

# In spite of the pandemic: West Sac Kids Give Back continued to deliver bags of much needed personal items

**BY QUIRINA OROZCO**

This year, West Sac children represented to our community the true spirit of giving. Despite the cancellation of many of the West Sac Kids Give Back (WS-KGB) donation drives, kids arrived by the dozen to two WS-KGB drive through events. Masked and distanced, they arrived throughout the night holding bags of much needed personal items to give back to our neighbors in need, oftentimes using their own allowance and savings to do so.

Six years ago, I, along with four visionary moms, created

WSKGB to help my son and his kindergarten classmates understand the power of service above self. The kids were tasked with collecting a select list of items which they later included in care packages for neighbors in need.

As our community has grown, so have the hearts of so many who seek connection and the desire to make a difference.

Over the years, the West Sacramento Active Aging Knit and Crochet Group has partnered to make the care packages even more special. Thanks

See Kids Give Back, page 9



## Matsui Issued Statement on Violence at U.S. Capitol, Certification of Election Results



Congresswoman Doris Matsui (D-CA)

Congresswoman Doris Matsui (D-CA), issued the following statement on the violence Wednesday, Jan. 6, around the U.S. Capitol complex and the certification of the presidential election results.

“Today’s insurrection at the U.S. Capitol was a coordinated attempt to overthrow our democratic process with violence. Make no mistake, these rioters viewed the President’s repeated claims of fraud as a mandate to act. Lies, misinformation, and demagoguery have consequences. That is why I called on the Vice President to invoke the 25th Amendment and convene the cabinet to remove the President from office. President Trump continues to put himself above the American people, and his reckless actions to undermine

See Matsui, page 8



## Yolo County Firefighters Receive COVID-19 Vaccinations

Firefighters all over Yolo County serving communities and residents are set to receive the first of two COVID-19 vaccinations this week as a part of the County’s Phase 1A, Tier 1 vaccine distribution. Vaccinations are being administered by Yolo County

public health staff with a minimum of three undisclosed vaccination clinics to accommodate firefighter shifts. Firefighters are being given the Moderna vaccine and the second round will

See Vaccine, page 2

## Deadline to apply for school board vacancy is Friday

As announced on December 1, 2020, by the Yolo County Elections Office, a vacancy was created on the Washington Unified School District Board of Education, Area 1, by the resignation of Trustee Norma Alcala following her election to the West Sacramento City Council.

The Board member vacancy will be filled by Board appointment. The Board will be accepting applications until Friday, January 15, 2021, at noon.

On Thursday, January 28, 2021, the Board anticipates meeting in an open session public meeting at 6:00 pm to review applications and interview the candidates. Candidates should make themselves available for this meeting. The Board’s appointment of the candidate to fill this position will take place at the January 28, 2021 Board meeting after discussion of candidates.

Interested parties are asked to complete the Application Form and Qualification Form, available in fillable PDF format online at: <https://drive.google.com/file/d/1gq64grY0CSqOqFALOFy-TbM5abovFI-JM/view>.

Email your completed application to [gkzannis@wusd.k12.ca.us](mailto:gkzannis@wusd.k12.ca.us)

See School Board, page 2

## THIS ‘n’ THAT Time to Talk About Crime



BY CAROL BOGART

You know, I’ve never been wild about freeway driving. I don’t like semis. I don’t like getting lost. And here lately, I’ve wondered who will be the freeway shooter’s next random victim. Maybe me? Maybe Mike? Or how about the yo yos who drop heavy rocks off overpasses onto the windshield of a car

below? Recently, a young woman’s car was hit. She could lose an eye.

Mailbox theft, porch pirates, car break ins. ‘No bond’ arrestees released and rearrested. All that stuff is up. Pandemic boredom/money desperation maybe.

But here’s something that happens twice a year, pandemic or no pan-

demic. New Year’s Eve and the 4<sup>th</sup>. Celebrants – high or drunk or just plain stupid – who like to shoot their guns.

Across the river in the wee hours of Jan. 1, a long-time homeowner heard her front window shatter. The bullet, passing through

See This ‘n’ That, page 10



PHOTO BY CAROL BOGART  
Our house in Denver when a serial rapist was stalking me.

