57th Year • No. 16

Wednesday, December 16, 2020

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HOME IMPROVEMENT GUIDE

PAGE

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.









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 Alcala. 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. Wheth-

er the 'Sacramento region' gets much if any ... well, let's just say SoCal's ICU's have filled up fastest 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

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-

See Stay at home orders, page 10







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Virtual Tours: www.facebook/TheJerrettTeam/videos





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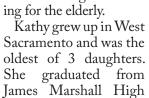
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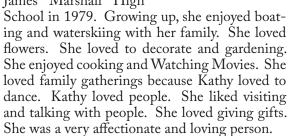
OBITUARY

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

Bobby's Seven Day Barber Shop





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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 regularor Twitter at: https:// twitter.com/Yolo-

CountyCA.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-foressential-needs/. more information about Yolo County's Roadmap to Recovery and see which businesses are currently open, visit: www.yolocounty.org/ coronavirus-roadmap. Residents can call Yolo 2-1-1 for resource in-

formation. 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

"All I can say is that when good fortune falls on West Sacramento, it pours. Today the City Council has three women. I am 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 pracproud to have been elected to tical 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 contin-

"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."



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Bird arrives in West Sacramento, joining fleet of transit options

Bird launched its electric scooter service in West Sacramento to-day 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

WWW.NEWS-LEDGER.COM

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Yolo County is working with the State of California on the planning process for the eventual distribution and administration of a COVID-19 vaccine.

The State is working to en-

- The COVID-19 vaccine meets safety requirements.
- There are plans and procedures in place for the distribution of the vaccine.
- The vaccine is distributed and administered equitably, at first to those with the highest risk of becoming infected and transmitting COVID-19 to others.

Operation Warp Speed

The federal government, through Operation Warp Speed, has been working since the pandemic started to make one or more COVID-19 vaccines available as soon as possible. Operation Warp Speed's goal is to produce and deliver 300 million doses of safe and effective vaccines with the initial doses available by January 2021, as part of a broader strategy to accelerate the development, manufacturing, and distribution of COVID-19 vaccines, therapeutics, and diagnostics (collectively known as countermeasures).

In the effort to create a vaccine as quickly as possible for COVID-19, many processes and procedures were shortened. A usual 6-10 year process to find a vaccine was shortened to $1 - 1 \frac{1}{2}$ years.

For more information about Operation Warp Speed, here is the link for the US Department of Health and Human Services and here is the link here for the US Department

Operation Warp Speed - Accelerated Vaccine Process Vaccine Planning

With the possibility of one or more COVID-19 vaccines becoming available before the end of the year, here are six things you need to know about where those plans currently

The safety of COVID-19 vaccines is a top priority.

The U.S. vaccine safety tem ensures that all vaccines are as safe as possible. Learn how federal partners are working together to ensure the safety of COVID-19 vaccines.

Many vaccines are being developed and tested, but some might be ready before others— the Centers for Disease and Control (CDC) is planning for many possibilities

Multiple partners at all levels of the government are working on flexible COVID-19 vaccination programs that can accommodate different vaccines and scenarios.

At least at first, COVID-19 vaccines might be used under an Emergency Use Authorization (EUA) from the U.S.

Food and Drug Administra-

There may be a limited supply of COVID-19 vaccines in the beginning, but supply will significantly increase in the months that follow.

The goal is for everyone to be able to easily get a COVID-19 vaccine as soon as large quantities are available. The plan is to have several thousand vaccination providers available, including doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

If there is limited supply, some groups have been recommended to get a COVID-19 vaccine first.

Experts are working on how to distribute these limited vaccines in a fair, ethical, and transparent way. Some populations may get the vaccine first, such as health care workers, the elderly, those that are immunocompromised, or essen-

At first, COVID-19 vaccines may not be recommended for

In early clinical trials for various COVID-19 vaccines, non-pregnant adults participated. However, clinical trials continue to expand those recruited to participate. The groups recommended to receive the vaccines could change in the future.

In addition, the State of California established the COVID-19 California Governor's Vaccine Task Force and a COVID-19 Vaccine Task Force Working Group with leadership and subject matter expertise. The Task Force relies on the expertise of three workgroups: (1) the Scientific Safety Review Workgroup, (2) the Drafting Guidelines Workgroup, and (3) the Community Advisory Vaccine Committee.

