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West Sacramento News Ledger

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AUGUST 23, 2024

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City, School Partner Up Again



City and school officials say KidsZone West is essential to keeping students safe and engaged before and after school. Photo courtesy of Washington Unified School District

By Angela Underwood

WEST SACRAMENTO, CA (MPG) - The City of West Sacramento approved a contract worth more than \$2 million with the Washington Unified School District (WUSD).

Grants from the After School Enrichment & Safety (ASES) and Expanded Learning Opportunities Program (ELO-P), made possible through Proposition 49, will fund before and after school programs up to \$2,230,743 for each fiscal year through 2027.

Funds for KidsZone West help

feed children with a daily morning and supper snack, provide arts and crafts material and supply disguised learning activities. According to Washington Unified School District Communications director Giorgios Kazanis, KidsZone West has experienced significant growth since its inception in 2007 and has evolved into a cornerstone of our community's educational and recreational landscape.

The program occurs at four school campuses: Elkhorn Village, Riverbank, Westfield Village and Westmore Oaks.

"This growth has been fueled by strategic investments, including ASES and ELO-P grants, which have enabled us to enhance our services and include intersession programming during summer, winter and spring breaks," Kazanis said.

Kazanis added the program's expansion reflects the district's commitment to the Washington Unified School District strategic plan's pillars of equity, excellence, and empowerment, ensuring that all students can access enriching activities that support their academic and personal

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Mayor, Pro-Tem Mayor Face-Off

By Angela Underwood

WEST SACRAMENTO, CA (MPG) - West Sacramento Mayor Martha Guererro is vying against Mayor Pro Tem (or Vice-Mayor) Dawnte Early to keep her center seat at the dais.

The all-female government officials made city history two years ago when Councilwoman Verna Sulpizio-Hull took former Councilman Chris Ledesma's seat.

The two current candidates threw their hats in the ring via social media, with District 2 Councilwoman Quirina Orozco immediately endorsing Early on Facebook, while Guererro boasts Congressman Doris Matsui's endorsement on her webpage.

Elected as the city leader in 2020 after serving two years on City Council, Guererro also used X to announce re-running, offering a link to her private webpage. Between MarthaGuerrero.com and DawnteEarly.com, voters can research each candidate's endorsement and campaign.

Additionally, District 1 Councilwoman Norma Alcalá vies against West Sacramento Parks Commissioner Emiliano Rosas, and District 2 Councilwoman Orozco challenges International Longshore & Warehouse Union President Timothy Campbell.

Like the mayoral seat, the four-year council term is decided by district, with council members elected by district voters alone.

District election boundaries were a point of controversy in 2021 when the City of West Sacramento was challenged by attorney Scott Rafferty, who represented the Latino Information and Resource Network, Maria Grijalva, the Broderick Area Homeowners Association and Neighborhood Elections Now, according to the city website.

"On January 19, 2022, the West Sacramento City Council adopted a resolution of intention to transition the city to district-based Council elections beginning with the November 2022 election,"

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Stay Safe from Rattlesnakes

By Judy Andrews

SACRAMENTO REGION, CA (MPG) - Although wildlife sightings are typically more common near rivers, creeks and open spaces, this year's extreme heat has forced the local wildlife, including many unwelcome visitors such as venomous snakes, to seek food, water and shelter in populated areas, sometimes right into our backyards.

The California Poison Control System receives hundreds of rattlesnake exposure calls every year, especially from April to October. Although rattlesnake bites are rarely fatal, they can cause severe injury or death, according to the California Department of Fish and Wildlife, and prevention is the key to human safety.

"Snakes start roaming around when they get desperate for water," said Jake Molieri, owner of SNAKEOUT, Inc.

"They can die if they become overheated, so it's not unusual to find them on hot days near water sources like sprinklers, fountains, pools, pet water dishes and inside flowerpots,"



Northern Pacific Rattlesnakes are recognizable with their distinct triangular heads and dark brown blotches running down their backs. Photo courtesy of National Park Service

Molieri said.

Molieri's business provides humane snake removal services, educational resources and canine rattlesnake aversion clinics.

He's one of a handful of local

snake removal companies specializing in removing rattlesnakes from businesses and homes. Molieri sees a growing need for public education and awareness of wildlife behavior,

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MEMORIAL

LIDIA H. VALENCIA • 8/3/1936 — 8/10/2024

On Saturday, August 10, 2024, Lidia H. Valencia passed away in Sacramento, CA at the age of 88. She was born in Malaga, NM. She then moved to California at a very early age with her family. She eventually met and married Manuel Y. Valencia and started a family of her own. They moved around a lot in the early years to Indio, Visalia and parts of Los Angeles County. She was very proud of having worked at the LA County General Hospital in the ER as a nurse assistant and interpreter for several years. They subsequently moved to northern California, settling in West Sacramento.



was at home, especially in her kitchen preparing and sharing a meal with family and friends. She was a member of Holy Cross Alter Society and Guadalupanas and was a active participant of the parish festival making the menudo for over 10 years. She enjoyed singing, especially her church choir.

by her last sibling, Cecelia Gonzales and her husband David of Visalia and her in-laws, Virginia Acuna of Coachella, Fidel Gonzales and Louisa Hernandez, both of Visalia.

She was additionally blessed to have enjoyed the presence and love of 22 grandchildren, 38 great-grandchildren and 5 great-great grandchildren, numerous nieces, nephews, cousins, and life-long friends. Besides the unyielding faith that she shared with her family, she would say that her greatest achievement and inspiration was the love and support they share with each other.

There will be a viewing and Rosary at Holy Cross Church on Tuesday, August 27 from 4 p.m. to 8 p.m. Rosary at 6 p.m. On Wednesday, August 28, mass will be held at Holy Cross Church in West Sacramento at 10 a.m. followed by a graveside service at noon at St. Mary's Cemetery in Sacramento.

A joyful celebration of her life will be held at VFW Hall, 905 Dreyer Street, West Sacramento, 95691 following the graveside service.

Flowers and condolences may be sent to River City Funeral Chapel, 910 Soule St., West Sacramento 95691.

Lidia had 7 children Gloria V. Valenzuela (deceased) and survived by her remaining children Rachel Hernandez (Rick), Manual Valencia Jr., Rick Valencia, Danny Valencia (Diana), Frank Valencia and Rudy Valencia (Tammy, deceased).

Lidia is also survived

Her favorite place to be

Newsweek Names UC Davis Children's Hospital One of America's Best

UC Davis Health News Release

SACRAMENTO, CA (MPG) - UC Davis Children's Hospital has been named one of America's Best Children's Hospitals 2024 by Newsweek magazine and Statista, a global market research and consumer data firm. The hospital was ranked in three pediatric specialties: neonatology, neurology and cardiology.

UC Davis Children's Hospital is the only hospital in Sacramento to be recognized.

"We are privileged to provide world-class care every day to children and families here in the Sacramento region and beyond," said Brenda Chagolla, associate chief nursing officer at UC Davis Health. "On behalf

of our whole team, we are honored to receive this recognition."

The rankings, announced this month, honored 175 leading hospitals in eight specialties: cardiology and cardiac surgery, endocrinology, gastroenterology and gastrointestinal surgery, neonatology, neurology and neurosurgery, oncology and hematology, pulmonology and thoracic surgery, and orthopedics.

The list was compiled from four data sources:

A nationwide online survey: Health care professionals and hospital managers with knowledge about pediatric care, such as general and specialized pediatricians and nurses, were asked to recommend leading children's hospitals in the U.S. The survey was also promoted on

newsweek.com.

Hospital quality metrics with a focus on indicators from the American Hospital Association's Annual Survey of Hospitals Database. This includes data provided by more than 6,200 hospitals and 400 health care systems.

Results from patient experience surveys, which included data from the Hospital Consumer Assessment of Healthcare Providers and Systems.

Statista Patient-Reported Outcome Measures implementation survey, which are standardized, validated questionnaires completed by patients.

The full list of recipients appears in Newsweek online at <https://www.newsweek.com/rankings/americas-best-childrens-hospitals-2024>. ★

Successful Tire Recycling Event in Dunnigan Held in Collaboration with Ritchie Bros

Yolo County News Release

WOODLAND, CA (MPG) - On Saturday, Aug. 3, the Yolo County Department of Community Services' Division of Integrated Waste Management, in partnership with Ritchie Bros. Auctioneers, held a successful tire recycling event at their Dunnigan location. During the event, a total of 617 tires were recycled, benefiting over 70 residents and farms in Yolo, Zamora, and Dunnigan.

These events are made possible through CalRecycle amnesty grant funds, which support the collection and proper recycling of tires. Yolo County District 5 Supervisor Angel Barajas, who helped

to organize the event, remarked, "As the cost of recycling tires in California continues to rise, these events are vital for our agricultural communities. I am extremely proud of our landfill staff's efforts to secure these funds and provide such valuable resources to District 5."

According to CalRecycle's most recent Waste Tire Market Report, California generates 51.1 million tires annually. The state's waste tire diversion rates have increased from 76.2% to 82.3%. Events like this contribute to the effective recovery of tires, which are then transformed into products such as Tire Derived Aggregate, Rubberized Asphalt Concrete, and rubberized playground surfaces.

Heather Rickey, Regional Operations Manager for Ritchie Bros., stated, "This type of community engagement is what we strive to promote. This partnership benefits both the environment and the residents of Yolo County."

In addition to Tire Amnesty Events, the Yolo County Central Landfill, located at 44090 County Road 28H in Woodland, accepts tires for a fee seven days a week: Monday through Saturday from 6:30 a.m. to 4 p.m., and Sunday from 8 a.m. to 4 p.m. For information on upcoming tire amnesty events, please visit the Division of Integrated Waste Management's website at www.YoloCounty.gov/Landfill. ★

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Stay Safe from Rattlesnakes



Northern Pacific Rattlesnakes are common in this area. Photo by Judy Andrews

Continued from page 1 especially as more people from other areas move into Sacramento County and the foothills.

“Rattlesnakes are important to our ecosystem. We don’t need to live in fear of them. But we need to be vigilant and respect them for their role in the environment like we do for other wildlife,” Molieri explained.

Depending on the county, this region is home to between 10 and 13 different species, including the venomous Northern Pacific Rattlesnake, which is often the target of fear and misconception.

Sacramentan Michael Starkey supports snake conservation worldwide through his nonprofit Save The Snakes organization.

“We haven’t solved the problem by killing and removing them,” Starkey said. “Rattlesnakes are simple creatures with survival needs similar to ours. They are much more afraid of you than you are of them and won’t strike unless provoked.”

Starkey’s organization provides training courses that teach students about venomous snake behavior and how to safely handle them.

“Empowering individuals to learn about snakes helps conserve their population in the ecosystem,” he said.

Keeping your home snake-free

Rattlesnake sightings and encounters can occur at any time of year in this area but are more frequent as the snakes become active when temperatures rise above 70 degrees. Should you find one in your yard, don’t panic. Follow the experts’



Save The Snakes teaches students and wildlife professionals how to handle venomous snakes safely. The organization accepts donations to keep their work going. Photo courtesy of Save The Snakes

advice to keep your property snake-free.

“Understanding their behavior and habits is the first step in safety and prevention,” said Ben Nuckolls, Wildlife Capture Specialist and owner/operator of California Wildlife Encounters. With 30 years of experience, Nuckolls is trained to safely work with all types of wildlife, often including venomous snakes.

“The important thing to remember is that rodents attract snakes,” Nuckolls said. “Removing a snake’s food source is crucial to keeping your home snake-free.”

Nuckolls frequently responds to calls from livestock owners and residents in rural communities who find rattlesnakes in the loose straw where rodents burrow or near chicken coops where rodents eat the feed.

Homeowners can reduce snake encounters by keeping their yards, sheds and garages clutter-free. This involves cleaning up all birdseed from the ground, trimming weeds, grass and

overgrown foliage—and conducting regular home perimeter inspections, including checking woodpiles and areas near water sources.

Snake experts also advise homeowners near open spaces and greenbelts to invest in rattlesnake fencing installed by a professional to minimize snake entry points.

Should you encounter a rattlesnake in your yard, it’s recommended that you call a professional to safely and humanely remove it. Don’t try to remove it yourself or kill it unless you’ve been trained in handling venomous snakes. A scared, provoked snake will try to defend itself.

Experts recommend having a plan in place and keeping the phone numbers of local snake removal companies or your local county Animal Control handy in case you need them at any time. Check with your nearest hospital or emergency facility to ensure they carry the antivenom. A rattlesnake bite is a medical emergency. ★

City, School Partner Up Again

Continued from page 1 development.

Expanded Learning Opportunities Program director Rahele Atabaki said the program is incredibly fun, with engaging experiences across a wide range of interests. West Sacramento Parks and Recreation Youth & Teen Programs Supervisor Jennifer Hall said city officials know the importance of students’ academic, social, emotional and physical needs.

“We recognize the challenge experienced by working parents, single parents and low-income families,” Hall said.

“These after-school programs are important, as they provide a safe learning environment for children as their parents balance work while trying to raise a family.”

Tennis, golf and obstacle courses are just a few of the physical activities offered, along with theater and leadership-building classes.

“We have something for everyone,” Atabaki said of the program that provides morning drop-off and evening pickup.

Kazanis said the collaboration allows school and city officials to leverage

resources and expertise, ensuring we provide high-quality, enriching experiences for our students.

“By working together, we align with our strategic plan’s focus on equity, excellence, and empowerment, ensuring every child has access to safe and engaging after-school activities,” Kazanis said. “Providing after-school programs is vital for supporting working parents by offering their children a safe and structured environment.”