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# OBITUARY



**Manuel J Arch**

Born February 10, 1959, Manuel passed away on December 31, 2020. He was a lifelong resident of Broderick, CA. Beloved son of the late Mary Louise Arch and the late George John Arch, Manuel is now reunited with his late twin

brother John Arch as well as his sister the late Carmel Funkner. Manuel, and the love of his life, Debra met at the age of 13 and they were together until the day that he passed. Manuel was a loving father to his son Joseph Arch (Irma) and his daughter Violet Arch (Steve). He was the proud grandfather of Eli Cervantes, Judy Arch, Manny Arch and Mariah Romero. He is also survived by his brother George Arch (Andrea) as well as his nieces, nephews, cousins and Auntie Helen. Manuel graduated from Washington High

School, Class of 1977. He proudly served a term in the military in the Army. He worked on the dock for USF Reddaway for over 20 years. He was an athlete who loved sports. He loved rooting for his Kansas City Chiefs, Boston Celtics and Chicago Cubs. He also enjoyed attending the sporting events of his grandkids and cheering them on. Manuel coached his son's Washington Little League team for many years. He was also third base coach for his daughter's coed softball team for several years. He had a huge love of music and had so much fun at the concerts that

he went to. Manuel was a very lovable man who cherished his family and friends. He will truly be missed.



**Lois J. Misfeldt**

August 20, 1925 – December 1, 2020.

Lois J. Misfeldt passed peacefully on December 1, 2020, after a long illness. Lois was born in Deaver, Wyoming, and educated in Wyoming schools and at the University of Denver, where she studied nurs-

ing. She was a retired RN. A resident of West Sacramento from 1954-2013, she was passionate about community affairs and served on the boards of the Washington Unified School District, the East Yolo People for Better Water, East Yolo Human Services League, the East Yolo Community Services District, and the California State Water Quality Advisory Council. Lois was a member of the Davis United Methodist Church for many years. She enjoyed get-togethers with friends and family, music, theater, gardening, birding, and traveling. Predeceased by husband Jacob A. Misfeldt, and brother Charles Snyder, she is survived

by her daughters Jean (Ron) Nakano and Nancy Quam-Wickham, and her son David Quam (Tim Trevino), grandchildren Laura, Lindsey, Tom, Claire, and Rose, and two great-grandchildren; Jacob's daughter Marie (George) Bairey and her sons and their families; as well as her sister Alice Carter of New Mexico and numerous nephews, nieces, and friends. Because of COVID, services will be announced at a later date. Donations may be made in Lois' memory to her preferred charities: Habitat for Humanity, Southern Poverty Law Center, UNICEF, Nature Conservancy, Yolo Hospice, or a charity of your choice.

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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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**Vaccine**

Continued from page 1

be held in late-January and early February. The vaccination is not mandatory.

Firefighters, along with paramedics, EMTs, and other emergency medical services, are part of the State's vaccine allocation guideline for Phase 1A, Tier 1. Phase 1A is split into three tiers and doses are prioritized by risk exposure to COVID-19. Full details on each phase and tier can be found on the County's COVID-19 vaccine page at: [www.yolocounty.org/coronavirus-vaccine](http://www.yolocounty.org/coronavirus-vaccine).

"We are extremely hopeful that this vaccine will have a profound positive impact on the wellbeing of our personnel, and we are thankful to be able to offer this opportunity to all firefighter personnel in Yolo County who

would like to be vaccinated," said Woodland Fire Chief Eric Zane, "This protection goes beyond our firefighters. It will help us to protect their families, their peers and the communities we serve every day."

The vaccine being administered is mRNA-based, a new type of vaccine to protect against infectious diseases. mRNA vaccines do not place a weakened or inactivated germ into bodies; instead, they teach our cells how to make a protein that triggers an immune response inside our bodies. That immune response, which involves antibodies and immune cells, is what protects us from getting sick if the real virus enters our bodies.

For additional information regarding COVID-19 visit: <http://www.yolocounty.org/coronavirus>. For updates, follow Yolo County on Facebook at: <https://www.facebook.com/YoloCounty/>

*book.com/YoloCounty/ or Twitter at: <https://twitter.com/YoloCountyCA>. Additional information on the City of Woodland can be found at [www.cityofwoodland.org](http://www.cityofwoodland.org) or on Facebook at <https://www.facebook.com/CityofWoodland>. To receive email alerts from the City of Woodland visit [www.cityofwoodland/notifyme](http://www.cityofwoodland/notifyme).*

**School board**

Continued from page 1

Or, print and mail or hand-deliver your completed application to the WUSD District Office:  
ATTN Board Member Application  
930 Westacre Road,  
West Sacramento, CA 95691

All COVID-19 safety protocols must be followed when entering the District Office:

- If you are sick, DO NOT enter. Use email or postal service.
- You must wear a face covering.
- Stay 6 feet away from people at all times.

- Do not linger or gather. Drop off your materials and exit the building immediately.
- To fill this vacancy, a person must be a resident of Trustee Area No. 1.

If you have any questions or concerns or to make an appointment, please contact Giorgos Kazanis, Administrator of Communication and Community Outreach, at 916-869-6022 or [gkazanis@wusd.k12.ca.us](mailto:gkazanis@wusd.k12.ca.us).

