

57th Year • No. 43

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HOME IMPROVEMENT GUIDE

Wednesday, June 23, 2021

PAGE 7

Exploring the wonders of the Sacramento National Wildlife Refuge

BY KEVIN DEACON AND KRISTIE EHRHARDT

Located in California's Central Valley, the Sacramento National Wildlife Refuge Complex is made up of six individual National Wildlife Refuges (NWR) including Sacramento, Colusa, Delevan, Butte Sink, Sutter and a long stretch of the Sacramento River from Red Bluff south to Princeton, California. The complex adds up to 10,819 acres and was originally established by Franklin D. Roosevelt on February 27, 1937, as a Migratory Waterfowl Refuge. Waterfowl using the Pacific Flyway to migrate currently and historically used the area as a winter refuge.

In the mid-1800s, when early settlers were trying to homestead in the Sacramento area, they were met with some inconveniences. It was



Photos by either Kevin Deacon or Tuleyome.

hot and dry in the summer months and during the winter months, the land became a marsh. In order to build their communities and grow food, they developed the Glen-Colusa Irrigation District to divert water from the overflowing

Sacramento River and direct it where it could be used for farming. As a result of this and other irrigation projects in California, the acreage of wetlands available to migrating waterfowl was decreased by 90%. In the Sacramento region alone, wetland acreage dwindled from 5 million acres to less than 320,000 acres.

Although acres of natural wetlands were converted to agriculture, rice farming practices still provided food for the hungry and tired migrating birds. In fact, the throngs of hungry birds could eat up a devastating 40 acres of rice crops in a single night. In response to the conversion of wetlands and the destruction of crops, the Sacramento National Wildlife Refuge (SNWR or Sacramento NWR) Complex was created.

The establishment of the complex helped to:

- manage wetlands specifically for wildlife and other plants and animals
- deter rice crop depredation
- create endangered species habitat
- provide recreational and environmental education/interpretation opportunities
- provide research opportunities

As a result of rice crop devastation, a cooperative rice farming pro-

See Tuleyome Tales, page 3

Sunset Walkabouts

BY EDDY SALMONS

In an earlier Walkabout article, I mentioned that I would like to share some sunset images in a future episode. They are all sunset shots that I have taken in West Sacto., of course, but seem real, and then within a few moments fade and vanish into the night sky never to return in the same shapes and forms again. Atmospheric vagaries that eddy and drift into oblivion.

I have always looked at the sky to be new canvas every day, and each night,

Business and Activities Reopening Details

Yolo County and West Sacramento follow state guidelines

A week into the reopening of businesses and activities, Yolo County began to allow businesses to reopen and activities to resume in alignment with the retirement of the State of California's Blueprint for a Safer Economy. The statewide transition to Beyond the Blueprint eliminates the color-coded tier system for counties. Moving to Beyond the Blueprint will allow Yolo County to fully eliminate capacity limits and remove local restrictions on business operations as well as eliminate masking requirements for fully vaccinated residents in most settings. However, masking will still be required for all residents in certain settings as outlined below. The following restrictions apply:

Capacity limitations: No restrictions.

Physical distancing: No restrictions for attendees, customers and guests. Workers on the job must maintain physical distancing and schools should keep student desks at least 3 feet apart. Masking: Individuals who are fully vaccinated do not need to wear a mask in most settings. Unvaccinated individuals must continue to wear masks in indoor public settings, includ-



they are more than sunsets to me.

I have spent many years enjoying nature and the outdoors. Yet, I have found that right here in our very own town there is much to see if you take the time to look...up. So many times I have stopped to watch sunsets over the years. Not even to shoot them but just to watch. I have stood in amazement watching the different hues and shades of orange, yellow, red, purple, and grey shift and fade.

One moment they are blazing in a brilliant barrage of colors that hardly when we are fortunate enough, the master's hand paints a new masterpiece for us to enjoy and to stand in awe of. No two ever the same. They are always unique and a miracle unto themselves in my eyes.

I have stood in parking lots at grocery stores just staring at the sky as people have walked by somewhat puzzled and then looked at me and looked up, and from my peripheral vision, I could sometimes see them look up as well

See Eddy's Walkabout, page 10

See Reopening, page 7

THIS 'n' THAT

Want To Quit Smoking?



BY CAROL BOGART

man interaction. Hugs. A drink. A cigarette. Pot. Hugs. Sex.

these days. I miss hugging. But let's take smok- DIIIIEEEEEE!!!!" ing.

If it was tough before, Here's my own histhe pandemic's made it tory. Mom, a good '50s tougher, hasn't it. We mother, told me I should never smoke and why. crave a lot of things. Hu-When I was maybe 4 or so, she took me to watch dad play base-The list goes on and on. ball. He was smoking. My list is pretty short I sobbed and wailed. "Daaaaadddddy! Don't

Well, I never saw him smoke again. At night, before he went to bed, he allowed himself one Lucky Strike - behind closed doors. The bathroom.

When I was 9, I stole one. To impress friends in the neighborhood. We

See This 'n' That, page 10

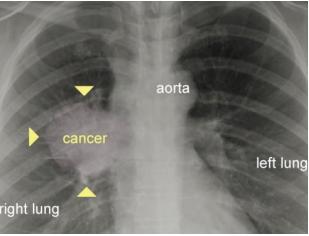
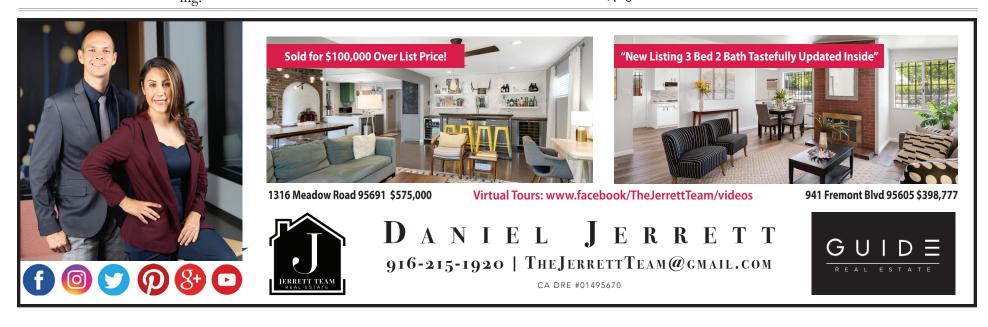


PHOTO COURTESY OF NIH

An Xray image of a healthy lung won't have cloudiness, like this left lung, or large spots.



OBITUARY

Leona Jane Leek West Sacramento

July 14, 1935 - June 6, 2021

Jane was born Leona Jane Rasumussen on July 14, 1935 in Clark, South Dakota. She lived there with her parents, John and Eva Rasmussen, and her sister Roma.

She graduated from Clark High School and earned her diploma for early childhood education from the Northern State Teaching College at Aberdeen, South Dakota.

Jane began her teaching career at an elementary school in South Dakota. She loved her work and was passionate about instilling a love of learning in her students. Soon she and her two dear friends, Joanne Dahl (Doyle) and Jean Fulker (Goering), made the cross-country drive to King City, California where they all obtained teaching positions.

