Scott J. Stanton, an individual; Cristy Tabinas, an individual; and DOES 1-100, inclusive YOU ARE BEING SUED BY PLAINTIFF: Data Mortgage, Inc. DBA Essex Mortgage NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo ha demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su version. Lea la informacion a continuacion. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leyes de su condado o

en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desear el caso. The name and address of this court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF YOLO, MAIN COURTHOUSE, 1000 Main Street, Woodland, CA 95695 Limited Civil Case The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Tiffany & Bosco, P.A., Megan E. Lees 1455 Frazee Road, Suite 280, San Diego, CA 92108 Tel: 619-501-3503 Date: (Fecha) 12/09/2020 Clerk (Secretario) Shawn C. Landry, Deputy (Adjunto) V. Navarro September 3, 10, 17, 24, 2021 STANTON 9-24-21

TRUSTEE SALE
NOTICE OF TRUSTEE'S SALE APN: 045-330-037 TS No: CA07000956-19-1 TO NO: 8757673 (The above statement is made pursuant to CA Civil Code Section 2923.3(d)(1). The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(d) (2).) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED September 22, 2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On October 26, 2021 at 12:45 PM, At the North entrance to the City Hall located at 1110 West Capitol Avenue, West Sacramento, CA 95691, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust recorded on September 28, 2006 as Instrument No. 2006-0038096-00, of official records in the Office of the Recorder of Yolo County, California, executed by MARY J. AMUNDSEN, A MARRIED WOMAN AS HER SOLE AND SEPARATE PROPERTY, as Trustor(s), in favor of LIBERTY REVERSE MORTGAGE, INC. as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 343 BRIDGE PLACE, WEST SACRAMENTO, CA 95691 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$300,063.89 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale

postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Nationwide 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. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information on or the Internet Website. The best way to verify postponement information is to attend the scheduled sale. Notice to Tenant NOTICE TO TENANT FOR FORECLOSURES AFTER JANUARY 1, 2021 You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 916.939.0772, or visit this internet website www.nationwideposting.com, using the file number assigned to this case CA07000956-19-1 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Date: August 20, 2021 MTC Financial Inc. dba Trustee Corps TS No. CA07000956-19-1 17100 Gillette Ave Irvine, CA 92614 Phone: 949-252-8300 TDD: 866-660-4288 Malaysia Ramirez, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.nationwideposting.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: Nationwide Posting & Publication AT 916.939.0772 Trustee Corps may be acting as a debt collector attempting to collect a debt. Any information obtained may be used for that purpose. NPP0395450 To: NEWS LEDGER 09/03/2021, 09/10/2021, 09/17/2021 9-17-2021

NOTICE OF TRUSTEE'S SALE TS No. CA-11-456719-RM Order No.: 110336983-CA-GTI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/8/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): VLADIMIR TISKIY, A MARRIED MAN Recorded: 4/18/2005 as Instrument No. 2005-0017729-00 of Official Records in the office of the Recorder of YOLO County, California; Date of Sale: 11/1/2021 at 1:00 PM Place of Sale: At the North Entrance of the West Sacramento City Hall, 1110 W. Capitol Avenue, West Sacramento, CA 95691 Amount of unpaid balance and other charges: \$588,278.99 The purported property address is: 2504 ATHERTON CT, WEST SACRAMENTO, CA 95691 Assessor's Parcel No.: 046-542-009 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has

been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 for information regarding the trustee's sale or visit this internet website http://www.qualityloan.com, using the file number assigned to this foreclosure by the Trustee: CA-11-456719-RM. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 800-280-2832, or visit this internet website http://www.qualityloan.com, using the file number assigned to this foreclosure by the Trustee: CA-11-456719-RM to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. Date: Quality Loan Service Corporation 2763 Camino Del Rio South San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 800-280-2832 Or Login to: http://www.qualityloan.com Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-11-456719-RM IDSPub #0174587 9/10/2021, 9/17/2021 9/24/2021 Sept 24, 2021

