

# Find Out When You Can Get a Vaccination

Yolo County is now providing two new weblinks, the first for healthcare workers in Phase 1A Tiers 2 and 3 to sign up for upcoming COVID-19 vaccine clinics and the second for the general public to provide information and receive vaccine notifications.

## For Healthcare Workers in Tiers 2 and 3

Healthcare workers that are currently working in Phase 1A Tiers 2 and 3 can now sign up to be notified of upcoming COVID vaccine clinics. The link is intended for those who work in Yolo County but those who work in other counties and live in Yolo County can also sign up if they are unable to get the vaccine through their workplace or county where they work. The following healthcare fields can sign up for COVID vaccine clinics at: <https://forms.gle/nfYq3QewtYivgpMN9>:

## For the General Public

Yolo County residents can now provide information and get future notifications for their tier and phase in a new vaccine availability form available in English, Spanish, and Russian at: <https://forms.gle/KPgQ9d-tafWabmB3S7>. The information that residents provide will help the County organize and schedule vaccine clinics accordingly. COVID-19 vaccine-timeline graphic 1-14-21

## Volunteering at Vaccine Clinics

The Yolo County Health and Human Services Agency is looking for volunteers to assist with upcoming and future vaccination clinics. Volunteers will assist with set up, take down, registration, screening, vaccination, traffic control, translation, medical observation and overall management of the vaccination clinics. Anyone sixteen years



of age and older can volunteer and Community Service Certificates will be issued for all volunteers. Food and drinks will also be provided during volunteer shifts. Volunteers are recommended to complete the “Medical Points of Dispensing

(MPOD)” course at <http://yolopodclasses.org>. Upon completion of the class, individuals will be given the option to submit a volunteer application to Yolo County. For questions about

See Vaccine, page 2

## Transitional and Kindergarten enrollment now open

Washington Unified School District (WUSD) is currently accepting Transitional Kindergarten and Kindergarten enrollments for the 2021-22 school year using the NEW online enrollment process at [www.enrollatwusd.org](http://www.enrollatwusd.org).

Families are invited to join an upcoming virtual Parent Information Night hosted by your neighborhood school between January 21-28 on Google Meet providing families with helpful information, resources, and answers to important questions. You can find the Google Meet links at [www.enrollatwusd.org](http://www.enrollatwusd.org).  
Bridgeway Island, January 21, 4 to 5 p.m.  
Stonegate, January 21, 4 to 5 p.m.  
Westfield Village, January 27, 3 to 4 p.m.  
Southport, January 27, 4 to 5 p.m.  
Elkhorn Village, January 27, 4:30 to 5:30 p.m.  
Riverbank, January 28, 4:30 to 5:30 p.m.  
Westmore Oaks, January 28, 6 to 7 p.m.

Because not everyone has access to a device or internet at home, the district recommends calling (916) 375-7604 ext. 1370 to reserve your spot by starting the online process for you. Additionally, each neighborhood school will be provide in-person registration support on January 30, 2021, 9 a.m. to noon for families to complete their enrollment process and verify information.

**Questions and Online Assistance** - Call the Student and Family Support Services Office at (916) 375-7604 ext. 1370 or email [imejia@wusd.k12.ca.us](mailto:imejia@wusd.k12.ca.us).

## Managing fear during these uncertain times

BY STANLEY POPOVICH

Almost everybody worries about what will happen in the future during these fearful times. The prospect of not knowing if something good or bad will happen in the near future can produce a lot of fear and anxiety.

As a result, here is a list of techniques and suggestions on how to deal with the fear of the unknown.

1. No one can predict the future with one hundred percent certainty: Even if the thing that you fear does happen there are circumstances and factors that you can't predict which can be used to your advantage. For instance, you miss the deadline for a project you have been working on. Everything you feared is coming

true. Suddenly, your boss tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything.

2. Take it one day at a time: Instead of worrying about how you will get through the rest of the week or coming months, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems.
3. Use Self-Visualization: Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance,

you have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. By doing this, you will be better prepared when the time comes.

4. Take a break: Take a deep breath and try to find something to do to get your mind off of your anxieties. A person could take a walk, listen to some music, or read the newspaper in order to get a fresh perspective on things.
5. Challenge your negative thinking with positive statements and realistic thinking: When encountering thoughts that

See Fear, page 2

## Stay Home Order Lifted; Yolo County Returns to Purple Tier

On January 12, the State of California announced that the Regional Stay Home Order for the Greater Sacramento Region was lifted effective immediately, after meeting projections of ICU capacity of at least 15%. As a result of this State announcement, Yolo County is returning to the most restrictive, or purple, tier based on metrics from the State's Blueprint of a Safer Economy. Yolo County will remain in the purple tier until at least January 26 and won't be able to move to the substantial, or red, tier until meeting the red tier's metrics for two consecutive weeks.

The return to the purple tier allows many local businesses to either increase capacity or resume operations. Effective January 12, the

following restrictions apply while Yolo County is in the purple tier:

**Bars and breweries:** Outdoors only as long as food is provided. Those seated at a single table are limited to household members only. Tables must be a minimum of 6 feet apart.