Hall concurs. “If you ask parents, they’d rather have their children participating in after-school programs than coming home after class to an empty house,” Hall said.

“These programs alleviate the stress of balancing work and childcare, enabling parents to focus on their careers while knowing their children are in a supportive setting,” Kazanis said.

KidsZone provides a comprehensive range of academic, enrichment and recreational activities, according to Kazanis.

“The grants allow children who attend WUSD schools to attend before and after-school programs

at no cost to parents,” Kazanis said.

“These funds also cover program costs, including staff salaries and stipends for program aides and site leaders.”

The school communication director added that the million-dollar investment ensures we can continue offering quality after-school care programming in a safe, engaging environment to motivate and inspire student learning.

“KidsZone’s success is a testament to the collaborative efforts of WUSD, the City of West Sacramento and our dedicated staff, all working together to provide a supportive and engaging environment for our youth,” Kazanis said.

District officials encourage parents interested in enrolling their children in KidsZone West to visit the district website or contact their school’s main office for more information. Free enrollment is open to all Washington Unified School District TK-6 students who qualify under the program requirements.

“Our dedicated staff is ready to assist with enrollment and answer any questions,” Kazanis said. ★

First Cases of West Nile Virus Found in Yolo County in 2024

Yolo County News Release

WOODLAND, CA (MPG) - The Yolo County Health and Human Services Agency’s Communicable Disease Program has confirmed the first two human cases of West Nile virus in Yolo County for 2024. Both individuals are residents of Woodland and required hospitalization. This development highlights the need for continued vigilance and proactive measures to control the spread of this mosquito-borne illness.

“Most people who become infected after a mosquito bite do not get sick, and the risk of serious illness to most individuals is low. However, about one percent of individuals can develop a serious neurologic illness,” said Yolo County’s Public Health Officer, Dr. Aimee Sisson.

“Last year, several Yolo County residents died from West Nile virus infection. Mosquito bites aren’t just annoying—they can be deadly. Protect yourself with mosquito repellent and clothing that minimizes bare

skin.”

West Nile virus symptoms typically manifest between two to 14 days following a bite from an infected mosquito. Although the majority of individuals do not have symptoms, up to 20 percent may experience fever, headache, body aches, nausea, or vomiting. While most cases resolve within a few days to weeks, serious neurologic effects can occur, resulting in hospitalization and even death.

To reduce the risk of West Nile virus infection, the Sacramento-Yolo Mosquito & Vector Control District recommends following the 7 Ds to reduce mosquito exposure:

Drain any stagnant water to eliminate mosquito breeding sites.

Dawn and dusk, when mosquitoes are most active, are times to limit outdoor activities.

Dress in long sleeves and pants when outdoors.

Defend against mosquitoes by using effective insect repellents containing DEET, Picaridin, or Oil of Lemon Eucalyptus.

Ensure door and window

screens are intact to prevent mosquitoes from entering homes.

For assistance, contact the district at 1-800-429-1022 to address mosquito concerns.

The Sacramento-Yolo Mosquito & Vector Control District has been implementing comprehensive control measures to reduce mosquito populations in Yolo County, minimizing the risk of disease transmission.

Additionally, the Yolo County Health and Human Services Agency offers a Wellness Vending Machine Program that provides free wellness products to residents, including insect repellent. To find a vending machine location and access these resources, please visit www.YoloCounty.gov/Covid.

For further information and resources, visit the Sacramento-Yolo Mosquito & Vector Control District’s website at www.FightTheBite.net or call 1-800-429-1022. For more information about the West Nile virus in California, including data and statistics, please visit WestNile.ca.gov. ★

Mayor, Pro-Tem Mayor Face-Off

Continued from page 1

according to the city website. “On March 10, 2022, the city entered into a settlement agreement with the Plaintiffs.”

Additionally, in 2022, the council approved a ballot measure requesting that the two-year mayoral term be extended to four years.

“The city moved ahead with the Plaintiffs’ Map and got a final ruling from the Yolo Superior Court to confirm that the districts

3 and 4 elections in November will be four-year terms for those seats,” according to the city website.

Incumbent Orozco and Campbell also used social media and the internet to announce their run.

For more information on all Yolo County candidates in the upcoming November election, visit www.ace.yolo-county.gov/35/Elections. ★

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Social Security Matters

Does Some of my Social Security Payment Include Repayment of my Contributions?



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: I have a question about my Social Security benefits. Would I be correct to assume that part of the monthly Social Security income I get is a repayment of what I contributed to the fund while I was working? If so, how much of my monthly benefit payment is my own money coming back to me? **Signed: Curious Beneficiary**

Dear Curious: I'm afraid that is not how Social Security works. The money you contribute to Social Security during your working years does not go into a special account to be repaid to you. Rather, the Social Security taxes you pay while working are used to pay benefits to all those currently receiving Social Security benefits. The system is, in effect, a "pay as you go" program where all those currently contributing help pay benefits for all those now receiving. What your contributions do, however, is earn you "quarter credits" and, when you have enough credits, you become eligible for Social Security retirement benefits for life. Generally, someone

must have about 40 quarters (about 10 years) contributing to Social Security to be eligible for SS retirement benefits.

How much you receive monthly is determined not by how much you contributed but, rather, by how much your work earnings were over your lifetime. You will get a percentage of your average pre-retirement work income as your monthly Social Security payment, but that is also affected by your age when you claim benefits. It is your average lifetime earnings (adjusted for inflation) which determines your "Primary Insurance Amount" (or "PIA"). Your PIA is what you get at your Social Security full retirement age (FRA), but your age when you claim benefits determines if you get more or less than your PIA. Claiming SS before your FRA means a smaller monthly benefit, while waiting longer than your FRA means a benefit higher than your PIA. (SS benefits reach maximum at age 70). FYI, each person's FRA is different based on the year they were born, but full retirement age today is between age 66 and 67. When you claim benefits relative to your FRA determines how much of your PIA you will receive each month.

So, your contributions to Social Security aren't used to determine your monthly benefit amount, but your average lifetime work earnings and age when you claim are. Nevertheless, you may be interested to

know that most people get back everything they have personally contributed to Social Security within about 3 to 5 years of collecting their benefits. In that sense, Social Security is an exceptionally good deal, since most Americans now collect benefits for about two decades. And therein lies much of Social Security's financial dilemma – people are now collecting benefits for many more years than the current program is designed to support. And that is what Congress needs to fix as soon as possible. The Social Security trust funds (which now provide supplemental money to pay benefits) are projected to be depleted around 2033, which will mean a cut in everyone's monthly Social Security payment, unless Congress acts soon to reform the program and restore it to fiscal solvency.

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). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★



Election Stress Relief

Are you stressed out about the upcoming election? Are you anxious or depressed? **Dr. Greg Hammer** says you can cope with it. He is a former Stanford School of Medicine Professor, physician and mindfulness expert. He authored "**Gain Without Pain**" and shared ten ways to deal with stress from politics on my POPPTALK Radio Show on FM-104.5 & AM-950 KAH1. By the way, you can hear POPPTALK 24/7 at www.KAH1.com. Just click on LISTEN. So, here's the G-A-I-N Method.

1. GRATITUDE. When feeling stress focus on that for which you are grateful. Being alive today, you're in relatively good health (it could be worse), living in a relatively safe place with electricity and running water (many others around the world do not have these simple amenities), have friends and family, your loving pet, and not being broke! **2. ACCEPTANCE.** Of things that bother you. Discern between what you can change and what you cannot change. Focus on accepting the latter. Pain is an intrinsic part of life. Suffering can be managed. **3. INTENTION.** Remember to be purposeful about how you spend your time and even your thoughts. Our brains are wired for survival, not happiness. The good news is that we have neuroplasticity. It means we can rewire our brains to be more positive and present rather than default to our negativity bias and distraction with the past and future. The combination leads to shame and depression (past) and anxiety (future). **4. NONJUDGMENT.** We are wired to be judgmental and make mostly negative judgments. We CAN learn to drop the constant judgments through

mindfulness meditation practice. So take care of yourself...enhance your physical well-being. It can reduce your stress level. **5. OPTIMIZE YOUR SLEEP HYGIENE.** Sleep is underrated and essential to our well-being. Go to bed and awaken at the same time every day, even weekends. Darken the bedroom or wear eye shades. Keep the bedroom cool if possible. Avoid caffeine after noon and alcohol after 7 PM. Put screen away at least an hour before bed. **6. GET REGULAR EXERCISE. IDEALLY AT LEAST 4-5 TIMES A WEEK.** Cardio for 45 minutes 3X a week, resistance training 2-3X a week, core and balance training 2X a week (may combine the above). Even a brisk walk around the block is better than nothing. **7. FOCUS ON YOUR NUTRITION.** Transition to a more plant-based diet, minimize sugary and refined foods. **8. TRY TO REDUCE YOUR WORKLOAD SOMEWHAT.** Here's the best. Substitute fun activities. **9. LIMIT TIME WATCHING NEWS ON TV AND LISTENING TO NEWS ON RADIO AND PODCASTS.** The media needs to fill their 24/7...365days news cycle. And bad and exaggerated news sells. **10. AGGRAVATION.** When you hear the "other side" express political views and you disagree, delay reactivity by taking 4 or 5 slow, deep deliberate breaths. This activates the parasympathetic nervous system and turns down the "fight or flight" sympathetic nervous system. During the slow in-breath through the nose, remember **GRATITUDE, ACCEPTANCE, INTENTION AND NONJUDGMENT.** Find **Dr. Hammer** at www.greghammermd.com. And **RELAX!** ★

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www.TrinityWestSac.org

info@trinitywestsac.org

Pastor Jamie Crook

Spanish Ministry Pastor: Miryam Osorio

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Noon Spanish Language

West Sacramento Baptist Church

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Sun. Worship - 11 a.m.

Wed. Prayer Meeting

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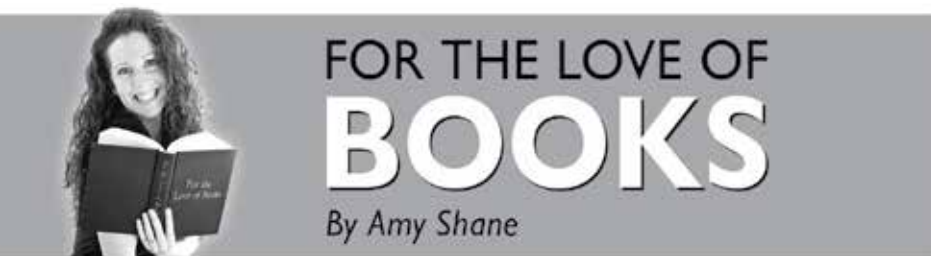
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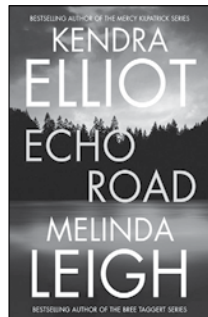
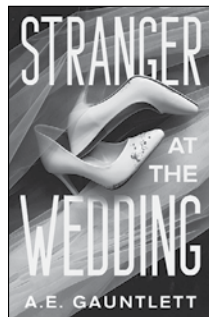
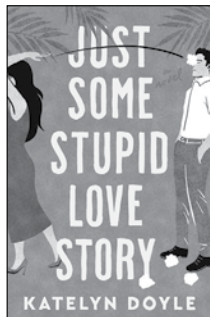
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Escape Into a Great Read

With school back in session, this is the perfect time to settle down with a great book.



Just Some Stupid Love Story

by Katelyn Doyle; Flatiron Books

Molly Marks doesn't believe in romance, even though she writes rom-coms for a living.

Seth Rubinstein is a hopeless romantic. Even as a successful divorce attorney, he believes his one true love is out there. The only problem is that he cannot get his first love, Molly, out of his mind.

Then, one day, fate steps in, and Molly and Seth see each other at their 15th high school reunion, where an accidental evening turns into a bet. Will their chance meeting end in heartbreak or love?

Funny, sexy, and full of laughter, this rom-com will surely capture you within its story and make anyone believe in love again.

The Stranger at the Wedding

A.E. Gauntlett; Holt Publishing

Once Annie met Mark, everything she believed about love disappeared, and she quickly fell into a whirlwind romance. Now, on her wedding day, everything seems perfect until she walks down the aisle and spots a stranger in the crowd. Who is this mysterious guest, and what secrets will be unearthed? Now, questions flood her mind: What happened to Mark's first wife? Is this love at first sight, or is something else at play?

This story is a rollercoaster of suspense, full of twists and turns that will leave readers guessing at every page and eager to uncover the secrets.

Echo Road

by Kendra Elliot, Melinda Leigh; Montlake

The community is on edge when two bodies are mysteriously found on the side of the

road. Then, a senator's daughter vanishes, and a link to the case brings clues three thousand miles away and back to the two bodies found on the side of the road. With everyone demanding answers, it is up to the local sheriff, Bree Taggart, and FBI agent Mercy Kilpatrick to join forces and stop a killer. Proving to themselves and those involved in the case how powerful the two of them can be when they work together,

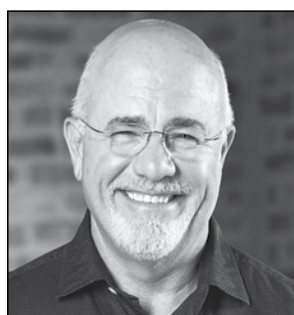
This story is a cat-and-mouse game of a killer vs. two women who will stop at nothing to catch him. Echo Road is perfect for fans of murder mysteries and will keep readers glued to the page and unable to put it down.

