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# West Sacramento News Ledger

VOLUME 59 • ISSUE 39

Serving the West Sacramento Region Since 1964

SEPTEMBER 29, 2023

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## Why Aren't Kids in School?

Soaring chronic absenteeism in California schools is at 'pivotal moment'



Kids are missing school at an alarming rate for a wide variety of reasons. Image by N-region from Pixabay

BY CAROLYN JONES,  
CALMATTERS.ORG

As a new school year gets underway in California, districts are desperately trying to lure thousands of missing, tardy and truant students back to the classroom in what many view as a pivotal moment for education in California.

In 2021-22, 30% of students in California's public schools were chronically absent, an all-time high and more than three times the pre-pandemic rate. Advocates fear that unless schools can reverse the trend, so many students will fall behind that they may never catch up.

"This is a crisis, and it's not going to change until we do everything we can to get kids back in school

100%," said Heather Hough, director of Policy Analysis for California Education. "What we all fear is that this will become the new normal.... It is hard to overstate the importance of this issue, and it is absolutely a pivotal moment."

Before the pandemic, about 10% of students in California's public schools missed at least 10% (or 18 days) in a school year, which the state defines as chronically absent. But COVID-related school closures, remote learning and quarantines have created a new habit for millions of families: optional, not mandatory, daily school attendance.

Even though California law requires all children ages 6 through 18 to attend school every day, nearly 2 million students were

chronically absent in 2021-22, the most recent year data is available. Nearly every group of students had high rates of absenteeism, but the highest rates were among kindergartners. Kindergartners who are Black, Pacific Islander or have disabilities all had rates of 50% or higher.

Students' specific reasons for missing school are varied. Lack of transportation is among the most common reasons, but sometimes students have to look after younger siblings or go to work. In some cases, students stay home because they're being bullied or don't like their teachers. After COVID, some parents have become overly cautious about sending their children to school with minor ailments.

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## Updated COVID Vaccine Offers Protection for Fall and Winter

Yolo County News Release

**WOODLAND, CA (MPG)** - The Food and Drug Administration (FDA) has approved, and the Centers for Disease Control and Prevention (CDC) recommends an updated COVID-19 vaccine for individuals aged 6 months and older. This updated vaccine, specifically designed to target the circulating XBB omicron subvariants, is expected to be available as early as September 19.

The Yolo County Health and Human Services Agency's Public Health Branch recommends that everyone 6 months and older get the updated vaccine and strongly urges our most vulnerable residents, including individuals over the age of 65, those with underlying conditions, and those with compromised immune systems, to prioritize their health by getting the updated vaccine. COVID vaccines reduce the risk of severe illness, hospitalization, and death; reduce the risk of Long COVID; reduce the risk of infection; and shorten the duration of infection. The virus that causes COVID-19 is always changing, and protection from COVID-19 vaccines declines over time. Receiving an updated COVID-19 vaccine restores protection overall and adds protection against the variants currently circulating.

This is the first fall and winter virus season, where vaccines are available for the three viruses responsible for most hospitalizations – COVID-19, RSV, and flu. Eligible residents are strongly encouraged to receive seasonal flu and RSV vaccines to help avoid a "Triplememic" this fall and winter. For more information on the updated COVID-19 vaccine and local vaccination sites, please visit [www.yolo-county.org/immunizations](http://www.yolo-county.org/immunizations) or call (530) 666-8552.

"The recent increase in COVID-19 activity is a reminder that COVID-19 has not gone away," said  
*Continued on page 3*

## Know Your Evacuation Zone!

By Michele Townsend

**WEST SACRAMENTO (MPG)**

- West Sacramento has been working with the Yolo County Office of Emergency Services (OES) to create an evacuation plan with "zones" so residents will have a premade plan on how to evacuate the city should an emergency arise. This plan is to aide in the evacuation and to prevent traffic jams through specific routes and provide rally points. Evacuation routes may be determined by water flow, the direction a fire is burning and other factors.

Yolo is the first county in the state to create evacuation zones and to plan primary evacuation routes using interactive maps.

Yolo county is asking everyone to learn their zone and to familiarize themselves with the "Know Your Zone" online tool at [yolocounty.org](http://yolocounty.org). The county will use various alerting tools and communication methods to provide official information before, during and after emergencies to help residents know when they should evacuate or shelter in place.

During emergency alerts, officials will use the Emergency Notification System to notify residents of incident specific information that is critical and time sensitive. These emergencies would include flooding, levee failure, severe weather, disaster events, unexpected road

closures, evacuations, public safety concerns or other emergency situations.

It is possible to receive alerts for more than one location in Yolo County. You can receive alerts for your work, home, family or other areas that are of concern to you. When an event is existing, emergency managers will determine which zones are most at risk by considering the intensity, path, speed, and other metrological factors. They will then work with local media and social media to notify residents of impacted zones and how residents should proceed.

Being safe could mean evacuating to another part of the city, county or state. It could also mean staying at home or moving

to higher ground. Alerts would be issued by the county to whatever area is affected. Then each agency (town) is responsible to issue alerts and warnings to residents.

In the event of an emergency, you will receive a message to your work phone, home phone, cell phone, email, etc. that you have registered with Yolo Alert. If the notification requests that you confirm that you have received the message, you will not get the message on any other registered contact path. In other words if you get the message on your cell phone and you confirm it, it will not email you as well.

There is no fee to sign up  
*Continued on page 3*



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# Why Is Our Meat Magnetic?

By Michele Townsend

**WEST SACRAMENTO, CA (MPG)** - Like many people these days, West Sacramento resident Joe Marston was looking at his phone and scrolling through short video clips. A clip popped up showing that people could hold a magnet up to a package of beef (hamburger, steak, etc.) and the magnet would stick to the meat. This horrified the household and became topic of conversation for the next several days.

A week or so later, Joe went to make a dinner, in which he was going to cook hamburger. It was a roll of hamburger that was given to him and had come from the food closet. On the roll it says "Do Not Sell". Not thinking it would really work, Joe grabbed a magnet off of the fridge and held it close to the meat. It stuck! Horrified, but curious, all we could think was, "Why in the world would a magnet stick to the meat!?" he said.

Scientists have been working for years on creating lab-grown meat. That's right, lab grown meat. They have been doing this for multiple reasons. Scientist are trying to come up with a way to feed the masses of people in an economic, cruelty free way that will leave less of a carbon footprint. Lab-grown, or cultured meat is the way they see this happening.

The Food and Drug Administration declared cultured meat safe to eat only a year ago. The FDA declared lab-grown chicken safe first, but as of June 2023, they have now declared lab-grown beef safe to eat in the United States. There are two companies with approval, GOOD Meat and UPSIDE Foods. Now that both

companies have received approval, they plan to start producing enough meat to begin shipping across the country.

Lab-grown meat is produced by submerging small amounts of chicken cells in a stainless steel vat of nutrient-rich broth. This nutrient rich broth is fortified with iron, giving the meat its magnetic properties. This broth contains all of the ingredients that cells need to grow and divide. After a few weeks, the cells begin to do just that, grow and divide. The cells begin to adhere to each other and before long they create a slab of meat. Scientist then texturize the meat mixing, heating or shearing it. Now they have a protein source ready for harvest. The entire process takes 2 - 8 weeks, depending on the kind of meat being cultivated.

Currently, there is not a big call for cultivated meat. In fact, it's reported that it can only be found in a select few restaurants in San Francisco and Washington D.C. However, it is the wave of the future. GOOD Meats and UPSIDE Foods say that the carbon footprint left behind with cultured meat will be drastically less than that of processing real beef. They also report that with cultured meat there will not be contamination of water sources, like there is from cow waste. They believe that there will be no cows or chickens held cruelly in small cages.

However, a study was done at UC Davis that showed a potentially worse carbon footprint than retail beef. The report released in May 2023 from UCD stated that cultivated meat's environmental impact is likely to be "orders of magnitude higher than retail beef based on current



and near-term production methods. It should be mentioned that this report from researchers is a preprint and not yet peer-reviewed.

This food will be considered "pharma to food" and still consists of a technical challenge to scale up production. With the most efficient beef production systems reviewed in the study outperforming cultured meat in all aspects (both food and pharma), the recommendation is still to invest in live beef production for a quicker return.

So, is lab-grown meat healthy? There are no intestinal organs in cultivated meat and no chance of contamination during slaughter. Lab grown meat is free of growth hormones, and is approved for vegetarians to consume. According to vaggly.net, those that are vegan have yet to give their approval because the meat is made from animal cells. Their survey showed that 24% of vegans would eat lab-grown meat because it is cruelty free. Another 47% would not eat cultured meat but support it because it is cruelty free.

