56th Year • No. 37

Wednesday, May 13, 2020

**LEGALS** 

**COMICS & PUZZLES** 

HOME IMPROVEMENT GUIDE

# Washington Unified announces class of 2020 graduation plans

(Editor's Note: The following is an open letter from the Washington Unified School District to the pub-

There has been a great deal of effort and inquiry with health officials in how Yolo County high school seniors may be recognized and honored during the shelter in place orders. We are committed to ensuring our Class of 2020 high school seniors are celebrated and recognized even under these restricted circumstances.

Keeping safety and health our highest priority, it is determined that our best option to celebrate our Class of 2020 is through a virtual graduation event as a beginning to possible future celebrations. A virtual option ensures the health and safety of our students,

families, and school communities while still recognizing graduating seniors for their accomplishments. The virtual graduation event will be inclusive of all three school graduations, each in its separate segment of the graduation event so that parents will know when to tune in for their student's respective ceremony. Access to our virtual graduation event will be available for everyone during the streaming of the graduation ceremony and afterward for keep-

We have heard about the loosening of some COVID-19 restrictions which may give the impression that in-person events while practicing social distancing is acceptable. As of today, this is not the case for Yolo County. Large group activities are still not per-

mitted according to public health officials. There is no way to predict when organized group activities will be allowed or how restrictive they will be once approved. It is also important to note that WUSD must comply with Yolo County health orders which may be different from our neighboring schools and districts living in other counties.

Here is what we currently have planned:

A virtual graduation ceremony will be livestreamed on a custom website and viewable on a mobile device or computer and accessible for all families, friends, and community members. A senior lawn sign and cap and gown drive-thru pick up day is scheduled where teachers and staff can be present to cheer and celebrate the Class

of 2020 as they receive their items. More information will be provided as the seniors pick up their cap and gown for the next steps.

We have appreciated many thoughts shared about some potential ideas for the future. Knowing that circumstances change each week, we cannot promise but hope the following suggestions can be possible under public health orders once restrictions are lifted from our public health.

In today's restrictions of COVID-19, graduation diplomas will be mailed to the student's home at the end of June. IF COVID-19 restrictions change before that time, we will consider the potential for a drivethrough diploma pickup ceremony.

If organized group activities are permissible again in the summer, barbecue might be possible for all members of the Class of 2020 and their families.

If organized group activities are permissible again in the summer, we would like to work with each school's leadership to organize a formal ceremony inviting all members of the Class of 2020 and their families to participate at each respective high school.

If organized group activities are permissible again in the summer and fall, we expect to specially plan our Homecoming at River City High School for a special event at halftime.

If organized group activities are not permissible again in the summer

See WUSD in place, page 6

### Yolo County Amends Health Order to Include Retail

Curbside Pick-Up, Manufacturing and Logistics

County Yolo amended the current Shelter-in-Place order to now allow all manufacturing, logistics and warehouse operations, as well as curbside pickup and delivery for retail establishments to resume on May 8. This amendment aligns the County with recent modifications to the State's Stayat-Home Order, which allows certain businesses to reopen in a limited capacity under Phase Two of the state's fourphase reopening plan. The County's Shelterin-Place order is still in effect through May 31.

Effective May 8, Yolo County is allowing the following activities to resume 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 State guidelines and 2) adhere to strict social distancing requirements:

- Curbside pick-up and delivery for retail establishments
- Manufacturing
- Logistics and warehouse operations

Curbside pick-up and delivery allows retailers to resume operations in a modified contactless format where customers can pre-order, pay for items and either pick up items outside the store or have them delivered to their home. The retail establishments permitted by the state to conduct curbside pick-up include, but are not limited to: clothing stores, bookstores, shoe stores, jewelry stores, home and furnishing stores, sporting good shops, antique stores, music stores, toy stores, and florists. All manufacturing, logistics, and warehouse indus-

See Curbside, page 2

tries may also resume

operations. Businesses

should follow established

### West Sacramento man charged with attempted carjacking after being released as a result of California Judicial Council's Statewide Emergency "0" bail schedule

District Attorney's Office after being arrested by Woodland police on May 5.

Moscaliuc is currently being supervised on Post Release Community Supervision

West Sacramento man Vlad- (PCRS) by the Yolo County imir Moscaliuc, age 32, has Probation Department after been charged with attempted serving a term in State Priscarjacking by the Yolo County on. He was arrested on April 29, for violating his conditions of PCRS. Moscaliuc was released that same day as a result of California Judicial Council's

See Carjacking, page 2



### THIS 'n' THAT

# Covid. So Confusing.



**BY CAROL BOGART** 

It's hard to keep up, isn't it. SO many mixed messages. Scientists say one thing. The White House, another. States issue their own orders. Counties scramble to keep up. Meantime, Sac Metro (which includes

rate of Covid-19 infections of any major metro in America, according to an exclusive Sunday story 5/3 in the Bee.

DON'T GET COM-PLACENT – warns the CDC. At best, the virus will simply 'simmer' and surge again this fall.

Meantime, for nurses and dentists, protective masks, gowns and face shields reportedly still are in short supply.

Probably why just regular Joes like you and me aren't allowed medical masks that do

West Sac) has the lowest a better job of blocking virus particles. Cloth face coverings are better than nothing, we're told, and based on something I saw on Chris Cuomo's show, I think it's true. Researchers' experiment showed someone talking - with a cloth face covering and without. Otherwise invisible droplets flying out of the person's mouth showed up fluorescent green. With the cloth face covering, a few did still escape. But with**out** it, the potentially infectious drops were a full on spray.



