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West Sacramento News Ledger

VOLUME 59 • ISSUE 49

Serving the West Sacramento Region Since 1964

DECEMBER 8, 2023

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Santa Receives a Little Help



Members of the West Sacramento Trail Riders Association deliver toys to the firefighters of WSFD Station 45 for distribution to the community. Photo courtesy of West Sacramento Trail Riders Association

By Michele Townsend

WEST SACRAMENTO, CA (MPG) - Santa Claus received a little bit of help on Saturday from the West Sacramento Trail Riders Association (WSTRA), a group of horse owners and enthusiasts in West Sacramento. At “best guess” the group said they’d been helping Santa each year for the past fifteen years with their Trot for Tots toy drive. Every year they place decorated horse barrels at a few locations a week or so before Thanksgiving to collect new, unwrapped toys to help some local families give their children the magic that the holidays should bring to everyone. This year, those businesses included Wild West Feed,

Lenise’s Café and Starbucks near Lake Washington Boulevard.

On the way to meeting up, one of the horses that was going to be included in the event apparently got a little nervous about the traffic and business of what was going on and took off. They were able to catch him though, and returned him home. The rest of the group met up at Lenise’s Café with their horses decorated for the holidays so that they could ride the horses down Jefferson Boulevard to West Sacramento Fire Station 45 and deliver the toys that they had collected.

The toys will stay with the fire department for a week or so until one of Santa’s helpers picks them up and takes them to one of our local

organizations for distribution. “We come out every year. Each year our group buys around \$400 in toys, and each year the West Sacramento community donates at least double that in the short time we have the barrels out,” Said Melanie Haage. “It would be great if next year we had more locations that would let us place barrels.” Members of the WSTRA said that they wanted to thank the community for all of the donations, and that they look forward to doing it again next year. WSTRA promotes education and recreational opportunities for people interested in the preservation and protection of open space for trail corridors for equestrian use in Yolo County. ★

Caltrans Holds Public Meeting

By Michele Townsend

WEST SACRAMENTO, CA (MPG) - Residents of West Sacramento and surrounding areas were invited to the public meeting hosted by Caltrans. This meeting was an information gathering event for Caltrans to find out the thoughts, feelings and questions that the public has about a possible toll lane being added to the causeway for traffic congestion relief.

The meeting was held at the West Sacramento Community Center, behind Turner Library. With 15-20 Caltrans employees, designers, project managers and more, there was someone there that could likely answer whatever question you may have about the project. The room was set up with printed poster boards in a variety of subjects regarding the project.

According to the Caltrans Fact Sheet given out at the meeting, the purpose of the project is to improve mobility on the I-80 and US 50 corridors in Yolo and Sacramento counties. During peak times traffic gets severely congested around UC Davis, on the causeway, at the Highway 80/50 interchange, at I-5 and ramps that enter that corridor. This leads to severe traffic



congestion, accidents and stop-and-go conditions.

Caltrans believes that by building this toll lane, it will relieve congestion by opening up another lane. However, they are not just adding another lane. With a toll lane, you have to pay to drive in that lane. In the Bay Area, to use the toll lanes you have to pay approximately \$50 for a transponder that you put in your car (and you still have to pay to use the lane). On that transponder you can click a little button to indicate if you are driving alone, or with multiple passengers. (Cars with three or more people can use the lane for free.) The technology along the route is able to see how many people are in your car so that

it knows the correct amount to charge you. It has not been decided yet, but Yolo County may use a similar type of system.

The Caltrans Fact Sheet says that by adding this lane it will improve freight mobility and public transportation. However, it would only affect freight mobility if a significant number of people pay to use that lane, and it frees up space on the existing road. The new lane will be built on the fast-lane side of the road. Truckers have to stay in the right two lanes.

Caltrans says that there is a need to improve transit access and viability for Yolo Bus, Solano Transit and upcoming electric busses between the UCD campus and UCD

Medical Center. A toll lane is not the only option. Though it is definitely the option that they are reaching for, it could possibly be decided that it could be a carpool lane.

Caltrans says that in that corridor there have been 4,971 collisions, 1,807 injuries and 39 fatalities in the last ten years. The project also calls for a new bike/pedestrian path, as well as improving the existing path. They plan to build a new 300-space transfer station and that all of this will save up to 60 minutes of time. They plan for concrete medians, changeable message signs, closed circuit TV and ramp metering.

The cost of this project is in the range of \$230,000,000 - \$465,000,000. The timeline is as follows: Environmental Study Spring 2023, Design Complete Summer 2024, Construction Begins Fall 2024, Construction Ends Fall 2027. If you missed the public meeting in West Sacramento, there will be another chance in Davis on December 13, 2023. For more information, to ask questions or to contact the Public Information Officer, you can find the project website by typing in “YOLO-80 CORRIDOR IMPROVEMENT PROJECT.” ★

December Home Run Incentives

*City of West
Sacramento News
Release*

WEST SACRAMENTO, CA (MPG) - Ready, Set, Save Incentive Opportunities for the month of December have been posted. The West Sacramento Home Run program has eligible activities coming up that can add money to your accounts. This holiday season, empower your child’s future with the gift of education! Instead of gifts your child will out-grow or lose interest in, your friends and family can contribute to your child’s ScholarShare 529 account with Ugift®. As a special incentive, for every child that establishes their Ugift® unique code, we’re thrilled to contribute \$10 to your child’s Ready, Set, Save! account. Encourage friends and family to embrace the spirit of lasting impact by gifting the promise of education.

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The scheduled incentives so far are as follows: Ages 0-4: none scheduled, Ages 5-10: December 6 – Paint & Snack, Dec 8 – Kids Night Out, December 15 – Lego Block Party, December 20 – Paint and snack, December 22 – Parent’s Night Out. Ages 11-13: same as ages 5-10. Ages 14-18: December 2 – Yolo County Climate Action, December 6 – City Council or Port Commission, December 21 – Planning Commission. There is a \$20 incentive for public speaking. Also, a \$20 Incentive for all family events, which include: Dec 1 – West Sac Tree Lighting, December 3 – Cocoa with Santa, December 8 – Art Reception, Art by Reggie, December 16 – Cookie Decorating, December 30 – Family Movie.

Explore the links on wshomerun.org to find out what other activities participants can be doing to earn money. Some may even be completed right from home! Once you’ve completed an activity, you can submit a claim through our online form. The Home Run Program can be found at City of West Sacramento, 1110 W. Capitol Ave., West Sacramento, CA 95691. ★



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Sacramento River Cats Join GOAL Sustainability Movement

Sacramento River Cats News Release

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats and Sutter Health Park have joined a collective of major venues in sports and live entertainment across the globe as a member of the industry-wide GOAL sustainability platform to champion social impact, climate action, and responsible change.

GOAL, which was founded in October 2022 by Oak View Group (OVG), the Atlanta Hawks & State Farm Arena, Fenway Sports Group, and green building expert Jason F. McLennan, is a community of sustainability-minded sports and entertainment operators which provides venues at different points in their sustainability journeys with tactical roadmaps, easy-to-use tracking tools, a library of resources and case studies, and access to like-minded, leading operators, vendors, and solution-providers, all committed to operating more sustainably, more urgently.

Sutter Health Park joins a growing list of venues, representing legendary teams and iconic places of mass assembly committed to leading, learning, collaborating and, in all cases, making a positive impact on their communities and for the planet. GOAL supports each venue’s sustainability journey through data collection and analysis in addition to providing sustainability strategy, communications support and corporate partner engagement.

The Sacramento River Cats and Sutter Health Park have been an active participant in implementing sustainable best practices which included the installation of stadium solar panels, the use of internal LED lights, and intentional recycling

efforts across the organization which include a food waste diversion system. Additionally, in partnership with area businesses, the River Cats created the Sustainability Circle in 2015 to work collaboratively to cultivate sustainable practices and reduce their carbon footprint.

“We look forward to continuing our renewable journey by joining the GOAL sustainability platform,” said Chip Maxson, President/COO of the Sacramento River Cats. “This partnership will allow us to enhance our industry-leading efforts and further our commitment to keeping our region beautiful and healthy for generations to come.”

The venues within GOAL represent different sports, different geographies, and different building types of varying sizes and ages, ensuring that the input and feedback is worthy of the diversity of the live entertainment and hospitality industry. Some venues are already leading the way when it comes to climate action, and others are just beginning their respective journeys. But in all cases, these venues are action-oriented, climate-minded, and understand the urgency required to address a changing planet.

Properties within GOAL include: Acrisure Arena (Greater Palm Springs, CA), Budweiser Gardens (London, ON), CFG Bank Arena (Baltimore, MD), Chip Ganassi Racing (Pittsburgh, PA), Citi Field (New York, NY), Climate Pledge Arena (Seattle, WA), Co-op Live (Manchester, UK), Fenway Sports Group (Boston, MA), Footprint Center (Phoenix, AZ), Frost Bank Center (San Antonio, TX), Gainbridge Fieldhouse (Indianapolis, IN), Los Angeles Dodgers (Los Angeles, CA), Levi’s® Stadium (Santa Clara, CA),



MGM Music Hall (Boston, MA), Miami Heat (Miami, FL), Moda Center (Portland, OR), Moody Center at University of Texas Austin (Austin, TX), Mullett Arena at Arizona State University (Tempe, AZ), PPG Paints Arena (Pittsburgh, PA), Rocket Mortgage Fieldhouse (Cleveland, OH), Sacramento River Cats (Sacramento, CA), Spectrum Center (Charlotte, NC), State Farm Arena (Atlanta, GA), Subaru Park (Chester, PA), Target Center (Minneapolis, MN), UBS Arena (Belmont Park, NY), Wrigley Field (Chicago, IL), Xcel Energy Center (St. Paul, MN)

“Our collection of GOAL venues represents forward-thinking venues across the sports, live entertainment and convention industry,” said Chris Granger, OVG360 President. “I applaud Sutter Health Park

for their leadership, for their spirit of collaboration, and for their understanding of the urgency demanded by climate change. I look forward to working with Chip Maxson and his team, learning from them, and sharing the very best ideas and best practices with our industry as we race against the clock, together.”

