



Derby Madness Takes Over at Sacramento State University

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PLUS: Don't Miss Mission Oaks Community Center Spring Craft Faire!

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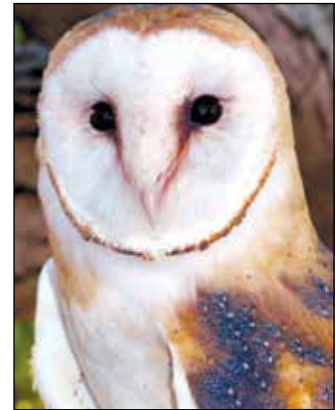
Carmichael Times

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March 20, 2015

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Enjoy a Colorful Showcase of Music and Dance

Camellia International Folk Dance Festival Offers Fun for the Whole Family



The 59th Annual Camellia International Folk Dance Festival is a vivid showcase of Northern California ethnic dance talent that will be held at the Sacramento City College Performing Art Center on Saturday, March 28th. Ten spectacular groups will be performing dances from many different countries and cultures. The show will be colorful, exciting, and educational. Come on out and help continue this historic tradition by enjoying the fun and entertainment of this cultural event. Photos courtesy of the Camellia Folk Dance Festival

SACRAMENTO REGION, CA (MPG) - Sacramento is a city of diversity, and the Camellia International Folk Dance Festival celebrates that diversity every year by presenting music and dance from a variety of cultures. The 59th Annual Camellia International Folk Dance Festival is a vivid showcase of Northern California ethnic dance talent that will be held at the Sacramento City College Performing Art Center on Saturday, March 28th, 2015. The festival will run from 3:00 p.m. to 5:00 p.m.

The event sold out last year, so get your tickets early and arrive early for the best seats. Tickets are \$15 for adults and \$10 for youth 18 and under. Sacramento City College is located at 3835 Freeport Blvd., Sacramento, CA 95822. Parking at the event is free.

Ten spectacular groups will be performing dances from many different countries

and cultures. The show will be colorful, exciting, and educational. Performers at the festival will include Alpentanzer Schuplattlers (Austrian), Aska Kolo Ansambl (Serbian), Balliamo! (Italian), China Moon Dance (Chinese), Dunsmuir Scottish Dancers (Scottish), Łowiczanie Polish Folk Dance Ensemble (Polish), Ohana Dance Group (Hawaiian), Ripni Kalinke (Bulgarian), Veselka & Sonechko (Ukrainian), and Zado (Eastern European). Don't miss your chance to see these talented performers.

The Camellia International Folk Dance Festival is an annual event that was originally part of the traditional citywide Sacramento Camellia Festival, which used to last a week and included many activities such as a parade, symphony concert, golf tournament, and the Camellia Flower Show. Although

Sacramento stopped sponsoring the Camellia Festival some years ago, the Camellia International Folk Dance Festival is keeping the tradition alive. So come on out and help continue this historic tradition by enjoying the fun and entertainment of this cultural event.

For pre-sale tickets, contact Lorraine at (916) 687-7806 or binerlo@frontiernet.net. For additional information, please visit www.folkdancesac.org or send an email to barbikoff@mac.com. The Camellia Dance Festival is sponsored by the Sacramento International Folk Dance and Arts Council and the Folk Dance Federation of California, both of which are 501(c)(3) organizations.

Source: Barbara Malakoff ★

The Countdown to the 2015 U.S. Senior Open Championship Has Begun

SACRAMENTO REGION, CA (MPG) - The countdown to the start of the 2015 U.S. Senior Open Championship, conducted by the United States Golf Association (USGA), has begun. The 100-day countdown leading to championship week at Del Paso Country Club officially commenced on March 14th. The U.S. Senior Open will begin Monday, June 22nd with three days of practice rounds. Play gets underway on Thursday, June 25th and is scheduled to conclude on Sunday, June 28th.



"This is when it all comes together," said Dan Spector, 2015 U.S. Senior Open general chairman. "We want to thank everyone in Sacramento and beyond for their support and enthusiasm. Together we are thrilled to see one of the most significant and largest events that Sacramento has ever witnessed."

The USGA has released an updated list of exempt players who have filed entries for the 2015 U.S. Senior Open, including seven U.S. Senior Open champions: Colin Montgomerie (2014), Roger Chapman (2012), Olin Browne (2011), Bernhard Langer (2010), Eduardo Romero (2008), Peter Jacobsen (2004), and Hale Irwin (1998, 2000).

Spectators from 35 states have purchased tickets for this event. A variety of ticket options are available including 4-packs, weeklong tickets, and special group ticket packages. Tickets can be purchased through at www.2015senioropen.com.

A limited number of custom packages remain available on a first-come, first-served basis. Please call the championship office for more information regarding hospitality at (916) 246-7250.

The championship provides free admission to all kids 17 and under who are accompanied by a ticketed adult. In addition, the front row of every grandstand is reserved for kids.

Over 32 states are represented in the volunteer program for this event. Limited volunteer positions remain available. To register, visit www.2015senioropen.com.

For more information on the 2015 U.S. Senior Open, visit www.2015senioropen.com.

Source: Bruno Event Team ★



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SMUD Invites You to Attend the 2015 Rancho Seco Trout Derby

SACRAMENTO REGION, CA (MPG) - Sacramento Municipal Utility District (SMUD) invites you to show off your skills at the 2015 Trout Derby at Rancho Seco Recreational Area! Approximately 5,000 lbs. of trout will be planted in the lake,

and you'll have the opportunity to win great prizes in a variety of age divisions.