PHOTO BY CAROL BOGART

Gus the Macaw is the 'face' of Wild West Feed and figures prominently in

By Yolo County OR-DER, we're now required to wear a face covering whenever we might come within six

feet of someone else. Such as when we're shopping. Raley's is en-

See This 'n' That, page 6







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# Door to Door: Covidiocy

**BY PAT LYNCH** 

Don't those people who protest that we must fully reopen remind you of the Virus itself? You've seen those electron microscope magnified pictures of Covid 19— bunchy in some parts, and stringy in others--kind of purplish-orange? Well, that's what the Open Up Now! crowd looked like. Their cars and trucks, festooned with flags, (some Confederate, some Nazi) made a creepy parade to our state capitol grounds where they practiced freedom of assembly and freedom to spread the killer virus. They rallied in many states. In Michigan they also brought, along with their guns, a noose and swastika emblems to the governor's office and to her private home. A noose.

I am no stranger to protest and have exercised it since the seventies when many thousands assembled to object to the Vietnam War, to march for women's rights, racial justice, and other causes. But I never brought a gun to a march, or a raft of guns

with bandoliers, or automatic war weapons, never strutted into a state capitol armed to the teeth with smaller guns and knives jutting stupidly from my pretend combat boots. And a jillionaire cabinet member (today it's Betsy DeVos) never organized and financed any protest in which I participated.

So these are different times. These protesters seem more like a joke about themselves, as though they're unwitting actors in a drama written by a cruel satirist. They're all dressed up for combat, when what they truly want is for the bowling alley to open. They want the bars, the malls, the casinos, the midway, the salon, the barber shop, the massage parlor, the whole carefree circus of social commerce. Staying home all day and watching Fox News or Duck Dynasty reruns is boring.

And truly, we'd all like things to be put magically back the way they were: bustling, fun, social. But now it's not only Covid 19 that intimidates us. It's the Covidiots themselves.

Who are they and what is Covidocy?

Here's a little breakdown for

Covidiots are, of course, people who practice Covidiocy. The "Co" means they co-operate with the virus. These people ignore scientists and spew unmasked trillions of virus particles upon the innocent, spread the disease and add to the body count.

Covidiousness (often called Cohidiousness). This is lying about the virus, its lethality, origins, treatment, body count, etc. These people resent their better-informed neighbors and leaders. One of them shot a security guard (yes, they bring those big boy guns everywhere). Another berated a shopper for wearing a mask. Another pushed a park ranger into a lake. One of them spat at a bus driver who asked her to wear a mask. There is another word for these particular Cohidious exemplars: asshats.

**Covapidity.** The Covapid are people who care only, and rather listlessly, for themselves. They don't follow the news, are

tanned but otherwise vague, and congregate by the water in oiled clumps. They are not aggressive but are deadly vectors because their asymptomatic Covid 19 is aggressive.

Covid Beach Disorder. This is a fatal desire to lounge on shore with the Covapid.

Covid Bleach Disorder. These are the people who, inspired by the president's medical speculations, think drinking Lysol might cure the disease and clear the lungs.

Covidiquackery. Suggesting Covid 19 can be cured by taking Hydroxychloroquine. You should join a class action suit against Fox News if you tried this and, say, a carrot-shaped growth emerged from your ear.

Covidiocracy. This is the religious institutionalization of Covidiocy. It occurs when prominent big tent TV preachers prattle about the need to prematurely re-open the country and accept the consequent rising death toll. This despite their previously staunch "pro life" positioning. And tis despite grave disagreement from Dr. Fauci

and multiple other accredited scientists and medical authorities. Catholic Cardinals Dolan and Burke recently these fundamentalists, another moral choice at odds with professed values. Pro life? Not so much these days. Seems they're "pro life" chiefly when it comes to controlling the reproductive freedom of females.

So that's the opposition. Our governor says, "the overwhelming majority (of Californians)... are doing the right thing."That's true, and we're that majority. We've got Covidia Anxiety and Covidia Fatigue, and we've retreated to save ourselves and protect others. It's not easy and not fun. But we're here, and we mean to survive. So we're following the guidelines, distancing, postponing, having parties on Zoom, staying home. We know what's required. We're not slamming around with guns and Dixie flags, trying to bully nurses, threatening officials, spreading pestilence with our flawed twaddle and our very breath

And we'll be here to vote in November.





1104 R ST. SACRAMENTO 95811 . digmusic@sbcglobal.net \* Appointments made in accordance with Coved-19 Mandates

# THE NEWS-LEDGER WEST SACRAMENTO'S CHOICE

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### Curbside

Continued from page 1

guidelines from the State as well as adhere to proper social distancing requirements available on the State's website: https://www.covid19ca.gov/roadmap/. The County's amended health order also clarifies recommended childcare conditions.

While the State Order is in effect, counties may only permit activities to resume that are not prohibited by the State Order. Recently, the State announced they would allow for regional variation, meaning that different counties can proceed through the state's Phase 2 re-opening at different speeds. Counties can move further into Phase Two, if they can attest to meeting the State's criteria by submitting a readiness plan

approved by the local health officer and Board of Supervisors. In preparation for this, Yolo County is developing a draft readiness plan for future review by the Board of Supervisors.

The State has also provided guidance and checklists for 17 sectors, including: agriculture, auto-dealerships, communications infrastructure, construction, delivery service, energy and utilities, food packing, hotels and lodging, life sciences, logistics and warehousing facilities, manufacturing, mining and logging, office workspaces, ports, public transit and intercity passenger rail, real estate, and retail. This information can be found on the State's website: https://covid19.ca.gov/roadmap/.

