56th Year • No. 36

Wednesday, May 6, 2020

LEGALS

COMICS & PUZZLES

HOME IMPROVEMENT GUIDE

All construction activities and drive-in religious services now allowed

Yolo County health order extended for another month; child care finder portal announced

Effective immediately, Yolo County is extending the countywide health order for residents to shelter in place through May 31. The extended order aligns the County approach to "sheltering in place" with the requirements of the State Shelter in Place Order -which limits what the County can allow local business and residents to do - and is similar to the extension timelines of neighboring counties. In addition, the health order is intended to continue to slow the spread of novel coronavirus (COVID-19). The original Shelter in Place order, issued on March 18, established a shelter in place through April 7, but was extended on March 31 to May 1.



der to stay at home is still in effect, counties State Order. Counties may only permit activ-

While the State Or- ities to resume that are strictive than the State not prohibited by the can only be more re-

Order, not less. This means that the County cannot allow certain

activities to resume unless also allowed by the State Order.

Under the County's extension and not prohibited by the State Order, Yolo County is allowing the following activities to resume, effective May 4th, that have been assessed as low risk for the spread of COVID-19 and are consistent with the State Order, as long as they 1) follow guidelines from the County and its partners and 2) adhere to strict social distancing protocols:

Drive-in religious services All construction

Guidelines for both activities will be forthcoming and available on the Yolo County website: https://www.

See Shelter in place, page 7

Reports of child abuse haven't skyrocketed, but lack of oversight could be the reason

BY MONICA STARK

While reports of child abuse haven't skyrocketed in West Sacramento during the shelter-in-place orders, the reasons may be due to the lack of oversight by various professionals such as school nurses, counselors, teachers and friends.

That was a message delivered by West Sacramento City Council Member Quirina Orozco at the April 22 council meeting over Zoom with the rest of the council.

That said, guides about handling child behaviors and stressful situations are available from the Yolo County Children's Alliance.

According to the website, they are meant to "give you ideas about how to nurture your child, weather emotional storms, take care of yourself, and enjoy time with your child, while also helping you feel empowered and closer to your

The guides, are listed, as follows:

- Handling Your Child's Challenging Behaviors at Every
- Nurturing Children During Times of Stress: A Guide to Help Children Bloom Weathering
- Storms: A Guide to Healthy Expressions of Emotions for Parents and Children
- Make Time for Yourself—A Self-Care Guide for Busy Par-
- Talk+Play=Connect Toolkit for Families
- Choosing a Child Care Provider

Even if these resources aren't particularly useful for you or your family, Orozco urges the community to keep an eye out on your neighbors.

On the web:

https://www.yolokids.org/



Yolo County requires masks

BY MICHELE TOWNSEND

The Yolo County Public Health Officer has issued orders requiring some members of the public and workers to wear face coverings.

County Public Health Officers are given their authority under the California Health and Safety Code. Does that mean that the rules set forth by the Health Officer are law? In a manner of speaking, yes.

Enforcement of these orders began on April 27, 2020 at 8 a.m., and

is to continue until the orders are rescinded, superseded or amended in writing by the Health Officer. By not complying with the face covering orders, some people will be committing a misdemeanor punishable by fine, jail or both. The problem is that the orders themselves say that "the success of this order depends upon voluntary compliance by individuals and community acceptance of its requirements". In addition, it

See Masks, page 8



THIS 'n' THAT

The Homeschool Blues



BY CAROL BOGART

Is 'distance' learning working out – or is it like having homework ALL the time?

Here's a true story you may find helpful.

As a student, my ADHD son was easily overwhelmed. When

he was a sophomore, he had what proved to be a last-minute geometry project that was news to me. Each day when Mike got home from school, we emptied his backpack. I'd seen no instructions for this assignment. I emailed his teacher, who'd included it in her Friday morning email to me. She told me this 'star' home project – assigned four weeks earlier - was due the following Tuesday (with Monday being MLK Day). A stroke of luck. We'd have three whole days to do it.

She promised she'd look in his desk for the materials and send them home with him that day.

I refrained from blowing up at him when he got home, and said, "OK, let's look at those instructions."

The kids were to use colored string and tacks to create a star, measure the angles, and write up their findings. I asked, "What color string do you want?" He said, "All of them." Noting his beleaguered expression, I

See This 'n' That, page 6



PHOTO COURTESY OF CAROL BOGART Mike, age 4 in this photo, and I often did fun outdoor stuff – prior to the

Choose HOPE West Sac

f @ 💟 Ø 🤂 🖸





1824 Evergreen Avenue \$279,500

Virtual Tours: www.facebook/TheJerrettTeam/videos



DRE#01872694

3901 Lake Road #71 \$115,000



Big Day of Giving set for Thursday

Big Day of Giving is on, and 615 local nonprofits are in. This region is resilient, even during challenging times. Mark your calendars for Thursday, May 7, to support the organizations that do so much good in the Sacramento region.

There are lots of ways to make an impact on Big Day of Giving! You can make early gifts in advance, create a fundraising page to encourage your friends and family to support the cause that matters most to you, let someone in your life know you've made donations in their honor, and pledge to volunteer in the coming year. However you give, be proud that you are part of the movement that has raised more than \$40 million for over 600 local nonprofits since its inception.

Source: bigdayofgiving.org

Some of the following organizations need more help now than ever.

<u>MEALS</u> **WHEELS** <u>YOLO</u> **COUNTY**: In response COVID-19 the pandemic, Meals on Wheels Yolo County is currently busier than ever, meeting the needs of more Yolo County elderly folks. They are delivering only twice a week, but still delivering five or more meals/ week, plus extra grocery items, paper products and toiletries as needed, since most of their clients are home bound and beginning to run out of supplies. Coronavirus is a food security issue for low income and home bound seniors, and your important gift is vital in supporting our work with seniors right here in our community. Donors are more important than ever during this virus, and a critical component of our ability to do this job.

https://www.bigdayofgiving.org/mowyolo

Needs Statement

Millions of seniors in the United States face the threat of hunger. A 2008 report on hunger reported that "the threat of hunger confronts over five million of all seniors age 60 and over." The seniors we reach are mostly invisible to the community. Many, who are on fixed incomes, must choose between paying for essentials, such as rent, food, or medicines. Seniors should not have to choose between the necessities of life. Over 68% of the seniors we serve are very low income and 25% live below the poverty level. These older people, who have been productive members of our society, are most at risk and need and deserve our protection, support and care to stay as healthy as possible, while they age with dignity.

organization needs volunteers to deliver meals and a friendly smile each day to seniors, particularly in our most difficult to serve communities. We also need volunteers in other areas, such as clerical, helping us care for our fleet of delivery vehicles, helping in our five kitchens, etc.