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# Newly appointed Superintendent of schools releases open letter to the community

**Hello Washington Unified Family,**

I want to take this time to send New Year greetings to the staff, students, parents, and community members. I am thankful to the Board of Trustees for providing me with the opportunity to lead Wonderful Washington Unified. I am committed to collaborating with all of our stakeholders and I look forward to meeting members of the district as I begin the work to “Listen and Learn” about the key attributes that make Washington Unified a special place for staff to work and students to learn and thrive.

As we embark on a new semester, I hope you and

your families are safe and well. The impact of COVID-19 has had a tremendous impact on our education system. I want to acknowledge that the district has revamped the teaching and learning process and changed from in-person learning in a classroom setting to learning in a virtual classroom setting, literally overnight. The massive efforts of administrators, teachers, and all staff to ensure that students were able to continue learning in a remote setting is unprecedented. To our parents and guardians, you have taken on the added layer of responsibility to assist your child to

navigate distance learning. The words, thank you, have a deeper meaning of gratitude than ever before. It is due to the commitment of all that we have been able to make progress from March 2020 to today.

Governor Gavin Newsom released state guidelines for schools to reopen by early spring. We are reviewing the guidelines and monitoring the COVID-19 case data in YOLO County and in West Sacramento. The guidelines include funding to support safe reopening, safety & mitigation measures for classrooms, hands-on oversight & assistance for schools, and transparency & ac-

countability for families & school staff. District staff is in frequent communication with officials from the County Department of Health and we will focus on the science, guidance from health experts, and data as we prepare for a Phase-In approach to in-person/hybrid instruction. Please know that a full distance learning option will continue to be offered once our district has been approved to begin in-person learning.

Our goal is to send frequent updates to schools and families and gather input from stakeholders as we prepare to implement a safe, phase-in approach

to bringing students back to campus that is in alignment with the guidelines from the state. I look forward to connecting with the community and I am confident that although we face many challenges due to this pandemic, we will continue to focus on academic excellence and social-emotional well-being as we put students at the center of the decisions that we make.

Cordially,

Dr. Cheryl Hildreth  
Superintendent  
Washington Unified School District

## Free COVID-19 Testing Sites Offered in January

Post Date:01/04/2021 8:47 AM

Residents can continue to receive free Coronavirus Disease 2019 (COVID-19) testing during the month of January at multiple locations, including sites provided by Yolo County and the State of California’s OptumServe contract.

Yolo County’s COVID-19 Testing Sites

The following locations are offering free COVID-19 testing and are provided by Yolo County:

**Tuesday, Jan. 19**  
Clarksburg Community Church (52910 Neth-

erlands Ave, Clarksburg); 4 to 7 p.m.

**Monday, Jan. 25**  
Davis Senior Center (646 A Street Davis); 3 to 7 p.m.

**Tuesday, Jan. 26**  
Esparto Boy Scout Cabin (17020 Yolo Avenue, Yolo); 4 to 7 p.m.

Participants of these testing sites must be residents of Yolo County and will need to bring a document displaying their name and address, such as a driver’s license, ID card, utility bill, or piece of mail. All ages are accepted. Spanish translation will be

available at most, if not all, of the sites. There may be some delays in getting testing results. Registration is recommended in order to speed up the process but is not required and does not guarantee a test. When residents register online, they will not be able to select a time slot and will not receive a confirmation of receipt. Register at: <https://www.avellinocoronatest.com/patient>.

The County may add more COVID-19 testing sites for January. Please check the County’s testing website for more information: <https://covid-testing.yolocounty.org/>.

**State’s OptumServe Site Still Located in Woodland**

In addition to these testing sites, the State of California’s OptumServe site will continue to provide residents with additional COVID-19 testing in the portable building next to the Juvenile Detention Facility, located at 2780 E. Gibson Road in Woodland, from January 2 - 30. The site may be closed or closed early some days due to holidays. Testing at the OptumServe site is free and open to all California residents, regardless of documentation status, and is by

appointment only Tuesdays – Saturdays from 7:00 a.m. to 7:00 p.m. All ages are welcome. If residents do not have health insurance, the cost of the test will be covered by the state. If residents have health insurance, their provider will be billed with no out of pocket cost to the resident. To schedule an appointment, call: (888) 634-1123 or go online at: <https://lhi.care/covid-testing>.

At both the State’s OptumServe and Yolo County’s testing sites, residents must wear a face covering and practice social distancing.