"With the preliminary re-opening of specified retail establishments and manufacturing in Yolo County we've taken one more step toward resuming more normalized activities," said Yolo County Board Chair Gary Sandy. "All of these changes will require adherence to health standards and safe practices, including social distancing, hand washing, and where necessary, face coverings."

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 areas. For additional information related to the County's Shelterin-Place amendment, visit www. yolocounty.org/coronavirus-roadmap. 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.

# Thank IJou

for reading the News-Ledger!

W W W. N E W S - L E D G E R . C O M

# <u>Carjacking</u>

Continued from page 1

Statewide Emergency "0" Bail Schedule. The "0" Bail Schedule became effective April 13, 2020 in response to the COVID-19 pandemic.

Moscaliuc is currently being held at

the Yolo County jail. Moscalius was arraigned on the new charge and the PCRS violation on May 7. The court set bail at \$20,000 and set the matter for Preliminary Hearing on May 28 in Department 14 of the Yolo County Superior Court.

# Tanya Aguilera West Sacramento Specialist

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# An old-school approach to homeschooling during the pandemic with a dash of modernity

### **BY MONICA STARK**

No alarm clocks, no rushing to school or work. I have somehow managed to tell my daughter, Sophie, that cuddles until 9 a.m. are required. And that we have ALL DAY to do the things we need to do. We don't need to adhere to any 9 a.m. to 3 p.m., schedule, but the daily cuddle fest is required. Above all, I want her to have good memories of this pandemic. Of course, she misses her school and friends and she's definitely not learning as much from me as she does her beloved teacher. She's been writing letters to those she misses. She steals my phone for hours at a time to talk with her best friend. It's as sweet as an experience as it can be. I am grateful for the job and school flexibility. So many parents are stressing out because of all the Zooming that has to be scheduled for. I am sad for children who have to spend hours a day in front of a computer

The digital divide has long existed prior to the pandemic, but what school closures have shown school districts is



Sophie's perfect vacation is camping. She set up the campground in the backyard. Beware of bears.

how tech equity is needed at home. Fortunately, the school district has provided Chromebooks to those who need them and they are a big help, however, I have heard from some families how difficult it is to do the distance learning because they can't afford the high-powered wifi that other families are accustomed to.

There are other ways children can learn the standards required by schools.

While my second grade daughter attends a Title 1 school where more than half of the students are on free or reduced lunch and many have needed to pick up Chromebooks provided by the school district, the curriculum

at least for the younger grades includes very limited amount of "Zooming" or distance learning. Each day her teacher provides a 15-minute math lesson and has worksheets that go along with it. Besides that, daily book reading and writing is required. Again, not too much time is spent behind the com-

But what really sets her school apart are weekly family projects that require creative thinking, creativity, teamwork and maybe even some blood and tears. The first said project was fort building; the second, imagication (imagining a perfect vacation and bringing it home-bound); the third was an animal project and this week we're



Introducing "Starboard"... the intergalactic fort. Sophie was really great at finding materials to use. Her main goal was to have a fort to sleep in as part of her fort building family project.

making an art display in our front yard out of materials found in the natural world. With these projects, students had to collect all their materials from their quarantined home, write them down the list of materials, tell a story about their creations and draw what it looks like. While they are family projects, they are child led and directed. She's my boss and I am her worker bee and also her photographer. I have

the projects and sharing them with other parents and children in the class. Truly, the community has tried to stay together as much as possible under these strange times. The crossing guard at the school has fallen ill and students have knitted squares that the handwork teacher sewed together into a quilt. She then delivered to it to him and shared a video of his reaction. Touched by how many hands went enjoyed photographing into the quilt, he said he

didn't realize he mattered that much.

This quarantine situation has highlighted the love that was already in our community. Seeing the video and photos of the crossing guard brought tears of joy and love to many of those who have seen it.

Remember parents: You are your child's first teacher, after all, and don't forget to treat yourself just as kindly as you do your precious stu-

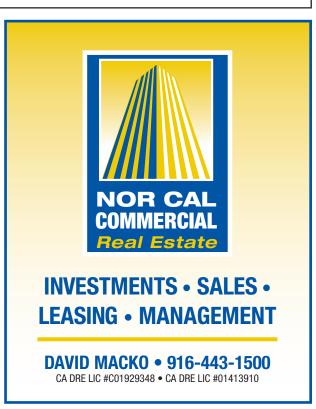
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# LEGALS

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20200338

The following person(s) is doing business as:

Signal Flare, 109 Guayamas Pl. Davis, CA 95616, County of Yolo. SIGNALFLARE LLC 1267 Willis St., Ste 200 Redding CA 96001 This business is conducted by Limited Liability Company.