Vaccine Approval Process

The U.S. Food and Drug Administration (FDA) is the regulatory authority that has oversight of the safety, effec- Are the COVID-19 vaccines • Moderna's COVID-19 vactiveness and quality of vaccines that are used in the United States. The FDA provides scientific and regulatory advice to vaccine developers and undertakes a rigorous evaluation of the scientific information through all phases of clinical trials, which continues after a vaccine has been approved by FDA or authorized for emergency use. In other words, the FDA approves vaccines.

The FDA has issued assurances that it will not approve a vaccine that was developed by sacrificing the standards for quality, safety, and efficacy that any other vaccine would need to meet. A group of vaccine manufacturers has also signed a pledge not to submit

a COVID-19 vaccine before phase III studies have demonstrated that their candidate vaccine is safe and effective.

California's Scientific Safety Review Workgroup will stay informed about vaccine candidate trials, evidence of safety and efficacy, and other information to independently provide recommendations to California leadership and vaccine planning efforts as well as ensure public confidence in vaccine safety, efficacy, and implementation efforts.

At first, COVID-19 vaccines might be used under an Emergency Use Authorization from the U.S. Food and Drug Administration (FDA).

What is an Emergency Use **Authorization (EUA)?**

An Emergency Use Authorization (EUA) is a mechanism to facilitate the availability and use of medical countermeasures, including vaccines, during public health emergencies, such as the current COVID-19 pandemic. Under an EUA, the FDA may allow the use of unapproved medical products, or unapproved uses of approved medical products in an emergency to diagnose, treat, or prevent serious or life-threatening diseases or conditions when certain statutory criteria have been met, including that there are no adequate, approved, and available alternatives. Taking into consideration input from the FDA, manufacturers decide whether and when to submit an EUA request to the FDA.

Once submitted, the FDA will evaluate an EUA request and determine whether the relevant statutory criteria are met, taking into account the totality of the scientific evidence about the vaccine that is available to the FDA. Click here to learn more about Emergency Use Authorization. Watch a video on what an EUA is.

rigorously tested?

Yes. Clinical trials are evaluating investigational COVID-19 vaccines in tens of thousands of study participants to generate the scientific data and other information needed by the FDA to determine safety and effectiveness. These clinical trials are being conducted according to the rigorous standards set forth by the FDA. Click here for the Vaccine Development - 101 process.

Are there safety review workgroups?

To accomplish principles of safety, equity, and transparency, California established the COVID-19 California Governor's Vaccine Task Force and a COVID-19 Vaccine Task Force Working Group with leadership and subject matter expertise. The Task Force relies on the expertise of three workgroups: (1) the Scientific Safety Review Workgroup, (2) the Drafting Guidelines Workgroup, and (3) the Community Advisory Vaccine Committee.

The Scientific Safety Review Workgroup comprised of nationally recognized immunization, public health, academic and other subject matter experts. The workgroup stays informed about vaccine candidate(s) trials, evidence of safety and efficacy, and other information to independently provide recommendations to California leadership regarding vaccine planning efforts and to ensure public confidence in vaccine safety, efficacy, and implementation efforts. Learn more about the State's

Scientific Safety Review Workgroup.

The Drafting Guidelines Workgroup develops California-specific guidance for the prioritization and allocation of vaccines when supplies are limited. Learn more about the Drafting Guidelines Work-

The Community Advisory Vaccine Committee provides input and feedback to the planning efforts and resolves barriers to equitable vaccine implementation and decision-making. Learn more about the Community Advisory Vaccine Committee.

How many vaccines are in the Phase 3 clinical trials?

As of November 24, 2020, large-scale (Phase 3) clinical trials are in progress or being planned for five COVID-19 vaccines in the United States:

- AstraZeneca's COVID-19 vaccine
- Janssen's COVID-19 vac-
- cine
- Novavax's COVID-19 vac-
- cine
- Pfizer's COVID-19 vaccine Learn more about the FDA's different phases of a clinical

Vaccine Cost

We are getting closer to having a COVID-19 vaccine on the market, but how much will it cost? In the United States, people are expected to pay very little out-of-pocket cost—if anything at all.

