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# Nest Sacramento Ledger

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# On the Mental Health Hot Seat



Kaiser Permanente mental health workers strike at Kaiser Headquarters in Oakland on Oct. 7, 2022. Photo by Martin do Nascimento, CalMatters

#### BY JOCELYN WIENER CALMATTERS.ORG

Three years ago, California leaders passed legislation that promised the most dramatic expansion of mental health and addiction care coverage in decades.

As the state's residents struggled with the stress and trauma of a raging pandemic and a record wildfire season, mental health advocates health plans routinely fail to ensure that enough mental health providers accept their coverage, and often make patients wait too long before

used words like "groundbreaking" to describe the new law. Finally, they said, California was poised to become a national leader on mental health

Their optimism about that law, Senate Bill 855, has been fraying ever since. Advocates say health plans routinely fail to ensure that enough mental health providers accept their coverage, and often

being seen.

Case in point: Last week, the Department of Managed Health Care unveiled news of a historic \$200 million settlement with Kaiser Permanente for failing to provide patients with timely mental health appointments, among other issues.

Such issues will take center stage Wednesday at a special oversight hearing of the Senate Select

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### Helping Neighbors Ten Bucks at a Time

By Michele Townsend

WEST SACRAMENTO, CA (MPG) - The West Sacramento Foundation (WSF) was formed in 1988 as a way to provide transparency with monies raised as well as a way to distribute contributions to many different groups and causes. WSF is a 501c3 nonprofit organization that raises money in our community to help those who need a little extra.

Because WSF is a local group, funds raised through them are from West Sacramento, for West Sacramento. Each spring the WSF hands out a series of grants ranging in the amount from \$150 to \$2,000 (on average). Organizations, clubs, small businesses like daycares, schools and much more apply for a grant by providing how much they are requesting and why. The group discusses how they can help, what kind of an impact the grant will make



A wide variety of raffle prizes can be viewed online at westsaccommunityfoundation.org/prizes/including weekend getaways, one year family pass to the West Sacramento Rec Center, a 55-inch smart TV, a gas grill, \$100 gift card to Grocery Outlet, etc. Photo courtesy of WSF

and whether it will help in a long-term capacity. In other words, the money is spent wisely and carefully. In 2023, 16 grants were given out with many of them benefiting the children of our community.

In addition to grants, the

WSF holds an All Charities Raffle. The All Charities Raffle has been a local event since 2013. Many organizations and clubs will sell raffle tickets for \$10 each. Out of that ten dollars, \$8.50 goes to the group selling them. The

other \$1.50 goes into the grant pool. In the spring, the WSF will distribute up to \$20,000 in grants to nonprofits that directly benefit West Sacramento residents.

The All Charities Continued on page 2

# West Sacramento City Council Highlights

By Michele Townsend

WEST SACRAMENTO, CA (MPG) - The City of West Sacramento would like to invite and encourage members of the community to attend a City Council meeting and to speak during Public Comment if necessary, letting staff and officials know when things are both right or wrong. Everyone is welcome to speak out on whatever they feel the council should be aware of even though sometimes when people are happy, they tend to not say anything. The City, however, would like to know what things the community agrees with and why and would like to hear your input and ideas on what you'd like to see in our city. It's very easy to do. You can come to a meeting in person (first and third Wednesdays of the month), or you can send in a comment via email and it will be read during public comment by the

City Clerk.

October 18, 2023 Meeting

No actions were taken on closed session items.

#### Public Comments on Non-agenda items –

Guy Stevenson – Spoke about how he has been pushing the issue to check out the Via program. He said that he is not saying it is a bad program, he uses it himself. He wants the City to just look into the issues the program has, like lack of training, wearing a brace with a fractured wrist in a Via accident due to safety of driving. He said, "they're not

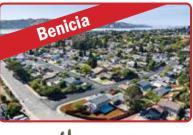
After the meeting, Guy told the News Ledger that he wants to make a positive impact on the community and is just trying to help.

packages, they're people".

is just trying to help. Hossein Edalati - Coach with West Sacramento Soccer Club who thanked the City, City Council, Parks and Rec, News Ledger, and numerous sponsors such as WSPD, Jackrabbit Brewing, Dick's Sporting Goods, Sac Republic, Pizza for supporting the kick-a-thon event. They raised around \$11,000 in August. He then spoke about the Bryte Park Master Plan, saying they are very excited about discussions about the development. Thought that community meetings would start in September but understood that the City is still working with developers. He said they are looking forward to talking with other stake holders about the project. They spoke with Parks & Rec about their needs, which is mainly more fields and Continued on page 3

Continued on page





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## **Helping Our Neighbors** Ten Bucks at a Time



WSF is a 501c3 nonprofit organization that raises money in our community to help those who need a little extra. Photo courtesy of WSF

Continued from page 1

event will be held at the West Sacramento VFW Post 8762, located at 905 Drever St. in West Sacramento on Thursday, December 7, 2023. There is no charge to attend the event and the doors will open at 5:30pm. For those wanting to purchase dinner from the VFW, that option will be available starting at 6:00 pm. The raffle will begin at 6:30pm. You do not have to be present to win.

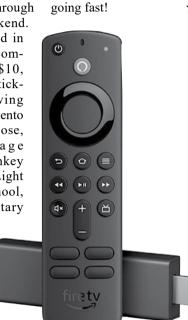
This year's raffle prizes can be viewed online at westsaccommunityfoundation.org/prizes/. Some of the prizes include a weekend getaway for two, one year family pass to the West Sacramento Rec Center, a 55-inch smart TV, a gas grill, \$100 gift card to Grocery Outlet, date-night dinners to local restaurants, Farm to Park tickets for two, tools, free

coffee at Lenise's Café for a year, a birthday party a Capitol Bowl, first pitch at a River Cats game and much, much more.

Raffle tickets are \$10 apiece and there is no limit on how many you can purchase. Tickets will only be available through Thanksgiving weekend. If you are interested in helping out your community for just \$10, you can purchase tickets at the following places: West Sacramento Women of the Moose, Elkhorn Village Boosters, Sea Monkey Jazz Association, Light House Charter School, Stonegate Elementary PTO, Southport Elementary PTO, River

City Regiment Music Boosters, CD Kindness Movement,

VFW, James Marshall Parent Nursery School, St. Vincent de Paul, River City Rowing Club, Our Lady of Grace School, Yolo County Children's Alliance, Bridgeway Island Elementary. But don't take too long because they are going fast!









## **Society for the Blind Announces Blindness Awareness Month**



Society for the Blind clients learn how to carve pumpkins without vision during Blindness Awareness Month in October, Photo courtesy of Thébaud Communication

By Kristin Thébaud, Thébaud Comm.

SACRAMENTO, CA (MPG)

- Nonprofit Society for the Blind in Sacramento is encouraging local residents to honor Blindness Awareness Month throughout October by participating in activities and supporting people with vision loss so they can gain the skills they need to stay independent and thrive.

"Our clients tell us all the time that they thought their life was over when they began losing vision, but they discovered it was the beginning of a new chapter," said Shari Roeseler, executive director, Society for the Blind. "During Blindness Awareness Month, we want to make sure everyone knows that people can live their best lives with vision loss or blindness when they have the right tools. If you are losing your vision, or you know

someone who is, we have a wide array of classes and support that will help you build the skills you need, whether you are a child, working-age adult or senior."

For nearly 70 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Based in Sacramento, Society for the Blind has grown from a dedicated group of volunteers to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California and the state of Nevada. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for more

than 5,000 youth, working-age adults and seniors experiencing vision

loss each year. In addition to its onsite Low Vision Clinic and assistive technology store, Society for the Blind offers four core classes - orientation and mobility, independent living skills, computers and technology, and braille – to ensure people with vision loss can stay active, employed and living life to the fullest. The nonprofit also provides a program for seniors that includes retreats, support groups and activities such as yoga and cooking classes. For youth, Society for the Blind offers a job readiness program, afterschool center and podcast team. The nonprofit also offers support groups for caregivers and parents of children with vision loss, as well as events open to the public.