Prizes include a Gregor 14' boat, trailer, and motor package; a fishing kayak; fishing equipment; cash; and more!

This fun competition will be

held on Saturday, March 28th and Sunday, March 29th. The derby starts at 6:00 a.m. (rain or shine) on both days. The entry fee is only \$5, plus the daily park fee.

Rancho Seco is located 25 miles south of Sacramento at 14440 Twin Cities Road, Herald, CA.

For more information about the derby, camping, or directions, visit www.smud.org/ranchoseco or call (209) 748-2318. View the complete prize list and read the official rules at www.smud.org/en/about-smud/community/recreational-areas/documents/trout-derby-flyer.pdf.

Source: Sacramento Municipal Utility District ★

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See inside for details

Nature Organization Named Non-Profit of the Year

ARNHA Saved Carmichael's Beloved Nature Center

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Nearly five years ago, a Carmichael and Sacramento County treasure—the Effie Yeaw Nature Center—almost closed. A fixture since the 1970s, its staff and supporters not only protected American River Parkway habitat, they also schooled many thousands of children (and parents) to do the same.

When the cash-strapped Sacramento County removed center funding, the non-profit American River Natural History Association (ARNHA) came to the rescue. Established in 1981, ARNHA's mission to foster nature appreciation through education fit the Nature Center like a glove. Through indefatigable fundraising by Effie Yeaw stalwarts and ARNHA's 1,000-strong membership, the Nature Center soldiers on. For this remarkable success, the Carmichael Chamber of Commerce has named the organization its 2015 Non Profit of the Year.

Through the 1950s and 60s, Carmichael naturalist Effie Yeaw strived to educate new generations of naturalists. "The mission continues, stronger than ever," said ARNHA President Liz Williamson.

Last year, 438 Nature Center classes continued the work of namesake Effie Yeaw. Many of these opportunities—given free to children from low-income area schools through ARNHA's Urban Nature project—were funded by donations. The organization also



For wisdom that provides education to support nature preservation, the American River Natural History Association (ARNHA) has been named Carmichael's 2015 Non-Profit of the Year.

presented its first University of California Naturalist program to train adult volunteers. "In both new and traditional ways," projected Williamson, "ARNHA and the Nature Center will continue to bring people to nature and nature to people."

The Carmichael Chamber of Commerce's Person of the Year celebration will be held on Friday, March 27th at the La Sierra Center (5325 Engle Road). A social hour begins at 6 p.m. followed by dinner and presentations. Anyone

may attend. The \$65 admission includes dinner and a non-host bar. For reservations and sponsorship information, call the Chamber at (916) 481-1002 or visit www.carmichaelchamber.com.

A portion of funds raised by the Carmichael Chamber's March 27th gala will support the Nature Center. For information on the Person of the Year event, visit www.carmichaelchamber.com.

For more information about ARNHA, visit www.ARNHA.org. ★

Atria El Camino Gardens Showcases Work of Resident Artist

CARMICHAEL, CA (MPG) - On Saturday, March 21st, Atria El Camino Gardens will feature creations from resident artist Michele Hajek during an art exhibit at the senior living community. The show will include a variety of paintings and more.

Michele is a very talented artist who began her journey into art several years ago. She traveled many places to gain inspiration for her works and is excited to show her pieces for all to enjoy.

Residents enjoy regularly scheduled art classes as part of the senior living community's

diverse activities calendar. Atria's signature Engage Life program provides residents with a variety of life-enriching activities that are tailored to their individual interests, including cultural, spiritual, educational, and physical activities.

The art show at Atria El Camino Gardens will be held on Saturday, March 21st from 11:30 a.m. to 1:30 p.m. The event is free and open to the public. For more information, please call (916) 488-5722.

Atria Senior Living Group, the nation's fourth largest assisted living owner-operator, provides respectful, quality care that helps

more than 13,000 older people live life to the fullest. Atria communities are not nursing homes; rather, they are active communities where seniors can get the care they need to live as independently as possible. At the heart of Atria's approach is the belief that superior care depends on running a superior business. That's why Atria has developed some of the industry's most stringent measurement tools and comprehensive training protocols. To learn more, please visit www.atriaseniorliving.com.

Source: Atria El Camino Gardens ★

CDA Cares Event Provides Dental Care at No Cost

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is providing \$10,000 to support the CDA Cares event that will provide dental care at no cost to the public. The event will be presented by the California Dental Association (CDA) on March 27th and 28th at the Cal Expo Fairgrounds, Building D.

"This event hosts dozens of dental professionals and community volunteers who together provide dental and oral health services to individuals in our community who need it most," said Supervisor Phil Serna, Chair of the Board of Supervisors. "Many of these services are critical to relieving patients' immediate pain and suffering which can dramatically improve their overall quality of life and employability."

The two-day dental event will provide cleanings, fillings, and extractions. On a limited basis, it will also provide root canals, stayplates (temporary partial dentures), and dentures.

The CDA Foundation hosts CDA Cares to provide dental care at no charge to Californians who have difficulty accessing dental care, including uninsured, underinsured, unemployed adults and children, and others who are in need of oral health care. Children under age 18 must be accompanied by a parent or guardian. No identification is required.

Doors to the event open at 5:30 a.m. and patients will be seen on a first come, first served basis. No appointments are necessary and parking will be free. There will be 100 chairs

available for services and the goal is to serve 2,000 people during the two days. Interpreters will be available.

