

Keeping Democracy Alive During the COVID-19 Pandemic

BY JESSE SALINAS
SPECIAL TO THE LEDGER

Life has certainly changed for all of us. I am so grateful for all the volunteers and essential workers who are making sure we have food, health care and supplies. During this global pandemic, we have seen an unprecedented united effort to identify needs, provide vital services, take care of the sick, and do our individual part to reduce the spread of COVID-19.

It was just over a month ago that we conducted the 2020 Presidential Primary Election as news of this highly contagious and deadly disease COVID-19 was continuing to spread around the world, including into the United

States and California. During the week before the election, ACE staff took precautionary measures to protect our voters, poll workers and staff. We followed guidelines and recommendations set forth from the County Health Department and provided hand sanitizers and infographics to every polling place.

We had another successful Election Day and canvassing process despite numerous cancellations of poll workers and staffing issues due to the virus. We have since certified the election, ahead of the 21-day extension issued by Governor Newsom. We now turn our attention to the November 3rd, 2020 election. It is abundantly clear that the world will not be the

same after COVID-19 and one of those predicted changes is that poll workers and voters will not feel as safe as they once did at a polling place in November.

Although the Federal Government has provided the nation \$400 million to conduct the November 2020 election, under these new health and safety standards, it is merely a down payment on democracy. According to an estimate from the Brennan Center, the nation needs \$1.5 to \$2 billion to cover COVID-19 related election costs in the upcoming election.

It is imperative that we keep the November 3rd, 2020 election on schedule and keep democracy alive and well; however, we need to continue to put health

and public safety first. My plan is to work with Registrars across the state and our local leaders to conduct the upcoming election by mailing a Vote by Mail ballot to every voter. The Elections Office is exploring possible options for some type of in-person voting and assistance. What we will be able to offer will be dictated in consultation with our County Public Health Officer and public health and safety guidelines.

We will continue to do whatever is in our power to make sure that anyone who is eligible and wants to vote, can vote. Voters, you can also help! It is imperative that you keep your registration up to date. Ensure that you are registered at your current address under

your current name. If you move, be sure to re-register. You can easily do so online at <http://www.registerto-vote.ca.gov>. Register to vote before the October 19th, 2020 deadline. Sign up for Informed Delivery, a free service from the United States Postal Service. With Informed Delivery, a photo of the mail you receive daily is emailed to you by USPS. Sign up at informedelivery.usps.com. Also, please pay attention to the mail being delivered to your home, especially your ballot and other mail from the Elections Office. In November, the Elections Office will also be offering BallotTrax, a service that tracks the status of your mail-in ballot

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One man shot by stray bullet from another man's shooting

BY MICHELE TOWNSEND

West Sacramento Police received a call at 11:55 Friday night that a man was shot at 1399 Sacramento Avenue. The caller reported that his friend had been shot in the chest while in his trailer.

When emergency personnel arrived, Paramedics found a man in his early 20s with a critical gunshot wound to the chest. The man was transported to the hospital where he remains in critical condition, but is expected to survive.

A short time later, police received a second call of a gunshot victim in the area of Todhunter and Summerset. When emergency personnel arrived on that scene, they found a 17 year old with a gunshot wound to the chest. That man was transported to the hospital in Woodland, where he was later pronounced deceased. Upon investigation, police believe that the scene at Todhunter and Summerset was the cause for both shootings. The man that was shot in his trailer was hit by a stray bullet that came from the shooting at Todhunter and Summerset.

Police do not yet know the reason behind the shooting, and no arrests have yet been made. However, a source close to the victim reported a group of people in a car attempted to rob the 17 year old for marijuana who then shot at the vehicle. The individuals in the vehicle returned fire, striking the teenager. The incident is under investigation.

Transportation during the pandemic

BY MICHELE TOWNSEND

VIA and Yolobus are both still operating during the current shelter-in-place mandate, though with changes to meet the lessened demand.

VIA reduced the number of people allowed in a shared ride to a maximum of 3 passengers per vehicle. Operation hours have not changed

but less vehicles are being deployed than normal. VIA estimates they are only providing around 100 rides per week. In partnership with Yolo Food Bank and city staff, VIA has begun a food delivery program. The program delivers food to mobility-challenged residents. They do this every Thursday. On April 2, 140 boxes were delivered by VIA shuttles.

Like everywhere else, Yolobus has cut way back on their services due to lack of riders. As of March 23, they are down over 85% for fixed routes and 70% for Paratransit. On April 2, YCTD implemented rear boarding for all riders except those that are disabled. They have made all Yolobus rides free for now. Current routes in West Sacramento that are still running are as follows:

Route 35 and 240: operating under regular Saturday schedule. Route 41: operating under regular weekday schedule. Route 39: Only morning departures at 5:35 am and 7:05 am, starting at Marshall/Rivermont. Only evening departures at 3:35 pm and 5:05 pm, starting at H/11th in Sacramento. Route 40: Operating

See Transportation, page 7

THIS ‘n’ THAT About This Masks Thing



BY CAROL BOGART

So, today, I again borrowed a bandanna from the dog so as to walk him with my mouth and nose covered.

I hate it.

I miss breathing fresh air. I miss the feel of a light breeze on my face.

I miss being able to smile at people.

It was warm enough this morning that I unzipped my coat. Wanted to lose the bandanna, but I didn't.

I know wearing it will protect others if, once there's widespread testing, it turns out I'm an asymptomatic carrier of the Covid-19 virus. I don't think I am, but, like most, I've not been tested.

When, rarely, I go to the store, I switch to the surgical mask West Sac's Fire Department Station 41 gave me and others

while Paradise was burning. The smoke wasn't all that far away as the crow flies. Or the wind blows. I could smell it in Broderick. I was worried, with good reason.

I once did a story on a huge tire fire. A federal report I reviewed is titled: "Tire Fires: A Very Dangerous Place to Be." Particles in the air at a tire fire include stuff like arsenic and benzene. Tires are made from oil. When they burn, they melt. Oil from the tire fire I covered ran through field tiles and killed every

living thing in a pristine creek.

