

# Lighting up spirits this year:

Ferndale Court to celebrate the season on Friday

PHOTOS COURTESY OF TOMMY KING

Festive Ferndale Court neighbors plan to bring cheer to West Sacramento children on Friday, Dec. 18. Santa may not be in attendance this year, but his neighborly elves plan to collect canned goods for those families that are not as fortunate as others. Savanna, the blues dog, plans on returning for some holiday cheer. Come on out around 7 p.m., wear a mask and please bring canned goods to help feed those less fortunate families in our community.



## West Sacramento and rest of region under Stay Home Order

The Greater Sacramento Region (including West Sacramento and Yolo County) has fallen below 15 percent capacity for ICU beds and is now under the State's Stay Home health order effective Thursday, December 10. All individuals are currently ordered to stay home or at their place of residence, except for permitted work, local shopping or other permitted errands or activities as otherwise authorized. All gatherings with members of other households are prohibited. More details are contained in this updated Yolo County health order.

The following sectors will have additional modifications in addition to 100% masking and physical distancing:

**Outdoor recreational facilities:** Allow outdoor operation only for the purpose of facilitating physically distanced personal health and wellness through outdoor exercise, without any food, drink or alcohol sales. Additionally, overnight stays at campgrounds will not be permitted. City parks and playgrounds will remain open.

**Retail:** Allow indoor operation at 20% capacity, and 35% of capacity for standalone grocery stores, with entrance metering and no eating or drinking in the stores. Additionally, special hours should be instituted for seniors and others with chronic conditions or compromised immune systems.

**Shopping centers:** Allow indoor access at 20% capacity with entrance metering and no eating or drinking in the stores. Additionally, special hours should be instituted for seniors and others with chronic conditions or compromised immune systems.

**Hotels and lodging:** Allow for COVID-19 mitigation and containment measures, treatment measures, provide accommodation for essential workers, or pro-

# New City Council is all Latinx

BY MICHELE TOWNSEND

West Sacramento is quite a diverse community. After the most recent election, our upcoming city council will be all Latinx (Latino and Latina).

The News Ledger asked our council members how they feel about this topic. We also asked if they thought it will play a role in the decisions they make, and how it may influence things.

We were given the following statements:

**Mayor-Elect Martha Guerrero** said, "I love the rich diversity of this city and the fact that our council historically has

"I love the rich diversity of this city and the fact that our council historically has been diverse"

**Mayor-Elect Martha Guerrero**

been diverse across many lines beyond cultural identification. We see that in Mr. Cabaldon's many sizable wins and consecutive terms, Councilmember Orozco's re-election, and Councilmember-elect Alcalá. And in looking at Dr. Early-West coming in a close 3rd, I just see this positive trend continuing and contributing to the progress of our city. Although the city is

growing and evolving over the years we embrace a spirit of diversity through representation on the council.

"In my campaign, I sense the people are interested in a strong connection with our community leaders, transparency in our governance, and engagement in the decision-making process."

**Councilwoman Quirina Orozco** said, "The voice I'm us-

ing belongs to all of the forces in the world that made me what I am.

"From the young girl who once slept in a motel on West Capitol Avenue to the elected official sitting at the dais making decisions in City Hall on West Capitol Avenue, I am a mother, a child sexual assault prosecutor, fitness instructor, active community volunteer, and proud City Councilwoman who is a woman of color.

"It's gratifying to know that if you work hard and listen to people's needs, heritage and

See Diversity, page 2

# THIS 'n' THAT OK. What's the Deal on Vaccines?



BY CAROL BOGART

First off, the leading 'emergency use' vaccines

headed for FDA approval are novel – meaning they're made a way that's never been tried before. Neither is made with weakened live- or killed strains of the virus. By the time you read this, one or both may have gotten a 'Warp Speed' FDA OK, with the next biggie, distribution. California now have its first batch of Pfizer's. Whether

the 'Sacramento region' gets much if any ... well, let's just say SoCal's ICU's have filled up fast with Covid patients during the current 'surge.' According to Forbes and a zillion other sources, two SARS CV-2 'Warp Speed' vaccines –Pfizer/BioNTech's and Moderna's – 'trick' the body into thinking it's been infected, which

prompts it to make antibodies that either kill the virus outright, or prevent severe infection. Most of the time (apparently). Not always.

Both makers claim, and it appears to be the truth, that 'Warp Speed' clinical trials find each to be 90% or more effective: 90% Pfizer (or 95%, according, now, to the FDA, even though

Pfizer and its partners didn't claim that in their application for 'emergency use' distribution); 95% Moderna). The flu vaccine, by contrast, at best prevents flu in 40-60 percent of those who get it, says the CDC.

I'm keeping a close eye on all of this because, if the state follows CDC

See This 'n' That, page 10

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GUIDE

REAL ESTATE



# OBITUARY

**Kathy Lynn Payne**  
Born 12/5/1960 Sacramento, Ca  
Died 12/7/2020 Sacramento, Ca

Kathy worked as a nurse in the oncology department for three hospitals in Sacramento. Then she worked as a caretaker for different agencies caring for the elderly.

Kathy grew up in West Sacramento and was the oldest of 3 daughters. She graduated from James Marshall High School in 1979. Growing up, she enjoyed boating and waterskiing with her family. She loved flowers. She loved to decorate and gardening. She enjoyed cooking and Watching Movies. She loved family gatherings because Kathy loved to dance. Kathy loved people. She liked visiting and talking with people. She loved giving gifts. She was a very affectionate and loving person.

Kathy left behind her parents Dale and Joan Payne, two Sisters Pam Payne & Terri Payne Cardoza and her boyfriend of 15 years Carlos Rodriguez.