The House of Last Resort

Christopher Golden; St Martin's Press

Tommy and Kate Puglisi feel like they are jumping on the chance of a lifetime; the opportunity to buy an Italian villa for a single Euro, and all they have to do is live there for five years. Still, the moment they move in, things feel slightly off; and Tommy's grandmother is furious when she sees the house they bought. Then there are the strange noises and the doors that open and close themselves. As they quickly become the couple everyone talks about, both Tommy and Kate feel they need to find out why; then, they uncover the horrible truth their house was owned by the Church for generations, and there are more secrets hidden beneath the home's roots than they could ever imagine.

This horror mystery will have readers on the edge of their seats, curious and scared, about the shocking truth that lies within the bones of this house. ★



Dave Ramsey

Dave Ramsey Says

It Gets Easier, and More Accurate, Over Time

Dear Dave,

Recently, I began running my farm operation debt-free. I have 350 acres, and all the varying expenses often makes it difficult to budget correctly. I also have about \$240,000 in debt from bad financial decisions in the past. Do you have any suggestions for budgeting in a volatile industry like mine?

— Thomas

Dear Thomas,

First, you want to set up a separate budget and run a profit and loss statement. You'll want to estimate the income for the year as best you can, and you'll need to estimate your expenses item by item and category by category for the year. After that, you'll want to break it down by month. This is called laying out a business pro for-

ma—a business budget.

Next, you've got two goals to work toward with your profits. By profits, I mean after you've paid household expenses. That includes a living wage, enough to operate, keep food on the table, the lights on and that sort of thing. After basic living expenses are out of the way, your net profit in the business should be divided between retained earnings—or savings—and debt reduction. The idea is that you're going to put the lion's share toward paying off debt for now. Still, you need to have something set aside for a rainy day. In your case, that could be taken literally.

Keep in mind that in business, retained earnings are used for more than just emergencies. They're also for buying more land, equipment and anything else that'll grow your operation. But you always want a pad in there. What if you have an unusual year, and your

budget estimates are way off? It could be unexpected expenditures, or the fact you simply had a bad year. In business, that's an emergency, and you'd take that out of retained earnings.

Doing a budget, whether it's in business or personal finance, gets easier and more accurate with time and practice. You won't get everything right the first couple of tries, but with a little time and experience your budgeting skills and estimates will become more accurate.

I hope this helps, Thomas. Thanks for all your hard work!

— Dave

Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of *The Ramsey Show*, heard by more than 20 million listeners each week. He has appeared on *Good Morning America*, *CBS Mornings*, *Today Show*, *Fox News*, *CNN*, *Fox Business*, and many more. ★

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Make It Happen for Yolo County Receives \$2,500 Grant

Save Mart Companies Cares Foundation provides kitchen kits for former foster youth at UC Davis

**Kristin Thebaud
Communications
News Release**

DAVIS, CA (MPG) - The Save Mart Companies CARES Foundation recently awarded a \$2,500 grant to local nonprofit Make It Happen for Yolo County to ensure former foster youth studying at UC Davis have kitchen supplies available when cooking healthy meals. Make it Happen, which is celebrating its 10th anniversary this year, works to ensure under-resourced transition age youth in Yolo County have furniture, appliances and other essential household items needed to establish a first home.

"We are grateful to the CARES Foundation for recognizing this important

project that will allow students to cook nutritious and budget-conscious meals as they work toward achieving their academic and career goals," said Cathi Schmidt, executive director, Make It Happen for Yolo County. "The admirable youth we serve have risen from very challenging circumstances, including foster care, and are now studying independently in their own homes. They deserve all the support they can get."

Through the grant, Make It Happen for Yolo County will provide kitchen kits to students in the UC Davis Guardian Scholars Program for former foster youth. Kits include small kitchen appliances, cooking tools, dinnerware, glasses,

grocery gift cards and tips for cooking nutritious meals on a budget.

"The CARES Foundation focuses on building stronger communities through access to fresh foods and supporting organizations and programs that provide resources and educational experiences in their communities," said Joan Dobias-Davis, chairperson, board of directors, The Save Mart Companies CARES Foundation.

"These kitchen kits will go a long way in providing home essentials for students in the Guardian Scholars Program so they can focus on their educational goals. We wish them every success." Celebrating its 10th anniversary this year, Make It

Happen for Yolo County provides local transition age youth ages 18 to 24, many of whom have been in foster care or experienced homelessness, with furniture, appliances and household items needed to move into their first apartments. The nonprofit receives furniture donations from the community and purchases new appliances and household items to help youth involved with the Yolo County child welfare, mental health and probation divisions, as well as the UC Davis Guardian Scholars program and other local nonprofits. Since its founding in 2014, Make It Happen for Yolo County has helped more than 250 transition age youth. To make a financial



The Save Mart Companies CARES Foundation presents a check to Cathi Schmidt of Make It Happen for Yolo County to provide kitchen kits for former foster youth in the UC Davis Guardian Scholars Program. Photo courtesy of Kristin Thebaud Communications

Companies operate 194 Save Mart, Lucky and FoodMaxx stores in neighborhoods throughout California and Western Nevada. Proud to be California's largest regional, full-service grocery chain, the company and its more than 12,000 associates take extra care to provide customers with the freshest foods for their families at affordable prices. The Save Mart Companies' philanthropic nonprofit organization, The CARES Foundation, provides vital resources for children and families and has donated more than \$5 million to local communities. For more information: www.TheSaveMartCompanies.com. ★

or furniture donation: www.MIHYolo.org.
The Save Mart

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240659
The following person(s) is doing business as: Mabel's Market, 222 D Street #1, Davis, CA 95616.
Shelley Marie Dunning, 721 Hunt Way, 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, 2024.
This statement was filed with the County Clerk of Yolo County on June 26, 2024.
By: Jesse Salinas, Deputy
Publish: August 2, 9, 16, 23, 2024
MABELS 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240623
The following person(s) is doing business as: Flat Pack Games, 3181 Longspur Lane, West Sacramento, CA 95691.
Floyd Patrick Lu, 3181 Longspur Lane, West Sacramento, CA 95691. 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 July 17, 2024.
By: Jesse Salinas, Deputy
Publish: August 2, 9, 16, 23, 2024
FLAT 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240631
The following person(s) is doing business as: The Desi Art Nook, 950 Fairview Drive, Woodland, CA 95695.
Sheetal Divate, 950 Fairview Drive, Woodland, CA 95695. This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on July 18, 2024.
This statement was filed with the County Clerk of Yolo County on July 18, 2024.
By: Jesse Salinas, Deputy
Publish: August 2, 9, 16, 23, 2024
THE 8-23-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240635
The following person(s) is doing business as: Quick Quack Car Wash, 2260 Lake Washington Boulevard, West Sacramento, CA 95691
QQ Operating Holding Company, LLC, 6020 W Oaks Boulevard Suite 300, Rocklin, CA 95765. This business is conducted by A Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on March 5, 2019.
This statement was filed with the County Clerk of Yolo County on July 23, 2024.
By: Jesse Salinas, Deputy
Publish: August 9, 16, 23, 30, 2024
QUICK 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240578
The following person(s) is doing business as: Cheers at the Dug-out, 2435 West Capitol Avenue Suite A, West Sacramento, CA 95691
Always an Adventure, Inc., 1132 Meadow Road, West Sacramento, CA 95691. This business is conducted by A Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on October 10, 2014.
This statement was filed with the County Clerk of Yolo County on July 1, 2024.
By: Jesse Salinas, Deputy
Publish: August 9, 16, 23, 30, 2024
CHEERS 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240639
The following person(s) is (are) doing business as:
1. My Kid's Dentist and Orthodontics, 2. My Kid's Dentist, 3. Woodland Smiles Dentistry and Orthodontics, 4. Woodland Smiles Dentistry Dental Group, 2041 Bronze Star Dr., Suites

300 & 100, Woodland, CA 95776 County of YOLO
Mailing Address: 17000 Red Hill Ave., Attn: Legal Dept, Irvine, CA 92614
Gill and Macchiarella Dental Corporation, 17000 Red Hill Ave., Attn: Legal Dept., Irvine, CA 92614
This business is conducted by a Corporation
The registrant(s) commenced to transact business under the fictitious business name or names listed above on 2/2010.
Gill and Macchiarella Dental Corporation
S/ Bianca Macchiarella, President,
This statement was filed with the County Clerk of Yolo County on 07/24/2024.
Jesse Salinas, County Clerk/Recorder
Kquam, Deputy
8/9, 8/16, 8/23, 8/30/24
CNS-3830206#
NEWS-LEDGER 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240634
The following person(s) is (are) doing business as:
Riverside Commerce Center II, 830 Riverside Parkway, Ste. 109, West Sacramento, CA 95605 County of YOLO
Mailing Address: 1121 SW Salmon St., Ste. 500, Portland, OR 97205
Schnitzer Properties, LLC, 1121 SW Salmon St., Ste. 500, Portland, OR 97205
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 4/30/1999.
Schnitzer Properties, LLC
S/ Jeffrey F. Nudelman, Secretary,
This statement was filed with the County Clerk of Yolo County on 07/23/2024.
Jesse Salinas, County Clerk/Recorder
KQUAM, Deputy
8/9, 8/16, 8/23, 8/30/24
CNS-3821989#
NEWS-LEDGER 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240574
The following person(s) is (are) doing business as:
Kalua's Consulting and Home Solutions, 2416 North Beach Ave, WEST SACRAMENTO, CA 95691 County of EL DORADO
Mailing Address: 2416 North Beach Ave, WEST SACRAMENTO, CA 95691
Lance P K Kalua, 2416 North Beach Ave, WEST SACRAMENTO, CA 95691
This business is conducted by an Individual
The registrant(s) commenced to transact business under the fictitious business name or names listed above on May 31, 2024.
S/ Lance Peter Kekoa Kalua,
This statement was filed with the County Clerk of Yolo County on 07/01/2024.
Jesse Salinas, County Clerk/Recorder
Zuri Hernandez, Deputy
8/9, 8/16, 8/23, 8/30/24
CNS-3839070#
NEWS-LEDGER 8-30-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240660
The following person(s) is doing business as: Buyers Broker Realty Free Home Tours, 904 Drummond Avenue, Davis, CA 95618.
Kurtis Ray Sandhoff, 904 Drummond Avenue, Davis, CA 95618. This business is conducted by An Individual. The registrant commenced to transact business under the fictitious business name or names listed above on August 2, 2024.
This statement was filed with the County Clerk of Yolo County on August 2, 2024.
By: Jesse Salinas, Deputy
Publish: August 16, 23, 30, Sept 6, 2024
BUYERS 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240664
The following person(s) is doing business as: Cloughesy Arbitration Services, 3401 Bermuda Avenue Unit 13, Davis, CA 95616.

Shawn Patrick Cloughesy, 3401 Bermuda Avenue Unit 13, 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 December 9, 2010.
This statement was filed with the County Clerk of Yolo County on August 5, 2024.
By: Jesse Salinas, Deputy
Publish: August 16, 23, 30, Sept 6, 2024
CLOUGHESY 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240662
The following person(s) is doing business as: The Cheese Steak Shop/The Original Mels, 30003 County Road 8, Dumnigan, CA 95937.
Original Mels Fast Casual Developments LLC, 3222 Royal Drive Suite B, Cameron Park, CA 95682. 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 N/A.
This statement was filed with the County Clerk of Yolo County on August 2, 2024.
By: Jesse Salinas, Deputy
Publish: August 23, 30, Sept 6, 13, 2024
CHEESE 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240689
The following person(s) is doing business as: Reed Ave AmPm, 805 Reed Avenue, West Sacramento, CA 95605.
Rai and Shergill Inc, 8417 Arrow Root Circle, Antelope, CA 95843. This business is conducted by A Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on September 11, 2019.
This statement was filed with the County Clerk of Yolo County on August 13, 2024.
By: Jesse Salinas, Deputy
Publish: August 23, 30, Sept 6, 13, 2024
REED 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240682
The following person(s) is doing business as: Radiant Light Spiritual Healings, 1745 Portola Court, Davis, CA 95616.
Marianne Jean Quaas, 1745 Portola Court, 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 August 12, 2024.
This statement was filed with the County Clerk of Yolo County on August 12, 2024.
By: Jesse Salinas, Deputy
Publish: August 23, 30, Sept 6, 13, 2024
RADIANT 9-13-24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. F20240644
The following person(s) is doing business as:
DOLLAR GENERAL STORE #14552, 176 E. GRANT AVENUE WINTERS, CA 95694, County of YOLO.
Mailing Address: 100 MISSION RIDGE GOODLETTSVILLE, TN 37072
DOLGEN CALIFORNIA, LLC, 100 MISSION RIDGE GOODLETTSVILLE, TN 37072
This business is conducted by LIMITED LIABILITY COMPANY. The registrant commenced to transact business under the fictitious business name or names listed above on 1/31/2015
/s/ KELLY M. DILTS, CFO & SECRETARY
This statement was filed with the County Clerk of Yolo County on 07/24/2024.
Jesse Salinas, County Clerk/Recorder
8/23, 8/30, 9/6, 9/13/24
CNS-3842674#
NEWS-LEDGER 9-13-24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO
ORDER TO SHOW CAUSE CHANGE OF NAME
#CV2024-1754
Anna Nicole Lindquist has filed a petition with this court for a

decree changing the name(s) of Anna Nicole Lindquist to Anna Nicole Salazar-Islas.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on August 28, 2024, 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: July 18, 2024
Samuel T. McAdam, Judge of the Superior Court
Publish: August 2, 9, 16, 23, 2024
LINDQUIST 8-23-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2024-1863
Raquel Cisneros has filed a petition with this court for a decree changing the name(s) of Raquel Cisneros to Rachel Cisneros.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on September 26, 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: August 1, 2024
Timothy L. Fall, Judge of the Superior Court
Publish: August 9, 16, 23, 30, 2024
CISNEROS 8-30-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2024-1875
Amanda-Rose Nadia Lute has filed a petition with this court for a decree changing the name(s) of Amanda-Rose Nadia Lute to Amanda-Rose Nadia Arsalan.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on September 20, 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: July 26, 2024
Timothy L. Fall, Judge of the Superior Court
Publish: August 9, 16, 23, 30, 2024
LUTE 8-30-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2024-1690
Marissa Delene Gamez has filed a petition with this court for a decree changing the name(s) of Marissa Delene Gamez to Marissa Delene Telelyuev.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on September 11, 2024, 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: July 29, 2024
Samuel T. McAdam, Judge of the Superior Court
Publish: August 16, 23, 30, Sept 6, 2024
GAMEZ 9-6-24