Lots of cars with tires burned during the Camp fire. Also asphalt shingles. Asphalt is made from oil. And there were other poisons in that toxic smoke and ash. Accelerants weren't just trees (and animals and humans).

So, when West Sac Fire offered masks as the Camp Fire burned, I went and got one. Kept it. Unearthed it after Covid-19 face coverings were recommended by

See This 'n' That, page 8



PHOTO BY CAROL BOGART
This is the surgical mask West Sac Fire was giving out during the Camp Fire as hazardous smoke was in the air. Now, when I grocery shop, I wear it.

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What are we grateful for?

BY DEVIN LAVELLE

Alongside the question of what we miss, it's important to also think about what we're grateful for.

My family is healthy, we have a wonderful, loving home to share and my wife and I have good, stable jobs that we can do from home (to the extent the boys allow it). Our parents remain healthy and are committed to keeping it that way, saving us that burden of worry. We are so very grateful for having such a blessed life. I am also grateful for all the positivity people are putting into the world. It's such a refreshing change. I especially enjoy the new YouTube show, "Some Good News with John Krasinski". Seriously, check it out. It will have you laughing, crying and singing along. All in a quick 15 minutes.

I also wondered about some of the things our neighbors are grateful for. Here's what I found.

There are many neighbors who expressed their thanks for the people who are keeping us going in these difficult times.

Jean Corson reminds us, "I'm grateful for the health care providers who take care of our communities. They are so over worked and putting themselves in danger. To honor the medical community by clapping, a few neighborhoods are coming out of this their homes at 8 pm. It just takes a few minutes and you can still keep your distance from others. What a nice thought!" Another nice thought shared by our neighbor Mayor Darrell Steinberg is to decorate our homes with the color blue (blue lights, ribbons, signs, etc.) in recognition of healthcare providers.

Kathi Windheim is grateful for "the men & women of SacPD tirelessly keeping our streets & neighborhoods safe!"

GariRae Gray says, "I'm grateful for all the people keeping the

global internet kicking, maintaining the electrical and communications grids, the shopkeepers and their staff, the municipal and special district employees keeping our water pure and our sewage processed, and ... ALL the folks at Amazon, UPS, and FedEx who are supporting billions of people with home deliveries. Millions of hidden people keep our global societies functioning. I can't imagine the chaos if these people gave up."

She adds, "Also, the laughs of Stephen Colbert's home shows."

Sally Ravas is grateful for, "Doing more random acts of kindness. Why does it take something like this to make us more thoughtful of helping others?"

Hopefully all of the kindness we're spreading is what proves the most contagious as we all realize, "Our greatest joy is when we seek to do good for others," (Archbishop Desmond Tutu) and it

continues long after this tragedy ends.

Louise Einspahr is grateful for the benefits that come from a slower pace of life. "I am grateful for more time that has helped me slow my pace and have time to look at the beautiful green trees budding out, and other everyday things we take for granted. I couldn't sleep the other night and decided to look out the window at the night sky. The stars were bright and spectacular. With fewer cars on the road some of our pollution is going away and so the atmosphere is clearing a bit. How I wish this part of our horrible virus ordeal could last. I am also grateful for warm sunny days so my husband and I can sit on the patio after doing yard work and share a moment with small talk and a wee small glass of wine."

Alycia Humphrey goes beyond the clouds, "I'm grateful for the blessed hope we have in Christ Jesus. That no matter

what happens or comes our way we have the promise of Eternal life in Him."

Many neighbors were grateful for the people in and around the place they call home.

Linda Avalos says, "I'm grateful to live in a neighborhood with good neighbors. A government who will send out emergency money and unemployment checks to citizens to try and keep the economy going. Most of all I am grateful for my faith in God and the loving children He gave me."

Paul Freeman has "really enjoyed my afternoon dog walks and seeing people out walking or riding bikes with their pets or their kids, all while practicing good social distance. Aside from the obviously unfortunate circumstances, it feels like the active and pleasant neighborhood you want to live in. I've enjoyed the 'hellos' and semi-awkward smiles we give to each other as

we pass by and one person (or both) go out of their way to create space. We're all in it together."

Amy Toy keeps it even closer to home, "I am grateful for spending more time with my kitty and with my mom." I'm sure they're also grateful for Amy!

Others focused on the most tangible aspects of their homes.

Kay Chow focuses on the little things, sharing that she is, "grateful for having: a home; running water to wash my hands nonstop; a stable job that allows me to work remotely; family and friends to look after each other; and sanitizer and tp."

Jan Luppino agrees, "I am grateful for good health, food, water, power and this beautiful place we call 'Home.'"

Tamara Dawn really says it all, "I am very grateful to be a long term neighbor in our wonderful and caring community! Thank you all for being there for each other."

Thank you all, indeed!

What are we missing?

BY DEVIN LAVELLE

Dealing with COVID-19 has left us missing a lot. I recently asked neighbors what they miss most. Surprisingly, the highest profile cancellations didn't rate a mention. No one mentioned the NBA season or March Madness; Michelle Obama's visit or any of the oth-

er major performances at Golden1. Delays to the Little League season seems to have impacted us more than the Major League season (although our beloved Oakland A's did rate a mention).

The worst thing people have missed out on is being with family after the loss of a loved one. Perhaps the worst

part of COVID-19 is not just the loss of life, but that it forces people to die alone. That tragedy isn't limited to those with the virus, but all too often, extends to others forced to isolate as age or other health problems come to bear. Hearts broke across the internet as neighbors described losing loved ones and not being with them and then not being able to be with family to comfort one another in times of grief.

Luckily, most of us are still healthy and most of the things we miss seem to be the simplest things, like time spent with family. Pat Aguiar misses "Holding and babysitting my now 5 month old granddaughter. I could not have imagined not being able to interact with our first grand." Kate Killian

wrote, "I miss snuggling my grands most of all. They're only 5 minutes away. It is heartbreaking. I can't even do a drive-by because my little granddaughter would be too upset."

My family experienced the same feeling. We couldn't explain to our two-year-old why we couldn't go inside when dropping groceries off to Grammy.

Diane Brazillo is missing her grandkids, but reminds us how lucky we are to live in an age with so much electronic connection. "Mine are in Jackson, ages 9 and 5, and they give Grandma the best hugs. We're talking, texting and emailing a lot. That helps."