To help provide oral health care services at no charge to the large number of expected patients, the CDA Foundation needs volunteer dentists, including oral surgeons, dental hygienists, assistants, dental lab technicians, physicians, nurses, and pharmacists. Additionally, community volunteers are needed to assist with registration, clinic setup and teardown, data entry, escorting patients, interpreting, and more. To volunteer or for more information, visit www.cdafoundation.org/cda-cares/sacramento or call (877) 516-8854.

Source: Sacramento County ★

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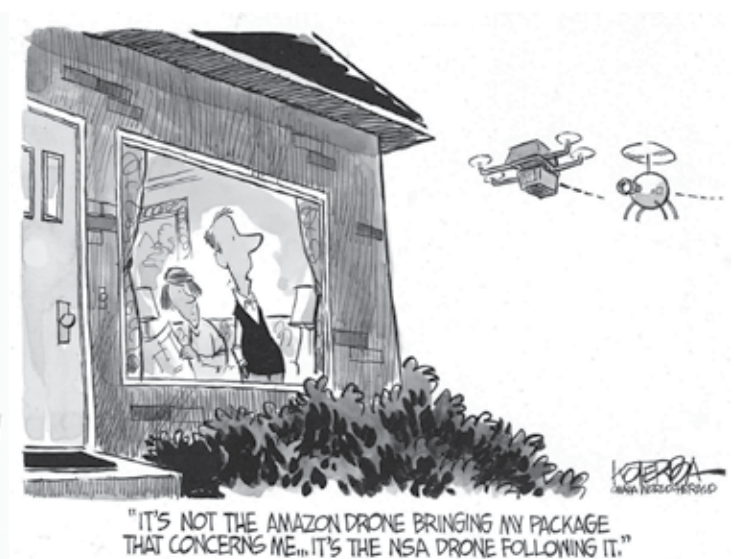
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THE RICH LOWRY COLUMN
By Rich Lowry

Yes, Liberals Are Less Patriotic

Former New York City Mayor Rudy Giuliani instantly became the most notorious man in America when he said at a conservative dinner in Manhattan that President Barack Obama doesn't love America.

He gamely tried to defend the remark for a few days before issuing a semi-mea culpa in The Wall Street Journal regretting his "bluntness" and saying that he "didn't intend to question President Obama's motives or the content of his heart."

That was probably the inevitable end-point once the words came out of his mouth, since it is an unwritten rule of American public life that only liberals are allowed to call their adversaries "unpatriotic." Rudy Giuliani isn't Nancy

Pelosi or Harry Reid, who have both unloosed the "un-American" bomb on conservative opponents without any risk of getting hounded from polite society.

The reaction to Giuliani's comment was so harsh, in part because he referred to Obama's upbringing. This was taken as a sign that he was "othering" Obama, or playing to dark fears about the president's past. Cue the wailing and gnashing of teeth.

But no "othering" is necessary. To be less patriotic than the average American is, as a matter of fact, a standard characteristic of the typical American liberal. The survey data are clear: There is a patriotism differential between the right and the left. Which doesn't mean that liberals don't love the country in their own fashion, but their love is not reflected in old-fashioned pride in country.

A Pew Research survey last year found that 46 percent of "steadfast conservatives" believed that the U.S. stands above all other countries; only 11 percent of "solid liberals" believed the same. Seventy-two percent of steadfast conservatives said they often feel proud to be an American; only 40 percent of solid liberals said they do.

Gallup headlined its write-up of a 2010 survey "One in Three Americans 'Extremely Patriotic': Republicans, conservatives and seniors most likely

to say so." According to Gallup, 52 percent of Republicans and 48 percent of conservatives called themselves extremely patriotic; only 20 percent of Democrats and 19 percent of liberals did.

Edmund Burke famously said that "to make us love our country, our country ought to be lovely." For the left, America is lovely to the extent it corresponds to a progressive vision of a European-style welfare state that leads from behind in international affairs and pounds its chest less about its own greatness and exceptionalism. The America it can feel proud of exists not in actuality, but in prospect, as a vessel for a distinct ideological vision.

Needless to say, it is hard to pursue this project while simultaneously feeling what George Orwell, in his definition of patriotism, called "devotion to a particular place and particular way of life, which one believes to be the best in the world."

None of this means that questioning any particular politician's patriotism will ever be considered in bounds. But if Giuliani had stood up before that room of conservatives and said that liberals don't feel about this country the way we do, he would have been on unassailable ground, and had the data to prove it.

Rich Lowry is editor of the National Review. (c) 2015 by King Features Synd., Inc.

SENIOR NEWS LINE
Herbal Supplements Don't Always Deliver

by Matilda Charles

Sometimes we just don't have the appetite we used to, or the taste of foods has changed. To get as much nutrition as possible, many of us have turned to dietary herbal supplements.

The problem is that we might not be getting what we expect in those pills. Now the New York State attorney general has gone after companies that don't deliver what they've promised.

Cease and desist letters have been sent to four major retailers that sell their own store brand of herbal supplements because either the supplements contained none of the promised ingredients or there were contaminants or fillers. According to the attorney general's website, contaminants and fillers included "rice, beans, pine, citrus, asparagus, primrose, wheat, houseplant, wild carrot and others." Only 21 percent of supplements tested contained any of the herbs they were supposed to have.

At one retailer, a mere 4 percent of tested supplements contained the material shown on the label. The attorney general now has asked for information from all four retailers about the processing of these supplements, as well as quality control.