It was there that Jane met fellow teacher Bill Leek. They were married in Carmel, California in 1960 and moved to West Sacramento, California

where they joined the faculty of the Washington Unified District. Jane taught third grade at the Alyce Norman Elementary School. She and Bill both retired in 1990.

Jane and Bill enjoyed 61 happy years of marriage and raised two sons, Jay and Scott. Jane enjoyed reading, gardening, playing with her dogs, and spending time with her family. She and Bill were regular blood donors and volunteered with Meals on Wheels and the local library. She was an excellent cook and loved cooking for and entertaining family and friends. Her empanadas, grilled cheese sandwiches and homemade English toffee are legendary.

In the last five years of her life she was diagnosed with Alzheimer's Disease and in the spring of 2021 she became a resident of Augustus Care Home in Carmichael, CA. She spent her last months there in comfort. On June 6, following visits from her family and the family of life-long friend Jean Goering, she passed away peacefully with no sign of distress.

Jane is survived by her husband Bill; son Jay, his wife Laura and theirson Ethan; son Scott, his wife Connie and their daughters Brittany and Bailey.

Jane will be deeply missed and always remembered by her family and friends.



Remember Jane by giving blood or making a donation to your local library in her name. And above all, follow her advice to "Be good to each other."



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A few spaces still available in Yolo **Basin Foundation's Discover the** Wetlands Summer Camp Program

Do you have a camper in your life who is ready to explore the wetlands? Yolo Basin Foundation is offering summer camp for students entering 1st through 6th grades. This popular summer education program provides opportunities to discover the science and nature of your local wetlands up-close and in-person. Campers will perform experiments, play games, create art and more in the Yolo Bypass Wildlife Area demonstration wetlands.

For campers entering 1st through 3rd grades in the fall, our Wetland Wonders camp session from June 21 to June 25 still has space available! Waitlists are available for the three other camp sessions.

Each one-week ses-Monday sion runs



through Friday in the for Yolo Basin Founcool morning hours from 9 a.m. – 12 p.m. Camp size is limited to 14 campers per session. The cost is \$180

dation members and \$200.00 for non-members. Pre-registration is required.

For more information and to register, visit yolobasin. org/summered. Contact Education Coordinator Heidi Satter at hsatter@yolobasin. org with questions.



'Official Newspaper of Record for the City of West Sacramento' MEMBER, Calif. Newspaper Publishers Assn.

The News-Ledger was founded August 26, 1964. It is the successor to the Weekly Reader, founded by Julius A. Feher in April, 1938, and incorporates the West Sacramento News, founded by Julius A. Feher in August, 1942.

The News-Ledger is a weekly newspaper published every Wednesday. It provides coverage by mail and other distribution to the city of West Sacramento, including the communities of West Sacramento, Bryte, Broderick and Southport.

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<u>Tuleyome Tales</u>

Continued from page 1

gram was established but later failed. As a result, it was decided that all crops should be removed from the SNWR and replaced with managed wetlands. As the water draws down in the spring, seed-producing plants germinate and provide food for wintering waterfowl and other wildlife.

Today, the Sacramento National Wildlife Refuge is home to over 400 species of plants, 300 species of birds and 500 different species of mammals, reptiles and amphibians. The Sacramento NWR has the greatest concentration of waterfowl per acre in the entire world and comprises over 7,500 acres of managed wetlands supporting peak populations of 850,000 migrating waterfowl. Other species of interest observed in the complex include bald eagles, red-tailed hawks, great blue herons, snowy egrets, just to name a few. It is an amazing experience to see such an array of birds in such a small area.

The NWR headquarters are located at the Sacramento NWR. Here you can learn more about the plants, birds and animals around you. When it is open to the public, they have educational classes for children, youth and adults of all ages. The California Junior Duck Stamp competition is a favorite program allowing youth a chance to create and compete in state and national duck stamp competitions.

The SNWR is practically in our backyard, I recommend visiting it to anyone who would like to get out and explore nature; you don't even have to get out of your car.

Kevin Deacon is a lifelong Davis resident, an outdoor enthusiast and a recent graduate of Tuleyome's California Naturalist Certification course. If you would like more information about the course, please email information@ tuleyome.org.

Kristie Ehrhardt is Tuleyome's Land Conservation and Stewardship Program Manager. kebrhardt@tuleyome.org





for reading the News-Ledger!

W W W. N E W S - L E D G E R . C O M



Photo by Bill Grabert Non-native grass and yellow starthistle at the Woodland Regional Park.

Tuleyome "Nature & You" lecture: "Invasive Grassland Species"

The hills of California were not always golden! Spanish colonization of California began one of the most widespread plant invasions in the world. It occurred so fast we don't actually know what the native plant community looked like before the Spanish. The majority of our grasslands have been dominated by introduced annual invasive grasses and forbs, such as wild oats and bromes, for hundreds of years, but now a new wave of invaders are entering – yellow starthistle, medusahead, and goatgrass, which are causing new problems. Please join UD Davis Plant Ecologist and Ph.D. candidate, Sarah Gaffney, at 7 p.m. on Thursday, June 24, to learn about these two groups of invasive species and explore the differences and similarities of their ecological role in the grassland and oak savanna plant community, as well as touch on recent research on restoring native grasses to these invaded areas.

This lecture will be ONLINE in a Zoom meeting. You must register on the event page from http://tuleyome.org/events/ (be sure to include your email address) and download Zoom. (There is no need to create an account.) After registering, participants will be sent an email with login information. Attendees will be able to ask questions via Zoom's chat feature. For questions contact bgrabert@tuleyome.org.

This lecture is part of the free monthly "Nature and You" lecture series sponsored by Tuleyome, a 501(c)(3) nonprofit conservation organization based in Woodland, California. The word "Tuleyome" (pronounced too-lee-OME-ee) is a Lake Miwok Indian word that means "deep home place". The term "deep home place" exemplifies our deep connection to our environment, our communities and our regional public lands.

A \$10 donation to Tuleyome is requested but is not required to participate in this event.

Tuleyome is a nonprofit, non-partisan organization that engages in advocacy and active stewardship with diverse communities to conserve, enhance, restore, and enjoy the lands in the region.

If you "go": Time and date: 7 p.m., Thursday, June 24 Location: Online via a Zoom Meeting Cost: Free Website: http://www.tuleyome.org/events/2021-nature-and-you-lecture-invasive-grassland-species/



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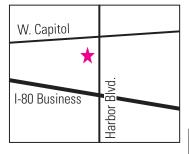


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LEGALS

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20210499

4

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 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

FICTITIOUS BUSINESS NAME STATEMENT FILED 5/27/2021

FILE NO. F20210470

The following person(s) is (are) doing business as Make It Fit Welding & Repair, 33399 Pintail Street, Woodland, CA 95695 in Yolo County.