She isn't alone in mentioning hugs. Whether with family, friends, clients ... we all seem to be missing that

close contact. This has to be hardest for people who live alone, "What I miss most is hugs from my friends and family. I'm sheltering alone and that's tough ..." Kim Gardner wrote.

It is a great reminder to think of our friends who may be feeling most alone these days. That can include folks whose age or health mean they are most vulnerable. It can also mean younger folks who just haven't meant that special someone yet. Parents may joke about yearning for social distance from the kids, but we're also lucky to never be alone, especially if we have the blessing of sharing a room with our best friend.

One Greenhaven neighbor wrote about the challenge of having, "no one to give comfort or to bounce things off of or just for company during these difficult times. Being alone with your worries and fears

makes them so much harder to deal with."

Olivia Alvarez says, "I miss dating!! Being single and quarantined with my kiddos is making me want to pull my extensions out of my head, already ripped off the fake nails, fake lashes... all gone!!!! I needed a man!!!!!! Uuuggghhh-hhhhh!!!!!!"

I've been enjoying having beers with neighbors across the street and just restarted an online poker game with friends I used to play with regularly. Especially for the extroverts among us, the ability to get together with friends is very missed. Tracy Madeleine Knighton wrote about missing, "Laughing until my stomach hurts with a bunch of my girlfriends! I love my family but sometimes a gal needs her pals!"

See Missing, page 3



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The News-Ledger
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Tanya Aguilera

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Missing

Continued from page 2

Whether for fun, or perspective, friends are such an important part of our lives. “I especially miss my friends’ typically mellow, positive outlook. Everyone is freaking out and I can’t get on board. I know this is real but can’t get caught up in the stress,” wrote Sioux Enos.

I bet many of us are surprised how much we miss going into work and, especially, how much we miss the commute.

Teachers seem to be missing work most of all, as Karen DeLodder relates, “I’m missing hugs and high fives from my students, and miss seeing their sweet smiles every day.”

But it’s not just teachers missing the sound of children’s laughter. Tobah Ealey writes, “I miss seeing and hearing the little tater-tots (aka: little kids) walking to school each morning.”

We parents very much miss the world being able to enjoy time with our children. It’s made all the harder that our kids favorite places are all closed. As I write this on a rainy day, it would be great if that kids could burn off some energy at the Railroad Museum or Chuck-e-Cheese, or our all-time favorite, the Robbie Waters Library. It has been such a wonderful place to take the kids and to connect with other parents.

As Amanda Sol puts it, “I really miss story time at the library. We just moved here and that’s how we were making friends.” It doesn’t replace the connectivity, but our libraries have recently launched a series of virtual programs for all ages: <https://www.saclibrary.org/Event/Special-Events/Virtual-Programs>

Similarly, as the weather gets nicer, what we wouldn’t give to be able to visit Fairytale Town. I do so miss having a safe, fun, creative place for my boys to run free and enjoy themselves with other kids their age.

Like many of her Pocket neighbors, Linh Truong really misses the gym, especially “24 hour senior fitness classes. I met some really nice people there. After working out, the class would eat lunch at a different local restaurant once a month.” What a great way to connect to

the community. Hopefully we are all still supporting our local restaurants and, in doing so, working up a little extra motivation for once the gyms reopen!

Jim Guida doubles down on the gym recommendation and offers some wisdom, “There are three places you may not want to go but never regret having gone - to the bathroom, to the gym, and to church. Worship can - and should - be done anytime and anywhere, but the fellowship of friends and loving members of the church family can’t be duplicated.”

Mike Sweeney agrees, writing, “I miss being able to go to church and be nourished and uplifted. Not just for the content and services, but to be with the people in the pews.” Amen to that, brother.

There were so many more activities mentioned, fun things like Volunteering; Wine Tasting; Bowling; and Movies. Favorite dining options like Brunch; Taco Tuesdays; Buffets; and Pie. Day-to-day activities like haircuts; and shopping: “The ease of walking into a grocery store and picking up necessities for whatever project or recipe that came to mind, or simply toilet paper when we’re down to our last roll. Now everything requires a plan,” shared Fay Saephan.

We also miss normalcy. Not living with fear. Being able to have conversations about anything but the crisis.

While we’re all missing normalcy and favorite activities, it’s clear that what we miss most of all is each other. While the hugs are going to have to wait, phone calls, emails and Zoom chats are just a few taps on a keyboard away.

Who are you missing? Maybe give them a call? They probably miss you, too.

COVID Physical Distancing Doesn’t Stop Mental Health Court

The Mental Health Court team used video conferencing to continue having informal “court” with the team and judge

Yolo County’s justice partners rebooted Mental Health Court (MHC) by having its first informal “Mental Health Court” where participants met with team members and the MHC judge through Zoom video conferencing on April 10. Prior to the “shelter in place order,” the MHC team decided to discontinue all court appearances until mid-May to avoid further spread of the virus. The team continued meeting and discussing cases while Health and Human Services Agency (HHSA) clinicians provided MHC participants with services through telephone and Zoom video.

Since the Yolo County Superior Court is currently closed and handling only essential matters, the MHC team moved quickly to set up informal video court

hearings to ensure the participants continued meeting with the judge and MHC team.

During a meeting on April 2, the team decided to use Zoom video conferencing to continue MHC meetings. After HHSA clinicians contacted participants and helped them learn how to use Zoom, on Thursday, April 9, the MHC team held its first ever live, virtual informal court hearing. Eleven MHC participants appeared by video in a separate location with many being in their own homes.

Mental Health Court is a minimum 18-month court-based treatment and monitoring system for adult offenders with a serious mental illness. Mental Health Court is designed to increase the treatment engagement of the participants while reducing both arrests, hospitalizations, and jail

time both during and after their involvement and participation in the program. The program is a collaborative effort between the Yolo County Superior Court, Probation, Health and Human Services Agency, the Public Defender, and the District Attorney. Mental Health Court follows the Forensic Assertive Community Treatment model where participants get intense services two hours per week or meet with staff four times per week. The team provides participants with wrap-around treatment which includes a focus on mental health, substance abuse, housing, vocational and school, and physical health. The goal is to address the criminogenic factors and reduce recidivism.