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. ★

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. ★



CALL 916-773-1111 TO ADVERTISE



Sell Your Vehicle in the Local Classifieds

Call **916.773.1111**



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

LEGAL ADVERTISING

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

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

Sept 10, 2021

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,

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/>. ★

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. ★

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 agendaized 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

Call
916 773-1111
For
Legal
Advertising

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 work force; 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. ★



Advertise your Garage Sale in the Local Classified Section

Call **916-773-1111**



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
		C	O	T			O	R	B	I	T			
	L	S	A	T			U	S	E	R	N	A	M	E
S	A	L	S	A			L	I	E	U		V	E	D
O	B	I	T	S			N	E	V	E		E	M	I
T	S	P					A	R	E			S	E	T

STATEPOINT CROSSWORD • SOCIAL MEDIA

CLUES

ACROSS
1. The American Tribal Love-Rock Musical
5. Hallucinogenic drug
8. Some special effects, acr.
11. Chip in Vegas
12. Cordelia's father in Shakespeare play
13. One in squirrel's stash
15. Dissenting clique
16. Tangerine/grapefruit hybrid
17. Type of lemur
18. "Popular messenger"
20. Mosque prayer leader
21. Down Under marsupial
22. Thanksgiving serving
23. "100 days of snapping, e.g."
26. Military's inactive force
30. Repeated Cuban dance step
31. The Kinks' lead singer, a.k.a. godfather of Britpop
34. Late December season
35. Rough, as in voice
37. Chop off
38. Stephen King's "The _____"
39. "Do _____ others..."
40. Strep throat organ
42. File a suit
43. Sewing pearls on a wedding gown, e.g.
45. One with authority
47. Army bed
48. Space path
50. Law school test acronym
52. "Unique social media identifier"
55. Latin dance
56. "Place" in French
57. Sacred Hindu writings
59. Post-mortem bios
60. Actress Campbell
61. African chieftain
62. Recipe amt.
63. Nirvana's "Come as You _____"
64. Badger's den

DOWN
1. Current tense of "had"
2. All over again
3. Eczema symptom
4. Second shot
5. Corporate department
6. Salpae, sing.
7. Type of coffee maker
8. Elizabeth McGovern's "Downton Abbey" role
9. Inspiring horror
10. As opposed to outs
12. Capital of Zambia
13. Bruce Wayne's _____ was Batman
14. "Message under a post"
19. Bootlicker
22. Da, to a Russian
23. "Done to social media post before applying for job?"
24. Feudal lord
25. Haile Selassie's disciple
26. Gym exercises
27. Comedy Central's "critique"
28. Dolby Theatre to Oscars
29. Often considered wise
32. "Video blog"
33. Charge carrier
36. "Audio series"
38. Killed, like dragon
40. Big bang maker
41. Permeate
44. I to Greeks, pl.
46. Sheet music line, pl.
48. Basketry stick
49. Clark Kent actor Christopher
50. Black, yellow and chocolate dogs
51. Parking spot for a boat
52. Bone in human forearm
53. "Bernie wearing mittens, e.g."
54. "Do this before posting?"
55. Chronic drinker
58. It's open to interpretation

Crossword Puzzle Solutions on Page 8





BRING EVERYTHING YOU LOVE TOGETHER!

2-YEAR TV PRICE GUARANTEE

\$64.99 MO. for 12 mos. 190 CHANNELS Including Local Channels!

CALL TODAY - For \$100 Gift Card Phone Sale 10/10/21

1-888-416-7103 Offer ends 11/1/21.

Blazing Fast Internet! ADD TO YOUR PACKAGE FOR ONLY \$19.99/mo. where available

Classified Advertising

Sell Your Stuff! Reach 1000's of Readers Every Week!



916-773-1111

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

LEGAL ADS FOR SOLANO COUNTY?

We Can Do That!