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

/s/ Zachary David Forristall, CEO SIGNALFLARE LLC This statement was filed with the

County Clerk of Yolo County on April 29, 2020. Jesse Salinas, County Clerk/ Recorder

By: dho, Deputy 5/13, 5/20, 5/27, 6/3/20 CNS-3364754# NEWS-LEDGER

May 13 20 27 Jun 3 nl 2807

### FICTITIOUS BUSINESS NAME **STATEMENT** FILE NO. F20200339

The following person(s) is doing business as: CosmicBit, 3815 Tahoe St., West Sacramento, CA 95691. County of

Dong An, 3815 Tahoe St., West Sacramento, CA 95691

This business is conducted by Individual. The registrant commenced to

transact business under the fictitious business name or names listed above /s/ Dong An

This statement was filed with the County Clerk of Yolo County on April 29, 2020. Jesse Salinas, County Clerk/

Recorder By: dho, Deputy 5/13, 5/20, 5/27, 6/3/20 CNS-3364757# NEWS-LEDGER

May 13 20 27 Jun 6 nl 2808

### FICTITIOUS BUSINESS NAME STATEMENT FILED 05/01/2020 FILE NO. F20200343

The following person(s) is (are) doing business as Accel Social, 2020 5<sup>th</sup> Street #1006, Davis, CA 95617 in

Yolo County. Registered Owner(s) Northrop Social Media, 2020 5th Street #1006, Davis, CA 95617

The business is conducted by: Corporation

The registrant commenced to transact business under the fictitious business name or names listed above on 9/25/2012.

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/Northrop Social Media, Nancy Schwartz, President

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: May 1, 2020 /s/kauam. Deputy Clerk May 13 20 27 Jun 3 nl 2801

### FICTITIOUS BUSINESS NAME STATEMENT

FILE NO. F-20200333 The following person(s) is doing

business as: Modern Access Psychiatry, 1520 E. Covell Blvd., Suite B5, Davis, CA

95616, County of Yolo. Nataliya Ables, 1018 Boone Court, Vacaville, CA 95687

This business is conducted by Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A /s/ Nataliva Ables

This statement was filed with the County Clerk of Yolo County on April 24, 2020. Jesse Salinas, County Clerk/

Recorder By: dho, Deputy 5/13, 5/20, 5/27, 6/3/20 CNS-3363578# NEWS-LEDGER

May 13 20 27 Jun 3 nl 2802

### FICTITIOUS BUSINESS NAME STATEMENT FILED 05/01/2020 FILE NO. F20200347

The following person(s) is (are) doing

business as Honey Bee Genetics, 23011 County Road 103, Woodland, CA 95776 in Yolo County.

Registered Owner(s) Tauzer Apiaries, Inc., 23011 County Road 103, Woodland, CA 95776 The business is conducted by: Corporation

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

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

/s/Tauzer Apiaries, Inc., Trevor Tauzer, CFO

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 Šalinas, County Clerk Recorder Date: May 1, 2020 /s/dho.

Deputy Clerk May 13 20 27 Jun 3 nl 2804

### FICTITIOUS BUSINESS NAME STATEMENT FILED 04/22/2020 FILE NO. F20200323

The following person(s) is (are) doing business as **K&L Supply**, 875 Stillwater Road, Suite 100, West Sacramento, CA 95605 in Yolo

Registered Owner(s) Kelly D. Little, 883 Hurleton-Swedes Flat Road, Oroville, CA 95966 LaNell K. Daley-Little, Hurleton-Swedes Oroville, CA 95966 The business is conducted by: A

Married Couple The registrant commenced to transact business under the fictitious business name or names listed above on 4/1/2015.

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/Kelly D. Little

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 Šalinas, County Clerk Recorder Date: April 22, 2020 /s/dho,

Deputy Clerk May 13 20 27 Jun 3 nl 2806

### FICTITIOUS BUSINESS NAME STATEMENT FILED 04/13/2020

FILE NO. F20200307 The following person(s) is (are) doing business as Davis Affordable **Professional 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 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/Dezaree Finch 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 Šalinas, County Clerk Recorder Date: April 13, 2020 /s/kquam, Deputy Clerk Apr 29 May 6 13 20 nl 2794

### FICTITIOUS BUSINESS NAME STATEMENT FILED 04/13/2020 FILE NO. F20200308

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

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 4/13/2001

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

/s/Danae Smith 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 Šalinas, County Clerk Recorder Date: April 13, 2020 Deputy Clerk

misdemeanor.

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, 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 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, Deputy Clerk

Apr 22 29 May 6 13 nl 2792

### INVITATION TO BID

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

### FIRE STATION 45 EXTERIOR REPAIRS PROJECT

proposed work consists of Repairs and/or following: replacement of framing, insulation, drywall, paint, carpet, plaster, doors, windows, roofing and other miscellaneous components address deficiencies in the building envelope/waterproofing systems.

Completion of Work: All work shall be completed within (330) working days from the date designated on the Notice to Proceed. 2. 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 be 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 Relations pursuant to Labor Code 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.

**Preconstruction Conference:** A preconstruction conference will be convened after the Contractor has 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.

**9. 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. 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 City. 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 received.

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.

Wage Rates hereby notified that the California Department of Industrial Relations determined has the prevailing rate of wages 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.

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 the Contract price, and a faithful performance bond in an amount equal to one hundred percent (100%) of the Contract price.

BY: Jeramy Chapdelaine, Project Manager

DATE: 05/06/2020 May 6 13 nl 2799

### LIEN SALE NOTICE

NOTICE IS HEREBY GIVEN PURSUANT TO SECTIONS 3071 AND 3072 OF THE CIVIL CODE OF THE STATE OF CALIFORNIA, THE UNDERSIGNED, CITIZENS TOWING IMPOUND 1244 FORTNA AVE WOODLAND,

WILL SELL AT PUBLIC SALE ON;MAY 21,2020 10:00AM THE FOLLOWING PROPERTY: 1997 HYUND TRL LIC#4LH6065 CA VIN#3H3V532C9VT038033

5/13/20 CNS-3363631# NEWS-LEDGER May 13 nl 2800

### NOTICE OF PUBLIC HEARING

Purpose: The Governing Board of the Washington Unified School District, in order to comply with the requirements of Board Policy 6141, will hold a public hearing on May 14, 2020 at 5:30 pm for the purpose of adopting instructional materials for the 6th through 8th grades Science Program. Due to the Board Meeting being held virtually, you can go to: https://amplify.com/ to get more information about the new adoption. Date: Thursday, May 14, 2020

Location: Due to the current shelter in place order in Yolo County, the Board of Education will hold regularly scheduled meeting through a virtual meeting. To hear

Time: Meeting begins at 5:30.