During this first, live, virtual court hearing, Judge David Rosenberg opened up “court” from

his home wearing his judicial robe. He greeted the 11 participants and then he and team members shared words of encouragement. Participants then talked about how they were managing through the COVID crisis. “This was very exciting,” said Judge Rosenberg. “We believe we are one of the first in the state to run a mental health court gathering by video conference.”

District Attorney Jeff Reisig praised the Mental Health Court team. “By hosting this informal court hearing via video conference, participants are able to continue the valuable experience of meeting with the judge and the rest of the team,” said Reisig. “I applaud the team for being creative and using technology to help participants continue on their road to self-healing.”

Yolo County official release statement regarding first local COVID-19 case

Since Yolo County’s very first case of COVID-19, much has changed since she was diagnosed and the County has taken away many lessons learned from those early days when the federal, state, and local entities were trying hard to ramp up response efforts to address the growing COVID-19 pandemic. To provide additional clarity, the County would like to provide some information regarding the case.

Concern regarding information in the initial press release.

An initial press release from the County announcing the first

COVID-19 case described the patient as an “older woman with underlying health conditions” based on initial information received from health care providers. While a correction to this information was requested it unfortunately did not occur in the rush of containment efforts and COVID-19 related events that followed. The press release has now been updated.

Concern over the thoroughness of contact investigations following the COVID-19 diagnosis.

Following the diagnosis of the first confirmed case, the County worked

closely with the California Department of Public Health (CDPH) to review contacts and ensure appropriate follow-up. As a result, immediate notifications were made to the entities potentially affected which included the patient’s workplace, the county of a relative; the Center for Disease Control (CDC) to report flights travelled on; and various healthcare facilities that the patient visited. In the process of contact tracing and

in consultation with the CDPH regarding potential local exposures, including a nail salon, no other contacts met the CDPH’s exposure criteria for evaluation and follow-up.

Concern over being released from isolation prior to receiving a negative COVID-19 test.

Guidelines from the CDC and the CDPH allow patients to be released from isolation

See First case, page 4



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

The following person(s) is (are) doing business as FJS Consulting, 2727 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

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: April 10, 2020

/s/kquam,
Deputy Clerk
Apr 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 transact business under the 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,
County of Yolo
Jesse Salinas,
County Clerk Recorder
Date: April 1, 2020

/s/dho,
Deputy Clerk
Apr 15 22 29 May 6 nl 2789

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 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.

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/Jerry Lockwood

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: April 1, 2020

/s/dho,
Deputy Clerk
Apr 15 22 29 May 6 nl 2789

**FICTITIOUS BUSINESS
NAME STATEMENT
FILED 03/11/2020
FILE NO. F20200265**

The following person(s) is (are) doing business as **4Her Jewel Pads**, 870 Elder Drive, West Sacramento, CA 95605 in Yolo County.

Registered Owner(s)
Raymond A. Alcanter, 870 Elder Drive, 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 3/11/2020.

I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor.)

/s/Raymond A. Alcanter, 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: March 11, 2020

/s/wgreen,
Deputy Clerk
Apr 8 15 22 29 nl 2783

**ORDER TO SHOW CAUSE
FOR
CHANGE OF NAME
CASE NO. PT 20-516**

**Petition of
Bening Paduganan-Hood
For Change of Name**

TO ALL INTERESTED PERSONS:

Petitioner: Bening Paduganan-Hood filed a petition with this court for a decree changing names as follows:

**Bening Koeta Paduganan-Hood to
Angel Paduganan**

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

**NOTICE OF HEARING
Date: May 13, 2020**

Time 9:00 a.m. Dept.: 10

The address of the court is: 1000 Main Street, Woodland, CA 95695.

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county:

The News-Ledger

Date: March 13, 2020

/S/Stephen L. Mock
Judge of the Superior Court
Apr 8 15 22 29 nl 2782

**FICTITIOUS BUSINESS
NAME STATEMENT
FILED 02/12/2020
FILE NO. F20200148**

The following person(s) is (are) doing business as **Fortune Energy Distribution**, 3650 Industrial Blvd., Ste. 140, West Sacramento, CA 95691 in Yolo County.

Registered Owner(s)
F.E. Distribution Inc., 3650 Industrial Blvd., Ste. 140, West Sacramento, CA 95691

The business is conducted by: Corporation

The registrant commenced to transact business under the fictitious business name or names listed above on 2/12/2020.

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/F.E. Distribution Inc., Sherra Huang, Secretary

Notice-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk.

A new Fictitious Business Name Statement must be filed before the expiration.

State of California,
County of Yolo
Jesse Salinas,
County Clerk Recorder
Date: February 12, 2020

/s/Iramirez,
Deputy Clerk
Apr 1 8 15 22 nl 2781

**NOTICE OF PETITION TO
ADMINISTER ESTATE
OF CATHERINE M.
HARRELL
CASE NO: PB20-72**

To all heirs, beneficiaries,

creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of:

Catherine M. Harrell, Catherine Margaret Harrell

A Petition for Probate has been filed by Jason Ray Harrell in the Superior Court of California, County of YOLO.

The Petition for Probate requests that Jason Ray Harrell be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

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

Date: **June 8, 2020**

Time: **9:00 a.m.** Dept: **10**

Address of court: Superior Court of California, County of Yolo 1000 Main Street, Woodland, California 95695.

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to your of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided

in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:

Amy H. Ruggles
1555 River Park Dr., Ste 108
Sacramento, CA 95815
(916)920-5983
Apr 15 22 29 nl 2787

PUBLIC HEARING NOTICE

Pursuant to Government Code Section 66018, the West Sacramento City Council will conduct a public hearing on May 6, 2020 at 7:30 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 City Council 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/city-council>), or via Wave Cable Channel 20 and to submit comments in writing by 6:00 PM on April 22, 2020.

To submit a comment in writing, please email clerk@cityofwestsacramento.org and write “Public Comment” in 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 6:00 PM will be provided to the City Council and posted on the website. The comments submitted shall become part of the record of the meeting.