OVG’s Sustainability Director Kristen Fulmer added, “We designed GOAL to make sure that the data points and thresholds for leadership meet venues anywhere along their sustainability journey, engaging – and without shaming – venues that are just getting started, while also enhancing efforts in venues that already make an impact in a variety of different topics, from waste diversion, to water conservation, to improved indoor air quality.” ★

CORRECTION

In the December 1, 2023, issue of the *West Sacramento News Ledger* we included an incorrect caption for our front-page story. The caption should have read, “Mayor Martha

Guerrero, Yolo Foodbank President Karen Baker, County Supervisor Oscar Villegas and Francisco Castillo working hard at Giveaway Day.” We apologize for any inconvenience. ★

Funding Secured for New Sacramento State Event Center

California State University, Sacramento News Release

SACRAMENTO, CA (MPG) - Funding has been approved for Sacramento State to create an events center that will be home for the University’s men’s and women’s basketball teams, women’s volleyball and gymnastics teams, and intramural and club sports competitions. It also will be a venue for entertainment, arts and guest speakers.

The event center is expected to be completed and begin hosting events in fall 2024.

The facility is part of President Luke Wood’s vision to better serve the campus community and to bring the Sacramento regional community onto campus.

Members of the Board of Directors for Union WELL Inc., the nonprofit organization that oversees the University Union and The WELL fitness and health facility, on Nov. 15, unanimously approved a resolution to provide up to \$5.2 million from reserves

for the project. That money is expected to cover initial estimated expenses for the project. Sacramento State is paying for the project design, projected to cost \$300,000.

On Nov. 9, Associated Students Inc. (ASI), the University’s student governing body, passed a resolution favoring the project. That action followed ASI receiving a letter from Wood championing his plan to pursue the event center project.

“The (Union WELL) board’s decision demonstrates that we are on the rise,” Wood said. “Sacramento State is the only public university in the capital of the state with the fifth-largest economy in the world, and we are acting like it. I’m grateful that the Union WELL board supported our vision to position our University to better support student intercollegiate athletics, club sports, and recreation sports, and arts and culture.”

The project will provide another use for existing space that holds four courts that host recreational and intramural sports. Those

courts and their recreational use will remain, but they will be flanked by seating that can be rolled out and retracted to accommodate larger anticipated crowds for NCAA competition. Seating capacity remains to be determined. New lighting, scoreboards and video boards, and public address system will be added.

The University is partnering with Otto Construction and LPAS Architecture + Design for the design and construction of the facility.

Director of Athletics Mark Orr called the Union WELL Inc. board’s funding decision “a significant step toward achieving the goal of having a new events center on campus.”

“We are grateful for the vision of President Wood and to collaborate with terrific campus partners in ASI and the Union WELL,” Orr said. “This venue will not only benefit Hornet student-athletes, it will provide a space for all students to come together as a community and engage in events that will enhance their college experience.” ★



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Gardening Enthusiasts Invited to Free Composting Class

Yolo County News Release

WOODLAND, CA (MPG) - Join gardening enthusiasts from across Yolo County for an insightful composting class on Saturday, December 9, from 10:00 a.m. to 11:30 a.m. Attendees will dive into the art of composting under the guidance of a seasoned Master Gardener from Yolo County. This is an opportunity to gain hands-on experience in establishing and maintaining small-scale compost systems, designed to yield nutrient-rich soil for optimal fruit and vegetable cultivation. This class will offer a unique chance for gardening enthusiasts to explore various compost system designs and have their questions answered.

This free class is offered by the Yolo County Health and Human Services Agency in an effort to foster healthier lifestyles, and it is open to all residents. By learning more about composting, attendees will be able to live healthier lives with more fresh fruits and vegetables available to enhance their well-being. Pre-registration is mandatory for attendance. Detailed event information is provided below:

Classes are held year-round at the Hanna and Herbert Bauer Memorial Garden, as part of the Health and Human Services Agency's dedication to education and supporting healthier lifestyles. To secure your spot, please contact Nick Gazda at Nick.Gazda@

YoloCounty.org or (530) 666-8429 by December 8. Participants are advised to dress warmly and bring water. In case of poor weather or air quality, the classes will be moved indoors. Explore more about unearthing the potential within your waste and nurturing a healthier, greener tomorrow at www.YoloCounty.org/Garden. ★

Date: Saturday, Dec. 9
Time: 10:00 - 11:30 a.m.

Location: Hanna and Herbert Bauer Memorial Garden (behind Bauer Building)

137 N Cottonwood Street
Woodland, CA 95695

Teaching Conflict Resolution: Make a Radical Difference in Kids' Lives

By Jon Sundt, Chief Visionary Officer, Natural High

SAN DIEGO, CA (MPG) - A crucial piece for the overall well-being of any kid is the quality of their peer relationships. But, what happens when a kid experiences conflict or disagreement between friends?

Helping them build the critical skills of conflict resolution will enable them to build strong bonds.

Without strong relationships, research shows that kids are more likely to engage in dangerous, risky behaviors in order to find the acceptance they crave.

Conflict is awkward. Uncomfortable. Distressing. Overwhelming. Vulnerable. And, on the other side of it is all the good stuff — connection, intimacy, commitment, support, and love.

We want every kid to have every opportunity to thrive in life and live a life that's rich, deep, and filled with love. So, we have to teach kids how to resolve conflict. It's not something that you just pick up. It has

to be deliberately modeled, taught, and affirmed. By us, the adults in their lives.

Here are 3 principles for conflict resolution:

1. Recognize there's conflict:

The first step to resolving conflict is actually recognizing that there's a break in the relationship. This part is subtle.

We're always tempted to act like or convince ourselves that nothing's really wrong. But, the more self-aware and honest we become, the more we're able to recognize when something's been damaged and needs repair.

2. Take accountability and own your part:

It's pretty rare for a conflict to be completely one-sided. In fact, 98% of the time it takes two to tango. For whatever reason you contributed to the disagreement, hurt feelings, or misunderstanding — own it.

3. Commit to repairing:

Once everyone has had the chance to share their feelings and perspective, talk through ways to repair the relationship and avoid repeating the same patterns.

It might be an apology and a hug. It might look like a commitment to show up on time or be more honest with each other earlier. It might even be taking some space for a while to allow yourselves some time to work through your feelings. Or, perhaps, this is the time to shift the dynamics of the friendship.

It's difficult to imagine someone going through life and building authentic, supportive relationships, the kind that everyone wants and everyone needs in order to thrive, without learning how to practice conflict resolution.

What are the other options? Shallow friendships where we avoid getting too close? Shutting down friendships and moving on when things get uncomfortable or awkward?

Resolving conflict isn't for the faint of heart. It's not easy, it's incredibly vulnerable, but on the other side of a conflict is a deeper connection, stronger commitment, and a more meaningful life.

It's worth it. We have to teach our kids how to resolve conflict. ★

Creating Habitat: A Statewide Experiment for the Western Monarch



Monarch butterflies in the Demonstration Wetlands of the Yolo Bypass Wildlife Area. Join us for Flyway Nights on Thursday, December 7, 2023 at 7 p.m. Photo courtesy of Katharine Severson

Yolo Basin Foundation News Release

YOLO REGION, CA (MPG) - Yolo Basin Foundation's Flyway Nights speaker series Thursday, December 7, 2023, highlights the work of River Partners to restore habitat for the Monarch butterfly *Danaus plexippus*. The program will be a Zoom presentation sharing their work in the Yolo Bypass Wildlife Area and beyond.

River Partners in collaboration with The Xerces Society and Washington State University designed a project that not only aimed

to restore western monarch breeding habitat across the state of California, but to also better understand their behavior. This presentation will discuss monarch ecology, the experimental design guidelines of the project, address the lessons learned from the project, and next steps we can take.

Halie Goeman is a Restoration and Wildlife Biologist with River Partners in Sacramento. She has been working with monarch butterflies since 2017 and is passionate about monarch ecology and conservation.

Flyway Nights is a

monthly speaker series highlighting environmental issues, natural history of Northern California, and current research topics in conservation. Yolo Basin Foundation hosts Flyway Nights December to May through virtual presentations. Registration is required to receive the Zoom link to the presentation.

A donation to support the Foundation's wetland education programs is suggested. To register visit www.yolobasin.org/flywaynights or call Yolo Basin Foundation at (530) 757-3780. ★

Free Local Supportive Services

By Michele Townsend

WEST SACRAMENTO, CA (MPG) -The City of West Sacramento is a city full of staff and community officials, as well as community members that care about the well-being of fellow community members. As a result of this, West Sacramento is known as being an innovative city that produces programs and ideas outside the box, to aid in finding solutions to problems.

If you know someone who could use some supportive services, here are some places to start.

Immediate Resources On-Site: The Project Homekey Site is located at 817 West Capitol Ave., West Sacramento, CA, 95691. They are open Monday - Friday from 10 a.m. - 4p.m. Project Homekey has available: food, water, clothes,

hygiene, pet food, ID vouchers and bus passes. In addition, they offer a Thrive Lives life skills class, with a hot meal! This class takes place on Wednesdays from 12 p.m. - 1p.m. Project Homekey also offers Harm Reduction Services on Tuesdays from 2 p.m. - 3 p.m., in the gravel parking lot.