In addition to magnetic meat, there are other foods that are high in iron with similar magnetic capabilities. Those foods include some fish and vegetables that are high in iron. There are reports that say those that have seen the reports on social media are believing false reports about meat being magnetic, however, this reporter can tell you that I saw it with my own eyes, in my own kitchen. ★

# 16th Annual Brewfest Hosted by Sutter Health Park

River Cats Media Relations News Release

**WEST SACRAMENTO, CA (MPG)** - Baseball season is coming to a close for the 2023 campaign, but the offseason fun is about to begin as Sutter Health Park, the home of the Sacramento River Cats, prepares to host its 16th annual Brewfest at the Ballpark. This West Sacramento staple event takes place on Friday, Sept. 29 from 6:30-10 p.m.

Continuing the tradition that began in 2007, beer lovers will flock to the home of the River Cats for the chance to try five-ounce unlimited tastings of over 40 craft breweries, including favorites such as 21st Amendment, Urban Roots, Track 7, and Ballast Point. Along with the many beer options, select breweries will bring other options to the park including ciders, such as Ace Cider and Two Rivers, as well as hard kombuchas.

In addition to the brews, stroll across the field, or grab some grub with the many great concessions options, which includes a special barbeque menu. Take in the atmosphere with live music by One



Image by Peter Kraaywanger from Pixabay

Sharp Mind, or work on your short game with a round of mini golf offered by Tippy Putt.

Patrons have the opportunity to purchase their tickets now, including an exclusive VIP ticket (\$85) which not only grants admission into the park one hour early (5:30 p.m.), but also features an exclusive, all-you-can-eat gourmet buffet featuring pub-style food such as Bavarian pretzel bites and more. That all comes along with welcome beers provided by King Cong Brewing.

General Admission tickets (\$55) are on sale now and include a souvenir tasting cup to enjoy their unlimited tastings, as are Designated Driver tickets (\$15) which also come with a souvenir soft drink cup and unlimited refills. All tickets may be purchased at [www.rivercats.com](http://www.rivercats.com), or by following this

link, and be sure to purchase in advance prior to a price increase for day-of purchases. and be sure to purchase in advance prior to a price increase for day-of purchases.

*Sutter Health Park is the West Sacramento home of the three-time Triple-A Champion Sacramento River Cats, and a proud affiliate of the three-time World Series Champion San Francisco Giants. Sutter Health Park is consistently voted one of the top ballparks in America. Memberships, Mini-Plans, hospitality rentals, and other ways to join the fun for the 2024 season may be purchased now by calling the River Cats Ticket Hotline at (916) 371-HITS (4487) or visiting [www.rivercats.com](http://www.rivercats.com). For information on other events at Sutter Health Park, visit [www.sutterhealthpark.com](http://www.sutterhealthpark.com) ★*

# New Interim CEO to Lead Sutter Davis Hospital



Michael Cureton, interim chief executive officer of Sutter Davis Hospital. Courtesy photo

Sutter Health News Release

**DAVIS, CA (MPG)** - Longtime Sutter leader Michael Cureton will step into the role of interim chief executive officer of Sutter Davis Hospital, effective Oct. 2, 2023.

Cureton has led teams across Sutter Health's integrated, not-for-profit network for years supporting hospital administration, patient care programs and patient experience efforts. He currently serves as chief administrative officer

of Sutter Amador Hospital; a leadership role he will maintain when—starting next month—he will serve as interim CEO of both Sutter Davis Hospital and Sutter Amador Hospitals. Prior to his CEO roles, he served as Sutter Amador Hospital's director of ancillary services, where he oversaw the non-nursing departments and patient experience initiatives. Cureton's other roles inside Sutter's system include cancer center manager and radiology manager at Sutter Solano Medical Center in Vallejo. He originally arrived at Sutter Health as an administrative fellow supporting a variety of projects at Sutter Medical Center, Sacramento.

Cureton is a graduate of Brigham Young University's Marriott School of Business and received a master's degree in healthcare administration from the University of North Carolina at Chapel Hill.

"Sutter Davis Hospital

is a well-regarded and well-respected part of the Yolo County community, and I am humbled to join their team," Cureton said. "The hospital is about to embark on a new chapter with its expansion of key services, helping enhance even greater access for patients and their families. It is a privilege to help support Sutter Davis during this exciting time."

Cureton assumes the leadership role at Sutter Davis Hospital from Tammy Powers, who was named CEO of Sutter Roseville Medical Center and will begin her new post Oct. 2, 2023.

"Michael is a driven and compassionate leader, with a well-earned understanding of our not-for-profit health system," said Powers. "Additionally, he recognizes the important role our community hospitals play and how they help support life-changing care close to home for many of our patients."

# West Sacramento News Briefs

MPG Staff

## Repair Café

This month's repair café will be held September 30th from 9am - noon. Come to Turner Library, located at 1212 Merkley Avenue to learn bike repair and sewing techniques. This month the focus will be appliques, but you are welcome to ask about whatever your sewing or bike repair challenges are.

## Remember West Sac Connect

Just a reminder that if you have an issue about something in West Sacramento such as potholes, dead animals on road, tree needing trimmed, abandoned car and much, much more, you can report it to West Sac Connect and track the progress of it being taken care of. You can go online to [westsacconnect.com](http://westsacconnect.com), facebook at [westsacconnect](https://www.facebook.com/westsacconnect) or Instagram at [@westsacconnect](https://www.instagram.com/westsacconnect).

This allows you to communicate directly with the city department that will deal with that issue. It frees up the dispatchers from having to answer so many non-emergency calls, files an automatic work order and allows you to track the complaint that you filed publicly (where the rest of the city sees that it has been reported). It's simple and you can either put your name or report it anonymously. You can also download the mobile app to report issues on the fly.

## Community Workshop for the Sacramento Avenue Plan

The City is hosting a second Community Workshop for the Sacramento Avenue Complete Street Plan. Join us on Tuesday, October 10, from 6:00 - 7:30 p.m. at the City Hall Galleria, 1110 West Capitol Avenue, and let us know what you think of proposed improvements. ★

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# Snack Drive to Benefit Public Defender and Probation Clients

**Yolo County News Release**

**WOODLAND, CA (MPG)** - The Yolo County Public Defender's Office and Probation Department are partnering on a snack drive to build non-perishable, ready-to-eat food pantries in their offices to benefit their shared clients.

This snack drive is intended to boost the availability of accessible, shelf-stable snacks to assist both Public Defender and Probation clients who struggle with food insecurity. These clients, who are also frequently unhoused, often benefit from immediate, packable and non-perishable food items that are ready-to-eat or can be stored for longer periods of time without the need for any preparation. With the community's support, food insecurity can be one less barrier for those within the justice system.

"The Probation Department is committed to helping our clients, shared with the Public Defender's Office, to succeed," said Chief Probation Officer Dan Fruchtenicht. "As one can imagine, that's especially challenging when one is unhoused. Please help us help this unique population on their way to success."

"Many of our clients



Image by Miroslavik from Pixabay

struggle with food insecurity, and when a person hasn't eaten all day, it can be difficult to have critical conversations about their case," explained Chief Mitigation Specialist Emily Kochly with the Public Defender's Office. "The aim of this food drive is to provide for people's immediate needs and help them feel more secure so they can engage with their attorney or probation officer and make steps towards resolving their case."

"Mother Teresa famously said that if you can't feed a hundred people, then feed just one," reflected Chief Public Defender Tracie Olson. "If each member of our community agreed to feed just one person, what a wonderful thing it would be."

The following locations in Woodland and West Sacramento are

now available to receive donations:

**Public Defender's Office:**

814 North Street in Woodland; Monday-Thursday, 8:00 a.m. to noon and 1:00 to 4:00 p.m.; and Friday, 8:00 a.m. to noon.

**Probation Offices:**

725 Court Street in Woodland; Monday-Friday, 8:00 a.m. to noon and 12:30 to 4:30 p.m.

500 A Jefferson Blvd, Suite 100 in West Sacramento; Monday-Friday, 8:00 a.m. to noon and 1:00 to 4:00 p.m.

**For pick-up, call:** (530) 406-5334 or (530) 406-4576

Both the Yolo County Public Defender and Probation offices extend their gratitude to the Yolo County community in stepping up in times of need to support their fellow community members. ★

# Why Aren't Kids in School?

*Continued from page 1*

Absenteeism has myriad negative impacts. For students, they're more likely to fall behind academically, drop out and not graduate. For schools, lower attendance means less revenue from the state, which bases its funding on how many students show up every day. For teachers, poor attendance means half-empty classrooms, with some students who are weeks or months behind their peers.

There are legal implications, as well. In extreme cases, local district attorneys can get involved, citing and fining

parents or students who persistently flout the mandatory attendance law.

Alarmed at the extent of the crisis, the Legislature is intervening. The Assembly recently asked Hough's organization, Policy Analysis for California Education, to study the issue and come up with recommendations.