In compliance with the Americans with Disabilities Act (ADA), if you need assistance to participate in this meeting, please contact the City Clerk, at clerk@cityofwestsacramento.org, seventy-two (72) hours prior to the meeting to allow the City to make reasonable arrangements to assure accessibility to this meeting.

1. Public Hearing to consider objections to the proposed removal of weeds per the April 15, 2020 adoption of Resolution 20-33 declaring weeds growing on certain lots to be a public nuisance and initiating the 2020 weed abatement program; directing the Fire Department to begin the formal weed abatement process by notifying all affected property owners by mail of the intended action by April 23, 2020; and setting a public hearing at the regular City Council meeting of May 6, 2020 to consider objections to the proposed removal of weeds.

Apr 22 nl 2793

First case

Continued from page 3

once they are symptom free for 72 hours without first having a negative COVID-19 test. Due to continued shortages on testing, tests continue to be prioritized to confirm high-risk cases and exposures and not to confirm recovery status. Additionally, due to those shortages, household contacts are currently not prioritized for testing; particularly if they are asymptomatic.

Yolo County staff knows that many people with COVID-19 are suffering and dying from this terrible infection. Additionally, the isolation and quarantine required to fight the disease are incredibly challenging for individuals and their families. As a county we can always do better and are looking at this account as an opportunity for checking and improving our own response efforts going forward. In this consistently evolving pandemic, agencies such as Yolo County Public Health along with the local healthcare system are continually changing to better coordinate and to ensure that the various needs of patients are met.

For detailed information and guidance about COVID-19, visit the Yolo County webpage at: www.yolocounty.org/coronavirus. Residents can also call Yolo 2-1-1 for resource information. For additional updates follow Yolo County on Facebook at: <https://www.facebook.com/YoloCounty/> or Twitter at: <https://twitter.com/YoloCountyCA>.

Coronavirus reminds older county residents of polio epidemic

Locals share memories of the epidemic

BY LANCE ARMSTRONG

As the novel coronavirus (COVID-19) pandemic continues, some of Sacramento County’s elderly residents are reminded of another disease that caused great fear in the lives of millions: polio.

For decades, polio severely worried parents, as this infectious viral disease, which was also known as “infantile paralysis,” mostly affected young children, causing muscle weakness, paralysis, and in the most severe cases, death.

Although COVID-19 has different symptoms and complications than polio, the two diseases have similarities, as both have caused great panic, and infected and killed many people. And like the novel coronavirus, polio spread while having no known cure.

The nation’s first polio outbreak occurred in Vermont in 1894, and caused 18 deaths and 132 reported cases of paralysis.

Like COVID-19, the disease spread throughout the country and caused many thousands of people to become infected.

Among the most known examples that polio could



An “iron lung” sits on display at the Sierra Sacramento Valley Medical Society’s Museum of Medical History in Sacramento. Photo courtesy of Museum of Medical History

affect adults came in 1921, when then-future President Franklin D. Roosevelt was diagnosed with polio at the age of 39.

In the late 1920s, a mechanical respirator – nicknamed the “iron lung” – debuted. The machine was used to help with the breathing of polio patients

with paralyzed muscles in their chests.

Polio reached an epidemic level in the United States in 1952, as about 58,000 new cases were reported, 3,145 people died from the disease, and 21,269 people were left with mild to disabling paralysis.

During the following year, Dr. Jonas Salk, an American medical researcher and virologist, announced on a national radio show that he successfully tested a vaccine against poliomyelitis, the virus that causes polio.

PUZZLES & COMICS

TAKE ME OUT TO THE BACK YARD! TAKE ME OUT TO THE FRONT! I'LL RIDE AROUND AND CUT ALL OF THE GRASS..

I DON'T CARE, I'VE GOT PLENTY OF GAS!

OPENIN' DAY OF LAWNMOWIN'.

MORLAND

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www.kingfeatures.com
www.rfcdcomic.weebly.com

THESE PIGS ARE MAKING A LOT OF NOISE TODAY. THAT ONE SURE IS HUNGRY.

I WONDER WHAT ALL THAT OINKING COULD MEAN?

OINK! OINK! OINK! OINK! OINK! OINK!

AHH GEEZ, REAL MATURE GUYS... JUST BECAUSE I WENT BACK FOR THIRDS.

FUNNY "HA HA"...

WHO ARE YOU TALKING TO?

JAKE FROM STATE FARM

FUNNY WEIRD...

WHO ARE YOU TALKING TO?..

JAKE FROM STATE PRISON

KERVIN

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Puzzle Answers are on page 7