Registered Owner(s) Alonso Rocha, 33399 Pintail Street, Woodland, CA 95695 18225 Carlos Rocha, Mandarin Street, Woodland, CA 95695 The business is conducted by:

Co-Partners The registrant commenced to

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

Dolgen California, LLC This statement was filed with the County Clerk of Yolo County on May 21, 2021 Jesse Salinas, County Clerk/ Recorder By: dho, Deputy 6/9, 6/16, 6/23, 6/30/21 CNS-3476622# NEWS-LEDGER Jun 9 16 23 30 nl 3288

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20210446

The following person(s) is doing business as: Zoukis Consulting Group, 1000 Berryessa Lane, Suite 423, Davis, CA 95616, County of Yolo. Christopher Zoukis, 1000 Berryessa Lane, Suite 423, Davis, CA 95616 This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on 10/12/2018 /s/ Christopher Zoukis This statement was filed with the County Clerk of Yolo County on May 21, 2021. Jesse Salinas, County Clerk/ Recorder By: kquam, Deputy 6/9, 6/16, 6/23, 6/30/21 CNS-3477614# NEWS-LEDGER Jun 9 16 23 30 nl 3296

FICTITIOUS BUSINESS NAME STATEMENT

FILE NO. F20210464 The following person(s) is (are) doing business as: 1. Davis Smiles Dentistry, 2. Davis Smiles Dentistry Dental Group, 4515 Fermi Place, Suite 106, Davis, CA 95618 County of YOLO Mailing Address: Attention: Legal Department, 17000 Red Hill Avenue, Irvine, CA 92614 Vicuna and Mak Dental Corporation. 4515 Fermi Place, Suite 106, Davis, CA 95618

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: May 27, 2021 /s/kquam, Deputy Clerk Jun 9 16 23 30 nl 3301

date on which it was filed in

FICTITIOUS BUSINESS NAME STATEMENT FILED 6/3/2021 **FILE NO. F20210486**

The following person(s) is (are) doing business as William Parker Holdings, Platinum Tax Services, 1105 Virginia Avenue, West Sacramento, CA 95691 in Yolo County. Registered Owner(s)

Yvette Bell, 1105 Virginia Avenue, 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 12/1/2013.

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/Yvette Bell

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/lramirez, Deputy Clerk Jun 9 16 23 30 nl 3305

FICTITIOUS BUSINESS NAME STATEMENT FILED 6/2/2021

FILE NO. F20210484 The following person(s) is (are) doing business as Karuna K9 LLC, 3190 Midway Island Street, West Sacramento, CA 95691 in Yolo County. Registered Owner(s) Karuna K9 LLC. 3190 Midway Island, Street, West Sacramento, CA 95691 The 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.

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/Karuna K9 LLC, Marieka Schrader, Member Manager 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/lramirez, Deputy Clerk Jun 9 16 23 30 nl 3307

FICTITIOUS BUSINESS NAME STATEMENT FILED 5/25/2021

FILE NO. F20210458 The following person(s) is (are) doing business as Febres Realty, 2420 San Marco Street, Unit 2, West Sacramento, CA 95691 in Yolo County. Registered Owner(s) Naomi Febres, 2420 San NEWS-LEDGER Marco Street, Unit 2, West Jun 2 9 16 23 nl 3286

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/Amanda Fleri

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: May 19, 2021 /s/kquam, Deputy Clerk Jun 2 9 16 23 nl 3285

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20210434

The following person(s) is doing business as: Featherlight Travel, 44228 Country Club Dr., El

Macero, CA 95618, County of Yolo. David Lester, 44228 Country

Club Dr., El Macero, CA 95618

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 08/01/2019

/s/ David Lester

This statement was filed with the County Clerk of Yolo County on 05/19/2021.

Jesse Salinas, County Clerk/ Recorder

By: kquam, Deputy 6/2, 6/9, 6/16, 6/23/21 CNS-3476347#

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

following The person(s) is (are) doing business as Hair2U Beauty Supply, 631 Cummins Way #9, West Sacramento, CA 95605 in Yolo County.

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/Alonso Rocha, Carlos Rocha 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: May 27, 2021 /s/dho, Deputy Clerk Jun 9 16 23 30 nl 3294

FICTITIOUS BUSINESS NAME STATEMENT

FILE NO. F20210447 The following person(s) is

doing business as: General Dollar Store #16171, 26875 State Highway 16, Esparto, CA 95627, County of Yolo. Mailing Address: 100 Mission Ridge, Goodlettsville, TN 37072

Dolgen California, LLC, 100 Mission Ridge, Goodlettsville, TN 37072

This business is conducted by Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on 1/30/2016

/s/ John Garratt, CFO & Secretary

The registrant(s) commenced to transact business under the fictitious business name or names listed above on 12/27/2013.

This business is conducted by

a Corporation

Vicuna and Mak Dental Corporation

S/ Sergio Vicuna, President, This statement was filed with the County Clerk of Yolo County on 05/26/2021. Jesse Salinas, County Clerk/ Recorder KQUAM, Deputy 6/9, 6/16, 6/23, 6/30/21 CNS-3469640# NEWS-LEDGER Jun 9 16 23 30 nl 3299

FICTITIOUS BUSINESS NAME STATEMENT FILED 5/27/2021 FILE NO. F20210473

The following person(s) is (are) doing business as Sierra Mini Storage, 503 Third Street, Davis, CA 95616 in Yolo County.

Registered Owner(s) DDD Partnership, 503 Third Street, Davis, CA 95616 The business is conducted by: General Partnership The registrant commenced to transact business under the fictitious business name or names listed above on 5/21/21

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/Dowling Properties Inc.,

Daniel K. Dowling, Gen Ptr of DDD Partnership, President Notice-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the

FICTITIOUS BUSINESS NAME STATEMENT FILED 5/18/2021 FILE NO. F20210430

The following person(s) is (are) doing business as **Pacific** Tech Communications Inc., 246 Cadillac Drive #113, Sacramento, CA 95825 in Sacramento County. Registered Owner(s)

Pacific Tech Communications Inc., 16590 NE 83rd Street #218, Redmond, WA 98052 The business is conducted by: Corporation

The registrant commenced to transact business under the fictitious business name or names listed above on 9/16/2020.

I declare all that 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/Pacific Tech Communications Inc., Oleksandr Vershynskyi, 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: May 18, 2021 /s/dho, Deputy Clerk Jun 9 16 23 30 nl 3306 Sacramento, CA 95691 Myesha Febres, 2420 San Marco Street, Unit 2, West Sacramento, CA 95691 The business is conducted by: A Married Couple The registrant commenced to

transact business under the fictitious business name or names listed above on 1/28/2021.

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/Naomi Febres

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: May 25, 2021 /s/lramirez, Deputy Clerk Jun 2 9 16 23 nl 3291

FICTITIOUS BUSINESS NAME STATEMENT FILED 5/19/2021

FILE NO. F20210435 The following person(s) is (are) doing business Sanctuary Herbal as Suppliers, 627 Watercolor Ln., West Sacramento, CA 95605 in Yolo County. Registered Owner(s) Amanda Mae Fleri, 627 Watercolor Ln., West Sacramento, CA 95605 The business is conducted by: Individual

FICTITIOUS BUSINESS NAME STATEMENT FILED 5/27/2021 FILE NO. F20210468

The following person(s) is (are) doing business as Springhill Suites by Marriott, 3425 Reed Ave., West Sacramento, CA 95605 in Yolo County.

