

WEST SACRAMENTO News-Ledger

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Wednesday, July 7, 2021

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Yolo Community Groups Team Up with Make It Happen to Help Local Youth in Need

The West Plainfield 4H Club and Discovery Christian Church in Davis recently worked with nonprofit Make It Happen for Yolo County to conduct service projects to help transition-age youth in need, generally defined as ages 18-24 and predominantly foster youth, furnish their homes and become successful first-time renters. Discovery Christian Church sent a volunteer group of 10 in late May to deep clean and reorganize the four Make It Happen furniture storage units in Davis. Two weeks later, four members of West Plainfield 4H Club purchased and assembled furniture as a life skills project to donate to transition-age youth.

"We can't thank the West Plainfield 4H Club and Discovery Christian Church enough for their generosity of time and resources to help the amazing youth we serve," said

Jan Judson, board president, Make It Happen for Yolo County. "Partnerships like these not only are vital to the work we do, they also show our clients that there is a community that cares about them and their success in life."

The West Plainfield 4H Club life skills component is designed to help teens explore and learn skills for when they become independent. For the project, the club members, who range in age from 10th-12th grades and live in Woodland and Davis, secured funding, shopped according to a budget and assembled the furniture.

"Because 4H also focuses on giving back to the community, many projects like this one have a service element," said Laura Warner, co-leader, West Plainfield 4H Club. "The fact that the activity served their peer group made it all the more meaningful."

Volunteers with Discovery Christian Church



Members of the West Plainfield 4H Club load furniture they purchased and assembled. The furniture was donated to Make It Happen for Yolo County for transition-age youth in need as they move into their first independent homes.

helped prepare the storage units for the furniture donation from 4H by cleaning them from top to bottom and reorganizing the furniture and household goods already being stored in the units.

Make It Happen for Yolo County is a volunteer-run nonprofit providing transition age

youth in Yolo County with the furnishings, household goods and resources needed to move into their first apartments. The group receives furniture donations from the community and purchases new appliances and household items to help youth involved with the Yolo County child

welfare, mental health and probation divisions, as well as the UC Davis Guardian Scholars program. Since its founding in 2014, Make It Happen for Yolo County has helped more than 100 Yolo County transition age youth. To make a financial or furniture donation, visit mihyolo.org.

Know your neighbor: Katie Villegas

BY MICHELE TOWNSEND

During the time of growing up, as we develop our personalities and value system, the environment that we are in plays a big part. Usually, there is something or someone in your life that touches a passion in you.

In East Sacramento, Katie Villegas grew up in a home that was very community and care-oriented. With her mother, a Social Worker, and her father, a pediatrician taught, Katie learned the importance and satisfaction that you get from helping people. Katie went to all three Community Colleges in this area before going onto Chico State where she got her Masters in Social Work with a Minor in Psychology. At first, Katie went to school to study Criminology. It was during that time (at age 19) that she met the man that would end up being the love of his life. That man is none other than our County Supervisor, Oscar Villegas. The two of them walked precincts for extra credit for a man that was running for Sheriff, on their first date. "Oscar's always been a lot of fun who causes mischief," Katie said. Katie moved in with Oscar, here in West Sacramento, and she's been improving our town ever since.

If I attempt to list all of the improvements Katie has been involved with her, this will be a very long ar-

See Know Your Neighbor, page 3

In the Green Room: Former West Sacramento Mayor Christopher Cabaldon

Oboe Is Not Really the Best Solo

(Editor's Note: This article was reprinted with permission from Zocalo Public Square, where it first appeared on June 17.)

Christopher Cabaldon served as the mayor of West Sacramento for 11 terms, beginning in 1998; in November 2020, he lost his bid for reelection to a 12th term. Before joining a Zocalo/California Wellness Foundation event, "What Makes a Good Small Town?," he called into the virtual green room to chat about playing the oboe, experi-



encing culture shock in Japan, and the time President Obama called him the best-dressed mayor in America.

See Green Room, page 9

Two individuals sentenced for marijuana cultivation on public lands causing environmental harm

On June 16, 2021, Ruben Corza, age 34, of Orland, CA and Victor Banuelos, age 27, of Corning, CA were sentenced to two years' probation and 90 days' jail after having been convicted of felony marijuana cultivation causing environmental harm.

On September 12, 2019, the Department of Fish and Wildlife, along with the Yolo County Sheriff's Office, executed a search warrant on public lands within Cache Creek Canyon Regional Park after receiving a report from a hunter about

hearing a generator in the area. Investigators located a large marijuana grow site hidden throughout the natural vegetation on a hillside next to Cache Creek. Additionally, investigators located a sophisticated watering system that used electric generators and multiple screened hoses to pump water uphill from Cache Creek into two swimming pool-sized containment ponds dug into the hillside. The water would then be distributed via multiple irrigation lines

See Cultivation, page 7

THIS 'n' THAT Greening Up the Brown Thumb



BY CAROL BOGART

The response from helpful successful gardeners was swift in coming when my woe-is-me garden column published. It was very fun reading their suggestions. Being Covid-fearful, I'd gotten a late start on my garden (at least a month behind other gardeners at my complex). May 1 (our garden con-

tract deadline), I put in two rows of bean seeds (green and yellow), three smallish tomato plants, two larger ones. And crossed my fingers.

Existing strawberries .. well. I should have watered earlier. A couple days ago I gave my only two small vine-ripened berries to Lydia (my save-the-duck neigh-

bor who also gardens). The next day, another friend, Tanya, gave me a large ripening tomato. She told me that, in Russia, there's a saying: If you give a friend your first harvest, your next harvests will be better. I think that's lovely!

See This 'n' That, page 7



PHOTO BY CAROL BOGART

My second 'crop' of roses. The flower seeds I planted ... well. Birds? Snails? I don't know.



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Mapping the Future of Yolo Youth: A Post-Pandemic Response

BY JIM PROVENZA,
LUCAS FRERICHS,
GARTH LEWIS AND
JESSE SALINAS

These past weeks have been a time of joy in Yolo County. A parade of high school seniors crossed stages to receive their diplomas. Children of all ages completed an unpre-

cedented year of virtual and masked in-person schooling, due to the effects of the COVID-19 pandemic.

These celebrations reflect a significant achievement in our communities, yet there are troubling signs that many of our young people and their families are struggling.

Along with the celebrations, we need a long-range plan to ensure a better future for Yolo County. This means confronting the issues of poverty and physical and mental health—especially among our youngest friends and neighbors.

According to the Yolo County Office of Education, our county is home to just under 30,000 students in K-12 schools and a little more than 13,600 children ages 0-5. Of these:

- Approximately 15% of all children 0-17 live in poverty.
 - Local Black children face a 28% poverty rate.
 - Latino children endure a 20% poverty rate. Poverty also creates toxic stress in babies in utero, and prenatal care is an essential preventative measure. According to First 5 of Yolo County, during the pandemic:
 - Only 47% of pregnant women on Medi-Cal in Yolo received on-time prenatal care. Compare that to 2018, when 84% of mothers on Medi-Cal received on-time prenatal care.
 - Pediatric well-child visits dropped by an estimated 24% from pre-pandemic baselines.
 - Childhood vaccinations dropped by more than 40% since the start of the pandemic.
- How do we ensure our children and families move from surviving to thriving? How do we meet this post-pandemic moment and create structural change? How do we tap the potential of the region and make it a place of innovation where young people thrive and families see our county as a place to work, live, and succeed?

These are the questions (many) elected officials throughout Yolo

County are asking. The pandemic has demonstrated that we have a collective responsibility to our communities that can only be met by acknowledging our joint responsibility to leverage the federal, state, and local opportunities before us.

Although we have had successful county collaborative efforts in the past, the American Rescue Plan (ARP) and other anticipated one-time funding provide a unique, once-in-a-generation opportunity to invest in communities and build up our public health and economic infrastructure.

And the investment that will have the biggest long-term impact for our society is an investment in our children, youth and families.