Call to place your legal advertising **916-773-1111**

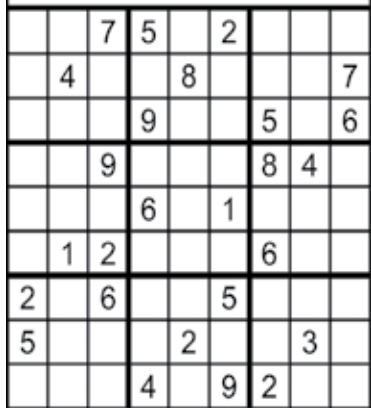
All Legal Ads Published by Messenger Publishing 

GRAND ALASKAN CRUISE & TOUR

12 days, departs May - Sep 2022

1-855-208-9533






Solutions on Page 8

SERVING FAMILIES IN WEST SACRAMENTO SINCE 1962

FD #1082



RIVER CITIES
FUNERAL CHAPEL

916-371-4535 • www.RiverCitiesFuneralChapel.com

• Complete Funeral Services • Cremation or Burial • We Use All Cemeteries • World Wide Shipping • Insurance Funded • Pre-Need Plans With Price Guarantee

Our funeral home is owned, managed and cared for by the Daniel family of West Sacramento, representing five generations of funeral service.

910 SOULE STREET • WEST SACRAMENTO CA 95691

FOR RENT

S&S

Property Management

371-1870

www.westsacrentals.com

Your West Sacramento Specialist

Have a question? Call us.

No Obligation.

We are here to help!

Is your landlord being fair?

Can I be charged for that?

How can I get my security deposit back?

What notice do I give my tenant?

Can I charge for that?

How much rent can I get?



CASH! CASH!

FOR YOUR GENTLY USED

VINYL RECORDS, CD'S, CASSETTES, MAGAZINES & COLLECTIBLES

CALL MARTY DE ANDA TODAY :

(916) 442-5344 . (916) 505-5191 (text)

1104 R Street . Sacramento, CA 95811

California Housing Plans
Need an Overhaul



By Dan Walters
CALMatters

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.

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

SOUTHPORT SELF STORAGE

COVERED AND OPEN RV PARKING LOT



PLEASE CALL 916-395-3080

TO RESERVE YOUR RV SPACE

SOUTHPORT SELF STORAGE

3080 PROMENADE STREET

WEST SACRAMENTO

CHURCH DIRECTORY

Seventh Day
Adventist Church

Sasa Andelkovic, Senior Pastor

2860 Jefferson Blvd., W. Sac.
PO Box 447, W. Sac. 95691

Sat. Sabbath School 9:30 a.m.

Worship 11 a.m.

(916) 372-6570

West Sacramento
Baptist Church

Sun. School - 9:30 a.m.

Sun. Worship - 11 a.m.

Wed. Prayer Meeting
& Bible Study - 6:30 p.m.

2124 Michigan Blvd.

(916) 371-2111

American Buddhist
Seminary Temple

Learn how to practice mindfulness
meditation for your everyday
happiness in small group setting.

Free Community Service.

Sundays - 8:30–10 a.m.

423 Glide Avenue, West Sac

(916) 371-8535

www.abstemple.org

Our Lady of Grace
Catholic Church

911 Park Blvd, West Sacramento

Office: (916) 371-4814

Fr. Mathew Rappu, Pastor

Mass: Mon, Tues, Wed 8:30 a.m.

Fri 8:30 a.m. at OLG school
during school year

Sat: 5:30 p.m. vigil, Sun: 9 a.m., 11 a.m.

New Seasons Church

Your Church in West Sacramento

Pastor Ron Jackson

Sunday 10 a.m. service

Westfield Elementary School

508 Poplar Ave., West Sacramento

(916) 265-4025

pastorron@newseasons.ws

www.newseasons.ws

Looking for
a place to
worship?

Check here first!

To find out how to list your place of
worship in this directory, call

(916) 371-8030 for more information.

Community
Lutheran Church

Join us for a positive,
uplifting message!

We welcome all!

Sunday Service at 10 a.m.