The findings could lead to legislation that would address the issue directly. A few possibilities include increased accountability at the local level, such as offering districts more incentives to get students back in class; better data collection; and broader

efforts to make school a more attractive place for students to be.

In response to the pandemic, the state has already invested billions in initiatives aimed at boosting student engagement.

For starters, health standards need to change, she said. Schools should promote better preventative care for students, but also convince parents that COVID is no longer a public health emergency and children should not miss school "for every sniffle or tummy ache." ★

# Know Your Evacuation Zone!

*Continued from page 1*

For this service, however, if your phone company charges for texts, you will be responsible for those fees. Simply visit Yolo Alert to sign up. All information in the self-registration opt-in portal will be kept confidential. Be sure that you sign up with a number or email that you check regularly.

If you want to receive

alerts to more than one place, after you sign up, log in to your account and find the "My Locations" section near the bottom of the page, then click edit. Click add location, enter the appropriate information, click to verify the address, then save the location. You can enter up to 5 addresses total on your account. You can also fill out a separate registration

for each address.

Tips to ensure you receive the Emergency Yolo Alert: Save the Yolo Alert phone number into your contacts (833) 422-5253 and allow the Yolo Alert number to bypass "Do Not Disturb on your iPhone or android. If you have any question or to sign up for Know Your Zone, please visit oes@yolocounty.org. ★

# Senior Programs at West Sacramento Community Center Through December

**City of West Sacramento News Release**

**WEST SACRAMENTO, CA (MPG)** - The West Sacramento Community Center features a Senior Lounge, where seniors can enjoy complimentary coffee and snacks while they explore a variety of social programs and events designed to keep them active and engaged.

The West Sacramento Community Center would like to announce the following upcoming events and invite local seniors 50 or better who are community members to attend. Participation requires active membership. Limited space is available.

**Happy Halloween Bingo**, Thursday, October 26th, 1 pm to 2:45 pm, Cost \$10/person. We will have a light lunch, dessert and distribute goodie bags. A prize will be awarded for the best Halloween costume. Please register by October 6th.

**Red Hawk Casino**, Friday, October 27th, 10 am to 2 pm, Cost \$15/person. Bring money for your casino enjoyment. We will meet in the Senior Lounge and depart at 9 am. We

need a minimum of 15 participants. A light snack will be provided on the return trip. Please register by October 6th.

**Roseville Galleria Mall**, Friday, November 3rd, 10 am to 2:30 pm, Cost \$22/person. Let's go shopping! Bring money for your shopping experience and optional dining. We will meet in the Senior Lounge at 9 am. A light snack will be provided on the return trip. Please register by October 20th.

**Thanksgiving Luncheon**, Thursday, November 16th, 11 am to 1 pm. Community Center members, \$20 and non-members, \$28. At our annual Thanksgiving celebration, you will be delighted with entertainment and prizes. Sponsored by Rotary Club of West Sacramento Centennial. Please register by November 8th.

**Top Golf**, Friday, November 17th, Noon to 2:45 pm, Cost \$34/person. Top Golf venues are all-weather climate-controlled facilities with covered hitting bays that are fitted with fans in the summer and heaters in the winter. All Top Golf clubs are complimentary to use

during game play. Visitors can enjoy the inside lounge areas equipped with flat screen TVs or check out the arcade. Bring money for food and drinks and arcade fun. Fee includes transportation, admittance to venue and light snack. We will meet in the Senior Lounge at 11:10 am. Please register by October 27th.

**Crocker Art Museum**, Friday, December 8th, 10 am to 1 pm, Cost \$20/person. Join us for a trip to Crocker Art Museum. A light sack lunch and snack will be provided on the return trip. The café in the museum is closed. We will meet in the Senior Lounge at 9:40 am. Please register by November 10th.

**Studio Movie and Grill, Rocklin**, Tuesday, December 19th, noon to 3 pm, Cost \$18/person. We will be watching the latest featured movie. Studio Movie and Grill offers stadium seating with optional full-service dining. We recommend you bring \$20 plus for optional dining. We will meet in the Senior Lounge at 10:30 am and depart at 10:45 am. We need a minimum of five participants. Please register by December 1st. ★

# Updated COVID Vaccine Offers Protection for Fall and Winter

*Continued from page 1*

Yolo County Public Health Officer Dr. Aimee Sisson. "Vaccines provide the best protection against hospitalization and death from COVID-19. I recommend that everyone 6 months and older gets the updated COVID vaccine to renew their protection and expand it to the variants circulating now."

**Frequently Asked Questions:**

**Who can get the updated COVID-19 vaccine?** The CDC recommends that anyone aged 6 months and older get the updated COVID-19 vaccine, regardless of whether they received the original vaccines.

**Who should get the updated COVID-19 vaccine?** All persons 6 months and older, with rare exceptions, should get the new COVID vaccine. Older residents and individuals

with underlying health conditions or weakened immune systems are especially encouraged to get vaccinated within the next month. The vaccine is fully covered by Medicare and other insurers.

**When should I get the updated COVID vaccine?** If your last COVID vaccine was at least 2 months ago and you have not had COVID-19 in the last 3 months, now is a good time to get the updated vaccine. Additionally, everyone 6 months and older is strongly encouraged to receive their seasonal flu vaccine before late October. Infants should get vaccinated against RSV, and older adults and people with underlying health conditions should talk to their doctor about getting vaccinated against RSV.

**Can I get the flu shot and the updated COVID vaccine at the same**

**time?** Yes. According to the CDC, it is safe and effective to conveniently receive both COVID-19 and flu vaccines at the same time.

**Where can I get the updated COVID-19 vaccine?** COVID-19 vaccines will be available through medical providers and pharmacies, similar to other vaccines. Uninsured individuals will be able to get free vaccinations through community health centers listed here: [www.yolocounty.org/immunizations](http://www.yolocounty.org/immunizations)

**Is the updated vaccine free?** All health insurance plans, including Medi-Cal and Medicare, fully cover the new COVID vaccine in-network. Uninsured individuals will be able to access the new vaccine for free through community health centers listed here: [www.yolocounty.org/immunizations](http://www.yolocounty.org/immunizations) ★

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# Record-breaking Year at The California Capital Airshow

By Lindsey Nelson,  
Niche Communications

**SACRAMENTO, CA (MPG)** - The California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, successfully wrapped its 2023 Airshow on Sunday, September 24, with more than 105,000 attendees at the two-day full-capacity event. The 17th Annual Airshow featured performances from the world's most talented pilots and thrilling aircraft, including the legendary United States Air Force Thunderbirds jet demonstration team.

To kick-off the weekend, the Airshow hosted a free community event on Friday at Village Green Park in Rancho Cordova. Attendees met airshow performers, including the USAF Thunderbirds, and enjoyed live music, food trucks, and activities provided by local STEM and sports organizations.

On Saturday and Sunday, the Sacramento skies were filled with the sound of U.S. Air Force A-10 Thunderbolt II Demonstration Team, the return of the U.S. Air Force C-17 Globemaster Demonstration, U.S. Navy F-18 Super Hornet, an awe-inspiring lineup of world-class civilian aerobatic performers, and an extraordinary selection of rare World War II aircraft.

"The feeling of bringing the Airshow back to full capacity for the first time since 2019 is indescribable," said Darcy Brewer, CCA Executive Director. "It was a perfect weekend, made even more memorable by seeing the joy and excitement the event brought to the Sacramento region's families and aviation enthusiasts."

True to CCA's mission of nurturing young people's interest in STEM careers, the Airshow hosted a special 'Girls in Aviation Day' on Saturday, where girls ages 8-18 were invited to learn more about what their future may look like in aviation, aerospace, or related career fields. The event featured mentors from Travis Air Force Base, UPS, Beale Air Force Base, Metro Fire, Mach 5 Aviation, Aerospace Museum of California,



Two of the F-16Cs performing daredevil acrobatics for the legendary United States Air Force Thunderbirds team during this year's California Capital Airshow. Photo by Rick Sloan



A sold-out crowd of more than 105,000 attendees enjoyed 204 acres of event space on September 23-24. Photo by Rick Sloan



The United States Air Force Thunderbirds F-16 demonstration team soared through the Sacramento region's skies this September. Photo by Rick Sloan

and William Jessup University.

"The greatest thrill for us this weekend is knowing that we have inspired young people to dream big and explore the world of aviation and STEM," said Terrence McNamara, CCA Board Chairman.

At the center of the Airshow was a 'Cold War Legacy' pop-up museum, which honored Mather Air Force Base's integral role in the Cold War and efforts such as the Korean War, Cuban Missile Crisis, and Vietnam War. Attendees took in informational exhibits and were able to get up-close to Cold War-era aircraft throughout the event including Colonel Douglas MacArthur's "Connie."