The organization needs donations for both our general operating costs (\$180,000 on food alone last year), and to fund special projects such as our Weekend Food Project (\$12,000/year).

Our top needs:

- 1. Volunteers Volunteers needed in Winters, Woodland and Sacramento. How would you like to help?
- 2. Funding: Unrestricted - Your generosity is appreciated and we know exactly where it will do the most good.
- 3. Funding: Program -Your generosity is appreciated and we will spend it on the program you indicate, or work together on an original project.
- 4.Board Members Since we serve all of Yolo County, it's great when every city and area is represented on our Board of Directors. Let's talk about this relationship!
- 5.Other Please Describe - Advocates! With 75 million Baby Boomers now aged 60-74, the increase in those now eligible for our services is huge. Help us spread the word to Boomers who may be in need of our help.

Leadership Statement

"Meals on Wheels Yolo County (People Resources, Inc.) has been providing a daily hot meal to seniors in our region for over 40 years. It seems simple: our central kitchen staff begins work each weekday at 4:00am, while most of us are still asleep in our beds, preparing about 400 hot lunches for Yolo County seniors. The freshly prepared hot food is then delivered to sites in Woodland, West Sac-

Davis. There, about 2/3 of the bulk food is packaged for home delivery by volunteers. Seniors look forward to their meal and to the personal attention of a familiar visitor. The other 1/3 of the food is plated attractively and served to seniors who travel to the four senior centers to socialize over lunch. It's what we do. But we are one of the few remaining organizations that actually cook meals from scratch and deliver them daily. Many programs - because off a lack of resources - deliver ten frozen meals twice a month by FedEx, or they have had to eliminate congregate dining, or they have a waiting list of hungry seniors, or they have had to close down their programs altogether. So, what has always seemed simple, is, obviously, not so simple these days. The daily delivery of a hot meal by a familiar volunteer is very important, and even unique nowadays. Our staff, Board of Directors and volunteers are passionate about what we do. Our continued success is DIRECT-LY RELATED to the generosity of time and financial support by our community. We'd like to keep providing this service to seniors for a long time. Please help us do that with your support."

ramento, Winters, and

YOLOARTS believes arts and cultural practices transform our daily interactions by sparking dialogue, building empathy, and encouraging shared experiences. Yolo Arts strives to inspire a flourishing arts and centuries through stancultural ecosystem in dards-based education-Yolo County by serv- al tours and hands-on ing the community, individual artists, and arts organizations.

Needs **Statement:** With your help, Yolo Arts can continue to deliver arts and culture to the Yolo County community.

Top needs: 1. Funding: Program - Arts Education Pro-Traditional arts education programs bring professional artists into public school classrooms and juvenile detention centers to instruct in visual, performing, and literary arts reaching 2,716 students. YoloArts' innovative and successful I SEE YOU program, reaching over 100 participants, strives to increase the artistic

> 2. Funding: Program -Historic Programs and Gibson House Educational Tours Unique to Yolo County, the Gibson

expression and

County.

connections of adults

who are experiencing

homelessness in Yolo

House and 2.5-acre park serve as an important state historical landmark where over 400 3rd grade students explore life in the late 19th and early 20th activities which include butter churning, corn husking, and art mak-

3. Funding: Program -Art & Ag Project

The Art & Ag Project cultivates a dialogue between artists and farmers in Yolo County to in-

crease public awareness about the importance of preserving farmlands. A nationally recognized project for over 10 years, YoloArts has worked with farmers to open their land to artists who capture private landscapes that would otherwise remain inaccessible and unseen., and engages almost 200 artists per

teaching

social

4. Funding: Program -Gallery 625

In 2020, Gallery 625 will host six new gallery exhibitions to highlight local and visiting artists. First Friday opening night receptions with music and refreshments reach over 200 participants. Conveniently located at Yolo County's Erwin Meier Administration building, Gallery 625 is also open to a constant flow of public visitors during the week.

5. Funding: Program -Barn Gallery

newly renovated and modern space, the Barn Gallery, offers 1,400 square feet for exhibitions, performances, presentations, and more. The Barn Gallery 2020 schedule features four gallery art exhibitions with a diverse representation of emerging and established artists. New exhibits encourage

See Big Day of Giving, page 6

Open Everyday! 1040 West Capitol Ave Suite E (Behind Subway) West Sacramento, CA 95691 **Bobby Luna** Next to City Hall Corner of West Capitol and Merkley

Bobby's Seven Day Barber Shop

The News-Ledger WEST SACRAMENTO'S CHOICE

www.News-Ledger.com 'Official Newspaper of Record for the City of West Sacramento' MEMBER, Calif. Newspaper Publishers Assn.

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

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

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

The News-Ledger LLC

Chris Macko, Publisher Monica Stark, Editor Chris Macko, Legals John Ochoa, Graphic Designer

News-Ledger (USPS #388-320) is published weekly. Periodicals Postage paid at West Sacramento CA 95799. POSTMASTER: Send address changes to News-Ledger, 1040 W. Capitol Ave., Suite B, West Sacramento CA 95691-2715.

Subscription price: \$25.00 per year within Yolo County (including West Sacramento); \$30.00 per year elsewhere in the United States. Delivery by mail. Call (916) 371-8030.

Editorial Submissions: editor@news-ledger.com Legals: wsnewsledger@gmail.com Obituaries: wsnewsledger@gmail.com Advertising Sales: chris@news-ledger.com

> The News-Ledger 1040 West Capitol Avenue, Suite B West Sacramento, CA 95691 (916) 371-8030 www.news-ledger.com

Tanya Tguilera West Sacramento Specialist

cell: (916) 206-9016 • Fax: (916) 239-2955



IloveWestSacramento.com Tanya@golyon.com

CalBRE# 1444144



FOR RENT

Property Management

371-1870

www.westsacrentals.com

Your West Sacramento Specialist

Have a question? Call us. No Obligation. We are here to help!

Is your landlord being fair? Can I be charged for that? How can I get my security deposit back?

What notice do I give my tenant? Can I charge for that? How much rent can I get?