To learn more or make a donation, visit www. SocietyfortheBlind.org ★

## Repair Café is Expanding

By Michele Townsend

WEST SACRAMENTO. CA (MPG) - The West Sacramento Repair Café takes place on the last Saturday of each month at Turner Library, located at 1212 Merkley Avenue. This month the repair café will be held on October 28, 2023 from 10 am until 1 pm. You are invite to bring your bike to the free bicycle repair shop led by the Sacramento Area Bicycle Advocates (SABA).

If bicycles are not your thing, visit the free sewing repair and sewing workshop. Experts will be there to answer any sewing questions you may have or teach you how to repair you own items. This month they will focus on appliques on dish towels and clothing, but can answer other sewing questions as well.



Learn how to repair your bike, sew or work on your computer at the Repair Café. A free, monthly event held at Turner Library. Photo courtesy of Francisco Dominguez

The repair café will be welcoming a new partner this month. Computers for kids has joined the café and will be available to offer generic computer advice and diagnosing. So,

if you have a computer that is stuck in Never, Never Land, and you would like some help possibly fixing it, bring it to Turner Library to the Repair Café for free

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

# Free Frights On Halloween Night! West Sacramento City Council Highlights



A scary mask for Freight Night! Photo courtesy of JimiJames

#### By Michele Townsend

WEST SACRAMENTO, CA (MPG) - JM Productions and Entertainment will be offering a free haunted house for West Sacramento residents on Halloween night, October 31st, starting at 7 p.m. Join adults and children of all ages for this frightfully evil haunted house attraction. This will be their fifth carn-evil and they are anxious to scare the soul right out of you.

Each year this

Halloween event grows a little bit bigger. Every year it is set up differently, as they think of new evil and scary ideas. Even if you've gone before, you are invited to visit again. It will not be the same as before. Maybe one of the new ghosts will be someone that YOU know! Admission is free, however donations are accepted. A portion of the donations will go to Julie's Purse, an organization that helps women to escape a home

that can truly be scary every day, one of domestic violence.

The Haunted House is located at 1045 Milton Street, Broderick. It will be set up to be wheelchair-accessible so nobody will be left alone in the cold and dark. If you have someone in your group, or if you need the surprises to be kept down to a minimum, please notify us before you enter the exhibit. All others should prepare to be afraid...very afraid!

# Grant Fuels the CHP's Motorcycle **Safety and Awareness Efforts**

**CHP News Release** 

SACRAMENTO, CA (MPG) - Motorcycleinvolved crashes continue to be a major increase motorcycle safety activities in concern for the California Highway Patrol (CHP). The CHP has implemented a yearlong, federally funded program, Get Educated and Ride Safe VI (GEARS), with the goal of increasing motorcycle safety and awareness throughout the

The GEARS VI goals are designed to reduce the number of motorcycle-involved crashes and crash victims. Based on provisional data, there were 7,639 motorcycle-involved crashes, resulting in 381 deaths and 6,969 injuries, within CHP jurisdiction in federal fiscal year 2021-22 - an 8% increase from the previous year.

"Motorcycle riders are statistically more likely to be injured or killed when involved in a crash," said CHP Commissioner Sean Duryee. "The GEARS VI grant will sup-

road users through focused education and enforcement "

During the grant period, the CHP will

regions with a high number of motorcycle incidents and participate in traffic safety education

campaigns such as "National Motorcycle Ride Day" on October 14, 2023. The campaign will promote the use of U.S. Department of Transportation-compliant helmets for all riders and raise

driver awareness of sharing the road with motorcyclists. The CHP will also increase enforcement in areas with a high number of motorcycle-involved crashes, which resulted from speed, improper turns, and driving under the influence of alcohol and/or drugs.

Funding for this program was provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

The mission of the CHP is to pro-Service, and Security.

Continued from page 1 lighted fields; Said it is also a good opportunity to look at other developments and how they could most efficiently add the things needed in West Sacramento; Suggested that West Sacramento explore how other cities provide sports complex needs to see

what will best work for West

Robyn Davis – Lives in her

160 square foot Tiny Home on

wheels in West Sacramento.

Spoke about the last meeting

there being mention of a lux-

ury development and a low income housing development

Sacramento.

geared towards single parent graduate students; Said both serve their purpose and we need them to sustain our infrastructure and to uplift those trying to better their circumstances. But again, we need more options in between. Our revenue generating projects and our government subsidized projects focus on the two extreme ends of the spectrum is contributing to the growing missing middle-income housing. Asked where they go if they do not meet the wealth standards for the luxury housing being built, but make more income than allowed for the low income requirements. Asked where they go when they don't qualify for a loan at 8% interest or when the average rent in West Sacramento is \$1,898 which can be more than 60% of one's income. The options are too narrow. We also know there is a high demand to build affordable housing and the cost of labor to build is increasing. Approximately half of the construction industry is over the age of 46. That means that half of the industry is set to retire in the next 20 years. She said when 50 people retire, only 7 people replace them. That means that soon it will only be at 57% capacity compared to what it is today. She suggested the City promote Northern California Construction Training (NCCT- a free construction training program) and said that you can potentially make double or triple the income in the construction industry than someone who is coming out of college, usually with a large amount of debt. Giving all of this information, please consider the options available and that are being adopted elsewhere regarding Tiny Homes and how they can help to bridge the gap.

Rhonda Pope Flores -Rhonda thanked the council for explaining how Public Comment is only open to items that are not on the agenda. She said if that had been done last October, she wouldn't be coming to every meeting to complain about the illegal renaming of Tower Bridge Gateway. She spoke about how she finds it ironic that the city reads a land acknowledgment for

CalBRE# 1444144

the indigenous people at the beginning of each meeting, yet she was born and raised here and has no regard, complete disrespect, and as a tribal leader she is disgusted with the city. Says the council has completely ignored the petition that's going and the numerous people that oppose the renaming. Says they have received multiple letters and that the Broderick/Bryte Neighborhood Association is collaborating with residents and to her knowledge there have been five requests for a Grand Jury investigation on the improper street renaming for the benefit of the past Mayor and the benefit of his current election. She mentioned several tribes and organizations that hold an interest in this matter. She spoke about the council stating they will work with tribal governments, as she ripped up the proclamation given to her, saying it means nothing.

Presentations – The West Sacramento City Council recognized October 2023 as Pregnancy and Infant Loss Awareness Month. Councilmember Verna Sculpizio Hull, got emotional, as she spoke about how people, especially women who are "not supposed to talk about being pregnant until it's a safe period of time" and "not supposed to talk about the loss of a pregnancy so as to not make others feel uncomfortable." She said that by doing that we are ultimately hurting members of our community who are grieving and deserving of acknowledgement and support. October recognizes the loss of a child through miscarriage, stillbirth, ectopic pregnancies, SIDS and other causes. The resolution is for every family in West Sacramento who has suffered the horrific loss of a child and extends the love and support to our community members that still grieve and suffer from their loss. The Council presented a Proclamation to Elizabeth Esquival and her family who lost four month old, Illianna, last year to SIDS combined with COVID. They also presented one to Deanna Casadore, whose daughter, Kayla, passed away at 8 days old and today would be 16 years old. She urged that businesses update their employment policies to support those grieving from loss, regardless of gender.

Elizabeth Esquival said that she was there, not for herself, but to honor her daughter and all the other families who have suffered the loss. She wanted to thank the entire community for their outpouring of love and support when they experienced their loss. They were able to raise nearly \$50,000 in honor of her daughter and gave out a handful of scholarships to River City High School students here in West Sacramento. They would like

to continue a memorial scholarship to continue her legacy and thanks West Sacramento for their support.

Presentation of the 2023 Helen Putnam Award for Excellence in city business relations for the West Sacramento Home Run Paid Internship Program. This item was pulled and moved to the November 1st meeting so that the appropriate people could attend.

Presentation Proclamation recognizing October 22 to October 29 as California Preparedness Week. City Council spoke of the hard work that has been put in to keep our city safe from flood and other emergencies. Recipient Paul Dirkson, Flood Protection Planner for the City of West Sacramento, reminded everyone about last year being very wet and there is a good chance this year will be as well.

#### Agenda Item -

Consideration of the City of West Sacramento joining the Yolo Animal Services Planning Agency Joint Powers Agency and Appointment to the JPA as a voting member. Motion was passed and will move forward. The City has been participating as a non-voting member. Mayor Guerrero was elected to be appointed to JPA.