920 Drever St.

(916) 317-8804

[Facebook.com/CommunityLutheranWest-Sacramento/](https://www.facebook.com/CommunityLutheranWestSacramento/)

Trinity Presbyterian
Church

1500 Park Blvd. W. Sac. CA

(916) 371-5875

www.TrinityWestSac.org

info@trinitywestsac.org

Pastor Jamie Crook

Spanish Ministry Pastora:
Miryam Osorio

Sunday Worship Services:

10 a.m. Blended/Traditional

Noon Spanish Language

Center for
Spiritual
Awareness

1275 Starboard Dr.

(916) 374-9177

(For prayer line, listen for prompt)

Sun. Service: 11 a.m.


Youth Programs & Jr. Church

Rev. Georgia Prescott

www.csasacramento.org

for weekly affirmations

All are welcome!



FOR THE LOVE OF

BOOKS

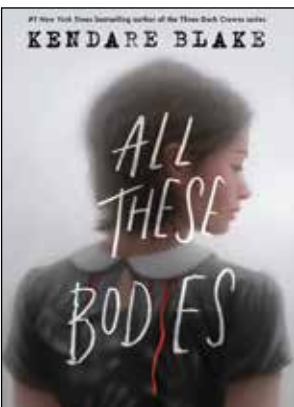
By Amy Shane

BOOK REVIEW & SPECIAL EVENTS EDITOR • ✉ amy-shane@att.net • 📷 amy_fortheloveofbook

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. ★



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. ★

FINAL GAMES

SMUD ORANGE FRIDAY

FRIDAY, SEPTEMBER 17:
SMUD Orange Friday with post-game fireworks presented by Arden Fair Mall

SUTTER HEALTH

SATURDAY, September 18:
Fireworks Saturday | Family Fun Pack game

DINGER’S KIDS CLUB

SUNDAY, September 19:
Dinger’s Kids Club | Kids run the bases postgame

FAN APPRECIATION WEEKEND

FRIDAY, OCTOBER 1:
SMUD Orange Friday with postgame fireworks presented by ACE Hardware

SATURDAY, OCTOBER 2:
Family Fun Pack game

SUNDAY, OCTOBER 3:
Season Finale | Dinger’s Kids Club

CHECK OUT THE FAMILY 4 PACK

Get tickets at: RiverCats.com



FOREVER RC

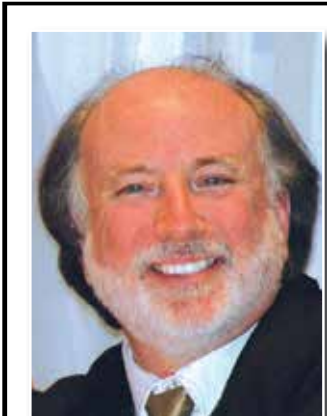
TICKETS & PROMOTIONS @ RIVERCATS.COM



MPG

Advertise in your Local Community Newspaper

Call 916-773-1111



West Sacramento NewsLedger

Serving West Sacramento and Yolo County since 1964

It is the intent of the News-Ledger to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The News-Ledger is not responsible for unsolicited manuscripts or materials. The entire contents of the News-Ledger are copyrighted. Ownership of all advertising created and/or composed by the News-Ledger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.




News-Ledger is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@MPG8.com. Be sure to place in the subject field “Attention to Publisher.” If you do not have email access, please call us at (916) 371-8030.

Subscriptions should be mailed to:
West Sacramento News-Ledger
1040 West Capitol Avenue, Suite B
West Sacramento, CA 95691
Subscription rate is \$32 per year within West Sacramento and \$42 outside of West Sacramento.

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

We are proud members of these newspaper associations.



WEEKLY COMICS

Amber Waves

by Dave T. Phipps

YOU PIGS ARE SO SIMPLE. ALL YOU CARE ABOUT IS EATING AND SLEEPING ALL DAY LONG.

YOU ALL NEED TO WAKE UP AND BROADEN YOUR MIND.

ASK YOURSELF THINGS LIKE "WHERE DID I COME FROM".