Yolo County Children's Alliance (YCCA) case managers can make referrals for Mental Health Services & Substance Abuse Treatment Services. YCCA case managers can check availability at Fourth and Hope Shelter in Woodland and arrange for transportation to the shelter, located at 1901 East Beamer St., Woodland, CA, 95776.

Other Resources & Services:

Domestic Violence Crisis: Empower Yolo Domestic Violence Crisis

Line (530) 662-1133 or (916) 371-0907.

Traditional Housing: Shores of Hope Traditional Housing Services (916) 372-0200.

Suicide Prevention: Yolo County Suicide Prevention Line (530) 666-7778 or National Suicide Prevention Line (800) 273-8255.

Work Opportunities & Support: Downtown Streets Team. Work opportunities are available, join the Streets Team! Weekly on Thursdays at 11:15 a.m. at 920 Drever St., West Sacramento.

Supportive Services with YCCA: YCCA Family Resource Center (916) 572-0560, located at 1200 Anna St., West Sacramento. Food distribution EVERY Friday 9 a.m., Family Support Programs, Parent Education Programs, Housing Services. ★

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Sex Offenders Get Compliance Checks

Yolo County District Attorney's Office News Release

WOODLAND, CA (MPG) - On November 14th and 15th, Yolo County law enforcement conducted compliance checks and address verifications on over 300 registered sex offenders. "Operation Vigilance" is a program that started 14 years ago with the goal to protect Yolo County community members by ensuring that those who must register as sex offenders who live in the County are complying with all laws and applicable parole or probation directives.

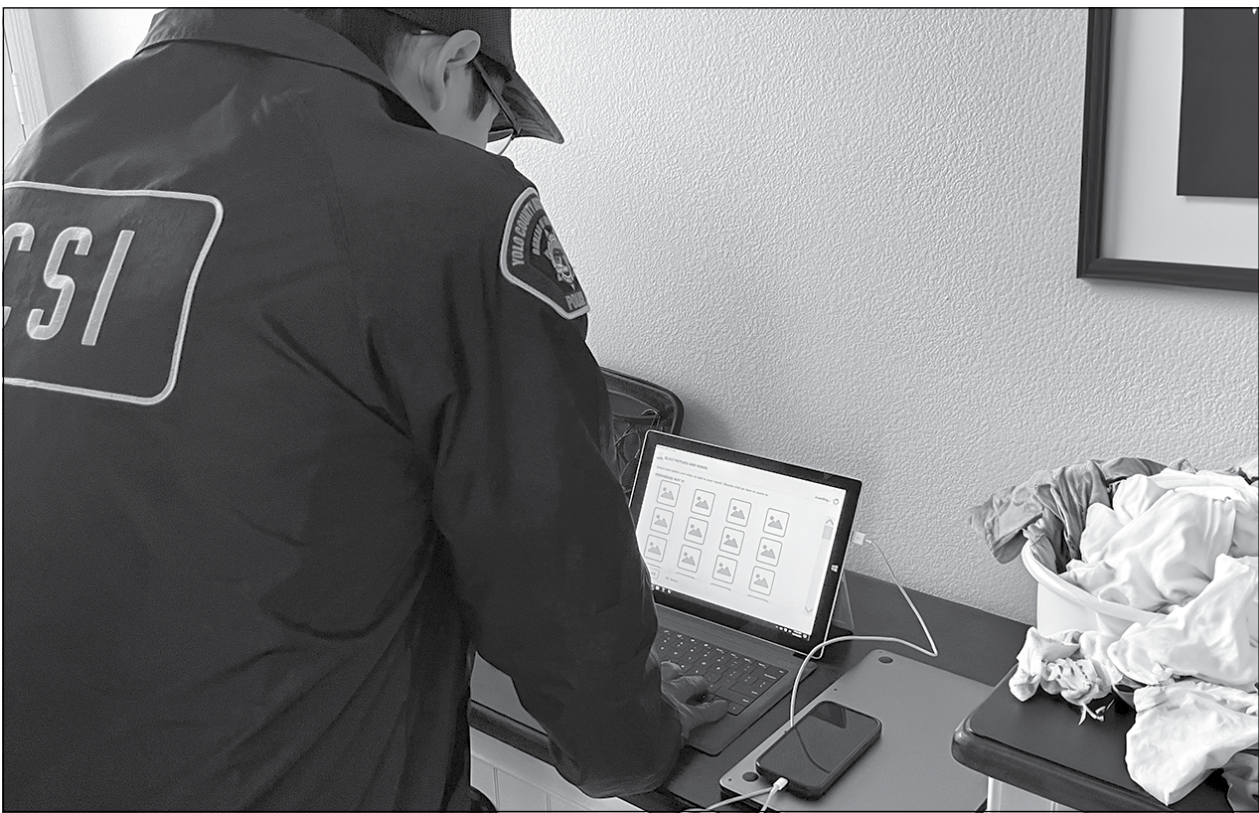
Over 80 law enforcement personnel from the California Department of Corrections and Rehabilitation, Davis Police Department, Yolo County Probation Department, Woodland Parole Unit, California Department of Justice Human Trafficking and Sexual Predator Apprehension Team, Sutter County Probation, US courts Federal Probation, US Marshals Service Fugitive Task Force, West Sacramento Police Department, Yolo County District Attorney's Criminal Investigation Bureau, Yolo County Sheriff's Office, and the Woodland Police

Department participated in this joint operation.

Many of the individuals who are required to register were previously convicted of rape, child molestation or possession of child pornography. Law enforcement personnel went to the residence on file of every registered sex offender with a physical address in Yolo County.

One unique aspect of "Operation Vigilance" is that while officers are making the home visits, forensic examiners search the computers, smart phones, and other digital storage devices for potential violations. Computer forensic investigators from the Yolo County District Attorney's Office High Technology Unit and examiners from other participating agencies worked together to conduct these specialized searches. Additionally, the California Department of Corrections and Rehabilitation provided 11 K9 Officers with canines trained specifically to detect electronics to enhance these searches. During the operation, 80 electronic devices were searched, and an additional eight electronic items were seized for further forensic examination.

Approximately 94% of registered sex offenders within Yolo County were found to be in compliance



A Yolo County CSI Officer conducts a search using a laptop computer. Photo courtesy of Yolo County District Attorney's Office

with their sex offender registration requirements. Additional investigation by law enforcement will be conducted for those not in compliance. Three offenders on parole were arrested during this operation for parole violations and fresh charges which included Possession of Drug Paraphernalia, Possession of a Controlled Substance, Possession of a Firearm, Possession of Ammunition, and Possession of a Large Capacity Magazine.

Operation Vigilance

followed the Yolo County District Attorney's Office and West Sacramento Police Department's participation in Operation Trick or Treat, a collaboration of regional Law Enforcement Agencies that ran separate operations to combat sex trafficking. On October 24, 2023, a one-day operation was conducted in Yolo County which targeted sex purchasers in an effort to combat human trafficking in the area. The Yolo County operation resulted in the arrest of five

individuals for solicitation of prostitution.

West Sacramento Police Department Chief Rob Strange commented; "Collaborative efforts among policing agencies are key to keeping our communities safe. Despite struggles with staffing at so many policing agencies, our region remains steadfast in its focus on known offenders — especially those who have demonstrated predatory behaviors."

District Attorney Jeff

Reisig praised the efforts of all Yolo County law enforcement agencies who continuously monitor these individuals. "We conducted a compliance check of 100% of the sex offenders that have a permanent address, and the good news is that 94% were in compliance," said Reisig. "Operation Vigilance continues to serve as an additional deterrent to those who must register as sex offenders who may be prone to re-offend." ★

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A Message from PG&E

PG&E News Release

OAKLAND, CA (MPG) - Scams targeting utility customers continue to increase at an alarming rate. Scammers can be convincing and often target those who are most vulnerable. They also aim their scams at small business owners during busy customer service hours. However, with the

right information, you can learn to detect and report these predatory scams.

Scammers often:

-Ask for payment in unconventional ways such as pre-paid debit cards, gift cards, or third-party mobile payment applications. PG&E will not ask you to use any of these to pay a bill. Learn all the authorized ways you can pay at

pge.com under “Account” then “Pay My Bill.”

-Threaten to disconnect your power because of past due bills if payment is not made immediately.

-Ask for Social Security, credit card or PG&E account numbers, log-ins, and other personal information.

-Create authentic looking 800 numbers which appear

as PG&E on your phone display. If you have doubts, hang up and call PG&E at 1-833-500-SCAM.

How you can protect yourself:

-Never purchase a pre-paid card to avoid service disconnection or shutoff. Visit pge.com to learn all the authorized ways you can pay your bill.

-If a person threatens

immediate disconnection or shutoff of service without prior notification, you should hang up the phone, delete the email, or shut the door.

-Signing up for an online account at pge.com is another safeguard. Not only can you log in to check your balance and payment history, you can also sign up for recurring payments,

paperless billing and helpful alerts.

-If you suspect you have been the victim of fraud or feel threatened during contact with a scammer, contact local law enforcement.