Reports – Councilmember Dawnté Early, Mayor Pro Tem Quirina Orozco and Mayor Guerrero went to Toronto and had an intense learning experience touring Farmers Markets that are open year around and looked at their waterfront and potential of our Port area waterfront. Dawnté said Toronto had a lot of historical buildings and gave her ideas of what to do with Pheasant Club and Bridge District.

Mayor Pro tem highlighted the Sac Bee article about our riverfront.

As far as Council Communications, Orozco said that Sacramento Regional County Sanitation District and the Sacramento Area Sewer District met on Oct 11, 2023. She said basically that they had a presentation about rate increases. "There is going to be increases that [are] going to affect everyone in our region," she said. That's largely because everyone is experiencing price increases and the price of chlorine, which they put in the water, has skyrocketed - At least doubled, maybe tripled in price, and there's not many suppliers. At the meeting they basically decided that for the next three years there will likely be an increase of a few dollars each month. There are programs both with the government and with the city that may give you a financial break. Reach out to the sewer lifeline assistance program.





Lifetime Masters Club Member

# All Aboard the 45th International Railfair

By Thomas J. Sullivan

SACRAMENTO, CA (MPG) -All Aboard the 45th Annual International Railfair (IRF), coming to Cal Expo, 1600 Exposition Blvd in Sacramento, on Veteran's Day weekend, Saturday, November 11 and Sunday, November 12. It's the first time IRF has been in Sacramento County since its earliest when it was held at Sacramento City

The annual International Railfair show is run by members of the Sacramento Modular Railroaders, the Sacramento chapter of the European Train Enthusiasts, Roseville Roundhouse Model Railroad Association, and the Sierra Division of the Pacific Coast Region of the National Model Railroad Association (NMRA), said IRF spokesperson Tom Campbell.

"We display operating model railroads to the public at the International Rail Fair and educate the public about model railroading, railroad history, and prototypical railroad operations," Campbell said.

This year, IRF guests will be able to enjoy more than 28,000 square-feet of model railroad fun, explore over 100 vendor tables, and swap goods at a TrainMart consignment store as they see over 12 operating model train layouts in action ranging from Z

"The two-day show is called 'International Railfair' because one of our sponsor clubs, European Train Enthusiasts, specializes in building and operating European model railroads," Campbell said.

A children's layout returns this year where children can run a scale model locomotive and earn a Junior Engineer badge.

The popular "Square Foot Challenge" also returns this year – with a holiday theme.



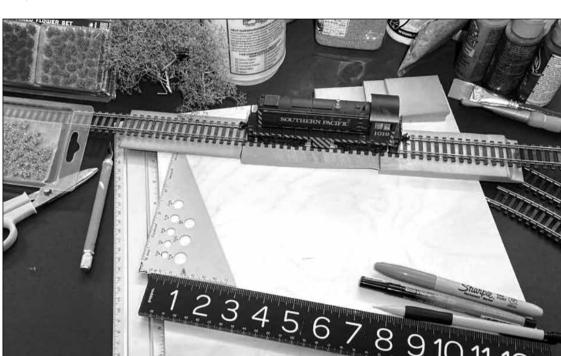
A BNSF engine model on a track. Photo courtesy of International Railfair (IRI

Attendees are invited to vote for their favorite holiday diorama with the highest number of votes named a People's Choice winner. The winning diorama builder will receive a custom trophy based on a machinist's square and a \$50 gift card to RC Country Hobbies.

The individual model railroad layouts which are seen at the International Railfair are modular railroads. A typical modular layout consists of transportable individual modules which are clamped together to create a single model railroad, Campbell

Modules are typically lightweight, and are about 30" wide and four feet long, and packed with a lot of scenic detail. Legs fold out from underneath the module and the required electrical wiring drops down at both ends of the module.

General admission, ages 13 and up, good for both days, is \$12. Admission on Sunday,



Supplies for the IRF Square Foot Challenge. Photo courtesy of International Railfair (IRF)

November 12 is reduced to \$10 per person. Youth admission for ages 13-17 is \$5. Children ages 12 and under are free both days.

Active and retired military members receive a \$2 discount on event admission at the gate.

For more information email

Tom Campbell at tom.c.irf@ gmail.com. To purchase advance tickets, visit www.internationalraifair.com.

# Sacramento Zoo Says Goodbye to Chimpanzees

Sacramento Zoo

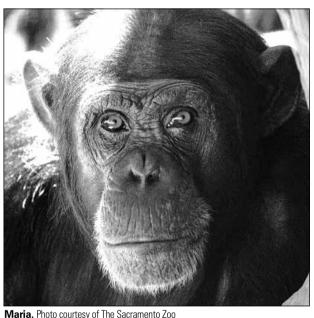
News Release SACRAMENTO, CA (MPG) - After 75 years of housing chimpanzees, The Sacramento Zoo shares that in participation with the Association of Zoos and Aquariums (AZA) and the Chimpanzee Species Survival Plan (SSP), our four individuals have settled in wonderfully at two new homes. Dougie and Pablo have fully integrated into the troop housed at the Kansas City Zoo in Missouri. Amelia and Maria have arrived safely at an accredited zoo. In both cases, the duos have relocated to new habitats that are much larger and give them greater socialization opportunities with other chimpanzees. Current AZA standards recommend a minimum of eight chimpanzees to a troop. The chimpanzee SSP consists of 229 animals distributed

"The Sacramento Zoo collaborated with colleagues throughout the AZA and specifically members of the Chimpanzee SSP to identify the best new homes for our individuals, and to work, plan for, and ensure, a safe and successful transfer," states Matt McKim, Director of Animal Care, "Although it is difficult to see these beloved animals leave the Sacramento Zoo, their new homes and troops will provide excellent well-being

among 33 AZA facilities.

"We are excited to welcome Pablo and Dougie

for many years to come."



Maria. Photo courtesy of The Sacramento Zoo

to the Kansas City Zoo and our existing troop of nine chimpanzees," said Courtney Murray, Animal Curator with the Kansas City Zoo. "Our Zoo's chimpanzee habitat is about 3 acres and encompasses a forested section with large, mature trees for climbing and plenty of territory for the troop to carry out natural behaviors and social interactions. The addition of Pablo and Dougie will be beneficial to balance out troop dynamics and increase the diversity of the troop's gene pool."

Female chimpanzees, Amelia and her daughter, Maria, have moved to another AZA-accredited zoo that has cared for chimpanzees for more than 20 years. Their new zoo home is eight times larger than Sac Zoo's, and includes a waterfall, stream, and a variety of

climbing structures. The

habitat also has trees and more than 40 edible plants for foraging, as well as rocks that are cooled in the summer and warmed during the winter. The pair are currently undergoing a quarantine period while under the care of the primate and vet health teams prior to their introductions to their new troop.

"Chimpanzees have been some of our most popular animals for generations at the Sac Zoo," states Sacramento Zoo Director Jason Jacobs. "While we will certainly miss these charismatic apes, it is important for the community to understand the context in which these decisions are made. Advances in the care of great apes in zoos clearly demonstrate that these animals thrive in social troops in larger habitats. I commend our incredible team of passionate caregivers for

coordinating these transfers

to new facilities."

### **CHURCH DIRECTORY**



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#### **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

#### **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@newseasonsws.com 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.

(916) 371-2111

#### **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

#### **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

#### **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** 

#### **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.







When You Nickel and Dime Things, Nothing Gets Done Well

Dear Dave,

I'm 67, and I've been wondering what your position is on preplanning for a funeral versus prepaying. Is one a better idea than the other, or should you do

Shannon

Dear Shannon,

This is a great question. I wish more folks would think about these kinds of things ahead of time.

Preplanning a funeral is truly a gift to your family. But if you prepay, it's a gift to the funeral home. Doing the legwork and setting things up ahead of time so your family doesn't have to make a lot of financial decisions in the middle of an emotional situation

### **Dave Ramsey Says**

shows them respect and consideration.