AT LEAST WE'RE NOT STILL DEBATING WHICH CAME FIRST THE CHICKEN OR THE EGG!

Out on a Limb

by Gary Kopervas

TRY THIS ONE LADIES, IT'S ONE OF MY FAVORITES. I CALL IT "BALLISTIC LAVENDER".

JOHN WICK'S CANDLE SHOP

R.F.D.

by Mike Marland

HOW WAS SCHOOL TODAY, JUNE?

IT WAS GREAT!

AWESOME! FANTASTIC! BEST SCHOOL DAY EVER!

ATTA GIRL!

IF YA TELL 'EM WHAT THEY WANNA HEAR, SOMETIMES YA CAN WORK IT FOR EXTRA DESSERT!

GRIN & BEAR IT

LAFF-A-DAY

"My imaginary friend was out of control, Mom!"

"Here's your chance to make a good impression on Daddy. He's looking for somebody who'll loan him \$100."

The Spats

by Jeff Pickering

I HAVE FRIENDS IN HIGH PLACES!

WOW...

...HE MUST HAVE FRIENDS THAT LIVE IN TREES?

THEY'LL DO IT EVERY TIME

BY AL SCADUTO

NEVER IN OUR LIFETIME-- (HOSPITAL FOOD DEPT)

YU-MM! THAT'S GOTTA BE THE BEST MEAL I'VE EVER HAD! YESSIEEE! CAN I HAVE SECONDS?

BOY! HE REALLY IS SICK!

J'EVER NOTICE? THE COLDEST DAY OF THE YEAR-- THE BUS DRIVER HAS THE HEATER ON FULL BLAST-- HE'S COMFY IN SHIRT SLEEVES... BUT-- HIS PASSENGERS--HOW COMFY ARE THEY? DON'T ASK!

THANK TO W. SWANSON, BUFFALO, N.Y.

THANK TO V. CABBANO, SANTA MONICA, CA.

10-17

THAT WANNA GRINL-INTO-A HOLE-AND-DIE FEELING...

SSAHH

HEY, DAVEY-- THIS GUY WANTS AN ELASTIC BELT--Y'KNOW--GIRDLES FOR MEN--WHERE D'WE KEEP 'EM?

SAY WHAT?

THANK TO S. WEINTRAUB, SO PLAINFIELD, N.J.

Just Like Cats & Dogs

by Dave T. Phipps

I WAS GOING TO PUT THE LEFTOVERS IN TUPPERWARE, BUT I'VE SPENT SO LONG TRYING TO FIND A MATCH, IT WAS TIME TO EAT AGAIN.

HOCUS-FOCUS

BY HENRY BOLTOFF

Find at least six differences in details between panels.

BUSINESS PROFESSIONALS



TOWN CRAFT PLUMBING

28 years in West Sac

916-695-4212

garyavila1946sac@gmail.com

CA Licence #804662



COMPLETE TREE SERVICE

• Tree Trimming
• Tree Removal
• Stump Grinding
• Mistletoe Removal
— FREE ESTIMATES —
Insured. Lic. #1000064

Call Greg Law
(916) 375-0132

LYTLE CONSTRUCTION INC.

Remodeling and Design

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

Certified Kitchen & Bath Remodeler

• Additions
• Kitchens
• Bathrooms
• Custom Cabinetry

FREE Consultation
916-422-6639

LIC# 480492

www.lytleconstruction.com

BBB

NARI

Bobby's Seven Day Barber Shop

Open Everyday!

1040 West Capitol Ave Suite E (Behind Subway)
West Sacramento, CA 95691

Bobby Luna
(916) 371-4676

Next to City Hall
Corner of West Capitol and Merkley

CREST JEWELERS

• Jewelry
• Watches
• Sales
• Repair

WE BUY SCRAP GOLD!!

Family-owned with pride by the Macias family since 1967!

1296 West Capitol Ave (at Safeway Center) • 371-6440

Emergency?