None of these sites are drive-thru, so residents will need to park their car and walk a short distance to the testing building. To see all the COVID-19 testing options in Yolo County, visit the County’s COVID-19 testing page at: <https://covidtesting.yolocounty.org/>. Residents can also call Yolo 2-1-1 for resource information. For additional updates follow Yolo County on Facebook at: <https://www.facebook.com/YoloCounty/> or Twitter at: <https://twitter.com/YoloCountyCA>.



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# Legals

Continued from page 4

## FICTITIOUS BUSINESS NAME STATEMENT FILED 12/11/2020 FILE NO. F20201002

The following person(s) is (are) doing business as **Sac Novelties Inc., Smoke Wrap**, 820 Delta Lane #258, West Sacramento, CA 95691 in Yolo County.

Registered Owner(s) Sac Novelties Inc., 820 Delta Lane #258, 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 12/11/2020.

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/Sac Novelties Inc., Mearajuddin Malikzada, 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: December 11, 2020 /s/lsmith, Deputy Clerk Dec 23 30 Jan 6 13 nl 3089

## FICTITIOUS BUSINESS NAME STATEMENT FILED 10/26/2020 FILE NO. F20200891

The following person(s) is (are) doing business as **Car Source Center**, 1540 South River Road, West Sacramento, CA 95691 in Yolo County.

Registered Owner(s) Mostafa Saad, 1451 Exposition Blvd. #16, Sacramento, CA 95815

The business is conducted by: Individual

The registrant commenced to transact business under the fictitious business name or names listed above on 10/26/2020.

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/Mostafa Saad 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 26, 2020 /s/Iramirez, Deputy Clerk Dec 23 30 Jan 6 13 nl 3090

## FICTITIOUS BUSINESS NAME STATEMENT FILED 11/20/2020 FILE NO. F20200950

The following person(s) is (are) doing business as **Suave Dental**, 2727 West Capitol Ave., West Sacramento, CA 95691 in Yolo County.

Registered Owner(s) Momani DDS Inc., 3025 McHenry Ave., Ste. N, Modesto, CA 95350

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/Momani DDS Inc., Reema Momani, 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: November 20, 2020 /s/kquam, Deputy Clerk Dec 23 30 Jan 6 13 nl 3094

## CITATION TO APPEAR IN THE SUPERIOR COURT OF THE STATE OF CALIFORNIA IN AND FOR THE COURT OF YOLO JUVENILE DIVISION

JV-19-286

In the Matter(s) of **MARIANNA KOCHANOVA Dependent(s)**

To: Roshan Salmanov

**YOU ARE HEREBY CITED AND REQUIRED TO APPEAR** at a hearing in Yolo County Juvenile Court, located at 1000 Main Street, Woodland, California 95695, on February 25 2021 at 10:00a.m. in Department 6.

At the hearing, the Court will decide whether to permanently terminate your parental rights over the above-named minor child born to Tatyana Kochanova on August 20, 2014. If you wish to be represented by an attorney and are unable to afford one, the Court will appoint an attorney to represent you. Due to Covid-19 this hearing will be held over zoom. Please call (530)661-2712 regarding your appearance. DATED 12/14/2020

Janene Beronio Judge of the Juvenile Court Dec 23 30 Jan 6 13 nl 3095

## PUBLIC NOTICE

Notice of School Board Vacancy, Area 1 As announced on December 1, 2020, by the Yolo County Elections Office, a vacancy was created on the Washington

Unified School District Board of Education, Area 1, by the resignation of Trustee Norma Alcalá following her election to the West Sacramento City Council. The Board member vacancy will be filled by Board appointment. Beginning, December 19, 2020, and ending at noon on January 15, 2021, the Board will be accepting applications. On Thursday, January 28, 2021, the Board anticipates meeting in an open session public meeting at 6:00 pm to review applications and interview the candidates for the seat. Candidates should make themselves available for this meeting. The Board's appointment of the candidate to fill this position will take place at the January 28, 2021 Board meeting after discussion of candidates.

How to Submit Applications

- Complete the Application Form and Qualification Form, available in fillable PDF format.

- Email your completed application to [gzkanis@wusd.k12.ca.us](mailto:gzkanis@wusd.k12.ca.us)

- Print and mail or hand-deliver your completed application to the WUSD District Office: ATTN Board Member Application 930 Westacre Road, West Sacramento, CA 95691

- Forms and resources available online: <http://bit.ly/WUSDBoardVacancyArea1>

- Application will be accepted beginning December 19, 2020.

- Applications must be received in the District Office by email, in-person, or postal service by 12:00 pm on January 15, 2021.

- Applications received after 12:00 pm on January 15, 2021, will not be accepted.