When you buy a prepaid plan, you could be years or decades away from needing it. Plus the inflation rate on funerals is about 4%, so in essence, you'd be making 4% on your money. And, of course, you're locked into everything at that point. If you took the cost of a funeral and invested it at age 30, instead of 4% on your money, you'd get an actual investment return. By the time you're 80, you'd have about \$600,000. So prepaying in your 30s or 40s is mathematically ridiculous. Now, if you're in your 60s, like you and me, there aren't as many years for that money to grow. You wouldn't see a huge return on investment, but it would still provide for a nice

Believe it or not, it took me a while to figure out that the funeral world is an industry—an extremely profitable industry. And like with many things, when you add on stuff like financing or prepayment to a purchase,

you're adding to their profits. Most funeral providers make as much money on prepayment plans as they do in actual margin on the goods and services that go along with this kind of thing.

That being said, I've got no problem with a business or industry making money. If they treat their customers well, no one's taken advantage of, and a quality product or service is provided, it's all good. But when it comes to funerals, I tell people to preplan. Don't prepay.

- Dave

Dave Ramsey is an eight-time national bestselling 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.

### Women's Empowerment Receives \$25K for Unhoused Women and Children

By Kristin Thébaud, Thébaud **Communications** 

SACRAMENTO, CA (MPG) -

Women's Empowerment has received \$25,000 in new support from Kaiser Permanente to help Sacramento women experiencing homelessness during the ongoing housing crisis. Kaiser is supporting Women's Empowerment's work to empower unhoused women with economic opportunity so they can keep their families healthy.

"Kaiser Permanente has been one of our most steadfast supporters over the years, and we are grateful for their continued investment in our work as we find new ways to help women overcome homelessness during the prolonged housing crisis in Sacramento," said Lisa Culp, executive director, Women's Empowerment.

Women's Empowerment provides a two-month employment-readiness and empowerment program, paid job training, childcare and support services so women and their children can break the generational cycle of homelessness. Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women experiencing homelessness and

their children.

WOMEN'S EMPOWERMENT

The grant from Kaiser will fund Women's Empowerment's work with unhoused women in Sacramento to ensure they have a wide range of tools to secure quality jobs and careers that lead to a livable wage and safe home for their families, including job training and support groups for women who have experienced domestic violence or substance use.

"We're proud to support Women's Empowerment and its efforts to reduce homelessness and increase access to steady jobs in the Sacramento area," said James (Jay) L. Robinson III, senior vice president and area manager for Kaiser Permanente Sacramento and South Sacramento. "Providing access to safe, stable housing and opportunities for employment are part of Kaiser Permanente's commitment to improve the health of the communities we serve."

Last year, 121 Women's Empowerment graduates secured employment or enrolled in paid training or education. Since 2001, 1,837 women have graduated from the program with their 3,894 children. Women's Empowerment is funded through private donations from the community and grants. To make a donation: Womens-Empowerment.org★

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#### FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230815 The following person(s) is doing gan Towing, 42124 County Road 25. Woodland, CA 95776. AAA Auto Towing LLC, 42124 County Road 25, Woodland, CA 95776. This business is conducted by A Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on December 10,

This statement was filed with the County Clerk of Yolo County on 9/25/2023

By: Jesse Salinas, Deputy Publish: October 6, 13, 20, 27, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230816 The following person(s) is doing business as: Tic Tac Towing LLC/Tic Tac, 42130 County Road 25, Woodland, CA 95776. Tic Tac Towing LLC, 42130 County Road 25, Woodland, CA 95776. This business is conducted by A Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on June 1, 2023. This statement was filed with the County Clerk of Yolo County on

9/25/2023. By: Jesse Salinas, Deputy Publish: October 6, 13, 20, 27, 2023 **TICTAC** 10-27-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230817 The following person(s) is doing business as: AAA Auto Recycling LLC, 42130 County Road 25, Woodland, CA 95776. AAA Auto Recycling LLC, 42130 County Road 25, Woodland, CA 95776. This business is conducted by A Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on May 15, 2019. This statement was filed with the County Clerk of Yolo County on

9/25/2023. By: Jesse Salinas, Deputy Publish: October 6, 13, 20, 27, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230710 The following person(s) is doing business as: JLVoltage Communications, 635 William Street Apt A, West Sacramento, CA 95605. Jose A Santiago, 635 William Street Apt A, West Sacramento, CA 95605. This business is conducted by An Individual. The registrant commenced to transact business under the fictitious business name or names listed above on August 18, 2023. This statement was filed with the County Clerk of Yolo County on

8/18/2023. By: Jesse Salinas, Deputy Publish: October 6, 13, 20, 27, 2023 **JLVOLTAGE** 10-27-23

STATEMENT FILE NO. F20230829 The following person(s) is doing business as:

FICTITIOUS BUSINESS NAME

Insite Consulting, 1975 Maxwell County of Yolo.

Michael Anthony Yosenick, 1975 #E336. Wood-Maxwell Ave.. land, CA 95776 This business is conducted by

Individual. The registrant commenced to

transact business under the fictitious business name or names listed above on N/A /s/ Michael Anthony Yosenick

This statement was filed with the County Clerk of Yolo County on 9/27/2023.

Jesse Salinas, County Clerk/Recorder

By: kquam, Deputy Publish: 10/13, 10/20, 10/27, 11/3/23 CNS-3745022# **NEWS-LEDGER** 11/3/23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230764 The following person(s) is doing business as: Big Hog Battery Services, 1256 E. Main Street, Woodland, CA 95776. Jimmy G Trevino, 6653 Frank-

lin Boulevard, Sacramento, CA 95823. This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on September 6, 2023. This statement was filed with the

County Clerk of Yolo County on

9/7/2023 By: Jesse Salinas, Deputy Publish: Oct 20, 27, Nov 3, 10, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230792 The following person(s) is doing business as: Why Not Boba?/ Why Not Mochl?, 612 4th Street, Davis, CA 95616 507 LLC, 3631 Truxel Road #1342, Sacramento, CA 95834.

This business is conducted by A Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on September 1, 2023. This statement was filed with the County Clerk of Yolo County on

9/15/2023. By: Jesse Salinas, Deputy Publish: Oct 20, 27, Nov 3, 10, 2023 WHYNOT

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-1862

Irma Altamirano has filed a pe-

tition with this court for a decree

changing the name(s) of Daniela

Altamirano Mondragon to Daniela Altamirano

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on November 14, 2023, at 9:00 a.m. in Department 14, located at 1000 Main Street Woodland, CA 95695 and show cause, if any, why the petition for Change of Name should not be granted

Dated: September 19, 2023 David W. Rosenberg, Judge of the Superior Court

Publish: October 6, 13, 20, 27, 2023 ALTAMIRANO 10-27-23

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-2098

Sayed Kabir Sadat has filed a petition with this court for a de cree changing the name(s) of Saved Abdul Basit Sadat to Basit Sadat and Saved Abdul Bais Sadat to Bais Sadat and Sayed Abdul Waris Sadat to Waris Sadat. IT IS ORDERED that all per-

sons interested in the above-entitled matter appear before this court on December 5, 2023. at 9:00 a.m. in Department 14, located at 1000 Main Street Woodland, CA 95695 and show cause, if any, why the petition for Change of Name should not be granted. Dated: October 11, 2023

Daniel M. Wolk, Judge of the Superior Court Publish: Oct 27, Nov 3, 10, 17, 2023

NOTICE OF PETITION TO ADMINISTER ESTATE

#### NOTICE OF PETITION TO

11-17-23

ADMINISTER ESTATE OF JOHN WAYNE RICHARDSON, SR. ALSO KNOWN AS JOHNNY WAYNE RICHARDSON, SR CASE NO. PR2023-0223

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of John Wayne Richardson, Sr., also known as Johnny Wayne Richardson, Sr. A Petition for Probate has been filed by Stacy W. Richardson, in

the Superior Court of California, County of Yolo, requesting Stacy W. Richardson be appointed as personal representative to administer the estate of the decedent. The petition requests the dece-

dent's lost will and codicils, if any, be admitted to probate. The lost will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will

allow the Person Representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the Personal Representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows: November 2, 2023, 9:00 a.m. in Dept 11. Superior Court of California, County of Yolo, 1000 Main Street, Woodland, CA

95695 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written obections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in Cali-

fornia láw. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: Tracy M. Potts/ Emanuel Avila Martin, 180 Promenade Circle Suite 120. Sacramento, CA 95834; 916-643-2000 Publish: October 13, 20 and 27, 2023 10-27-23