SUPERIOR COURT OF CALIFORNIA COUNTY OF YOLO ORDER TO SHOW CAUSE CHANGE OF NAME #CV2024-1918
Caim Ann Rodrigues has filed a petition with this court for a decree changing the name(s) of Caim Ann Rodrigues to Nutmeg Andrew Jones.
IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on September 18, 2024, 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: August 1, 2024
Samuel T. McAdam, Judge of the Superior Court
Publish: August 16, 23, 30, Sept 6, 2024
RODRIGUES 9-6-24

LIEN SALE

LIEN SALE NOTICE
NOTICE IS HEREBY GIVEN PURSUANT TO SECTION 503 OF THE CALIFORNIA HARBORS AND NAVIGATIONS CODE OF THE STATE OF CALIFORNIA, THE UNDERSIGNED, WINTERS TOW LLC 416 RAILROAD AVE WINTERS CA 95694
WILL SELL AT PUBLIC SALE ON; SEPTEMBER 6, 2024 10:00AM
THE FOLLOWING PROPERTY:
1997 VIPER VE 20'00" TN# 4928DK HULL# EJS01076E697 8/23/24
CNS-3844568#
NEWS-LEDGER 8-23-24

TRUSTEE SALE

T.S. No. 121633-CA APN: 046-431-015-000 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 7/20/2015. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER On 9/19/2024 at 12:45 PM, CLEAR RECON CORP, as duly appointed trustee under and pursuant to Deed of Trust recorded 7/27/2015 as Instrument No. 2015-0020921-00 of Official Records in the office of the County Recorder of Yolo County, State of CALIFORNIA executed by: VERA L KESS, AN UNMARRIED WOMAN WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE; OUTSIDE THE REAR (NORTH) ENTRANCE TO THE CITY HALL 1110 WEST CAPITOL AVENUE, WEST SACRAMENTO, CA 95691 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: LOT 95, AS SHOWN ON THE MAP ENTITLED "AMENDED PLAT OF SUBDIVISION NO. 4525 RIVER RANCH" IN THE CITY OF WEST SACRAMENTO, COUNTY OF YOLO, STATE OF CALIFORNIA, FILED APRIL 8, 2004 IN BOOK 2004 OF MAPS AT PAGE 33 THROUGH 39, RECORDS OF SAID COUNTY. The street address and other common designation, if any, of the real property described above is purported to be: 2793 MOJAVE DRIVE, WEST SACRAMENTO, CA 95691 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$484,015.18 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the un-

dersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned or its predecessor caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (855) 313-3319 or visit this Internet website www.clearreconcorp.com, using the file number assigned to this case 121633-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: Effective January 1, 2021, you may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (855) 313-3319, or visit this internet website www.clearreconcorp.com, using the file number assigned to this case 121633-CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP 3333 Camino Del Rio South, Suite 225 San Diego, California 92108 Published 8/16, 8/23, 8/30/2024 News Ledger 8-30-24



Kings Korner

By V.G. Harris



Congratulations to Kings standout De’Aaron Fox and his wife Recee! Their young family has recently added a baby girl, and on behalf of all Kings fans I want to say a hearty congratulations to you both.

Many Kings fans have enjoyed watching Recee and baby Reign the past season, as they sit courtside and root on De’Aaron and the Kings nightly.

As an NBA veteran and former all-star, I fully expect De’Aaron to have another all-star season this year, and with the added presence of DeMar DeRozan, Fox could potentially have his best year yet.

Many believe with De’Aaron’s improved three-point shooting, and his dynamic drives to the hoop, DeRozan’s stellar midrange game may give Fox even better looks at the basket.

The same can be said for Keegan Murray, whose three-point shooting fell off a bit after having an eye-popping rookie season.

Teams tightened up the D on Keegan in his sophomore campaign, and the open looks he enjoyed in his rookie season were harder to find last year.

Look for DeRozan to help Keegan get back on track, and I believe every Kings fan is firmly convinced that Keegan’s best basketball is still in front of him.

I have listened to NBA pundits that have downgraded the Kings to a 44-win prospect in the coming season, and this writer wonders what these supposed experts are looking at.

I see a 50-plus win team hitting the hardwood for Sacramento this year, and that is without Monte McNair making any further improvements to the roster. McNair has done a yeoman’s job as a young GM, and is already developing a reputation as a GM not to be taken lightly.

Not since the Geoff Petrie days have we seen someone in the front office with the acumen that our own Monte McNair has demonstrated. So, take heart Kings fans, because I believe McNair is here for the long haul, and his 13-year stint with the Houston Rockets has proven invaluable to the Kings, as he continues to make prudent moves that are consistently

improving this team.

Many fans criticized choosing another guard in acquiring Devin Carter, but I firmly believe that utilizing the philosophy of choosing the best possible talent, regardless of position, was the correct prescription for the Kings, and just like choosing Keegan Murray two years ago, I believe that young Carter will prove his value in the 2nd half of the 2024/2025 season.

Many believe that the only reason he wasn’t taken in the top 10 was due to impending shoulder surgery that has already taken place. Carter’s availability looks to be sometime in late January, so his rookie campaign will consist of only half a season. I’m convinced that McNair chose wisely, so working him into the lineup in the all-important drive to the finish could make Devin Carter another fan favorite.

The continued talk is that the Kings still need a power forward to match up with stalwart big man Donatas Sabonis, and there still remains quality players that are on the open market.

One name I haven’t heard mentioned is Indiana Pacers small forward Doug McDermott, who may yet be a sleeper that just needs more time on the hardwood.

A playoff team last year and a good one, the Pacers gave McDermott only 14 minutes per game while adding 5.5 points per game each night. McDermott was the 11th pick overall in the 2014 draft, and at 32 years of age could bring a veteran presence to a young Kings roster.

Tobias Harris is more of a household name, and while scoring 17.2 points per game for the 76ers last season, has scored 20 or more for the season twice in his 9-year career, and would also fit nicely into the Sacramento lineup.

Stay tuned Kings fans, because the roster for the upcoming season is not yet cast in stone, and just one more move could propel this playoff bound team to a place deep in the playoffs!

All the best, and please send your comments to vgharriskingsfan@gmail.com. ★
Your thoughts are always welcome at vgharriskingsfan@gmail.com

California Commissioner Faces Criticism as He Tries to Solve Crisis in Home Insurance Coverage



By Dan Walters, CALMatters.org

“Father Knows Best” was a popular radio show in the post-World War era that morphed into an even more popular television series starring actor Robert Young.

Young’s character, Jim Anderson, was an insurance company executive — probably the only time American mass media have positively portrayed such a figure. Young later played a much more sympathetic role, a doctor who made house calls, in “Marcus Welby, MD.”

Insurance to indemnify us for liabilities and damages to our homes, cars and businesses is a modern necessity, but consciously or subconsciously we often resent paying for coverage that is seldom invoked.

Politicians tend to play on that resentment by promising, if elected, to protect voters from rapacious insurers.

In California, that attitude took the form of a 1998 ballot measure sponsored by a self-designated consumer protection group, that made the state insurance commissioner an elected official with new authority to regulate insurers.

The sponsoring group, Consumer Watchdog, has since been paid millions of dollars in “intervenor fees” for inserting itself into insurance rate cases pending in the Department of Insurance, but it claims to have saved Californians \$6 billion.

Ever since he launched

his 2018 campaign for insurance commissioner, former state Sen. Ricardo Lara has faced sharp criticism from Consumer Watchdog, which denounced him as a tool of the insurance industry.

However Lara has had to contend with an unprecedented crisis in California’s insurance market. The disastrous wildfires that have swept through California in the last half-decade prompted many insurers to curtail their exposure, some to the point of abandoning the state altogether.

California’s insurance regulatory system, they said, made it impossible to accurately project potential losses and adjust their premiums accordingly.

As tens of thousands of policies were canceled or not renewed, property owners scrambled to find new coverage, and many turned to the state’s insurer of last resort, the FAIR program, that offers only limited reimbursement for losses at high cost.

Furthermore, because mortgage lenders require borrowers to maintain insurance coverage on their property, the insurance crisis has contributed to California’s housing crisis.

Lara, backed by Gov. Gavin Newsom, has proposed systemic changes in how insurance is priced. He agreed with insurers that their rate proposals should be processed more rapidly, that they should be allowed to include potential losses from wildfires and other catastrophes in their rates, and that the costs of reinsurance — to spread the financial burden of losses — should be folded into premiums.

“We do not have the luxury of time,” Lara said in a press release last week as he announced the adoption

of new rules to speed up rate cases.

Consumer Watchdog is still nipping at Lara’s heels, saying “we remain concerned that the new procedures announced by the commissioner will short-circuit public participation and rates will be rubber-stamped.”

“Consumer Watchdog will analyze this action to determine if it is an illegal underground regulation or otherwise violates Proposition 103 by shutting consumers out of the process,” it added.

Anticipating the criticism, Lara’s announcement last week said, “Any intervenor groups engaged on certain rate filings must provide a ‘substantial contribution’ to the rate review process and not duplicate the work of the department’s rate review experts to be eligible for compensation.”

Would Lara’s proposed regulatory changes likely make insurance coverage more expensive in fire-prone regions? Yes, but there are no free lunches and it’s better to have costlier coverage than none.

If nothing else, Lara deserves credit for actually doing something about a severe crisis, rather than passing the buck — a contrast with how California officials are dealing with another crisis, homelessness.

Dan Walters is one of most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state’s political, economic, social and demographic trends. He began covering California politics in 1975, just as Jerry Brown began his first stint as governor, and began writing his column in 1981. ★



Walnut Sector Faces Slow Recovery, as Growers Pull Less-Productive Trees

With more California walnut orchards being removed, the outlook for the industry is expected to improve as growers try to balance supply and demand. But such efforts alone will not be enough to put them on a fast track to market recovery and profitability. A report by RaboResearch Food and Agribusiness says walnut production may not decline as fast as acreage because growers are taking out older, less-productive trees and “heritage” varieties that are also lower yielding. Growers are also removing orchards with poor water availability or soil quality.

Farm Leaders Sound Alarm Over Increasing Economic Pressures

With some of the state’s major agricultural commodities struggling and farmers and ranchers facing increasing economic and regulatory pressures, California farm leaders say the industry will continue to lose farms as more are squeezed out and few people enter the business. In a meeting last week of the California State Board of Food and Agriculture, farmers and farm advocates representing specialty crops, winegrapes, cattle and dairy voiced their concerns about problems vexing the industry. Agricultural leaders warned of more consolidation and fewer farms.

State Pesticide Regulators Get Funding Infusion From New Mill Tax

Guided by a plan that prioritizes new pest management approaches and a goal to eliminate high-risk pesticides by 2050, state Department of Pesticide Regulation Director Julie Henderson outlined priorities now being supported by a \$34 million revenue boost from raising the mill assessment on pesticide sales. Annual increases in the mill assessment—a fee that farmers pay when they purchase pesticides—went into effect in July. Henderson said the mill assessment increase will support Sustainable Pest Management initiatives and add 117 new positions.

Red Leaf Blotch Disease Found in California Almond Orchards

University of California plant pathologists have confirmed red leaf blotch disease in almonds for the first time in the state. The disease surfaced in May when a UC orchard crops advisor found unusual leaf symptoms in an almond orchard straddling the Merced-Madera county line. Infected leaves on the nonpareil, Monterey and Fritz varieties had yellow spots with orange to dark red-brown centers. The disease has been found to date in Madera, Merced, San Joaquin and Stanislaus counties. Officials say it likely entered the state on imported plant material. ★



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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 experience is required. Primary duties are working with customers and assisting with weekly legal advertising filings. We also have a part-time position available in West Sacramento available in August.

City Reporter - We are seeking a full-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 Managing Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

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 the Managing Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required.

Delivery Driver - Weekly Hauling to Marysville- 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/Local - We are seeking a part-time Newsstand Deliver Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/Sacramento Region. Routes also available in Elk Grove, Pocket, East Sacramento, Arden Arcade. 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. Previous experience preferred.