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**The News-Ledger**

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# Yolo County Amends New Restrictions to Increase Grocery Store Capacity

Effective immediately, standalone grocery stores in Yolo County may operate at 35% capacity. This is an increase from the 20% capacity originally placed on grocery stores by the amended Yolo County Health Officer Order in response to updated capacity limits from the State of California.

On Sunday, December 6, additional restrictions were placed in Yolo County specifically directed at slowing the spread of COVID-19 by reducing interactions between people of different households. Under these restrictions, the capacity of retail industries was placed at 20% and included grocery stores in alignment with the State's new Regional Stay Home Order. As of December 6, the State increased its capacity restrictions on grocery stores to 35%. Finding

this capacity sufficient to still ensure 6 feet of distance between patrons, the County has amended Attachment B of the Yolo County Health Officer Order to align with the State's grocery store capacity revision.

While new restrictions are in place in Yolo County from the local health order, the Regional Stay Home Order is not in effect in Yolo County. The order takes effect if intensive care unit (ICU) capacity drops below 15% in a region. If the Regional Stay Home Order takes effect, counties in the region are subject to new State restrictions. Yolo County placed the additional restrictions on December 6 in an effort to take immediate action to reduce COVID-19 spread rather than wait until regional ICU beds were in critically short supply.

Residents are strongly encouraged to stay home as much as possible while certain industries are required to limit operations. COVID-19 is more prevalent in the community now than ever before and activities that may have previously been safe, now pose a higher risk.

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

If you must gather, the restrictions listed for the State's purple tier apply: outdoor only, no more than 3 households, no more than 16 people, no more than 2 hours, wear masks and maintain appropriate distance.

- Stay home if you have symptoms of illness or are high-risk
- Wear a face covering
- Maintain at least 6 feet of physical distance

from those not in your household

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

or Twitter at: <https://twitter.com/YoloCountyCA>. To read the amended Attachment B, visit: <https://www.yolocounty.org/home/showpublisheddocument...> For additional information about the State's new Regional Stay Home order, visit: <https://covid19.ca.gov/stay-home-except-for-essential-needs/>.

For more information about Yolo County's Roadmap to Recovery and see which businesses are currently open, visit: [www.yolocounty.org/coronavirus-roadmap](http://www.yolocounty.org/coronavirus-roadmap).

Residents can call Yolo 2-1-1 for resource information. Follow Yolo County on Facebook at Yolo County.

## Diversity

Continued from page 1

gender aren't the barriers they once were. People rightly understand the value of new perspectives."

Incoming **Councilwoman Norma Alcala** said, "I looked back at the City Archives and found that in the twenty-nine years between 1987 and 2016 there were fifty-six men and two women elected to the West Sacramento City Council. The women were Cindy Tuttle 1992 and Carolyn Castillo Pierson in 2002. The City Council was otherwise all-male until 2016. Martha and I are only the fourth and fifth women elected to the City Council in the history of the City.

"All I can say is that when good fortune falls on West Sacramento, it pours. Today the City Council has three women. I am proud to have been elected to City Council. I grew up here. I know the history of our city from personal experience. I am proud that the three City Councilwomen of color including myself did not hit a glass ceiling here. I know that reflects positively on West Sacramento. Nor do I

expect that the three of us will govern monolithically.

"We each will contribute a different experience to the political quilt in West Sacramento. I will bring a very down to Earth perspective reflective of my affinity for working people that I grew up with. I know the struggles and hardship of growing up in Broderick, and I know the perseverance and sacrifice that I witnessed with my mother. Those experiences will color my empathy for working families.

"I am especially close to the community of West Sacramento and you may expect me to be consulting them very frequently because they keep me rooted. They open my eyes to things I might not otherwise notice. I enjoy meeting with people and trying to help when I can, in the spirit of St. Francis and the Sisters of Mercy who have long served as my guiding light. I greatly admire their approach to life and their humane but practical commitment to every other person. They are strong pragmatists. I still occasionally visit with my teachers from Holy Cross School."

And, **Councilman Chris Ledesma** stated, "I'm pretty proud that for the last few years, the people of West Sacramento have voted for smart and engaged

leaders - and that our council has been the most diverse in the region. The diversity we've had is certainly a point of pride for me. West Sacramento has been on an extraordinary run of success the past decade, as we've provided more housing and job opportunities, increased transit options for all residents, and supported the education of our youth. During that same time, the council has increased its diversity, including diversity of gender and sexual orientation.

"I believe that diversity (over) the past few years has helped shape some of our decisions already, to think more about equity, providing opportunities for all, and making life a little bit better for all our residents. Our diversity has been our strength, and hopefully, that will continue."

"So as you can see, it's not about being an important person of color to your community. It's about being an important person in your community. Being a person of color in West Sacramento means that you may have different experiences than others, and we welcome your knowledge and insight from those experiences in helping our community grow and thrive."

# Tanya Aguilera

West Sacramento Specialist

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# Bird arrives in West Sacramento, joining fleet of transit options

Bird launched its electric scooter service in West Sacramento today offering another socially distant way to get around. Bird is also providing free rides for healthcare workers.

Initially, 300 Bird scooters are being dispatched in West Sacramento. A service map can be found along with standard pricing by downloading the Bird app. Bird is also available in Sacramento, where it launched with 500 scooters in February 2020.

“A growing list of cities, states, and countries are looking to micromobility alternatives, such as scooters and bikes, not only as a means of minimizing congestion, but also as a way to maintain current social distancing norms,” said Bird Government Relations Manager Bob Walsh. “We are excited to work with the City of West Sacramento to offer residents safe and sustainable transportation during the pandemic and beyond.”

“West Sacramento is pleased to see Bird joining the City’s growing family of mobility options,” said West Sacramento Mayor Christopher Cabaldon. “As the City continues to build out improvements



Photo courtesy of cityofwestsacramento.org  
Bird-scooter in front of Tower Bridge in West Sacramento

to support walking and biking, Bird scooters will help ensure that residents have a variety of choices in how they travel, whether for work or for fun.”