TRUSTEE SALE

No: CA08000087-23-1 008-303-006-000 No: 230021741-CA-VOI NO-TICE OF TRUSTEE'S SALE (The above statement is made pursuant to CA Civil Section 2923.3(d)(1). Code The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(d) (2).) YOU ARE IN DEFAULT

UNDER A DEED OF TRUST

DATED April 19, 2005. UN-

LESS YOU TAKE ACTION TO PROTECT YOUR PROP-ERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PRO-CEEDINGS AGAINST YOU, SHOULD CONTACT A LAWYER. On October 27, 2023 [NOTE: Original sale date has been postponed to a future date] at 12:45 PM, at the North entrance to the City Hall located at 1110 West Capitol Avenue, West Sacramento, CA 95691, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust recorded on April 28, 2005 as Instrument No. 2005-0019706-00, of official records in the Office of the Recorder of Yolo County, California, executed by JUAN SOLORZANO BRAVO, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY, as Trustor(s), in favor of MORTGAGE ELEC-TRONIC REGISTRATION SYSTEMS, INC., as Beneficiary, as nominee for RESMAE MORTGAGE CORPORATION as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 420 CHAP-ARRAL WAY, WEST SACRA-MENTO, CA 95691 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed The total amount of of Trust. the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$254,622.10 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a 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, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiv-

er, if applicable. If the Trustee

is unable to convey title for

any reason, the successful

bidder's sole and exclusive

remedy shall be the return of

monies paid to the Trustee

and the successful bidder shall

have no further recourse. No-

tice to Potential Bidders If you

are considering bidding on this

property lien, you should un-derstand that there are risks

involved in bidding at a Trust-

ee 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

he aware that the lien being

auctioned off may be a junior

lien. If you are the highest bid-

der 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 outstand-

ing 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 con-

sult 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, Bene-

ficiary, Trustee, or a court, pur-

suant 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 Nationwide Posting & Publication at 916.939.0772 for information regarding the Trustee's Sale or visit the Internet Website www.nationwideposting. com for information regarding the sale of this property, using the file number assigned to this case, CA08000087-23-1. 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 Website. The best way to verify postponement information is to attend the scheduled sale. Notice to Tenant NOTICE TO TENANT FOR FORECLO-SURES AFTER JANUARY 1, 2021 You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 916.939.0772, or visit this internet website www.nationwideposting.com, using the file number assigned to this case CA08000087-23-1 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Date: September 12, 2023 MTC Financial Inc. dba Trustee Corps TS No. CA08000087-23-1 17100 Gillette Ave Irvine, CA 92614 Phone: 949-252-8300 TDD 711 949.252.8300 By: Loan Quema, Authorized Signatory INFORMATION CAN BE OBTAINED ONLINE AT www.nationwideposting.com FOR AUTOMATED SALES PLEASE INFORMATION CALL: Nationwide Posting & Publication AT 916.939.0772 NPP0440648 Publish10/20/2023, 10/27/2023,

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. BENEFICIARY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): HINEKA D. KEOMANY AND STACEY O VONGSA, HUSBAND AND WIFE AND VANH VONGSA AND CHAN VONGSA (HUS-BAND AND WIFE ALL AS JOINT TENANTS) Recorded: 2/26/2007 as Instrument No. 2007-0007122-00 of Official Records in the office of the Recorder of YOLO County, California; Date of Sale: 11/14/2023 at 12:45 PM Place of Sale: At the North entrance to the City Hall located at 1110 West Capitol Avenue, West Sacramento, CA 95691 Amount of unpaid balance and other charges: \$180,916.23 The purported property address is: 3131 WAKE ISLAND WEST SACRAMENTO CA 95691 Assessor's Parcel 045-613-021-000 NO-TO POTENTIAL BID-DERS: 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 proper-

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 916-939-0772 for information regarding the trustee's sale or visit this internet website http:// www.gualityloan.com. using the file number assigned to this foreclosure by the Trust-CA-23-960107-NJ. 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 website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and high est bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 916-939-0772, or visit this internet website http://www. qualityloan.com, using the file number assigned to this foreclosure by the Trustee: CA-23-960107-NJ to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. NOTICE TO PROSPECTIVE OWNER-OC-CUPANT: Any prospective owner-occupant as defined in Section 2924m of the California Civil Code who is the last and highest bidder at the trustee's sale shall provide the required affidavit or declaration of eligibility to the auctioneer at the trustee's sale or shall have it delivered to QUALITY LOAN SERVICE CORPORATION by 5 p.m. on the next business day following the trustee's sale at the address set forth in the below signature block. The

#### MAY BE SOLD AT A PUBty. NOTICE TO PROPERTY other common designation, if **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 November 15, 2023, approx. 12:00pm on storagetreasures.com

Elizabeth Tharp, Jennifer Boyd, James Jackson, Michelle B Evans, JEWELL WILKINS, 0326 Lamont Dunn, Amber Ostrander, Maria Arreola, Debra Patrick, Keyarria Fisher

West Sac News Ledger 10-27, 11-3-2023

undersigned Trustee disclaims

any liability for any incorrect-

ness of the property address or

#### **ORDINANCE SUMMARY**

At their regular meeting on October 18, 2023, the West Sacramento City Council adopted by the vote noted below Ordinances 23-10, banning weapons from City facilities of the City of West Sacramento Municipal Code.

AYES: Alcala, Early, Sulpizio Hull, Orozco. NOES: None.

ABSENT: Guerrero.

11/03/2023

NEWS LEDGER

NOTICE OF

SALE TS No. CA-23-960107-

NJ Order No.: DEF-556858

YOU ARE IN DEFAULT UN-

DER A DEED OF TRUST

DATED 2/14/2007. UNLESS

YOU TAKE ACTION TO PRO-

TECT YOUR PROPERTY, IT

11/03/2023

TRUSTEE'S

ABSTAIN: None.

The full text of this ordinance is available in the City Clerk's Office, 1110 West Capitol Avenue, West Sacramento, CA 95691.

West Sac News Ledger 10-27-2023

#### **ORDINANCE SUMMARY**

At their regular meeting on October 18, 2023, the West Sacramento City Council adopted by the vote noted below Ordinances 23-8, amending Section 2.16 of the West Sacramento Municipal Code to include the Council's One City governance framework of the City of West Sacramento Municipal Code.

> AYES: Alcala, Early, Sulpizio Hull, Orozco. NOES: None. ABSENT: Guerrero. ABSTAIN: None

The full text of this ordinance is available in the City Clerk's Office, 1110 West Capitol Avenue, West Sacramento, CA 95691.

West Sac News Ledger 10-27-2023

#### **ORDINANCE SUMMARY**

At their regular meeting at 7:00 p.m. on November 1, 2023, the West Sacramento City Council is scheduled to adopt the following ordinances.

To provide comment, the public may attend the meeting in-person or submit a comment in writing,

via email to 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 3:30 PM will be provided to the City Council and made available for public viewing. The comments submitted shall become part of the record of the meeting.

ORDINANCE 23-9 AMENDING TITLE 10 (VEHICLES AND TRAFFIC) OF THE MUNICIPAL CODE RELATING TO THE RE-ESTABLISHMENT OF SPEED LIMITS ON CERTAIN STREETS WITHIN THE CITY OF WEST SACRAMENTO

West Sac News Ledger 10-27-2023

# On the Mental Health Hot Seat

Continued from page 1

Committee on Mental Health and Addiction.

Democratic state Sen. Scott Wiener of San Francisco, chair of the committee and author of the California Mental Health Parity Act, says he shares many of the mental health advocates' concerns.

"We know the plans have a long history of finding ways not to cover mental health treatment," he told CalMatters. "The whole purpose of this law is to put an end to that."

Prior to the passage of the 2020 law, the state only required health plans to cover medically necessary treatment of nine serious mental illnesses. For years, mental health advocates had tried and failed to expand that list. With Wiener's law, they were finally triumphant.

Beginning in January 2021, the state has required plans to pay for treatment of a much more extensive array of mental health issues, along with substance use disorder and addiction. This state law is separate from a federal mental health parity law passed in 2008. The concept of "parity" refers to requiring insurers to treat mental and physical health conditions equally.