ACROSS	46 "Just you wait, — 'iggins ..."	100 Zool. or ecol.	2 Mrs. Oskar Schindler	37 "— loves me ..."	85 Bait bitter	
1 Laid fresh concrete on	47 Near-failing mark	101 Skeptical egg layer?	3 Easy-to-catch hit	39 California's Point —	87 Smack	
8 Waste	48 Analyzed	105 Disease-free sea predators?	4 Org. for Rafael Nadal	40 Astra automaker	90 Complain	
13 Found	52 Cochlea site	110 Actress	5 — Cong	41 Biblical ark builder	92 Unit of resistance	
20 Like gushing actors	54 "Will — learn?!"	111 Rat catcher	6 "— Time We Say	43 — and terminator	93 Frogs and kangaroos	
21 Malia's sister	58 Beer brand	113 60s conflict site	7 Dictator	48 Waylay	94 Angers a lot	
22 Kildare locale	60 Microwave saltnes?	114 "Star Wars" royal	8 Air marshal's	49 "Yes, —!"	96 Patriarch of Judaism	
23 More with-it red fish?	66 Orchestra section	115 Royal home	9 Copies Dr. Dre	50 Peak climber, e.g.	102 Enlighen, in poems	
25 Runs fast	67 — Moines	117 Gillette shaver brand	10 U.S. humane org.	51 Dumbbell	103 Kevin of "Saturday Night Live"	
26 1980s NBC sitcom	69 Old Spice alternative	119 "— yellow ribbon round ..."	11 Put away, as a sword	53 Chastised	104 Pour gently, as wine	
27 "Teh" for "the," for one	70 Reagan speechwriter	122 Journalist	12 "NewsRadio" co-star Phil	55 SUV cousins	106 "Relapse" rapper	
28 Jazzy singing	71 Cyberspace address	123 Not unusual	13 Shopping aid	56 Prefix with warrior	107 Hang a new worm on	
29 "Growing Pains" actor	72 Pars?	124 Things found at discount	14 Oliver Twist, e.g.	57 "Bringing Up Baby" studio	108 Word with lettuce	
30 Tower for fodder	75 Lose power	127 Italian city	15 Bright red	59 Sang loudly	109 Makes the assertion	
32 Uncanny	76 "Later!"	128 Steel, for one	16 Silverstone or Keys	61 Radius site	112 Green shampoo	
33 24-hr. money sources	79 Arduous trip	129 Adversaries	17 Tall ale mug	62 Part of CRT	116 Periods	
36 Japan natives, e.g.	80 Suffix with Japan	130 Agrees to	18 International compact	63 Alternative to	118 Burn balm	
38 "Lookie there, muscle-building stuff!?"	81 45 half	131 "Black Velvet" singer	19 Cavity filler's deg.	64 Oakland footballer	120 Ferber or Krabappel	
42 Terrestrial chapeau?	83 "My gripe is as follows ..."	132 Orchestra leader	24 Branching-out points	65 Smiles villainously	121 Chick chaser?	
44 Dem.'s opponent	86 Coup, e.g.	DOWN	31 "— Next Chapter" (Winfrey series)	68 Dinar earner	123 Nipper's co.	
45 — -cone (frozen treat)	88 Lay new turf on	1 Go over again, as old issues	32 Branching-out points	70 Once named	125 Procedure: Abbr.	
	89 Not well-lit		33 Eat in style	74 Lop the crop		
	91 Crab claws		35 Least lenient	77 "— goin' down!"		
	92 Bullfighting cheer			78 Suffix of sugars		
	95 Gaudy scarves			81 Pianist's seat		
	98 Be soaked			82 Communal		
				84 Boxcar rider		126 Dash lengths

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Weekly SUDOKU

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	6	1		3		5		
7					4			2

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: ♦♦

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

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POPEYE

HE CFS MAN

NO MATTER WOT I DIZ I CAN'T GIT ANYWHERE'S WIT OLIVE!

PERHAPS IT'S YOUR APPROACH!

I DON'T UNNER'STAN'

WOT'S WRONG WIT IT?

YOU COME ON TOO STRONG!

WOT D'YA MEAN?

THIS ARTICLE SAYS...
"WOMEN PUT GREAT VALUE ON A MAN'S SENSE OF HUMOR"

YOU ALWAYS APPROACH HER DEAD SERIOUS...
...LIGHTEN UP!

"WOMEN PREFER MEN WHO CAN MAKE THEM LAUGH..."

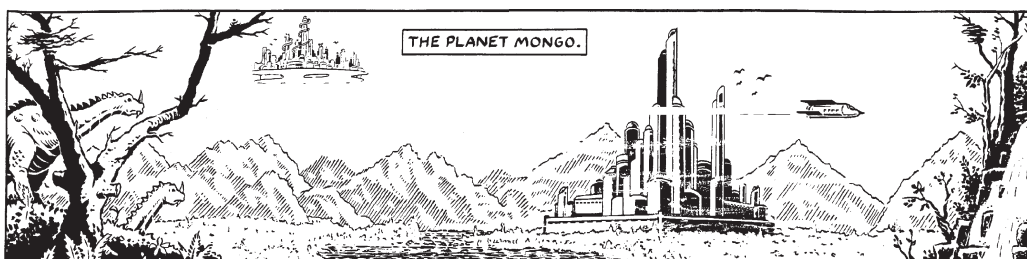
"...HUMOR BEING THE SOCIAL LUBRICANT!"

I'LL TRY ANYTHIN'

GOOD FOR YOU!

HELLO DERE, OLIVE?

4-12



County Road 95 Bridge Replacement Starts May 4

Starting May 4th a construction project will begin to replace the County Road (CR) 95 Bridge at Dry Slough, with an onsite detour from May 26 to October 31 that will have signs to direct motorists. Travelers should use caution through the detour and expect traffic delays. Access to properties along the affected section of the road will be provided at all times.

Construction costs are approximately \$2,100,000 and will be 100% funded with federal transportation funds. The low bid contractor is Security Paving from Westlake Village, California. Under the statewide and local public health orders, public works construction is designated essential work. Work will continue using appropriate protocols to protect the workers and the public.

Thank You

for reading the News-Ledger!

WWW.NEWS-LEDGER.COM

Yolo County Clerk-Recorder Office accepting marriage licenses and marriage ceremonies on a limited basis

The Yolo County Clerk-Recorder Office began reissuing marriage licenses and performing ceremonies for Yolo County Residents on a limited basis, as of Monday, April 20.

In compliance with the shelter in place directive from the Yolo County Public Health Officer issued on March 18, all non-essential services within the county were suspended. Following the health guidelines and taking into account California Family Code 359, which requires applicants to appear in person and present suitable identification in order to verify an applicant's

name and date of birth, the Yolo County Clerk-Recorder, along with other Clerk-Recorder Offices in the state, chose to suspend the issuance of marriage licenses and performing of marriage ceremonies in order to safeguard the health and safety of the public and employees.

In the recent weeks, the Yolo County Clerk-Recorder has been aware of the need for couples to get a marriage license and to have a marriage ceremony performed. In this current time of work and health insecurity, we are hearing from couples who may need to get their significant

other onto a health plan, may be add them to the title of their home or who merely want to get married before an impending deployment overseas. "We understood the important need and started working diligently on a creative solution," says Jesse Salinas, Yolo County Assessor/ Clerk-Recorder/Registrar of Voters. "Working closely with other county departments our office has developed a new marriage license process that will allow us to re-establish this service to Yolo County residents at a basic level while adhering to physical distance guidelines."