# OLO COUNTY BE LLAMAZING

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".

# PUZZLES & COMICS





**Amber Waves** 

HEY LOU, WHAT'S ALL THE

HUBBUB WITH THE FARMER?

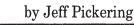


Out on a Limb

by Gary Kopervas



The Spats









# Puzzle Answers are on page 7











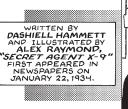




























### **Super** Crossword 52 Attired

(bugbears)

supervisors

— -haw

sound)

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Spain

1 Duelist's 53 Flummoxed 54 Mrs., in Bonn 97 January, in 5 — Club 55 Question for Knotts when 98 Coll dorm (retail chain) he's holding 9 Weds on the a package?

60 Bygone

Abbr.

space station

61 Extreme joy 101 Moosé kin

15 Swine food 19 Carter of "Gimme a Break!" 20 "Stat!"

**ACROSS** 

21 Film director George A. 22 Bluish hue 23 Cruel Curry in a London borough?

26 Kitty chip 27 The real -28 Skirt's edge 29 Give Mason the ax? 31 Make do with Paul?

**34** "— a Letter to My Love" (1981 film) **35** Road goop 36 Song syllable 37 Acne care brand

42 Show penitence 44 College Hagen?

founded by 51 Heredity determiner

album "21" 68 Goes by car 69 Came in first 71 Sculpting aid medication? (1966 hit) 76 "Ni-i-i-ice!"

78 Semis, say 79 Go bad 80 Return Shearer's phone call? 84 Operatic solo 38 Physics prize 86 Running

shoe brand 87 Traffic sound :: trillion 92 Anthony championing 126 Exclude personal **127** Unit of liberties? force

2 Pervade 3 It's

negatively charged 4 Vote in 5 Twain's Tom 6 "- live and breathe!"

64 Arcing tennis 102 With 111-65 Second letter connect two addendum: dots, maybe 106 Battling it out 66 Singer with with Murdoch? the 2011 109 Put Arthur on moodstabilizing

72 Not too tasty 113 Regatta 114 Poet John 115 Exclude 116 "Whew, such a relief that Kahlo arrived!" **120** Area

121 Samplings 122 Kin of beige 123 Prep school Thames 88 Billion : giga- 124 Tram loads 125 Ukrainian port city

1 Sheffield loc.

46 Shaft of light 47 Call a halt to 48 "The jig —" 49 Turner and Kennedy 7 Very virile 50 Ming of 8 Nearly globeshaped 52 Elliot of the

9 Palindromic "before" 10 Lounges idly 11 All: Prefix 12 Lab's — dish 13 Great Lakes tribesmen 14 Northern French river

15 Commence 16 Monocle, 17 Pledge 18 Answer from the accused 24 "Warrior" co-star Nick

25 2,065, in old Rome 30 Year, in old Rome 31 Fawn's father 32 Defective

39 Cat breed 40 Virtual marketer

**TRUNCATION** 77 Scorching wreaths 78 "The -43 Sir Isaac Coochi Coo" 45 Slangy (1961 hit) negative 81 Musicality

82 Winter hrs. in Wichita 83 "... — iron bars a cage' 85 When shows are broadcast

**APPELLATION** 

89 Forever Mamas & the 90 Had faith in 91 Inquires **56** Feature of 93 Bereft "gum" but 94 — Lanka 95 Myopic "Mr." not "gem" 96 "I — You'

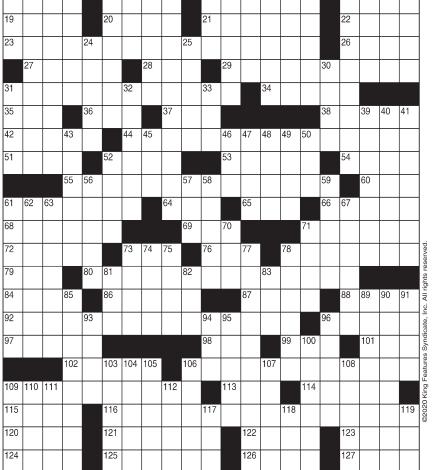
Papas

57 Pledge

(hit for 58 Download for a Kindle Elvis) 59 Bible book 100 Concludes 103 Hard -Habakkuk follow 61 Give a hug 104 "I thought a deal!" 105 Humble 62 Fill with a

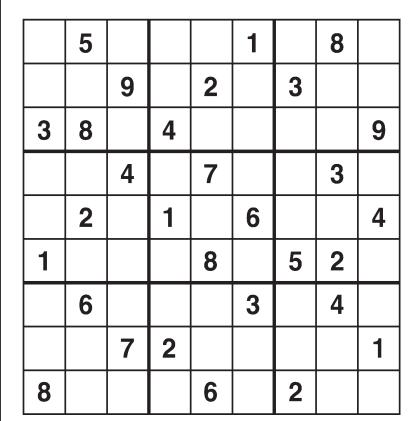
crayon 106 Phonies 63 Not dynamic, 107 Fast one as a verb 108 One way to 67 Expand mark losses 109 Clown name **70** "— so 110 Love deity much" **71** Lug 111 See 102-**73** "Who's Across

there?" 112 Sinus docs answer 117 Cookie-33 Uvea's organ 74 Make — deal pushing org. out of 118 Hexa-75 Speed-ofhalved 119 Hex- ending sound ratio



# 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: ◆**

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HOO BOY!