The Centers for Medicare and Medicaid Services is finalizing a rule that any COVID-19 vaccine with authorization from the Food and Drug Administration would

be covered with no cost to seniors or low-income people enrolled in the government-funded health insurance

Which Vaccine Will We Get

Currently, Yolo County is expected to get COVID-19 doses from Pzifer and Moderna, once they are approved by the State of California and have received their Emergency Use Authorization (EUA).

PFIZER

Yolo County is expected to get the Pfizer vaccine first. The County is not expected to get many vaccines to start with but expects to receive 975 Pfizer doses as early as mid-December. This vaccine requires 2 doses and ultra cold storage (which Yolo County has). For information on who will get the vaccine first, open the tab 'Vaccine Phase 1.'

The Pfizer vaccine is mR-NA-based, which is a new type of vaccine to protect against infectious diseases. To trigger an immune response, many vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead, they teach our cells how to make a protein—or even just a piece of 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

mRNA vaccines cannot give someone COVID-19. mRNA vaccines do not use the live virus that causes COVID-19. They do not affect or interact with our DNA in any way.

mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept. The cell breaks down and gets rid of the mRNA soon after it is finished using the in-

For more information about mRNA vaccines, visit the CDC page at: https://www.cdc.gov/ coronavirus/2019-ncov/vaccines/different-vaccines/mrna. html.

For more information about Pfizer's vaccine, visit their page https://www.pfizer.com/ health/coronavirus.

MODERNA

The County is also expected to get around 1500 Moderna vaccines in mid to late December, once it's approved. This vaccine requires 2 doses.

The Modern vaccine is also mRNA-based (like Pfizer's vaccine). It is a new type of vaccine to protect against infectious diseases. To trigger an immune re-

See Vaccine, page 9

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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, 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

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.

declare that all information this in 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 Memorial Main Lopes 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/lsmith.

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

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/lramirez, 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:

Bloom Studio, ln 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

nl 3067 Dec 2 9 16 23

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 #21700-21716, Codes 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 Marricco. Property to be sold: Misc. Items. Auctioneer Company: www. storagetreasures.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 INTERESTED TO ALL PERSONS: Petitioner: Scott David Ragsdale filed a petition

with this court for a decree changing names as follows: **Scott David Ragsdale**

THE COURT ORDERS that

all persons interested in

Scott Steward

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

petition without a hearing. NOTICE OF HEARING Date: February 9, 2021 Time 9:00 a.m. Dept.: 9 The address of the court is:

be granted. If no written

objection is timely filed,

the court may grant the

CA 95618. A copy of this Order to Show

2936 Ponteverde Lane, Davis,

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: LEWISTON ROAD, WEST SACRAMENTO, CA 95691 PURSUANT TO CIVIL CODE § 2923.3(a) and THE SUMMARY (d), **INFORMATION** REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES TO THE PROVIDED TRUSTOR.

NOTE: THERE IS SUMMARY OF INFORMATION IN THIS DOCUMENT ATTACHED 注:本文件包含一个信息指要

참고사항 본 첨부 문서에 정부 유약서가 있습니다 NOTA: SE ADJUNTA UN RESJUIEN DE LA INFORMACIÓN DE ESTÉ DOCUMENTO TALA: IMAYROONS BUDO NO INFORMASYON SA DOCUMENTOM TO NA IMAYALAMP LUJU Y, KEIN THEO BÂY LÁ BAN TRINH BAY TOM LUYO; VÉ THÔNS TIN TRONG TAI LIỆU NAY IMPORTANT NOTICE TO

PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 07/28/2005. UNLESS YOU 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

Trustee: Dulv Appointed 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 PUBLIC AUCTION HIGHEST BIDDER AΤ TO FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL 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 designation common 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 regarding implied, or title, possession, 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

Cause shall be published 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 undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is

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/ Default Management/ 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

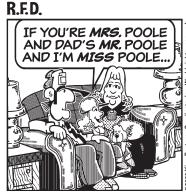
Western Progressive, LLC, as Trustee for beneficiary C/o 1500 Palma Drive, Suite

Ventura, CA 93003 Information 960-8299 (866)http://

www.altisource.com/ MortgageServices/ Default Management/ TrusteeServices.aspx Date: December 8, 2020 **Trustee Sale Assistant**