Serving Families In West Sacramento Since 1962



RIVER CITIES FUNERAL CHAPEL

916-371-4535 • www.RiverCitiesFuneralChapel.com · Complete Funeral Services • Cremation or Burial • We Use All Cemeteries • World Wide Shipping • Insurance Funded • Pre-Need Plans With Price Guarantee

of West Sacramento, representing five generations of funeral service. 910 Soule Street • West Sacramento CA 95691

Our funeral home is owned, managed and cared for by the Daniel family



Reduced Services Effective April 20, 2020

Yolobus services are rear-door entry and fare free until further notice

Weekdays: (M-F) fixed-routes to operate on an "Expanded Saturday" service level

Intercity

Route 42 A: Regular Saturday Schedule + 5:30 am departure, starting at L at 13th

in Sacramento

Cancelled: 9:30 pm and 10:30 pm trips

Route 42 B: Regular Saturday Schedule + 5:05 am departure, starting at L at 13th

in Sacramento

West Sacramento

Routes 35 and 240: Regular Saturday Schedules

Route 39: Cancelled

Route 40: Regular Saturday Schedule + 6:40 am trip

added Cancelled: 6:40 pm trip

Route 41: Regular weekday schedule

(exception) Cancelled: 6:20 pm

and 7:20 pm trips

• Local and Intercity Paratransit Services to continue

Saturdays: Fixed-routes will operate regular Saturday schedules with the below exceptions:

• <u>Intercity</u>

Route 42 A: 9:30 pm and 10:30 pm trips cancelled

Route 42 B: Regular Saturday Schedule

West Sacramento

Routes 35 and 240: Regular Saturday Schedules

Route 40: Regular Saturday Schedule

Cancelled: 6:40 pm trip

<u>Local and Intercity Paratransit Services</u> to continue

Sundays: Fixed-routes will operate all regularly scheduled Sunday service with the below exceptions:

• Intercity

Route 42 A: 9:30 pm and 10:30 pm trips cancelled

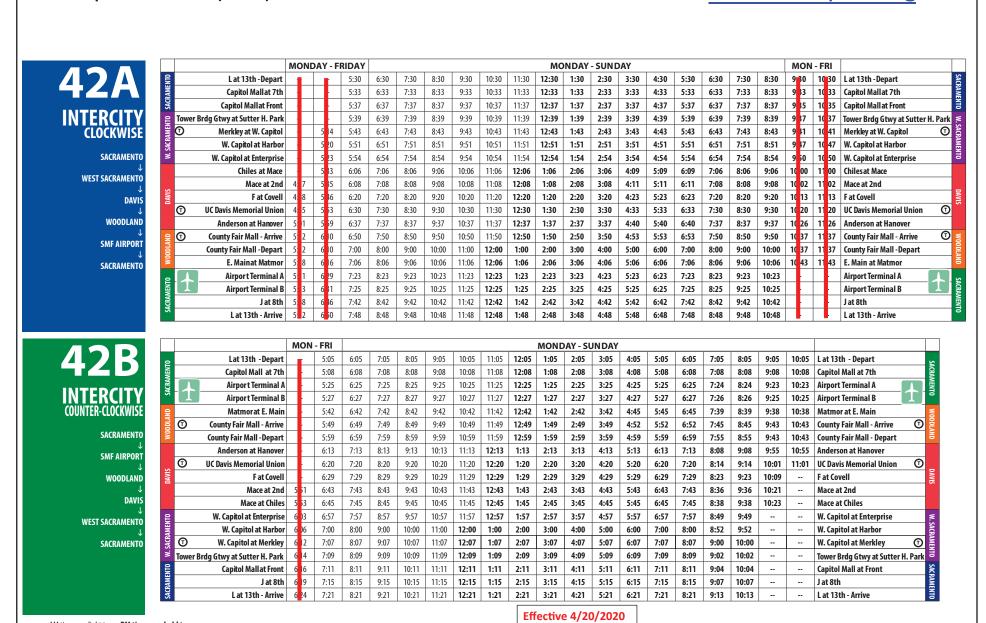
Route 42 B: Regular Sunday Schedule

West Sacramento

Routes 35, 40 and 240: Will run regular Sunday Schedules

Local and Intercity Paratransit Services to continue

For further information and trip planning assistance, please call (530) 666-2877 or email customer service at custserv@yctd.org



LEGALS

FICTITIOUS BUSINESS NAME STATEMENT FILED 04/13/2020 FILE NO. F20200307

The following person(s) is (are) doing business as **Davis** Professional Affordable Counseling, 1260 Lake Blvd., Suite 201, Davis, CA 95616 in

Yolo County. Registered Owner(s) Dezaree A. Finch, 3100 5th Street

#44, Davis, CA 95618

The business is conducted by:

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/Dezaree Finch accordance with Notice-In 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: April 13, 2020 Deputy Clerk Apr 29 May 6 13 20 nl 2794

FICTITIOUS BUSINESS NAME STATEMENT

The following person(s) is (are) doing business as **H&R** Towing, 918 Soule Street, West Sacramento, CA 95691 in Yolo County.

FILED 04/13/2020

FILE NO. F20200308

Registered Owner(s) Danae Smith, 1909 Oxford Street, West Sacramento, CA 95691

The business is conducted by: Individual The registrant commenced to

transact business under the fictitious business name or names listed above on

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/Danae Smith 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

State of California, County of Yolo Jesse Salinas. County Clerk Recorder Date: April 13, 2020 /s/kquam,

Deputy Clerk Apr 29 May 6 13 20 nl 2797

FICTITIOUS BUSINESS NAME STATEMENT FILED 04/10/2020 FILE NO. F20200300

The following person(s) is (are) doing business as FJS Consulting, Russell Blvd., Davis, CA 95616 in Yolo County. Registered Owner(s)

Frederick J. Sundstrom, 2727 Russell Blvd., Davis, CA 95616 The business is conducted by: Individual

The registrant commenced to transact business under the fictitious business name or names listed above on

7/1/2004. 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/Frederick J. Sundstrom accordance with Notice-In 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: April 10, 2020 /s/kguam,

Åpr 22 29 May 6 13 nl 2792

FICTITIOUS BUSINESS NAME STATEMENT FILED 04/01/2020 FILE NO. F20200291

The following person(s) is (are) doing business as **Nutrition With Robin**, 51200 Pumphouse Rd., Clarksburg, CA 95612 in Yolo County.

Registered Owner(s) Robin Withrow-Wong, 51200 Pumphouse Rd., Clarksburg, CA 95612

The business is conducted by: Individual

The registrant commenced to business under the transact fictitious business name or names listed above on 3/1/2020.

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/Robin Withrow-Wong 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,

Jesse Salinas. County Clerk Recorder Date: April 1, 2020 /s/dho,

Deputy Clerk Apr 15 22 29 May 6 nl 2788

FICTITIOUS BUSINESS NAME STATEMENT FILED 04/01/2020 FILE NO. F20200289

The following person(s) is (are) doing business as Lockwood Maintenance and Repair, 3596 Squaw Road, West Sacramento, CA 95691 in Yolo County. Registered Owner(s)

Jerry Lockwood, 3596 Squaw 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. 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/Jerry Lockwood Notice-In accordance 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: April 1, 2020 /s/dho,

Deputy Clerk Apr 15 22 29 May 6 nl 2789

PUBLIC HEARING NOTICE MAY 21, 2020

Government to Code Section 66018, the West Sacramento Planning Commission will conduct a public hearing on May 21, 2020 at 6:00 PM or as soon thereafter as possible on the item listed below.