**Bird highlights for West Sacramento**  
**Natural Way to Socially Distance** - Riders across the U.S. are Birding to run errands, get to work, or just for a Zoom break, and finding it is a

natural way to safely socially distance.

**Bird Warm Up Mode** - Great for new riders or those who just want to cruise, this feature offers a gentle acceleration mode that helps riders feel comfortable and build confidence. Perfect for that quick trip to kick-start your holiday shopping.

**Community Pricing** - Our Community Pricing Program offers a 50% discount to low-income

riders, Pell grant recipients, select local non-profit and community organizations, veterans, and senior citizens. It’s designed to be the most inclusive micromobility discount program available anywhere. To sign up for our Community Pricing Program, download the Bird app, create an account, and email your proof of eligibility to access@bird.co.

**Sanitization** - As a new wave of the COVID-19

pandemic continues to disrupt daily life for all of us, the team at Bird is committed to mitigating the impact of reduced transportation services. Read about the steps being taken to help keep communities healthy and essential workers mobile during this challenging time on the Bird blog.

**Free Rides for Healthcare Workers and Emergency Personnel** - Bird is proud to offer free rides to healthcare

workers and emergency personnel. To sign up, simply email a copy of your medical identification card along with your name and phone number to together@bird.co. Eligible riders will receive two free 30-minute rides per day for as long as it takes to help our communities to recover from this global health crisis.

Source: cityofwestsacramento.org

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The advertisement features a prominent blue banner at the top with the slogan "DRYING IS FREE WHEN YOU WASH!" in white and black text. Below this, the left side shows a photograph of a spacious, well-lit laundry facility with rows of stainless steel front-loading washers and dryers. A sign above the machines reads "LOVE Laundry". The right side contains a pink box listing four locations: West Sacramento, Sacramento, North Highlands, and another Sacramento location. To the right of the locations are logos for Apple Pay, Android Pay, Visa, MasterCard, and Free Wi-Fi. A map shows the intersection of Harbor Blvd. and I-80 Business, with a star marking a specific spot near W. Capitol. At the bottom, a black banner promotes a "DROP OFF" service, and a final blue banner at the very bottom declares it "The Cleanest Laundromat in California".

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# LEGALS

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 11/19/2020  
FILE NO. F20200940**

The following person(s) is (are) doing business as **Wisely**, 1501 Estuary Court, West Sacramento, CA 95691 in Yolo County.  
Registered Owner(s)  
Adroit Government, Inc., 1501 Estuary Court, West Sacramento, CA 95691  
The business is conducted by: Corporation  
The registrant commenced to transact business under the fictitious business name or names listed above on N/A.  
I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor.)  
/s/Adroit Government, Inc., Azadeh Mohandessi-Fares, Chief Executive Officer  
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 19, 2020  
/s/dho,  
Deputy Clerk  
Dec 16 23 30 Jan 6 nl 3075

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. F20200943**

The following person(s) is doing business as: **Myu Myu, 204 E St., Davis, CA 95616**, County of Yolo.  
CTC Food International, Inc., 50 West Ohio Avenue, Richmond, CA 94804  
This business is conducted by Corporation.  
The registrant commenced to transact business under the fictitious business name or names listed above on 08/01/2020.  
/s/ Lawrence Tanita, President  
CTC Food International, Inc.  
This statement was filed with the County Clerk of Yolo County on November 19, 2020.  
Jesse Salinas, County Clerk/Recorder  
By: dho, Deputy  
12/16, 12/23, 12/30/20, 1/6/21  
CNS-3421965#  
NEWS-LEDGER  
Dec 16 23 30 Jan 6 nl 3073

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 12/9/2020  
FILE NO. F20200991**

The following person(s) is (are) doing business as **The Curious Culture**, 1399 Sacramento Avenue #71, West Sacramento, CA 95605 in Yolo County.  
Registered Owner(s)  
Dennise Vazquez, 1399 Sacramento Avenue #71, West Sacramento, CA 95605  
The business is conducted by: Individual  
The registrant commenced to transact business under the fictitious business name or names listed above on 12/9/2020.  
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/Dennise Vazquez  
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 9, 2020  
/s/dho,  
Deputy Clerk  
Dec 16 23 30 Jan 6 nl 3078

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 12/7/2020  
FILE NO. F20200981**

The following person(s) is (are) doing business as **Joey Lopes Memorial Main Event**, 953 Trestle Glen Way, Sacramento, CA 95831 in Sacramento County.  
Registered Owner(s)  
Joey Lopes Memorial Main, 953 Trestle Glen Way, Sacramento, CA 95831  
The business is conducted by: Corporation  
The registrant commenced to transact business under the fictitious business name or names listed above on 5/16/2016.  
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/Joey Lopes Memorial Main Event, Silvestre J. Gilmete Jr., President  
Notice-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk.  
A new Fictitious Business Name Statement must be filed before the expiration.  
State of California, County of Yolo  
Jesse Salinas, County Clerk Recorder  
Date: December 7, 2020  
/s/Smith,  
Deputy Clerk  
Dec 16 23 30 Jan 6 nl 3079

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 12/8/2020  
FILE NO. F20200990**

The following person(s) is (are) doing business as **Sierra Woodcraft**, 1876 Sierra Road, West Sacramento, CA 95691 in Yolo County.  
Registered Owner(s)  
Eric Phillip Jones, 1876 Sierra Road, 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 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/Eric Jones  
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 8, 2020  
/s/Iramirez,  
Deputy Clerk  
Dec 16 23 30 Jan 6 nl 3082

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 11/30/2020  
FILE NO. F20200963**