For more information about scams and how to protect yourself, visit the PG&E Scams page or the Federal Trade Commission’s website. ★

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230879

The following person(s) is doing business as: The Ranch At Woodland, 724 Cottonwood Street, Woodland, CA 95695. Montgomery Partner's Inc, A Ca Corporation, John Palmer/MRP Capital, Inc., A Ca Corporation, Michael R. Piro, 1040 Redwood Highway Frontage Road, Mill Valley, CA 94941. This business is conducted by A Limited Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on August 29, 2023. This statement was filed with the County Clerk of Yolo County on 10/17/2023. By: Jesse Salinas, Deputy Publish: Nov 17, 24, Dec 1, 8, 2023 RANCH 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230950

The following person(s) is doing business as: Sierra Foothill Real Estate, 418 First Street, Woodland, CA 95695. John H. Reddoch, 5508 East Brook Way, Elk Grove, CA 95758. This business is conducted by An Individual. The registrant commenced to transact business under the fictitious business name or names listed above on July 11, 2012. This statement was filed with the County Clerk of Yolo County on 11/9/2023. By: Jesse Salinas, Deputy Publish: Nov 17, 24, Dec 1, 8, 2023 SIERRA 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230932

The following person(s) is (are) doing business as: KID KLUB KIOSK, 1784 Stetson Circle, West Sacramento, CA 95691 County of YOLO Mailing Address: 1784 Stetson Circle, West Sacramento, CA 95691 Vencar LLC S/ Bryna Athella Pasqua, Managing Member, This statement was filed with the County Clerk of Yolo County on 11/02/2023. Jesse Salinas, County Clerk/Recorder KQUAM, Deputy Publish: 11/17, 11/24, 12/1, 12/8/23 CNS-3750435# NEWS-LEDGER 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230914

The following person(s) is doing business as: Leaf Laundry, 1282 W Capitol Ave. West Sacramento, CA 95691, County of Yolo. Mokingbirds LLC, 5515 PACIFIC ST #251 ROCKLIN, CA 95677-9998 This business is conducted by Limited Liability Company (submit Articles of Organization from the Secretary of State) The registrant commenced to transact business under the fictitious business name or names listed above on N/A /s/ Stanley Y Mok, Managing Member Mokingbirds LLC This statement was filed with the County Clerk of Yolo County on 10/30/2023. Jesse Salinas, County Clerk/Recorder By: kquam, Deputy Publish:11/17, 11/24, 12/1, 12/8/23 CNS-3755499# NEWS-LEDGER 12-8-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230851

The following person(s) is doing business as: Extreme RVS of Davis, 5055 Chiles Road Suite B, Davis, CA 95618. Extreme RVS of Davis LLC, 5055 Chiles Road Suite B, Davis, CA 95618. 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 October 5, 2023. This statement was filed with the County Clerk of Yolo County on October 6, 2023. By: Jesse Salinas, Deputy Publish: Nov 24, Dec 1, 8, 15, 2023 EXTREME 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230968

The following person(s) is doing business as: Auto Gem, 5034 Chiles Road Suite B, Davis, CA 95618. Auto Gem, 5034 Chiles Road Suite B, Davis, CA 95618. This business is conducted by A Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on November 14, 2023.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230971

The following person(s) is doing business as: Lass Productions, 1510 Claremont Drive, Davis, CA 95616. Jacob Bernhardt, 1510 Claremont Drive, Davis, CA 95616. This business is conducted by An Individual. The registrant commenced to transact business under the fictitious business name or names listed above on June 1, 2012. This statement was filed with the County Clerk of Yolo County on November 15, 2023. By: Jesse Salinas, Deputy Publish: Nov 24, Dec 1, 8, 15, 2023 LASS 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230908

The following person(s) is doing business as: J & A Low Cost Cleaning, 809 Water Street, West Sacramento, CA 95605. Kyrstan Arlene Rose Johnson, 809 Water Street, 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 October 24, 2023. This statement was filed with the County Clerk of Yolo County on October 26, 2023. By: Jesse Salinas, Deputy Publish: Nov 24, Dec 1, 8, 15, 2023 CLEANING 12-15-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230943

The following person(s) is (are) doing business as: Extra Space Storage (#3509), 1022 Gibson Rd, Woodland, CA 95695 County of YOLO Mailing Address: 2795 E Cottonwood Pkwy #400, Salt Lake City, UT 84121 Extra Space Management Inc, 2795 E Cottonwood Pkwy Suite 400, Salt Lake City, UT 84121 This business is conducted by a Corporation The registrant(s) commenced to transact business under the fictitious business name or names listed above on 07/25/2023. Extra Space Management Inc S/ Gwyn Goodson McNeal, VP, This statement was filed with the County Clerk of Yolo County on 11/07/2023. Jesse Salinas, County Clerk/Recorder KQUAM, Deputy 11/24, 12/1, 12/8, 12/15/23 CNS-3753317# NEWS-LEDGER 12/15/23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230925

The following person(s) is doing business as: El Cezar Restaurant, 2248 West Capitol Avenue, West Sacramento, CA 95691. Sandra Jaqueline Benitez and Cesar Antonio Benitez, 2728 Northview Drive, Sacramento, CA 95833. This business is conducted by A Married Couple. The registrant commenced to transact business under the fictitious business name or names listed above on N/A. This statement was filed with the County Clerk of Yolo County on 11/1/2023. By: Jesse Salinas, Deputy Publish: December 1, 8, 15, 22, 2023 CEZAR 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230975

The following person(s) is (are) doing business as: 1. L'Academy Language Immersion Preschool, 2. L'Academy Preschool, 2500 Cannery Loop building r, Davis, CA 95616 County of YOLO Mailing Address: 301 Mission St, 11C, San Francisco, CA 94105 Immersion 10 LLC, 301 Mission St 11C, San Francisco, CA 94105 This business is conducted by a limited liability company The registrant(s) commenced to transact business under the fictitious business name or names listed above on N/A. Immersion 10 LLC S/ Helena Geng, Manager, This statement was filed with the County Clerk of Yolo County on [FileDate]. Jesse Salinas, County Clerk/Recorder KQUAM, Deputy 12/1, 12/8, 12/15, 12/22/23 CNS-3756321# NEWS-LEDGER 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230983

The following person(s) is doing business as: Manna Beverages & Ventures, 2150 Stone Blvd., West Sacramento, CA 95691, County of Yolo. Mailing Address: 3309 Collins Ln., Louisville, KY 40245 MBV-CA, LLC, 3309 Collins Ln., Louisville, Kentucky 40245 This business is conducted by Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on N/A /s/ Derrick Register, President MBV-CA, LLC This statement was filed with the County Clerk of Yolo County on 11/21/2023. Jesse Salinas, County Clerk/Recorder By: jramirez, Deputy Publish:12/1, 12/8, 12/15, 12/22/23 CNS-3760789# NEWS-LEDGER 12-22-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230990

The following person(s) is doing business as: Staybridge Suites Woodland, Sacramento International Airport, 1484 E. Main Street, Woodland, CA 95776 Sah Investment LLC, 1731 Research Park Drive Suite 101, Davis, CA 95618. 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 February 19, 2008. This statement was filed with the County Clerk of Yolo County on 11/22/2023. By: Jesse Salinas, Deputy Publish: December 8, 15, 22, 29, 2023 STAYBRIDGE 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20230967

The following person(s) is doing business as: Vitamin G, 265 Woodhaven Place, West Sacramento, CA 95605 Gianna Flores, 265 Woodhaven Place, 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 N/A. This statement was filed with the County Clerk of Yolo County on 11/14/2023. By: Jesse Salinas, Deputy Publish: December 8, 15, 22, 29, 2023 VITAMIN 12-29-23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 20230984

The following person(s) is doing business as: 1. Alumi-Cover Awning, 2. Westland Distributing, 1500 Overland Court, Suite #110 West Sacramento, CA 95691, County of Yolo Mailing Address: 2450 Enterprise Street Fremont, OH 43420. Style Crest, Inc., 2450 Enterprise Street Fremont, OH 43420 This business is conducted by Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on N/A /s/ Tryone G. Frantz, CFO Treasurer & Secretary Style Crest, Inc. This statement was filed with the County Clerk of Yolo County on 11/21/2023. Jesse Salinas, County Clerk/Recorder By: Jramirez, Deputy Publish:12/8, 12/15, 12/22, 12/29/23 CNS-3761279# NEWS-LEDGER 12-29-23

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-2266 Svetlana Mikhailovna Tkacheva has filed a petition with this court for a decree changing the name(s) of Svetlana Mikhailovna Tkacheva to Svetlana Visochin and Svetlana Mikhailovich Tkachev to Svetlana Visoshin and Svetlana Mikhailovich Tkacheva to Svetlana Visochin. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 27, 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: November 1, 2023 David Rosenberg, Judge of the Superior Court Publish: Nov 17, 24, Dec 1, 8, 2023 SVETLANA 12-8-23

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-2043

Kiona Hilda Cooper has filed a petition with this court for a decree changing the name(s) of Kiona Hilda Cooper to Callie Maxwell. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on December 21, 2023, at 9:00 a.m. in Department 11, 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: November 13, 2023 Timothy L. Fall, Judge of the Superior Court Publish: Nov 24, Dec 1, 8, 15, 2023 KIONA 12-15-23

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-2337

Angelina Blair has filed a petition with this court for a decree changing the name(s) of Angelina Blair to Elena Vinogradova. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 17, 2024, at 9:00 a.m. in Department 11, 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: November 15, 2023 David Power, Judge of the Superior Court Publish: December 1, 8, 15, 22, 2023 BLAIR 12-22-23

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2023-2325

Rosa Maria Garcia has filed a petition with this court for a decree changing the name(s) of Rosa Maria Garcia to Rosa Maria Galvan. IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on January 23, 2024, at 9:00 a.m. in Department 9, 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: November 27, 2023 Timothy L. Fall, Judge of the Superior Court Publish: December 8, 15, 22, 29, 2023 GARCIA 12-29-23