What does this mean for those of us who use herbal supplements to try to increase our nutritional intake or to adjust a medical condition? It means we need to be careful. The more drugs we're on, the greater the risk of interactions. For those of us with compromised immune systems, the contaminants in supplements can have adverse effects.

Before taking any supplements, ask your doctor for a recommendation. Remember: The Food and Drug Administration doesn't have to approve supplements before they end up on store shelves.

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Don't Use It or Lose It

Californians Believe in Conserving Water, Drought or No Drought

Residents are Willing to Make Significant Changes to Their Own Water Use

SACRAMENTO REGION, CA (MPG) - As California enters a fourth year of drought, a new statewide poll reveals that the vast majority of Californians (90%) are willing to make significant changes to conserve water both inside and out, and more than 80% believe it's important to conserve water regardless of whether the state is in drought or whether conservation is mandated by local water agencies.

The statewide poll of 801 registered voters—commissioned by the Association of California Water Agencies in partnership with the statewide conservation education program Save Our Water—also found that more than 80% of Californians view the drought and water shortages as “extremely” or “very” serious problems. Some 86% of polled residents believe that California is in a state of persistent water shortage.

The polling also indicates that Californians nearly universally agree that the drought is the most pressing problem facing the state and is more concerning than the economy, education, health care costs, and taxes.

“California is indeed a dry state that can expect to see persistent droughts in its future. This polling underscores the fact that a vast majority of Californians understand this new normal,” said ACWA Executive Director Timothy Quinn. “But the poll also shows that an overwhelming

majority of Californians are willing to significantly change their water usage whether we are in a drought or not. This is a sea change in public opinion and bodes well for our future.”

Mark Cowin, director of the Department of Water Resources, noted that the poll indicates over three-quarters of Californians have been getting the message about the state's ongoing drought. DWR is a partner with ACWA in the Save Our Water program.

“Clearly, Californians understand the magnitude of this drought,” said Cowin. “Just as important, they understand that they can help California cope through the collective power of individual actions. If we all shut off sprinklers, make the effort to fix a leak, and urge friends and neighbors to do the same, it will make a difference.”

The poll of registered voters was conducted February 22nd through March 1st by the polling firm Fairbank, Maslin, Maullin, Metz & Associates (FM3). Its findings arrive as the State Water Resources Control Board prepares to act on proposed new emergency water conservation regulations today and extend existing ones as the state remains locked in a grinding fourth year of drought. The Sierra snowpack is at record low levels and January was among the driest months on record.

“This poll's findings stand out

among our many years of tracking water issues in California,” said Dave Metz, principal and president of FM3. “We've never seen such a huge majority recognize the severity of the water crisis as well as such a large group that views the water problems as ongoing and warranting continued conservation.”

Metz noted that 83% of those polled said conserving water is “extremely” or “very” important whether or not water agencies are requiring water conservation, suggesting that, for Californians, “conserving water has become more of a core value than simply a reaction to regulations, restrictions, or other external factors.”

A summary of the poll's findings can be viewed at www.acwa.com/sites/default/files/post/2015/03/summary-key-findings-ca-water-conservation-survey.pdf

The Save Our Water program is using the poll's findings to improve outreach to consumers this summer and to help local water agencies develop their own outreach programs on drought and conservation.

ACWA is a statewide association of public agencies whose 430 members are responsible for about 90% of the water delivered in California. For more information, visit www.acwa.com. For more on the Save Our Water program, visit www.saveourwater.com.

Source: Department of Water Resources ★



Habitat for Humanity (top photo): Staff from Jesuit High School volunteered their time at Habitat for Humanity's Re-Store. Pictured here (from left to right) are Rev. C. Hightower, S.J.; Shawna Sikorsky; Vincent Fleming; Paul LeBoeuf; Chris Fahey; Joshua Barnes; Robert McAleese; Jeremiah Loverich; Carol Rose; and Paul Rose. Mala Paul (at lower right), Director of Communications for Jesuit High School, volunteered her time at St. John's Program for Real Change. Photos courtesy of Jesuit High School

Jesuit High School Participates in Day of Service

CARMICHAEL, CA (MPG) - On Friday, March 6th, 90 members of faculty and staff at Jesuit High School participated in their annual Day of Service. Their combined efforts totaled 308 hours of service (i.e., around 39 eight-hour days). Service sites for this annual event included Wellspring Women's Center, River City Food Bank, St. John's Program for Real Change, Sunrise Assisted Living, Habitat for Humanity's Re-Store, Salvation Army Women's Shelter, Sacramento Food Bank and Family Services, Stanford Settlement Senior Center, Welcome Home Housing, and Cristo Rey High School.

Source: Jesuit High School ★



The FCC Wants to Tax Your Internet

Commentary
by Rob Engstrom,
SVP and National
Political Director, U.S.
Chamber of Commerce

The rise and growth of the Internet has transformed the American economy over the past two decades, driving technological advancement and economic growth and significantly changing the way we live, work, and connect.

The Internet has not only morphed into an entire industry in itself, it connects nearly every sector of our economy and unleashes entrepreneurial spirit and innovation here in America and across the globe. This historic success is due in no small part to a free market

system that keeps the power of the Internet with the people, not the government.

But all that could soon change. Internet freedom is now under attack by an out-of-control federal bureaucracy that increasingly wants to tax and regulate nearly every aspect of our lives.

Last week, unelected bureaucrats at the Federal Communications Commission (FCC) announced they are moving forward with a sweeping unilateral plan supported by the White House to regulate the Internet like a public utility, reversing two decades of bipartisan support for an open Internet with limited government interference.