Registered Owner(s) Nihal Development

LLC, 14420 Bevan St., Sloughhouse, CA 96683 The business is conducted Limited Liability by: Company

The registrant commenced to transact business under the fictitious business name or names listed above on 7/21/2014

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/Nihal Development LLC, Amrik Singh, 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: May 27, 2021 /s/lramirez, Deputy Clerk Jun 2 9 16 23 nl 3289

DATED 8/29/2017. UNLESS



ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO. CV2021-902 Petition of Julie Ann Kuzelka For Change of Name TO ALL INTERESTED PERSONS:

Petitioner: Julie Ann Kuzelka filed a petition with this court for a decree changing names as follows:

Julie Ann Kuzelka

Julie Ann Sutphin

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 1, 2021

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

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 21, 2021 /S/Samuel T. McAdam Judge of the Superior Court Jun 2 9 16 23 nl 3287

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:

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): **WARNER T. MYLES, AN UNMARRIED** MAN Recorded: 9/20/2017 as Instrument No. 2017-0024597-00 of Official Records in the office of the Recorder of YOLO County, California; Date of Sale: 7/12/2021 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: \$229,293.64 The purported property address is: 2420 SAN MARCO ST, WEST SACRAMENTO, CA 95691 Assessor's Parcel No .: 046-618-005-000 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-21-889666-CL. 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-21-889666-CL 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. undersigned Trustee The 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-21-889666-CL IDSPub #0173778 6/16/2021 6/23/2021 6/30/2021 Jun 16 23 30 nl 3304

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. Trustor: 2286 Del Monte, LLC, a California limited liability company Duly Appointed Trustee: Geraci Law Firm Recorded 11/21/2018 as Instrument No. 2018-0027515-00 in book, page of Official Records in the office of the Recorder of Yolo County, California, Date of Sale: 7/13/2021 at 12:45 PM Place of Sale: north (rear) entrance to City Hall, 1110 West Capitol Avenue, West Sacramento, CA Amount of unpaid balance and other \$1,399,267.08 charges: Street Address or other common designation of real property: 2286 Del Monte Street West Sacramento, CA 95691 A.P.N.: 067-150-003 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. 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. 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 (877) 440-4460 or visit this Internet Web site www.mkconsultantsinc. com, using the file number assigned to this case 200129034. 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 Web site. 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 (877) 440-4460, or visit this internet website site www. tlssales.info, using the file number assigned to this case 200129034 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 estate professional real immediately for advice regarding this potential right to purchase. Date: 6/7/2021 Geraci Law Firm by Total Lender Solutions, Inc. its authorized agent 10505 Sorrento Valley Road, Suite 125 San Diego, CA 92121 Phone: (949) 954-6092 Sale Line: (877) 440-4460 By: /s/ Max Newman, Trustee Sale Officer Jun 16 23 30 nl 3314

STORAGE 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 07/12/2021 @2:00PM: Alpha Sesay-Equipment/ Harrell Film Vasquez Furniture. Diana Dressers, boxes, side table. Adam Lundt Military Michelle Equipment. Malveaux Household/Personal Items. Marcos Zapien Bed , boxes, bins, washer and dryer. Anthony Gibson personal items, clothes, shoes. Monique Tafoya household goods. Janet Wilson Totes Boxes Hausen James household goods. The auction will be listed and advertised on www.storagetreasures.com. Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property. 6/23, 6/30/21

NOTICE OF PETITION TO ADMINISTER ESTATE

OF Irene Kristina Lunsford CASE NO: PR2021-0131 To all heirs, beneficiaries, creditors, contingent creditors, persons who may and 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. petition The 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 31, 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: SBN# Jonathan Hollister 257724 1000 Main Street, Suite 300 Napa, CA 94559 (707)252-9000 Jun 23 30 Jul 7 nl 3317

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

NOTICE OF TRUSTEE'S SALE TS No. CA-21-889666-CL Order No.: 210047230-CA-VOI YOU ARE IN DEFAULT UNDER A DEED OF TRUST

NOTICE OF TRUSTEE'S SALE T.S. NO.: 200129034 Loan No.: RMF4022668

Order No. 8762841 APN: 067-150-003

You Are In Default Under A Deed Of Trust Dated 11/6/2018. 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, cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be

CNS-3479586# NEWS-LEDGER Jun 23 30 nl 3310

NOTICE OF PUBLIC SALE

In accordance with the provisions of State law, there being due and unpaid charges for which the undersigned is entitled to satisfy an owner and/or manager's lien of the goods hereinafter described and stored at the Life Storage location listed below. Life Storage #635 3280 Jefferson Blvd West Sacramento, CA 95691 (916) 492-2056

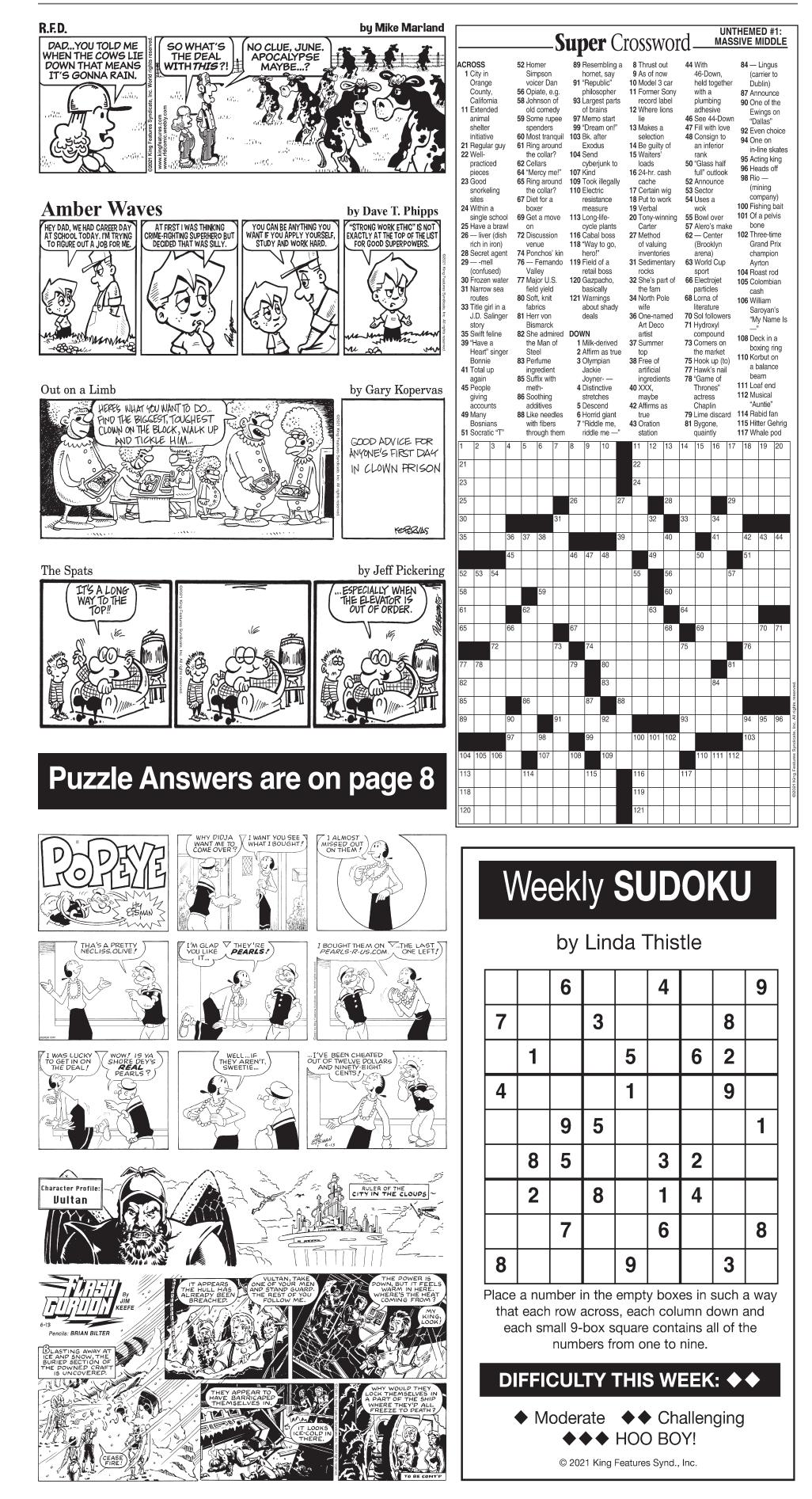
And, due notice having been given, to the owner of said property and all parties known to claim an interest therein, and the time specified in such notice for payment of such having expired, the goods will be sold to the highest bidder or otherwise disposed of at a public auction to be held online at www.storagetreasures.com, which will end on Thursday July 22nd, 2021 at 10:00am Melissa Corona: Hsld gds/ Furn, Tools/Applnces Llarelia Arauza Vazquez: Hsld gds/Furn Jun 23 30 nl 3320