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. F20230944 The person(s) or entity listed below are abandoning the use of the following fictitious business name(s): Short Night Farm, 30130 County Road 5, Dunrigan, CA 95937. The fictitious business name was originally filed in Yolo County on December 13, 2022, and is being abandoned by the registrant(s) listed below: Jeffrey Edward McAravy and Arunsi B McAravy, 30130 County Road 5, Dunrigan, CA 95937. The business was conducted by: A General Partnership. This statement was filed with the County Clerk of Yolo County on 11/7/2023. By: Jesse Salinas, Deputy Publish: Dec 1, 8, 15, 22, 2023 SHORT 12-22-23

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF THEODORE WILLIAM LEE CASE NO. PR2023-0259 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Theodore William Lee. A Petition for Probate has been filed by Paul B Lee, in the Superior Court of California, County of Yolo, requesting Paul B Lee be appointed as personal representative(s) to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, howev-

er, the executor 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: December 20, 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 objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the 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 California law. 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: Rachel P. Patton, 919 Reserve Drive Suite 114, Roseville, CA 95678; 916-626-2932 Publish: Nov 24, Dec 1, 8, 2023 LEE 12-8-23

NOTICE OF PETITION TO ADMINISTER ESTATE OF KELLEY ANNE WILCOX CASE NO. PR2023-0275

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of Kelley Anne Wilcox aka Kelley Wilcox. A petition for probate has been filed by Matthew Scott Wilcox, in the superior court of California, county of yolo, requesting Matthew Scott Wilcox be appointed as personal representative(s) to administer the estate of the decedent. The petition requests authority to administer the estate under the independent administration of estates act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A hearing on the petition will be held in this court as follows: January 9, 2024, 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 objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California probate code, or (2) 60 days from the date of mailing or personal delivery to 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 California law. 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: jerome a. Blaha, 4900 hopyard road suite 350,

pleasanton, ca 94588; 925-734-9000 Publish: December 8, 15, 22, 2023. WILCOX 12-22-23

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: **975 F St, West Sacramento, CA 95605 on 12/19/2023 @ 2:00pm:** Chinyere Chikezie household goods; Becca Perez kids toys & fabric on shelf; Alitha Pearson Household goods tv, clothes, Teresa Ramos household goods; Carlos Paris household goods; Jess Milbourn, Jr Refrigeration and home bar equipment; Renee Reyes 1 Queen Bed, TV's dressers; Sarah Gedney House hold items, clothing 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 to complete the transaction. Extra Space Storage may refuse any bid and may resend any purchase up until the winning bidder takes possession of the personal property. Publish: 12/1, 12/8/23 CNS-3760083# NEWS-LEDGER 12/8/23

NOTICE OF LIEN SALE

Notice is hereby given pursuant to California Business and Professional Codes #21700-217 Section 2328 of the UCC of the Penal Code, Section 535 the undersigned, StorQuest Express-Self Storage/Ramco St. of West Sacramento, will sell at public sale by competitive bidding thepersonal property of:Jesse Clark B129 & C126; Property to be sold: Household items. Mark Pena C115; Property to be sold: Misc items. Ascina Foster F103; Property to be sold: Household, misc items. Auctioneer Company: www.storagetreasures.com The Sale will end at 10:00 AM, December, 14th, 2023. Goods must be paid in CASH at site andremoved at completion of sale. Sale is subject to cancellation in the event of settlement between the owner and obligated party. 3005 Ramco St. West Sacramento, CA 95691 (916)241-8600. Publish:12/8, 12/15/23 CNS-3762247# NEWS-LEDGER 12-15-23

CITATION FOR PUBLICATION

CITATION FOR PUBLICATION UNDER CALIFORNIA WELFARE AND INSTITUTIONS CODE SECTION 294 To: STEPHEN B HARRINGTON And anyone claiming to be a Parent of: LSH Born on: September 2, 2012 At: Sutter Memorial Hospital, Sacramento, CA A hearing will be held on Date: FEBRUARY 8, 2024 Time: 8:30 a.m. Dept.: Juvenile Room: TBA Located at: Superior Court of California County of Butte One Court Street, Oroville, CA 9565 At the hearing the Court will consider the recommendation of the social worker or probation officer. The social worker or probation officer will recommend that your child be freed from your legal custody so that the child may be adopted. If the Court follows the recommendation, all your parental rights to the child will be terminated. You are required to be present at the hearing, to present evidence, and you have the right to be represented by an attorney. If you do not have an attorney and cannot afford one,the Court will appoint an attorney for you. If the Court terminates your Parental rights, the order may be final. The Court will proceed with this hearing whether or not you are present. Signed: SHARIF ELMALLAH, Clerk of the Superior Court of the State of California and for the County of Butte Dated: November 20, 2023 Case Number: 19DP00258 Published on: December 1, 8, 15, 22, 2023 West Sac News Ledger 12-22-23

Newsom Chides Ohio GOP for Trying to Change Voting Rules Yet Adopts the Same Tactics



By Dan Walters, CALMatters.org

After Ohio voters approved a state constitutional amendment to protect abortion rights last month, California Gov. Gavin Newsom chided Ohio’s Republicans for trying to change voting rules to thwart the abortion measure.

GOP political figures had placed a measure on an August election ballot that would have raised the minimum vote needed to pass an abortion rights amendment from a simple majority to 60%, but it had been defeated.

What happened – or rather didn’t happen – in August was pivotal to what happened three months later. The abortion rights amendment was passed with 56.6% of the votes cast. In other words, had the anti-abortion Republicans succeeded in raising the approval threshold to 60%, November’s measure would have failed.

“Here’s a tale of a party out of touch with the American people,” Newsom declared on X, formerly Twitter. “Ohio Republicans were so desperate to block abortion access they tried to change the rules in a special election and require 60% support to pass constitutional amendments. But they failed.

“Then, they tried to block a ballot initiative to protect abortion rights. They failed

again. Now, they are claiming election interference and are even saying they will strip the Courts of power to overturn the will of voters. Spoiler: You’re going to fail, again. They really can’t seem to take a hint.”

Newsom’s crowing about Republican manipulation of voting rules was particularly noteworthy because he and his fellow Democrats in the Legislature are trying to do precisely the same thing to block a business-backed ballot measure that would make it more difficult to raise state and local taxes.

The tax measure is scheduled to appear on the November ballot next year. It would require voter approval of any new taxes passed by the Legislature and two-thirds voter approval for local taxes.

The California Constitution currently says that statewide ballot measures need only a simple majority of voters to approve. However, the Legislature has placed another constitutional amendment on the same ballot that, if passed, would require any measure to increase voting thresholds for taxes to reach the same thresholds themselves.

Thus, it would raise the voting requirement for the tax measure to two-thirds, making it much more difficult, or perhaps impossible, to pass.

It’s part of a multi-pronged drive by the tax measure’s opponents – Newsom, Democratic legislative leaders and public employee unions – to block it from appearing on the ballot or gaining approval.

Newsom, et al, have also filed a lawsuit asking

the state Supreme Court to remove the business-backed tax measure from the ballot, contending that it is not merely an amendment to the state constitution but rather a “revision.” The court has agreed to hear the case.

While constitutional amendments may be placed before voters either by initiative petition or legislative action, any revisions must be proposed by the Legislature through a constitutional revision commission or by calling a statewide constitutional convention.

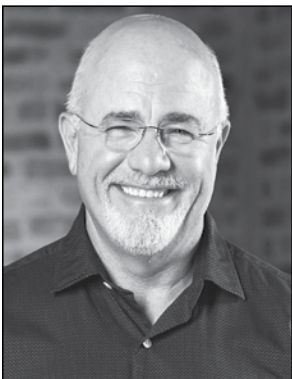
Newsom, through a spokesperson, says he is challenging the validity of the tax measure because it would “effectively block the state’s ability to quickly respond to major challenges.”

Were the state Supreme Court to declare that the tax measure is a constitutional revision, it would be game over. However, the legal dividing line between a constitutional amendment and a revision is hazy, and the court might postpone the issue until after voters have spoken next November.

One can rationally debate the merits or negative aspects of making it more difficult to raise taxes, but trying to strangle such a measure before voters have their say, as occurred in Ohio and is now occurring in California, is troublesome.

Whatever happens – or doesn’t – Newsom’s criticism of Ohio’s Republicans for trying to bend the rules mid-game is pure hypocrisy.

Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers. ★



Be Gentle, He’s Moving in the Right Direction

Dear Dave,

We’re following your Baby Steps plan, and we’ve paid off all our credit cards. But when I talked to my husband the other day about cutting up the cards and closing the accounts, he said he would rather keep the accounts open, and the cards locked away in a drawer for use as an emergency fund. He says this will help us have an emergency fund in place quicker than saving for one. I think there’s more behind his reasoning, though. He grew up in a very poor family, and I wonder if he’s not afraid of somehow ending up in that kind of situation again. What can I do to convince him to follow your advice?

– Ramona

Dave Ramsey Says

Dear Ramona,

I think you’re a very perceptive lady. You said your husband grew up in poverty, right? So, what I’m hearing is the cards represent almost a security blanket for him—a financial security blanket. I get that, but here’s the thing. If you had a fully funded emergency fund of three to six months of expenses sitting in the bank, I’m talking about hard cold cash, you’d have the security of knowing that the expense of a new air conditioning unit or transmission for the car would only be a minor inconvenience. And, you’d be able to cover it easily without going back into debt.