To find out more or to apply:
 Email your questions or resume to Publisher@MPG8.com

West Sacramento News Ledger
 Serving West Sacramento and Yolo County since 1964

It is the intent of the *News-Ledger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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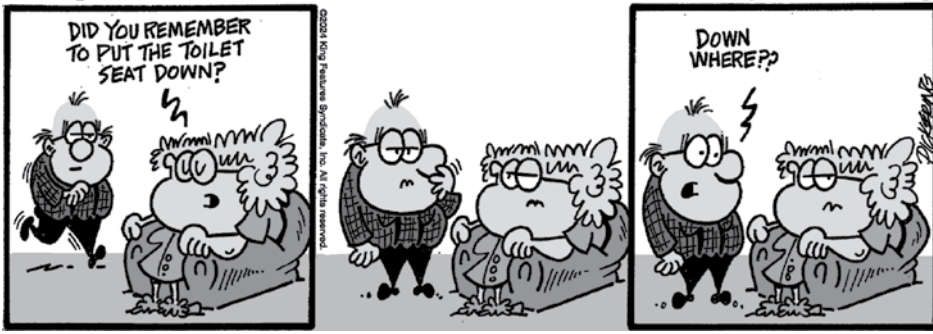
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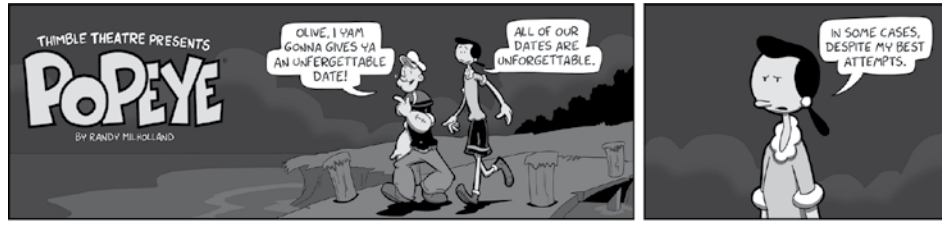
Out on a Limb

by Gary Kopervas



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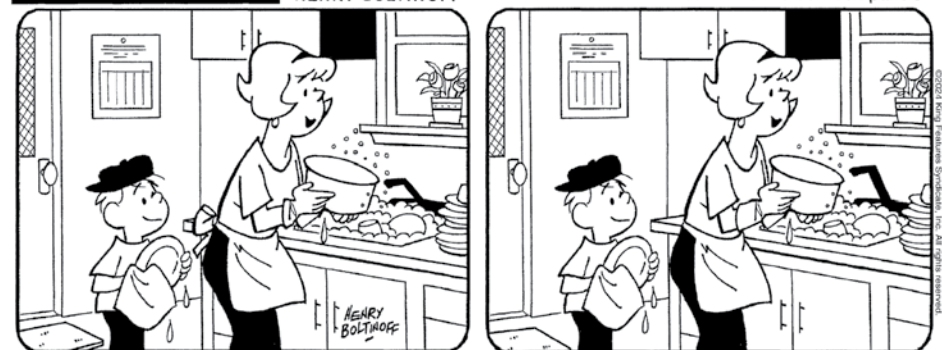
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CLUES

ACROSS

- Meat chunks
- Calendar square
- * signature, or notation that describes #34 Down
- Hiya or howdy
- Down Under runner
- West Point student
- At full speed
- Big Apple
- Flounder's domain
- *Complementary notes sung simultaneously
- *Not sonata
- Debate position
- Painter Chagall
- Munchhausen's story
- Casino chip
- *R in R&B
- Spanish earthen pot
- Lobed organs
- Nest for an eagle
- Bona fide
- *Adagio or moderato, e.g.
- What a willow did?
- *Type of piano technician
- Flock member description
- Fill beyond full
- Masters of ceremonies, colloquially speaking
- Jon Krakauer's book "the Wild"
- High craggy hill
- Church congregation
- Hole punching tool
- *A ____, or without accompaniment
- *Fast
- Not asleep
- 2000 lbs.
- Acquisition through marriage
- Rubber tree product
- Director's cry
- *Five lines
- Potassium hydroxide solution, pl.
- 168 in 1 week
- Housed

DOWN

- Mohammad Reza Pahlavi's title
- Dharma teacher
- Resembling wings
- Good Year balloon, e.g.
- Mexico City state
- Say it isn't so
- Winehouse or Schumer
- New Mexico's state flower
- Diplomat's asset
- It comes to mind
- Not in Impossible Burger
- European erupter
- Shell-like anatomical structure
- *Nine instruments, e.g.
- Bobby of hockey
- Halle Bailey's 2023 role
- *Loud or strong
- Part of small intestine
- Sometimes follows sauvignon
- 1.3 ounces, in Asia
- Coniferous trees
- October 31 option
- On top of trends (2 words)
- *Strong-weak-strong-

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Governor Newsom Signs Legislative Package Cracking Down on Retail Crime and Property Theft

Office of Governor Gavin Newsom News Release

SACRAMENTO, CA (MPG) - Building on California's robust laws and strategies to reduce crime and protect communities, Governor Newsom signed landmark legislation to further crack down on property and retail crime on Aug. 16. The new laws provide tougher criminal penalties for repeat offenders and additional tools for felony prosecutions.

"Let's be clear, this is the most significant legislation to address property crime in modern California history. I thank the bipartisan group of lawmakers, our retail partners, and advocates for putting public safety over politics. While some try to take us back to ineffective and costly policies of the past, these new laws present a better way forward — making our communities safer and providing meaningful tools to help law enforcement arrest criminals and hold them accountable," said Governor Gavin Newsom.

"A promise made is a promise kept — we're taking bipartisan action to make our communities safer and stronger," said Senate President pro Tempore Mike McGuire.

"These ten critical bills will crack down on retail theft, blunt local crime, and help our down-towns thrive for decades to come. Thanks to the partnership of Governor Newsom, Speaker Rivas, and the tireless work of our Senate and Assembly colleagues, California communities are getting the laws they need and rightfully deserve."

"California's hard-working business owners asked for our help, and today we are delivering thoughtful, balanced new laws that will protect their livelihoods, workers and customers," said Speaker of the Assembly Robert Rivas.

"To those who brazenly harass and shoplift from our stores: Accountability is here. I'm deeply proud of my colleagues for taking on this crucial public-safety issue, and I thank Assemblymember Rick Chavez Zbur, the Governor, Pro Tem and Attorney General for their dedication and leadership. In California, we keep each other safe and get the job done."

"I am grateful to the Governor for signing this landmark legislative package and to Speaker Rivas for making retail theft a priority," said Select Committee on Retail Theft chair, Assemblymember Rick Chavez Zbur.

"This legislation directly benefits Californians by addressing the urgent issue of retail crime, which impacts shoppers, business owners, and workers across our state. Many constituents have expressed concerns about local retailers closing, job losses, and safety. By working together with various stakeholders, we crafted a balanced solution that disrupts



Governor Newsom signs 10 bills on Aug. 16 that implement a crackdown on retail theft. Photo courtesy of the Office of Governor Gavin Newsom

retail crime rings while maintaining crucial criminal justice reforms. This law is a significant step toward making our communities safer and stronger."

In January, Governor Newsom called on lawmakers from both sides of the aisle to enact robust laws to better assist law enforcement and prosecutors in safeguarding communities and holding criminals accountable. On Aug. 16, Governor Newsom signed 10 new public safety laws to strengthen California's existing law enforcement tools and better protect Californians.

Why It Matters

The laws offer new tools to bolster ongoing efforts to hold criminals accountable for smash-and-grab robberies, property crime, retail theft, and auto burglaries. While California's crime rate remains near historic lows, these laws help California adapt to evolving criminal tactics to ensure perpetrators are effectively held accountable.

What These New Laws Do:

Cracks down on the theft and sale of stolen items: Creates stricter penalties for individuals involved in retail and property theft, mandates sentencing enhancements for large-scale operations, and creates new crimes — imposing enhanced felony charges and extended prison sentences.

Increases enforcement and prosecutions: Bolsters existing laws to ensure police can arrest

retail theft suspects with probable cause — even if they didn't witness a crime in progress.

Combines values to meet felony thresholds: Permits the aggregation of stolen goods, enabling prosecutors to combine the value of multiple stolen items — even across different victims and counties — to help meet the threshold for felony grand theft.

Targets smash-and grabs: Creates new penalties for criminals who damage businesses and property in the course of theft.

Fights car break-ins and theft: Adds new and increased penalties for possession of items stolen from a vehicle with intent to resell, and allows prosecution of automotive property thefts, regardless of whether the vehicle was locked.

Eliminates retail theft sunset provisions: Maintains important organized retail crime statutes and task forces to protect communities. The organized retail law, which has been effectively used by CHP and others in the Organized Retail Crime Task Force, would have expired on Jan. 1, 2026.

California law provides existing robust tools for law enforcement and prosecutors to arrest and charge suspects involved in organized retail crime — including up to three years of jail time for organized retail theft. The state has the 10th toughest threshold nationally for prosecutors to charge suspects with a felony, \$950. 40 other states — including Texas (\$2,500), Alabama (\$1,500), and Mississippi (\$1,000) — require

higher dollar amounts for suspects to be charged with a felony.

The Aug. 16 signing includes the enactment of following measures that will help strengthen California's existing laws:

AB 1779 by Assemblymember Jacqui Irwin — Theft: jurisdiction

AB 1802 by Assemblymember Reggie Jones-Sawyer — Crimes: organized theft

AB 1972 by Assemblymember Juan Alanis — Regional property crimes task force

AB 2943 by Assemblymember Rick Chavez Zbur and Assembly Speaker Robert Rivas — Crimes: shoplifting

AB 3209 by Assemblymember Marc Berman — Crimes: theft: retail theft restraining orders

SB 905 by Senator Scott Wiener — Crimes: theft from a vehicle

SB 982 by Senator Aisha Wahab — Crimes: organized theft

SB 1144 by Senator Nancy Skinner — Marketplaces: online marketplaces

SB 1242 by Senator Dave Min — Crimes: fires

SB 1416 by Senator Josh Newman — Sentencing enhancements: sale, exchange, or return of stolen property

While not included in the Aug. 16 announcement, Governor Newsom is also expected to soon sign AB 1960 by Assembly Speaker Robert Rivas.

Local support to fight organized retail crime

Governor Newsom has

invested \$1.1 billion since 2019 to fight crime, help local governments hire more police, and improve public safety. Today's action builds on the Governor's Real Public Safety Plan — which focuses on strengthening local law enforcement response, ensuring perpetrators are held accountable, and getting guns and drugs off our streets, including by deployment of California Highway Patrol to hot spots including Oakland, Bakersfield, and San Francisco.

As part of the state's largest-ever investment to combat organized retail crime, Governor Newsom announced last year the state distributed \$267 million to 55 communities to help local communities combat organized retail crime. These funds have enabled cities and counties to hire more police, make more arrests, and secure more felony charges against suspects.

Statewide efforts targeting retail theft and organized crime

Last year, the California Highway Patrol reported an annual 310% increase in proactive operations targeting organized retail crime, and special operations across the state to fight crime and improve public safety. And since January 2024, CHP's Organized Retail Crime Task Force is on track to surpass the work in 2023, making 884 arrests and recovering more than a quarter of a million stolen goods valued at over \$7.2 million. ★

Ballot Initiatives Become Pawns in Democrat Schemes

Commentary by Ted Gaines

The shocking national political events have rightfully dominated the news of the past few weeks. But in relative obscurity, governments everywhere are still working, and the California political establishment has been busy waging a war of deception and disempowerment against our citizens. This time, they're targeting the ballot initiative process, an important form of direct democracy.

First is the death of the Taxpayer Protection and Government Accountability Act (TPGAA), a voter-rights initiative aimed at putting the brakes on runaway taxes and fees plaguing our famously expensive state.

The Taxpayer Protection and Government Accountability Act would have put the tax-and-fee-increase reins in voter hands, as summarized by the Wall Street Journal: "The initiative would require a majority of voters to approve taxes adopted by the Legislature. Both the

Legislature and voters would have to approve regulatory action that increases state revenue. Charges for specific government services or products like fishing licenses would have to reflect the actual cost of providing the service or product. The initiative would also raise the threshold for localities to pass all special taxes to two-thirds."

When the initiative qualified to be placed on the ballot this November, what did Governor Newsom, the man who supposedly represents all 40 million Californians, do? He sued to get it removed from the ballot, and a hyper-partisan California court sided with the Governor and removed the measure. The Governor and Legislature can't let anything disrupt their endless taxing and spending. The people won't even have a chance to tighten the reins on government growth. So much for democracy.

Next up are two cynical, pro-crime smokescreens floated by the Legislature and Governor Newsom to cloud the result of an

actual tough-on-crime initiative on the November ballot.

The initiative, Prop. 36, would undo some of the infamous Prop. 47, which essentially legalized shoplifting under \$950 and gave blessing to open-air drug markets, turning California into a criminals' paradise and pushing retailers to the brink.

Prop. 36 will put some teeth back into the criminal justice system, protect businesses and families, punish criminals for a change, and mend the social fabric weakened by rampant crime and drug-den takeovers of our public spaces.

But the California Legislature is sadly and shockingly pro-criminal. To them, "the system" is always the problem, never the people who are filling up shopping carts and walking out of stores in broad daylight, with no fear of punishment.

So, they sprang into action by drafting a package of bills that sounded tough-on-crime but included "poison pills," meaning the bills would be voided if

Prop. 36 passed. Voters reading the ballot summary for Prop. 36 could have been confused, thinking they were weakening law enforcement by voting for the measure.