We are observing the greatest COVID-related impacts in areas of mental health and well-being. Even prior to the pandemic, high school students attending Yolo County's Youth Empowerment Summit shared stories about their mental health. Their stories were supported by public health statistics indicating that:

- In 2018, 22% of youth accessing Medi-Cal mental health services in Yolo County did so at a crisis level, according to the California Department of Health Care Services.
- A 2020 California Healthy Kids Survey found that 28% of Yolo County 11th graders were harassed or bullied in the previous year.
- Nearly 36% experienced chronic sadness/hopelessness while at school. The pandemic exacerbated this issue.

We need to plan, with urgency, a new focus

on the physical AND mental health of our communities by developing an innovative, practical and effective cradle-to-career blueprint for every one of our young people.

To make this a reality, we must make a commitment to one another and our community to plan together, to dream together, to rebuild and re-engage together.

We have an unprecedented opportunity to develop a comprehensive and coordinated strategic plan for children, youth and families throughout the county. Yolo County is one interconnected community and we understand that when one community thrives, we all thrive together.

We call on our elected colleagues on the Board of Supervisors, city councils, school boards, and Yolo County Office of Education to join us in this effort as we work collaboratively with our leaders in youth advocacy, higher education, nonprofit and private sectors to develop a roadmap for county-wide success. The blueprint would:

- promote balanced economic development
- provide parents viable opportunities to earn a living wage
- ensure our children live healthy lives, and
- create positive opportunities for our youth to enjoy increased civic engagement, leadership development, and a healthy environment to work, live, and play in Yolo County.

This plan should be transformative and leverage resources across the entire county and all sectors in such a way that prioritizes children, youth and families. It is only by working in a more intentional and collaborative way that

these resources will have a long-term, multi-generational impact on our community.

In July, the county will begin convening virtual and in-person community workshops. To learn more go to <http://www.bit.ly/yoloamericanrescueplan>. Join us and help support our effort in this important journey as we map out the future of our county through a commitment to collaboration the Yolo Way!

Co-authors: Jim Provenza, Chair Yolo County Board of Supervisors and First 5; Gary Sandy, Yolo County Board of Supervisor; Jesse Salinas, Yolo County Assessor, Clerk-Recorder, Elections; Garth Lewis, Yolo County Superintendent; Tico Zendejas, Yolo County Board of Education; Gloria Partida, Mayor of Davis; Lucas Frerichs, Vice Mayor of Davis; Tom Stallard, Major of Woodland, Mayra Vega, Woodland Mayor Pro Tempore; Martha Guerrero, Mayor of West Sacramento; Quirina Orozco, West Sacramento City Councilmember; Wade Cowan, Mayor of Winters; Jesse Loren, Winters City Councilmember; Tom Adams, Davis Joint Unified School District Trustee; Vigdis Asmundson, Davis Joint Unified School District Trustee; Coby Pizzotti, President Washington Unified School District; Jackie Thu-Huong Wong, Vice President Washington Unified School District; Jake Whitaker, President Woodland Unified School District; Bibiana Garcia, Woodland Unified School District Trustee; Jesse Ortiz, Yuba Community College District Board - Trustee Area 5; Kelly Willkerson, Los Rios Community College District Board - Area 4.

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Hey Ya'll & Happy Summer!

TV producer Chris Hennessy's journey began with an aggressive-prostate cancer diagnosis, June 2, 2009. By June 2020, the cancer and DVT blood clots spread into his lungs. Chris's new regimen includes daily injections of powerful blood thinners into his bruised and swollen belly.

"A Facebook friend encouraged me to see a holistic cancer specialist," Hennessy said. She said, "If you stay at Stanford, they'll kill you." "She had a point. All those life-altering cancer treatments had not done anything but damage. I nixed the advice of several renowned Oncologists & Urologists, and went with a more holistic approach."

"Holistic is a simple theory. When you're trying to eradicate cancer - remove the poison. The Stanford treatments would welcome in the poison. I'd given the almost poison-you-to-death method several tries to no avail," explained Hennessy.

"The Stage' Following our Wildest Dreams

"We had to take a stance! Without dance & romance, humankind doesn't stand a chance." - The Stage Fairy

After an award-winning season 1, Hennessy approached his Yolo YoYo's TV show, season 2, with 12 solid episodes and hundreds of hours of TV production and promotional experience under his producers belt. (and 25 years of independent filmmaking)

"There was tons of pressure organizing everything and shooting during Covid. But, there was abundant innovative energy spewing out of me like Old Faithful, fueling each episode."

Yolo Yoyo's finale episode season 2, 'The Stage' Following our Wildest Dreams, was filmed at the historic Woodland Opera House. The 11 minute program features the Yolo YoYo's and their mission to bring live entertainment back to the lonely, historic stage - which hadn't been performed upon for a very long time.

The evil stage troll has done a fine job keep-



ing everyone and everything off the stage. (played by Woodland Opera House star, Col-lin Robinson-Burmester - Elly award winner and Woodland Opera House most Outstanding Youth Performer 2020)

Amelia Robinson-Burmester, another WOH star, (nominated for Elly, and Chesley award winner for WOH's Chitty-Chitty Bang Bang, 2019) plays the beautiful

Stage Fairy. She believes only the Super-Positive Super-Hero Yolo YoYo's possess the potent powers and uplifting ability to bring entertainment back to The Stage. "We had to take a stance. For without dance & romance, humankind doesn't stand a chance."

The program features the Yolo Yoyo's first transformation into animated Super Heroes. The show airs on Sacra-

mento Channel 18 & Davis TV-15 several times during the week of June 28, 2021, and then on Yolo YoYo's Facebook and Youtube Thursday, July 1, 2021.

Fast-forward to June 2021 - staying active is key

Since beginning the holistic cancer care program one year ago, Chris' cancer has remained static (not grown) for the

first time since his cancer diagnosis. (2009) He gives much credit to the holistic treatments and keeping busy doing what he loves doing - creating!

It's still a long shot. Chances of living 5 years after being diagnosed with prostate cancer in the lungs is small (30%). Either way, Chris says he is not afraid. "I'm living life as usual, surrounded by loving family, and accomplishing my dreams!"

Know Your Neighbor

Continued from page 1

ticle! When Katie came to West Sacramento, she started working at a women's shelter and prevention of child abuse. She started in 2006, working part-time at Yolo County Children's Alliance (YCCA) as an Executive Director. Within 6 months she was full-time. Katie gave her job her heart and soul. Not only did she give it everything that she had, but she taught others to do the same. She took the YCCA from a very small not-for-profit group with a \$30,000 a year

budget to a countywide organization with 50 employees and a 5 million dollar annual budget... helping thousands of people on her way. "I just thought that instead of a bunch of organizations competing with each other for money, when we all want the same result, why not work together?" So she developed the organization from collaborations and partnerships with other organizations. The YCCA is responsible for helping thousands of families with food, clothing, financial

assistance, healthcare, employment, housing, transportation and the list goes on. She has remained driven to fight child abuse and to not only give families temporary help that they need but to develop programs to change the situation that has put the families in their current state.

It hasn't only been the YCCA that Katie has been involved with when helping our town. Katie has served on the school board and the Yolo County Fair Board, a seat that is Governor appointed. She has been a key member of the developments that have since gone state-wide, such as Project Room Key. She has raised

millions of dollars in funding to help our city and county and was commissioner of First 5. Katie has a long list of clubs and organizations that she has belonged to.

She spearheaded the Disney grant for the Kaboom Park at Bryte Park and organized the volunteers and oversaw (as well as worked on) the construction of the park. She was involved in the development of the Sycamore Trail and was even deemed Volunteer of the year by the Sacramento Kings. Katie and Oscar have instilled that community spirit in their two children as well. Their son, Vince is the one that originally started the Com-

munity Giveaway Day that is held every year at Thanksgiving. He was 10.

After 15 years of more service than most of us give in a lifetime, Katie is retiring. She has already begun reuniting with long-time friends and enjoying outings and trips "with the girls". In fact, she and her best friend just celebrated 50 years of friendship! She plans on traveling and just enjoying life. She has earned it! Katie has been an inspiration to not only me, but to countless people, she has helped and worked with. She has been an unbelievable stone in the foundation of the good city of West Sac that we are today. Thank You, Katie!