Instead of actively trying to convince him of something, a better route might be to sit down together and talk through the whole thing. Explain to him you think you know why he feels the way he does, and that it’s understandable. Then, ask him if there’s a reasonable amount you two could have in the bank that would help him

stop worrying. Discuss it, agree on an amount and then agree to cut the cards up and close the accounts when you reach that figure. Remind him, too, you’d still have your debit cards in hand in the event of an emergency.

Above all, Ramona, make sure you work together. Be patient and understanding. If he has recognized the wisdom of getting rid of debt and taking control of your finances, he’s moving in the right direction!

– 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. ★

LOCAL
CRIME
REPORTS

Find out what's happening in your local area

Arrest Logs updated daily

WESTSACRAMENTONEWSLEDGER.COM

Social Security Matters We’re Planning to Claim at 62: What Do We Need to Know?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: My wife (born May 1962) and I (born April 1963) are retired and will soon be looking to start collecting our Social Security as we each hit 62. As this is new to us, I’m wondering what things we may need to be aware of or consider as we get closer to her 62 birthday in May. Any advice or information will be appreciated!

Signed: Planning Ahead

Dear Planning: If you and your wife are both retired from working and have decided to start your (reduced) Social Security as soon as you are eligible at age 62, then there is nothing you need to do in advance of applying. The Social Security retirement benefit amount for each of you will be determined by your individual lifetime earnings record and your age when you claim. If either of you will be eligible for a spousal boost from the other, that will be automatically applied when both of you are collecting.

If your wife plans to claim her Social Security as soon as she is eligible, she should apply for her benefits about 3 months in advance and choose the option on the application which states “I

want benefits beginning with the earliest possible month and will accept an age-related reduction.” For information, an applicant must be 62 for an entire month to get benefits, so your wife’s first month of eligibility will be June 2024. Social Security deals only in whole months and pays benefits in the month following the month earned; so if your wife’s birthday is between the 11th and 20th of the month her first Social Security payment will be received in her bank account on the third Wednesday of July. All subsequent payments will be on that same schedule. Then, when it’s time for you to claim, you should follow the same process as your wife and, if either of you is entitled to a higher amount as a spouse, it will be automatically applied when your benefits later start.

Applying for benefits is a relatively simple process if done online at www.ssa.gov/apply. Note that to apply online your wife will need to first create her personal “my Social Security” account, which is easy to do at www.ssa.gov/myaccount. To prepare for applying later, you can also create your personal online account now (it’s required to apply online), at which you will see what your estimated benefit will be at different ages. Of course, your wife first (and later you) can also call Social Security at 1.800.772.1213 to request an appointment to apply for SS retirement benefits in person. Applications which are not done online are usually taken over the phone vs. requiring a visit to your local Social Security office, but applying

online is, by far, the most efficient method (you can link to the application process from your online account).

One important thing to be aware of: By claiming at age 62, the monthly payment for each of you will be 70% of what it would be at your full retirement age (FRA) and that is a permanent reduction. If you expect at least average longevity - about 84 for you and 87 for your wife - and if it is financially feasible, then waiting longer to claim would yield a higher monthly amount as well as the most in cumulative lifetime benefits. For those with an FRA of 67, SS retirement benefits claimed at FRA are 30% higher than at 62 and, if claimed at 70 are 75% more than at 62. And, although the decision on when to claim is always personal, a married couple should also evaluate their joint needs when deciding.

One final word of caution: although you and your wife are now retired from working, be aware that if you claim SS benefits before your FRA and return to work, Social Security has an earnings test which limits how much you can earn before some benefits are taken away. The earnings test lasts until you reach your full retirement age.

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 ssadviser@amacfoundation.org. ★

Crime Reports
WEST SACRAMENTO

11-22-23 MARINA DZHANGETOVA Arrested for Obstruction and Battery on a Police Officer after Police received a call about a possible fight.

11-23-23 MICHAEL COLE Arrested for Bench warrant, Possession of controlled substance, violation of probation and bringing drugs to jail.

11-24-23 LEVI MATHEWS Arrested for bench warrant after Target called Police about a trespass warning.

11-24-23 ERIC HUGHES Arrested for Burglary: first degree, Contempt of court, Obstruction, Probation violation and felony bench warrant.

11-24-23 ALEXANDER LEE Arrested for Disorderly conduct: Loitering after Police received a call about two males stealing gas from U-Haul.

11-25-23 STEVEN ARIZMENDEZ Arrested for Disorderly conduct: Alcohol, giving false ID.

11-27-23 ARON SALINAS Arrested for Possession of controlled substance and Possession of unlawful paraphernalia after being seen by Police that knew he was on searchable probation.

INCIDENT/CRIME REPORTS

11-16-23 Subject left the house locked up and came back to find her three puppies missing. \$25,000 loss. Grand theft.

11-20-23 Victim was assaulted when exiting West Coast Frame by a male he believes he knew. Victim stated he lost consciousness for approximately 10-30 seconds when he was punched. Battery with serious bodily injury.

11-21-23 Victim advised that subject took money from her wallet and when she asked for her money, he struck her in the arm and fled the scene. \$100 loss. Robbery.

11-21-23 Broken window and stolen food. \$2,300 loss. Burglary.

11-21-23 Residences heard a loud bang and observed a hole in the wall on their 3rd story balcony. Officers located a red bullet on the ground near the hole in the wall. Based on the angle of the hole and the condition of the bullet it is possible that the bullet was a stray that travelled a distance before impacting. Shoot at inhabited dwelling.

11-22-23 Unknown subject entered residence, spray painted words on carpet and put salt in plant pots. Burglary.

11-22-23 Subject arrested when officers were investigating a possible vandalism when female suspect began resisting, kicking one of them. Obstruction and Battery on Peace Officer. 11-24-23 Burglary to a business where a safe was taken. \$10,000 loss. Burglary.

11-24-23 Burglary of Subway where unknown items were taken. Vandalism.

11-24-23 Male was arrested for prowling due to being in an area where fuel thefts frequently occur. Male had empty gas cans, a generator and fuel syphoning equipment in the vehicle. Disorderly conduct: Loitering.

11-24-23 Burglary to the restaurant where unknown subjects took change from register. \$30 loss. Burglary.

11-24-23 Suspect allegedly broke into victim’s residence and stole items. Suspect violated a protective order by being at residence. Suspect ran from PD when first contacted. Suspect on probation and had felony warrants. Burglary:First degree, Contempt of court, Obstruction, Probation violation felony warrant.

11-25-23 Victim was shot in his back by an unknown subject. Assault with firearm on person.

11-25-23 Burglary/vandalism of vehicle. \$60 loss. Burglary. 11-27-23 Back lot gate was cut open. \$1 loss. Vandalism.

11-25-23 Subject arrested for Disorderly Conduct. Male intoxicated in public, unable to care for himself. Male refused to provide his identification. \$1 loss. Disorderly conduct: Alcohol, Give false ID to Police.

11-27-23 Subject cited and released for controlled substance. Subject stopped because Police officer knew them and knew they were on probation. Possession of controlled substance and possession of unlawful paraphernalia.

11-27-23 Back lot gate was cut open. \$1 loss. Vandalism.

11-27-23Stolen vehicle.\$85,000 loss. Take vehicle without owner’s consent.

11-28-23 Male subject went to location to fight an unknown individual and was stabbed. Male was transported for medical care. Assault with a deadly weapon.



Riley Reviews

“SALTBURN” CREEPY WEIRDNESS;
“MONK’S LAST CASE” ON PEACOCK

A Film and TV Review by Tim Riley

“SALTBURN” RATED R
Shades of “The Talented Mr. Ripley” and “Brideshead Revisited” inform the dynamic at play in the psychological thriller “Saltburn,” written and directed by Emerald Fennell, who garnered much attention with the same duties for “Promising Young Woman.”

As with the films of a similar bent, “Saltburn” leans into the class divide where a character on a lower rung, fueled most likely by sociopathic tendencies, seeks to ingratiate himself with the upper class.

Set in 2006, scholarship student Oliver Quick (Barry Keoghan) arrives as a freshman at Oxford University. His humble origins set him apart from aristocratic students entitled by a sense of noblesse oblige.

Oliver’s initial friendship with a nerdy math major is quickly discarded when he sets his sights on tall, handsome Felix Catton (Jacob Elordi), the big man on campus who looks like a male model at a fashion show.

Finagling his way into Felix’s inner circle, the needy Oliver, who is actually rather creepy, proves to be manipulative by fabricating a story of lower-class upbringing by parents that are portrayed as addicts.

For reasons that are elusive and unfathomable, Felix takes a shine to Oliver, letting him into the sanctum of entitled Oxford students that you must wonder how they have time to study given nightly forays to the local pub.

When summer rolls around, Felix invites Oliver to be his guest at their palatial home Saltburn, a massive estate that is so gorgeous that it must have once been the residence of royalty.

The Catton family proves to be eccentric. The patriarch is the oblivious Sir James Catton (Richard E. Grant), while the mother Elspeth (Rosamund Pike) is hilariously clueless and good for some choice one-liners.

Felix’s unstable sister Venetia (Alison Oliver) is a train-wreck and Carey Mulligan’s Pamela is a houseguest who has overstayed her welcome. American cousin Farleigh (Archie Madekwe) is suspicious of Oliver’s intentions, and with good reason.

Creepy weird stuff starts happening at the Saltburn estate, gradually becoming more bizarre with strange things involving bodily fluids and graphic shocking events. “Saltburn” is unsettling and disturbing. Take it in at your own risk.

“MR. MONK’S LAST CASE:
A MONK MOVIE”

Fans of Tony Shalhoub’s Adrian Monk, a detective formerly with the San Francisco Police Department, should rejoice in his return in a feature-length movie fourteen years later after the eight-season run of “Monk” on the USA Network.