Thankfully, this shameful deceit eventually collapsed under a massive outcry by law enforcement and a public weary of crime.

After the bills failed, Governor Newsom floated another initiative to compete with Prop. 36, again to soften and undermine the commonsense changes found in the people's initiative. That last-minute effort cratered as well because even legislative Democrats refused to support a competing proposition to Prop. 36, leaving the people with an honest chance to change the course of the state this coming November.

Sacramento Democrats also understand that having Prop. 36 on the ballot hurts their chances in November. Their efforts to thwart the reforms in the initiative are as much political as they are philosophical.

Instead of obsessive

politicking, the Democrats should look at their own policies and try to understand why a measure that punishes criminals, creates safe neighborhoods and businesses, and closes drug markets is considered an electoral threat to them.

The capitol is the people's building, not a walled fortress to protect incumbents and special interests, and voters are not an inconvenience to be shooed away by the courts or by trickery.

Despite the worst efforts of Sacramento Democrats, the people still have a chance to support Prop. 36 in November and build a brighter future for our state.

Senator Ted Gaines (Ret.) was elected to represent the Board of Equalization's First District. He is a leading taxpayer advocate, defender of Prop. 13, and is committed to providing trustworthy and transparent representation for nearly ten million constituents in 34 counties of northern, eastern, and southern California. For more information, visit www.boe.ca.gov/Gaines. ★

'Team Hope Walk' Raises Needed Funds

Weston Greene Communications
News Release

SACRAMENTO, CA (MPG) - The Northern California Chapter of the Huntington's Disease Society of America will host the Sacramento Team Hope Walk on Sept. 21 at River Walk Park, 651 2nd St. in West Sacramento.

Team Hope is Huntington's Disease Society of America's largest national grassroots fundraising event, which takes place in more than 100 cities throughout the U.S. and has raised more than \$28 million for Huntington's Disease since its inception in 2007. Thousands of families, friends, co-workers, neighbors and communities walk together each year to support Huntington's Disease Society of America's mission to improve the lives of people affected by Huntington's Disease and their families.

Huntington's disease is a fatal genetic disorder that causes the progressive breakdown of nerve cells in the brain. It deteriorates a person's physical and mental abilities during their prime working years and has no cure. Every child of a parent with Huntington's Disease has a 50/50 chance of inheriting the faulty gene. Today, there are approximately 41,000 symptomatic Americans and more than 200,000 at risk of inheriting the disease. The symptoms of Huntington's Disease are described as simultaneously having Amyotrophic Lateral Sclerosis (ALS), Parkinson's and Alzheimer's.

The Huntington's Disease Society of

America is dedicated to improving the lives of everyone affected by Huntington's Disease through community services and education to advocacy and research. Huntington's Disease Society of America was founded in 1967 by Marjorie Guthrie, the wife of legendary folk singer Woody Guthrie. The singer died from Huntington's Disease complications when he was only 55 years old but the Guthrie family legacy lives on at Huntington's Disease Society of America.

Registration starts at 9 a.m. and the event starts at 10 a.m. Sept. 21. All proceeds support Huntington's Disease Society of America's mission to improve the lives of people affected by Huntington's disease and their families.

Team Hope is Huntington's Disease Society of America's largest national grassroots fundraising event and has raised more than \$28 million for Huntington's Disease since its inception in 2007. Thousands of families, friends, co-workers, neighbors and communities walk together each year to support Huntington's Disease Society of America's mission to improve the lives of people affected by Huntington's Disease and their families.

For more information about the event, go to <https://northernca.hdsa.org/events/2024-team-hope-walk-sacramento> and www.hdsa.org or call 800-345-HDSA. Huntington's Disease Society of America's Team Hope Walk Program is nationally sponsored by Neurocrine Biosciences and Teva Pharmaceuticals. ★



Riley Reviews

ABC FALL SCHEDULE; "KILLER LIES"
TRUE CRIME ON NAT GEO

A Film and TV Review by Tim Riley

ABC network lays claim to the longest-running medical drama ever with "Grey's Anatomy," which will mark its 21st season this fall and maintains its hold on Thursday nights, except it will be shifting back to the 10 p.m. time slot on the West coast.

This move makes room for the new medical drama on the block, Ryan Murphy's "Doctor Odyssey," which stars Joshua Jackson as a doctor on board a luxury cruise ship where the staff works hard and plays harder.

Jackson's Max and his small but mighty medical team navigate unique medical crises and each other, miles from shore in what ABC bills as a "high-octane procedural."

The series, also starring Don Johnson, will air Thursdays an hour earlier than "Grey's Anatomy," right after the first responder hit "9-1-1," which was also co-created by Ryan Murphy.

ABC's other new scripted drama this fall is "High Potential," a crime drama starring "It's Always Sunny in Philadelphia's" Kaitlin Olson as she teams up with a by-the-books detective to crack cases.

Based on a popular French series, "High Potential" follows Morgan (Olson), a single mom with three kids and an exceptional mind, who helps solve an unsolvable crime when she rearranges some evidence during her shift as a cleaner for the police department.

When the police discover she has a knack for putting things in order because of her high intellectual potential, she is brought on as a consultant to work with seasoned detective Karadec (Daniel Sunjata), and together they form an unusual and unstoppable team.

On the unscripted front, the network is handing out a rose (and hopefully some comfortable shoes) to "The Golden Bachelorette," which, like "The Golden Bachelor" before it, will follow contestants in their golden years as they search for a second chance at love.

Fan-favorite Joan Vassos will be the new Golden Bachelorette, and the network is extending the episodes by 30 minutes compared to "The Golden Bachelor's" hourlong episodes.

In between the new shows, "Abbott Elementary" is holding down the fort for ABC's comedies as the only sitcom on the fall schedule.

The unscripted staple "America's Funniest Home Videos" returns in the fall to celebrate its monumental 35th season, along with "Shark Tank" as well as popular films under "The Wonderful World of Disney" umbrella.

"The Conners" will return at midseason for its farewell outing. Dramas "The Rookie" and "Will Trent" are also being held for midseason, along with reality favorites like "American Idol" and "The Bachelor." ★

"KILLER LIES: CHASING A TRUE CRIME CON MAN" ON NAT GEO

National Geographic expects its summer marquee true-crime series "Killer Lies: Chasing a True Crime Con Man," premiering on August 28th on Nat Geo and streaming the next day on Hulu, to heat up their storytelling.

Based on Lauren Collins' 2002 "New Yorker" reveal of a scandal in "Murder, He Wrote," the Nat Geo special expands on Collins' investigation into the rise and fall of a provocative French serial killer expert, Stephane Bourgoïn, who became famous for jailhouse interviews with serial killers.

Bourgoïn's extraordinary resume of these interviews with killers, as well as his personality quirks, resulted in morbid encounters. Bourgoïn cited the violent and horrifying 1975 slaying of his wife by a serial killer as motivation for his relentless interest in the minds of murderers.

After 40 years and 40 books, Bourgoïn becomes the target of online sleuths, known as 4eme Oeil Corporation (4th Eye), who try to untangle his web of lies and unearth the truth.

The three-part series, directed by Emmy-nominated filmmaker Ben Selkow, fully reveals the online group's dogged investigation and the shocking extent of Bourgoïn's deception.

The series features exclusive access to 4th Eye members speaking for the first time on camera in a documentary, along with material from Bourgoïn's own films and past television appearances and forensically reexamined archival footage.

Viewers will hear from those closest to Bourgoïn for an intimate peak inside a pathological liar's mind as well as hear from Bourgoïn himself in his most comprehensive sit-down interview discussing his motives for fabricating such grandiose falsehoods.

The premiere episode, "Murder He Wrote," delves into the lucrative true-crime industry, but the 4th Eye, a collective of vigilante online sleuths, discover Bourgoïn's career was based on a series of dark lies.

"The Eye is Always Watching" episode's hunt for the truth reveals something far darker lies beneath the surface of Bourgoïn's fame, while "The Reckoning" episode continues investigating many alarming unanswered questions.

In the end, we hear from the victims in this story and delve into the larger themes and questions raised about our insatiable appetite for true crime and the strange compulsions of the human psyche.

"Killer Lies" is an exploration of human nature and cultural psychology and a commentary on the global true-crime industry. Nat Geo contends this is a true-crime story within a true-crime story.

Ultimately, it was avid true-crime fans who brought down Bourgoïn, launching their own investigation of the master who had taught them not to underestimate humanity's capacity for deceit and evil. ★

Crime Reports WEST SACRAMENTO



ARRESTS

- July 9:** Angel Mark Tarazon. Arrested for misdemeanor bench warrant.
- July 31:** Crystal Kay Boone. Arrested for misdemeanor bench warrant.
- August 5:** Anthony Alan Woods. Arrested for felony bench warrant, manufacture/sale/possess/etc metal knuckles.
- July 29:** Vincent Elias Lara. Arrested for misdemeanor bench warrant.
- July 31:** Abeer Asghar. Arrested for misdemeanor bench warrant.
- August 2:** Thomas Charles Hodge. Arrested for grand theft: money/labor/property, felony warrant of arrest.
- August 4:** Rakia Renee Fulmer. Arrested for fugitive from justice: warrant arrest.
- August 5:** Christopher Neil Marinelli. Arrested for false identification to specific peace officer, felony bench warrant, probation violation: rearrest/revoked.
- July 31:** Deandrey Deshawn Armstead. Arrested for possess controlled substance.
- August 7:** Henry Salomon Mercado. Arrested for felony bench warrant.
- August 1:** Larry David Sherade. Arrested for misdemeanor bench warrant, possess controlled substance.

INCIDENT/CRIME REPORTS

- July 26:** Reporting party arrived to jobsite and observed that multiple batteries and copper wiring had been stripped from equipment on the job site. No suspect information. \$10,000 loss. Grand theft: money/labor/property.
- July 29:** Unknown suspects possibly Jose Melvin and Jose Argueda forced Jonathon Gonzalez to call/direct Jamie Manzo and Miguel Lopez to 1700 West Capitol Ave. As Manzo and Lopez arrived, Melvin and Argueda assaulted Manzo. Melvin punched Manzo with brass knuckles in the left eye and mouth. Manzo sustained a visible injury to his left eye and was transported to Sutter Sac by AMR. Assault with deadly weapon: not firearm. Battery.
- July 28:** Theft of tools located in the bed of truck. \$270 loss. Theft of personal property.
- July 20:** Two unknown female subjects walked into the Nugget store and began lingering around victim as she was shopping. As one of the female subjects (S2) began talking to victim while selecting produce, the other female subject (S1) reached into victim's purse and stole her belongings. S1 walked out of the store and waited inside a white SUV. S2 then exited the store and entered the same SUV as S1. Both suspects left the area in the white SUV. \$26,375 loss. Grand theft: money/labor/property. Conspiracy: commit crime.
- July 20:** An unknown male climbed the fence into an enclosed truck yard. Male poked a hole into the fuel tank of a truck, attempting to take fuel. \$50 loss. Tamper with vehicle.
- July 25:** Reporting party came in to work at approximately 0700 hours and observed large amounts of water in the road and flowing from pipes on the property at his workplace. After further inspection. He observed the water pipes had been cut that allow water to the property. \$5,000 loss. Grand theft: money/labor/property. Vandalism (\$400 or more).
- July 11:** Vandalism to vacant commercial building. Vandalism: damage property.
- August 2:** Vehicle burglary. \$1,801 loss. Burglary. Tamper with vehicle.
- July 28:** Unknown subject threw firework damaging driveway of victim. \$500 loss. Vandalism: damage property.
- July 5:** Fraudulent use of bank account funds – approximately \$1900. \$1900 loss. Obtain money/etc. by false pretenses.
- August 1:** Victim's car was keyed and gas cap was opened while parked. \$8,000 loss. Vandalism: deface property.
- August 2:** Male was observed by reporting party to be waiving a knife around in Target parking lot and making vague threats. Officers contacted male and a records check revealed he had a misdemeanor bench warrant out of Yolo County. Suspect also lied to officers about his name. Suspect was arrested and booked at Yolo County Jail. \$1 loss. Give false ID to police officer. Bench warrant/failure to appear on misdemeanor charge.
- August 5:** Multiple unknown suspects entered victim business and stole approximately \$60,000 worth of property. One of the suspects is an employee of victim business and admitted to victim business that he took the materials. All materials were returned by suspect. A neighboring business had surveillance footage of the incident. \$60,000 loss. Grand theft: money/labor/property.
- August 12:** Vacant single story residential home that incurred major damage from a structural fire had the door frame broken. It is unknown if the suspect(s) entered the residence or stole anything inside. Report was taken for insurance purposes. \$200 loss. Vandalism: damage property.
- August 9:** A shoplifting of power tools occurred at Home Depot. \$2,979 loss. Grand theft: money/labor/property.
- August 13:** Unknown subject entered the business. Employee recognized the subject as someone who steals. Employee locked the subject inside the business and when the subject tried to leave with merchandise the employee locked the door. Subject then gave the merchandise back. Subject then went back to the door to leave and it was still locked. Subject kicked the door causing damage to it and left the scene. \$1,000 loss. Vandalism: damage property.

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Californians: Your Rent May Go Up Because Of Rising Insurance Rates

By Levi Sumagaysay
CALMatters.org

CALIFORNIA (MPG) - Like single-family homeowners in California, landlords are facing higher insurance premiums, too. And they're passing along some of those costs to their tenants.