W E S T E R N PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING COLLECT A DEBT. INFORMATION **OBTAINED MAY BE USED** FOR THAT PURPOSE. Dec 16 23 30 nl 3081

PUZZLES & COMICS







Amber Waves



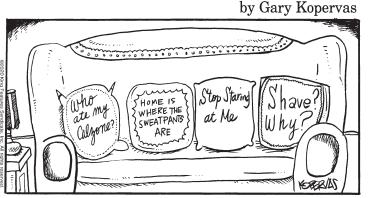






Out on a Limb

EMBROIDERED PILLOWS DURING COVID ...



The Spats







Puzzle Answers are on page 8





























Super Crossword

ACROSS 51 Organic 1 Dreamworld compound 52 Castle **9** Pa 12 Incline 16 Big — whale 19 Person

copying another 20 Straight-22 Dandy sort 23 "That raving guy

is lying!"? [1958, 1999, 19831 25 Regret a lot 26 Mythical ship 27 Plane-related 28 Compass dir. 29 Growing field 30 Franklin

a certain continent's nations back together? [1972, 1979, 1983] 36 Very reactive element

41 Inflexible 42 Assist an unwise fugitive? 19611

[1965, 2002, 50 Muscular jerk

98 The Everly Brothers' Clown" 101 Bovine crv

the attack 103 Rigg made Rooney go "Wow!"? [1957, 2000, progress with

1980] key on PC **70** — Dhabi (emirate) **71** Mr. — ("Fantasy each consist of three of

72 Kings and queens hold agave liquor dear? [2013, 1966, 1958] **79** High peak 80 Revered sort 81 Directs 82 Cantata kin

49 Like cold fish

8 Less sweet,

encirclers 56 Join others in 102 Old Fords 59 Poetic foot 61 - long way **62** Effortless

zero snags? 110 Many a [2017, 1999, seized car 111 Honest prez 69 Certain scroll 112 Revered sort 113 Messy stack 117 Bitter brew 118 This puzzle's long answers

Island" host) these 124 Actor

85 Dirt clump 130 Fresh 87 Ph.D. or beginning 88 Allergic DOWN reaction? 93 City's main business

2 Love deity section 3 Chest organ during a 4 Choir voice 5 Test facility tornado? [1982, 1967, 6 Gobbled up 7 Actor Lloyd

as wine 9 Gobbles up 10 In-favor vote 11 JFK, e.g. 12 High-strung 13 Vine-covered

14 Grassy area 15 Mom's skill, 16 Fright-filled 17 Wellspring 18 Epithet for

genre

32 Japanese

34 "So cute!"

36 "--- -ching!"

37 Slim fish

Tarzan 21 Most recent 24 Before 29 Sorbet alternative. for short 30 Shine up 31 Broody rock

Gulager **125** Extolling 126 Analgesics 127 "Keystone" lawman 128 Move upward 129 Heckling cry

1 Mother of Helen of Troy

43 Of ears 44 Jaunty tune 45 Frosts 46 Modular part 47 Ark-itect? 48 Charity 53 Katy Perry's "I Kissed 54 Tov truck

maker

("Pray for us") 60 Root beer brand 62 Filmmaker Pier -Pasolini 63 Nile's home

55 Wise guy

56 Cola biggie

57 Actor Epps of

64 Stephen of "Ondine" 65 Suffix with play or faith 66 Kick out 67 Debt slip 68 Chou En-69 Soho stroller **73** Roman 350 74 Consecrated

dance-drama 75 Sufficient, in 33 Concerning poetry 76 Lamarr of 35 Beer bubbles "Comrade 77 Ticked (off) 38 - - Blo fuse 78 Accordingly 39 NYSE debut 83 Prefix with

biology 84 "- Little Tenderness" 88 Actor Griffith 89 Dol. parts 90 Farming tool 91 Barn

95 Silent "OK" "Shooter **58** "Ora pro —" 96 Santo -97 Diminutive 98 Audiophile's storage item 99 Danny of 100 Wrap, as a

POP TRIOS

(mules, e.g.)