**Cardroom and satellite wagering:** Outdoors only with modifications

**Family entertainment centers:** Outdoors only with modifications

**Gyms and fitness centers:** Outdoors only with modifications

**Hair salons and barbershops:** Indoors with modifications

**Hotels and lodging:** Indoors with modifications

See Stay at Home, page 2

## THIS 'n' THAT America's Tarnished Image



BY CAROL BOGART

As I write this, an FBI internal memo warns of violent protests in every capital city in the United States as a run up to the inauguration of President Elect Joe Biden. Meantime, DC has erected scale-proof fences around the Capitol.

A 'national emergency' has been declared in the wake of the DC violence Jan. 6. Five people died,

one of them a police officer. The inauguration will not be public.

On Tuesday Jan. 12 it was learned that, prior to the Jan. 6 deadly riot, an FBI memo warned of the coming 'war.' Police searches afterward proved some combatants arrived with weapons caches, pipe- and gas bombs, Molotov cocktails – and even the equivalent of napalm.

One rioter, a Virginia lawmaker, claiming he was 'independent media', did a selfie video storming the Capitol building with other protestors. Online his selfie 'reported' that the riot Jan. 6 was a 'trial run' – with more 'take back America' such events to follow. As you read this, it's Jan. 20 inauguration day. Today, Jan. 12, my column

deadline day, I don't know what happened. On Jan. 20, we all will.

Sacramento pre-alerted the National Guard and other law enforcement to protect California's capital through Biden's 1/20 swearing in. Insurrections, the FBI warned, were planned for every capital in all 50 states in the week or so beforehand.

The inaugural is closed to the public. Security in our nation's capital is extra tight. There were death threats against several elected officials during

the insurrection, including VP Mike Pence and the Speaker of the House, California's Nancy Pelosi. Several former Presidents – Democrat and Republican – said they would attend Biden's swearing in. United in support for our government – and our new President.

"I do not see 'Blue' states or 'Red' states," President Biden says. "I see UNITED STATES." Before the election tally, Trump said, if he lost, he would leave the country. He insists the

See This 'n' That, page 3

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# Fear

Continued from page 1

make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. Focus on the reality of your situation and not on your thoughts.

6. Worrying can make the problem worse: All the worrying in the world will not change anything. All you can do is to do your best each day, hope for the best, and

when something does happen, take it in stride. If you still have trouble dealing with the fear of the future, then talking to a counselor or clergyman can be of great help.

## BIOGRAPHY

Stan Popovich is the author of the popular managing fear book, “A Layman’s Guide To Managing Fear”. For more information about Stan’s book and to get some free mental health advice, please visit Stan’s website at <http://www.managingfear.com>

# Stay at home

Continued from page 1

- Limited services:** Indoors with modifications
- Movie theaters:** Outdoors only with modifications
- Museums, zoos and aquariums:** Outdoors only with modifications
- Personal care services:** Indoors with modifications
- Places of worship:** Outdoors only with modifications
- Professional sports:** Open with modifications, no live audiences
- Retail:** Indoors with a maximum of 25% occupancy; (grocery at 50% capacity)
- Restaurants:** Take-out, delivery and outdoors only; for outdoor dining those seated at a single table are limited to household members only. Tables must be a minimum of 6 feet apart.

**Shopping centers:** Indoors with a maximum of 25% occupancy

**Wineries:** Outdoors only with modifications

Any schools that have already been allowed to reopen for in-person or hybrid learning previously may remain open. Schools that have not yet opened will need to receive a waiver to reopen under the purple tier or wait until Yolo County moves back into the red tier.

**To help mitigate the spread of COVID-19, residents are advised to follow these health practices:**

- Gather less or not at all.
- Wear a face covering.
- Maintain at least six feet of physical distance from those not in your household.
- Stay home if you have symptoms of illness or are high-risk.

- Wash your hands with soap and water or use hand sanitizer regularly.

For more information on the vaccine, distribution and when you may be receiving it, please visit our COVID-19 Vaccine Page. The webpage will be updated as new information is made available. For additional information about the State’s Blueprint for a Safer Economy, visit: <https://covid19.ca.gov/safer-economy>. For more information about Yolo County’s Roadmap to Recovery and see which businesses are currently open, visit: [www.yolo-county.org/coronavirus-roadmap](http://www.yolo-county.org/coronavirus-roadmap). Residents can call Yolo 2-1-1 for resource information. Follow Yolo County on Facebook at: [www.facebook.com/YoloCounty](https://www.facebook.com/YoloCounty) or Twitter at: <https://twitter.com/YoloCountyCA>.

# Vaccine

Continued from page 1

## Vaccine Distribution Timeline

Please note that the timeline and listed groups may change at any time based on recommendations by the CDC and the California Department of Public Health.



volunteering, contact the Yolo County volunteer coordinator at [volunteer.coordinator@yolocounty.org](mailto:volunteer.coordinator@yolocounty.org).

For more information about Yolo County’s COVID-19 vaccine and distribution process, visit <https://www.yolocounty.org/coronavirus-vaccine>. Residents can call Yolo 2-1-1 for resource information.