Health plans say they "have been diligently working in good faith" to comply with these laws while facing industry-wide challenges like workforce shortages. They say they are navigating guidelines that are ambiguous and uneven while waiting for the Department of Managed Health Care to finalize regulations.

"This creates a situation of moving goal posts for plans, providers, and our enrollees," said Mary Ellen Grant, spokesperson for the California Association of Health Plans, in

Mental health advocates have also long criticized the Department of Managed Health Care, which oversees health plans in the state that receive monthly fees to provide health care for their members. And they, too, are concerned that it's taking so long for the official rules to be decided.

This summer, more than a dozen advocacy groups signed a letter of concern to the department, questioning its commitment to enforcing some aspects of the new state parity law. The organizations want the department to publish and publicize its investigations.

"It's still a relatively secret process," said Lauren Finke, a policy director at The Kennedy Forum, a national organization that cosponsored California's parity legislation.

The Department of Managed Health Care declined to make anyone available to speak with CalMatters until later this fall. In an email, a representative said the department "is committed to ensuring enrollees have appropriate access to behavioral health care when they need it."

In response to advocates' critiques that the department isn't adequately analyzing and publicizing how well plans are complying with state parity law, the department said in a statement that it is evaluating health plans' compliance in other ways; including that analysis in the behavioral health investigations would slow them down too much, the statement said.

Meiram Bendat, a Santa Barbara attorney and psychotherapist who focuses on mental health parity, says that the three-year-old state law has improved patients' ability to receive mental health care by creating a uniform definition of what is considered "medically necessary."

But when it comes to ensuring that health plans maintain adequate provider networks, he said, the department is "failing miserably." Too often, plans offer their members only outdated lists of providers who then prove to be unavailable, Bendat said. The Department

of Managed Health Care hasn't adequately held plans accountable for this and other problematic practices, he

"The historic network inadequacy around the state and the lack of meaningful fines, that's a real failure on the part of the department," he said.

Finke, of The Kennedy Forum, called the Kaiser settlement "long overdue" and "a very important first step in the Department holding plans more accountable for their performance (or lack thereof)." The settlement includes a \$50 million fine and corrective action plan as well as a commitment by Kaiser to invest an additional \$150 million over five years to improve behavioral health services.

But Finke and others also said the settlement itself provides evidence of the department's failures to enforce a previous settlement agreement with Kaiser from

"Will DMHC do its job going forward? That's the big question," asked Fred Seavey, research director for the National Union of Healthcare Workers, which represents 2,000 Kaiser mental health workers in Northern California who undertook a 10-week strike last year over heavy clinician workloads and long wait times for appointments. He said he wrote complaints to the Department of Managed Health Care earlier this year, saying that Kaiser in Southern California has been illegally restricting the scope of behavioral health services.

Kaiser said, in an emailed statement, that "any accusation that we intentionally limit or restrict needed care is untrue."

Southern California Kaiser members receive a wide range of behavioral health clinical offerings, the statement said. Despite a statewide shortage of clinicians, Kaiser is "doing all that we can" to expand its network of mental health providers.

PURSUANT TO SECTIONS

3071 AND 3072 OF THE CIV-

IL CODE OF THE STATE OF

CALIFORNIA, THE UNDER-

WILL SELL AT PUBLIC SALE ON:

2022 KTM RC LIC# 26E4279 CA

NOVEMBER 6, 2023 10:00AM

TOWING & POUND 1244 FORTNA AVE WOODLAND CA 95776

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10-27-23

CITIZENS

FNG# N93841452

Publish: 10/27/23

CNS-3750011#

**NEWS-LEDGER** 



# **Riley Reviews**

#### HALLOWEEN BRINGS OUT A CORNUCOPIA OF FRIGHT PROGRAMS ON TV

#### A Film and TV Review by Tim Riley

Halloween is not just for kids dressing up and knocking on doors for candy. This is the time for anyone willing to enjoy the scary thrills of series and movies on television and streaming services.

The Turner Classic Movie (TCM) channel has been showing an abundance of Creepy Cinema for the whole month, but it is Halloween day when all the chills and frights are going to be released for a 48-hour Terror-thon – 31 films with the most fear-inducing stories.

The early 1930s was indeed a golden age of great horror and monster movies. Universal Studios founder Carl Laemmle struck gold for his struggling studio by adapting classic Victorian novels into cheaply made, but enormously popular horror films.

One of the first and best was the original "Frankenstein" (1931). Colin Clive plays Dr. Henry Frankenstein, the mad scientist obsessed with bringing people back from the dead.

Frankenstein manages to assemble a being made entirely of human body parts who then comes to life as a homicidal maniac set on killing his creator. The ensuing sequences are as terrifying today as they were over 90 years ago.

Boris Karloff gives one of the most chilling performances in all of film as the monster, a role he would recreate in two equally frightening sequels, "The Bride of Frankenstein" (1935) and "House of Frankenstein" 1944.

Mel Brooks' 1974 "Young Frankenstein" is a classic in the genre, even though it is a comedy, and it would be nice to find it on a streaming service. Peter Boyle could not be any better as the tap-dancing monster.

Gene Wilder's Dr. Frederick Frankenstein is a treat as the American grandson of the infamous scientist ending up in Transylvania, where he discovers the process to reanimate a dead body that goes all kind of wrong.

As its title suggests, Tod Browning's "Freaks" (1932) is like nothing else you've ever seen. This peculiar film tells the story of a group of sideshow performers in a seedy carnival.

Olga Baclanova plays a scheming trapeze artist set on stealing a small inheritance from one of the little people performers, played by Harry Earles of the famous Dancing Dolls.

Drawing on his own experience as a carny and circus performer, Browning made the wise, though risky decision of casting the film with real side show performers; people

with real physical disabilities, including conjoined twins and amputees.

The aptly-named "Freaks" is a bizarre and gritty film with the kind of stark realism that is highly unlikely to be made by any major studio in today's world. Imagine the controversy it would

Fans of the anthology series from Ryan Murphy and Brad Falchuk will find four intriguing episodes of "American Horror Stories" third season having premiered on Hulu on October 26 that is being promoted as a Halloween extravaganza.

While some of the stories tie back to the main series, others provide distinct horror tales by interconnecting

storylines from earlier seasons. Watching the horror anthology series FX's "American Horror Story Four-Episode Huluween Event" on Hulu should do the trick. On Hulu and Disney+, "Goosebumps"

is a horror comedy series developed by Nicholas Stoller and Rob Letterman based on the popular book of the same name by R.L. Stine. The series stars Justin Long and Rachael Harris. In the "Goosebumps" series, a group

of high school students embark on a journey to investigate the tragic death of a teenager named Harold Biddle. While unearthing dark secrets surrounding the mystery, they unwittingly unleash supernatural forces on their town.

Notwithstanding their personal issues and rivalries, the teenagers must all work together to finish what they started. In doing so, they begin to learn more about their families' secrets, which eventually leads to the answers to their questions.

AMC Networks' annual "FearFest" is

whipping up scares that started the beginning of the month, and every week AMC+ and Shudder have rolled out a new horror movie which began with the fan favorite "V/H/S" franchise. "V/H/S/85," the next installment in the

infamous found footage anthology series, is an ominous mixtape blending never-before-seen snuff footage with nightmarish newscasts and home video to create a surreal mashup of the forgotten Eighties. In the Shudder Original "The

Puppetman," a convicted killer on death row maintains his innocence saying it was an evil force controlling his body as he slaughtered his victims.

The killer's daughter begins to suspect that there may be some truth to her father's claim when those around begin to die in brutal ways. All hope rests on her shoulders to break The Puppetman's

The night before Halloween brings "Hell House LLC Origins: The Carmichael Manor," wherein a group of cold case investigators stay at the Carmichael Manor, the site of the unsolved murder of the Carmichael family in the Eighties.

After four nights, the group was never heard from again. What is discovered in their footage is even more disturbing than anything found on the Hell House tapes. It seems Shudder lives up to its name for the frights of its Halloween films.