NOTE: The District Office will continue to be closed to the general public during and after the winter recess (Dec. 21 to Jan. 5) in adherence to the latest COVID-19 guidelines. Candidates may either make an appointment to drop off their application materials or leave materials in the designated mail slot/box outside the District Office's main entrance labeled "Timesheets." Staff will check the mail slot/box daily. All COVID-19 safety protocols must be followed when entering the District Office:

- If you are sick, DO NOT enter. Use email or postal service.
- You must wear a face covering.
- Stay 6 feet away from people at all times.
- Do not linger or gather. Drop off your materials and exit the building immediately. If you have any questions or concerns or to make an appointment, please contact Giorgos Kazanis, Administrator of Communication and Community Outreach, at 916-869-6022 or [gzkanis@wusd.k12.ca.us](mailto:gzkanis@wusd.k12.ca.us).

Dec 30 Jan 6 13 nl 3096

## NOTICE OF PETITION TO ADMINISTER ESTATE

**OF MARILYN DUNCAN CASE NO: PR2020-0223** To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both,

of: Marilyn Duncan A Petition for Probate has been filed by Pamela Boston in the Superior Court of California, County of YOLO. The Petition for Probate requests that Pamela Boston be appointed as personal representative to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

**A hearing on the petition will be held in this court as follows:**

Date: **January 26, 2021** Time: **9:00 a.m.** Dept: **9**

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: Michael E. Mechill 455 Capitol Mall, Suite 802 Sacramento, CA 95814 (916)371-6200

Dec 30 Jan 6 13 nl 3097

## 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.storage treasures.com](http://www.storage treasures.com). Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property. 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. storage treasures.com](http://www.storage treasures.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

## PUBLIC NOTICE

Notice of Preparation of the 2021-2025 Consolidated Plan The City of West Sacramento (City) is preparing a five-year Consolidated Plan for submission to the U.S. Department of Housing and Urban Development (HUD) that will govern the use of HUD Community Development Block Grant (CDBG) funds for the period of July 1, 2021 – June 30, 2026. The City anticipates receiving approximately \$465,000 per year in CDBG funding which must be used for the benefit of low- and moderate-income persons. The City would like to hear from members of the community who are interested in improving the lives of needy residents. In an effort to follow social distancing directives due to the COVID-19 pandemic, City Hall is closed to the public, however a series of virtual focus group discussions will be held to receive comments on the following community needs: Affordable Housing and Homelessness - Tuesday, 1/19/21 from 10:00-11:00 am. Youth - Tuesday, 1/19/21 from 2:00-3:00 pm. Seniors and Persons with a Disability - Thursday 1/21/21 from 10:00-11:00 am. Employment and Small Business - Thursday, 1/21/21

from 6:00-7:00 pm. To attend a virtual focus group, via Zoom, please register through the City's website: <https://www.cityofwestsacramento.org/residents/housing/community-development-block-grant>

Please note all meetings will be recorded.

Comments will also be accepted by email to [isaaha@cityofwestsacramento.org](mailto:isaaha@cityofwestsacramento.org) or by phone at (916) 617-4555 to Isaah Alford, Community Investment Specialist.

The City of West Sacramento promotes fair housing and makes all programs available to low- and moderate-income households regardless of age, race, color, religion, sex, national origin, sexual preference, marital status or disability.

Aviso de Elaboración del Plan Consolidado 2021-2025

La Ciudad de West Sacramento (Ciudad) está preparando un Plan Consolidado de Cinco Años para presentarlo al Departamento de Vivienda y Desarrollo Urbano de los EE. UU. (HUD) que regirá el uso de los fondos del Programa de Subsidio Globales para el Desarrollo Comunitario (CDBG) de HUD para el período de 1 de julio, 2021 - 30 de junio de 2026. La Ciudad prevé recibir aproximadamente \$465,000 por año en fondos CDBG que deben usarse en beneficio de personas de ingresos bajos y moderados.

A la Ciudad le gustaría escuchar a miembros de la comunidad que estén interesados en mejorar las vidas de los residentes necesitados. En un esfuerzo por seguir las directivas de distanciamiento social debido a la pandemia de COVID-19, el Ayuntamiento está cerrado al público, sin embargo, se llevará a cabo una serie de discusiones de grupos focales virtuales para recibir comentarios sobre las siguientes necesidades de la comunidad:

Vivienda Asequible y Personas Sin Hogar: martes, 19/1/21 de 10:00-11:00 am. Juventud - martes, 19/1/21 de 2:00-3:00 pm.

Adultos Mayores y Personas con Discapacidad - jueves 21/1/21 de 10:00-11:00 am.

Empleo y Pequeñas Empresas: jueves, 21/1/21 de 6:00-7:00 pm.