Continued from page 1

or fall, we hope to invite all members of the Class of 2020 and their families to participate in and celebrated during the spring 2021 commencement ceremonies as other universities and

colleges are offering. We share in the disappointment and heartbreak that we are not able to host our traditional graduation ceremonies. But we stay committed to the Class of 2020 to be recognized for their grit, determination, and accomplishments.

To accomplish a positive, supportive time in these changes and unprecedented circumstances, we need your help, and most of all, your patience and understanding. The answers we seek are not always within our control, but we will do everything within our means to ensure the Class of 2020 receives the recognition they de-

Please stay tuned as we continue monitoring daily the situation with COVID-19 to determine what our next steps will be. We are cautiously optimistic, but please remember that all future planning is tentative and subject to the ever-changing nature of the COVID-19 pandemic.

# Sports

by Ryan A. Berenz

- 1. Which duo was originally called Two Tons O'Fun?
- 2. What is most notable about "It Doesn't Matter Anymore" and "Raining in My Heart"?
- 3. Which group started as the Rhythm and Blues Quartet?
- 4. Who had a No. 1 hit with "Johnny Angel"?
- 5. Name the song that contains this lyric: "She was more than a woman, a goddess for all to see, All I ever needed was her right here loving me."

### **Answers**

- 1. The Weather Girls. They started as backup singers, then found their own path to success with a name change and the release of "It's Raining Men"
- 2. Those were the last two songs released by Buddy Holly before he was killed in a plane crash in 1959. J.P. Richardson (the Big Bopper) and Ritchie Valens also died in the crash.
- 3. The Spencer Davis Group. They made the name change in 1964 because Davis was the only one who liked to do interviews.
- 4. Shelley Fabares, in 1962. She spent her teenage years playing the daughter on "The Donna Reed Show" (1958-64).
- 5. "Faded Pictures," a collaboration between R&B singers Case and Joe. The top 10 song appeared on the soundtrack for the 1998 film "Rush Hour."

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- 1. What former New England Patriots tight end was the host of WWE's "WrestleMania 36" event?
- 2. In 2014, who became the first to drive the No. 3 car in the NASCAR Cup Series since Dale Earnhardt at the 2001 Daytona 500?
- 3. What player nicknamed the "Clown Prince of Basketball" — had his No. 36 jersey retired by the Harlem Globetrotters in 2001?
- 4. Who is the only player inducted into both the Arena Football Hall of Fame (2011) and the Pro Football Hall of Fame (2017)?
- 5. Three-time Indianapolis 500 champion Helio Castroneves also was the Season 5 winner on what ABC TV competition series?
- 6. What former Major League Baseball player had a 44-game hitting streak as a member of the Cincinnati Reds in 1978?
- 7. WebstUR is the mascot for what university's athletic teams?

### **Answers**

- 1. Rob Gronkowski.
- 2. Austin Dillon.
- 3. Meadowlark Lemon.
- 4. Kurt Warner.
- 5. "Dancing With the Stars."
- 6. Pete Rose.
- 7. The University of Richmond Spiders.

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Continued from page 1

forcing the order at the door. So is Petco. West Sac Walmart, though. Now that's a horse of a different color.

Signs warn that carts aren't sterilized, but a dispenser at the door has antiseptic wipes. Some shoppers take a handful (I do). Many walk right by.

While most staff are masked, some need a refresher that the proper way to wear a face covering is not dangling from your neck or chin. As for the 'distancing' in the aisles, staff ignores that completely when it restocks. Customers, masked and unmasked, pile up, waiting for the aisle to clear - some talking to each other no more than two feet apart.

At checkout, on a busy Sunday, clerks informed bagless customers that Walmart had no bags. Seems the company was told it could no longer charge for bags after it was first instructed to tell customers they could no longer bring in their own. The clerk in my line said it has to do with the number of bags ordered being based on the number of sold. When Walmart stopped charging customers for the bags, it came up as no bags sold, and the system didn't restock the bags.

I had bags in my trunk, and with few groceries, it only took a few minutes to bag the stuff myself. As I was doing that, a mom and her daughter, wearing face coverings, pulled in next to me. They'd forgotten to bring bags. The daughter said, "Walmart has bags." I said, "no bags. But if you need some, you can have these," and produced a quantity from my 'stash'. You hear "God bless you" a lot these days. It's nice. I like it.

West Sac's Wild West Feed (my three Bearded Dragons and four geckos all eat crickets). Was sorry the owner, Paul, wasn't there. He's fun and informative to talk to. As staff, all wearing face shields, rounded up the crickets,

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I visited with Gus, the store's resident Macaw.

All customers were abiding by the sign on the door: Masks required.

I once asked Paul, "Will Gus bite me?" (I know big birds can crack a walnut with their beak.) Paul, his wry sense of humor showing, said, "Only if you touch him." I verbally admire Gus, but don't try to touch him.

Α masked couple joined my masked self to spend some time with Gus. The husband gave Gus a couple treats from an open dish, which Gus took very gently. This bird whisperer guy gave Gus a head scratch!

The bird whisperer noted bald spots on Gus' chest and wing. He mused that Gus might be molting. But the staff said no, "He's stressed. He misses Paul." Some months back, Paul told me this is the year that he'll retire. Staff said, now, he comes in once a week.