Pursuant to the Governor's Executive Order N-29-20, members of the West Sacramento Planning Commissioners and staff will participate in this meeting via a teleconference. To reduce the spread of COVID-19, members of the public are asked to watch the meeting Livestream (https:// www.cityofwestsacramento.org/ government/meetings-agendas/ planning-commission), or via Wave Cable Channel 20 and to submit comments in writing by 5:00 PM on May 21, 2020.

To submit a comment in writing, email Benjaminm@ please cityofwestsacramento.org "Public Comment" in write the subject line. In the body of the email, include the item number and/or title of the item as well as your comments. All comments received by 5:00 PM will be provided to the Planning Commission and posted on the website. The comments submitted shall become part of the record of the meeting.

6:00 p.m. REGULAR AGENDA

Public Hearing on the Washington Commons Co-**Housing Project** (Laffey)

This is a public hearing on a proposed 35-unit condominium cohousing community at 316-330 G Street. The project requires

Planning Commission approval of Tentative Subdivision Map 5193, Washington Specific Plan Minor Deviations and design review. The building is 4 stories with 35 parking spaces, with community facilities on the ground floor and condo units on floors 2-4. The project is located at 316-330 Street (APN: 010-475-010-000 and 010-475-011-000) and is zoned Waterfront (WF). The project is Categorically Exempt from the California Environmental Quality Act pursuant to §15332 (Infill Development) of the CEQA Guidelines. Applicant: Mahlum Architects Inc, 1231 NW Hoyt, Suite 102, Portland, OR 97209. Owner: Fourth and G Partners, LLC, 228 Rice Lane, Davis, CA

2. Public Hearing Regarding Proposed 4th Street Homes Vesting Tentative Subdivision Map 5186, Planned Development Permit, Washington Specific Plan Minor Deviations, and Design Review (Allen)

The applicant is requesting approval of a vesting tentative subdivision map for the creation of two lots containing 25 condominium units, a planned development permit, and minor deviations from the Washington Specific Plan. The applicant is also requesting design review approval for the project. The project is located at 204-218 4th Street and 407 B Street (APNs 101-495-004-000, 101-495-010-000 through 101-495-013-000) and is zoned R-3 (Multi-Family Residential). The project is Categorically Exempt from the California Environmental Quality Act pursuant to \$15332 (Infill Development) of the CEQA Guidelines. Applicant: Philip Harvey, Kuchman Architects PC, 2203 13th Street, Sacramento, CA 95818. Owner: Next Generation Capital, LLC, 11211 Gold Country Suite 103, Gold River, CA 95670. David W. Tilley, Secretary

West Sacramento Planning Commission If you disagree with the decision of the Planning Commission, you have a right of appeal. Only persons who participated in the review process by submitting written testimony or oral testimony at the public hearing, may appeal. Appeals are limited to those issues raised at the planning commission meeting. If you challenge any of the above items in court, you may be limited to raising only those <u>issues you or someone else</u> raised at the public hearing described in this notice, or written correspondence delivered to the City of West Sacramento at, or prior to, the

INVITATION TO BID

<u>public hearing.</u>

May 6 nl 2798

Sealed proposals will be received at the office of the Director of Public Works, 1110 West Capitol Avenue, 1st Floor, West Sacramento. California until 2:00 PM local time on Wednesday, June 3, 2020, at which time and place they will be publicly opened

and read aloud for the: FIRE STATION 45 EXTERIOR REPAIRS PROJECT The proposed work consists of

the following: Repairs and/or

replacement of framing, insulation, drywall, paint, carpet, plaster, doors, windows, roofing and other miscellaneous components to address deficiencies in the building envelope/waterproofing systems

1. Completion of Work: All work shall be completed within (330) working days from the date designated on the Notice to Proceed.

Obtaining Contract **Documents:** Contract documents and plans are available for downloading free of charge through the Virtual Project Manager services of CIPList.com. You must sign up to use this service which will automatically inform you of updates and amendments. Plans and specifications are available for download at http:// www.ciplist.com/usa/. Sign up or sign in to download the project documents including bidder's list etc. Hard copies are not available from the City.

Questions: Project-specific questions must be made in writing and sent to the Project Manager, Jeramy Chapdelaine at jeramyc@cityofwestsacramento. If appropriate, the City post responses to Bidder questions received at the following address: http://ciplist. com/plans/?WestSacramento/ city/13870. The cutoff date for submittal of questions is Friday, May 22, 2020 by 5:00 PM local time.

4. Submission of Proposals: All proposals must be submitted not later than the date and time prescribed. The Bidder is wholly responsible to ensure its Bid is submitted on the date and at the time and place designated for the opening of bids. Any Bid received after the time and date specified shall not be considered. Any Bid may be withdrawn prior to the scheduled time for opening bids. Each Bid must conform and be responsive to this notice and shall be made on the official proposal forms furnished with the Contract Documents.

5. Bid Security: Each proposal must be accompanied by a Bid Security in the form of a cashier's check, certified check, or Bid bond executed on the prescribed form, in an amount not less than ten percent (10%) of the total Bid price payable to the City of West Sacramento.

Bidders are hereby notified that in accordance with the provisions of Public Contract Code section 22300. securities may substituted for any monies which the City may withhold pursuant to the terms of this Contract to ensure performance.

6. Construction License: Bidder must possess a current B - General Building Contractor's License issued by the State of California, at the time the Bid is submitted. Contractor Registration:

All Bidders, and Subcontractors subject to Public Contract Code section 4104, must have registered with the California State Department of Industrial section 1725.5 prior to submitting a bid. Furthermore, a Contractor, and all Subcontractors subject to Public Contract Code section 4104, must be registered pursuant to Labor Code section 1725.5 before entering into a contract to work on a public project.

8. Preconstruction Conference: A preconstruction conference will be convened after the Contractor delivered the necessary bonds, insurance certificates, and signed agreement in proper form as required in the invitation to bid, Bid proposal, and general conditions of these specifications. Prior to any work, the Contractor shall provide the Engineer with a list of key personnel assigned to the project and the telephone numbers where they may be reached at any time. The list shall be made available in sufficient copies and presented at the preconstruction conference.

Award: The award shall be made to the lowest responsible Bidder whose proposal complies with the specified requirements. The award of the Contract will be made by the West Sacramento City Council, and the Contractor shall execute the Contract within ten (10) days after it has received the Contract from the City. The City reserves the right to waive any irregularity in the proposals. No Bid may be withdrawn for a period of sixty (60) days after the opening of bids.