News-Ledger Adjudicated For and By the County of Yolo, Adjudication No. CV PT 09-1432 - September 4, 2009

#### TRUSTEE SALE

any, shown herein. 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. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedv. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy,

you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. Date: QUALITY LOAN SERVICE CORPORATION 2763 Camino Del Rio S San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 916-939-0772 Or Login to: http://www.gualityloan. com Reinstatement Line: (866) 645-7711 Ext 5318 QUALITÝ LOAN SERVICE CORPORA-TION TS No.: CA-23-960107-NJ IDSPub #0188694 10/20/2023,10/27/2023

11/3/2023 **NEWS LEDGER** 

11/3/2023

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LIEN SALE NOTICE

**LIEN SALE** 





#### Publisher, Paul V. Scholl

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After idling half the state's normal rice acreage last year due to water shortages, farmers of the grain are back in full force with harvest underway in the Sacramento Valley. They're off to a later start because of planting delays in the spring, which has pushed harvest into the rainy season. Substantial downpours this time of year could cause muddy fields, further delays and rice plants to fall over, dramatically reducing yields and quality. With days getting shorter and cooler, the race is on to get the crop off and into mills.

#### Insurance, Drone Bills Top New Laws of Interest to Farmers

A number of new state laws are set to impact California farmers in the coming months after Gov. Gavin Newsom ended the legislative year Saturday by signing a flurry of bills. Assembly Bill 1016 authorizes California's Department of Pesticide Regulation to modernize the certification process for farmers to use drones to spray pesticides and beneficial biological treatments on farms. Senate Bill 505 was created to improve commercial property insurance options for people who have struggled to access coverage due to the impact of wildfires.

#### Water Users in Scott, Shasta Watersheds **Discuss Potential Flow Mandates**

Farmers, ranchers, tribal members and others who rely on water from the Scott River and Shasta River watersheds turned out last week to offer insights to state officials considering an emergency regulation to set minimum flows on the tributaries. The gathering at an informational workshop on Oct. 6 in Sacramento came in response to a July 1 petition by the Karuk Tribe. The petition seeks permanent minimum instream flows to prevent the Extinction Of Coho Salmon.

#### Researchers Eye Agave as a Crop for State's Changing Climate

After years of drought, some California farmers are planting agave, a drought-tolerant succulent used to make sweeteners and distilled beverages such as tequila and mezcal. Calling agave an emerging, low-water crop, researchers at the University of California and partners in the state and in Mexico are sharing research and growing guidelines for growers interested in sustainably growing agave. Researchers said agave plants carry significance in Latino and indigenous cultures, having provided food, fiber and tools for sewing and medicine for thousands of years.



### **Social Security Matters**

# Can My Wife Claim Her Benefit Now, and from Me Later?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Can my wife claim her benefits now (at 63, and we know about the reduction for claiming early) and then, when I retire at 66 years and 10 months of age almost 3 years from now, can she switch over to spousal benefits based on my benefit amount? She worked at a higher paying job for much of her career but is now at a much lower income and would be under the amount that would reduce her benefits further. I currently earn about nine times her annual salary so the spousal benefit for her would be an increase when I retire. Signed: Seeking

Information Dear Seeking: Yes, your wife can claim her own (reduced) Social Security retirement benefit now. and she will be automatically awarded a spousal boost when you later claim your SS retirement benefit. However, your wife's benefit when you claim will not be 50% of your full retirement age (FRA) amount because she claimed her own SS benefit early and also because her spousal boost will be awarded prior to her FRA. Any benefit taken before FRA is reduced, including the spousal benefit.

Here's what will happen if your wife claims her own Social Security at age 63:

- Your wife's personal SS retirement benefit, when she claims, will be reduced by about 25%
- When you claim at your full retirement age, your wife will get a "spousal boost" to her own reduced benefit.
- The amount of your wife's spousal boost will be the difference between her FRA entitlement and 50% of your FRA entitlement, reduced because the spousal boost will be awarded (automatically) before she has reached her own full retirement age. FRA amounts are used to compute the spousal boost, regardless of the age at which benefits are claimed.
- When you claim your wife will not yet be her FRA, so the amount of her spousal boost (the difference between her FRA entitlement and half of your FRA entitlement) will be reduced.
- The reduced spousal boost will be added to your wife's reduced SS retirement benefit, resulting in her total benefit payment being less than half of yours.

The only way your wife can get the full 50% of your FRA entitlement is to wait until her own FRA (67) to claim Social Security, but by doing so she also forfeits the money she would otherwise receive if she claimed her own benefit now. As long as she

won't significantly exceed the earnings limit while working before her FRA, claiming now is an acceptable strategy because it will take many years to recover the money forfeited by waiting until her FRA to claim. It's also reasonable because women statistically outlive men and your wife's benefit as your surviving spouse will be 100% of the amount you are receiving at your death, instead of the smaller spousal amount she was receiving while you were both living.

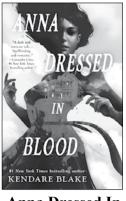
When to claim is always a personal choice, and life expectancy should always be thoughtfully considered, but the answer to your specific question is yes, if your wife claims her own benefit at 63, she will automatically receive her spousal boost when you claim, but her payment as your spouse will be less than 50% of your FRA benefit amount.

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BOOK REVIEW & SPECIAL EVENTS EDITOR • ☑ amy-shane@att.net • ◎ amy\_fortheloveofbooks

# **Ghostly Encounters and Chilling Reads Just in Time For Halloween**



#### Anna Dressed In Blood

by Kendare Blake; For Teen

Anna Dressed in Blood returns just in time for Halloween with a whole new cover and added novella.

With athame in hand, Cass slices through the neck of the hitchhiker; black blood pours from his thick wound, spewing over his vintage jacket. He doesn't scream as he shrivels up, and within a minute, he disappears.

Cass Lowood's world has been centered around killing things already dead. Since his father's death, the weight has fallen upon his shoulders to continue the family tradition of ghost hunting, sending Cass and his mother to the shadowed and sinister places that call to him.

However, the one thing Cass was not prepared for was the parchment paper letter with the blood-etched name Anna Korlov, murdered 1958, and the horrors that awaited him.

A famed local legend,

Anna Dressed in Blood was known to be horrifically violent, taking no mercy on anyone who dared to cross her home's threshold. However, once Cass's eyes fell upon Anna, everything changed. Anna was captivating with her midnight black hair floating around her and her black pool eyes. Her white dress, saturated in blood, dripped along the floorboards as she approached, which only added to the horror behind her name.

Every bit of normalcy quickly fell out of place as Cass found himself in a whirlwind that would be Anna. Now surrounded by new friends, Cass must uncover the power that binds Anna to the house in order to release her. But unlocking the dark recesses of what lies below might be more than Cass can handle.

Blood pours from the pages of this atmospheric ghost story; *Anna Dressed in Blood* is as gorgeous as it is gory. Kendare Blake captures her reader's hearts with a truly mesmerizing story and takes them on a heart-wrenching tale of a boy, a legend, and discovering a love that was never meant to be.

Captivating you with writing that tangles you up in a blood-soaked tale, Kendare Blake leaves readers with so many questions about love, ghosts, and the ultimate question: can a ghost have a soul?



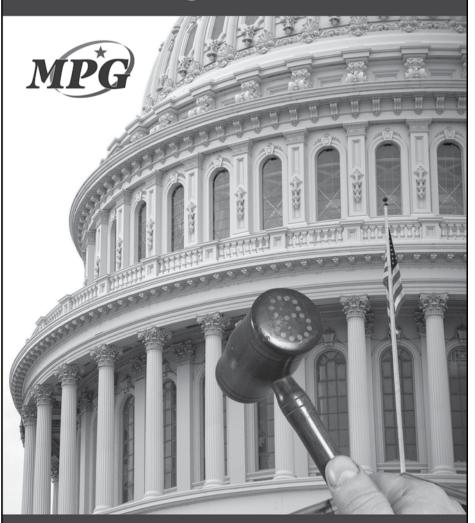
Too Scared to Sleep by Andrew Duplessie; Clarion Books

For readers looking for a small-bite horror story, *Too Scared To Sleep* merges truly terrifying short stories with "pulse-pounding" videos generated to enhance each horrific tale. With a simple click of a cell phone's camera on the included QR code, readers will be thrown straight into the middle of over thirty spine-tingling moments straight from each story.

Throwing the lid off of everything readers have heard about interactive stories, Andrew Duplessie delivers a first-ever reading experience combing short stories with interactive videos, leaving readers wondering who they can trust. No matter what keeps you up at night this bite sized book is jammed packed with stories including everything from the paranormal to technology, monsters, supernatural, and more. Just make sure to keep the lights on!