94 D.C.'s land

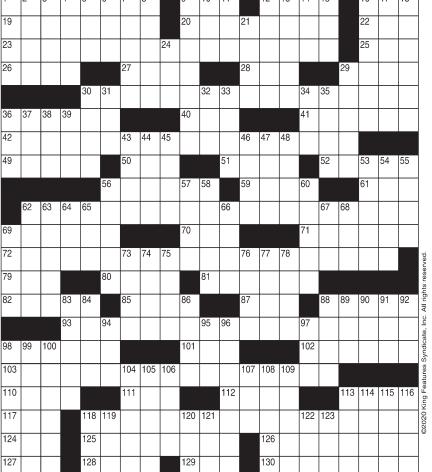
92 Slip- —

weak wrist 104 Papas' partners 105 Activist Hoffman 106 Final letters 107 Chemical suffix 108 "Over There"

composer 109 Kevin of "Silverado" 113 Pitcher -Wilhelm 114 Central Sicilian city 115 Golden

(senior) 116 "Hey ... over this way!" 118 "Car Talk" network

119 "Mystifier" Geller 86 Lightest coin 120 Chest bone **121** Artist Yoko 122 Job for AAA 123 1960s univ. percher radicals



Weekly **SUDOKU**

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆



HOO BOY!

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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 cloudbased communication app that allows for the set-up of virtual videos/audio meetups, and other collaborative capa-

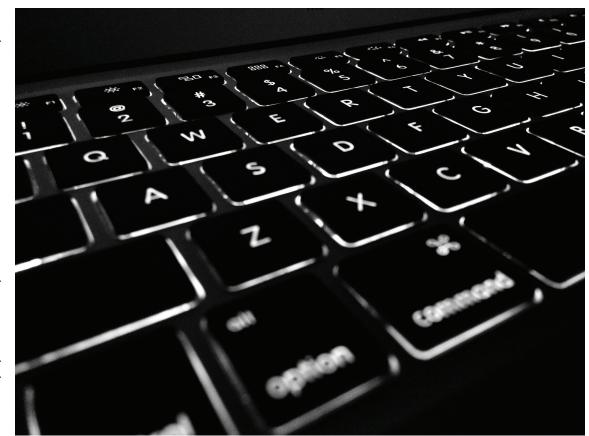
Going Remote Needn't Mean

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 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

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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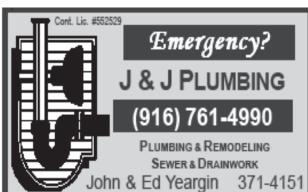
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Though virtual, Physical Therapy clinics remain hands-on

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 dis-

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."

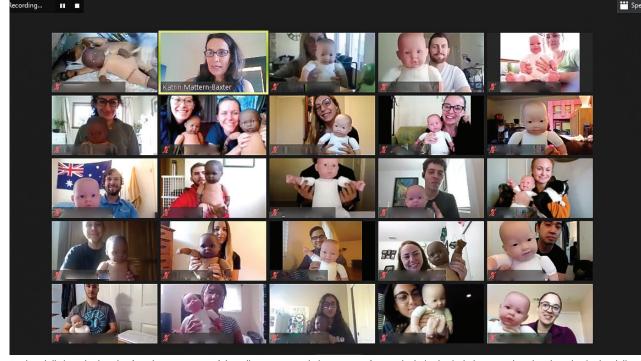
To accommodate this imaginative preteen, Curd and her fellow PT students presented his treatments in unique scenarios. The standard stand-and-reach test, for instance, was presented as a storybook-like challenge: You are stuck in quicksand, but you need to punch the dragon.

"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.

"Tve 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 acutecare 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

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. https://www. Source: csus.edu/news/articles/2020/12/8/ It's-virtual,-but-Phys-

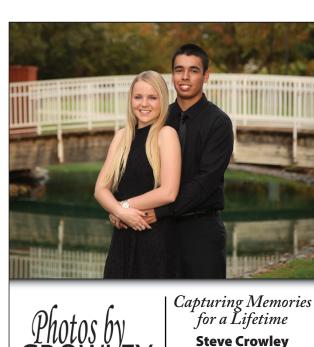
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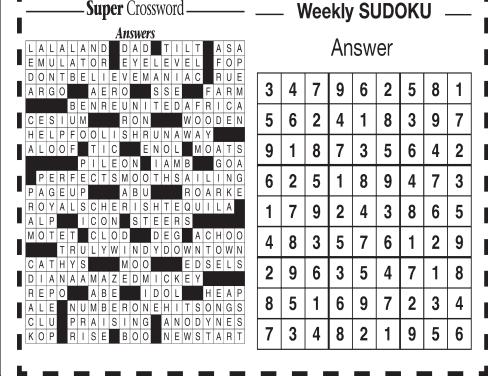