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# OBITUARY



**Gilbert Anthony Savala Jr.**  
10/16/1959 - 1/11/2021  
West Sacramento, California

Gilbert passed away with his loving wife by his side. He is survived by his wife of 40 years Valerie; Children Stephanie (Arnold), Gilbert III (Gina), David (Monica), and Sandra; His (10) Grandchildren Gilbert IV, Alicia, Audrina, Karina, Ariana, Isaiah, KaylaSarhai, Sebastian, Nayeli, and Aidan; Sisters Rachel, Vicky, Anita, and his brother Eddie and numerous nieces, nephews, aunts, uncles, and inlaws. He was preceded in death by his parents Gilbert and

Rachel and his brother Paul. Gilbert was born in Woodland and raised in West Sacramento and Broderick CA. Gilbert enjoyed riding his bike all over town, holding conversations with locals, gardening, thrift shopping, spending time with his children and grandchildren, caring for his animals, listening to music, and enjoyed walks with Val on the RiverWalk. Gilbert was a hard worker and took pride in everything he did. He worked in the printing business for 28

years. He loved sports including football, baseball and boxing. He followed the 49ers and Giants faithfully. Gilbert will be greatly missed by all who knew him especially his funny jokes and stories (sound effects and face expressions included). If you knew Gilbert, please take a moment for him ever so often, to keep his memory alive. He will be missed by many. Due to COVID restrictions, a memorial service will be held and announced at a later date.

## THE NEWS-LEDGER

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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.

The News-Ledger is adjudged a newspaper of general circulation by Yolo County Superior Court decrees on June 1, 1967, Case No. 21893; June 4, 1973, Case Number 29812; and September 4, 2009, Case Number CV PT 09-1432. Published by:

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Obituaries: [wsnewsledger@gmail.com](mailto:wsnewsledger@gmail.com)  
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# Yolo County Unveils Revamped Website

On Monday, January 14, Yolo County launched a more modern and user-friendly website to help residents more easily find what they’re looking for while providing a fresh vibe. The County utilized website analytics and heatmapping to gauge the most popular content and services to help guide the redesign.

The new website includes an array of new or revamped features on the homepage, including:

An accessibility app located on the right side of every page that assists users that have varying degrees of visual impairment or mobility issues, including increasing contrast, cursor size, and text size and spacing, and highlighting links among other features.

A ‘Service Finder’ app located in the top right corner that allows residents to filter and find the best option for their needs.

A larger search bar located in the middle of the page that provides easier and faster access to information.

An ‘I Want To’ tab on the right side of the main menu that links to the most popular pages and services on the County’s website.

The new site also offers larger font sizes and better optimization for mobile devices. In addition, all of the same, previous forms will still be available and bookmarks to access frequently visited pages will not change.

“By making it easier to access the information most often requested by users, the new web page will contribute to greater citizen involvement in government and improved service for residents of Yolo County,” said Chair of the Yolo County Board of Supervisors Jim Provenza. “I appreciate the hard work of county staff in developing and completing this important project.”

In 2020, the County’s website averaged 560,000 views a month, making it a critical source of information for staff, residents and the public. Yolo County spent \$12,100



on this revamp after a basic redesign credit of \$8,000 was applied for four years of uninterrupted services by their website host, Granicus, Inc, a company that provides cloud-based solutions for government communications and website design.

Yolo County has been working on this redesign since early 2019 and initially planned for a release date in mid-2020, however the coronavirus pandemic delayed the release until recently. The County collaborated with Granicus, Inc. and county staff through a Rede-

sign Committee that included the following departments: County Administrator’s Office, Human Resources, Geographic Information Systems, Community Services, Child Support Services, Probation, Finance and the Health and Human Services Agency.

## This ‘n’ That

Continued from page 1

office was stolen from him via vote fraud. Asked if he would attend the inaugural, he said no.

Meantime, other capital cities across America, like Sacramento, prepared for trouble. Law enforcement in DC felt stung by criticism that it was slow to act as rioters grew .. riotous. The Chief of the Capitol Police countered that the Sergeants-at-Arms, both chambers, House and Senate, kept telling them to wait. (Hoping to avoid, perhaps, televised pain-contorted faces and streaming eyes.)

Instead, rioters, a door held opened for them, were politely asked not to dam-

age artwork. Instead, barricaded doors glass doors were smashed instead. One rioter, face painted like the flag, bare-chested, wearing a furry head covering with Longhorn horns, has proved to be a Navy veteran. Another, wearing a Trump flag as a cape with, reportedly, one foot through the door, was shot dead by someone inside the chamber. She was an Air Force veteran. Police departments across the country were investigating whether any members of their force rioted with the mob.

As legislators cowered under desks, then escaped through hidden tunnels, the National Guard in riot gear used tear gas and cleared out the rioters. In Pelosi’s private office, a brazen rioter propped his feet up

on her desk. The Speaker’s laptop is missing. She’d recently demanded the codes to the red button a President pushes to launch nuclear missiles without discussion. She said Trump is ‘unstable.’ Did she get the codes? Are they on her laptop?

At a rally staged by arriving protestors before the riots started, Trump, aided and abetted by his lawyer, former NYC Mayor Rudy Giuliani, helped stir them up. Their ‘battle’ cry: “STOP THE STEAL” yelled Trump! “It’s a battle! Don’t stop fighting!” Giuliani echoed.