Peacock brings Monk back in a post-pandemic world in “Mr. Monk’s Last Case: A

Monk Movie.” To understand his character, it is important to note that the “Monk” series was about a former police detective coping with the aftermath of his wife’s death in a mysterious car bombing.

During the run of the series, Monk suffered an extreme obsessive-compulsive disorder that caused him to lose his job and being unable to leave his house for years. With some help, he returned to living, of sorts, working as a private eye and consultant to the police department.

In the later years of the series, Traylor Howard’s Natalie Teeger was Monk’s assistant, helping him to fitfully overcome some of eccentricities. In the movie, she’s in the same role, observing that Monk has a fear of “germs, needles, birds, then heights.”

Actually, there’s a whole lot more that induces Monk’s obsessive concerns. At an opening crime scene, Monk worries about whether he turned off the stove and then speaks of the stove as “one of the longest relationships of my life and certainly one of the happiest.”

Peter Falk as a detective in “Columbo” was an eccentric character with a shambling manner, but he never came close to the obsessions that plagued Monk. And yet, Monk’s anxieties are part of the fun of his character who seems oblivious to his grating idiosyncrasies.

Being a germaphobe can be debilitating in his line of work, but his compulsive behavior is well-suited to grasping the finer details of a crime scene and engaging in painstaking problem-solving.

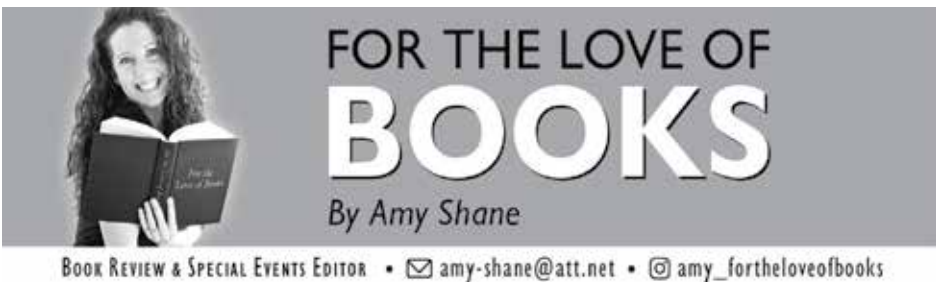
Monk’s last case turns out to be the tragic death of Griffin (Austin Scott), the fiancé of his stepdaughter Molly (Caitlin McGee), in a bungee jumping accident that may be something more sinister.

In fact, Griffin’s an investigate journalist who’s digging around the shady dealings of Rick Eden (James Purefoy), a well-connected wealthy industrialist who has unscrupulous thugs on payroll acting like contract killers.

Of course, Monk has to overcome his wide range of phobias to solve a very personal case involving Molly, a journalist getting ready for a lifetime of happiness in her upcoming nuptials.

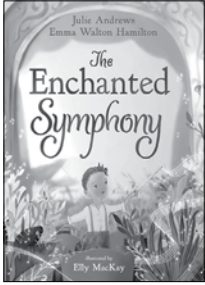
Several regulars from the series return, including Melora Hardin as the ghost of Trudy Monk; Ted Levine as former Homicide Captain Leland Stottlemeyer, who worked with Monk; and Hector Elizondo as Dr. Neven Bell, Monk’s psychiatrist.

A mere passing acquaintance with Shalhoub’s Adrian Monk is all one needs to enjoy a lovable character with a range of obsessions that are endearingly amusing. “Mr. Monk’s Last Case: A Monk Movie” proves that a nearly a decade-and-a-half absence of Monk’s story has not diminished its appeal. ★



Children’s Holiday Gift-Giving Guide from Abrams Publishing

With the Holidays quickly approaching Abrams Publishing has you in covered with this year’s best, notable and most popular titles to add to any young reader’s library



The Enchanted Symphony
by Julie Andrews,
Emma Walton Hamilton

Piccolino’s village was vibrant, happy, and known for its singing and dancing. They cherished everything about the earth, music, and those around them. The more they embraced their talents, the more visitors came from far and wide. The villagers baked more, made more to sell, and planted more plants to make the visitors happy until they forgot the beauty of who they were. Then, a dark purple fog spread through the village, wilting the plants and their spirits until all was dark. Then, one day, Piccolino had an idea and began to play music again, and the plants started to grow, and soon everyone began to flourish. As the music spread, the fog lifted, reminding them always to keep sight of what matters most.

This story's beauty perfectly pairs with colorful and vibrant illustrations and a tale full of meaning and heart.

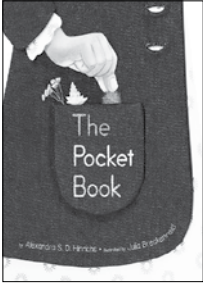
The Pocket Book

by Alexandra S.D. Hinrichs

Illustrated by Julia Breckenreid

A little girl and her mother take a beautiful nature walk, filling their pocket with beautiful souvenirs and memories. From the promise of sunflowers with just a few seeds and the rush of the ocean waves tucked within a seashell. A secret, A mystery, and even a little tree all tucked int safety of a pocket. So many little items can instantly become precious when seen through the eyes of a child. Beautiful illustrations mixed with photographs add to this story’s stunning realism and wonder.

The Pocket Book is a beautiful



exploration of wonder that will encourage young readers to go out and fill their pockets with treasures and memories.

The Handbook of Forgotten Skills - Timeless Fun For A New Generation

The timeless skills of sewing, , paper airplanes, drying herbs, baking pies, and tying knots are all explored in this fantastic collection that beautifully highlights and details some of the best time actives and valuable skills from the past. Head back to the simplest times when gardening was a favorite pastime and making homemade pies was a memory for the future. Grab a few lemons and make a glass of lemonade while you sit on the porch sewing your first project. Or even grab that compass and set on a nature hike to identify plants and birds along the way.

This wonderful book is the perfect gift for any family and a fun new way to earn new or old skills and traits to make new family memories.

Grand Old Oak and the Birthday Ball Poems

by Rachel Piercey,

Illustrated by Freya Hartas

Take an adventure through the seasons as Bear plans the grandest of parties for the old oak tree.

This giant book is A beautiful exploration of poems and artwork. Each two-fold page opens up to a celebration of the Old Oak Tree, complete with items to spot in each scene. This book is a visual and educational delight from the very first page to the last, making this a perfect gift for the nature lover, hide-and-seek fan, or in any classroom. ★



Employment Opportunities

Employment and Independent Contractor Positions at Messenger Publishing Group

We publish 18 local newspapers in the Sacramento Region. Our main office is in Carmichael. We have been publishing for 17 years and are seeking new qualified employees.

CURRENT WORK OPPORTUNITIES

Office Administration – We are seeking a full-time administrative support person for our newspaper group. This position works in the Carmichael office and works directly with the Office Manager. Work hours are between 8:30 to 5:00 Monday through Friday. Previous office management experience is required.

Production Layout/Graphic Design – This part-time position assists with the layout of the newspapers and works with the production staff to create our weekly newspapers. Must have good working knowledge of InDesign production programs. Must be able to work within our current system and be able to take direction to meet our deadlines. Previous layout experience is a must. This is an entry level position. Work hours are between 8:30 am and 5:00 pm. This position is in our Gridley office and begins in January.

Copy Editor – We are seeking a part-time copy editor for our newspaper group. This position works in the Carmichael office and works directly with Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required.

City Reporter – We are seeking a part-time City Reporter for our newspaper group. This position may be assigned to work in the Carmichael office or another area office and works directly with the Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

Advertising Services Support – We are seeking a part-time Advertising Services Support person for our newspaper group. This position works in the Carmichael office and works directly with the owner of the company and the advertising/graphics staff. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous office experience is required.

Delivery Driver – We are seeking a part-time Delivery Driver for our newspaper group. This position would transport newspapers from our Carmichael office to our offices in Marysville and Gridley. Work hours are from 8:30 to 4:00 every Thursday. Must be able to lift and move bundles of newspapers without assistance. Must have your own reliable cargo van. This is an independent contractor position and pays a flat rate for your service.

Newsstand Delivery Driver – We are seeking a part-time Newsstand Delivery Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/ Sacramento Region. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position.

To find out more or to apply:

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Publisher,
Paul V. Scholl

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Subscriptions should be mailed to:

West Sacramento News-Ledger

1040 West Capitol Avenue, Suite B

West Sacramento, CA 95691

Subscription rate is \$42 per year within West Sacramneto 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.

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by Dave T. Phipps

Out on a Limb

by Gary Kopervas

TIGER

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POPEYE

BY KENNY MILKOLAND

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GRINCH CHIMNEY

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HEWED USA EDWIN

HESS HER NESTS

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CLUES

ACROSS

1. Bag holder

6. P in mpg

9. Eye part

13. Dog

14. Gershwin

15. *Eggnog ingredient

16. Hold the floor

17. Mahal

18. Anti-elderly one

19. *Breaking news, to a caroler

21. *Coming, in Latin

23. Easter

24. "Begone!"

25. Parent-child divide

28. Fur-dwelling parasites

30. Lacrosse stick

35. Kiln for hops

37. Feline vibration

39. Little Richard's "Frutti"

40. Cream-filled treat

41. *Number of candles in kinara

43. Mountain goat terrain

44. *Prancing and pawing of each little hoof," e.g.

46. Carpenter's joint

47. Drug-induced state

48. Make lovable

50. "Cheers" regular

52. *Max to #57 Across

53. Overwhelming defeat

55. Thailand native

57. "Dr. Seuss' spoil-sport

60. *Santa chute

64. Water border

65. "What?"