The Stay Home order is tough on Gus as well. Staff says, "He likes when people talk to him." And, because of Covid, Saturday vet clinics at Wild West have been suspended. Plus, no more Macaw TV: A bunch of vocal budgies next to him sold out, staff says. So, bored and lonely, Gus is pulling out his feathers.

Paul told me he tried to take Gus home one time, but Gus, now 31, has always lived at the store. Then, too, he missed 'his' customers. Paul took him back. Gus stopped picking at his feathers.

"Phased reopening" has begun in California. For Gus's sake, I hope his many admirers all come back soon.

In other Covid-related animal news: Research now says, if you have the virus, you can infect your cat or dog, but please don't panic. Vets have a Covid-for-A few days earlier, Cats/Dogs-test, but say, doing a cricket run at in pets, the symptoms are largely mild. The risk, if any, of cross-infecting humans is, according to the research, very low. A caveat. If you kiss your pet on the mouth, the CDC says, "Don't do that." Questions, comments? Contact Carol at carol@bogartonline.com.

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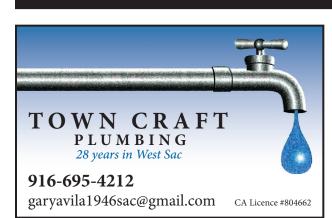
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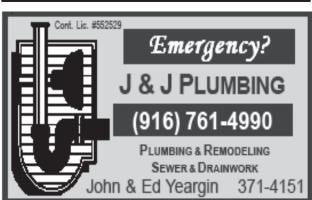
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### **Nature and PTSD:**

# How the healing properties of nature can help with PTSD

### **BY DARYL SAGER**

This is my first article and I wanted to highlight some of the healing properties of nature. Up until a few months ago, I had no idea Tuleyome was a thing. I am glad I found it. I recently retired from the fire service and the military with PTSD and was really struggling with getting through daily life and simple tasks involving memory. I have been working with various therapists from the VA (Veteran's Affairs) and civilian side and they all had similar advice. "Get outside" was something that they all would say. The thing about PTSD is it creates a lot of anxiety. For me, I really withdrew and became a professional at making excuses to avoid social situations and just shut myself in. Tuleyome makes it easy to get outside by offering several guided hikes and ways to volunteer.

There are a lot of recent studies that show that nature has healing properties for mental health. The sense of "awe" from a beautiful sunset or sunrise, looking from a hillside down at the valley below, seeing Elk interact with each other or birds in flight.

That's all it takes to create a sense of well-being and according to the U.C. Berkeley study conducted in 2014.

Berkeley the study, 72 veterans and 52 at-risk teens were taken separately on a white-water rafting trip on the south fork of the American River. The research pointed out several things that bolster the case for getting out into nature. First, "a week after river-rafting, study cohorts reported, on average, a 29 percent reduction in post-traumatic stress disorder (PTSD) symptoms, a 21 percent decrease in general stress, a 10 percent improvement in social relationships, a 9 percent improvement in life satisfaction and an 8 percent increase in happiness," according to the Accelerating Veterans Recovery Outdoor Act, H.R.



The studies have shown so much success that bills have been brought to Congress on the issue. Most recently, H.R. 2435, would form a task force on the use of public lands to provide medical treatment and therapy to veterans through outdoor recreation.

The first step and the hardest is to ask for help. Here are some places that can help:

https://www.veteranscrisisline.net/ 1-800-273-8255 Press 1 Text 838255 https://www.samhsa.gov/find-help/ national-helpline SAMHSA's National

1-800-662-Helpline, HELP (4357)

The next step, equally as hard for me, is to put a foot forward and actually get outside. Tuleyome has great staff and a Board with a vast knowledge of trails at all ability levels. Visit Tuleyome's trails page to find something for you. I hope this helps someone that is struggling or inspires people to check in with themselves and get out into nature. Contact Tuleyome at information@ tuleyome.org and you can learn more at http:// tuleyome.org/.

"Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life."

- John Muir, 1901

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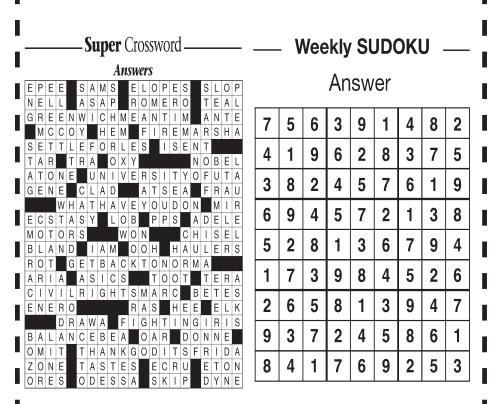








# **Puzzle Solutions**



### **News-Ledger Directory** of Local Places of Worship

**Center for Spiritual** 

Awareness

1275 Starboard Dr

374-9177 (For prayer line, listen for prompt)

Sun. Service: 11 a.m.

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### **Lutheran Church** Join us for a positive, uplifting message! We welcome all! 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.

Community

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423 Glide Avenue, West Sac 916-371-8535 www.abstemple.org

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

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

Worship 11 a.m.

372-6570

Our Lady of Grace Catholic Church 911 Park Blvd, West Sacramer 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

### pastorron@newseasonsws.com Looking for a place

**Trinity Presbyterian Church** 

1500 Park Blvd. W. Sac. CA

916-371-5875

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

www.TrinityWestSac.org

Check here first! To find out how to list your place of worship in this directory, call 916-371-8030 for more information.

to worship?