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LEGALS

FICTITIOUS BUSINESS NAME STATEMENT FILED 6/21/2021

FILE NO. F20210536

The following person(s) is (are) doing business as **Silver Lining Productions**, 3136 Heron Court, West Sacramento, CA 95691 in Yolo County.

Registered Owner(s) Jeannette Ong, 3136 Heron Court, West Sacramento, CA 95691

The business is conducted by: Individual

The registrant commenced to transact business under the fictitious business name or names listed above on 6/21/2021.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor.)

/s/Jeanette Ong, Owner/CEO

Notice-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk.

A new Fictitious Business Name Statement must be filed before the expiration.

State of California, County of Yolo

Jesse Salinas, County Clerk Recorder

Date: June 21, 2021

/s/Iramirez, Deputy Clerk

Jul 7 14 21 28 nl 3336

FICTITIOUS BUSINESS NAME STATEMENT

FILE NO. F20210533

The following person(s) is doing business as:

Royal Kennelz, 3894 Martis Street, West Sacramento, CA 95691, County of Yolo.

Gonzalez Office LLC, 3894 Martis Street, West Sacramento, CA 95691; CA This business is conducted by a Limited Liability Company.

The registrant commenced to transact business under the fictitious business name or names listed above on 01/01/2018

/s/ Edith Yvette Gonzalez, Managing Member Gonzalez Office LLC

This statement was filed with the County Clerk of Yolo County on 06/21/2021.

Jesse Salinas, County Clerk/Recorder

By: kquam, Deputy 7/7, 7/14, 7/21, 7/28/21

CNS-3487016# NEWS-LEDGER

Jul 7 14 21 28 nl 3333

FICTITIOUS BUSINESS NAME STATEMENT FILED 6/30/2021

FILE NO. F20210571

The following person(s) is (are) doing business as **Advanced Landscape Services**, 607 Glide Ave. #12, West Sacramento, CA 95691 in Yolo County.

Registered Owner(s) Jose Morales, 607 Glide Ave. #12, West Sacramento, CA 95691

The business is conducted by: Individual

The registrant commenced to transact business under the fictitious business name or names listed above on 6/30/2021.

I declare that all information in this statement is true and correct. (A registrant who declares as true any

material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor.)

/s/Jose Morales, Owner Notice-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk.

A new Fictitious Business Name Statement must be filed before the expiration.

State of California, County of Yolo

Jesse Salinas, County Clerk Recorder

Date: June 30, 2021

/s/mlindstrom, Deputy Clerk

Jul 7 14 21 28 nl 3340

FICTITIOUS BUSINESS NAME STATEMENT

FILED 6/22/2021

FILE NO. F20210543

The following person(s) is (are) doing business as **Kari Allen-Hammer, Ph.D.**, 2475 Pheasant Hollow Drive, West Sacramento, CA 95691 in Yolo County.

Registered Owner(s) Kari Allen-Hammer, 2475 Pheasant Hollow Drive, West Sacramento, CA 95691

The business is conducted by: Individual

The registrant commenced to transact business under the fictitious business name or names listed above on 6/9/2021.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor.)

/s/Kari Allen-Hammer, Executive Director

Notice-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk.

A new Fictitious Business Name Statement must be filed before the expiration.

State of California, County of Yolo

Jesse Salinas, County Clerk Recorder

Date: June 22, 2021

/s/kquam, Deputy Clerk

Jul 7 14 21 28 nl 3342

FICTITIOUS BUSINESS NAME STATEMENT

FILED 4/16/2021

FILE NO. F20210338

The following person(s) is (are) doing business as **West Village Concrete Inc.**, 1225 Linden Road, West Sacramento, CA 95691 in Yolo County.

Registered Owner(s) West Village Concrete Inc., 1225 Linden Road, West Sacramento, CA 95691

The business is conducted by: Corporation

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor.)

/s/West Village Concrete Inc., Fermin Gonzalez

Hernandez, President Notice-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk.

A new Fictitious Business Name Statement must be filed before the expiration.

State of California, County of Yolo

Jesse Salinas, County Clerk Recorder

Date: April 16, 2021

/s/kquam, Deputy Clerk

Jun 30 Jul 7 14 21 nl 3322

FICTITIOUS BUSINESS NAME STATEMENT

FILE NO. F20210502

The following person(s) is (are) doing business as:

Milo The Jello, 39371 Spanish Bay Pl, Davis, CA 95616 County of YOLO

Mailing Address: 39371 Spanish Bay Pl, Davis, CA 95616

Ye Li, 39371 Spanish Bay Pl, Davis, CA 95616

This business is conducted by an Individual

The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A.

S/ Ye Li, This statement was filed with the County Clerk of Yolo County on 06/07/2021.

Jesse Salinas, County Clerk/Recorder

Ye Li, Deputy 6/30, 7/7, 7/14, 7/21/21

CNS-3483637# NEWS-LEDGER

Jun 30 Jul 7 14 21 nl 3318

FICTITIOUS BUSINESS NAME STATEMENT

FILE NO. F20210525

The following person(s) is doing business as:

Allen Brothers West Coast, 4501 Seaport Blvd., West Sacramento, CA 95691, County of Yolo.

Mailing Address: 100 East Ridge Road, Ridgefield, CT 06877

Del Monte Capitol Meat Company, LLC, 100 East Ridge Road, Ridgefield, CT 06877

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/Alexandros Aldous This statement was filed with the County Clerk of Yolo County on 06/01/2021.

Jesse Salinas, County Clerk/Recorder

By: dho, Deputy 6/30, 7/7, 7/14, 7/21/21

CNS-3484277# NEWS-LEDGER

Jun 30 Jul 7 14 21 nl 3323

FICTITIOUS BUSINESS NAME STATEMENT

FILED 6/2/2021

FILE NO. F20210483

The following person(s) is (are) doing business as **Tomorrow's Editing**,

1997 Hecke Drive, Woodland, CA 95776 in Yolo County.

Registered Owner(s) Cisco Torres, 1997 Hecke Drive, Woodland, CA 95776

The business is conducted by: Individual

The registrant commenced to transact business under the fictitious business name or names listed

above on

6/1/2021.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor.)

/s/Cisco Torres Notice-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk.

A new Fictitious Business Name Statement must be filed before the expiration.

State of California, County of Yolo

Jesse Salinas, County Clerk Recorder

Date: June 2, 2021

/s/dho, Deputy Clerk

Jun 30 Jul 7 14 21 nl 3327

FICTITIOUS BUSINESS NAME STATEMENT

FILE NO. F20210499

The following person(s) is doing business as:

Dare 2 Be Different, 1666 Da Vinci Ct., Davis, CA 95618, County of Yolo.

Matthew Osivwemu, 1666 Da Vinci Ct., Davis, CA 95618

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/ Matthew Osivwemu This statement was filed with the County Clerk of Yolo County on June 7, 2021.

Jesse Salinas, County Clerk/Recorder

By: kquam, Deputy 6/23, 6/30, 7/7, 7/14/21

CNS-3481601# NEWS-LEDGER

Jun 23 30 Jul 7 14 nl 3316

FICTITIOUS BUSINESS NAME STATEMENT

FILED 6/3/2021

FILE NO. F20210493

The following person(s) is (are) doing business as **Pivotal Learning**,

390 Regatta Lane #102, West Sacramento, CA 95605 in Yolo County.

Registered Owner(s) Kevin Ryan Hinely, 390 Regatta Lane #102, West Sacramento, CA 95605

The business is conducted by: Individual

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor.)

/s/Kevin Hinely, Owner Notice-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk.

A new Fictitious Business Name Statement must be filed before the expiration.

State of California,

County of Yolo

Jesse Salinas,

County Clerk Recorder

Date: June 3, 2021

/s/dho,

Deputy Clerk

Jun 16 23 30 Jul 7 nl 3309

FICTITIOUS BUSINESS NAME STATEMENT

FILE NO. F20210472

The following person(s) is doing business as:

Transformational Families, 26 Frost Dr., Woodland, CA 95695, County of Yolo.