NOTICE OF PUBLIC SALE

Self-Storage unit contents of the following customers containing household and other goods will be sold for cash or credit card by CubeSmart Self Storage 541 Harbor Blvd. West Sacramento, Ca 95691 to satisfy a lien on July 8, 2021, approx. 12:00pm on storagetreasures.com Pangela L Watson, Cindy Badillo-Duran Badillo-Duran, Judy Patrick, Elijah Blake, Kashay D Hawthorne, Corazon Fernandez, Brenda Dunning, James Phipps, Rajhon Freitas, angela jimenez, Mbeneka Maithya, Yvonne N Gallardo. Jun 23 30 nl 3321

West Sacramento News-Ledger

PUZZLES & COMICS



Go For Broke

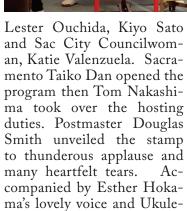
BY DEBBIE ETO

On Saturday, June 5th, 2021, The California Museum. Florin JACL, Sac JACL and Sac State Japanese American Archives put on an event to introduce the newest "Forever" stamp called "Go For Broke". The "Go For Broke" stamp is in honor of the 442nd Infantry Regiment. The 442nd was comprised of mostly 2nd generation Japanese Americans (Nisei) who fought in WWII. These men served (while their families were prisoners in internment camps) to prove their loyalty to America. The 442nd is the most decorated unit for its size in U.S. military history.

In 2005, three Nisei (2nd generation) Japanese American women from California: Fusa Takahashi, Aiko O. King, and the late Chiz Ohira began a grassroots campaign to have a USPS stamp in honor of the 442nd Infantry



Regiment. The 3 women, are widows of "Go For Broke" World War II veterans. Their many years of hard work paid off, when the stamp was unveiled at the California Museum, June 5, 2021. The event (small in size) due to Covid restrictions featured stirring speeches by Congresswoman Doris Matsui, Honorable Judge Charles Kobayashi,



le, Lois Nishimura and Kiyo Sato danced in celebration at the end of the program.

Also on hand, Honorable Judge Johnny Gogo from Santa Clara County, brought the 48 star flag and had survivors of the Internment camps sign the flag. Most were young children when interned, and were proud and honored to sign the flag. He brought the

48 star flag since that was the number of states during World War II. He is traveling across the country trying to get as many signatures of internment survivors as possible. At the end of the program, Tule Lake survivor, Keiji Takagi remarked how he wished his parents were here to see this and how it takes courage to heal.

Road Closure on CR 19 Due to Culvert Replacement Project

Due to the Yolo County Public Works Division's efforts to replace two failing drainage culvert pipes, a section of County Road (CR) 19 will be closed to through-traffic on June 22 and 23 during daytime working hours. The closure will span between CR 92C to the west and CR 94B to the east, as the failing culverts cross under CR 19 approximately one mile west of CR 94B.

Travelers may experience delays due to the culvert replacement work. Detour signs will be set up each work day to direct motorists to an alternate route around the closure (CR92C to CR20 to CR94B). Access to properties and businesses along the closed section of the road will be provided at all times. For the County's Road Closures map, visit: www.yolocounty.org/road-closures.



Reopening

Continued from page 1

ing businesses. All residents must continue to wear masks on public transit and in the workplace, medical facilities, K-12 schools, correctional facilities and shelters, regardless of their vaccination status.

Employers/workplaces: Masks and physical distancing continue to be required in the workplace in accordance with the Cal/ OSHA COVID-19 Prevention Emergency Temporary Standards. **Travelers:** Follow

CDC recommenda-

Proof of full vaccination or of a recent negative COVID-19 test is required for persons attending indoor mega events (consisting of 5,000 or more attendees) and is recommended for those attending outdoor mega events (consisting of 10,000 or more attendees).

"With our local case rate very low and the majority of Yolo County residents vaccinated, now is an appropriate time to loosen COVID-19 restrictions, says Dr. Aimee

Public Health Officer. However, Sisson continues to urge the unvaccinated to exercise caution. "While the Blueprint framework is ending today, the pandemic is not. The virus that causes COVID-19 continues to circulate in Yolo County. Those who are not yet vaccinated remain at risk of infection and should continue to protect themselves and others from COVID-19 by wearing masks indoors."

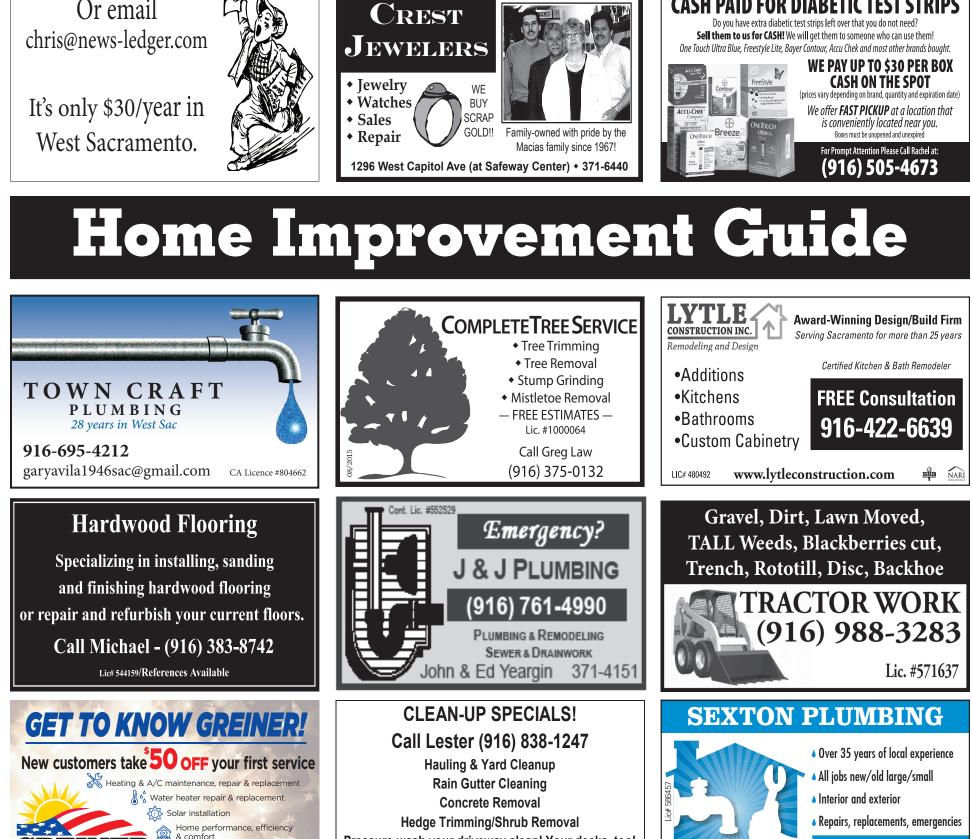
In settings where masks are required only for unvaccinated individuals, businesses, venue operators or hosts may choose to:

Provide information

and attendees regarding vaccination requirements and allow vaccinated individuals to self-attest that they are in compliance prior to entry,

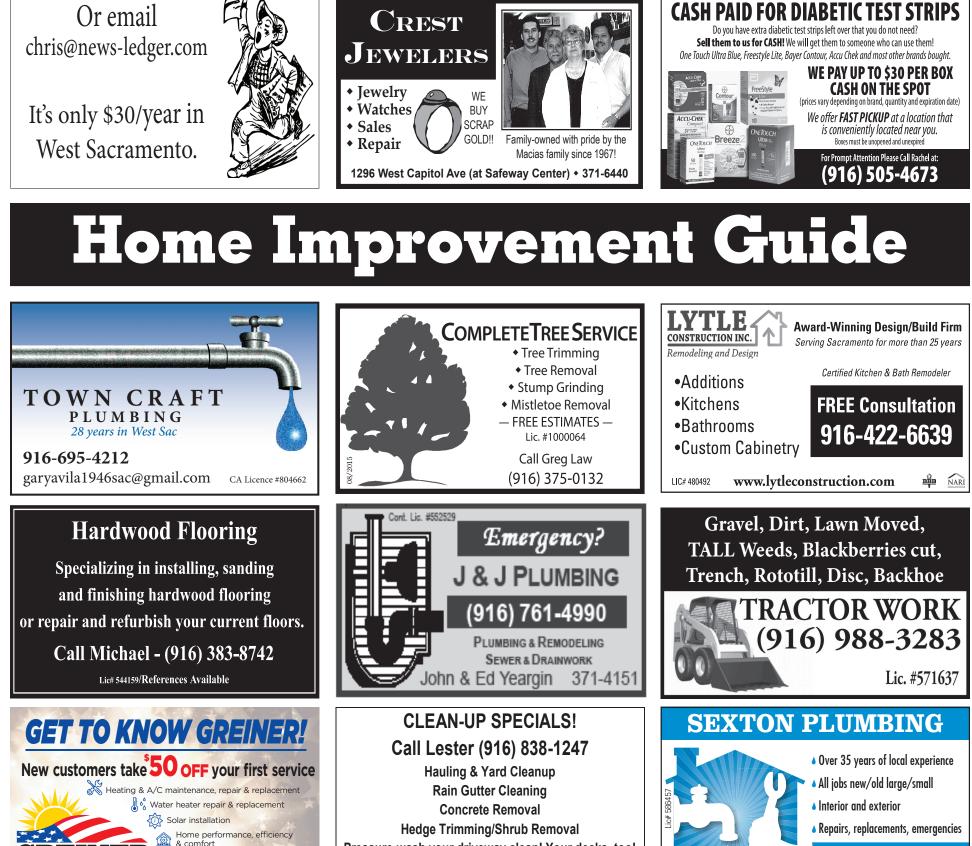
implement vaccine verification to determine whether individuals are required to wear a mask, or require all patrons to wear masks.

For additional information about Beyond the Blueprint, visit: https:// covid19.ca.gov/safer-economy. For more on the County's dashboards and metrics, visit: https://www.yolocounty. org/coronavirus-dashboard. Residents can also call Yolo 2-1-1 for re-



Clean out your garage! Replace old lawn!

SPECIALS FOR SENIORS - Lic#128758/Ref Available





JERRY SEXTON 916-870-4694 • 916-598-3693 JerrySexton222@gmail.com

NP-01.20

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Preventing Falls Webinar Series Announced

Yolo Healthy Aging Alliance presents a free two-day webinar series on how to prevent falls in the senior community June 28 and 29. Learn about fall risk factors, ways to mitigate risk, and changes to your home that can help reduce falls. The event will include information about recent research on fall prevention and Yolo County resources, followed by the opportunity for attendees to ask questions. This event is in collaboration with Fit Deb Training's, Deborah Eernisse, who will be demonstrating muscle strengthening and fall prevention exercises live for all participants to follow along and practice at home.

Each webinar series will be held live via Zoom with call in option available. Both webinars will also be recorded and distributed via the Yolo Healthy Aging Alliance website, the Yolo Healthy Aging Alliance YouTube channel, and broadcasted on cable through Davis Media Access.

The first day of the Fall Prevention Webinar Series will be held on Monday, June 28, 2021, from 1 to 2:30 p.m.

The second day of the Fall Prevention Webinar Series will be held on Tuesday, June 29, 2021, from 1 to 2:30 p.m. To join on Zoom, use the following link for both days at the time of the event:

https://us02web.zoom.us/j/5307575583?pwd=Njg1eHBYckpQaUc0NHNCSWdvSHNSZz09

Registration is encouraged, but not required. To register and for more information go to . For more information, or to register without a computer, contact Sheila Allen at (530) 757-5583. Spanish translation is available at the event upon request.

Call today for ad rates 916-371-8030



371-3605



Discounts available to encourage travel by train this summer

With the State's reopening on Tuesday, June 15, the Capitol Corridor is re-introducing a pair of popular fare promotions this summer to encourage train travel in Northern California. The two promotions are:

Take 5 for \$5 Weekends: Buy one full-fare ticket and bring up to five companions for \$5 each person, each way. Offer is good for travel on Saturdays, Sundays, and holiday Mondays through September 19, 2021. More info: https://www.capitolcorridor.org/ takefive-companion-fares/

Seniors Ride Half Off Midweek: Half-off fares for seniors ages 62 and over. Offer is good for travel on Tuesdays, Wednesdays, and Thursdays through September 23, 2021. More info: https://www. capitolcorridor.org/seniors-save-50-percent-midweek/

"Ridership has been gradually increasing since the start of the year, and we expect that trend to accelerate with the recent opening of the State," said Rob Padgette, Managing Director of the Capitol Corridor. "We are excited to start seeing more riders on the train as people head back to offices and leisure travel picks up. By offering a variety of fare discounts, we hope to give people more reasons to choose the train to reconnect with friends and visit their favorite places in Northern California.