### Legals

Continued from page 4

the meeting and provide a public comment, please call the following number: 1+ 475-329-8599 (PIN: 979 029 255#)
May 13 nl 2803

### NOTICE OF TRUSTEE'S SALE T.S. NO.: 200129034

Loan No.: RMF4022668 Order No. 8762841 APN: 067-150-003 You Are In Default Under A Deed Of Trust Dated 11/6/2018. Unless You Take Action To Protect Your Property, It May Be Sold At A Public Sale. If You Need An Explanation Of The Nature Of The Proceeding Against You, You Should Contact A Lawyer.

A public auction sale to the highest bidder for cash cashier's check drawn on a state or national bank, cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: 2286 Del Monte, LLC, a California limited liability company Duly Appointed Trustee: Geraci Law Firm Recorded 11/21/2018 as Instrument No. 2018-0027515-00 in book , page of Official Records in the office of the Recorder of Yolo County,

entrance to City Hall, 1110 West Capitol Avenue, West Sacramento, CA Amount of unpaid balance and other charges: \$1,101,308.20 Street Address or other common designation of real property: 2286 Del Monte Street West Sacramento, CA 95691 A.P.N.: 067-150-003 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. Notice To Potential Bidders: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. Notice To Property Owner: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (877) 440-4460 or visit this Internet

California, Date of Sale: 6/9/2020 at

12:45 PM Place of Sale: north (rear)

Web site www.mkconsultantsinc com, using the file number assigned to this case 200129034. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 5/4/2020 Geraci Law Firm by Total Lender Solutions, Inc. its authorized agent 10505 Sorrento Valley Road, Suite 125 San Diego, CA 92121 Phone: (949) 954-6092 Sale Line: (877) 440-4460 BY: /s/ Randy Newman, Trustee Sale Officer May 13 20 27 nl 2805

### ORDINANCE SUMMARY

At their regular meeting on May 20, 2020, the West Sacramento City Council is scheduled to adopt the following ordinance.

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 May 20,

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.

part of the record of the meeting.

1. Ordinance 20-6 amending the contract between the City Council of the City of West Sacramento and the Board of Administration of the California Public Employees' Retirement System for Section 20516 – Employee Cost Sharing for Members of the West Sacramento Firefighter's Association.

May 13 nl 2809

# Go Red for Women® Luncheon: Sacramento women unite to end heart disease and stroke, event goes virtual

The American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, announced that its 2020 Sacramento Go Red for Women will be a virtual event to support the fight to end heart disease and stroke in women. While nearly 80 percent of cardiac events may be prevented, cardiovascular disease continues to be a woman's greatest health threat. Cardiovascular diseases claim the lives of 1 in 3 women in the United States.

This annual signature event will be held on Friday, May 15 as a virtual gathering, to prioritize the safety and well-being of guests and families. Registered attendees will be asked to wear their favorite red athleisure outfit and join other Go Red for Women supporters online. The event will feature inspiring survivor stories and informative speakers including:

Keynote speaker and Sutter Health Cardiologist Dr. Sonya Raghavan who will present on the importance of women knowing your personal health numbers to assess their risk for heart disease and stroke.

Sutter Health's Director of Clinical Care for System Mental Health Services Dr. Urmi N. Patel who will speak about supporting good mental health and self-care

Sutter Health Cardiologist Dr. Reetu Sharma who will facilitate a live polling session on family heart health.

Go Red for Women is nationally sponsored by CVS Health and locally sponsored by the Sutter Heart & Vascular Institute. The Go Red for Women virtual event, chaired by Thomas Rhodes, Administrative Director, Sutter Medical Center, is designed to raise

Personal Care

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**Medication Reminders** 

Transitions of Care

awareness about cardiovascular disease, the leading cause of death for women in the United States, as well as generate funds for lifesaving cardiovascular research for women. In fact, the Association is fast-tracking a special \$2.5 million fund for rapid response scientific research projects to investigate the specific cardiovascular implications of coronavirus, investing in short-term projects that can turn around results quickly - within 9-12 months.

"Cardiovascular disease is still the leading cause of death in women and disparities continue to exist in research and care. Heart disease can be different in women than in men, yet women continue to be underrepresented in clinical trials. With new threats to heart disease patients like COVID-19 it is imperative that we close this research gap in order to continue to save and improve lives," said Rhodes.

Go Red for Women launched in 2004 to empower women to reduce their risk for cardiovascular

disease, which continues to be the leading killer and is on the rise in younger women. However, nearly 80% of cardiac events may be prevented. To protect their health, women should understand family health history, know their numbers - the five key personal health numbers that help determine risk for heart disease: total cholesterol, HDL (good) cholesterol, blood pressure, blood sugar and body mass index - and make lifestyle changes like moving more eating smart and managing

- and make lifestyle changes like moving more, eating smart and managing their blood pressure. Risk factors within women's control include smoking, high cholesterol, high blood pressure, physical inactivity, poor diet, obesity/overweight and type 2.





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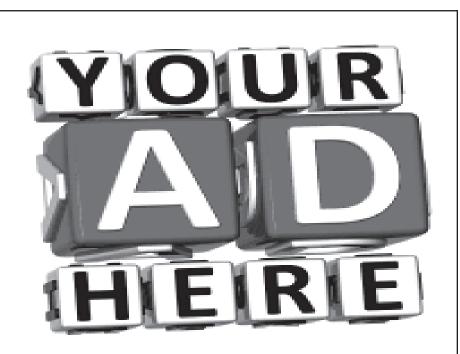
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