The following person(s) is (are) doing business as **Chivas Cleaning Services**, 1500 Headslane Road, West Sacramento, CA 95691 in Yolo County.  
Registered Owner(s)  
Alberto Jorge Cardenas, 1500 Headslane Road, 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 11/1/2020.  
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/Alberto Jorge Cardenas, 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: November 30, 2020  
/s/dho,  
Deputy Clerk  
Dec 9 16 23 30 nl 3069

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. F20200939**

The following person(s) is (are) doing business as: Nick the Greek, 1659 Scott Blvd, Suite 27, Santa Clara, CA 95050 County of SANTA CLARA  
Mailing Address: 1659 Scott Blvd, Suite 27, Santa Clara, CA 95050  
Davis Greek Eats, LLC, 1659 Scott Blvd, Suite 27, Santa Clara, CA 95050  
This business is conducted by a limited liability company  
The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A.  
Davis Greek Eats, LLC  
S/ Brandon Volore, CFO,  
This statement was filed with the County Clerk of Yolo County on 11/18/2020.  
Jesse Salinas, County Clerk/Recorder  
DHO, Deputy  
12/9, 12/16, 12/23, 12/30/20  
CNS-3413066#  
NEWS-LEDGER  
Dec 9 16 23 30 nl 3068

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. F20200932**

The following person(s) is doing business as: **In Bloom Studio, 3914 Martis St., West Sacramento, CA 95691**, County of Yolo.  
Anna Bretches, 3914 Martis St., West Sacramento, CA 95691  
This business is conducted by Individual.  
The registrant commenced to transact business under the fictitious business name or names listed above on N/A.  
/s/ Anna Bretches  
This statement was filed with the County Clerk of Yolo County on November 17, 2020.  
Jesse Salinas, County Clerk/Recorder  
By: dho, Deputy  
12/9, 12/16, 12/23, 12/30/20  
CNS-3420242#  
NEWS-LEDGER  
Dec 9 16 23 30 nl 3070

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. F20200933**

The following person(s) is doing business as: **Quality Diesel Machine, 2434 Evergreen Ave, West Sacramento, CA 95691**, County of Yolo.  
Quality Cylinder Head Repair Corporation, 2434 Evergreen Ave, West Sacramento, CA 95691  
This business is conducted by Corporation.  
The registrant commenced to transact business under the fictitious business name or names listed above on 03/01/1960.  
/s/ Jeff Allen Learn, President  
Quality Cylinder Head Repair Corporation  
This statement was filed with the County Clerk of Yolo County on November 17, 2020.  
Jesse Salinas, County Clerk/Recorder  
By: dho, Deputy  
12/9, 12/16, 12/23, 12/30/20  
CNS-3420245#  
NEWS-LEDGER  
Dec 9 16 23 30 nl 3071

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILED 11/19/2020  
FILE NO. F20200941**

The following person(s) is (are) doing business as **Senior Helpers of Sacramento**, 3175 King Edward Court, West Sacramento, CA 95691 in Yolo County.  
Registered Owner(s)  
Breen Family LLC, 3175 King Edward Court, West Sacramento, CA 95691  
The business is conducted by: Limited Liability Company  
The registrant commenced to transact business under the fictitious business name or names listed above on

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/Breen Family LLC, Ryan Breen, 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: November 19, 2020  
/s/dho,  
Deputy Clerk  
Dec 2 9 16 23 nl 3067

**FICTITIOUS BUSINESS  
NAME STATEMENT  
FILE NO. F20200901**

The following person(s) is doing business as: **It's Fixed, 1635 Santoni Ln., Woodland, CA 95776**, County of Yolo.  
David Peart, 1635 Santoni Ln., Woodland, CA 95776  
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/ David Peart  
This statement was filed with the County Clerk of Yolo County on 11/05/2020.  
Jesse Salinas, County Clerk/Recorder  
By: Kquam, Deputy  
11/25, 12/2, 12/9, 12/16/20  
CNS-3416491#  
NEWS-LEDGER  
Nov 25 Dec 2 9 16 nl 3060

**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 Nicholas Marrico. Property to be sold: Misc. Items.  
Auctioneer Company: www.storage-treasures.com  
The Sale will end at 10:00 AM, December 24, 2020. 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.  
12/9, 12/16/20  
CNS-3421925#  
NEWS-LEDGER  
Dec 9 16 nl 3072

**ORDER TO SHOW  
CAUSE FOR  
CHANGE OF NAME  
CASE NO. CV2020-1629**

Petition of Scott David Ragsdale For Change of Name TO ALL INTERESTED PERSONS:  
Petitioner: Scott David Ragsdale filed a petition with this court for a decree changing names as follows: **Scott David Ragsdale** to **Scott Steward**  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
**NOTICE OF HEARING  
Date: February 9, 2021  
Time 9:00 a.m. Dept.: 9**  
The address of the court is: 2936 Ponteverde Lane, Davis, CA 95618.  
A copy of this Order to Show

Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:  
The News-Ledger  
Date: December 1, 2020  
/S/Daniel M. Wolk  
Judge of the Superior Court  
Dec 16 23 30 Jan 6 nl 3077

**NOTICE OF TRUSTEE'S  
SALE**

T.S.No.: **2020-00973-CA**  
A.P.N.: **072-063-009-000**  
Property Address: **3465 LEWISTON ROAD, WEST SACRAMENTO, CA 95691**  
**PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR.**  
NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED

**IMPORTANT NOTICE TO  
PROPERTY OWNER:**

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 07/28/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

Trustor: **Vera Karpekin, a married woman as her sole and separate property and Nina Karpekin, a married woman as her sole and separate property**

Duly Appointed Trustee: **Western Progressive, LLC**  
Deed of Trust Recorded **08/08/2005** as Instrument No. **2005-0038504-00** in book ---, page--- and of Official Records in the office of the Recorder of **Yolo** County, California,  
Date of Sale: **02/09/2021 at 12:45 PM**  
Place of Sale: **AT THE REAR (NORTH) ENTRANCE TO THE CITY HALL BUILDING 1110 WEST CAPITOL AVENUE, WEST SACRAMENTO, CA 95691**

Estimated amount of unpaid balance, reasonably estimated costs and other charges: **\$ 716,154.13**  
**NOTICE OF TRUSTEE'S SALE**

THE TRUSTEE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE:

All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described as:  
More fully described in said Deed of Trust.  
Street Address or other common designation of real property: **3465 LEWISTON ROAD, WEST SACRAMENTO, CA 95691**  
A.P.N.: **072-063-009-000**  
The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above.