"We are especially grateful to the over one thousand volunteers who work tirelessly to produce this thrilling and meaningful community event every year," said Darcy Brewer. "We simply couldn't do it without them."

Special thanks also to CCA sponsors Sacramento County, the City of Rancho Cordova, Knight Elk Grove Dodge, 7Up, Lockheed Martin, Modern Aviation, Michelob Ultra, Visit Rancho Cordova, Thunder Valley Casino Resort, Matheson, SMUD, Atlas Disposal, Fox 40, and iHeart Media.

The Airshow's performances, themes, exhibits, and activities are new and different every year, and planning is already underway for 2024. CCA will be releasing more information about that event in the coming months. For more information on the Airshow, go to [www.californiacapitalairshow.com](http://www.californiacapitalairshow.com).

Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through STEM scholarships, charitable group donations, and exciting educational youth programming throughout the year. For more information, please visit the California Capital Airshow website. ★

## Rent Watch: Reasonable Accommodation

**Question:** All residents must register for the apartment's mandatory meal program in an assisted living facility. A tenant with clinically diagnosed paranoia and anxiety wishes to opt out of the meal program because the process of food preparation by others exacerbates her mental disabilities affecting her ability to eat food. The tenant has a note from her doctor explaining that he has cared for the tenant and is familiar with her medical condition. The doctor's note states that her mandatory participation in the meal program would exacerbate her patient's mental disability, affecting her eating ability.

Does the housing provider have to grant the tenant's reasonable accommodation request allowing the tenant to opt-out of the mandatory meal program due to a disability?

**Answer:** Fair housing law allows tenants with disabilities to request a reasonable accommodation to change apartment rules, regulations, services, and practices. First, it is essential to note that a reasonable accommodation request is not automatic. The tenant must inform the housing provider of their reasonable accommodation request. The housing provider does not have a duty to find out if a tenant needs a reasonable accommodation.

Assuming that the tenant in this example has requested a reasonable accommodation, a housing provider

must grant a reasonable accommodation request if the following can be shown: (1) the tenant is disabled; (2) the exception to a rule or service will help the tenant fully enjoy the property; and (3) the request is reasonable.

Tenants with disabilities are entitled to an accommodation whether the disability is mental or physical. Here, the tenant is disabled. The tenant's disability is paranoia and anxiety. This condition affects her ability to care for herself and her eating ability. The tenant is also receiving care from a doctor who is familiar with the tenant's medical condition, how it affects the tenant, and how approving the reasonable accommodation request will benefit the tenant.

Allowing the tenant to opt out of the mandatory meal program is reasonable and necessary to enjoy the property fully. Opting out of the program will positively impact her mental health, allowing her to better take care of herself and eat. Also, there will be little to no cost to the housing provider if the request were granted.

Therefore, the housing provider should approve this tenant's reasonable accommodation request.

For more information about how fair housing law protects persons with disabilities, call Project Sentinel at 1-888-324-7468 or email us at [info@housing.org](mailto:info@housing.org).



# Project Sentinel

## CHURCH DIRECTORY



### 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.

**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.  
(916) 372-6570

**Community Lutheran Church**  
Join us for a positive, uplifting message!  
We welcome all!  
Sunday Service at 10 a.m.  
920 Drever St.  
(916) 317-8804  
Facebook.com/  
CommunityLutheranWestSacramento

**New Seasons Church**  
Your Church in West Sacramento  
Pastor Ron Jackson  
Sunday Service 9:30 a.m.  
2124 Michigan Blvd.,  
West Sacramento, CA 95691  
(916) 265-4025  
pastorron@newseasons.ws.com  
www.newseasons.ws.com

**Trinity Presbyterian Church**  
1500 Park Blvd. W. Sacramento  
(916) 371-5875  
www.TrinityWestSac.org  
info@trinitywestsac.org  
Pastor Jamie Crook  
Spanish Ministry Pastor: Miryam Osorio  
Sunday Worship Services:  
10 a.m. Blended/Traditional  
Noon Spanish Language

**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.  
(916) 371-2111

**Our Lady of Grace Catholic Church**  
911 Park Blvd, West Sacramento  
Office: (916) 371-4814  
Fr. Mathew Rappu, Pastor  
Mass: Mon, Tues, Wed 8:30 a.m.  
Fri 8:30 a.m. at OLG school during school year  
Sat: 5:30 p.m. vigil, Sun: 9 a.m., 11 a.m.

**Center for Spiritual Awareness**  
The church love is building  
1275 Starboard Dr. | W. Sac. 95691  
(916) 374-9177  
Sun. Services: 9 am and 10:45 am  
Meditation: 10:30 am  
Youth Programs & Jr. Church  
Rev. Rick Harrell  
www.csasacramento.org  
revrick@csasacramento.org



# Matsui Announces \$3.18M for Heritage Oaks Park Improvement Project

**Office of Congresswoman Doris Matsui**

**WEST SACRAMENTO, CA (MPG)** - On Wednesday, September 20, 2023, Congresswoman Doris Matsui (CA-07) and the City of West Sacramento announced over \$3.18 million in federal funding for the City's Heritage Oaks Park Improvement Project.

"The close partnership between the federal government and the City of West Sacramento is crucial to ensure we inject federal dollars directly into our community," said Congresswoman Matsui. "Parks bring people together - they invigorate our community and enrich residents' lives. That's why I am proud to advocate for our cities at the federal level and ensure they get the resources they need to deliver this kind of transformative project."

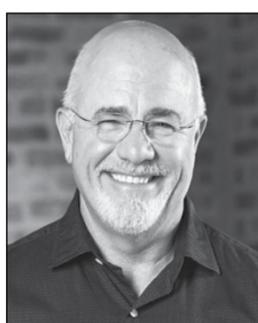
"The City's Heritage Oaks Park plan presents a

unique opportunity to craft a park space that celebrates a rare native grove of heritage oaks while providing our residents with access to nature and wildlife as well as other recreational and educational opportunities," said West Sacramento Mayor Martha Guerrero. "This funding will help bring that vision to reality, and we can't thank Congresswoman Matsui enough for her leadership in delivering vital resources to the West Sacramento community."

The City's Heritage Oaks Park Improvement Project will bring an outdoor amphitheater, public plaza park entrance, prefabricated restroom building, interactive water feature, playground area, shade feature, fencing, walking paths with fitness stations, elevated boardwalk, BMX skills course, skate plaza, and a demonstration/community garden. This project will also include a parking lot expansion

with paving, landscaping, and the installation of benches, drinking fountain, trash receptacles, bike racks and picnic tables. These improvements will provide a variety of new outdoor recreation opportunities for people of all ages and physical abilities that will support local recreation needs and serve as a regional destination.

The funding comes from the U.S. National Park Service's Land and Water Conservation Fund (LWCF) State and Local Assistance Program. The program provides matching grants for local and state park projects outside national park boundaries. Ranging from active recreation facilities to natural areas, funds can be used to renovate existing sites, develop new facilities, acquire land for state and local parks and promote statewide recreation planning. The total grant amount is \$3,182,700. ★



## Take the Bigger Check

Dear Dave,

My car was declared totaled because of hail damage, and my insurance company says I have two options. One is to take a higher total loss settlement check of \$19,000 and use it toward the purchase of another car. The insurance company would then take possession of the car. The other option is to accept a check for \$13,000 and have the car on a salvage title. The car is worth \$15,000, and I have 20% car replacement assistance on my policy that increases the total loss settlement to the \$19,000 amount I mentioned earlier. I'm on Baby Step 3 of your plan, and I owe nothing on the car. What should I do?

- Meagan

## Dave Ramsey Says

Dear Meagan,

Take the bigger check! That's a quick and easy decision, but give me a minute to explain why. It's not about being greedy - it's a little more complicated than that.

If you had \$19,000 in your pocket, would you go buy a \$6,000 hail-damaged, salvage-title vehicle for everyday driving? Of course, you wouldn't do that! The insurance company is probably hoping you'll overlook the \$19,000 offer and essentially pay \$6,000 for this beat-up car. No. Thank. You. I'll pass on that deal.

With \$19,000, you'll have plenty of cash to rent a car for a couple of weeks and take time to find a great-quality used car at a good price. You might even be able to negotiate with the insurance company to give you a little time to look for another ride before they come pick up the old one.

But no, you don't want that messed up, old car. Why would you? That thing probably looks like a kid with a bad case of acne right now. Go find yourself a nice car, hon. There are plenty of affordable, slightly used vehicles on the market right now. There's no reason for you to drive around in something that's all beat up if you don't have to.

Best of luck, Meagan!