Eric Eugene Osborn, 26 Frost Dr., Woodland, CA 95695

This business is conducted by Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 01/01/2017

/s/ Eric Eugene Osborn This statement was filed with the County Clerk of Yolo County on May 27, 2021.

Jesse Salinas, County Clerk/Recorder

By: kquam, Deputy 6/16, 6/23, 6/30, 7/7/21

CNS-3479996# NEWS-LEDGER

Jun 16 23 30 Jul 7 nl 3311

FICTITIOUS BUSINESS NAME STATEMENT

FILED 6/4/2021

FILE NO. F20210495

The following person(s) is (are) doing business as **Hair2U Beauty Supply**,

631 Cummins Way #9, West Sacramento, CA 95605 in Yolo County.

Registered Owner(s) Harold Jordan, 631 Cummins Way #9, West Sacramento, CA 95605

The business is conducted by: Individual

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor.)

/s/Harold Jordan, Owner Notice-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk.

A new Fictitious Business Name Statement must be filed before the expiration.

State of California, County of Yolo

Jesse Salinas, County Clerk Recorder

Date: June 4, 2021

/s/dho,

Deputy Clerk

Jun 16 23 30 Jul 7 nl 3312

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO. CV2021-829

Petition of

Matilde De La Huerta Aguilar

For Change of Name

TO ALL INTERESTED PERSONS:

PETITIONER: Matilde De La Huerta Aguilar filed a petition with this court for a decree changing names as follows:

Matilde De La Huerta

Aguilar

to

Matilde De La Huerta Santos

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: July 6, 2021 Time 9:00 a.m. 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:

The News-Ledger

Date: May 11, 2021

/S/Daniel M. Wolk

Judge of the Superior Court

Jun 16 23 30 Jul 7 nl 3313

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO. CV2021-1116

Petition of

FNU Ramzia

For Change of Name TO ALL INTERESTED PERSONS:

Petitioner: FNU Ramzia filed a petition with this court for a decree changing names as follows:

FNU Ramzia

FNU Sana

FNU Setayish

to

Ramzia Bashir

Sana Bashir

Setayish Bashir

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: August 5, 2021 Time 9:00 a.m. Dept.: 10

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:

The News-Ledger

Date: June 17, 2021

/S/Samuel T. McAdam

Judge of the Superior Court

Jun 30 Jul 7 14 21 nl 3325

Legals

Continued from page 4

NOTICE OF PETITION TO ADMINISTER ESTATE OF JAMES FRANCIS SETBACKEN CASE NO: PR2021-0134

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

James Francis Setbacken A Petition for Probate has been filed by Martin David Golden in the Superior Court of California, County of YOLO.

The Petition for Probate Requests that Martin David Golden be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the 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:

Date: **July 30, 2021**

Time: **9:00 a.m.** Dept: **TBD**

Address of court: Superior Court of California, County of Yolo 1000 Main Street, Woodland, California 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 your 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: Sasha D. Collins 1555 River Park Dr., Ste. 108 Sacramento, CA 95815 (916)920-5983 Jun 30 Jul 7 14 nl 3324

NOTICE OF PETITION TO ADMINISTER ESTATE OF IRENE KRISTINA LUNSFORD CASE NO: PR2021-0131

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

Irene Kristina Lunsford A Petition for Probate has been filed by Heidi L. Lunsford in the Superior Court of California, County of YOLO.

The Petition for Probate requests that Heidi L. Lunsford 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:

Date: **July 30, 2021**

Time: **9:00 a.m.** Dept: **TBD**

Address of court: Superior Court of California, County of Yolo 1000 Main Street, Woodland, California 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 your 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: Jonathan Hollister SBN# 257724

1000 Main Street, Suite 300 Napa, CA 94559 (707)252-9000 Jun 30 Jul 7 14 nl 3317

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO. CV2021-1029

Petition of Sarah Anthony Ulansey-Tkach

For Change of Name TO ALL INTERESTED PERSONS:

Petitioner: Sarah Anthony Ulansey-Tkach filed a petition with this court for a decree changing names as follows:

Sarah Anthony Ulansey-Tkach

to **Sarah Anthony Tkach Ulansey**

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: July 22, 2021

Time 9:00 a.m. 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:

The News-Ledger Date: June 19, 2021 /S/Daniel M. Wolk

Judge of the Superior Court Jun 30 Jul 7 14 21 nl 3331

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO. CV2021-534

Petition of Isabella Mercedes Phelps

For Change of Name TO ALL INTERESTED PERSONS:

Petitioner: Isabella Mercedes Phelps filed a petition with this court for a decree changing names as follows:

Isabella Mercedes Phelps

to **Isabella Mercedes Ruiz**

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: July 29, 2021

Time 9:00 a.m. Dept.: 10

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:

The News-Ledger Date: June 9, 2021 /S/Samuel T. McAdam

Judge of the Superior Court Jul 7 14 21 28 nl 3335

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO. CV2021-1131

Petition of Jeannette Hui-Keat Ong

For Change of Name TO ALL INTERESTED PERSONS:

Petitioner: Jeannette Hui-Keat Ong filed a petition with this court for a decree changing names as follows:

Jeannette Hui-Keat Ong

to **Jeannette Laurel Vienna Tan-Grey**

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: August 19, 2021

Time 9:00 a.m. 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:

The News-Ledger Date: June 21, 2021 /S/Daniel M. Wolk

Judge of the Superior Court Jul 7 14 21 28 nl 3337

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 07/26/2021 @2:00PM: Randy Moody household goods. Chad Vore household items. Maria Tellez Clothes shoes bikes furniture toys some electronics. Shonna Nichols Mattress, Box Spring, Washer, Dryer, 2 Fridge sink and stove combos, Boxes. Karen Floriano house hold items couch table and chairs. Bennie Allen Household items, furniture. The auction will be listed and advertised on www.storage-treasures.com. Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property. 7/7, 7/14/21 CNS-3485402# NEWS-LEDGER Jul 7 14 nl 3326

NOTICE TO CREDITORS OF BULK SALE (SECS. 6104, 6105 U.C.C.)

ESCROW NO. P-495715

Notice is hereby given to creditors of the within named seller that a bulk sale is about to be made of the assets described below. The names and business addresses of the Seller are: Scoggan Company Inc, a California Corporation DBS Driveline Services 704 Houston Street, West Sacramento, CA 95691 and 6841 Eastside Road; Redding, CA 96001

The location in California of the chief executive office of the seller is: (If "same as above", so state.) same as above

As listed by the seller, all other business names and addresses used by the seller within three years before the date such list was sent or delivered to the buyer are: (if "none", so state.) None

The names and addresses of the Buyer are:

Scoggan DLS Inc, a California Corporation and /or Assigns 1510 Ridgeview Circle Auburn, CA 95603

The assets to be sold are described in general as:

All of the stock in trade, merchandise, supplies, fixtures, equipment, goodwill and trade and are located at: 704 Houston Street, West Sacramento, CA 95691 and 6841 Eastside Road; Redding, CA 96001

The business name used by the seller at that location is: Drive Line Services

The anticipated date of the bulk sale is July 23, 2021 at the office of Placer Title Company, located at 193 Fulweiler Avenue Auburn, CA 95603. This bulk sale is subject to California Uniform Commercial Code Section 6106.2. The name and address of the person with who claims may be filed is Debbie Yue, Placer Title Company, @ 193 Fulweiler Avenue Auburn, CA 95603, Escrow # P-495715 and the last date for filing claims shall be July 22, 2021, which is the business day before the sale date specified above.