The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the

trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: **\$ 716,154.13**.  
**Note:** Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt.  
If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse.

The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located.  
**NOTICE OF TRUSTEE'S SALE**

**NOTICE TO POTENTIAL  
BIDDERS:**

If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this property.

**NOTICE TO PROPERTY  
OWNER:**

The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call **(866)-960-8299** or visit this Internet Web site <http://www.altisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> using the file number assigned to this case **2020-00973-CA**. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale.

**Western Progressive, LLC, as Trustee for beneficiary**  
c/o 1500 Palma Drive, Suite 237  
Ventura, CA 93003  
Sale Information Line: (866) 960-8299 <http://www.altisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx>  
Date: December 8, 2020  
**Trustee Sale Assistant**  
**WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE.**  
Dec 16 23 30 nl 3081



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# Doing What Doesn't Come Naturally: Senior Citizens Getting A Zing Out of Zoom

BY IVY HENDY

When the state of California first began announcing their quarantine orders, organizers of the Renaissance Society, a seniors' life-long learning organization in Sacramento, started switching to a digital platform. Despite the fact that the majority of the 1,600 members are over sixty, Renaissance Society participants have been meeting in classrooms on the campus of Sacramento State University for the past thirty-five years. Now, the group would have to offer their extensive classes and presentations online. Were they up to the task?

You bet! The members of this large senior citizen's group were used to learning new things and educating themselves.

A big help was that the Renaissance Society community was already established and so once they had set-up tech support, they pushed each other to give Zoom, the video communications platform, a try. Right on cue, the Renaissance Society volunteer coordinators were able to recruit numerous members who were tech savvy and could offer technical help to others. Within a few weeks the group was transformed into a senior's organization able to meet the moment. As a result of the fast-online pivot, the members of this volunteer organization have been able to continue to offer dynamic learning experiences.

With their feet planted firmly on the ground, the coordinators of the Renaissance Society understood that for a while their heads must remain in the cloud. The covid pandemic has reshaped the world and the new normal

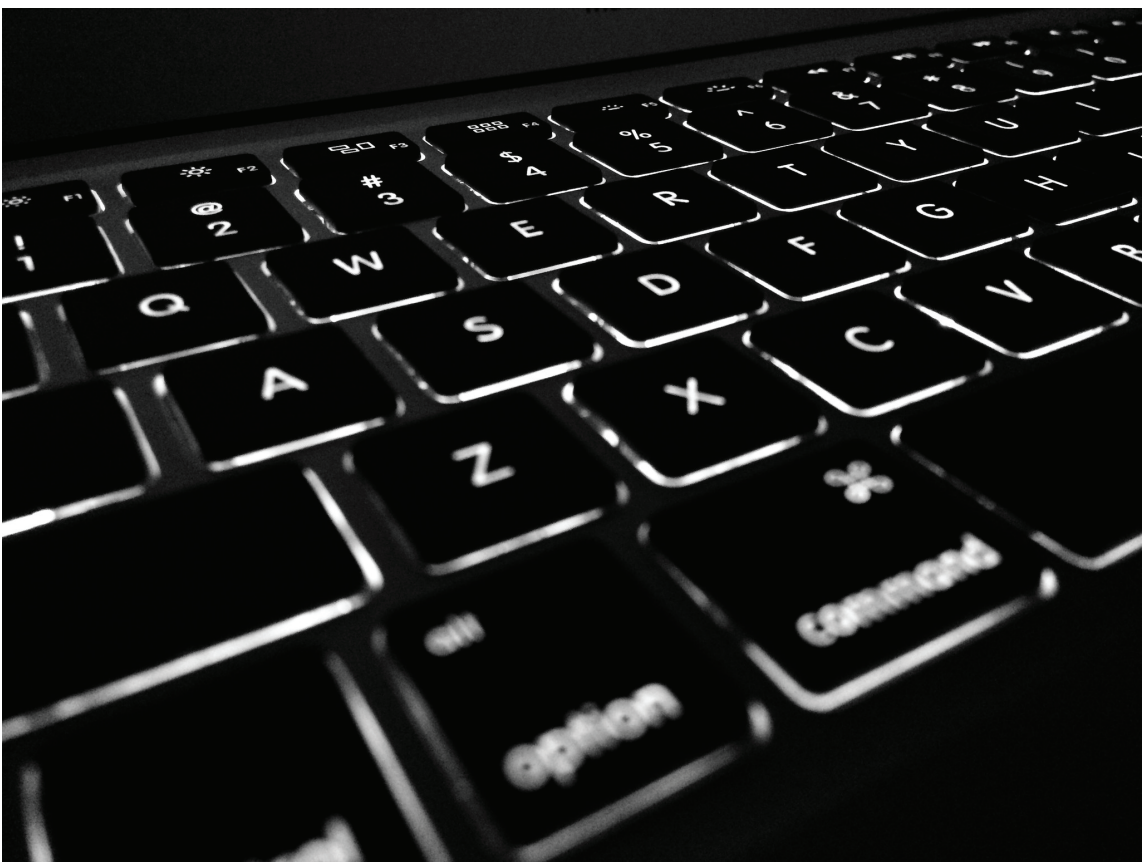
includes Zoom, a cloud-based communication app that allows for the set-up of virtual videos/audio meetups, and other collaborative capabilities.