Many insurance companies have stopped writing policies in the state because of increased wildfire risks, but that's not the only reason. They say in the case of any catastrophe, the potential costs of replacing any residential or commercial property, from labor to material costs, is just plain more expensive now. So even owners of properties in areas that are not at high risk for wildfires have had their policies canceled because their buildings may need repairs or improvements. Landlords are having to find other insurers, or having to turn to the ever-growing and more expensive FAIR Plan, the insurance industry-run plan that is mandated under California law to be the insurer of last resort.

This is where the insurance crisis could worsen the housing crisis, according to some experts. Increased insurance costs for properties other than single-family homes are starting to affect the rental market — in a state where almost half of residents are renters — and could compound the state's housing problems, they say.

Josh Hoover, an insurance broker in the Los Angeles area, handles mostly commercial accounts and said "it's almost impossible" to find coverage for any large structure. In late 2022, Allstate said it would stop writing new property insurance in the state, including commercial policies. Then State Farm, the biggest insurer in the state, recently canceled policies for tens of thousands of homes, residential community associations, business owners and commercial apartment properties.

"Even buildings made in the '80s are now considered old, which is ridiculous," Hoover said. "Most carriers want everything updated in the last 30 years. They want a new roof, electrical redone, plumbing redone — they want you to have copper pipes."

For landlords, 'death by a thousand cuts'

Earlier this year, Farmers canceled the policy on a 33-unit apartment building in San Bernardino that was built in the 1960s, said its



A rental sign in front of an apartment complex in Tower District in Fresno on July 27, 2023. Photo by Larry Valenzuela, CalMatters/Catchlight Local

co-owner, Uwe Karbenk. Karbenk found an out-of-state insurer instead of going with the more expensive FAIR Plan, but his premium has still increased by \$28,000 to more than \$41,000 a year.

Combined with state laws that limit how much he is allowed to raise the rent each year — 5% plus inflation, or up to 10% in some cases, with possibly other rent-control measures on the way — Karbenk said being a landlord in California is "a little bit like death by a thousand cuts." He added that if his profit margin continues to shrink, he would rather invest in something else besides real estate.

"One of these measures, it's not a big deal," Karbenk said. "But over the years, it's really difficult for mom-and-pops."

Mike Placido and his wife are definitely a mom-and-pop. They own two rental properties, a four-unit building in San Gabriel and a duplex in Alhambra. He said they bought the properties as a way to supplement their retirement income when the time comes in a few years.

When State Farm canceled the policy on their San Gabriel property, Placido got a quote from the FAIR Plan for \$8,600, much higher than their old \$2,600 premium. Instead, he was able to cobble together three different policies from a Florida-based insurer to get the coverage the old policy provided for \$6,500, a 150% increase. So he said he plans to raise rents in January.

"It's not like I'm some land baron," Placido said. "I'll pass along as much

as I possibly can, as much as the market can bear, and I'll shoulder the rest. I have no choice."

Yet another worry for renters

About 44% of Californians are renters, according to the U.S. Census. The median monthly rent in the state is \$2,850, a third higher than the national figure, according to online real estate marketer Zillow. About 30% of the state's renters are considered severely cost-burdened, meaning they spend at least half of their income on housing, according to an analysis by the Public Policy Institute of California. Now their rents could rise to even more burdensome levels.

Shanti Singh, legislative director for statewide renters' rights organization Tenants Together, said "it's still kind of an unknown how common it is" that tenants' rents are rising along with insurance costs, partly because not all landlords say why they're raising rents.

"It depends on the landlords," Singh said. "Some are transparent; a lot of them aren't."

Any significant rent increases have not yet shown up in Zillow's data, which shows California's median rent is actually down about \$100 compared with last year, though it has climbed higher since the beginning of the year.

In the Bay Area, two renters who didn't want to be named out of fear of retaliation from their landlord said the rents at their live-work complex jumped earlier this year, and the reason was spelled out to them in an email that had

"insurance costs" in the subject line.

Singh said she fears things will only get worse for renters as the effects of climate change, such as wildfires, continue to weigh on the affordability of insurance, and in turn, housing.

"Tenants are going to have the least recourse," Singh said. They "always

whether certain parts of the state will eventually be uninhabitable and uninsurable — whichever comes first.

Sarah Karlinsky, director of research at the Terner Center for Housing Innovation at UC Berkeley, said the lack of enough housing within already developed cities means more building "at the

vital: "You would be displacing so many people."

The growing risks of climate change make it more important than ever for renters to have their own insurance, said Emily Rogan, senior program officer for United Policyholders, a consumer advocacy group.

Renters insurance would cover the costs for tenants to stay "somewhere else as you figure out where to live in case of a severe weather event," Rogan said.

Effects on commercial properties and businesses

Small businesses that rent their space will be affected by their landlords' rising premiums, too.

John Reed owns a mixed-use commercial property in Oakhurst, outside Yosemite — an area that has seen its share of fires in the past several years. Last year, his fire insurance cost about \$2,800, but Berkshire Hathaway canceled his policy. He got three different quotes from the FAIR Plan, with the highest being \$24,000. Then, he found a plan from Lloyd's of London for about \$14,000.



Mike Placido stands in front of a four-unit rental property that he and his wife own and manage in San Gabriel on Aug. 12. Photo by Jules Hotz for CalMatters

end up bearing a disproportionate brunt of what they can afford."

Housing and climate change

Singh and others who deal with California's lack of affordable housing expressed concern about

fringe of regions, in places that are more dangerous," also known as the wild-land urban interface, or the WUI, in wildfire speak.

"If we don't want to continue down this road, we have to fundamentally rethink our development patterns," Karlinsky added.

Laurie Johnson, an urban planner and former chief catastrophe response and resiliency officer for the California Earthquake Authority, pointed out that some property owners in the state who own their buildings and have no mortgages might choose not to insure their properties because of the rising costs. That's worrisome, she said.

"It feels like we want to keep our multifamily stock insured and don't want to take the risk of losing it," Johnson said. Hoover, the insurance broker, agreed and said he has had some clients tell him they plan to forgo insurance.

Johnson added that just as jurisdictions have been requiring seismic retrofitting in case of earthquakes, protection against fires and other catastrophes — and the ability to replace what ever might be lost — is

Reed said he will have to pass on his increased costs to his six tenants. "As a landlord, I can't hit them with the whole burden all at once," he said. "If I'm able to afford it, I will try to spread that out over a two- or three-year period."

California's insurance commissioner, Ricardo Lara, has unveiled a multi-part plan to address the state's insurance woes, mainly focused on wildfires. For example, insurers will be allowed to use catastrophe models if they agree to write policies in certain areas of the state. But Insurance Department spokesperson Michael Soller pointed out that Lara also recently announced a deal with the FAIR Plan that creates a high-value commercial coverage option.

"The reforms will have broad benefits for the availability of insurance," Soller said.

Levi Sumagaysay covers the California economy for CalMatters with an eye on accountability and equity. She reports on the insurance market, taxes and anything that affects the state's residents, labor force and economy. ★



Pictured here are houses in San Francisco on July 12, 2023. Photo by Samantha Norris, CalMatters

California Aims to Improve Ability to Measure How Much Water Is Flowing Throughout the State

California Department of Water Resources News Release

SACRAMENTO, CA (MPG) - On Aug. 15, the Department of Water Resources (DWR) announced a new partnership opportunity to support the state's ability to measure stream and river flows through the California Stream Gage Improvement Program (CalSIP) as climate extremes continue to impact the state's water supply.

As part of the approximately \$7 million program, the Department of Water Resources is seeking to partner with public agencies to install, upgrade and/or reactivate existing stream gage stations. This effort will expand California's ability to access critical data

that can inform important water management decisions during both flood and drought conditions.

"California can't manage what we don't measure. Expanding our network of gages in rivers and streams helps us all make better decisions about managing our precious water supply while protecting vulnerable communities from flooding and drought," said Department of Water Resources Director Karla Nemeth.

"It also benefits our natural environment, improving our understanding of the needs of salmon and other native fish especially during drought conditions."

A stream gage is a set of instruments installed along a river or stream that measures, records,

and transmits data on flow, water temperature, and dissolved oxygen levels. Water agencies and the public rely on the essential information these gages provide for multiple purposes including:

- Planning, forecasting, and warning about floods and drought conditions

- Managing and informing reservoir operations

- Monitoring environmental conditions to protect aquatic habitats

- Planning for safe and enjoyable recreational activities

- Assessing groundwater and surface water interaction

- Monitoring stream flow impacts due to long-term changes in weather patterns

While there are approximately 1,000 active stream

gages across the state sharing information publicly, many watersheds lack vital information on their surface water resources. Users of this data include emergency responders, water managers, environmental and transportation agencies, universities, utilities, recreators, researchers, and Tribes.

"Filling gaps in our stream gage network is essential for protecting life and property from flooding, improving water supply forecasting now and into the future amidst an ever-changing climate, and enhancing recreational opportunities like rafting and fishing," said Teresa Connor, the California Stream Gage Improvement program manager with the Department of Water Resources.

The Department of Water Resources is now accepting interest forms, which will be reviewed and evaluated monthly to identify eligible projects through Dec. 31. The funding will allow approved entities to purchase and install stream gage equipment as well as operate and maintain stations through June 30, 2027. Local entities will need to operate and maintain the gage and can elect to perform the operations either with staff or hire an experienced consultant to perform the installation and operations of the gage if the operation is consistent with industry standards. Real-time stream data transmitted from these gages will then be publicly shared on the California Data Exchange Center website at [https://](https://cdec.water.ca.gov)

cdec.water.ca.gov.

Applicants are encouraged to apply as soon as possible. Additional information on eligible agencies, how to apply, and application deadlines can be found in the program guidelines.

This work is funded by the Budget Act of 2023 and is part of a larger effort authorized by Senate Bill 19 to address gaging information gaps in coordination with the State Water Resources Control Board, the California Department of Fish & Wildlife, and the California Department of Conservation.

For more information about the program and how to apply for technical assistance, visit the California Stream Gage Improvement Program webpage. ★

Health Advisory Issued for Cache Creek and Lake Washington Due to Harmful Algal Blooms

Yolo County News Release

WOODLAND, CA (MPG) - The Yolo County Department of Community Services' Environmental Health Division, in collaboration with the Yolo County Health and Human Services Agency (HHSA) and Yolo County Parks, has issued a health and safety advisory for portions of Cache Creek and Lake Washington. Recent testing revealed concerning levels of cyanotoxins, a byproduct of harmful algal blooms (HABs). This advisory is crucial to safeguard the health of residents and recreational users of the creek and lake.

April Meneghetti, Director of Environmental Health, emphasized the importance of the advisory: "The well-being of our community is our highest priority. We strongly encourage everyone to adhere to the advisory recommendations to protect yourself, your family, and your pets from potential harm. By following these guidelines, you play a crucial role in managing this issue."

Cyanobacteria can produce toxins that pose serious health risks. These toxins may cause skin irritation, gastrointestinal issues, headaches, and more severe health problems if ingested. Children and pets are particularly vulnerable due to their smaller size and greater likelihood of coming into contact with or ingesting contaminated water.

Recent sampling results from Aug. 2 identified two advisory levels for Cache Creek. At Cache Creek Regional Park Lower Site, a significant microcystin level of 74.09 µg/L

was detected, prompting a Danger Advisory. In response to this finding, all water contact activities, including the use of watercraft, are prohibited. Pets and livestock must be kept away from the water, and any visible algae or scum should be avoided. The water is unsafe for drinking or cooking, and boiling or filtering will not make it safe. Consumption of fish and shellfish from this area is strongly discouraged. Yolo County Parks offers alternative recreational activities and has posted signage at locations of concern.

At Camp Haswell, microcystin levels were recorded at 4.85 µg/L, leading to a Caution Advisory. Residents are advised to avoid swimming and stay clear of any visible algae or scum. Pets and livestock should be kept away from the water and must not drink or come into contact with it. If a pet or livestock does come into contact with the water, rinse them immediately with fresh water. Additionally, water from this area should not be used for drinking or cooking, and fishermen should avoid consuming shellfish from this location.

Lake Washington, near the Sailing Club, which also had conditions warranting a Danger Advisory for microcystin, is experiencing rapidly changing conditions due to tidal flows, and has been downgraded to a Caution Advisory. The public should follow the same health and safety precautions recommended for Camp Haswell.

Cyanobacterial blooms often occur when water conditions are warm, stagnant, and enriched with

nutrients such as phosphorus and nitrogen, typically from fertilizer runoff. These blooms can vary in color, including blue-green, red, or brown, and may emit a foul odor as they decompose. While not all blooms are harmful, testing is necessary to confirm the presence of dangerous toxins.

Dr. Aimee Sisson, Yolo County Public Health Officer, underscored the significance of the advisory: "During the summer, people and pets alike love to cool off in natural bodies of water. Some of these waters may be temporarily unsafe. Check conditions on the online portal before you go, heed posted signs, and learn to recognize algal blooms in order to stay healthy."

Yolo County is actively monitoring the situation and will provide updates as needed. For the most current information on Cache Creek, Lake Washington, and other local water bodies, please visit the California Harmful Algal Blooms Portal. To report a harmful algal bloom, complete the bloom report form by visiting the HABs Portal at MyWaterQuality.ca.gov/HABs/do/BloomReport.html, emailing CyanoHAB.Reports@WaterBoards.ca.gov, or calling the HABs toll-free hotline at 1-844-729-6466.