This deeply flawed and archaic decision will stifle growth and

innovation, create extreme regulatory and market uncertainty, and harm American competitiveness in our global economy. What's more, it will impose \$17 billion in new taxes passed onto consumers in the form of higher Internet bills.

Taxing and regulating the Internet is a matter for Congress, not unelected bureaucrats to decide.

The wise words of Ronald Reagan couldn't be more relevant today, “Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it,” he said.

We must fight back. Please take action today. ★

Awardees of Fire Prevention Fund Grants Announced

CAL FIRE Funded Projects Will Help Reduce Wildfire Threat

SACRAMENTO REGION, CA (MPG) - The California Department of Forestry and Fire Protection (CAL FIRE) has awarded over \$9.5 million in grants throughout the state for a variety of projects aimed at reducing the elevated threat of wildfires due to the ongoing drought. A total of 83 grant applicants will receive funding for projects that contribute to fire prevention efforts around homes. The project will reinforce CAL FIRE's ongoing efforts to address the risk and potential impacts of large, damaging wildfires.

“The high number of grant

applications we received underscores just how vested the citizens of California are in preparing for our state's inevitable wildfires,” said Chief Ken Pimlott, CAL FIRE director and state forester. “We are looking forward to seeing ‘on the ground’ results these projects will yield.”

The Fire Prevention Fund Grants, created in the 2014-15 budget, are aimed at supplementing CAL FIRE's ongoing activities by funding local entities' efforts to help counteract the effects of the drought. Grant criteria weighted

projects that addressed fire risk and potential impact of wildfire to habitable structures in the State Responsibility Area, as well as community support and project feasibility.

For more on the Fire Prevention Fund Drought Related Grant Program, visit www.cal-fire.ca.gov/fire_prevention/fire_prevention_fund_grants.php. A full list of the grant projects can be viewed at www.fire.ca.gov/grants/downloads/SRAFPP_AprovedProjects_for_Funding_030915.pdf.

Source: CAL FIRE ★

Investing in the Enhanced Safety of Seniors

Eskaton Senior Living Uses Sensory Monitoring System in Resident Apartments

By Meagan Luevano,
Internal Referral
Coordinator, Eskaton

CARMICHAEL, CA (MPG) - The question of whether or not surveillance cameras should be used in senior living communities remains a hot topic. Neglect, abuse, and false claims due to resident falls frame many senior communities and drive the public into seeking legislation for resident room surveillance cameras.

The bottom line remains the same: While the implementation of cameras might aid patient safety, the privacy issues surrounding residents and employees prevent the use of cameras. Eskaton, a Carmichael-based non-profit organization with over 45 years of experience serving seniors, has initiated a signature program to help proactively meet the needs of resident safety—smart-sensor technology that unobtrusively monitors the daily movements and habits of residents.

QuietCare®, the brainchild of Intel-GE Care Innovations™, uses sophisticated sensory

technology, data analytics, and passive monitoring without video surveillance to provide caregivers at Eskaton communities with vital information regarding each resident. It offers an enhanced level of care and peace of mind for families in conjunction with the basic emergency response pull cords required in all California assisted living residences.

“By providing early detection of illness or falls, QuietCare® has helped Eskaton maintain residents at their current level of care for longer,” said Todd Murch, President and CEO at Eskaton.

White rectangular boxes called smart sensors use internal motion-sensor technology free of cameras and microphones to “learn” daily activity patterns. They are placed strategically throughout residents' apartments, monitoring their activity around the clock, including bedroom exit, bathroom visits, room temperature, and door motions to name a few. Data from the smart sensors are collected and evaluated by caregivers. Fluctuations in resident activity can then be

identified and an alert notification is sent to caregivers so they can respond immediately to potentially urgent situations.

As the senior living industry continues to expand and transform with the baby-boomer generation in retirement, a new wave of healthcare innovation is continuing to be implemented to promote safety in the aging market.

***QuietCare® is a complementary signature program used at most of Eskaton's Senior Living communities.

Eskaton is a Northern California-based non-profit organization with over 45 years of experience. Eskaton's dedicated team members provide services and support for nearly 14,000 individuals who live in their communities and participate in their comprehensive Home Support Network. Beyond the numbers, Eskaton's positive reputation extends to their signature life-enriching programs, innovative health and wellness initiatives, professional staff training and development, and generous philanthropy. ★

Jesuit High School Faces Protestors

By Christie Spurlock

CARMICHAEL, CA (MPG) - On the morning of Wednesday, March 4th, two protestors showed up in front of Jesuit High School.

The protestors were older men who were there to protest Jesuit's relationship with Wellspring Women's Center. Their signs said, “Shame on Wellspring.”

For most at the school, the protest was confusing and unwarranted. Jesuit High School frequently sends students and

staff to volunteer at Wellspring Women's Center, a nonprofit that serves nearly 200 women each weekday and offers programs including nutritious meals, a children's corner, a safety net support program, and women's wellness. “Our kids serve breakfast there to the women,” said Timothy Warren, assistant principal of Jesuit High School. “I don't know why they picked us. It was absolutely out of nowhere.”

“I was so surprised. I was

driving by, and I was like, ‘Wellspring?’” said Maureen Pryor, who works with Wellspring to organize student and teacher volunteering.

The protestors stayed for around two hours. They were warned by staff not to disrupt the flow of traffic and they complied with the request.