10. Rejection of Bids: The City reserves the right to reject any and all bids, or to waive immaterial irregularities in any bid. Any Bid not conforming to the intent and purpose of the Contract Documents may be rejected. The City reserves the right to make all awards in the best interest of the

11. Disqualification of Bidder: If there is a reason to believe that collusion exists among any Bidders, none of the bids of the participants in such collusion will be considered and the City may likewise elect to reject all bids

12. Relief of Bidder: Attention is directed to the provisions of Public Contracts Code section 5101 and the following, concerning relief of Bidders and in particular to the requirements therein that if the Bidder claims a mistake was made in its bid, the Bidder shall give the City written notice, within five (5) days after the opening of bids of the alleged mistake, specifying in the notice, in detail, how the mistake occurred.

13. Wage Rates: Bidders are hereby notified that the California Department Department of Industrial Relations has determined the general prevailing rate of wages for each craft, classification, or type of worker needed to execute the work. Copies of the current schedules for prevailing wages are on file in the City's office, and the contents of those schedules are included herein as if set forth in full.

It shall be mandatory for the Contractor and any Subcontractor under it to pay not less than the said specified rates to laborers and workmen employed by them in the execution of the Contract.

14. Bonds: The successful Bidder will be required to furnish a payment bond in an amount equal to one hundred percent (100%) of performance bond in an amount equal to one hundred percent (100%) of the Contract price. BY: Jeramy Chapdelaine, Project

nl 2799

DATE: 05/06/2020 May 6 13



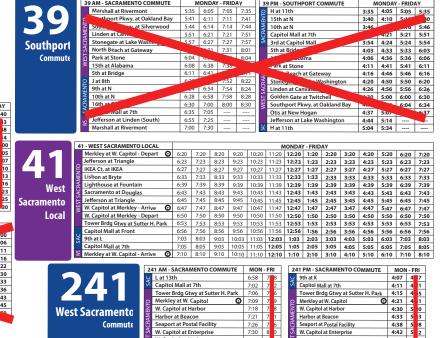
Yolo County Transportation District

Reduced Services Effective April 20, 2020 Yolobus services are rear-door entry and fare free until further notice

For further information and trip planning assistance, please call (530) 666-2877 or email customer service at custserv@yctd.org

Effective 4/20/2020

Merkley at W. Capitol - Depart Orark at Stone West Capitol at Merkley - Arrive 🛈 Sacramento /. Capitol at Merkley - Depart ower Brdg Gtwy at Sutter H. Park - WEST SACRAMENTO SHUTTLE
Merkley at W. Capitol - Depart



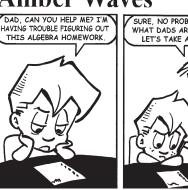
wer Brdg Gtwy at Sutter H. Park

PUZZLES & COMICS





Amber Waves

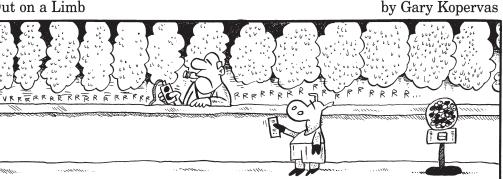








Out on a Limb



The Spats

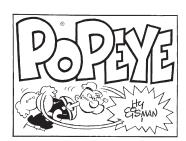






KOPERVAS

Puzzle Answers are on page 7

























Super Crossword

130 Pint-size 38 Calling the say shots

53 Country 1 Old Glory, for singer Evans one **55** Born, to Gigi 5 Up in smoke 56 Gridiron gp. 11 Refluxes of 57 Repulsive tides 59 Fiennes or 15 Ankle-knee Macchio 62 Fishermen,

connector 20 "Speak up!" 21 Ark captain 22 Chipotle item 23 "Great job, play more!"? 25 Be sweet on 26 Wilson of film 71 Round of

ACROSS

27 One half of a 28 Eat 29 Stingy type 30 Get a B, e.g. 31 Mauna 33 Sharp rise in new

findings? 36 Napoleon's birthplace 40 Gem, e.g. 41 Writer -Jackson Braun 42 — out (supplement)

43 Ice melter 45 - word (coinage for one occasion) 48 Throbs 49 Perpetual

pampering?

83 "- Beso" (1962 hit) **84** 56-Across stats 87 Old phone part

material?

96 Spanish for DOWN "silver" 98 Draft-eligible 1 Small lies 99 Item in a pod 2 Actress 100 Congenital Singer

102 Bands of 65 "Hear No Evil" star 107 Quaint theater where everyone

for oneself? 112 Soccer 73 Company 113 Change container of formally 114 Slugger Willie 116 Evade artfully

78 Flushes 79 Antipasto bit 81 Loved by

120 "Woe is me' **121** — de foie gras 122 Alternate title

89 Distinctive feature of blasting

131 Otherwise

105 Most morose

Matlin 67 Really move on the dance hung out? floor 111 Post-it note applause all abbr. immortal

breathing gas? 75 Capital of Croatia **76** Scrape the bottom of

127 Appellation 128 Composer Jerome 129 Acoustic pair

39 Nearly

44 WJM anchor

Baxter

46 Pop singer

Mariah

47 Chunk of

50 Animal at

(Asian

nation)

52 Spotted, as

money

Edward

(poker

game)

Scaggs

51 East -

"una corrida"

3 Just slightly mallets 5 Bar drink 6 Cherished

10 Before, to Kipling 54 Playwright 11 Spices up 12 Idaho city 58 Ad catch-13 Cake creator 14 Singer Crow 60 Little lake 15 Cork up, as 61 Texas -

a bottle

16 Maui native

Lipinski

18 "Baloney!"

17 Emulate Tara 62 Singer

7 Intelligible

8 Hunky guy

9 Most scant

124 Madison

Avenue prize 32 Berry rich in 125 Hens and cows 126 Brightshining

24 Certain Knievel woodwind 64 Very zealous 108 Large city in player 29 Early hi-fi 68 Freaks out 109 Ward off format 69 Tunes out 110 Ordinance **70** Canon antioxidants Rebel 34 See eye to 72 Best