- Dave

*Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of "The Ramsey Show." He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for the company Ramsey Solutions. ★*

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### Announcement

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote - Call now before the next power outage: 1-844-439-5645 (Cal-SCAN)

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**GOT AN UNWANTED CAR??** Your car donation to Patriotic Hearts helps veterans find work or start their own business. Fast free pick. Running or not! Call 24/7: 1-877-529-0495. (Cal-SCAN)

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**WANTED!** Old Porsche 356/911/912 for restoration by hobbyist 1948-1998 Only. Any condition. Top \$ paid! PLEASE LEAVE MESSAGE 1-707-339-5994. Email: Porscherestoration@yahoo.com (Cal-SCAN-217729)

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Ambitious/Energetic individual to manage growing internet business, this area. Training provided. eXciting! fUn!! No risk!!! Please contact John - Txt: 916 517 8005 or Email: jandre100@yahoo.com for more information 9/29/23

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### Miscellaneous

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Legal Advertising 7144 Fair Oaks Blvd #5 Carmichael, CA 95608

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230733 The following person(s) is doing business as: 4 Bee Brothers, 1321 May Street, West Sacramento, CA 95605.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230648 The following person(s) is doing business as: Mother India Cuisine, 265 California Street, Woodland, CA 95695.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230716 The following person(s) is doing business as: 2M Locating, 1255 Starboard Drive, Suite C, West Sacramento, CA 95691.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230757 The following person(s) is doing business as: Yolo Notary Services, 34511 Pintail Street, Woodland, CA 95695.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230747 The following person(s) is doing business as: Sacramento Tax Problems, 3041 Rumsey Street, West Sacramento, CA 95691.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230717 The following person(s) is doing business as: Night Market, 22 5th St, Woodland, CA 95695.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230744 The following person(s) is (are) doing business as: SPROUTS FARMERS MARKET, 1430 EAST MAIN ST, WOODLAND, CA 95776 County of YOLO

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230775 The following person(s) is doing business as: Yolo Notary Services, 34511 Pintail Street, Woodland, CA 95695.

SF MARKETS LLC, 5455 E HIGH STREET STE 111, PHOENIX, AZ 85054 This business is conducted by a limited liability company

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230666 The following person(s) is doing business as: BLVCK Heart Studios, 385 Porter Street, Woodland, CA 95695.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230756 The following person(s) is doing business as: California Closets, 4205 S Market Court, Sacramento, CA 95834.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230766 The following person(s) is doing business as: Carco Construction, 3135 Sumatra Street, West Sacramento, CA 95691.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230758 The following person(s) is doing business as: Waste Management of Woodland, 1324 Paddock Place, Woodland, CA 95776.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230703 The following person(s) is doing business as: Albyena.com, Gift-Necklace.com, Albyena.com, Soap-Pendant.com, Pendant.gifts.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230744 The following person(s) is (are) doing business as: SPROUTS FARMERS MARKET, 1430 EAST MAIN ST, WOODLAND, CA 95776 County of YOLO

By: Jesse Salinas, Deputy Publish: Sept 29, Oct 6, 13, 20, 2023 ALBYENA 10-20-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230758 The following person(s) is doing business as: Waste Management of Woodland, 1324 Paddock Place, Woodland, CA 95776.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230775 The following person(s) is (are) doing business as: DAVIS MONTESSORI, 1407 Madrone Lane, Davis, CA 95618

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230766 The following person(s) is doing business as: Carco Construction, 3135 Sumatra Street, West Sacramento, CA 95691.

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SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-1702

Andrew Patrick Humphries has filed a petition with this court for a decree changing the name(s) of Andrew Patrick Humphries to Andrew Patrick Garcia.

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-1883

Michael Elmer Leistikow has filed a petition with this court for a decree changing the name(s) of Michael Elmer Leistikow to Charles Francis Mikhailov.

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-1981

Amanda Elizabeth Johnson has filed a petition with this court for a decree changing the name(s) of Amanda Elizabeth Johnson to Amanda Elizabeth Specht.

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-1683

Rubysenia Rosalie Gonzales has filed a petition with this court for a decree changing the name(s) of Rubysenia Rosalie Gonzales to Rubysenia Rosalie Rodriguez Magallanes.

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-1782

Mahiri Sharard Moore, Jr. has filed a petition with this court for a decree changing the name(s) of Mahiri Sharard Moore, Jr. to Mahiri Comeaux.

CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE:

Michael Elmer Leistikow has filed a petition with this court for a decree changing the name(s) of Michael Elmer Leistikow to Charles Francis Mikhailov.

Amanda Elizabeth Johnson has filed a petition with this court for a decree changing the name(s) of Amanda Elizabeth Johnson to Amanda Elizabeth Specht.

Rubysenia Rosalie Gonzales has filed a petition with this court for a decree changing the name(s) of Rubysenia Rosalie Gonzales to Rubysenia Rosalie Rodriguez Magallanes.

Mahiri Sharard Moore, Jr. has filed a petition with this court for a decree changing the name(s) of Mahiri Sharard Moore, Jr. to Mahiri Comeaux.

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NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR.

NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR.

steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (866)-960-8299, or visit this internet website https://www.altisource.com/loginpage.aspx.

WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE.

NOTICE OF PETITION TO ADMINISTER ESTATE VIRGIL HEARD PRICE AKA VIRGIL H. PRICE AKA VIRGIL H. WADLEY CASE NO. PR2023-0222

NOTICE OF PETITION TO ADMINISTER ESTATE OF: VIRGIL HEARD PRICE AKA VIRGIL H. PRICE AKA VIRGIL H. WADLEY A PETITION FOR PROBATE has been filed by DAWN E. PETERS in the Superior Court of California, County of YOLO.

NOTICE OF TRUSTEE'S SALE NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction.

NOTICE OF TRUSTEE'S SALE NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction, if conducted after January 1, 2021, pursuant to Section 2924m of the California Civil Code.

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PUBLIC LIEN SALE

Extra Space Storage will hold a public auction to sell personal property described below belonging to those individuals listed below at the location indicated: Facility #3525 3280 Jefferson Blvd West Sacramento, CA 95691. On 10/17/23 @ 10AM

- Lisa Ynostroza - Hslsd gds/Furn, Boxes
Vanessa Ornelas - Hslsd gds/Furn & Acctng rcdrd/Sales Sampls
Jasmine Williams - Hslsd gds/Furn, Boxes
Howard Phillips - Off Furn/Mach/Equip
James Dick - Hslsd gds/Furn, Tools/Aplncces
Jeris Baker - Hslsd gds/Furn, Off Furnr/Mach/Equip
Chavon Jones - Hslsd gds/Furn, TV/Sereo Equip, Tools/Aplncces

The auction will be listed and advertised on www.storagetreasures.com. Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction.

NOTICE OF PUBLIC SALE

Self-Storage unit contents of the following customers containing household and other goods will be sold for cash or credit card by CubeSmart Self Storage 541 Harbor Blvd. West Sacramento, CA 95691 to satisfy a lien on October 11th, 2023, approx. 12:00pm on storagetreasures.com

Elizabeth Tharp, Garth Brown, Boyd Holloway, Surendra Sundar, Falacia Logan, Aicha Fousshi-Fischer, Aurora Pascual, Angel Rodriguez, Corazon Fernandez, Joseph Delso, Nootan Blue, Jeremy Owings, Catina Harvin, Michael J Stewart.



# California Man Sentenced to Prison for Assaulting Law Enforcement During Jan. 6 Capitol Breach

## FBI News Release

WASHINGTON, DC (MPG) - A California man was sentenced in the District of Columbia on Thursday, September 7, 2023, on two felony charges related to his actions during the breach of the U.S. Capitol on Jan. 6, 2021. His actions and the actions of others disrupted a joint session of the U.S. Congress convened to ascertain and count the electoral votes related to the 2020 presidential election.

Sean Michael McHugh, 36, of Auburn, California, was sentenced by U.S. District Judge John D. Bates to 78 months in prison and 36 months of supervised release. Judge Bates also ordered McHugh to pay \$2,000 restitution and a \$5,000 fine. McHugh was found guilty of obstruction and assaulting, impeding, or interfering with law enforcement officers following a stipulated bench trial before Judge Bates in April 2023.

According to court documents and the stipulated evidence presented in court, prior to his arrival in Washington, D.C., on Jan. 6, 2021, McHugh was told others that he was going to Washington, D.C., to "fight" and "storm Congress."

He brought a canister of bear spray with him to Washington, D.C., and he carried it in a holster for ready access. The bear spray is 50 percent stronger than the pepper spray used by police. Before the riot, McHugh urged others to "march on Congress directly after Trump's speech."

McHugh was part of the initial breach of the Capitol grounds at the Peace Circle. Once he arrived at the Capitol, McHugh actively participated in at least four attempts to breach perimeters established by officers during the riot. He was one of the initial rioters to breach a police line and enter the West Plaza. Afterward, McHugh wrestled with an officer for control of a barricade protecting access to the Capitol and assaulted a line of U.S. Capitol Police (USCP) officers on the West Plaza, hitting them with his bear spray, causing the officers to back away from the line, and preventing them from performing their official duties. Finally, McHugh helped other rioters to push a large metal sign into officers. In between these acts of aggression, McHugh used his megaphone to encourage other rioters to act against

law enforcement.