As is true in any demonstration (example: Sacramento’s recent looting and broken storefronts last year during BLM),

See Bogart, page 8

## VIOLENCE AT THE UNITED STATES CAPITOL

WASHINGTON, D.C.  
JANUARY 6, 2021



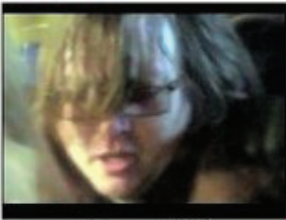
Photograph #59-AFO



Photograph #60-AFO



Photograph #61-AFO



Photograph #62-AFO



Photograph #63-AFO



Photograph #64-AFO



Photograph #65-AFO



Photograph #66-AFO



Photograph #67-AFO



Photograph #68-AFO

### DETAILS

The Federal Bureau of Investigation’s (FBI) Washington Field Office is seeking the public’s assistance in identifying individuals who made unlawful entry into the United States Capitol Building and assaulted

FLIER PHOTO COURTESY FBI

The individuals pictured are wanted for questioning by the FBI regarding the Jan. 6 riots in DC. See tag to column for how to report tips.



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# LEGALS

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 1/11/2021  
FILE NO. F20210029**

The following person(s) is (are) doing business as **Premier Mobile Tire**, 3201 Evergreen Ave., Ste. 360, West Sacramento, CA 95691 in Yolo County. Registered Owner(s) **Premier Mobile Tire**, 3201 Evergreen Ave., Ste. 360, 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 2/1/2016.  
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/Premier Mobile Tire, Julie Ford, CFO  
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: January 11, 2021  
/s/dho, Deputy Clerk  
Jan 20 27 Feb 3 10 nl 3112

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 1/11/2021  
FILE NO. F20210028**

The following person(s) is (are) doing business as **Custom Upfits**, 3201 Evergreen Ave., Ste. 360, West Sacramento, CA 95691 in Yolo County. Registered Owner(s) **Julie Ford**, 118 Rhoades Way, Folsom, CA 95630  
**Todd Ford**, 118 Rhoades Way, Folsom, CA 95630  
The business is conducted by: A Married Couple  
The registrant commenced to transact business under the fictitious business name or names listed above on 8/10/2012.  
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/Julie Ford, 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: January 11, 2021  
/s/dho, Deputy Clerk  
Jan 20 27 Feb 3 10 nl 3113

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 1/11/2021  
FILE NO. F20210030**

The following person(s) is (are) doing business as **Volume Press**, 1348 Terminal Street, West Sacramento, CA 95691 in Yolo County. Registered Owner(s) **Tackett Volume Press**, 1348 Terminal Street, 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 4/22/1998.  
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/Tackett Volume Press, Ronald Tackett, President 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: January 11, 2021  
/s/kquam, Deputy Clerk  
Jan 20 27 Feb 3 10 nl 3114

**STATEMENT OF  
ABANDONMENT OF  
USE OF FICTITIOUS  
BUSINESS NAME  
FILED 1/11/2021  
FILE NO. F20210027**

The person(s) or entity listed below are abandoning the use of the following fictitious business name(s): **Logical Zoology**, 3703 Folsom Court, West Sacramento, CA 95691 in Yolo County. The fictitious business name was *originally filed* in Yolo County 4/24/2019 and is being **ABANDONED** by the registrant(s) listed below.  
**Sarah Pearson**, 2214 Capitol Avenue #2, Sacramento, CA 95816 If a **Corporation or Limited Liability Company (LLC)**, please indicate the corporation or LLC name, as set forth in the articles of incorporation or organization on file with the **California** Secretary of State and State of incorporation or organization along with the address and county of the principal place of business: The business was conducted by: An Individual  
**I declare that all information in this statement is true and correct.** (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)  
/s/Sarah Pearson  
I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.  
State of California  
County of Yolo  
Jesse Salinas, Clerk/Recorder  
Date: January 11, 2021  
/is/dho, Deputy Clerk  
Jan 20 27 Feb 3 10 nl 3111

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 12/29/2020  
FILE NO. F20201031**

The following person(s) is (are) doing business as **The Reception Connection of Woodland**, 3080 Promenade Street #A11, West Sacramento, CA 95691 in Yolo County. Registered Owner(s) **Marcus Banard**, 3080 Promenade Street #A11, West Sacramento, CA 95691  
**Jon Wiltshire**, 2660 Independence Avenue, West Sacramento, CA 95691  
The business is conducted by: General Partnership  
The registrant commenced to transact business under the fictitious business name or names listed above on 3/1/1994.  
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/Jon Wiltshire, General 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: December 29, 2020  
/s/kquam, Deputy Clerk  
Jan 13 20 27 Feb 3 nl 3105

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. F20201015**

The following person(s) is doing business as: **Home Grown Realty, 725 Main St., Ste. 227, Woodland, CA 95695**, County of Yolo.  
**Deanna Stark**, 725 Main St., Ste. 227, 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 N/A  
/s/ Deanna Stark  
This statement was filed with the County Clerk of Yolo County on December 22, 2020.  
Jesse Salinas, County Clerk/Recorder  
By: dho, Deputy  
1/13, 1/20, 1/27, 2/3/21  
CNS-3429070#  
NEWS-LEDGER  
Jan 13 20 27 Feb 3 nl 3104

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 10/13/2020  
FILE NO. F20200858**

The following person(s) is (are) doing business as **Amazing Grace Doula Service**, 402 Mallard Drive, Woodland, CA 95695 in Yolo County. Registered Owner(s) **Crista Lynn Martinez**, 402 Mallard Drive, Woodland, CA 95695  
The business is conducted by: Individual  
The registrant commenced to transact business under the fictitious business name or names listed above on 10/13/2020.