J & J PLUMBING

(916) 761-4990

PLUMBING & REMODELING
SEWER & DRAINWORK

John & Ed Yeargin 371-4151

GET TO KNOW GREINER!

New customers take \$50 OFF your first service

Heating & A/C maintenance, repair & replacement
Water heater repair & replacement
Solar installation
Home performance, efficiency & comfort

GREINER HEATING • AIR • SOLAR ENERGY, INC.

CA #365955

Call Us Today!
(916) 545-1784

www.iTrustGreiner.com

NP-0120

CASH PAID FOR DIABETIC TEST STRIPS

Do you have extra diabetic test strips left over that you do not need?
Sell them to us for CASH! We will get them to someone who can use them!
One Touch Ultra Blue, Freestyle Lite, Bayer Contour, Accu Chek and most other brands bought.

WE PAY UP TO \$30 PER BOX CASH ON THE SPOT
(prices vary depending on brand, quantity and expiration date)

We offer FAST PICKUP at a location that is conveniently located near you.
Boxes must be unopened and unexpired.

For Prompt Attention Please Call Rachel at:
(916) 505-4673

Hardwood Flooring

Specializing in installing, sanding and finishing hardwood flooring or repair and refurbish your current floors.

Call Michael - (916) 383-8742

Lic# 544159/References Available

Whitey's Jolly Kone

• Tacos • Burgers • Shakes
GREAT FOOD.
FRIENDLY FOLKS.
A West Sacramento Tradition!
1300 Jefferson Blvd.
371-3605

DUDEPRESSURE

DUDE, THAT IS CLEAN!

Pressure Washing Services

License Number SPB12021-00112

Robert Beard
916-825-0999
DUDEPRESSURE@GMAIL.COM
DUDEPRESSURE.SIMDI.F.COM

HOME SERVICES
DRIVEWAYS
PATIOS
SIDING
ROOF
AUTO SERVICES
CAR WASH
CARPET
SEATS
WAX
UV PROTECTANT

Natalie Miller

Independent Beauty Consultant

millernatalie29@yahoo.com
www.marykay.com/nmiller9625

916.621.0833

Contact me for a Complimentary Facial

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 paper 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.



Spring Medical Clinic

Spring Into A New You!

- Medically assisted Weight Loss Treatment
- B-12 and Lipo energy/weight loss shots
- TB skin tests for work or school
- Body Composition Evaluations
- Travel Vaccinations & Flu Shots
- 11 Years of compassionate care

New Patient Special!



Mon-Fri 9:30-5:30
Saturday 8:30-2:00
1355 Halyard Dr #130
West Sacramento, CA 95691

www.springmedicalclinic.com • (916) 265-6309

1 FREE Regular B-12 Shot (\$10 Value) or FREE 1 Page Body Composition Summary Report (\$10 Value)

Just stop by anytime during clinic hours

Not to be used in conjunction with any other offer now or in the future, nor used as a monetary "value" towards costs of any other service. No Cash Value. Limit one certificate per household. Offer good for NEW PATIENTS and/or returning Spring patients that have not been to Spring in over a year.

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.



MPG

Advertise your Garage Sale in the Local Classified Section

Call **916-773-1111**

MANDATORY ORGANICS SERVICE COMING SOON

Starting in January 2022, all businesses are required to have organics service or face enforcement from the City of West Sacramento.

What Is California’s Short-Lived Climate Pollutant Reduction Strategy (SB1383)?

- By 2025, divert 75% of organic waste to composting facilities.
- Recover at least 20% of currently disposed edible food by 2025.

Learn more at www.calrecycle.ca.gov/organics/slcp

Shown below are items defined as organic waste.



Food Waste

Food-Soiled Paper

Yard Waste & Untreated Wood

AVOID FINES - SIGN UP FOR ORGANICS SERVICE NOW.

Waste Management offers organic carts and bins in two different sizes:



35 & 64 gallon organic carts

2 & 3 yard organic bins

Contact Waste Management at (866) 844-1508 to sign up for organics service. Learn more at www.calrecycle.ca.gov/organics/slcp