California Everyday Discounts: In addition to the new fare offers available this summer, the Capitol Corridor has a number of everyday discounts that passengers can take advantage of at any time. These include California Everyday Discounts for students, seniors, passengers with disability, veterans, and active military.

The Friends & Family ticket offer, which is good any day of the week, allows one full-fare paying customer to bring up to five companions at 50% off.

Terms and conditions for all discount fares, as well as booking information can be found at www.capitolcorridor.org/deals-promotions/.

Health & Safety a Priority; Masks Still Required: To ensure the continued health and safety of passengers and staff, the Capitol Corridor's rigorous health and safety protocols remain in place with enhanced surface cleaning and air filtration. Passengers are also required by federal mandate to continue wearing a face covering while onboard trains, buses, and at stations. For more information visit www.capitolcorridor.org/health.

Yolo Superior Court Open to In-person Hearings

Consistent with Newsom's Governor re-opening plan Yolo Superior Court fully reopened for in-person hearings on June 15, 2021.

Yolo Superior Court announced its plan to follow the Governor's lead and "open" the courthouse for in-person participants. While the court will continue to allow remote appearances in most case types and for non-evidentiary hearings, it will no longer require remote appearances as it did during the height of the pandemic.

Traffic court will remain an exception and still require remote appearances.

Additionally, jury hardships and orientation will also remain virtual. Court hearings will continue to be streamed so that viewers can watch and listen to public hearings remotely. Exterior service windows will remain open for traffic and collections, and interior service windows will be available for all other case types.

Per local rule eFiling is mandatory for most case types and permissive for others.

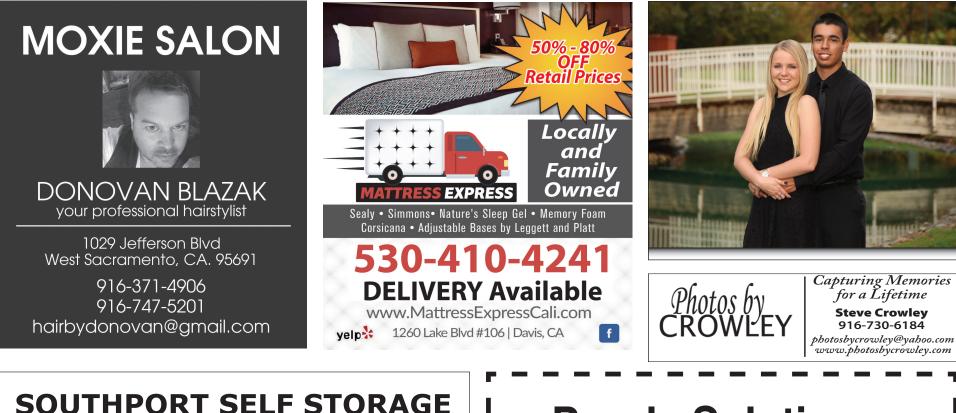
The Self-help Center tice, and we will continwill expand services to include appointments in-person or by Zoom and open office hours for drop-in services Tuesday and Thursday from 8:30 a.m. - 12:30 p.m. The public should consult the court's website for further information on in-person and Zoom appearances. Presiding Judge Daniel P. Maguire stated "Remote appearance allowed the court to stay open and functioning during the pandemic. The public health crisis is now receding, but we've learned how technology can expand access to jus-

ue to give all court users the option to appear by video for most non-evidentiary hearings." There have been many benefits to the virtual calendars including saving time traveling to and from the courthouse for appearances.

"We're happy to give court users the option to appear remotely and believe that remote appearance offers many benefits in appropriate cases," added the Presiding Judge.

For more information, please visit our website at www.yolo.courts.ca.gov.

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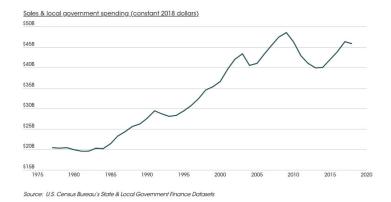
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California Spends \$6.8 Billion on Parks & Rec Each Year, 13th Most per Capita

While the travel and tourism industry took a major hit during the COVID-19 pandemic as more people elected to stay home and avoid travel, outdoor recreation has remained a bright spot.

Recent data from the Outdoor Industry Association showed a 2.4 percentage point jump in total outdoor participation among Americans from 2019 to 2020. Outdoor activities of all types became an enticing alternative for people looking to get away from home while keeping their risk of spreading or contracting the coronavirus relatively low. The OIA data specifically estimated that 2020 saw 8.1 million more hikers, 7.9 million new campers, and 3.4 million additional freshwater fishers taking advantage of the great outdoors during COVID-19. This trend may also reflect larger shifts in people's lifestyle preferences, as COVID-19 has inspired many workers to leave dense urban areas for locations where outdoor space is more plentiful.

Interest in the outdoors is good news for state and local governments that fund parks and recreation. These governments invest in recreational sites not only for the health and leisure of their residents but also as an economic development tool. Studies have estimated that the outdoor recreation economy is responsible for more than 7 million U.S. jobs and close to \$900 billion State & local funding for parks & recreation has grown significantly over the past several decades

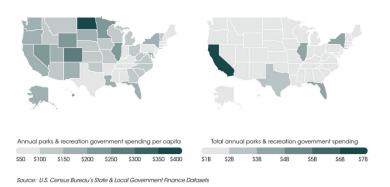


of consumer spending annually—generating roughly \$60 billion in tax revenue for state and local governments.

These factors may help parks fare better when it comes to government funding than they did after the Great Recession. Following the last recession, state and local revenues were decimated nationwide, and parks and recreation became a target for budgetary cutbacks in many jurisdictions. During this time, total state and local spending on parks fell from an all-time peak of \$48.5 billion in 2009 to \$39.9 billion in 2013 (in inflation-adjusted 2018 dollars). Spending has resumed an upward trajectory since—but still has not returned to pre-recession heights, after adjusting for inflation.

Currently, overall spending on parks and recreation is led by states with larger populations and greater economic activity. California, Florida, New York, Illinois, and Texas are the biggest spenders, and they also represent the five largest economies and five of the top six largest populations. Per capita spending paints a different picture, as several states in the Midwest—including Illinois, North Dakota, and Minnesota—all rank among the top five in the country. Mountain states like Colorado, Nevada, and Wyoming also spend among the most per capita. For many of these leading states, investments in parks and recreation are an important tool for generating economic activity. Developing parks and recreational sites around the state's natural scenery helps bring in visitors-and dollars—to these states.

To find these locations, researchers at CLIQ analyzed data on state and local government finances from the U.S. Census Bureau and data North Dakota leads in parks & recreation spending per capita, but California spends the most overall



on the outdoor recreation economy from the U.S. Bureau of Economic Analysis. The researchers divided total parks and recreation spending in each state by the state's population to rank the states with the highest spending per capita. The research team also gathered data on outdoor recreation's economic effects, including the share of state GDP and the share of total state employment.