June 28, 2021 Seller: Scoggan Company Inc., a California corporation

By: /s/ James R. Scoggan, CEO

Buyer: Scoggan DLS Inc., a California corporation

By: /s/ Michael Cunningham, CEO

Jul 7 nl 3338

INVITATION TO BID

Reclamation District 900 is soliciting bids for the South Cross Levee Patrol Road Rehabilitation Project

Interested parties should contact RD 900 at tmallen@rd900.org or go to 1420 Merkley Ave., Suite 4, West Sacramento, CA 95691 for specifications

Jul 7 14 nl 3341

ORDINANCE SUMMARY

At their regular meeting on July 14, 2021, the West Sacramento City Council is scheduled to adopt the following ordinances.

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 July 14, 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.

Second Reading and Adoption of Ordinance 21-9 amending Title 10 (Vehicles and Traffic) of the Municipal Code relating to the re-establishment of speed limits on certain streets within the City of West Sacramento (CIP 12019) Jul 7 nl 3329

PUBLIC NOTICE OF AVAILABILITY OF DRAFT ENVIRONMENTAL IMPACT REPORT / ENVIRONMENTAL ASSESSMENT FOR THE BROADWAY BRIDGE PROJECT.

The proposed project, located in Yolo and Sacramento Counties in California, would cross the Sacramento River between West Sacramento and Sacramento. The CEQA lead agency (City of West Sacramento) and the NEPA lead agency (California Department of Transportation, Caltrans, as assigned by the Federal Highway Administration) have completed a Draft Environmental Impact Report / Environmental Assessment (Draft EIR/EA) for the Broadway Bridge project.

The document is available for public review and comment at the City of West Sacramento's Community Development Department office, 1110 West Capitol Avenue, 2nd Floor, West Sacramento, CA, 95691. Additionally, the document is available on the City of West Sacramento's website at: https://www.cityofwestsacramento.org/government/departments/capital-projects-and-transportation-projects/broadway-bridge-projects.

The public comment period is July 7, 2021 to August 23, 2021. Written comments regarding the Draft EIR/EA should be submitted to: Jason McCoy, Supervising Transportation Planner Capital Projects and Transportation Department, 1110 West Capitol Ave, 1st Floor, West Sacramento, CA 95691

mccoyj@cityofwestsacramento.org

Comments must be received NO LATER THAN 4:00 p.m. on August 23, 2021.

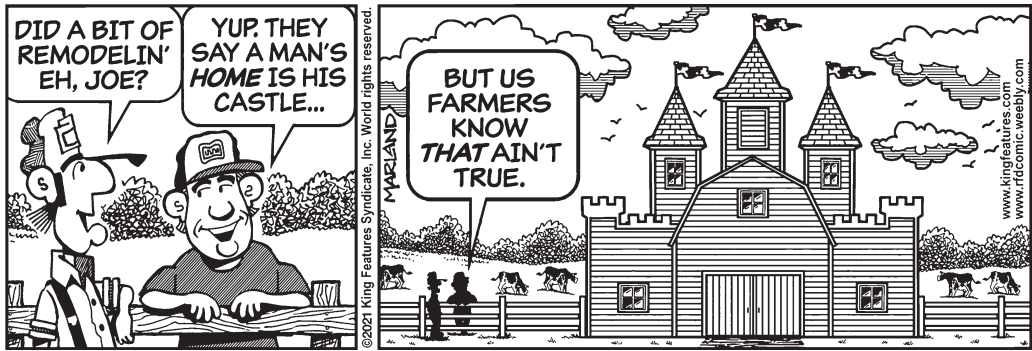
Community members can attend a virtual open house to learn about the document and environmental review process on Wednesday, July 28 at 5:00pm by registering online at http://bit.ly/BroadwayBridgeProject.

Jul 7 nl 3334

PUZZLES & COMICS

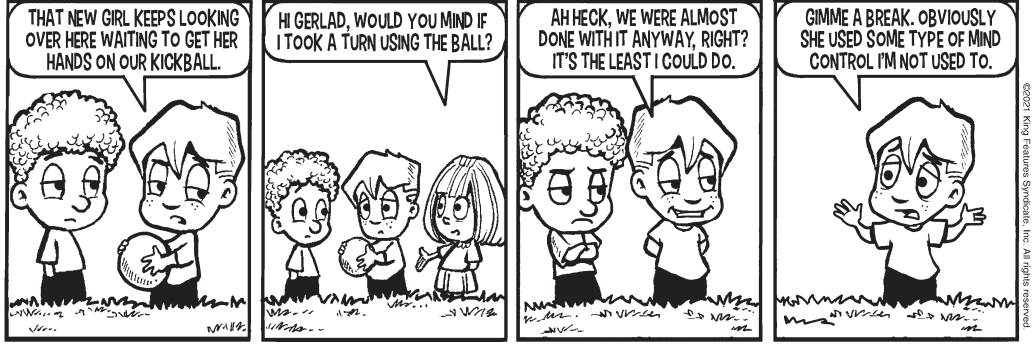
R.F.D.