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# Crime Reports WEST SACRAMENTO



- 10-04-23 VANESSA HARBOUR Arrested for DUI Alcohol/drugs/high BA/refusal to take chemical test and DUI Alcohol/0.08 percent/High BA/refusal to take chemical test.
- 10-08-23 JAMES MCDONAGH Arrested for Disorderly Conduct Alcohol for allegedly causing problems at a bar.
- 10-08-23 DAVID LOPEZ Arrested for Possession of Unlawful Paraphernalia.
- 10-09-23 GERALD MOLLET Arrested for four bench warrants. 10-10-23 AARON SALINAS Arrested for two bench warrants.
- 10-11-23 VICTOR CONWAY Arrested for Assault with a deadly weapon:Not a firearm.
- 10-12-23 ERIC GRAHAM Arrested for parole violation.
- 10-12-23 CARMEN REYNAGA Arrested for Possession of Narcotic controlled substance, and two bench warrants.
- 10-14-23 ROBERTO ARROYO Arrested for Vandalism and Give false ID to Police.
- 10-14-23 JEFFREY WOOD Arrested for Grand theft and two bench warrants.
- 10-14-23 KENIECE DAVIS Arrested on bench warrant after police responded to a call about an active commercial
- 10-14-23 JEFFIE GLOVER Arrested for Assault with a deadly weapon, possession of controlled substance, possession narcotic.
- 10-17-23 BRETT NYBERG Arrested for a warrant after being contacted by police for allegedly causing a disturbance at his home.

#### **INCIDENT/CRIME REPORTS**

- 10-13-23 Subject arrested for possession of stolen vehicle. \$14,000 loss. Take vehicle w/o owner's consent/vehicle theft and possession of stolen vehicle.
- 10-11-23 Subject threw a rock through a front window and opened cabinets, looking for items to take.

  Burglary.
- 10-11-23 Subject arrested for aggravated assault. Subject allegedly struck victim in head with bicycle when victim, who is security for bowling alley asked him to get out of driveway. Assault with deadly weapon with force.
- 10-13-23 Theft of tools and car stereo \$4,200 loss. Grand theft.
- 10-14-23 Subject arrested for Grand theft and warrants. \$2,280 loss. Grand theft and two warrants.
- 10-14-23 Subject arrested for trespassing, possession of controlled substance, obstruction.
  10-14-23 Fake bills used to purchase products. \$100 loss. Make/Pass/Publish/etc.- Fictitious Check.
- 10-14-23 Report in regard to an assault. Police arrived on scene and spoke with subject who told them he was just hit in the head and back with a bicycle by S-Jeffie Glover. Police watched video surveillance of this incident provided by an employee at Mercy Housing and confirmed that victim was hit with a bicycle multiple times in the head and back, causing visible injury. Police asked the employee at
- a bicycle multiple times in the head and back, causing visible injury. Police asked the employee at Mercy Housing if he knew who the person in the video assaulting victim was and he identified the suspect and that he lived at Mercy Housing. Assault with deadly weapon, possession of controlled substance, possession of narcotic.

  10-16-23 Unknown suspect was observed driving a stolen vehicle taken during a carjacking. The stolen
- vehicle hit showed that two suspects were armed with semi-automatic handguns when the vehicle was stolen. Suspect fled when a vehicle stop was initiated and pursuit was terminated after losing sight of the suspect vehicle. Evade peace officer with wanton disregard for safety.
- 10-16-23 Checks were mailed out by victim company and then attempted to be fraudulently cashed. \$31,315 loss. Make/pass/fictitious check and forgery.
- 10-16-23 Unidentified suspect vandalized the victim's parked vehicle. Per the victim, the repairs will cost approximately \$1,000. Vandalism.
- 10-17-23 Reporting person's tools were stolen from his truck in Home Depot parking lot. Total value approximately \$1,000 \$1,000 loss. Burglary and Grand theft.

# COMICS & PUZZLES









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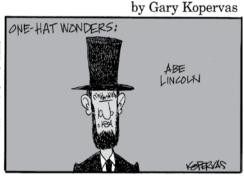


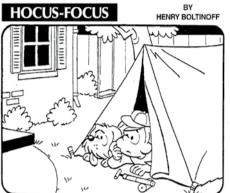


Out on a Limb



OUR PLATES





Find at least six differences in details between panels. ences: 1, snuriers are missing. 2, Swing is missing, 3, Dog's tongue is nissing, 6, Flap is smaller.

IGER





I'M WEARING MY







by BUD BLAKE

I WANNA SET USED TO



'You even have to have the last word when you're not speaking to me!"



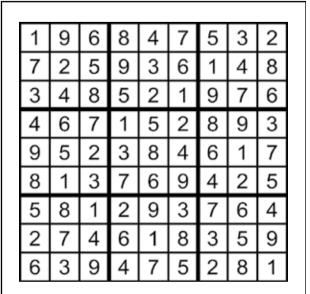
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**CLUES** 

ACROSS

1. Sylvester Stallone's "\_\_\_\_ King"
6. And so forth, abbr.

Mongolian 13. Uniate church

member

14. Additionally 15. Modified "will"

16. Heart surgery prop 17. Remains container

18. Follow 19. \*Thor Heyerdahl's raft 21. \*Jackie Robinson's

new team, 1947 23. \*Cassius Marcellus

Clay, Jr., born in 1942

24. Animal prod 25. Give a nickname

28. Dwarf buffalo 30. Edible corn part

35. Functions 37. \*\_\_\_\_ Strip on Mediterranean Sea, 1948

39. Roman goddess. patroness of hunters 40. \*Moscow

cocktail, created in 1940s 41. Beach souvenir

43. Inspiring horror 44. Not long

46. Home to Bryce Canyon

47. Smoothie bowl flavor 48. Become available (2

50. Links hazard 52. Mozart's "L'

Cairo" 53. Back of the neck

55. Transgression 57. \*Carmen of "The

Gang's All Here" 61. \*United \_\_\_\_ established 1945 65. Popeye's sweetie

66. \*The BAA and NBL merged, forming this

68. Battle royal 69. Denigrating state-

ment 70. What divots and divas have in common

71. Audience's approval 72. Lad's counterpart 73. Number on a birthday

cake 74. Not o'er

DOWN

1. Poacher's trophy
2. "Do \_\_\_\_ others..."

3. Bank claim 4. \*1947's "Here Comes

\_ Claus"

5. King of the Huns
6. Purse for the red carpet

7. High craggy hill 8. Type of dwelling

9. "The \_ Show" (1976-1980)

10. Yorkshire river 11. Hangover memory? 12. 15th of March

15. Tied the knot

20. \*Leopold III of Belgium

and Christian X of Denmark, e.g. 22. Acorn producer

24. Common newspaper name 25. \*"When I See an Ele-

phant Fly" elephant, 1941 26. Steal a throne

# CROSSWORD

35 40 48



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27. Misrepresent

29. \*Pearl Harbor location 31. Capital of Latvia 32. Narcotics agent

33. \*Considered first general-purpose computer, acr.

34. a.k.a. vampire

36. Espied 38. a.k.a. Daminozide

42. \_\_\_\_ Apso 45. Tornado visual 49. Helicopter landing

51. Coal miners 54. Bear of bamboo forest

56. Brother's daughter

57. Gangster's gal 58. Hip bones

59. Barbecued anatomy

60. Birds 61. Part of cathedral

62. Cantina cooker 63. Sans mixers

64. Comedian Meyers 67. \*"The \_\_ \_\_ Sleep," 1946

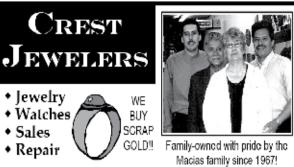


Fill in the blank squares in the grid, making sure that every umn and 3-by-3 box includes all digits 1 through 9

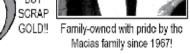
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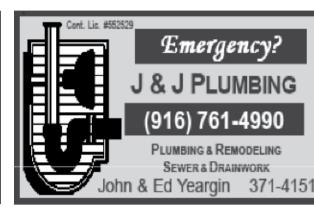
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