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/Crista L. Martinez, 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: October 13, 2020  
/s/Smith, Deputy Clerk  
Jan 13 20 27 Feb 3 nl 3108

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 11/24/2020  
FILE NO. F20200956**

The following person(s) is (are) doing business as **Collegiate Tutor Network**, 2358 Rodin Pl., Davis, CA 95618 in Yolo County. Registered Owner(s) **Beatriz Sarah Yankelevich**, 2358 Rodin Pl., Davis, CA 95618  
**Neha Sharma**, 1065 Marigold Court, Sunnyvale, CA 94086  
The business is conducted by: General Partnership  
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/Beatriz Sarah  
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: November 24, 2020  
/s/Smith, Deputy Clerk  
Jan 13 20 27 Feb 3 nl 3109

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 12/23/2020  
FILE NO. F20201018**

The following person(s) is (are) doing business as **Dah Bao**, 2880 5<sup>th</sup> Street, Suite 140, Davis, CA 95618 in Yolo County. Registered Owner(s) **Wagtal**, 590 Lentini Way, Sacramento, CA 95834  
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/Wagtal, Tom Zhang, Secretary  
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: December 23, 2020  
/s/dho, Deputy Clerk  
Jan 6 13 20 27 nl 3102

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 12/7/2020  
FILE NO. F20200986**

The following person(s) is (are) doing business as **Miller Management & Consulting Group**, 3940 Tule Street, West Sacramento, CA 95691 in Yolo County. Registered Owner(s) **Pamela Miller**, 3940 Tule Street, 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 12/21/2015.  
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/Pamela A. Miller, 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: December 7, 2020  
/s/kquam, Deputy Clerk  
Jan 6 13 20 27 nl 3103

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. F20201008**

The following person(s) is doing business as: **Infinite Quarry, 668 Pecan St., West Sacramento, CA 95691**, County of Yolo.  
The business is conducted by an Individual.  
The registrant commenced to transact business under the fictitious business name or names listed above on N/A.  
/s/ Gina Malcolm  
This statement was filed with the County Clerk of Yolo County on 12/16/2020.  
Jesse Salinas, County Clerk/Recorder  
By: kquam, Deputy  
12/30/20, 1/6, 1/13, 1/20/21  
CNS-3427311#  
NEWS-LEDGER  
Dec 30 Jan 6 13 20 nl 3101

**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 01/30/2021 @ 10:00am:** Reyna Magallon home decor/work equipment. Marcos Zapien Bed, boxes, bins, washer and dryer. Jocelyn Garcia Household items. Samuel Smith Households items. John Van Dusen Household items  
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 until the winning bidder takes possession of the personal property.  
1/13, 1/20/21  
CNS-3430566#  
NEWS-LEDGER  
Jan 13 20 nl 3106

**NOTICE OF LIEN  
SALE**

Notice is hereby given pursuant to California Business and Professional Codes #21700-21716, Section 2328 of the UCC of the Penal Code, Section 535 the undersigned, StorQuest Express Self Storage/Ramco St. of West Sacramento, will sell at public sale by competitive bidding the personal property of Tammy Rodrigues, James Allman, and Kevin Patee. Property to be sold: Misc. Items. Auctioneer Company: www.storagetreasures.com **The Sale will end at 10:00 AM, January 28, 2021.** Goods must be paid in CASH at site and removed at completion of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. 3005 Ramco St. West Sacramento, CA 95691 (916)241-8600  
1/13, 1/20/21  
CNS-3430856#  
NEWS-LEDGER  
Jan 13 20 nl 3107

**ORDINANCE  
SUMMARY**

At their regular meeting on December 9, 2020, the West Sacramento City Council adopted by the votes noted below:  
Ordinance 20-12 approving the Development Agreement between the City and G&A Holdings, LLC pertaining to Wholesale Cannabis Logistics/Distribution/Transportation.  
Ordinance 20-13 approving the Development Agreement between the City and G&A Holdings, LLC pertaining to Cannabis Manufacturing.  
Ordinance 20-15 approving Modifications to the River One Development Agreement.  
AYES: Alcala, Ledesma, Orozco, Guerrero.  
NOES: None.  
ABSENT: None.  
ABSTAIN: None.  
The full text of these ordinances are available in the City Clerk’s Office, 1110 West Capitol Avenue, West Sacramento, CA 95691.  
Jan 20 nl 3115

# 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

Puzzle Answers are on page 7

# Freeway Service Patrol Coming to Interstate 5 in Woodland

The California Highway Patrol (CHP) Woodland Area, Caltrans, and the Sacramento Transportation Authority (STA) are happy to announce a new service, Freeway Service Patrol (FSP), coming to Yolo County. For motorists in need of assistance following a vehicle mechanical issue, FSP is a safe reliable way to help get you on your way or assist you to a safe location.

In early 2019, CHP Woodland Area began requesting additional FSP service on a portion of the Interstate 5 corridor in Yolo County. The request was made for the additional service between the Sacramento/Yolo County line to State Route 113 to address the significant increase in traffic volume. The Area has seen an increase of traffic on this corridor due to motorists bypassing heavy traffic on Interstate 80. The FSP program reduces freeway congestion by quickly finding and removing minor incidents from the freeways.