Para asistir a un grupo de enfoque virtual, a través de Zoom, regístrese a través del sitio web de la Ciudad: <https://www.cityofwestsacramento.org/residents/housing/community-development-block-grant>

Tenga en cuenta, se registrarán todas las reuniones. También se aceptarán comentarios por correo electrónico a [isaaha@cityofwestsacramento.org](mailto:isaaha@cityofwestsacramento.org) o por teléfono al (916) 617-4555 a Isaah Alford, Especialista en Inversiones Comunitarias.

La ciudad de West Sacramento promueve la vivienda justa y pone todos los programas a disposición de los hogares de ingresos bajos y moderados, independientemente de su edad, raza, color, religión, sexo, nacionalidad, preferencia sexual, estado civil o discapacidad. Jan 13 nl 3110

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# California Department of Fish and Wildlife Approves Yolo Habitat Conservancy’s Regional Conservation Investment Strategy/Local Conservation Plan

The California Department of Fish and Wildlife recently approved the Yolo Habitat Conservancy’s Regional Conservation Investment Strategy/Local Conservation Plan (RCIS/LCP). The RCIS/LCP is a voluntary, landscape-scale conservation plan which identifies priorities to guide public and private conservation

actions and investment, such as habitat restoration and protection. It will encourage further non-regulatory conservation in Yolo County to meet species needs not already addressed by the Yolo Habitat Conservancy’s ongoing conservation activities through the Yolo Habitat Conservation Plan/Natural Community Conservation Plan. The

RCIS/LCP is one of the first approved Regional Conservation Investment Strategies in the State of California. “The RCIP/LCP builds off the Yolo Habitat Conservancy’s ongoing conservation work and provides the Conservancy another tool to further engage and coordinate with stakeholders and state agencies,” said

Yolo County Supervisor and Chair of Yolo County Habitat Conservancy Don Saylor. “On behalf of the Conservancy, I would like to thank our numerous community partners for their dedicated efforts over the years to help develop this additional conservation mechanism.”

“I applaud the Yolo Habitat Conservancy for all its efforts in drafting

and finalizing the RCIS/LCP. Through the LCP and in concert with other stakeholders, the Conservancy and its partners can broaden their conservation footprint,” said a member of the RCIS/LCP Steering Committee Chad Roberts.

The Yolo Habitat Conservancy is a joint powers agency comprised of the County of Yolo and the cities of Davis, West

Sacramento, Winters, and Woodland, whose mission is to conserve natural and working landscapes, and the species on which they depend, by working with local communities and conservation partners to coordinate mitigation and implement regional habitat conservation. For more information, visit: <https://www.yolohabitatconservancy.org/>.

## West Sac Art Guild to offer online paint class with Carol Hawkins

West Sacramento Art Guild member and local artist Carol Hawkins will guide participants in creating a painting over Zoom on Thursday, January 28th at 2:30pm. Have fun painting this beautiful landscape while learning some basic acrylic painting techniques.

Gather the supplies listed below, set up your art space, and let’s get creative together! This free program is hosted by Active Aging programs and all are welcome.

Room will open 10-15 minutes before.

Please have your mic on mute whenever you are not responding to questions.

Thursday, January 28th at 2:30pm  
Zoom ID 910 220 46519  
<https://westsacramento.zoom.us/j/91022046519>

**Supplies needed**  
3 Brushes (small, medium, large)  
11 x 14 in canvas  
rinse water


palette (paper plate, wax paper)  
paper towels  
Acrylic colors or similar  
Hookers Green (deep green)  
Black  
White  
Alizarin Crimson (dark red)  
Cadmium Yellow (yellow medium)  
Ultramarine (dark blue)  
Cadmium Green (light yellow-green)  
Purple  
Burnt Sienna (light brown)  
Raw Umber (dark brown)

LET’S CREATE

HTTPS://WESTSACRAMENTO.ZOOM.US/J/91022046519

CITY OF WEST SACRAMENTO PARKS

FREE, VIRTUAL PAINT CLASS  
JANUARY 28TH, 2:30PM



JOIN ACTIVE AGING PROGRAMS AS WE HOST WEST SACRAMENTO ARTIST CAROL HAWKINS WHILE SHE GUIDES US ALONG A VIRTUAL, STEP-BY-STEP PAINT CLASS ON ZOOM. HAVE FUN PAINTING THIS BEAUTIFUL LANDSCAPE WHILE LEARNING BASIC ACRYLIC TECHNIQUES.

Questions? Call (916) 617-5320

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# 6 Tips for Beating the Blues and Managing Depression

BY STANLEY POPOVICH

Some people have a difficult time in managing their depression. Sometimes, their depression and fears can get the best of them. As a result, here are some techniques that a person can use to help manage their depression.

**1. Challenge your negative thinking with positive statements and realistic thinking:** When encountering thoughts that 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.