The analysis found that jobs in parks and recreation account for 2.4% of total employment in California. Each year, California invests about \$6.8B into its parks and recreation areas, which amounts to \$173 per resident. Out of all states, California is spending the 13th most on parks and **recreation.** Here is a summary of the data for California:

Annual parks & recreation government spending per **capita:** \$173

Total annual parks & recreation government spending: \$6,829,549,000

Outdoor recreation share of state GDP: 1.8%

Outdoor recreation share of total employment: 2.4%

For reference, here are the statistics for the entire United States:

Annual parks & recreation government spending per capita: \$139

Total annual parks & recreation government spending: \$45,767,313,000

Outdoor recreation share of state GDP: 2.1%

Outdoor recreation share of total employment: 2.5%

For more information, a detailed methodology, and complete results, you can find the original report on CLIQ's website: https://www. cliqproducts.com/blogs/news/ states-spending-the-most-onparks-and-recreation



Deadline Approaching in **California for SBA Working Capital Loans Due to Wildfires**

ministration's Disaster Field Operations Center-West reminded California small businesses of the July 16, 2021, deadline to apply for an SBA federal disaster loan for economic injury caused by wildfires that occurred Sept. 4 -Nov. 17, 2020. According to Garfield, small nonfarm businesses, small agricultural cooperatives, small businesses engaged in aquaculture and most private nonprofit organizations of any size may apply for Economic Injury Disaster Loans of up

Director Tanya N. to \$2 million to help Kings, Lake, Lassen, ditional disaster assis-Garfield of the U.S. meet working capital Los Angeles, Madera, tance information and Small Business Ad- needs caused by the Marin, Mariposa, Men- download applications "Economic disaster. Injury Disaster Loans may be used to pay fixed debts, payroll, accounts payable and other bills that cannot be paid because of the disaster's impact. Economic injury assistance is available regardless of whether the applicant suffered any property damage," Garfield said. These low-interest federal disaster loans are available in the counties below: California counties: Del Norte, Fresno, Glenn, Humboldt, Imperial, Inyo, Kern,

https://disasterat loanassistance.sba. gov/. Applicants may also call SBA's Customer Service Center at (800) 659-2955 or email disastercustomerservice@sba.gov for more information on SBA disaster assistance. Individuals who are deaf or hard of hearing may call (800) 877-8339. Completed applications should be mailed to U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

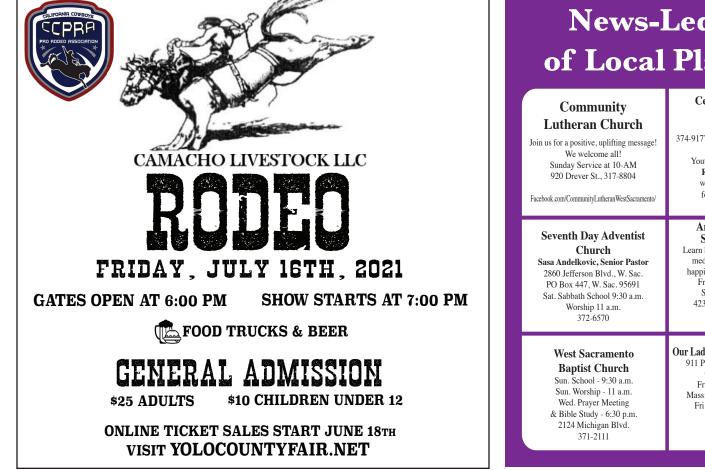
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The interest is 3 percent for businesses and 2.75 percent for private nonprofit organizations with terms up to 30 years. Loan amounts and terms are set by SBA and are based on each applicant's financial condition.

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Vest Sacramento Baptist Church wm. School - 9:30 a.m. wm. Worship - 11 a.m. Wed. Prayer Meeting Bible Study - 6:30 p.m. 2124 Michigan Blvd. 371-2111	Our Lady of Grace Catholic Church 911 Park Blvd, West Sacramento Office: 916-371-4814 Fr. Mathew Rappu, Pastor Mass: Mon, Tues, Wed 8:30 AM Fri 8:30 AM at OLG school during school year Sat: 5:30 PM vigil Sun 9 AM, 11 AM	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.

This 'n' That

Continued from page 1

10

climbed the tree next to my folks' garage, sat on the roof and lit it. Blegh. No filter. Icky stuff on your tongue. Undaunted, we scrounged a buttwith-filter from beneath a hedge. Ugh, ugh, triple ugh. MENTHOL! AW-FUL!!!

Well, the short version after that is a brief fling with cigarettes in junior high, trying to look like movie stars of the day. None in high school. Took it up again when I was waitressing. Smoking was 'what you did' when you were on your break.

By my TV News years, I was buying Winston's by the carton. And smoking two-and-a-half packs a day.

I get it that it's hard to quit that kind of habit.

When a non-smoking boyfriend wanted me to quit, I switched to Winston Lights. He said he'd take me to Acapulco if I quit completely. Hmm. took one pack.

In Acapulco, I learned two things. Dispirited horses on the beach made me so sad and I would never, ever ride one. And, I was done with smoking.

Here's how I did it.

Each time I wanted a cigarette, I told myself I could have one ... in three minutes. Oh, boy, did I watch the clock! By the time I was back in Denver, that pack was pretty ragged. The seal and cellophane were gone. The foil was ripped. But, I hadn't had one. I'd upped my 'wait' time to an hour. By the third week, all 20 cigarettes still in the pack, I threw it away.

Habituated behaviors. That's what's tough. But you can change those, too. I used to keep a cute green glass ashtray next to my desk in Denver. Back from a story – at first I had trouble getting started. My habit was to light a cigarette and THEN start writing.

The boyfriend (also a reporter/anchor) sat at

I tossed the carton, but the desk next to me. A few weeks after we returned from Acapulco, he gave me skis for my birthday – and informed me he 'needed' to go to Detroit to see if he was 'over' his ex-girlfriend.

> The news director told me yes, I could move my desk.

So. EX-boyfriend. But I credit him for 1) getting me to quit smoking and 2) having procedures done that, I'm convinced, resulted in my one and only baby.

Mom told me she'd had a dream and woke up crying, "I dreamed you started smoking again." I said, "Don't worry mom, I never will."

It took eight years, if you can believe it, to find cigarettes disgusting. Now, nearly 40 years since I quit, the desire's gone. Completely.

So if you believe the myth that getting vaccinated could mean no babies and you want to someday be a parent - and yet, you smoke stop now. If I can do it, you can.



PHOTO COURTESY OF WEB MD Quitting smoking by age 35 can repair your lungs.

Did you start smoking, or now smoke more, due to pandemic tension? Current research says if you quit by the time you're 35, you'll have healthy lungs in 15 years. (Assuming some viral strain doesn't get in there and wreak havoc.) For more tips on quitting smoking, go to https://www.webmd. com/smoking-cessation/ news/20040608/quitsmoking-before-age-35to-regain-health. Questions, comments for Carol Bogart? Contact her at carol@bogartonline.com.

Eddy's Walkabout

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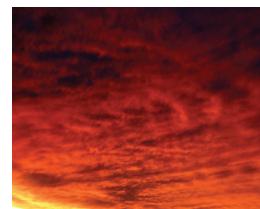
and smile back at me. I like that. I hope you enjoy these pictures. Thank you.

If you have any questions or comments please feel free to contact me at eddysalmons@ymail. com.









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