eve (with) **35** Sis, sav 36 Frame of a cartoon 77 Keep 37 Japanese island

115 Withered 117 "You're on!" possible **74** Bad-pun responses

118 Mouth parts 119 Lightish sword 122 Salary waiting ceiling 80 Mr. Big 123 Actor Bruce 116

63 Stunt legend 106 Singer

TWO-CHANNEL

CONNECTION

82 However,

briefly

identical

as a unit 85 Writer Steel

86 "Babbitt" author Lewis

88 White

products sold

Rabbit's woe

90 Tree flutterer

91 New royal of

1981 92 Kit --

94 Confronts

95 Canonized

97 Walked

101 Slip away 103 Electrical

Fr. woman

resistance

measure

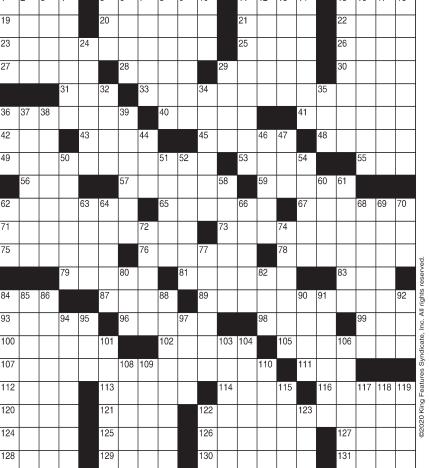
legal action

Warwick

Nebraska

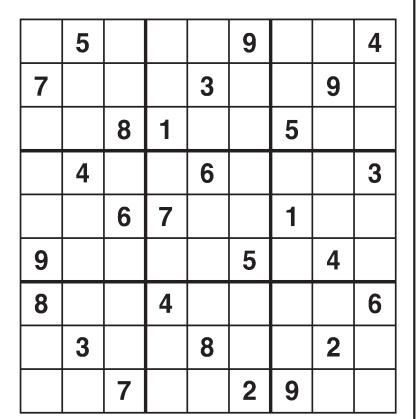
104 Subject to

84 Pair of



Weekly **SUDOKU**

by Linda Thistle



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!

© 2020 King Features Synd., Inc.

This 'n' That

Continued from page 1

left alone for Walmart. There, I bought corkboard in a frame. One of each color poster board. Multicolored string, a ruler, compass for measuring the angles, small sharp scissors, even a small crochet hook to help him pull the string. (Oxygen deprived at birth; Mike has trouble with his fingers.) Lastly, with some searching, I found a box of small tacks he could wrap the string around.

I'd tried to anticipated any and all excuses, such as, he was too tired to do it Friday because he'd been at school all day. When I got home, I set it all aside and made dinner.

Saturday, I laid it all out on the kitchen table in a way I hoped he'd find enticing. After I fed him, I sat him down. With misgivings, he took one look and said, "You got the wrong color poster paper.' I showed him he had six more to choose from.

He ran out of objections, and I said, "Let's pick your star," from drawings of several options. "I want to make the American flag," he

Hoo boy.

I said, "Sweetie, that's a great idea, but look how many stars that is. Since we're getting a late start on this, how about choosing a design that's simpler?"

He picked a single 5-pointed star.

"Perfect!" I said, and headed out to feed the animals.

An hour or so later, I came back. He was sitting at the table. He'd done nothing. I lost it. Frustrated beyond reason, I exploded: "JUST **GET STARTED!**"

He jumped up, ran to his bedroom and shut the door.

After a brief struggle, I got control of myself, went to his room, and found him hunched, defeated on his bed. "Michael," I said gently. "What's the problem?" Tear-filled eyes met mine. Hopeful I might understand, he asked, "What does 'Get Started' mean?"

Of course! For any of us, tackling something new can be intimidating. We don't know how to do it because we've never done it before. Now add to that problems with focus and attention. Easily distracted. All the ADHD stuff. The trick is – start with what's easy for you and build on that. I held him close, my

eyes wet, too, and said, "Michael, I'm so sorry." How often had I told him just get started? How often had his teachers?

Exhausted, we agreed to 'get started' Sunday.

After church and lunch, we sat down together at the table. I said, "Start with this. Remove the plastic from the cork board." He did that. I said, "Now pick your background color." He chose black. "Now," I said, pointing to the array of tools I'd purchased, "cut the background paper to fit the corkboard." He figured that out all on his own. He used the ruler. Attached it with the tacks.

Sunday after church and lunch, we sat down again, and reread, together, the instructions for the star. First, he drew it out on paper (he's always liked to draw) and cut it out. Then, placing it where he wanted it on the corkboard, he used tacks to mark the points.

Monday, he started with the string. I left for work but said I'd call to see how he was doing. I did. Hyperfocused now on his project, Mike said, "Mom! I'm busy! You're distracting me!"

After work, I found Mike waiting for me at the door, eager to show me his large finished star: black background, pale wood frame, multicolored string 5-pointed star. And, on the table, the star's angles, measured and put on paper. Until one corner started to unravel a couple years ago, the 'star' project was on my wall.

So, confidence. Instill confidence in the child and the child develop confidence to try new things. Incremental learning is the key. By tackling that project one increment at a time, Mike got it done. And most importantly, learned that he <u>could</u> do it!

Thanks to the pandemic, all of us, kids and adults, are under a lot of stress. We don't know when, if ever, things will get back to 'normal'. Kids are finishing out the school year at home, not in the classroom. Covid-19's 'curve' will dictate whether California schools will open as early as July to help students make up for lost learning

CDC projections are for a second, deadlier wave this fall. Testing positive for antibodies may not mean that we're immune. A third of us likely are asymptomat-

ic carriers. Some young healthy people in their 20s who test positive for the virus are having sudden strokes; half are

In West Sacramento, according to Yolo County's virus Dashboard (based on, as of 4/28/2020, limited testing), the age group consistently Covid-19-affected is **not** old, sick elders. It's people ages 55-64. Countywide, the 25-34s are about even for infection with those 85 and over.

Are you and your kids on stress overload? Take a break. Stick a face covering in your pocket (for when you can't avoid getting too close to others) and head outside. Scientists say the virus dislikes heat and sunshine, plus the fresh air will cheer you up.

For 5 p.m. daily updates to Yolo County/West Sac's Covid-19 numbers, search Yolo County Covid-19 Dashboard. Questions, comments? Contact Carol at carol@bogartonline.com.

Big day of Giving

Continued from page 2

the expansion of Yolo County's vibrant cultural and fine arts programming. Participants and with live music, refresh-

audience numbers surpassed all 2019 goals and reached over 200 people ments, and opportunities to enjoy the historic Gibson House property. https://www.bigdayofgiving.org/yoloarts

THE WEST SACRA-



CAL SOCIETY is an all volunteer group of individuals dedicated interested in preserving, collecting, educating, exhibiting, and interpreting the history of West Sacramento and its surrounding diverse com-

Needs Statement

Because of our expansion this has increased our need for funds, volunteers, and space. We hope to expand further by doing more community outreach.

Background Statement

The initial membership began as a forum to reminisce about the early history of West Sacramento, to promote sites for historic plaques, field trips, and to produce photographic displays. Since this time, the Society expanded itself by paying for and maintaining a History Gallery (a small museum located within the West Sacramento Community Center), preserving local donated artifacts, and maintaining three original community fire trucks.