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Free COVID-19 Testing at Elica Health Center

In partnership with Elica Health Center, Yolo County Public Health is offering free Coronavirus Disease 2019 (COVID-19) testing for residents through December 30th (Monday, Wednesdays and Fridays ONLY) from 8 a.m. to noon at the Elica Health Center, located at 1276 Halyard Drive in West Sacramento.

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/

This is not antibody testing; this is to test if individuals currently have COVID-19. Residents must wear a face covering and practice social distancing. This location is not a drive-thru so residents will need to park their car and walk a short distance to the tent, however residents with

handicap placards may be able to park in designated handicap parking spots and be tested from their vehicle.

To see all the COVID-19 testing options in Yolo County, visit https://covidtesting. yolocounty.org/. Residents can call Yolo 2-1-1 for resource information.

Vaccine

Continued from page 4

sponse, many vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead, they teach our cells how to make a protein—or even just a piece of 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.

mRNA vaccines cannot give someone COVID-19. mRNA vaccines do not use the live virus that causes COVID-19. They do not affect or interact with our DNA in any way.

mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept. The cell breaks down and gets rid of the mRNA soon after it is finished using the instructions.

For more information about mRNA vaccines, visit the CDC page at: https://www.cdc.gov/ coronavirus/2019-ncov/ vaccines/different-vaccines/mrna.html.

For more information about Moderna's vaccine, visit their page https://www.modernatx.com/modernas-work-potential-vaccine-against-covid-19.

Is the Vaccine Manda-

At this point, there is no plan to make the COVID-19 mandatory.

Vaccine Myths

The MYTH: COVID-19 vaccine will give you COVID-19 The COVID-19 vaccination can't

COVID-19. The goal of the vaccines is to teach our immune systems how to fight the virus that causes COVID-19. Learn more about how COVID-19 vaccines work.

MYTH: COVID-19 vaccines will cause you to test positive on COVID-19 viral tests

Vaccines won't cause you to test positive on viral tests, which are used to see if you have a current

If your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

MYTH: People who have gotten sick with COVID-19 will not benefit from getting vac-

People are advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before. This is due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible.

At this time, we do not know how long someone is protected from getting sick again after recovering from COVID-19. We won't know how long immunity produced by vaccination lasts until we have a vaccine and more data on how well it works.

MYTH: The vaccination will not prevent you from getting sick with COVID-19.

While many people with COVID-19 have only a mild illness, others may get a severe illness or even die. There is no way to know how COVID-19 will affect you, even if you are not at increased risk of severe complications. COVID-19 vaccination helps protect you without having to get the disease.

Vaccine Phase 1

California is planning to distribute and administer vaccines as quickly as possible. This will be done only after a vaccine's safety has been reviewed and approved by top health experts.

Initially vaccine supply will be very limited. California is expected to receive 327,000 doses of COVID-19 vaccine in

the first state shipment expected in mid-December 2020. 975 of those doses will come to Yolo County. California has created a prioritization guideline with phases of distribution to help all Californians get the COVID-19 vaccine.

PHASE 1A In the first subset of the first phase (Phase 1A) of the vaccine distribution, doses will be prioritized for people at risk of exposure to COVID-19 through their work in any role in direct health care or long-term care settings. This population includes people at direct risk of exposure in their non-clinical roles, such as, but not limited to, environmental services, patient transport, or interpretation. Also in this phase are residents of skilled nursing facilities, assisted living facilities, and similar long-term care settings for older or medically vulnerable individuals.

If supplies are limited during Phase 1A, COVID-19 vaccines are prioritized further into tiers. The tiers and categories in each tier are presented in ranked order. People who are immunizing (giving the shots to) the prioritized populations in a tier should be offered immunization during or before the same tier.