All American Towing and Transport Inc. of Auburn, CA, will be responsible for monitoring traffic Monday through Friday from 6:30 a.m. to 10 a.m. and 2:30 p.m. to 6:30 p.m. FSP operators, driving specially marked tow trucks and service trucks, continuously patrolling the freeway looking for stopped or disabled vehicles. When found, FSP operators introduce themselves to motorists and provide them with an FSP informational brochure, a survey card, and then quickly assess the situation. FSP operators may spend up to 10 minutes attempting to mobilize a vehicle though quick fixes and minor repairs such as providing a gallon of fuel, jump starting, changing a flat tire, etc. If a vehicle cannot be mobilized within the 10-minute time frame, the vehicle is towed to a designated drop location identified by the CHP off of the freeway.

FSP is operated through a partnership agreement between the STA, Caltrans and

CHP. CHP provides field supervision of the program, operator certification and training, dispatching, complaint investigation, and vehicle inspections. Caltrans provides state funding, program analysis, evaluations, and operation-

al recommendations. STA provides contract administration services, accounting controls, match funding procurement, and overall program management.

Funding for this project is provided by Senate Bill 1 (SB 1), the Road

Repair and Accountability Act of 2017. FSP Program directed an additional 25 million dollars per year to the FSP Program (statewide) with 9.05 million dollars specifically allocated for new or expanded service. With this addi-

tional funding STA was able to secure funding for a new zone in Yolo County, fulfilling CHP Woodland Area's request for additional FSP service on the Interstate 5 corridor from the Sacramento/Yolo County line to State Route 113.



# Kiwanis Club of West Sacramento

## Valentine's Day candy sale!

# Final day to place orders is January 29, 2021

Kiwanis Club of West Sac, with See's Candy will be offering sales online. Due to COVID-19 we are unable to have a store front to reach all of you, to fill this void we are offering a link to purchase your favorite candy:  
[https://www.yumraising.com/secure/kiwaniscow\\_kiwanis\\_club\\_of\\_west\\_sac96/candy?h=MS\\_&But3362&c=fb3935](https://www.yumraising.com/secure/kiwaniscow_kiwanis_club_of_west_sac96/candy?h=MS_&But3362&c=fb3935)

**For questions contact:**  
Mauda Butte: 916-764-9231  
Judy Shill: 916-397-6251



### Bobby's Seven Day Barber Shop

**Open Everyday!**  
1040 West Capitol Ave Suite E (Behind Subway)  
West Sacramento, CA 95691

**Bobby Luna**  
**(916) 371-4676**

Next to City Hall  
Corner of West Capitol and Merkley

### CASH PAID FOR DIABETIC TEST STRIPS

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

**WE PAY UP TO \$30 PER BOX CASH ON THE SPOT**  
(prices vary depending on brand, quantity and expiration date)  
*We offer FAST PICKUP at a location that is conveniently located near you.*  
Boxes must be unopened and unexpired

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

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- ♦ Watches
- ♦ Sales
- ♦ Repair

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# Home Improvement Guide



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**916-695-4212**  
garyavila1946sac@gmail.com CA Licence #804662



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- ♦ Tree Removal
- ♦ Stump Grinding
- ♦ Mistletoe Removal

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- Kitchens
- Bathrooms
- Custom Cabinetry

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**916-422-6639**


LIC# 480492 [www.lytleconstruction.com](http://www.lytleconstruction.com) 

## Hardwood Flooring

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

**Call Michael - (916) 383-8742**

Lic# 544159/References Available



Cont. Lic. #552529

## Emergency?

## J & J PLUMBING

**(916) 761-4990**

PLUMBING & REMODELING  
SEWER & DRAINWORK

John & Ed Yeargin 371-4151

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## TRACTOR WORK

**(916) 988-3283**

Lic. #571637

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NP-01.20

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- Rain Gutter Cleaning
- Concrete Removal
- Hedge Trimming/Shrub Removal

Pressure-wash your driveway clean! Your decks, too!  
Clean out your garage! Replace old lawn!

**SPECIALS FOR SENIORS - Lic#128758/Ref Available**

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- ♦ All jobs new/old large/small
- ♦ Interior and exterior
- ♦ Repairs, replacements, emergencies

**JERRY SEXTON**  
916-870-4694 • 916-598-3693  
[JerrySexton222@gmail.com](mailto:JerrySexton222@gmail.com)

## New report finds public advocates office saved California ratepayers more than \$3 billion in avoided rate increases in 2020

California ratepayers saved more than three billion dollars in avoided utility rate increases in 2020, and \$44 billion over the last decade, according to a report released by the Public Advocates Office, the independent consumer advocate at the California Public Utilities Commission (CPUC). In a year that already posed many challenges to families in our state, these savings protected many from paying higher bills across industry areas - energy, water, and communications.

“The impacts of COVID-19 and the increasing frequency of wildfires have made our advocacy that much more important for Californians,” said Elizabeth Echols, Director of the Public Advocates Office. “From a child being able to attend school with reliable Internet at home to helping prevent utility-caused wildfires, we will continue to strive for a California where every individual and family has access to affordable, safe, and reliable utility services.”

The Public Advocates Office strives to ensure affordable, safe, and reliable utility services while advancing the state’s environmental goals. In addition to ensuring customer’s monthly bills are more affordable, highlights of our other work include:

Reducing the impacts of power shutoffs by leading the effort to require wireless telephone phone companies to install 72-hour backup power, so customers can call 911 and their loved ones during emergencies.

Making water more affordable for millions of Californians by successfully advocating to eliminate an unfair charge on monthly water bills.