Top needs:

1. Funding: Program -Funds to support new historical exhibits: funds for a speaker series and educational outreach programs. Funds to purchase archival quality supplies. 2. Space: Office or Other

- A permanent environmentally controlled approximately 5,000 square feet to

house and preserve our entire collection plus include office space. 3. Volunteers - Volun-

teers who have mechanical and repair skills, willing to drive manual transmission vehicles, and initiate maintenance schedules for three vintage fire engines.

4. Volunteers - Volunteers to catalog artifacts into a museum-inventory database and assist with History Gallery exhibition and other educational programs.

5. Funding: Other -Funding to support research and develop for a self-guided history tour application on historic sites throughout West Sacramento.

CASH PAID FOR DIABETIC TEST STRIPS

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



WE PAY UP TO \$30 PER BOX CASH ON THE SPOT

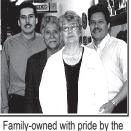
We offer **FAST PICKUP** at a location that is conveniently located near you.

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



Jewelry Watches





Macias family since 1967!

1296 West Capitol Ave (at Safeway Center) • 371-6440

Whitey's Jolly Kone

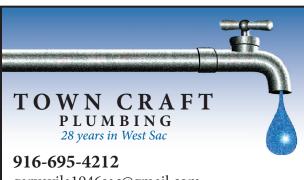


 Tacos • Burgers • Shakes GREAT FOOD. FRIENDLY FOLKS A West Sacramento Tradition! 1300 Jefferson Blvd.

371-3605



Home Improvement Guide



garyavila1946sac@gmail.com

CA Licence #804662



COMPLETE TREE SERVICE

- Tree Trimming • Tree Removal
- Stump Grinding
- ◆ Mistletoe Removal

- Free Estimates — Insured. Lic. #1000064

Call Greg Law (916) 375-0132

371-4151



Award-Winning Design/Build Firm Serving Sacramento for more than 25 years

Certified Kitchen & Bath Remodeler

Additions

Kitchens

Bathrooms

Custom Cabinetry

FREE Consultation 916-422-6639

www.lytleconstruction.com



Hardwood Flooring

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

Call Michael - (916) 383-8742

Lic# 544159/References Available



CLEAN-UP SPECIALS!

Hauling & Yard Cleanup Rain Gutter Cleaning Concrete Removal

Pressure-wash your driveway clean! Your decks, too! Clean out your garage! Replace old lawn! SPECIALS FOR SENIORS - Lic#128758/Ref Available





Gravel, Dirt, Lawn Moved,

SEXTON PLUMBING



Over 35 years of local experience ▲ All jobs new/old large/small

Interior and exterior Repairs, replacements, emergencies

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



NP-01.20

Call Lester (916) 838-1247

Hedge Trimming/Shrub Removal

helter in place

Continued from page 1

volocounty.org/coronavirus-roadmap. For businesses needing permits, please check with county and city departments for open hours. Yolo County continues to monitor developments related to the State Order as well as local data. Additional amendments on loosening or tightening activities under the County's Shelter in Place order will be based on developments related to these two ar-

"The extension underscores the fact that the threat from the virus is still very real," said Yolo County Board Chair Gary Sandy. "Please avoid crowds and gatherings, stay at home, wash your hands regularly and use face masks. We must not let our guard down."

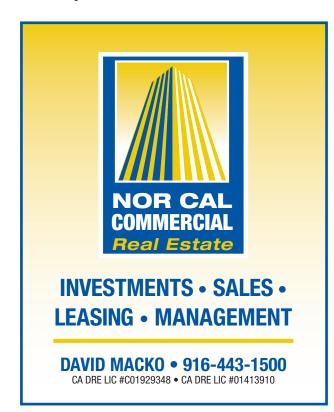
The extension is part of Yolo County's recently announced 'Roadmap to Recov-

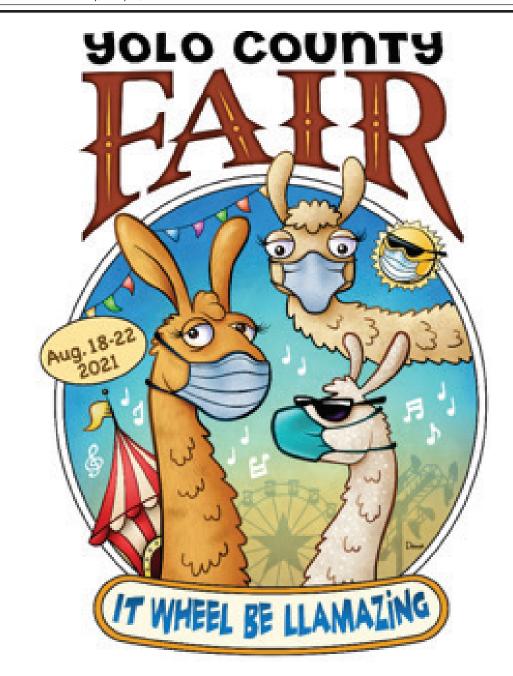
ery" (R2R) response plan, which is a proposed strategy to chart a path forward through COVID-19 that is fluid and gradual. The draft plan was supported by the Board of Supervisors during the Board meeting on April 28. For additional information visit: www.yolocounty.org/ coronavirus-roadmap. Residents can also call

Yolo 2-1-1 for resource information.

Governor Gavin Newsom announced a new portal to help Californians working in essential sectors find safe, reliable, and accessible child care options. Use the statewide portal to find open childcare providers near you: https://covid19.ca.gov/ childcare/

The number confirmed cases of COVID-19 in Yolo County is 164 with 16 deaths. Stay up to date by visiting the Yolo Coronavirus County website.





It is with a heavy heart that after many meetings and much discussion the Board of Directors and Staff made the very difficult decision to cancel the 2020 Yolo County Fair.

This decision was not made lightly. The health and safety of our community is our top priority. This is a big disappointment to our Fair Staff, Board of Directors, Vendors, Volunteers, Local Organizations, Concessionaires, Exhibitors, Carnival Staff and the community but it is the right decision.

Planning for Fair takes months to produce this high-quality event. Due to the uncertainty of when restrictions for large public gatherings will be lifted, we are not able to make plans for the caliber of Fair everyone expects.

We wish everyone good health in the coming days. When we can safely open the fairgrounds to the public, we will continue with our tradition to schedule the events you enjoy and love - including the 2021 Yolo County Fair... "Wheel Be Llamazing".