Appointments can be made on Tuesdays and Thursdays for marriage license and marriage ceremonies. Appointments will only be available to couples where at least one member is a resident of Yolo County. Couples will also be required to complete their Marriage License Application online prior to their appointment. (<https://yolocountyca-web.tylerhost.net/web/user/disclaimer>) Interested couples may call the Yolo County Clerk-Recorder at 530-666-8130, Monday through Friday, 8 a.m. to 4 p.m., for more information.

Polio

Continued from page 4

Salk's vaccine was introduced in 1955.

A plan to give the "Salk Vaccine" to 17,000 first and second graders in Sacramento County was initially set for April 18, 1955. But due to some early complications with the effectiveness of the vaccine, it was not until the following month that the county's schoolchildren were first vaccinated.

Upon the recommendation of the National Foundation for Infantile Paralysis, a two-shot

program within the first month, followed by a third shot about seven months later, was instituted.

The national program to vaccinate schoolchildren led to a drastic decrease in the number of polio cases.

There have not been any natural occurring polio cases reported in the United States since 1979.

Such a statistic does not remove the memories of this disease, which 90-year-old Elk Grove resident Arnie Zimbelman said he remembers well.

"I remember how bad it was at the time," he



Dolores (Silva) Greenslate recalled the fear caused by polio during her youth. Photo by Lance Armstrong

said. "We used to go around selling little 'wipe out polio' stamps. It's pretty well wiped out, isn't it?"

Zimbelman, who moved to Elk Grove in 1956, recalled one of his friends who was a polio survivor.

"I remember Dick Lichtenberger," he said. "He had polio as a kid and went to Shriners Hospital, and he was thankful forever after, because they got him back on his feet."

Melba (Ledbetter) Mosher, who attended Sacramento College (today's Sacramento City College) in the 1940s, recalled an incident in which her family feared that she had become infected with polio.

"I was born in 1927 and I had a really high temperature as a (child), so my family was just really very upset," she said. "My mother was thinking polio, but I hadn't been any place. But because of my

temperature, that was a big fear, definitely."

Riverside-Pocket area native Dolores (Silva) Greenslate, 95, noted similarities between the fear caused by polio and the fear caused by COVID-19.

"Polio was something new to us, too, because we hadn't had anything like this before," she said. "And now with this coronavirus, it seems like it is repeating itself. We've never had anything like it. Right now, it is affecting everybody, every darn person."

"When you had infantile paralysis, it scared you. And people are panicking about this (COVID-19) and we were panicking about polio. We were so afraid that we were even afraid to talk about it, and if it hit us, what would we do?"

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Yolo County Reports First Nursing Home Outbreak of COVID-19

An outbreak of coronavirus (COVID-19) at a nursing home has affected 35 people, including 23 residents and 12 staff, and one resident death at the facility, although COVID-19 testing is still ongoing for all facility staff and residents. Not all the confirmed cases are Yolo County residents.

The nursing facility is working closely with Yolo County staff and emergency responders and have received additional support and resources. All positive cases have been isolated and staff and residents are being appropriately monitored. Residents and their families have been notified of the outbreak. To protect patient privacy, the name and location of the nursing home are not being provided. It is important that everyone continues to stay at home and practice public health measures to protect the health of their loved ones and community.

“I am deeply saddened to learn about another COVID-19 death and an outbreak in a nursing home,” said Yolo County Public Health Officer Dr. Ron Chapman. “Nursing homes are at very high risk for COVID-19 outbreaks. In most nursing home outbreaks, the virus is introduced from visitors and staff. Unfortunately, this means that people need to stay at home and not visit their loved ones. In Yolo County, prior to starting a work shift, all nursing home staff are required to be screened for COVID-19 symptoms and have their temperatures taken to prevent viral spread.”

As of early last week, Yolo County has 93 confirmed cases and three deaths from COVID-19. In response to the increasing transmission of COVID-19 in the community, Yolo County issued a countywide health order on March 18 for residents to shelter in place that was extended through May 1.

“Our hearts go out to the patients and their families during this difficult time,” said Yolo County Board Chair Gary Sandy. “The response to this crisis has been extraordinary. From healthcare workers to local restaurants, the outpouring of care and concern is heartening and encouraging. Our strength and resiliency as a community is making a huge difference in battling the further spread of this virus. Everyone can make a difference.”

Residents are encouraged to continue to follow guidance from public officials to prevent the spread of illness. These measures include:

- Staying home if you are sick.
- Following the health order to shelter in place.
- Practicing social distancing.
- Washing hands often with soap and water for at least 20 seconds.
- Cleaning all “High-Touch” surfaces every day, following use instructions on the label.

For detailed information about confirmed COVID-19 cases in Yolo County, visit: www.yolocounty.org/coronavirus-dashboar. For additional updates follow Yolo County on Facebook at: <https://www.facebook.com/YoloCounty/> or Twitter at: <https://twitter.com/YoloCountyCA>

Check the Status of Your Stimulus Payment

Track your payment, Mental Health Urgent Care suspended, and more

Economic Impact Payment

To help everyone check the status of their Economic Impact Payment, the IRS has launched a tool that will provide the status of a payment, including the date it's scheduled to be deposited or mailed. Learn more: <http://irs.gov/eip>

Medi-Cal and CMSP

Testing and treatment for COVID-19 is covered by Medi-Cal and the County Medical Services Program (CMSP), regardless of immigration status. Apply online at www.mybenefitscalwin.org, by phone at 866-226-5415, or in person at 25 N. Cottonwood in Woodland or 500 A Jefferson Blvd. in West Sacramento.

Mental Health Urgent Care Suspended

The County has decided to suspend operations of the West Sacramento Mental Health Urgent Care effective Monday, April 13, 2020 due to the current COVID-19 crisis, coupled with low

usage data and lack of fiscal sustainability. The County will reassess once the crisis has fully resolved. The West Sacramento Mental Health Clinic continues to operate for on-site drop-in crisis mental health services and law enforcement drop offs Monday through Friday 8:30 a.m. to 4:30 p.m.

PBS KVIE Programming

If you're seeking learning resources for students that are home from school, PBS KVIE is currently airing programs aimed at children in Preschool to K12 on KVIE2 and programs for grades 6-12 on KVIE WORLD. More information and schedules: <http://bit.ly/kvie3aYf2Q4>

Coronavirus in Yolo County

The number of confirmed cases of COVID-19 in Yolo County is 101 with 3 deaths. Stay up to date by visiting the Yolo County Novel Coronavirus website.