To find out more about Wellspring, including how to volunteer or make a donation, visit Wellspring's website at www.wellspringwomen.org. ★

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END of the BENCH

by **Gerry Scholl**

The Kings' Reign of Confusion

It is art for art's sake. Art for whose sake? It's just art, for Pete's sake!

Who would have ever thought that Winnie-the-Pooh's little buddy Piglet would be the talk of the town? But after some shmoozin' with the Koons, that cute porker's snout is in everybody's business. It looks like it is a done deal. When the Sacramento Kings open their new downtown arena for the 2016 season it will be none other than a somewhat distorted, giant-sized, unreasonable facsimile of Piglet waiting there to greet the patrons on opening night. It will come to you all courtesy of the decision to put \$8 million into the pockets of contemporary artist Jeff Koons for creation of this new "masterpiece" of art.

Koons and his team's productions have found many a prestigious home around the world. But his works have received mixed reviews — and Koons has been labeled with wide-ranging tags from genius to tacky commercial artist. The sculpture's "masterpiece" tag will forever be a matter of debate. The forces that be want to upgrade the artsy image of Sactown. Sacramento will never be confused with Florence, Italy; Piglet will never be confused with the Statue of David; the Kings' arena will not be mistaken for Santa Maria del Fiore.

What is not debatable is that once the Kings' franchise was saved for the city the owners, the organization and its backers have grabbed the reigns of momentum and run with it — right downtown. And now they are making one more profound statement with this pricey work of art that they believe will become an "iconic image for the city." This used to be known as a "Cowntown," but now, we suppose, nothing says Sacramento like a pig with his nose in the air. The beauty, as they say, will be in the eyes of the beholders, but the price tag will also be on their minds. (Never mind that DeMarcus Cousins is guaranteed

more than seven times that much over the next four seasons).

Sacramento Bee columnist Marcos Breton enlightened his reading public on the "basic facts" of the financial machinations involved, noting that much of the money will come by way of a "few of the richest people in town." He failed to enlighten them to the idea that their money could be better spent. Breton thinks that objections to the expenditure are matters of misplaced anger — right, misplaced smack dab in the middle of downtown!

Apparently, there is a law on the books requiring that on all projects built with public money two-percent of the construction budget must be spent on art — which raises two questions: 1) Is Piglet art? 2) What is art?

For the answers we decided to seek out the opinions of minds much greater than our own. (Blessed be Google). We found a list of quotes on the subject that went on, and on, and on, and, undoubtedly, could go on infinitely. Everybody who thinks, or ever thought, they were anybody had something to say about art. Reading on and on, the head was spinning not knowing just what to make of it all. It seemed as though art is a contradiction within itself — meaning one or more things to the artist, but something different to each other viewer.

One thing seemed for sure, "Without art the view of the world would be incomplete," (Conrad Fiedler), because through the lengthy list was used almost every idea imaginable — nature, individualism, passion, lies and truths, soul, expression, imitation, consciousness, escape, heart, craft, vision, manifestation, imagination, reflection, emotion, transformation, illusion, spirituality, enlightenment, influence, transcendentalism, food for the soul...

"Enough has been said about art already." (Gregori Gillespi). That guy may be right, because the head is pounding from trying to sort it out. Art is confusion organized through the

complicated mind of the floundering artist, confounding us all.

Or, "Art is what everyone knows it is," (Benedetto Croce), which is a fancy way of saying what they always say in sports, "It is what it is."

Kings owner Vivek Ranadive thinks Piglet "will be a symbol of hope and optimism;" sort of along the lines of "a cultural and social glue...(art) has served to reinforce our relationship to each other." (Eric Fischl).

Meanwhile, Koons may be thinking, "Art is anything you can get away with." (Marshall McLuhan).

The defenders of the sculpture think that, ultimately, it will provide positive inspiration and will help create a greater sense of community. There are others who can think of eight million reasons why Piglet will not be inspiring children growing up in some of the desperate pigsty corners of the Sacramento metro area. It should not be said that the city shouldn't spend any money on art, but priorities should dictate a more appropriate disbursement of available funds.

It has been said that Koons' "Coloring Book" collection is "intended to capture a child's ecstatic enjoyment of the world," and that Piglet was "inspired by a child drawing outside the lines in a coloring book over the character Piglet."

Who is inspiring whom? There are philosophical differences in play.

There are likely thousands of children in the area that are not particularly enjoying their world these days, and may never get an opportunity to experience the aura of Piglet. They probably would be inspired, however, by some funding for food, shelter, clothing, some coloring books and some brand new boxes of crayons. There would be great art in providing that; that is real life — no imitations.

There is still a need to be even more creative. "Art is a pigment of your imagination." (Darcy Gerdes).★

Sacramento County DA Reports

Recent cases of interest



CASE: Gabriel Chavez-Torres (03/11/15)

PROSECUTOR: Deputy District Attorney Katherine Martin, Special Assault & Child Abuse Unit

District Attorney Anne Marie Schubert announced today that Gabriel Chavez-Torres was convicted by jury of five counts of lewd and lascivious acts with a child under 14 years of age, a lewd and lascivious act by force or fear with a child under 14 years of age, and attempted sexual intercourse with a child 10 years of age or younger.

Chavez-Torres molested his girlfriend's granddaughter several times over the course of a year and a half, from the time she was 4 years old until she was 5 years old.

Chavez-Torres faces a maximum potential sentence of 29 years in state prison. Sentencing is set for April 3, 2015 at 9:00 a.m. before the Honorable Russell Hom.