1 4

9 2

6 7

7 3

5

3 6

2

8

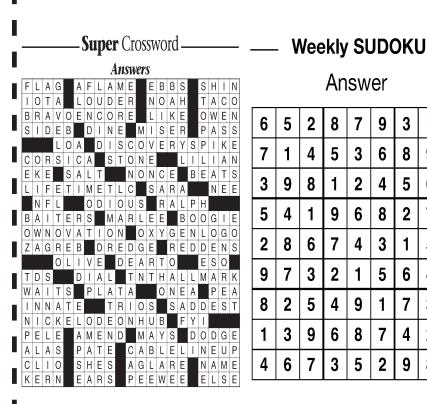
9

8 4

5



Puzzle Solutions



News-Ledger Directory of Local Places of Worship **Center for Spiritual**

Community Awareness **Lutheran Church** 1275 Starboard Dr 374-9177 (For prayer line, listen for prompt) Join us for a positive, uplifting message! Sun. Service: 11 a.m. We welcome all! Youth Programs & Jr. Church Sunday Service at 10-AM Rev. Georgia Prescott 920 Drever St., 317-8804 for weekly affirmations Facebook.com/CommunityLutheranWestSacramento/ All are welcome! American Buddhist Seventh Day Adventist Seminary Temple Church Learn how to practice mindfulness Sasa Andelkovic, Senior Pastor meditation for your everyday happiness in small groupsetting. 2860 Jefferson Blvd., W. Sac. Free Community Service. PO Box 447, W. Sac. 95691 Sundays - 8:30-10 a.m. Sat. Sabbath School 9:30 a.m. 423 Glide Avenue, West Sac Worship 11 a.m. 916-371-8535 372-6570 www.abstemple.org

Our Lady of Grace Catholic Church West Sacramento 911 Park Blvd, West Sacramer **Baptist Church** Office: 916-371-4814 Fr. Mathew Rappu, Pastor Sun. School - 9:30 a.m. Mass: Mon, Tues, Wed 7 AM Fri 8:30 AM at OLG school Sun. Worship - 11 a.m. Wed. Prayer Meeting during school year & Bible Study - 6:30 p.m. Sat: 5:30 PM vigil 2124 Michigan Blvd. Sun 9 AM, 11 AM, 4:30 PM 371-2111

Reconciliation: Sat 4:45-5:15 PM

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

New Seasons Church Your Church in West Sacramento Pastor Ron Jackson Sunday 10 a.m. service Westfield Elementary School 508 Poplar Ave., West Sacramento 916-265-4025 pastorron@newseasonsws.com www.newseasonsws.com

Looking for a place to worship?

Check here first! To find out how to list your place of worship in this directory, call $916-371-\hat{80}30$ for more information.

SUBSCRIBE!

Call 371-8030 today. Or email chris@news-ledger.com
It's only \$25/year in West Sacramento.







Spring Medical Clinic

Spring Into A New You!

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







Mon–Fri 9:30–5:30 Saturday 8:30–2:00

1355 Halyard Dr #130 West Sacramento, CA 95691

www.springmedicalclinic.com • (916) 265-6309

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

Just stop by anytime during clinic hours

Not to be used in conjunction with any other offer now or in the future, nor used as a monetary "value" towards costs of any other service.

No Cash Value. Limit one certificate per household. Offer good for NEW PATIENTS and/or returning Spring patients that have not been to

Spring in over a year.

Masks

Continued from page 1

states that it is unlikely those individual violators will be cited and that the enforcement will be directed toward the businesses that are not forcing compliance from individuals. Businesses are expected to post signs to remind their customers that they are required to wear face coverings while inside.

Not everyone is required to have a face cover on. Those required to be wearing a face cover are basically anyone that is going to be within close proximity of others. This includes individuals that are working in, engaging in, or seeking services... essential or otherwise. It also includes anyone that is inside of or standing in line to enter a business or for any other reason (such as waiting for public transportation). In short, it is required any time you will be interacting with another person anywhere that is not your home. It is also required for anyone that is working in a space where food is prepared, walking through common areas such as hallways, stairways and elevators.

People that are NOT required to have a face covering on are those that are in their own home. Children under the age of 2 years old should not wear a face cover due to suffocation risk (children above the age of 2 should be encouraged to wear a cover)

Face coverings are also not required if you are alone in your office or other work space when and as long as the public does not regularly visit. Wearing a face covering is not required while engaging in outdoor activity such as walking, hiking, bike riding or running. However each person is expected to maintain a social distance of a six foot minimum. Because running or bicycling cause people to more forcefully expel airborne particles, the 6 foot minimum is less adequate and those people must take measures to avoid exposure to others. Additionally, people driving in their own cars are not expected to wear a face cover, but those on public transportation of any kind are. Others that are not required to wear a face cover are those that can show a medical professional has advised them that wear a face cover may pose a risk to that person's health or that the mask could pose a danger while performing the duties of their job. A face cover should also not be worn by someone that is having trouble breathing, is unconscious or otherwise unable to remove the face covering without assistance. Even if your activity puts you in a category that is not required to have a covering on, you should be carrying one with you in case needed. It should

no one else is present

be easily accessible.

The term "Face Covering" in this order means a covering made of cloth, fabric, or other soft, permeable material, without holes, that covers only the nose, mouth and surrounding lower part of the face. It need not be

medical grade. It may be factory or hand made. It should be comfortable and allow for the person wearing it to breathe easily. It should not need adjustments that require the wearer to touch the face. It should also be washable and kept clean if it is not disposable. As long as medical-grade masks are in short supply, the public is asked to not purchase them, but rather make their coverings and leave the medical-grade masks for health care professionals and first responders. In addition, any mask that has a one way valve (usually has a plastic disc in the front) that is designed for easy exhaling, is NOT considered a face covering in this health order. It is therefore not in compliance with the order. A video showing how to make face coverings can be found on the CDC's website http://www.cdc.gov/ coronavirus/2019-ncov/ prevent-getting-sick/diy-

Face coverings are not in place of the shelter in place order. They are simply another tool that when combined with social distancing, hand washing and shelter at home will reduce the risk of contracting or spreading the virus. For more information or for the complete Health Order you can log on to cityofwestsacramento.org. Copies of the Order are available at the County Administrative Building located at 625 Court St, Woodland Ca 95695 or on the county website at www.yolocounty.org. You may also find examples of notification signs to post in your business.

cloth-face-coverings.html.



SOUTHPORT SELF STORAGE

COVERED AND OPEN RV PARKING LOT



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

SOUTHPORT SELF STORAGE

3080 PROMENADE STREET WEST SACRAMENTO



In-Home Care Designed Around You

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

- Personal Care
- Grooming & Hygiene
- Bathing & Toileting
- Medication RemindersTransitions of Care
- Safety Supervision
- Meal Preparation

 Light Haveskeening
- Light Housekeeping
- Companionship Family Respite

Contact us today for a free consultation.

916-822-6616 ComForCare.com/sacw

Live your **best** life possible.