**2. Take a break:** Some people get depressed and have a difficult time getting through the day. When this happens, a person should take a deep breath and try to find something to do to get their mind off of the problem. A per-

son could take a walk, listen to some music, read the newspaper, or do an activity that will give them a fresh perspective on things.

**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. Carry a small notebook of positive statements with you:** Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed,

open up your small notebook and read those statements.

**5. Take advantage of the help that is available around you:** If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem.

**6. Take it one day at a time:** Instead of worrying about how you will get through the

rest of the week or month, 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.

*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>*

## Matsui

Continued from page 1

our democracy must be met with equal consequence.

"Despite this failed attempt to prevent the transfer of executive power, President-elect Joe Biden and Vice President-elect Kamala Harris won the 2020 election decisively, with a historic margin of victory. The American people cast more than 81 million votes for the Biden-Harris ticket – the most ever cast for a candidate for public office in our nation's history, and well over a majority of all votes cast.

"Our job in Congress is to affirm our commitment to America's shared democratic tradition. That is why we moved forward tonight to certify the electoral college results despite the best efforts of the rioters. The American people spoke with their ballots and selected the leader they want in this time of crisis. That choice must be respected. I will continue to do my duty and work to rebuild faith in our democracy."

# Sacramento City College Seeks Feedback for Virtual Reality Makerspace Experience

Sacramento City College (SCC) seeks feedback from middle and high school students in our region as we develop a VR (Virtual Reality) experience for our Makerspace.

The Sacramento City College Makerspace is a dynamic, interdisciplinary hub for learning and making. With access to state-of-the-art digital tools and many diverse training opportunities, we're a unique and inclusive learning environment, open to all. Students develop critical

thinking and practical problem-solving skills, along with soft skills and team building, via hands-on learning processes as they explore creativity, technology, and making.

Currently, SCC is building a fun and informative VR (Virtual Reality) experience to give our future students an engaging way to see what we have to offer at SCC and the many academic and career pathways available to them at our college.

Most important to this project's success is surveying students in our region, ideally grades 7-12, on their current level of technology and VR experience with this short, anonymous survey; to better assist with project development.

SCC is hoping to deploy an accessible, fun, VR app for middle and high school students in Spring 2021.

Take the Survey: <https://www.surveymonkey.com/r/8JD5HRT>

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Answer

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# Kids give back

Continued from page 1

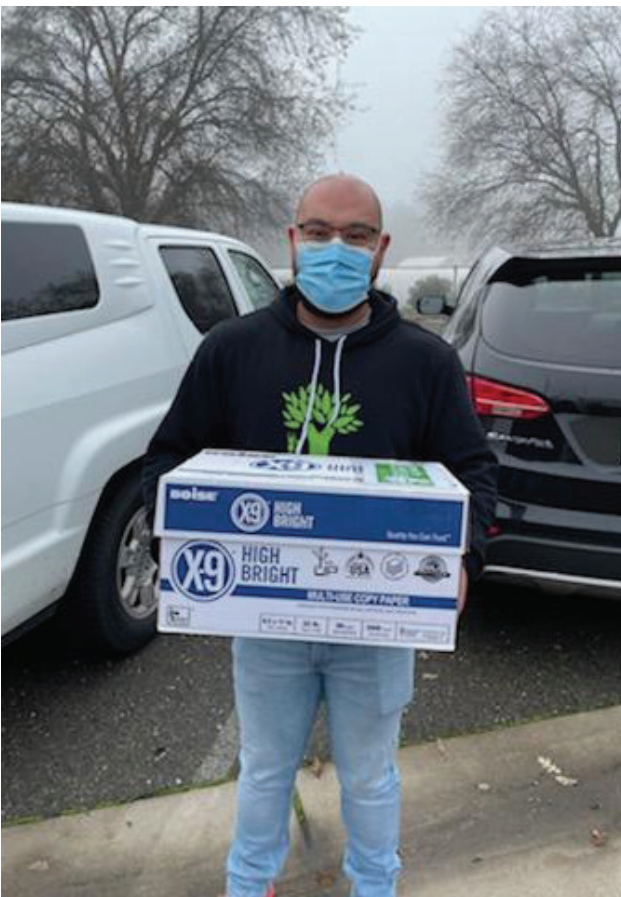
to the group’s contribution of 451 hand knitted and crocheted beanies, along with parent and volunteer Sandy Yan Yim’s contribution of dozens of handmade hats and masks, many of the recipients will receive a gift made by an actual neighbor.

Yesterday, WSKGB Board members Victoria Kruse, Esther Mendiola Rojas, and I delivered to our four recipient nonprofits: The Collings Teen Center, YCCA, The Mercy Coalition, and The Downtown Streets Team.