Helping to alleviate the impacts of COVID-19 by 1) reducing the likelihood of disconnections by successfully advocating to provide debt forgiveness to many low-income families, and 2) successfully advocating to accelerate the distribution of utility bill credits (Climate Credits).

Reducing intensity and frequency of wildfires by making recommendations to strengthen utility wildfire safety practices and plans.

Calling for additional electric vehicle charging stations to be installed more equitably, especially in disadvantaged communities (areas in the state that most suffer from a combination of economic, health, and environmental burdens).

## State Recovery Operations Launch New Online Tool: Debris Dashboard to Track Wildfire Cleanup Progress

As property owners begin the process of recovering after last year’s wildfires, there are programs and resources available to help get them back on track. One of those is the State’s Consolidated Debris Removal Program led by the California Governor’s Office of Emergency Services, CalRecycle, and local governments.

Wildfire survivors participating in the Consolidated Debris Removal Program can now access an informational dashboard that provides details of the cleanup progress.

This Debris Operations Dashboard for the 2020 statewide wildfires is updated every hour and provides users with the ability to sort by branch or county via the filters at the top of the page. Users can also search by address via the magnifying glass icon at the top of the map to learn of the debris removal status of their property.

For those who have yet to sign up for the opt-in Consolidated Debris Removal Program, they have until February 1, 2021, to sign up for this no-cost program. Survivors can participate by filling out a Right-of-Entry (ROE) form, which grants state-contracted work crews access to their property. Before the debris removal can start, property owners must submit an ROE form to their county.

This deadline has been extended in order to motivate more homeowners with fire-damaged structures and trees in danger of falling on public roads and other infrastructure to participate.

Learn more about the ROE form below:

**Q: What is a Right-of-Entry form?**  
A: It grants the local and state government access to your property in order to clean up after a wildfire.

**Q: Is the debris removal free?**  
A: All initial costs will be paid by state and federal agencies. However, if property owners have insurance that covers debris removal, owners must inform their local officials.

**Q: How are properties prioritized for debris removal?**  
A: Officials will give priority to sites in or near sensitive areas such as watersheds, schools, daycare centers, and health-care facilities. Then, they will identify areas where there are groups of eligible properties.

**Q: Should I be present during the cleanup process?**  
A: Owners do not need to be present but can view the cleanup from a safe distance on their property. Exclusion zones will be established to ensure the safety of the public and workers.

**Q: Will debris removal crews be looking for code violations?**  
A: No. Debris removal crews are on-site to perform specific operations related to the removal of contaminated soil, ash, debris, concrete, and metals.

In August alone, the fires impacted 18 counties statewide, then in September, another 10 counties, with a total of 4.1 million acres burned. Even with record-breaking numbers, cleanup crews are continuing to make progress.

Recovery resources are available at [wildfirerecovery.ca.gov](http://wildfirerecovery.ca.gov) where property owners can find direct links to county ROE forms, contact information for each affected county, as well as additional information about the state’s consolidated debris removal program.

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## Change a Life.

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### California MENTOR

Family Home Agency

[MentorsWanted.com](http://MentorsWanted.com)

California MENTOR is seeking loving families/individuals with a spare bedroom to support adults with special needs. Receive ongoing support and \$1196 - \$2896 per month to help cover the cost of care.

Our Family Home Agency (FHA) programs match individuals who want to be a part of the community with nurturing families, who we call Mentors. In a Mentor’s home, individuals can develop relationships that help them grow and enjoy all that life has to offer.

For more information, please contact Olivia at (916) 228-0477  
[Olivia.Cerda@thementornetwork.com](mailto:Olivia.Cerda@thementornetwork.com)

## News-Ledger Directory of Local Places of Worship

### Community Lutheran Church

Join us for a positive, uplifting message!  
We welcome all!  
Sunday Service at 10-AM  
920 Drever St., 317-8804

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

### Center for Spiritual Awareness

1275 Starboard Dr.  
374-9177 (For prayer line, listen for prompt)  
Sun. Service: 11 a.m.  
Youth Programs & Jr. Church  
Rev. Georgia Prescott  
[www.csasacramento.org](http://www.csasacramento.org)  
for weekly affirmations  
All are welcome!

### Trinity Presbyterian Church

1500 Park Blvd. W. Sac. CA  
916-371-5875  
[www.TrinityWestSac.org](http://www.TrinityWestSac.org)  
info@trinitywestsac.org  
Pastor Jamie Crook  
Spanish Ministry Pastora: Miryam Osorio  
Sunday Worship Services: 9:30 a.m. Blended/Traditional  
Noon Spanish Language

### Seventh Day Adventist Church

Sasa Andelkovic, Senior Pastor  
2860 Jefferson Blvd., W. Sac.  
PO Box 447, W. Sac. 95691  
Sat. Sabbath School 9:30 a.m.  
Worship 11 a.m.  
372-6570

### American Buddhist Seminary Temple

Learn how to practice mindfulness meditation for your everyday happiness in small groupsetting.  
Free Community Service.  
Sundays - 8:30-10 a.m.  
423 Glide Avenue, West Sac  
916-371-8535  
[www.abstemple.org](http://www.abstemple.org)

### New Seasons Church

Your Church in West Sacramento  
Pastor Ron Jackson  
Sunday 10 a.m. service  
Westfield Elementary School  
508 Poplar Ave., West Sacramento  
916-265-4025  
[pastorron@newseasonsws.com](mailto:pastorron@newseasonsws.com)  
[www.newseasonsws.com](http://www.newseasonsws.com)

### West Sacramento Baptist Church

Sun. School - 9:30 a.m.  
Sun. Worship - 11 a.m.  
Wed. Prayer Meeting & Bible Study - 6:30 p.m.  
2124 Michigan Blvd.  
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.