CASE: Christopher Langlois & Jeffrey Powell (03/10/15)

PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit

District Attorney Anne Marie Schubert announced today that Christopher Langlois and Jeffrey Powell were convicted by jury of second-degree murder.

On January 5, 2013, the defendants and two accomplices kicked in the door of Jack Swaim's Citrus Heights home at around 6:30 a.m. and brutally attacked him. Mr. Swaim died as a result of a stab wound to his chest. The intended target of their attack was Mr. Swaim's son, who had been in an earlier altercation with one of the accomplices.

The defendants and one accomplice, who pled guilty and testified against the defendants, are scheduled to be sentenced on March 27, 2015 by the Honorable Michael Sweet.

CASE: Marquon Vasquez & Shoreem Bryant (03/06/15)

PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit

District Attorney Anne Marie Schubert announced today that the Honorable Greta Curtis Fall sentenced Marquon Vasquez to 56 years to life in prison and Shoreem Bryant to 51 years to life in prison.

Last month, a jury convicted Bryant of first-degree murder and attempted premeditated murder. The jury also found true an arming and gang allegation. Vasquez was convicted by a separate jury of second-degree murder, attempted voluntary manslaughter and being a felon in possession of a firearm. The jury also found true a personal use of a firearm causing death allegation.

On March 22, 2013, deputies responded to gunshots being fired at the Cambridge Park apartment complex in Foothill Farms. Deandra Horton was found dead at the scene. Vasquez attempted to shoot and kill Tionee Duncan, who was next to Ms. Horton at the time. Ms. Horton was struck and died from a gunshot wound. Mr. Duncan was also shot, but survived his injuries.

CASE: Tanisha Edwards (03/06/15)

PROSECUTOR: Deputy District Attorney Eric Kindall

District Attorney Anne Marie Schubert announced today that the Honorable Greta Curtis Fall sentenced Tanisha Edwards to 11 years in state prison. On February 5, 2015, Edwards pled no contest to felony child endangerment under circumstances likely to produce great bodily harm or death, and three counts of perjury. She also admitted she served two prior prison terms.

Edwards would not produce her one-year-old child, Dwight Stallings, for Child Protective Services (CPS) after she gave a positive drug test. When questioned under oath about Dwight's whereabouts before a referee and judge in Family Court, she gave inconsistent answers, including that she had given the child to virtual strangers. Dwight's whereabouts remain unknown to this day, almost four years after his disappearance.

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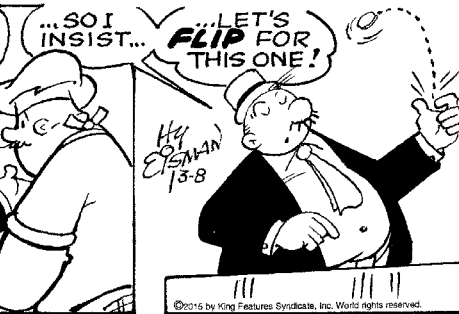
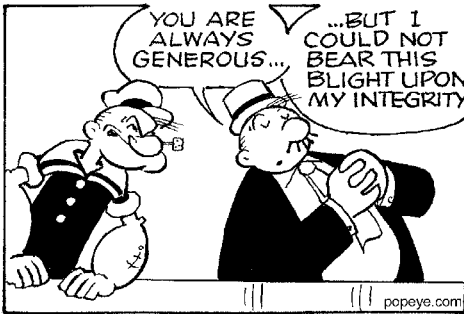
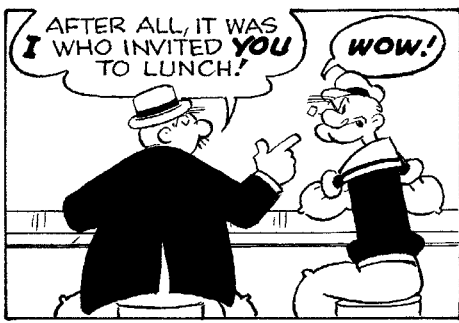
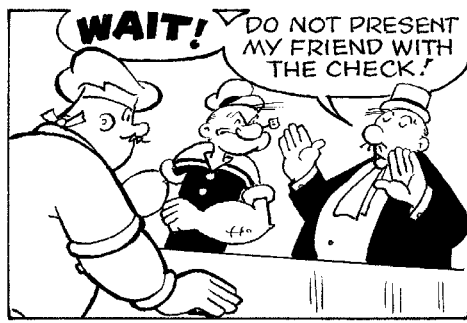
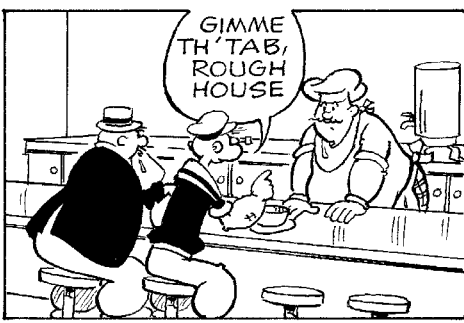
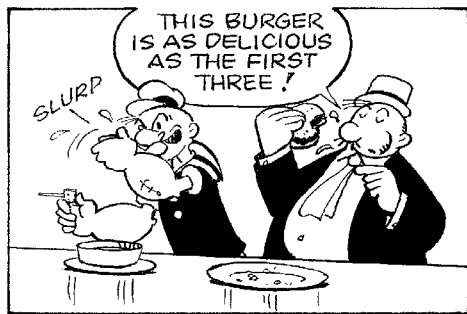
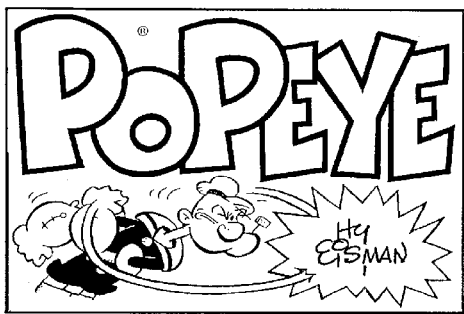
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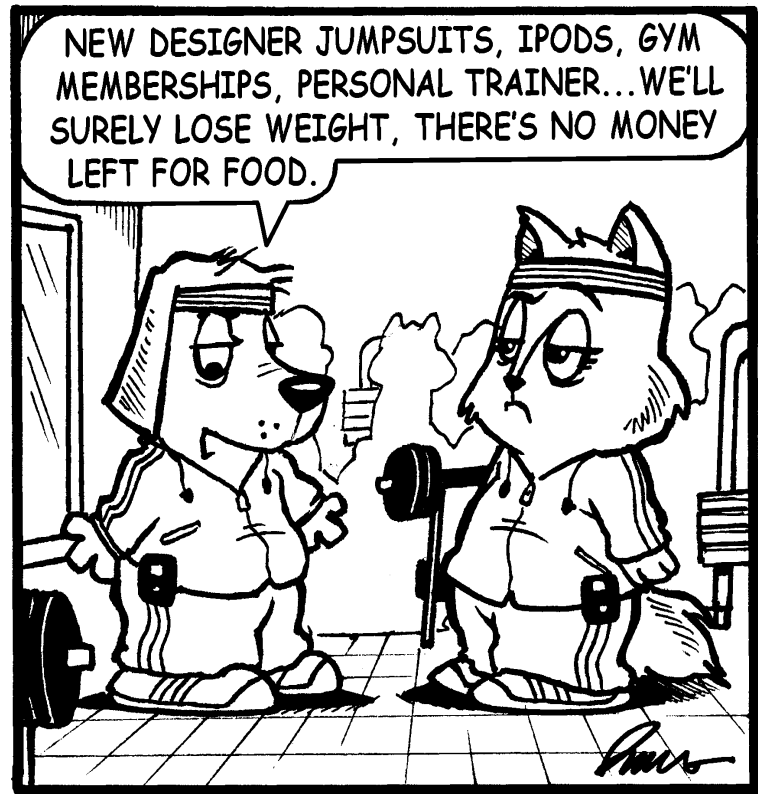