After the riot, McHugh posted multiple messages on Facebook bragging about his actions during the riot and reveling in the violence against police, boasting, "... we stormed them and we took Congress."

This case was prosecuted by the U.S. Attorney's Office for the District of Columbia and the Department of Justice National Security Division's Counterterrorism Section. Valuable assistance was provided by the U.S. Attorney's Office for the Eastern District of California.

This case was investigated by the FBI's Washington Field Office, as well as the Metropolitan Police Department, with significant assistance provided by the FBI's Sacramento Field Office.

In the 32 months since Jan. 6, 2021, more than 1,146 individuals have been arrested in nearly all 50 states for crimes related to the breach of the U.S. Capitol, including more than 398 individuals charged with assaulting or impeding law enforcement.

Anyone with tips can call 1-800-CALL-FBI (800-225-5324) or visit tips.fbi.gov ★

# California Legislature Passes Landmark Tax on Firearm Manufacturers and Dealers

## From the Office of Jesse Gabriel

SACRAMENTO, CA (MPG) - On September 7th, 2023, the California State Legislature passed Assembly Bill (AB) 28, a landmark measure that would impose an 11 percent excise tax on firearms and ammunition sold by gun manufacturers and dealers. Having cleared both the Assembly and Senate by a 2/3 supermajority vote, AB 28 – which is officially known as the Gun Violence Prevention and School Safety Act – is on its way to Governor Newsom's desk.

Authored by Assemblymember Jesse Gabriel (D - Encino), Chair of the Legislature's Gun Violence Prevention Working Group, AB 28 would generate over \$150 million annually to fund school safety and violence prevention programs, including initiatives to prevent school shootings, bolster firearm investigations, reduce retaliatory violence, and remove guns from domestic abusers.

"I am grateful that a supermajority of the Legislature voted today to fund critical programs that will save lives and protect communities across the State of California," said Assemblymember Jesse Gabriel. "It's beyond shameful that gun manufacturers are reaping record profits at the same time that gun violence has become the leading cause of death for kids in the United States. The Gun

Violence Prevention and School Safety Act will help to ensure that we have the tools and resources necessary to better protect our kids and our communities."

"California has a long history of paving the way for effective methods of reducing gun violence. It's an undisputed leader in the fight for gun safety, and I am proud GIFFORDS has worked alongside gun violence prevention groups across the state and members of the legislature, including Assemblymember Gabriel, to help advocate for the state's latest effort." said former Congresswoman Gabby Giffords. "We urge Governor Newsom to prioritize the safety of California's kids and communities and sign The Gun Violence Prevention and School Safety Act, a top priority for the gun violence prevention movement."

Since AB 28 was introduced at the beginning of the current legislative session, the United States has experienced hundreds of mass shootings, including horrific incidents in Monterey Park and Half Moon Bay. A recent report by the American Academy of Pediatrics found that the firearm death rate for American children increased 40 percent between 2018 and 2021.

"California is again proving why the Golden State leads the country on gun safety legislation. Imposing a modest tax on firearm and ammunition

sales to provide sustained and increased funding for violence intervention and prevention programs will help us better protect our communities from gun violence." said Kris Brown, President of Brady. "Providing long-term investments in these initiatives is a proven way to stop gun violence before it begins. Brady thanks Assemblymember Gabriel and other bill sponsors for introducing this first of its kind tax bill, and calls on Governor Newsom to cement California's position as a leader in the fight against gun violence and sign The Gun Violence Prevention and School Safety Act"

"California continues to lead the nation when it comes to gun safety. This bill will take that leadership one step further by providing essential resources to life-saving programs - including the California Violence Intervention and Prevention grant program - which rightfully centers solutions from the communities most impacted by our gun violence crisis," said Angela Ferrell-Zabala, executive director of Moms Demand Action. "Since the introduction of this bill our grassroots army has been committed to working with our gun-sense champions to get it across the finish line. I urge Governor Gavin Newsom to continue his commitment to public safety and sign this bill into law for the well-being of all Californians." ★

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## INVITATION TO BID

Sealed proposals will be received and submitted electronically through the City's Procurement system at <https://procurement.opengov.com/portal/cityofwestsacramento> until **3:00pm local time on October 20, 2023**, at which time and place they will be posted and available for public review for the: Fire Station 42 Fence Replacement

### FIRE STATION 42 FENCE REPLACEMENT

The following invitation for bid involves all design, engineering, labor and materials for the: Fire Station 42 Fence Replacement

#### TENTATIVE CITY SCHEDULE:

Bid Publication		<b>September 29nd, 2023</b>
Cutoff for Pre-Bid RFIs	no later than	<b>3 P.M. October 12th, 2023</b>
Bids Due / Bid Opening	no later than	<b>2 P.M. October 20th, 2023</b>
Award of Contract		<b>November 15th, 2023</b>

**Mandatory Pre-Bid Site Meeting: October 5th, 2023 9:00am**  
**3585 Jefferson Blvd, West Sacramento, CA 95691**

**Project construction cost estimate: \$26,000**  
This is not a Federal Aid project.

- Completion of Work:** All work shall be completed within 60 calendar days from the date designated on the Notice to Proceed.
- Obtaining Contract Documents:** Contract documents and plans are available for downloading free of charge through the City's Procurement system at <https://procurement.opengov.com/portal/cityofwestsacramento>.
- Questions:** Project-specific questions must be submitted through the City's Procurement systems at <https://procurement.opengov.com/portal/cityofwestsacramento>. The City will post responses to Bidder questions through the Procurement system. The cutoff date for submittal of questions is October 4th by 3pm local time.
- 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.
- 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.
- Construction License:** Bidder must possess a current C-13 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.
- 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.
- 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.
- Relief of Bidder:** Attention is directed to the provisions of Public Contracts Code section 5101 and the following: Concerning relief of Bidders and in particular to the requirements therein that if the Bidder claims a mistake was made in its bid, the Bidder shall give the City written notice, within five (5) days after the opening of bids of the alleged mistake, specifying in the notice, in detail, how the mistake occurred.

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

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

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

By: Tim Spinelli, Project Manager

Date: 9/29/2023

West Sac News Ledger 9-29-2023 and 10-6-2023

# Debt Relief and Credit Repair Finds Some Companies Fail to Live Up to Promises

## BBB News Release

SAN FRANCISCO, CA (MPG) - A study by Better Business Bureau® finds that while people in North America struggle to pay trillions of dollars in debt, some look for help from companies promising to help reduce or eliminate their debt or fix their credit score. And some of these companies make big promises, but rarely deliver, leaving people further in debt.

The 2023 study, Credit Repair and Debt Relief: BBB® study finds some companies fail to deliver on big promises, examines debt relief, debt consolidation and credit repair industries, finding a pattern of high fees and overstated promises from predatory companies. BBB has over 11 thousand complaints and a thousand negative reviews about debt and credit assistance, revealing fraudulent claims, especially in the American west.

Consumers told BBB stories about how their dedication to plans proposed by these companies, meant to boost their credit scores, or reduce crushing debt, left them worse off.

One consumer told BBB she hired a debt settlement company back in 2018 for relief from more \$36,000 in debt her father held. They agreed to a contract which would see them pay a little more than \$27,000 and wipe out the remaining obligations.

Five years later, the consumer was a few hundred dollars away from paying the full \$27,000. But when she looked at her balance, only \$5,780 was to be paid to her creditors, and the rest to the debt settlement company.

While some consumers report positive experiences with the credit and debt assistance industry, this study shows there are negative patterns reported by consumers to BBB about companies in the industry, and outright scams designed to deceive and make economic distress worse.

### Key Findings

Predatory debt relief, consolidation, and credit repair companies advertise quick and

extensive fixes for low credit scores and defaulted debt, but the ability to enact change is often much more limited than implied.

Consumers report to BBB the mounting fees for debt relief programs and lackluster results from credit repair businesses have lost them thousands of dollars and left them worse off than before.

Many of the services offered by credit and debt assistance companies can be done by consumers themselves. However, difficulty in understanding their options, lack of know-how or a time crunch and other issues can lead some consumers to seek assistance. Here are some key terms and services to know when researching options.

**BBB offers tips for consumers considering debt relief or credit repair:**  
Use AnnualCreditReport.com to get a free credit report.

Don't pay or provide payment information until service is rendered.

Critically examine any guarantee made. Few, if any, companies can ensure a credit or debt company will agree to negotiate with them or adjust reports.

If you are in default, call debt holders yourself and attempt to negotiate a lower debt payment.

Check monthly bank statements to avoid recurring charges from companies.