67. D in LED

68. Carved

69. Stars and Stripes land

70. Astronomer Hubble

71. Hitler's sidekick

72. Joaquin Phoenix' 2013 movie

73. Crows' homes

DOWN

1. Dick's and Jane's dog

2. Famous Amos

3. Cormac McCarthy's "The _____"

4. Join the cast of (2 words)

5. Carbolic acid

6. Deodorant target

7. Pitcher's stat

8. Indian prince

9. More than suggest

10. Blood tunnel

11. 90 degrees, on compass

12. Invoice qty.

15. Romp around

20. Key _____ on a movie set, pl.

22. Med school grad

24. Passepartout to Phileas Fogg

25. *Popular traditional holiday entree

26. Home run hero

27. Impostor

29. Prompted

31. "That hurts!"

32. Vegas' main drag

33. Coach-and-four

34. *Number of days in Hanukkah

36. Muscle quality

38. Word processor command

42. *Like Santa's pole

45. Repaired, as in socks

49. Mythical giant bird

51. Unmarried woman, archaic

54. Affirmative interjection

56. What timidest and poly-include have in common

57. Clarified butter

58. Theater seat arrangement

59. Wraths

60. Burn to a crisp

61. "_____ your chance..." contraction

62. Make changes

63. Yearnings

64. "Be quiet!"

66. Don't waste

CROSSWORD

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How Military Spouses Can Find Connection and Support



USO Coffee Connections provide monthly gatherings for military spouses. Photo courtesy of USO Photos

From StatePoint

SACRAMENTO REGION, CA (MPG) - Military spouses sacrifice stable careers and time with loved ones due to constant moves to new duty stations, and hold down the fort at home during their spouses’ deployments. That’s why the USO prioritizes providing community and support to military spouses. Here are some of the ways their programs are making an impact:

Friendship: USO Coffee Connections are monthly gatherings where military spouses can relax, craft, do yoga, swap advice and go on outings. The goal is building friendships among military spouses. When Jenna King’s husband Tech Sgt. Howard King was forward deployed to Poland with less than 24 hours’ notice, she says

she found a home away from home at USO Lakenheath in the U.K., which has been hosting Coffee Connections since the war in Ukraine began. Because of the warm welcome and sense of community she found there, she and her children visit the center often. “There’s something for each of us here,” she said. “Being overseas, friends who are like family are the biggest blessing. And you can’t turn down free coffee and snacks!”

Support for New Parents: Military parents are often away from family and friends during their pregnancies and first months as new parents. USO Special Delivery presented by Johnson’s are baby showers that provide a touch of home. They allow expectant parents and military spouses to connect and bond, and 72% of participants

this year have stated in feedback surveys that this is the only baby shower they will receive. More than 20,000 parents have been served through this program since its 2013 launch, including 1st Lt. Erika Pearson, an active-duty service member in the Air Force. She knew her spouse, 1st Lt. Drew Pearson, could potentially be deployed around her due date. “The USO helped me make friends that I could rely on if my husband were to miss the birth, and offered me resources I could reach out to, if needed,” says 1st Lt. Pearson.

Professional Development: Because of frequent relocations, military spouses often have trouble finding their professional footing. That’s where the USO can step in. Connecting service members and military spouses to resources that focus

on employment, education, financial readiness, mentorship and veterans benefits, the USO Transition Program helps military families build a roadmap to achieve their goals and positions them for success throughout the duration of their service, as well as in their post-military life.

Support While Solo-Parenting: The burden of solo-parenting can become especially apparent during deployments, when military family members must struggle to find a new normal. For Tessa Michaelson Schmidt, connection with her husband Brett, a lieutenant colonel in the U.S. Army Reserve, became complicated when he was deployed to Kuwait where there is an eight-hour time difference, unreliable Wi-Fi on base, and the added pressure of being deployed near

the frontlines. Because they and their two children have an incredible passion for reading, the USO Reading Program has been a blessing. Deployed service members can record themselves reading a book to their child. Then, the recording and a copy of the book are sent to that service member’s family.

“They have a real response when they hear his voice, and then we get the books in the mail, and they know they’re books from daddy,” says Schmidt, who explained that her children will often watch the videos of their father just before bed, so that in a way, he is present for story time.

The life of a military spouse is undeniably challenging. By the USO fostering community and providing sources of connection, military spouses can feel supported and empowered. ★

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A Father's Guide

By Cline Moore

according to their filters and frame of mind. You will wonder how they could have come up with such a twisted version of reality, if they were at the same place and time as you, or if you're the one who is going crazy because what they came away with from your interaction was not your intention, your actual behavior, feelings, or personal takeaway at all! And while, as mentioned in previous tips for successful communication, you cannot control how others see things or behave, you can and must do everything in your power to ensure that you communicate with honesty and integrity. Why others lie or misrepresent the truth is often no mystery. It may be to gain an advantage, avoid a consequence and cover up a mistake, to hurt someone's feelings, or just to push your buttons. Gaslighting has reached a new popularity, especially when there is a benefit to be gained in a custody battle. Also don't expect their attorney to correct their lies, it's the lawyer's job to win at all costs, not uncover the truth or expose their clients falsehoods.

Whatever the motive the other side may have for telling a mistruth, your focus needs to be on how you will respond. However, simply catching someone in a lie shouldn't be the goal, since no matter how obvious it may seem to you, others hearing both sides of the story may side with the liar for a variety of reasons. Often court officials will accept testimony that seems suspect, yet understanding that everyone sees things differently, will give them and their story the benefit of the doubt. This may feel like a betrayal but it is just a fact of the way the system is set up. Even mediators will tell you, it is not a priority to get to the bottom of every disagreement, when the focus is supposed to be on doing what's best for the kids. And if you do bother to hash it out, most liars will never admit to being dishonest and just say they "made a mistake, as all humans do," and now appear to be the victim of your witch hunt to make them look bad. See how easily the tides can turn when dealing with a habitual liar?! As you can see, proving intent is almost

impossible and not worth the time, money, and effort going back and forth trying to nail down the facts if someone is lying or not. Your energies are best spent creating the kind of lifestyle for you and your kids that are above those lies. For example, if she says you don't spend time with or neglect the kids, create and adhere to a regular schedule of documented parenting time full of nurturing enrichment activities. If the accusation is you are unfit or expose the kids to danger, better your parenting awareness with classes and join organized events for parents and kids where other responsible adults are present while you and your kids are sharing positive time, and if she alleges violence or abuse have witnesses accompany your visits who can speak to your positive parenting skills and practices. Whatever you do, DO NOT stoop to their level and begin to lie as well. Not only will the truth come to light and expose you as a person who lacks credibility, but your children will be confused about trusting you when they can't rely on what you say to be true. You will only be creating anxiety and emotional distress. Don't forgo a great relationship with the little ones who need you, your integrity and stability the most, to engage in a never-ending mud-slinging war with no winner. A loss of credibility can be costly, take decades to repair, and is never worth the price you pay. Remember the truth costs nothing, pays out in respect you earn from those around you, and will set you free from the stress and drama that comes with weaving a web of lies. Live free.

Cline Moore is a published author and currently works as a Behaviorist for the County Office of Education. He is a proud father of four and has dedicated his energies to helping fathers realize their full potential as a positive force in their children's lives. Comments, concerns, compliments or questions please email Clinemoore@gmail.com. Also, if you have specific stories, information or topics you would like covered, please email Cline. ★

Mary Lynn Perry of DOVIA Recognized for Exemplary Leadership

DOVIA News Release

SACRAMENTO, CA (MPG) - Mary Lynn Perry, Chair of the Board of Directors at Directors of Volunteers in Agencies (DOVIA), Sacramento has received national recognition for exemplary leadership in volunteer engagement. Ms. Perry earned the Impact Award, presented in October of 2023 by the Association of Leaders in Volunteer Engagement (ALIVE) in the Exemplary Leader category, for their efforts to provide quality volunteer engagement programs, a willingness to network, mentor or collaborate with their peers, advocate for the profession, and involvement at the national and local level with volunteer engagement professionals. Because of Ms. Perry's efforts, all volunteer engagement professionals and the programs and communities they serve are all enhanced and supported to provide a robust, engaging, and meaningful volunteer experience.

ALIVE Board President Michelle Raymer, CVA is excited about presenting the award to three recipients in two different categories. "This is our fourth year presenting these awards and the selection committee had many nominees of committed and talented volunteer engagement professionals nationwide."

AL!VE will provide a



Mary Lynn Perry, Chair of the Board of Directors at Directors of Volunteers in Agencies (DOVIA). Photo courtesy of DOVIA

cash award to Ms. Perry that she may use for professional development expenses, such as continuing education, books, resources, or pursuing the Certified Volunteer Administrator credential (CVA), an international professional credential for those who manage volunteers and/or programs.

ALIVE is the national professional association for those who manage or lead volunteer engagement programs. The leadership organization seeks to enhance and sustain the spirit of volunteering by fostering collaboration and networking, promoting professional development, and providing advocacy for leaders in community engagement. For more information, visit, www.volunteeralive.org. To view the 2023

AL!VE Impact Award recipients, visit, https://www.volunteeralive.org/alve_impact_awards_-_sponsore.php

Directors of Volunteers in Agencies (DOVIA), Sacramento provides a forum for exchange of information on relevant issues for professional volunteer managers and leaders of volunteers. Through collaborative efforts, DOVIA Sacramento is committed to promoting service and emphasizing professional growth and development of the volunteer administration profession. Since 1978, DOVIA Sacramento has served to broaden community awareness of volunteerism by furthering communication among DOVIA, its member agencies and institutions, and the general public. ★

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