## Puzzle Solutions

### Super Crossword

Answers

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

### Weekly SUDOKU

Answer

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

# Bogart

Continued from page 3

there will be factions at any protest who're there because they're addicted to their own adrenaline. Excitement, violence, TV cameras. Whoopee! They embrace a 'cause' for their own agenda, ideology is the excuse for bad behavior.

In DC, there were, no doubt, Trump supporters who not only voted for him, but truly believe the election was unfair. What they call 'tax and spend' Demo-

crats are not their favorites. Many, Trump among them, thought he deserved a Nobel Prize for his reception in the Middle East.

After Jan. 6, many corporations yanked campaign contributions from Republicans who still back Trump. The PGA has crossed off two Trump golf courses scheduled to host the 2022 PGA. Trump's Tweets and Posts are now permanently barred from Facebook, Twitter, maybe other social media. ANY Facebook post that contains the words 'Stop the Steal' will be deleted. (Payback, maybe, for

Trump's assertion that Big Tech should be regulated? Not to be a cynic.)

As of Jan. 12 (my column deadline), Trump refused to resign. Pence won't oust him, Trump promising a 'peaceful' transfer of office, was refusing to resign. Congress was set to vote on whether Pence should force him out. As you read this, you'll know if the rioters stayed home – and Trump shook Biden's hand, or he is self-exiling in some country that won't extradite him.

Donald Trump. At his own inauguration, dancing with Melania, he

sang along to Sinatra's "(I did it) My Way."

But here's the thing about this country. America. "By the people. For the people." No one person does it *their* way. In our democratic system of government, we elect those who do things *our* way. And if they don't, they lose elections.

*Think you recognize any of those pictured in the FBI flier who are alleged to have assaulted federal officers Jan. 6 in the Capitol? If you have information or photos, you're asked to call the FBI's*

*tollfree Tipline, 1 (800) 225-2324, or the FBI office in Sacramento. The FBI asks that you reference the number beneath the photo, including the AFO (see flier). You can submit potentially relevant photos and videos online at [fbi.gov/USCapitol](https://www.fbi.gov/USCapitol). Anonymous information regarding any unlawful violent behavior in the Capitol building on Jan. 6 or since then also can be reported online or at the nearest FBI office, American Embassy or Consulate. Questions, comments? Contact Carol Bogart at [carol@bogartonline.com](mailto:carol@bogartonline.com).*

# Thank You

for reading the News-Ledger!

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TK-K REGISTRATION 2021-22

ENROLL TODAY!

VISIT [WWW.ENROLLATWUSD.ORG](http://WWW.ENROLLATWUSD.ORG)

WASHINGTON  
UNIFIED  
SCHOOL  
DISTRICT  
WEST SACRAMENTO

TK-K REGISTRACIÓN 2021-22

¡INSCRÍBASE HOY!

VISITE [WWW.ENROLLATWUSD.ORG](http://WWW.ENROLLATWUSD.ORG)

WASHINGTON  
UNIFIED  
SCHOOL  
DISTRICT  
WEST SACRAMENTO

**SOUTHPORT SELF STORAGE**  
COVERED AND OPEN RV PARKING LOT



PLEASE CALL 916-395-3080  
TO RESERVE YOUR RV SPACE

**SOUTHPORT SELF STORAGE**  
3080 PROMENADE STREET  
WEST SACRAMENTO

**ComForCare**   
HOME CARE

**In-Home Care Designed Around You**

Whether it's due to injury, illness or aging, sometimes older adults need a little extra help, especially at home. However, family and friends can't always be there to assist. That's where **ComForCare Home Care** comes in. Our personalized care plans and compassionate caregivers help seniors live independently in their own home and continue to do all the things they love.

- Personal Care
- Grooming & Hygiene
- Bathing & Toileting
- Medication Reminders
- Transitions of Care
- Safety Supervision
- Meal Preparation
- Light Housekeeping
- Companionship
- Family Respite

Contact us today for a free consultation.  
916-822-6616  
[ComForCare.com/sacw](http://ComForCare.com/sacw)

Live your **best** life possible.

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**RECYCLE RIGHT FOR THE HOLIDAYS!**

Help us keep West Sacramento clean and green by properly sorting your holiday items.



**Common Holiday Items and Where They Go**

**HOLIDAY TREE**  
Place curbside on day of collection until 1/22/21. Please cut tree if over 5 ft.

**BROKEN HOLIDAY LIGHTS**  
Contact WM At Your Door [www.wmatyourdoor.com](http://www.wmatyourdoor.com)

**PAPER & RIBBON**  
Foil & Ribbon = Trash  
Paper = Recycling

**FOOD SCRAPS**  
Organics

**BOTTLES & CANS**  
Recycling

**PACKAGING**  
Cardboard = Recycling  
Polystyrene = Trash



**Spring Medical Clinic**  
Spring Into A New You!

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

**New Patient Special!**



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

[www.springmedicalclinic.com](http://www.springmedicalclinic.com) • (916) 265-6309

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

Just stop by anytime during clinic hours

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