by Mike Marland



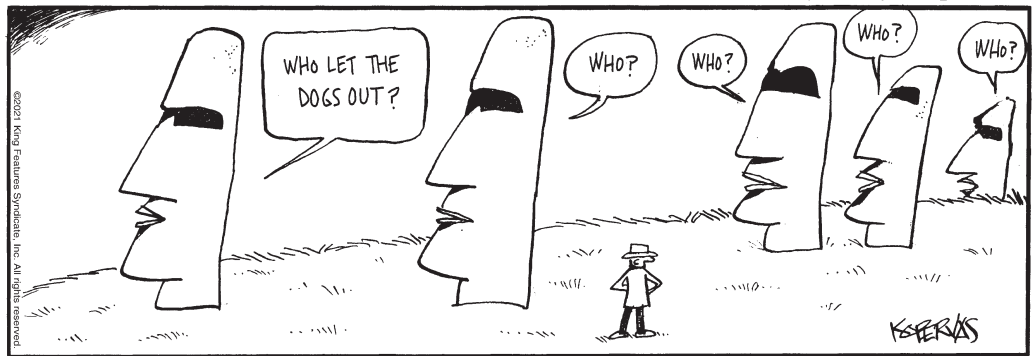
Amber Waves

by Dave T. Phipps



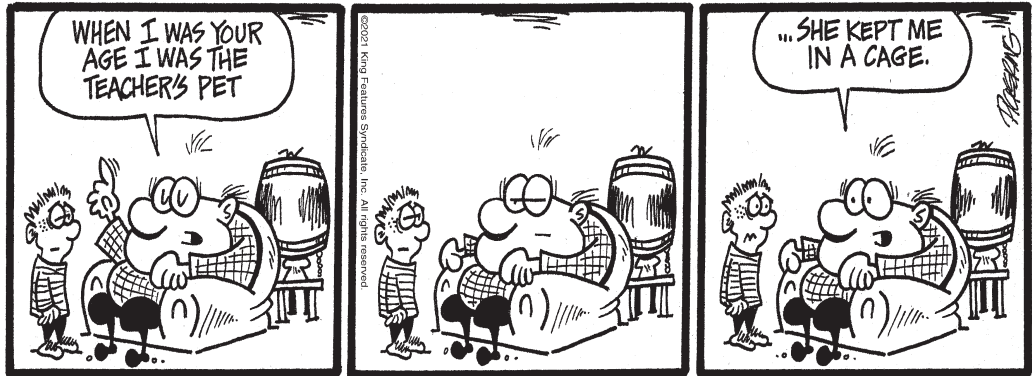
Out on a Limb

by Gary Kopervas



The Spats

by Jeff Pickering



Super Crossword

ALTERNATING NAMES

- ACROSS**
- 1 Trapped
 - 8 Moderately slow tempo
 - 15 Hot coal
 - 20 Left over
 - 21 Velvet
 - 22 Underground singer
 - 22 Myanmar, previously
 - 23 * "Chicago" poet who worked for a rival of Revlon?
 - 25 Vital liquid
 - 26 Pitcher — Nomo
 - 27 Big joint
 - 28 Antique auto
 - 30 Furry Oz visitor
 - 31 More like baking bread's smell
 - 34 * 2003 "American Idol" runner-up from Alberta?
 - 39 Like Hindi or Urdu
 - 41 Many a youth
 - 42 Soup sample
 - 43 * Reply when the crooner of "Honey" asked how he should criticize people?
 - 48 The Fate who cut the thread of destiny
 - 52 Pitti Palace's river
 - 53 Gladys Knight & the Pips' "I've Got to — Imagination"
 - 54 Like an obsessed mind
 - 55 A whole lot
 - 57 * "Go take a nap, you Bolshevik leader?"
 - 61 Dig up
 - 63 Range ropes
 - 64 Emmy winner
 - 65 What each guy who's an answer to a starred clue is? [hint: skip over the even letters in his first name]
 - 69 "— diem!"
 - 74 Ale into
 - 75 "180 illegal" road sign
 - 77 * Gets hold of the singer of "Sittin' on The Dock of the Bay"?
 - 85 Got closer to
 - 86 Pungent red roots
 - 87 Din
 - 89 Spanish body of water
 - 90 Many private planes
 - 91 * Novelist of "Humboldt's Gift" imitating a beach bird?
 - 95 Chaney of "The Trap"
 - 96 Certain peer
 - 97 "McSorley's Bar" painter John
 - 98 * Co-star of "Neighbors" with a Seussian Star-Belly?
 - 103 Conjecturer's words
 - 108 Is unwell
 - 109 Anvil setting
 - 110 401 (k) kin
 - 112 Many a youth over the even letters in his first name]
 - 115 * 20-season Houston Astros player who was a hot rodder?
 - 121 Big blue expanse
 - 122 Worked, as dough
 - 123 Garage door gadgets
 - 124 Aeries, e.g.
 - 125 Veterans
 - 126 Co-star of HBO's "Insecure"
 - 139 Spanish body of water
 - 140 Many private planes
 - 141 * Novelist of "Humboldt's Gift" imitating a beach bird?
 - 145 Chaney of "The Trap"
 - 146 Certain peer
 - 147 "McSorley's Bar" painter John
 - 148 * Co-star of "Neighbors" with a Seussian Star-Belly?
 - 153 Conjecturer's words
 - 158 Is unwell
 - 159 Anvil setting
 - 160 401 (k) kin
 - 162 Many a youth over the even letters in his first name]
 - 165 * 20-season Houston Astros player who was a hot rodder?
 - 171 Big blue expanse
 - 172 Worked, as dough
 - 173 Garage door gadgets
 - 174 Aeries, e.g.
 - 175 Veterans
 - 36 Spike in film
 - 37 "Is that so!"
 - 38 — surface missile
 - 40 Short negligee, for short
 - 43 Dufy of art (burrito fill)
 - 44 University city in Maine
 - 45 Fewer than
 - 46 Actor Lloyd
 - 47 Soap stuff
 - 48 Basketballer Jamison
 - 49 Faux —
 - 50 Doc — (foe of Spidey)
 - 51 Big blue expanse
 - 54 Savvy about
 - 56 Prior to
 - 58 "Judge —" (1995 film)
 - 59 Crude fluid
 - 60 Retail store starter?
 - 62 Stable group
 - 66 Diana of "West 11"
 - 67 Ike's initials
 - 68 Grazed (on)
 - 69 Acting nudge
 - 70 The tiniest bit
 - 71 Pastoral
 - 72 Rival of Ragú
 - 73 Bequeath
 - 74 Bemblish
 - 76 Barely there phone signal
 - 77 Frodo foe
 - 78 Sweetie, in modern lingo
 - 79 Eagles' stats
 - 80 Non-window flight request
 - 81 Ain't correct?
 - 82 Gerund suffix
 - 83 We, to Henri
 - 84 Anderson of "The X-Files"
 - 88 Trough food
 - 91 — Paulo
 - 92 Unit of work
 - 93 London beer
 - 94 Foes
 - 96 Wayward
 - 98 Beauty shop
 - 99 Family girl
 - 100 Santas' aides
 - 101 Taxi drivers
 - 102 Not as nasty
 - 104 — petition
 - 105 Felix played by Randall
 - 106 Kelly of "One Tree Hill"
 - 107 Irregularly notched
 - 111 Clears (of)
 - 114 USN off.
 - 116 "Citizen X" co-star
 - 117 Sleazy paper
 - 118 Lemon drink
 - 119 "... grace of God —"
 - 120 Med. stats. taken with arm cuffs

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19					
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113									114													119	120
121																						123	
124																						125	
																							126

Puzzle Answers are on page 8



Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

This 'n' That

Continued from page 1

For me, more than half the fun of gardening is giving stuff away and I'm always quick to share -- with other gardeners; people from the neighborhood who stop to chat; other tenants.

Two weeks ago I cut back my rosemary (an eight year old plant that is prolific). I gave some away right then. The rest I spread out on a beat up table that mysteriously showed up out there. 'No chemicals, organic, help yourself' I told my garden friends as it was drying. Since all of them grow tomatoes, I'll give my surplus to a veteran who just moved in with his wife and assorted others.

I used to use Sluggo to get rid of snails .. until I read that to a Mourning Dove, snails are a delicacy. Sluggo is supposed to be safe for pets. I don't know about wild birds. So now, I pick the snails out by hand and throw them across the fence.

Although I use no chemicals of any kind, I'm careful to wash off any that might be used by landscapers hired by the complex. I worry they use RoundUp on weeds and grass that sprout in the garden's pathways. This, as we now know, is not ideal -- for plants or people -- as RoundUp's been linked to assorted cancers.

The thing is, too, on breezy days, it drifts. So, since I suspect I've lost more than a few plants to RoundUp; the day after the landscapers are in the garden area I hose down the outside of my box, and snip yellowing leaves of plants I think got hit. If I do that when the rest of the plant's still green, sometimes I can save the plant because the root's OK. Right now, I'm trying to save my jalapeno pepper.

So, short version (which, as we all know is not my strong suit), I'm pretty excited about the successes in my garden despite assorted heat waves!! Four times my chives have brightened



PHOTO BY CAROL BOGART
My first handful of yellow beans. The new Ramen soup at Walmart works with my chives.



PHOTO BY CAROL BOGART
This large tomato was a gift from another gardener. The small one, my first to ripen. I have many large still green ones coming.

up the flavor in my Ramen soup!! I'm just sorry I can't share any with the other gardeners because they're not interested. Tanya, being polite, declined, saying only, "I grow what I like." Lydia shook her head and told me honestly, "My mother not feed me that," viewing with suspicion this plant she didn't know.

I nodded because I get it. My mother described

me as 'persnickety'. She used to frown and say, "You don't know what's good" or "All the more for me." My taste buds matured over time although my ADHD tongue still rebels at certain textures. Offered a food that I don't know, my knee jerk is "I won't like it." I like chives but don't eat soup every day. My Spanish speaking friend from across the street stopped

a minute as she passed by. She accepted my gift of just-picked chives. Yay! (It made me happy.) By the way, did you notice a new brand of Ramen soup Walmart sells has replaced Maruchan? Initially, being the persnickety creature that I am, it upset me. But turns out the chicken flavored vegetarian is really great! (Especially with fresh chives.)

Carol says, if you aren't growing chives or don't know someone who is, Walmart and maybe Raley's sell packaged fresh chives in the produce section (plain chives). You can grow plain, garlic or onion chives at home easily. Carol grows both plain and onion. Questions, comments? Contact Carol Bogart at carol@bogartonline.com.

Cultivation

Continued from page 1

from the two ponds downhill to the marijuana plants.

Corza and Banuelos were located in a tent next to the site and were in possession of two firearms. Both admitted to having lived there continuously since April 2019 and to using the equipment on-site to divert water from Cache Creek. Investigators located approximately 1,080 marijuana plants and removed over 500 pounds of garbage and fertilizers from the site. The Department of Fish and Wildlife and the State Water Resources Control Board later estimated that the two ponds were capable of storing 18,000 gallons of water at a time, and that Corza and Banuelos illegally diverted approximately 500,000 gallons of water from Cache Creek between April and September 2019.