### Going Remote Needn't Mean Being Cutoff

Of the nearly 13.8 million Americans over the age of 65, about 28% live by themselves according to the U.S. Department of Health and Human Services. There is always a possibility that seniors living alone may be susceptible to loneliness. But the feelings of loneliness are not limited to seniors who are single. The ramification of social isolation is an elemental problem spanning the ages. One of the most popular aspects of the Renaissance Society is that of going to their Friday on-campus classes taught by member volunteers. Talk to their members and you will find that it has been an exhilarating experience. This popular weekly event allowed seniors to not only attend Renaissance Society classes and presentations but also to have spontaneous, organic conversations with a variety of people who they might not have met any other way.

For senior citizens who were involved in these on-campus, life-long learning classes, the change to electronic at-home courses was as radical for them as it was for the younger students. At colleges that have gone remote like Sac State, there will now be a minimum of a year of online learning. Though this pandemic is a once-in-a-hundred-year event, it might be slow in resolving itself.

Fortunately, trying a hand at a Zoom meeting can have its own form of enlivening



Public domain

and uplifting reward. Not surprisingly though, the research into older people taking at-home classes electronically indicates that at first there is a reluctance to switch to virtual learning.

### The Three Stages

Studies show that for people ready to take the plunge, there are three stages that they may go through as they process this new way to stay connected. The first stage is reticence about setting up Zoom for viewing a virtual classroom. The second stage is more hopeful as people get used to using Zoom at home and eventually like it. But in stage three, which comes 3 to 6 months later, many people start feeling isolated and missing some of the people they were used to being with. Ironically, some of the people who are missed are

the ones who ruffled feathers and left people in a fit of pique!

Embracing the new electronic learning opportunity has proven fulfilling for the majority of the Renaissance members. For instance, it is possible with the basic membership fee to now sign up for many more classes and presentations. Also, the online format allows the physically challenged more freedom to participate. Discriminating factors such as physical appearance, hearing disabilities, race and gender are largely absent. The gist of the online courses eliminates most of the human foibles and interruptions focusing on the material at hand.

### A New Routine

When this pandemic ends the coordinators at the Renaissance Society think that

some members might still be nervous to return to the same on-campus routine. Preferred choices will differ, but there will be some who will want to continue with Zoom for their life-long learning experiences.

For senior citizens, the initial challenges of learning remotely are likely to get better with time; it can be expected that there will be more and more opportunity for high-quality experiences. Though electronic at-home learning won't stop the pitfalls of being around the pesky apparatuses of the bed, the refrigerator, and the television, being able to navigate the deep ocean of online courses offered by the Renaissance Society continues to open new doors and can be central to a new-found confidence.

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# Though virtual, Physical Therapy clinics remain hands-on

BY DIXIE REID  
CSUS STAFF WRITER

When she learned that Sacramento State’s pro bono Physical Therapy (PT) clinics would go virtual this fall because of COVID-19, Professor Katrin Mattern-Baxter ordered 32 baby dolls for her students.

“Because we couldn’t bring patients to campus, I thought that the students who work with babies and toddlers who have delays in their motor skills could develop hands-on skills with the dolls,” she said. “Many students have never held a baby before.

“We have a telehealth clinic where students see children with developmental delays, and they use the dolls, for example, to show parents how to position their hands when they want to get their child from sitting to a standing position.”

“If this is how they deliver online sessions, I can only imagine that in person they will be more spectacular.”

Children who attend the virtual pediatrics clinics have a variety of diagnoses, including cerebral palsy, Down syndrome, spina bifida, genetic syndromes, and other developmental disabilities.

The work is serious, but the process can be a lot of fun. Take the case of Rydr Rudgers, a 12-year-

old boy who was diagnosed with cerebral palsy and autism spectrum disorder.

“Rydr is a source of creativity for us,” said PT student Sarah Curd. “He is very aware that we work with him as physical therapists to improve his function, so he outright told us that in order to fight the dragons from Harry Potter, he needed to be stronger, faster, and more agile.”