In some of these photos, you will see DST Team members choosing their favorite handmade hats and celebrating the gift of new work socks that will keep them warm during their shifts these winter months.

Despite the challenges posed by COVID, we have shown that our light still shines bright. A special thanks to all of the parents who invested the time to enjoy this valuable lesson with their kids and those in our community who showed up solo, just to support. I look forward to all the good we can continue to cultivate as we work together.

Quirina Orozco is an elected member of the City of West Sacramento City Council.



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# 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)

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# News-Ledger Directory of Local Places of Worship

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Sunday Service at 10-AM  
920 Drever St., 317-8804  
Facebook.com/CommunityLutheranWestSacramento/

### 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

### 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

### Center for Spiritual Awareness

1275 Starboard Dr.  
374-9177 (For prayer line, listen for prompt)  
Sun. Service: 11 a.m.  
Youth Programs & Jr. Church  
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### Our Lady of Grace Catholic Church

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Fri 8:30 AM at OLG school during school year  
Sat: 5:30 PM vigil  
Sun 9 AM, 11 AM

### Trinity Presbyterian Church

1500 Park Blvd. W. Sac. CA  
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[www.TrinityWestSac.org](http://www.TrinityWestSac.org)  
[info@trinitywestsac.org](mailto:info@trinitywestsac.org)  
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Spanish Ministry Pastora: Miryam Osorio  
Sunday Worship Services: 9:30 a.m. Blended/Traditional  
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### Looking for a place to worship?

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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

a cabinet, lodged in a wall. She’s afraid to live there anymore. Bulletproof shutters? A metal fence? I understand her terror.

Years ago (Mike was small) I had a house in Denver by Wash (Washington) Park. It was on the ‘wrong’ side of the park; we were just streets away from Broadway. Broadway was then and perhaps is now notorious for crime.

The backyard of the house had a tall privacy fence, a dog run, and our Saint Bernard. One next door neighbor was a lawyer. I felt pretty safe. I liked that the house was close to my work where I was weekend anchor. No commute left more time for my toddler.

But weird things started happening.

A bicycle chain slung over the privacy fence. A 2-foot sawed off metal pole, electrical tape wrapped around one end, thrown under a bush beside my front porch. News that Denver police needed leads on what they’d dubbed ‘The Wash Park rapist.’ He’d raped two Denver anchor women. One lived on the street behind me.



PHOTO BY CAROL BOGART  
Mike and his kitty ‘locking’ the front door.

She’d opened her back door to let in her dog. The rapist, waiting in the shadows, shoved her back inside. The second, shortly after dawn, opened her front door to get her paper. A pattern. I was notified to be watchful.

I couldn’t sleep. A security expert hired by my employer came to evaluate the security of my house. I did everything he said. Heavy metal deadbolt screen doors. Motion detecting tape on all the windows. Outdoor floodlights, motion

activated, dawn to dusk. An invisible beam of light crossed the stairs to our bedrooms. If someone tripped it, an alarm was triggered. At the top of the stairs, a baby gate. In my bedroom, a ‘panic button.’

Then, we had our first snowfall of the year. On a hunch, I looked for footprints. Through the dining room window, you could see inside the house.

At first, all I saw were bird tracks. A solo squirrel. The cat’s.

But then, leading around the side of the house, footprints. A man’s footprints. At the dining room, they stopped.

How long he stood there; I don’t know. I called the police. They came and looked. As I remember, they took some measurements. A couple photos.

Months passed and spring arrived. Someone rang my bell. Again, I had a feeling.

Standing behind my securely locked screen door, I asked the man standing there: “Can I help you?” Looked to me about 5’6” or so. 30 maybe? 20? Needed a haircut. Blondish hair. He answered, “Any work for me?”

I started to say no, but as he turned away, I said, “Wait. I don’t know if you’ll want to do this, but my backyard needs my big dog’s poop picked up.

There’s a shovel back there. Just consolidate it off to the side and my service will get it later.”

He nodded and waited for me to let him in. I pointed to the side gate and said, “It’s open. When you’re done come back up front so I can pay you.” We agreed on \$15.

As soon as I heard the gate, I called Denver PD. I said he matched the description I’d been given. Unlocking the screen just long enough to place the \$10 and \$5 on the porch, I locked it again and waited. Down the hall, through the similarly screened back door, I could see him out there working.

It didn’t take him long to clean the yard. He picked up the money and walked off down the street.

The squad car drove right past him.

He started running. I don’t know if he’s still out there. I sold the house. We moved.

*As if pandemic uncertainties aren't enough! Surging crime? C'mon California! Hurry up with those vaccines!!! We're overdue for one less worry! Questions, comments? Contact Carol at carol@bogartonline.com.*

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