Search online for free information.

Don't be rushed. Unscrupulous businesses and scammers both use high-pressure tactics.

Avoid giving away personal banking information until you are 100% certain a company is legitimate. Refuse to work with companies that won't tell you your rights when it comes to credit repair or debt relief.

Be wary of anyone claiming to be associated with a government agency.

To report a company contact the Better Business Bureau, BBB Scam Tracker, or call the Federal Trade Commission (FTC) or call 877-FTC-Help. ★

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# Social Security Matters

## Nonagenarian War Veteran Asks About Extra Credit for his Service



**By Russell Gloor, AMAC Certified Social Security Advisor**

**Dear Rusty:** I'm turning 95 this year and am caretaker for my wife in our 70th year of marriage. I served before 1968 (1951-53) during the Korean War. How do the "special extra credits for military service" work for me? Is it retro-active? My wife, who only worked a short time, gets half of my Social Security so would it affect hers, too? **Signed: Korean War Veteran**

**Dear War Veteran:** First, I want to express my gratitude for your war-time service to our country and I also applaud your 70 years of marriage. Thank you, and congratulations!

Regarding the "special extra credit" for military service, Social Security FICA taxes weren't withheld from military pay prior to 1957 so you didn't pay Social Security payroll taxes (FICA) from your military earnings during the years you served. As a result, Social Security would have no record of your military earnings during those 1951-1953 service years. But when you claimed Social Security later in life they would have asked if you

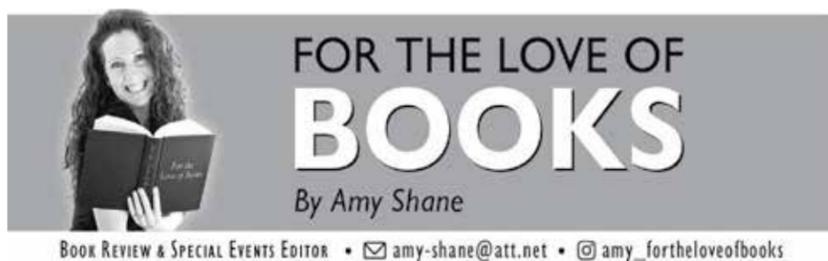
served in the military and given you "special extra credit" in the form of presumed earnings for your service years. They likely would have asked for a copy of your DD-214 and would have added \$160 to your earnings record for each active duty month during those 1951-1953 years. Note they do not give you an extra amount of Social Security; rather, for benefit computation purposes, they reflect your earnings for those years a bit higher than are shown in your earnings record (which would likely show zero for your service years). For example, if you served 12 months active duty in 1952, when your Social Security benefit was calculated they would consider your 1952 earnings as \$1,920 (\$160 x 12), instead of the zero shown in your record because you didn't actually pay FICA tax on your military pay. But whether those extra earnings credits would have any effect on your Social Security benefit is a separate item.

Assuming you had earnings from regular employment over your lifetime and paid into Social Security from those non-military earnings, you became eligible for Social Security benefits from earnings outside of your military service. If you worked and earned a decent salary for at least 35 years, then those special extra credits for your military service years would have no effect on your Social Security benefit. If you had less than 35

years of regular non-military employment, then those extra earnings added for your military service years counted and provided you with a slightly higher Social Security benefit when you claimed.

So, the bottom line is this: if, over your lifetime, you worked for at least 35 years paying into Social Security via FICA payroll or self-employment tax, then the "special extra credits" for your military service years had no effect on your Social Security benefit. But if you worked less than 35 years in which SS taxes were withheld from your earnings, then those "special extra credits for military service" contributed to and increased your Social Security benefit when you claimed. However, even if you worked for over 35 years outside of the military and the extra credits didn't matter for your Social Security benefit, your service to our country did, indeed, matter a great deal. From one veteran to another, thank you again for your service to our country.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.* ★



# The Unfortunate Side Effects of Heartbreak and Magic

by Breanne Randall

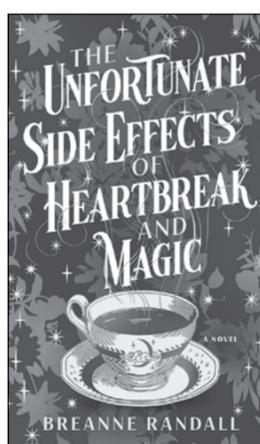
Practical Magic meets Gilmore Girls in this story of love, loss, magic, and discovering oneself.

Sadie Revelare cannot recall when magic wasn't in her blood, pouring from her and into everything she touches. From her carefully tended garden that flows with an abundance of vegetables, herbs, and the most succulent peaches year-round. Everything Sadie touches seems to blossom with magic.

Even Sadie's delectable baked goods beckon everyone in town to visit her shop, A Peach in Thyme, with carefully crafted treats like Pumpkin Ginger Pie, Peach Turnovers with Sweet Lemon Cream, Mint Julip Ice Cream, Lavender Pies with Honey, and Chrysanthemum Scones—each with their own magical properties and mouthwatering allure.

But with her magic also comes a curse that changes the course of her life with each heartbreak.

However, Sadie believes if she pours her love into baking instead of a person, she will be spared. While she thinks she has everything under control, fate has its own plans. With the diagnosis of her grandmother's cancer, Sadie quickly learns that guarding herself from



◆ Publisher: Alcove Press  
◆ Intended Audience: Adult  
◆ Release Date: September 19, 2023

falling in love still won't protect her from heartbreak, allowing the curse to take its toll.

As everything shifts, Sadie faces the devastation that her magic is also waning. Sadie's garden begins to wilt and die, her twin brother leaves without a word, and the man who was the cause of her first heartbreak returns to town. Now, as everything falls apart, Sadie isn't sure how to go on while also guarding her heart from Jake. Family secrets come to light, family curses are revealed, and no magical scone, cake, or tea will be able to save her.

As Sadie's guarded heart begins to fall once again, Sadie will have to navigate more heartbreak

and secrets in order to break the curse, ultimately leaving her to uncover if true love is ever meant to be or is she cursed to forever succumb to heartbreak.

A magical story that will wind around readers' hearts, The Unfortunate Side Effects of Heartbreak and Magic is the perfect fall read to enjoy while sipping a cup of tea in the garden. Breanne Randall delivers wonderfully strong characters that are each flawed in their own beautiful way while also teaching the value of hope even in the most challenging times.

Soft echoes of Practical Magic dance through the pages as family magic, curses, and an unrelenting desire for true love navigate life's ups and downs.

The sweet smell of lavender and honey wafts from the pages as readers will yearn for a cup of earl grey tea with a dap of cinnamon and a sliver of cheery cheese pie. Readers will also be delighted to learn that some of the story's tempting recipes are nestled within the pages as if torn from an old handwritten recipe book. A story that will soothe with its charm, pull you under with its magic, and root for love one heartbreak at a time. ★

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**Publisher, Paul V. Scholl**

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# West Sacramento News Ledger

Serving West Sacramento and Yolo County since 1964

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West Sacramento, CA 95691

Subscription rate is \$42 per year within West Sacramento and \$62 outside of West Sacramento.

Main Office Address: 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA, 95608. Call 916-773-1111 for more information. The News-Ledger is published weekly on Friday.

We are proud members of these newspaper associations.



# Crime Reports

## WEST SACRAMENTO



- 9-8-23 AARON MIRELESBARAJAS Arrested for felony bench warrant, resisting arrest and failing to register as a sex offender with the assist of K-9.
- 9-09-23 WILLIE BROWN Arrested for a felony bench warrant.
- 9-10-23 ERIKA CORREA Arrested for Disorderly conduct:Alcohol after Police responded to a call about a nude woman yelling uncontrollably in an apartment complex.
- 9-10-23 JESSE RODRIGUEZ Arrested for Obstruction.
- 9-11-23 EMILIA WERLY Arrested for a felony and a misdemeanor warrant.
- 9-12-23 TANASHIA MCGOWENS Arrested for a misdemeanor bench warrant.
- 9-12-23 DEWAYNE LEWIS Arrested for felony warrant after allegedly riding a bike with no light.
- 9-12-23 RAIF MATYE Arrested for a felony bench warrant after a bicycle enforcement stop.
- 9-13-23 ANITA SANTOS Arrested for Unlawful possession of tear gas, unlawful paraphernalia, possession of controlled substance, appropriate lost property, violation of parole:felony after a parole compliance check by Police.
- 9-13-23 HEATHER TARSKI Arrested on a felony warrant at prisoner transport.
- 9-13-23 KYRON BASPED Arrested for felony bench warrant.
- 9-13-23 YOLANDA SANTOS Arrested for DUI:Alcohol after a vehicle accident.
- 9-14-23 ARMAN PORUPSKY Arrested for four misdemeanor bench warrants after police responded to a call regarding a suspicious person trying to open vehicle and house doors.
- 9-14-23 JONATHAN RUBY arrested for a bench warrant and Obstruction when police were dispatched to a homeless call.
- 9-14-23 JOSEPH CASTORENA Arrested for Prohibited person with ammunition, Possess controlled substance, Probation violation, Possession of narcotic.
- 9-14-23 ISSAC VENTURA arrested for Keeping a place to sell narcotics, felon in possession of firearm and Possession of controlled substance after Police served a search warrant.
- 9-14-23 GREGORY BRUTUS Arrested on bench warrant after traffic stop.
- 9-15-23 EMILY SHEPARD Arrested for Grand theft and misdemeanor bench warrant after Police responded to a shoplifting call.
- 9-17-23 ANGEL RODRIGUEZ Arrested for Burglary after Police responded to a burglary in progress call. Rodriguez was allegedly seen in the bedroom doorway of the victim's apartment.