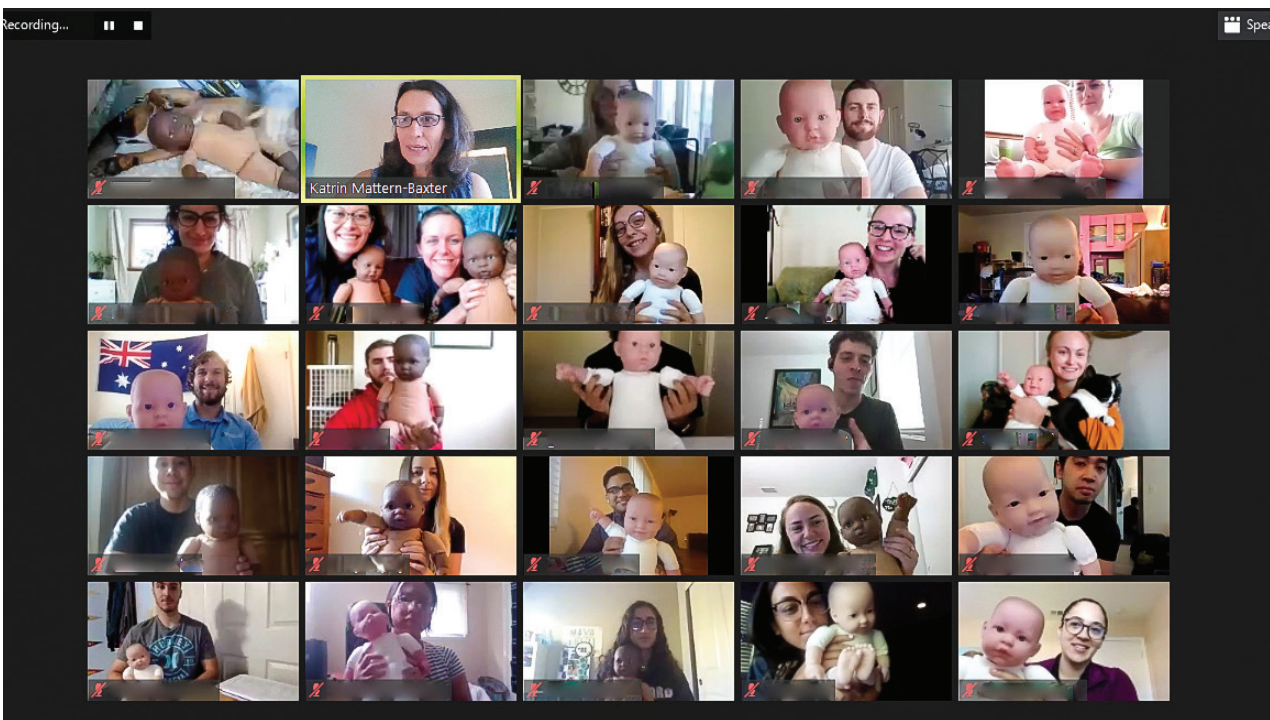
To accommodate this imaginative preteen, Curd and her fellow PT students presented his treatments in unique scenarios. The standard stand-and-reach test, for instance, was presented as a storybook-like challenge: You are stuck in quicksand, but you need to punch the dragon.

“The students were absolutely amazing,” said Rydr’s mother, Elisa Rudgers. “They put so much time and effort into providing a detailed plan that included all of my son’s interests. They were able to get into his world and deliver a fun and engaging plan that he was eager to participate in.”

Rydr was so excited about his PT adventures that he asked to participate in additional sessions.

“If this is how they deliver online sessions, I can only imagine that in person they will be more spectacular,” Elisa Rudgers added.

The Department of Physical Therapy’s pro



Putting dolls into the hands of students was one of the adjustments made in support of not only their Physical Therapy education, but also in the delivery of services to members of the public receiving services through Sac State’s PT clinics. (Photo courtesy of Katrin Mattern-Baxter)

bono clinics have helped to improve the quality of life for countless men, women, and children in the community since 2006. Many turned to Sac State after exhausting their insurance benefits.

“Patients who attend the pro bono clinics are not being seen elsewhere,” said Michael McKeough, professor and department chair, who founded the clinics program to both serve the community and allow PT students to develop their skills under the supervision of licensed faculty.

“Once community interaction was shut down because of COVID-19,” he said, “our challenge became: How can we maintain some portion of that patient-care experience for our students prior to their full-time clinical rotations? Almost all health care facilities instantly had to go to telehealth to maintain patient services.”

Sac State canceled the remaining springtime PT clinics after the University

pivoted to online learning in mid-March. PT faculty spent the summer – when no patient-care classes are offered – preparing to teach students and serve patients virtually this fall.

Typically, Sac State offers face-to-face pediatric, orthopedic, adult neurological, and amputee and limb difference clinics, as well as STEPS, a pediatric treadmill-training program. All take place on campus in Folsom Hall.

Because of the pandemic, the STEPS clinic, in partnership with Easter Seals Superior California, is on hold, as are the adult neurological clinics, out of concern for patient safety. Many in the neurological clinic have limited mobility and are at risk for falling. The PT department is planning for a clinic focusing on balance and fall-prevention.

The switch to telemedicine has proven a boon for the amputee and limb difference clinic, which has picked up more patients – some from as far away as England – offering PT

students a richer and more diverse experience.

“I’ve had clinicians from around the world come in and do small-group discussions with the students,” said Professor Toran D. MacLeod, who launched the amputee and limb difference clinic in 2015. “So students not only hear from me, in my syntax, but from someone with a different clinical perspective or a social worker who is an amputee, as well.”

In the local community, MacLeod has developed a cohort of 20 to 25 patients who come year after year to attend the clinic.

“Many of them, I am confident, we have kept alive, because we will encourage them to take action on something, such as wound care, and it probably saved their life,” he said.

Sac State’s Doctor of Physical Therapy (DPT) is a three-year program that prepares graduates to provide excellent, knowledgeable patient care in any practice environment.

Sac State has one of the few DPT programs

with a state-of-the-art simulation lab to educate students to care for and respond to emergencies with patients in an acute-care environment.

In addition to learning clinical reasoning through actual and simulated patient care, students complete 36 weeks of full-time internships at three California hospitals or clinics before graduation.

The first graduating class of Sacramento State’s DPT program was honored in July 2015 with a formal hooding ceremony in Capistrano Hall.

Sac State secured its independent doctoral program three years ahead of the deadline mandated by the Commission on Accreditation in Physical Therapy and was the first CSU authorized to offer an independent DPT program.

Source: <https://www.csus.edu/news/articles/2020/12/8/It's-virtual,-but-Physical-Therapy-clinics-remain-hands-on.shtml>

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

### Weekly SUDOKU

Answer

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







# This ‘n’ That

Continued from page 1

distribution guidelines, after ‘healthcare workers and people in long term care,’ my ‘high risk’ group likely will be the next vaccine guinea pigs. IF we choose to get it. Biden says he won’t make vaccination mandatory (unlike, say, the polio vaccine for school kids). States are free to decide where they send it first. As I write this Dec. 8, a ‘very limited supply’ of Pfizer’s vaccine is due here by Saturday 12/12, no later than Monday 12/14, according to our governor. (‘Here’ being California. Not necessarily Sac region clinics.)