For additional information about harmful algal blooms and related health risks, please visit the California Harmful Algal Blooms Portal at MyWaterQuality.ca.gov/HABs/. For guidance on preventing exposure and managing affected waters, refer to the Centers for Disease Control and Prevention (CDC) at www.CDC.gov/Harmful-Algal-Blooms. ★

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Winters Theatre Company Announces 10-Minute Play Script Submissions

Winters Theatre Company News Release

WINTERS, CA (MPG) - The Winters Theatre Company invites you to submit original scripts for consideration in our annual 10-minute play festival to be held the weekends of Feb. 28 through March 1 and March 7 and 8, 2025.

The festival will be held in the historic Winters Opera House on Main St. in downtown Winters.

Now through Sept. 30, 2024, we are looking for original submissions (all submissions must come directly from the original playwright/author) for the festival. You must be 18 years of age or older

to submit an application, and there is a limit of two play submissions per author. Every play must be 10 minutes or less.

There is no specific theme for the festival, so all 10-minute scripts are welcome. We do ask that you read our guidelines before sending in a submission. All the details are available on our website, www.winterstheatre.org.

If you have any questions, please feel free to email the producers, Ana Kormos and Jim Hewlett.

We look forward to receiving and reading your submissions, and selecting the eight scripts that will be performed. Final selections will be announced on Nov. 1, 2024. ★

Tuleyome Tale - Safe Summer Hiking



Light colors and loose-fitting clothes help keep hikers cool even in areas with little shade. Photo by Nate Lillge

By Kristie Ehrhardt

WOODLAND, CA (MPG) - Technology and fast-paced living are part of our everyday world, but spending time in nature can help neutralize the tension and flurry that has become commonplace for us. Heading outdoors, even during the heat of summer, is not only possible but with a little preparation it can be safe, enjoyable, and fulfilling. Although the summer is ending, temperatures can still be high. Here are some tips to stay safe while hiking in high temperatures.

Keep an eye on the weather.

We are all painfully aware that our region gets HOT during the summer months and although the forecast doesn't really change all that much, in certain areas it can fluctuate more than at your house so keeping an eye on the weather where you're headed is important.

Head out early to take full advantage of the cooler morning hours. Being at the trailhead at sunrise not only avoids some of the heat of the day, but it will likely also avoid crowded parking situations and traffic jams on the trail.

Some areas in our region may

experience more wind than others and when the wind is from the north it is typically hot and dry which can rapidly increase the risk of dehydration while hiking. Along with the gusty north winds come "fire weather" which is often indicated by a Red Flag Warning, meaning that there is an increased risk for fire danger because of high temperatures, low humidity and strong winds.

If you smell smoke while you're hiking, it's always best to immediately evacuate the area. Failing to leave not only puts you at risk, but it also puts emergency personnel that may have to come to your aid at risk as well.

Stay hydrated and fuel up

Carry and drink plenty of water during your hike, in fact, bring more than you think you'll need. A good rule of thumb is to drink

a half to a full liter of water every hour depending on the temperature and your level of exertion. Be sure to drink often, sipping water helps you maintain hydration much better than chugging a bunch of water once or twice during your hike. You'll feel a lot better too. If you get distracted by the scenery and forget to sip, set a timer to remind you to take a drink about every 20 minutes.

If it's really hot or you'll be working really hard, pre-hydrate. Drink about 16 ounces of water two hours before you hit the trail.

Remember to bring some snacks even if you're not planning on being out on the trail all day. Finding the perfect spot to sit and journal or sketch for a

help keep you happy and feeling well. A quick way to replenish electrolytes is to drink a sports or recovery drink.

Know your limits

Pay attention to your body and any aches and pains you may be experiencing. Consider fatigue, strained muscles, a cranky ankle

oak and ticks and keep in mind that snakes may also be out enjoying the day. If you encounter one, please just allow it to pass, it doesn't want to engage with you either. Wear sunglasses and a wide brimmed hat or get a backpack umbrella to attach to your pack to ensure that you'll

And as
always
- if you
pack it
in, pack
it out!



Wide brimmed hats can help prevent sunburn - wear sunscreen. Photo by Nate Lillge

while, unexpected difficult terrain or even possibly an injury or getting lost can keep you out on the trail longer than expected and having extra food with you not only keeps your energy up but also your morale. Perspiring causes your body to lose not only water but also electrolytes so packing snacks with a little extra sodium and potassium can also

or even blisters and how those will make you feel if you continue hiking. The trek out may be downhill, but it'll be hotter than when you started. Turn back or head out before your water supply is half gone and don't hike beyond your ability.

Hiking is more fun with company. Having others with you to share the joy and experiences of the day is fabulous but having friends with you also lets you check on one another and, if necessary, help with important decisions should there be an injury or a need to call for help. Tuleyome, the Sierra Club and other "meet up" groups often offer group hikes where you can learn the terrain and meet fellow hikers.

Make a Plan and Be Prepared

Check the weather forecast and trail conditions before you go and bring appropriate clothing. Be sure to let someone know where you are heading and about how long you expect to be gone, especially if you are hiking alone. There's a good possibility that your cell phone may not have service on the trail so attaching a whistle to your pack should you need to call for help is a smart idea. Stay on the trail to help avoid things like poison

always have shade. Sunscreen is an absolute must and should be reapplied often, especially after swimming or excessive sweating.

Getting a sunburn is not only miserable and risky, but it can also add to the risk of dehydration. Some essential items to pack include a headlamp or flashlight, a knife or multipurpose tool, and a first aid kit that includes duct tape and super glue. Bonus points for taking a first aid course before hiking season, especially if you like to hike alone. If you're hiking with your canine pal, please be sure to take notice of their physical ability and demeanor. Dogs heat up and cool down differently than people and outdoor activity during the heat of the day can be extremely uncomfortable or even dangerous for them. Heatstroke can be life threatening to a dog and breaks with extra water and shade are essential for them; don't base their health level on how you're feeling.

Hiking can be done safely in our region any time of year. Some forethought and precautions can help avoid unnecessary calls to our first responders and help you enjoy the outdoors.

And as always - if you pack it in, pack it out!



Hydration and frequent breaks are important when hiking, especially when temperatures soar. Photo by Nate Lillge

SMF Breaks Ground on Pedestrian Walkway



The new walkway will connect Terminal B to Concourse B. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento International Airport (SMF) has broken ground for its new Pedestrian Walkway, a key project in the SMForward program. The Pedestrian Walkway will connect Terminal B to Concourse B via a skybridge with moving sidewalks, escalators and elevators along a panoramic corridor. The walkway project is vital to supporting passenger growth well into the future.

The \$140 million walkway will enhance passenger convenience and

connectivity, offering travelers the ability to walk or ride the existing Automated People Mover. The project will feature three major pieces of art that represent a \$2.5 million investment in public art.

"This is the first project of our \$1.3 billion SMForward program and the culmination of years of planning and creativity," said Cindy Nichol, Director of Sacramento County Department of Airports.

"By transforming how people experience travel, we're enhancing our community's connection to the region and the world, boosting our economy and improving our quality of

life."

The project is funded by \$33 million in grant funds through the Bipartisan Infrastructure Law (BIL), as well as a low-interest federal loan through the Transportation Infrastructure Finance and Innovation Act (TIFIA) and airport revenue bonds. Zero local tax dollars will be used to fund this important project.

The Airport has been breaking passenger records month after month, ending fiscal year 2024 with 13.2 million passengers served.

"With passenger numbers on track to break records again this year, this project is essential

to meeting the demands of today and tomorrow," said District 2 Supervisor and Board Chair, Patrick Kennedy.

"By expanding our airport's capacity and enhancing the passenger journey, Sacramento County's Department of Airports is ensuring our region remains a top choice for travelers and businesses alike."

"This walkway, with two sky bridges and a hub, is built with the future in mind," said District 1 Supervisor, Phil Serna.

"They will provide SMF's passengers a flexible portal that can connect to a future concourse to

meet our growing region's need for air travel for decades to come."

Following a competitive selection process, Balfour Beatty was chosen to serve as the project's Construction Manager at Risk (CMAR), a first for a major project in Sacramento County.

The Construction Manager at Risk delivery method is beneficial because it allows for early collaboration between the Department, the project designer and the construction manager, leading to better project design and cost control. The project will be delivered through multiple

progressive guaranteed maximum price (PGMP) which reduces financial risk for the Department. The Construction Manager at Risk delivery method enhances project quality and efficiency through integrated project design and delivery and proactive risk management.

The Pedestrian Walkway is just the first step in a \$1.3 billion plan to leverage transformative partnerships, lead the way in creative financing solutions and deliver the future of SMF. Throughout the program's projected duration, 800 jobs will be created in the first four years alone. ★

Auditions Announced for Robin Hood, the Musical



In the back, from left, are Dick Shire, Tris Schaeffer, David Hance, Sherri Chauchois, Bill Maloney, Val Dolcini, Kris Longpre, Bruce Guelden, Dan MacDonald and Bob Sarason. Merry Men kneeling, from left, are Tom Marconi, Dean Sylvester, Brett Stone and Scott Chauchois. Photo courtesy of Winters Theatre Company

Winters Theatre Company News Release

WINTERS, CA (MPG) - Winters Theatre Company will audition male and female actors, singers and dancers, ages 12 and up, for "Robin Hood, the Musical" at 7 p.m. Sept. 20 and 21. Auditions will be at the Winters Opera House, 13 Main St.

Cold readings will be conducted with the script.

A resume and headshot are suggested but not required.

The audition includes some singing 16 to 20 bars of a song from a musical and dancing.

The roles of Robin and Little John are precast.

To be cast are Maid Marian, Robin's love interest, intelligent, compassionate and brave; the

Sheriff of Nottingham, a cunning antagonist, ruthless and power-hungry; and Friar Tuck, a jovial and kind-hearted monk with a love for food and drink.

Also open are Alan-a-Dale, a charming and poetic minstrel and storyteller; Much the Miller's Son, a resourceful and courageous key member of Robin's band; Prince John, an evil prince holding on to his control as his brother, King Richard, is at war; four Ladies in Waiting; townspeople and Prince John's Norman Forces.

Callbacks will be at 7 p.m. Aug. 22.

In 1977, the Bad Actors of the Davis Old Palms Playhouse performed a musical version of Robin Hood. It opened to rave reviews and later became their signature show. In 2020, with the Bad Actors as

inspiration, Winters Theatre Company wrote its own original Robin Hood story. It too is a musical. It blended some of the songs from the Bad Actors Production with new musical additions.

The Winters Theatre Company players originally planned to present Robin Hood the Musical for their annual May Dinner Theater at the Palms Playhouse in Winters. Due to Covid, all was put on hold. The show was re-written and performed on Zoom during the pandemic.

Now, Winters Theatre Company will perform "Robin Hood" live at the Winters Opera House on Fridays, Saturdays and Sundays from Nov. 22 through Dec. 1.

For questions or more information, email winters-theatre@gmail.com or call 530-795-4014. ★

Free Heart Screening for Youth Scheduled for Oct. 6

UC Davis Health News Release

DAVIS, CA (MPG) - One in 300 youth has an undiagnosed heart condition that puts them at risk for sudden cardiac arrest. A free youth heart screening in Davis this fall will help identify young people who may be in that group. The event is sponsored by the Kyle J. Taylor Foundation (KJTF), in collaboration with UC Davis Health and Project ADAM Sacramento.

The free event will be held on Sunday, Oct. 6, from 10 a.m. to 4 p.m. at the Harper Junior High School in Davis. The event is for those ages 12 to 25.

The screening takes about 40 minutes to complete. It includes a cardiac risk assessment, an electrocardiogram (EKG) and a physician review. Echocardiograms will also be available upon request by the physician.

The EKG is a simple and painless test that records the heart's electrical activity using small sticky electrode patches attached to the skin of the chest. Structural and electrical heart issues which can cause sudden cardiac arrest in young people can often be seen in an EKG or echocardiogram.

The event aims to prevent sudden cardiac arrest risk in children and young adults. Annual physical examinations and sports pre-participation physical exams can miss about 85 to 90% of issues that can cause sudden cardiac arrest in youth.

More than 1,500 young people have been screened at four Sacramento area free youth heart events hosted by Kyle J. Taylor Foundation with UC Davis Health and Project ADAM Sacramento. Twenty-seven people have been identified with undiagnosed heart conditions.

Register to get your heart screened at <https://kylejtaylor.app.neoncrm.com/np/>

UC DAVIS HEALTH

[clients/kylejtaylor/eventRegistration.jsp?event=277&](https://www.kylejtaylor.org/jsp?event=277&)

About Kyle J. Taylor Foundation

The Kyle J. Taylor Foundation was started in 2018 in honor of Kyle Taylor, who passed away in February of 2018 from sudden cardiac arrest at the age of 18. Kyle was always a loving, kind, spirited, healthy young man with no known heart issues. His family wanted to honor Kyle's legacy by bringing awareness to sudden cardiac arrest in youth, the steps to prevent it, and how to respond to it. By doing this important work, the foundation's mission is to help in preventing another family from losing their child or loved one to sudden cardiac arrest. To learn more about the foundation, visit the website at <https://www.kylejtaylor.org>.

About Project ADAM Sacramento

Project ADAM is committed to saving lives by preventing sudden cardiac death where young people learn and play. It is not enough to simply have an automated external defibrillator (AED) in the building - having a documented plan, a designated and prepared response team, and a regularly practiced emergency response drill are critical to success. Project ADAM provides the foundation for schools and community organizations to develop their program by providing resources, education and training. Project ADAM can help your school or organization become Heart Safe. Visit the website for more information at <https://health.ucdavis.edu/children/services/project-adam>.



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