On February 10, 2021, Corza and Banuelos entered no-contest pleas to one felony count of marijuana cultivation resulting in environmental damage. As part of their pleas, they

admitted a civil petition for full repayment of costs incurred during the cleanup of the grow site in the total of \$18,616.85. To date, they have already paid half these costs, resulting in complete reimbursement to the Sheriff's Office and partial reimbursement to the Department of Fish and Wildlife prior to sentencing.

In November 2016, California voters approved Proposition 64 ("Prop. 64") which, in part, reduced cultivation of over six marijuana plants per person to a misdemeanor. However, any person over 18 who cultivates marijuana may still be charged with a felony if the cultivation results in certain environmental violations or if the person intentionally causes substantial environmental harm to public lands.

District Attorney Jeff Reisig thanked the agencies involved in investigating this case and stated: "As in this case, illegal cultivations often negatively impact the environment. We need to preserve and protect our public lands in Yolo County so they remain safe for all to access and enjoy. We are committed to aggressively pursuing those who harm our precious natural resources and impact public health and safety."



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Learn the bucket method to help young trees

BY DEBBIE ARRINGTON
GUEST WRITER FOR SSWD

Worried about your trees this summer? Grab a bucket – preferably one with a hole near the bottom. “Using a bucket is a great way to give trees—particularly young trees—the extra water they need, without wasting water,” says Pamela Frickmann Sanchez, Education Program Manager for the Sacramento Tree Foundation (SacTree).

During very dry conditions, young trees of all kinds are most at risk, particularly those under five years old. “The first few years, trees need about 10 to 15 gallons extra water a week, preferably split into two times a week,” Sanchez explained. “If you do have lawn, water from the lawn sprinklers is not adequate to get trees established. They need their own thorough soak. A 5-gallon bucket is a really easy way to make sure trees are getting enough water.”

Sacramento’s heavy soils need slow water application to allow moisture to soak in. “Don’t leave the hose running,” Sanchez said. “If you just dump five gallons on your tree, water runs off too quickly. Using the bucket method, you know exactly how much your tree is getting.”

SacTree staff found that a single 1/8-inch hole—located on the bucket’s side about 1 inch above the bottom—was most effective. After making the hole, cover it with tape, fill the bucket, and place the bucket close, within a foot of the trunk of the newly planted trees, and then remove the tape.

As the tree grows, move the bucket farther away from the trunk. The feeder roots that need the extra water the most are located at the edges of a tree’s canopy.

Before watering, check the soil to see if your tree really needs it. Use a moisture meter or long-handled screwdriver; if you can push the screwdriver 6 inches or more into the soil, wait on watering.

Adding a layer of mulch will help your trees keep that moisture longer. Apply 2 to 4 inches of organic mulch (wood chips, bark, leaves, etc.) out to the tree’s canopy edge, leaving 6 inches of space around the trunk.

Learn more water-wise tree care tips at BeWaterSmart.info.

Debbie Arrington is a longtime home and garden reporter and co-author of the blog *Sacramento Digs Gardening*: <https://sacdigs Gardening.blogspot.com/>

New Covid-19 vaccine clinic for people with autism, other neurodevelopmental conditions

UC Davis MIND Institute draws on expertise to provide a calm, sensory-friendly experience for families

The UC Davis MIND Institute has launched a new COVID-19 vaccine clinic, custom-designed for individuals with autism, Down syndrome, fragile X syndrome and other neurodevelopmental conditions.

The typical COVID-19 vaccine clinic – often a large, noisy space – can be overwhelming for children with these conditions, who often face anxiety and challenges with sensory overload. The new MIND Institute clinic offers the opposite experience.

“This clinic really focuses on quality rather than quantity,” explained Scott Akins, director of UC Davis Developmental-Behavioral Pediatrics and director of clinical programs at the MIND Institute. “We want to provide an inclusive, supportive experience for families, so we’re vaccinating three families per hour, which allows us to have three quiet rooms, an uncrowded waiting area and staff fully dedicated to each patient.”

The COVID-19 clinic is open one day per week (Thursday or Friday), from 9 a.m. – 3 p.m. It’s available for all individuals with neurodevelopmental conditions and their family members, ages 12 and older, regardless of health care provider or insurance status.

Customized care for each patient

The clinic is being funded in part through a \$68,000 grant from the Centers for Disease Control and Prevention to the MIND

Institute’s Center for Excellence in Developmental Disabilities. It’s unique because child life specialists, trained in helping children with neurodevelopmental conditions cope with medical procedures, are involved at every step of the vaccination process.

“It’s really important that as child life specialists, we look at the development of the child, because you may have a 20-year-old who’s developmentally less mature, so we want to be able to prep them in a way that is matched to what they understand and need,” said Erin Roseborough, a child life specialist at the MIND Institute.

She and her colleagues contact the family of each patient who has an appointment beforehand to find out what the child’s needs and interests are. They also share information about what to expect, so that there are no surprises.

“We develop an individualized coping plan with the family ahead of their arrival,” explained Veronica Tuss, another child life specialist at the MIND Institute. “We provide preparation materials such as a social story, which is a step-by-step description, with photos, of what to expect at each stage of the appointment, starting in the parking lot.”

A sensory-friendly environment

Patients receive the COVID-19 vaccine in a room equipped with a comfortable chair and a large sensory machine that contains a calming

tube of bubbles and can utilize lights, aromatherapy and a projector that displays images on the ceiling. Other sensory items available include squeeze balls and pop-it toys, and a big selection of unique bandages shaped like doughnuts, tacos, ninjas and more.

After being vaccinated, patients spend a 15-minute observation period in a quiet room. “This area is really important for our patients,” noted Akins. “Many children are dysregulated immediately after a blood draw or a vaccine.”

Child life specialists set the room up specifically to cater to each patient’s interests. “One recent patient was into art, so we had drawing supplies all set up for her and ready to go, and she colored the whole time,” said Roseborough.

Video games are also available, which was great news for 13-year-old Freddie Miller, who received his first Pfizer shot last week.

“I was kind of nervous getting the shot,” said Miller, who has autism and enjoyed playing with a yellow, pineapple-shaped pop-it toy while sitting in the vaccine chair. “It’s just a little bit of a pinch. It wasn’t that bad.”

Miller’s mom, Syerra Logan, was glad she brought him to the MIND Institute for his first vaccine dose. “I wanted a more controlled environment that wasn’t so chaotic for him. The loud noises can really trigger some of his anxieties and so I wanted to bring him

here where it’d be a little more quiet and neutral,” she explained.

Miller picked out some applesauce for a snack while he played video games after the shot.

Logan, who is an ambulatory care administrative supervisor at UC Davis Health, was thrilled with the outcome. “It went amazing! He got a little bit nervous right before we started, but the rest of the process has been smooth,” she said. “It’s a relief to know he’s a bit more protected, especially when we’re going out, and I’m excited to get him the second one just to protect us a little bit more.”

Vaccination helps protect against COVID-19, and early research indicates that the vaccines may also help people from spreading the virus to others. The vaccine can also help keep people from getting seriously sick if they do contract COVID-19.

“Many families asked the question, ‘Have other individuals with autism or other neurodevelopmental disabilities had this vaccine and is this vaccine safe for people with my healthcare condition?’” said Akins. “That was a really common concern, and now six months into vaccinating, we do know that it is safe for all individuals, including those with autism and other neurodevelopmental disabilities.”

Learn more about how to make an appointment at the MIND Institute vaccine clinic. You can also call 916-703-5555.

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Health check-up and COVID-19 vaccine best one-two punch to get healthy in wake of pandemic

With hope on the horizon in the fight against COVID-19, the American Heart Association, the leading voluntary organization devoted to longer, healthier lives, and local sponsors Clark Pest Control, Dignity Health, MolinaCares, and Western Health Advantage say it's a good time to take stock of your overall health and wellbeing. That means connecting with your doctor to schedule any check-ups you may have missed in the past year and to manage any conditions you may have like high blood pressure or dia-

betes. And while you're taking charge of your health, getting vaccinated against COVID-19 is one of the most important things you can do to protect yourself and your loved ones from the novel coronavirus that has now killed more than half a million Americans.