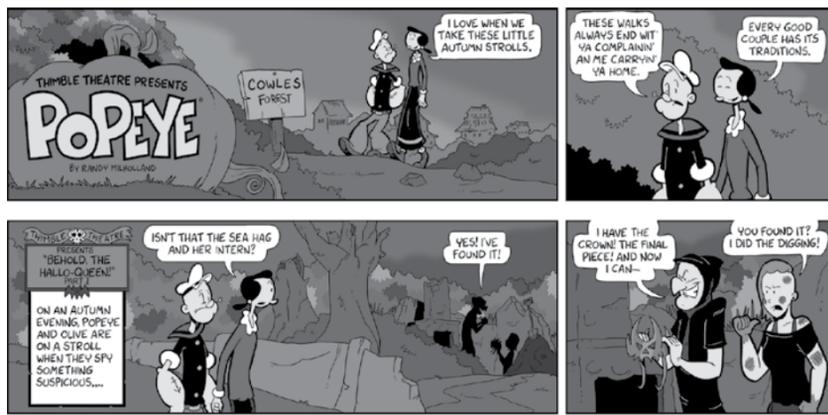
## INCIDENT/CRIME REPORTS

- 9-07-23 Vehicle burglary of multiple items. \$1,670 loss. Burglary, Forgery, Theft by use of card information, Make/Pass fictitious checks.
- 9-09-23 Fire near the South East corner of a building, started by unknown means. Minor damage to building.
- 9-10-23 reporting person was scammed out of personal information.
- 9-11-23 suspect allegedly pointed a firearm at the victim. Assault with firearm on person.
- 9-12-23 Unknown suspects used a phone scam to defraud employee into sending personal money and business money via bitcoin ATM. Bitcoin blocked the transfer to the suspect but the victims were unable to get a refund at the time of this report. \$2,421 loss. Grand theft and conspiracy to commit a crime.
- 9-12-23 Items taken from an unlocked vehicle. \$447 loss. Theft of personal property.
- 9-13-23 Tree had some branches cut. \$280 loss. Vandalism.
- 9-13-23 Subject arrested and booked into Yolo County Jail for DUI
- 9-13-23 Officers were dispatched to Target regarding a theft call. Reporting party advised that Trenton Johnson allegedly stole store items with an approximate value of \$530.38. \$490 loss. Petty theft, four bench warrants.
- 9-13-23 Target Assets Protection Report Submission. \$13,648 loss. Grand theft.
- 9-14-23 Subject arrested and booked into Yolo County Jail for resisting an officer and attempting to evade arrest on foot.
- 9-14-23 Suspect stole 3 cases of Modelo beer from Rite Aid. \$60 loss. Petty theft.

# COMICS & PUZZLES

## The Spats

by Jeff Pickering



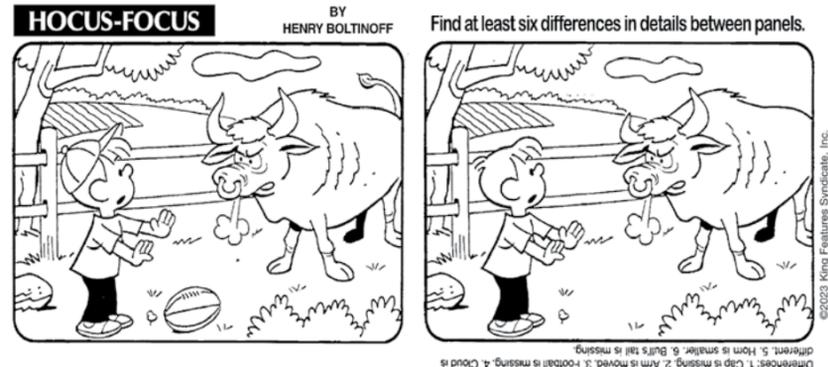
## Amber Waves

by Dave T. Phipps



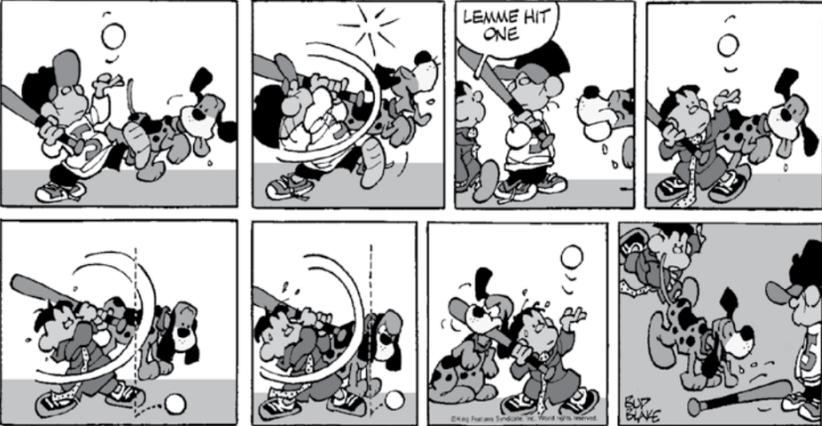
## Out on a Limb

by Gary Kopervas



## TIGER

by BUD BLAKE



S	T	A	K	E		C	W	T		M	C	A	T		
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T	E	A	K			N	T	H		R	A	T	E	S	

### STATEPOINT CROSSWORD • THE 2000s

**CLUES**

**ACROSS**

- Interest in a venture
- Hundredweight, acr.
- Med. sch. requirement
- \_\_\_\_\_ the tail \_\_\_\_\_ the donkey
- Duran Duran's 1982 hit
- All plants and animals
- Part of an eye, pl.
- Go for the bull's eye
- Reduction/oxidation portmanteau
- "Best selling author of the 2000s"
- "Billboard's music artist of the 2000s"
- Chicken \_\_\_\_\_ king
- From a thrift store
- Class-conscious grp.
- Formerly, once
- Marine mammal in famous Beatles' song
- Fabled fliers
- Jealous biblical brother
- Averse
- "He's Just Not That \_\_\_\_\_ You" (2009)
- Acrylic fiber
- Arabian chieftain
- Apartments, e.g.
- "Friendster or Facebook, e.g.
- 5,280 feet
- Metal detector, e.g.
- Goose egg
- Cry of horror in comics
- Made a basket
- "Frodo Baggins and Samwise Gamgee or Nemo and Dory, e.g.
- "Name for 2000s"
- "Popular social network of the 2000s"
- K-pop country
- Woody creeper
- Teletype machine, for short
- Picture within a picture, e.g.
- "Smart" (2008)
- Make a canyon, e.g.
- Furniture wood
- Utmost degree
- Financing values

**DOWN**

- Horse prod
- \*Popular DVR device
- All over again
- Eucalyptus-eating marsupial
- Store in a silo
- Mountain goat terrain
- \*Xbox competitor
- Libraryful
- Dignified manner
- \*"The Da Vinci \_\_\_\_\_" best selling book of the 2000s
- A-bomb particle
- Levy
- Like "something new" boutique
- Beginning of sleeping disorder
- Feline sound
- Put to work
- \*Toyota Hybrid introduced worldwide in 2000
- 1,000 kilograms
- Play a part (2 words)
- \*2002-2004 zoonotic epidemic cause, acr.
- Rich soil
- China grass
- Handy
- \*First ever recipient of Oscar for Best Animated Feature
- Chronic drinkers
- Post-it slip
- Like #59 Down
- \*Pink's 2008 hit (2 words)
- Break down
- Dismissal or ejection
- "Peace" with fingers
- \*"Madame Butterfly", e.g.
- First rate (2 words)
- Sky's Major one
- \*Like Best Buy's Squad
- Urban legend
- Tons (2 words)
- Relinquish, as in property
- \*Jennifer Aniston and Brad Pitt, after 2005
- \*American Girl \_\_\_\_\_ Kittredge
- Doctor Dolittle, e.g.

**CROSSWORD**

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68						69				70		
71						72				73		

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

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