Transportation

Continued from page 1

under regular Saturday schedule with 6:40 am departure starting at Merkley/West Capitol and a 6:40 pm departure that was extended to 7:30 pm to add the downtown Sacramento loop. Route 241: Only morning departure at 6:58 am, starting at L/13th in Sacramento. Only evening departure at 4:37 pm, starting at 9th/K in Sacramento.

Beginning on March 24, Yolobus deployed three Paratransit vehicles to county EOC to distribute food and goods boxed by the Yolo Food Bank. These deliveries were mainly for homeless individuals and those temporarily housed in motels throughout the county. As of March 27 the Paratransit had transported food to 77 motel rooms in West Sacramento, Davis and Woodland. Jump has suspended operations in Sacramento and has pulled its fleet.

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Puzzle Solutions

Super Crossword

Answers

REPAVED	TRASH	LOCATED
EMOTIVE	SASHA	IRELAND
HIPPERS	NAPPER	SPRINTS
ALF	TYP	SCAT
THICKE		
SILO	ODD	ATMS
ASIANS		
HEY	PROTEIN	HAT
ONE	EARTH	
REP	SNO	ENRY
DEE		
ASSAYED	EAR	IEVER
MICHELOB	HEAT	CRACKERS
BRASS	DES	BRUT
NOONAN		
URL	HOLE	NUMBERS
DIE		
SEE	YOU	TREK
ESE	BSIDE	
HERESTHE	BEEF	TAKEOVER
RESOD	DIM	PINGERS
OLE	BOAS	SOP
SCI		
HENIN	DOUBT	HALES
HARKS		
MARLEE	TRAP	NAM
LEIA		
PALACE	ATRA	TIEA
BLY		
REGULAR	HEELS	SAND
DEALS		
CREMONA	ALLOY	ENEMIES
ASSENTS	MYLES	MAESTRO

Weekly SUDOKU

Answer

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

News-Ledger Directory of Local Places of Worship

Community Lutheran Church

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

Facebook.com/CommunityLutheranWestSacramento/

Seventh Day Adventist Church

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

West Sacramento Baptist Church

Sun. School - 9:30 a.m.
Sun. Worship - 11 a.m.
Wed. Prayer Meeting & Bible Study - 6:30 p.m.
2124 Michigan Blvd.
371-2111

Center for Spiritual Awareness

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

American Buddhist Seminary Temple

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

Our Lady of Grace Catholic Church

911 Park Blvd, West Sacramento
Office: 916-371-4814
Fr. Mathew Rappu, Pastor
Mass: Mon, Tues, Wed 7 AM
Fri 8:30 AM at OLG school during school year
Sat: 5:30 PM vigil
Sun 9 AM, 11 AM, 4:30 PM
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 916-371-8030 for more information.

Democracy

Continued from page 1

and sends a series of alerts to each voter notifying you where your ballot is in the election process. You can sign up to receive notifications via text, email, or voice alerts. BallotTrax brings further transparency to the election process and we are excited to be piloting it within Yolo County in the upcoming election. You can learn more at ballottrax.com.

Get information and updates on Elections from trusted and verified sources, including our Elections website www.yoloelections.org and our social media accounts: Facebook: @YoloACE, Instagram: @YoloCoACE, and Twitter: @YoloCoACE.

The weeks and months ahead will not be easy. These are challenging times that will take creativity, patience and cooperation. This is our new reality, but we will not let it deter our resolve to conduct the November 3rd, 2020 election. Working with our voters, election partners and communities, I am certain we can continue to conduct the November election with integrity and accuracy.

I promise to do my part to keep democracy alive and if we all do our part, it will thrive!

Jesse Salinas is the Yolo County Registrar of Voters.

This 'n' That

Continued from page 1

the CDC. Wear it when I go get groceries. Have no other. Only the bandanna. Can't make one. Hands are too arthritic.

I realize, though, it may only be offering marginal protection from infection, if that. Even during the Camp Fire there were reports that such masks should be changed out for a fresh one every six hours or so, as I recall.

Being 71, with cancer, diabetes and high blood pressure, I know I'm in the 'high risk' group for dying of Covid complications. So, I use the mask, constantly wash my hands, and do my best to keep at least six feet between me and others.

Airborne virus particulates can infect you from six feet away – maybe even farther – when someone positive for the Covid-19 virus coughs, sneezes, laughs or simply speaks. If they don't have symptoms, they may think they don't have the virus (even though testing would prove otherwise), so believe covering their face just isn't neces-

sary. You don't see many on TV, do you.

But here's this. Struggling to take a breath when even a ventilator can't help you is a terrible way to die. Deprived of oxygen – one by one your organs fail. My mom was in Intensive Care with viral pneumonia when her ventilator was turned up too high for too long. It blew out the lining of her lungs. She slowly suffocated. I held her hand as the line went flat. Her heart was the last to go.

The Governor's thoughtful plan for re-opening California includes making sure all of our dedicated, exhausted doctors, nurses and first responders like EMTs have all the PPE (Personal Protective Equipment) they need. On social media yesterday, a nurse at UCDMC said they are re-using the masks they have.

Now. They need help now. Meantime – we can help them, too. If we all wear face coverings, there will be less person-to-person



PHOTO BY CAROL BOGART
Walking the dog, I borrow his bandanna and wear sunglasses.

spread. With fewer intubated people struggling to survive in Intensive Care, these nurses and doctors may at last be able to work normal shifts.

For 5 p.m. daily updates on Covid-19 cases and deaths in Yolo County and West Sacramento, here's the link for Yolo Health's Covid-19 Dashboard: <https://www.yolocounty.org/health-hu->

[man-services/adults/communicable-disease-investigation-and-control/novel-coronavirus-2019/dashboard-and-documents?fbclid=IwAR-1RM4xfSKGBerK-WTjneQ1U7Ps-DoWKS42H4-1UO-n-BLEp-s_Tyl_aLelw.](#)

Questions, comments? Contact Carol at carol@bogartonline.com.

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