- Acute care, psychiatric and correctional facility hospitals
- · Skilled nursing facilities, assisted living facilities, and similar settings for older or medically vulnerable individuals
- Also, in concordance with ACIP, residents in these settings
- Paramedics, EMTs and others providing emergency medical services
- Dialysis centers

Tier 2

- Intermediate care facilities for persons who need non-continuous supervision nursing and supportive care
- Home health care and supportive in-home services

- health Community workers, including promotoras
- Public health field staff
- Primary Care clinics, including Federally Qualified Health Centers, Rural Health Centers, correctional facility clinics, and urgent care clinics

Tier 3

Other settings and health care workers, including

- Specialty clinics
- Laboratory workers
- Dental and other oral health clinics
- Pharmacy staff not working in settings at higher tiers

For more information about about Phase 1A, click here.

PHASE 1B

This phase includes essential workers, such as those in education, food and agriculture, utilities, police, firefighters, correction officers, transportation and others. Reaching essential workers (non-healthcare personnel) will require jurisdictions, such as counties, to identify critical sectors at risk and optimal strategies to reach them.

The plan is that as Phase 1A winds down, Phase 1B will ramp up and the same for Phase 1C when Phase 1B draws to a close.

PHASE 1C

This phase includes adults with high-risk medical conditions or those 65 years and older.

Check back as more information is released about the other phases.

Free COVID-19 Tests

If you need to get a COVID-19 test, there are many options that are free for Yolo County residents, regardless if you have health insurance or

Visit the Yolo County COVID-19 testing page at: https://covidtesting. volocounty.org.

Call the Yolo County COVID-19 Response Operations Center Line 965-6268 (833)(833-YOLOCOV)

Physical and Behavioral **Health Services to Woodland Community College Students**

The Yolo County Health and Human Services Agency (HHSA) and Yuba Community College District announce that CommuniCare Health Centers (CCHC) has been selected to provide site-based health services to Woodland Community College (WCC) students. This new partnership will provide on-site physical healthcare, behavioral healthcare and related social services in a client-centered and culturally and linguistically competent manner.

CCHC will also be providing education and learning opportunities for WCC students and staff to increase knowledge of healthy-living habits and services available to them. In the event of a public health emergency, including the current COVID-19 pandemic, CCHC will offer services in coordination with local and state public health guidelines and standards, which may include telehealth services and virtual events.

"Yolo County's partnership with Woodland Community College on student health marks an important step forward in the continuing evolution of the college and in expanding vital services to students", said Chair of the Yolo County Board of Supervisors Gary Sandy. "Most WCC students hold down jobs in addition to attending classes and too often lack access to health services. Through this unique partnership we'll be able to provide students from our own community with some basic physical and mental health services to keep them in school and moving for-

The initial term for the program is September 1, 2020 through June 30, 2023 with a possible extension to June 30, 2025. The program will be paid for with funding from HHSA, contributing upwards of \$150,000 per year, and YCCD, contributing \$60,000 per year.

"This collaborative really highlights what we can do when we work together and focus on our mutual goals of increasing access to critical services like healthcare to all our communities and within our institutions of higher education," stated WCC President Dr. Artemio Pimentel. "Our students will have access to important baseline health services and will better served by this partnership."

CCHC will provide WCC students access to behavioral health services at a minimum of three work days per week, and physical healthcare services at a minimum of three-and-a-half work days per week. Extended evening hours will be made available for both services. CCHC also has the capacity to extended behavioral health services and/or physical healthcare coverage to address emergent and emergency WCC community needs.

For more information on this new program and participating partners, please visit Yuba Community College District's website at: www.yccd.edu and CommuniCare HealthCenters website at: https://communicarehc.org. Stay connected with the Yolo County Health and Human Services Agency on Facebook at www.facebook.com/YoloCountyHHSA and on their website at www. yolocounty.org/health-human-services.

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Sun. Worship - 11 a.m. Wed. Prayer Meeting & Bible Study - 6:30 p.m. 2124 Michigan Blvd. 371-2111

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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 alphabetical 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 Syndrome Respiratory 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 cur-'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. efficacv, 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

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 <u>not</u> among them. Too political. Insufficientscience-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.

Stay at 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

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):

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- lite wagering
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- -Source: cityofwestsacramento.org

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