Some in clinical trials did report some vaccination side effects (soreness at the vaccination site, body aches, headache) “like the flu, but worse” said one, adding that, in a couple days, he felt fine. In one small trial, a vaccinated group exposed to the virus reported eight got Covid. In the virus-exposed (no vaccine) placebo group, 61 got sick. Two shots, about a month apart, are required for ‘safe effective’ protection with the Pfizer version

According to makers of these vaccines, here’s how they work (prepare to yawn): An mRNA vaccine relies on messenger RNA to deliver instructions to the cells in your body, which then produce small parts of the Covid-19 virus that are just enough to trigger the immune system without getting you sick. In effect, your body “makes its own medicine.” (I looked up ‘mRNA’ but defining RNA in all its alphabet-

ical forms is wordy and complicated. If you want your eyes to totally glaze over, you can Google it.) Well, I’m definitely in the ‘high risk’ group. 65 or older (I’m 71); plus/have ‘underlying serious health conditions’ such as diabetes, cancer, high blood pressure (I have all three). I’m not vaccine-averse. When a kid in Mike’s Ohio school died of spinal meningitis, both of us got vaccinated. Not wanting to risk both Covid and the flu, I went to Walmart and got the current 4-strain flu vaccine for codgers (no offense intended, my fellow codgers).

Before I delve further into the Covid 19 vaccine alternatives, first let’s talk about SARS. SARS is short for Severe Acute Respiratory Syndrome and it’s ‘zoonotic’ (you can catch it from an animal). It’s triggered by exposure to the corona virus (one form of which causes the common cold). SARS, first reported in Asia in February 2003, was “extremely rare in this country: fewer than 1,000 cases annually” according to the CDC. And then SARS-CoV-2 (Corona virus 2 aka Covid-19) came along last winter, and evolved into the current ‘novel’ Covid-19 pandemic.

The stubborn virus is still evolving. There are now THREE strains, but vaccine makers say, don’t worry. The present vaccine can be tweaked they say, by simply substituting a piece of the evolved strain. Pfizer’s vaccine has already been approved for distribution in the UK (United King-



PHOTO COURTESY OF WebMD  
Pregnant/lactating women are not eligible for Covid-19 vaccines. Clinical trials have not included them, due to safety concerns for the baby.

dom) for people 80 years old and older. Moderna has never before gotten an ‘emergency use’ authorization through the FDA. But its application, too, may already have been approved by the time you read this. I hate to say it, but pick your poison. SARS, or a quickie vaccine the full effects of which won’t be known until **millions** have been vaccinated (Source, NBC: *White House reportedly passed up offer to buy more Pfizer vaccine (today.com)*)

Well, despite misgivings (let’s see how fast Obama, Bush & Biden really do a photo opp getting vaccinated with a Warp Speed vaccine), if I can get Pfizer’s vaccine this month, I plan to get it.

Why, you might ask, do I prefer Pfizer’s to Moderna’s, even though Moderna claims superior ‘effectiveness’ vs. the up to 90% ‘efficacy’ claimed by Pfizer (now rebranded 95% effective by the FDA). Bear in mind, our current President reportedly was recently upset with his stockbroker for

loading up on a Pfizer landscaping treatment, not its vaccine stock as instructed. (Source: Forbes business).

**Effectiveness vs. efficacy**, what’s the difference? ‘Efficacy’ is the extent to which an intervention does more good than harm under ideal circumstances. ‘Effectiveness’ is the extent to which an intervention does more good than harm when provided under the usual circumstances of health care practice.’ Source: EU (European Union)

Seems like quibbling to me.

Even though Forbes reports the FDA hasn’t done a bang up job ‘monitoring’ U.S. vaccine manufacturers during ‘Warp Speed’ – I’m tired of sheltering in place. I want out. Just out. I want my life back. Some reasons for our decisions are solely sentimental. My folks had a tree farm in Michigan. I like Michigan. As a 10-year-old, I caught my first fish in Michigan. Pfizer’s vaccine is made in Michigan and Belgium.

Some U.S. agencies I trust. The FDA and EPA are not among them. Too political. Insufficiently science-motivated (which, frankly, could be said of any agency that depends on tax dollars for its funding).

And life’s a crap shoot anyway. As my dear Aunt Mable always said, “We’ll live ‘til we die.” Stay tuned. If I get the vaccine – and I live – I’ll write about it.

*Carol feels optimistic about all that ails her. The cancer, her oncologist says, is not a type that metastasizes (spreads). Medications control her diabetes and keep her blood pressure in check. For all she knows, she’s already had the virus, survived, and now has antibodies that protect her. If a test for Covid (hopefully one that DOES NOT involve a throat swab through your nose) is required prior to vaccination, she’ll share her lab result. She says, “We’re all in this together.” Questions, comments? Contact Carol at carol@bogartonline.com.*

# Stay at home orders

Continued from page 1

viding housing solutions, including measures to protect homeless populations.

**Restaurants:** Allow only for take-out or delivery.

**Offices:** Allow remote only except for critical infrastructure sectors where remote working is not possible.

**Places of worship and political expression:** Allow outdoor activities only.

**Entertainment production:** Industries, studios, and other related establishments such as establishments that provide content for professional broadcast can operate without live audiences.

In any region that triggers a Regional Stay Home Order, all operations in the following sectors must be closed(except to the extent that their operations fall within critical infrastructure):

- Hair salons and barbershops
- Personal care services
- Museums, zoos, and aquariums
- Movie theaters (except drive-in)
- Wineries, bars, breweries, and distilleries
- Family entertainment centers
- Cardrooms and satellite wagering
- Limited services
- Live audience sports
- Amusement parks

–Source: [cityofwestsacramento.org](http://cityofwestsacramento.org)

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