The American Heart Association is encouraging everyone to get a vaccine when it's their turn to help Sacramento get back to normal. The Association's new "It's Up to You" awareness campaign is part of a national push, locally this initiative will

focus on providing vaccine information and encouraging everyone — especially communities of color and those in rural areas — to get vaccinated.

"It's OK to take whichever vaccine is available to you, as soon as it's available to you," Dr. Khuram Arif, MD, Chief Medical Officer for Western Health Advantage said. "Studies have shown the vaccines are impressively safe and effective for all adults and now teenagers as well. This includes people with existing medical conditions like heart disease as well as for persons of color, all of

whom were participants in the large clinical trials and the robust scientific research conducted to test the vaccines."

Scientific research shows Black, Latino and Native American people and those living in rural areas are experiencing disproportionately higher rates of COVID-19 and more severe complications, including heart issues and even death. People in these communities are more likely to have underlying health conditions such as high blood pressure, diabetes, heart disease and obesity, and are also more likely to work essential jobs

limiting their ability to socially distance and are less likely to have access to quality health care.

Heart disease and stroke risk factors can be bad news if you get COVID-19. A study published in the Journal of the American Heart Association, found that obesity, high blood pressure, diabetes and heart failure were four of the top risks for COVID-19 complications. Some very severe and long-lasting complications from COVID itself have been heart- and brain-related.

Dr. Arif said working with your doctor is

the best way to improve and manage your risks for heart disease and stroke through lifestyle changes or by medications. While managing underlying conditions and risk factors helps reduce the risk of severe or deadly COVID complications, the number one way for people at high-risk and for all adults and now teenagers to protect themselves and their loved ones from COVID-19 is to get the vaccine.

To learn more about how you can get healthy, stay healthy and protect you and your family from COVID-19, visit.

Green Room

Continued from page 1

Q: What is your media diet?

A: After the election, I realized I could now read the New York Times every day, and all the major California media outlets, which I couldn't really do before. Now I spend the first 45 minutes of the day with breakfast actually getting to know what's going on in the world and reading longer pieces than I did before.

I really dived back into being curious. When you're in public office, there's definitely a policy curiosity, but I'm already dealing with so much—I have to pick up the trash and put out the fires and also think about the future of work and what's going on with my city's relationship with Singapore and whatever.

Q: What was one of your most important coping strategies for handling that kind of pressure for such a long time?

A: To remember and appreciate that it's all hubris. It's not imposter syndrome, but there's no rational reason why I should have the opportunity to take on these things and to have this kind of impact and to work with [my] heroes. It's just crazy. And it might not be there tomorrow. It's like, look beyond the stress of the moment and just really be grateful for the chance to live a meaningful life.

Q: You got into politics and government when you were in the seventh grade. Did you ever consider a different career path?

A: Off and on in junior high school or middle school, I wanted to be the Speaker of the California Assembly—which, growing up in L.A., nobody knows what the state government is, at all. But that wasn't my main trajectory. I was an oboist in high school, and I played in the L.A. Junior Philharmonic, and my intention was to be a symphony orchestra oboist.

Q: Have you kept it up through the years or gone back to it?

A: I've gone back to it many times, but oboe is not really the best solo. And the joy of music-making is best felt, for me at least, in the moments when you are creating and in sync with other people.

Q: What is your favorite household chore?

A: Laundry. There's something about the time-delimited nature of doing the laundry. The pressure is lower and nobody's going to die of botulism. If I don't clean the kitchen or the bathroom, something horrible could happen, but with laundry, the stress is lower and the machine is doing all the work.

Q: What smell evokes the strongest memories for you?

A: The smell of the Santa Monica Mountains. I grew up in Los Angeles, and most of my life, I lived up in the mountains just off Mulholland. So I hiked and built treehouses and played in the mountains. There's something about those mountains in particular that have a distinct olfactory experience for me that really brings me back to the favorite parts of my childhood.

Q: When in your life have you experienced the most culture shock?

A: I went to Japan, and I thought I'd be fine. I've traveled quite a bit, and I'm Asian American, so I thought, "Oh, no problem." And I didn't eat for two and a half days because I couldn't find an ATM. Not just that, the ATMs didn't look anything like our ATMs. Everything was in English, but nobody spoke it.

I'm otherwise very used to pluralistic multicultural places, and Japan is so ridiculously Japanese, it's amazing. But I love being pulled out of my comfort zone. I liked the culture shock. [Being] in public office for a really long time, I often thought, I need to go and I need to challenge myself in places where I can't just give a speech or call the police chief—I have to actually survive and thrive as a human being. I did eventually eat.

Q: What's been the best part of your transition from 24 years of public service to, as you say on your Twitter, "re-

alizing the sweet enjoyment" of normal life?

A: I've been home, both in my house but also in the community, and at a pace that allows me to get up and hop on my bike and go get coffee. Or I can go meet a friend at one of the local places for more than 15 minutes and have a real conversation that's authentic where I'm actually listening and hearing them.

I couldn't do that before. Those things matter a lot and I've always missed them, but also it's in the context of my own city. So it's not like, "Was that a dream? Was that real, what I did for a quarter of a century?" It's not like that because everywhere I go in town, some building or some program or some grandma is reminding me of what we accomplished together. In some ways that's the best of it all.

Q: What failure in your life have you learned the most from?

A: When I first came into office, I was under 30, and I was a Berkeley-trained economist, and I had all these grand ideas and really insightful analyses about the root causes of everything and giant

plans. And I got none of them accomplished.

So everything failed for that first year or two. And I learned that policy and action are so much more than policy ideas and analysis.

Q: What's your best Obama story?

A: We were in Detroit, and Obama was announcing the College Promise campaign with Jill Biden as the head of it. He was appointing me to the board, and I was super excited, and we were about to go on stage to make the announcement.

So we shake hands, and he steps back and says, "Where did you get that suit? I love that suit. Hey, I need one of these suits." The suit was by a local suit designer who was based in Sacramento but lived in my city.

And he said, "You must be the best-dressed mayor in America," which then started to follow me around in the [United States] Conference of Mayors as a thing. I promised I would get him one later—which I didn't. It was supposed to be after he was out of office.

Q: What Filipino tradition do you should be widely adopted in the U.S.?

A: We sing all the time. My family in the Philippines actually has a karaoke machine that's on a pedestal as though it were some sort of religious icon in the middle of the rural village that they're in. There is just a constant joy and optimism in Filipino culture that is reinforced by singing. It is the process of lifting our voices together and with some synchronicity that is a subtle but important constant reminder that we are in this together.

Founded in Los Angeles in 2003, Zocalo Public Square is an ASU Knowledge Enterprise. Zocalo syndicates their journalism to 290 media outlets worldwide and have hosted more than 600 events in 33 cities in the U.S and beyond, including New York, Washington D.C., Chicago, Houston, San Francisco, Shanghai, Guadalajara, London, and Berlin. It is a nonprofit organization that frequently partners with educational, cultural, and philanthropic institutions, as well as public agencies. The above article can be found online at zocalopublicsquare.org by searching for "Cabaldon."

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Free Yoga in the Park has returned

PHOTOS COURTESY OF YOGA MOVES US

Free, in-person yoga in the park classes are back after a pause that lasted more than a year due to the pandemic. Yoga Moves Us provided free yoga classes several times a week online during quarantine and will continue to provide online classes in English and Spanish as in-person classes resume.

Participants must sign up in advance through the Good Elephant app. On July 9 at 6 p.m. there will be a class at 6 p.m. On July 11, there will be a class in Old Sacramento at 9 a.m. and in West Sacramento's Bridgeway Lakes Park TBD in July at 9 a.m. There is also a library of classes on @yogamovesus IGTV.

These photos are from free yoga in McKinley and Tahoe parks from June. The June 12 photos are in McKinley Park and Benett Hannan was teaching. The June 13 photos are in Tahoe Park and Kirsten Johnson, President of Yoga Moves Us, was teaching.



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