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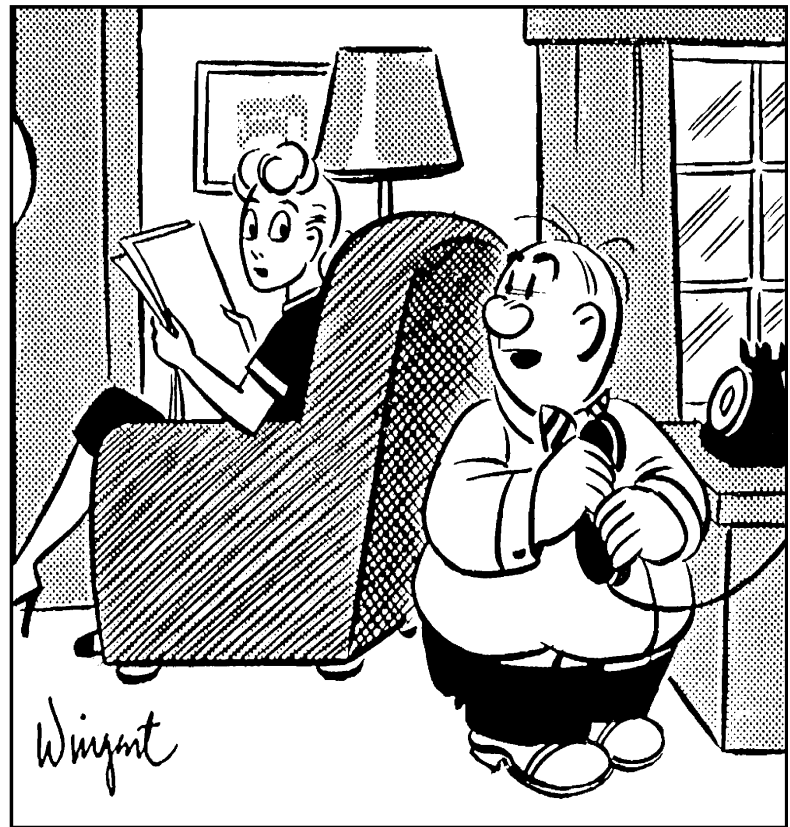
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Just Like Cats & Dogs by Dave T. Phipps



HUBERT - - By Dick Wingert



"The baby sitter can't come tonight—her teacher's helping her with her income tax."

MISTER BREGER By Dave Breger



"Mrs. Ritsy-Van Snobbe comes from a long line of sea captains..."

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Salome's Stars

ARIES (March 21 to April 19)
A pesky health problem should clear up soon. Meanwhile, travel -- both for personal as well as for business reasons -- is strong in the Aries aspect this week, and well into the next.

TAURUS (April 20 to May 20)
Look for Bovines to be on the move this week, whether it's traveling for fun or for business. Other "moves" include workplace adjustments and, for some, relationship changes.

GEMINI (May 21 to June 20)
Gemini who have just gone through a hectic period involving job and/or family matters might want to take some well-earned time out to relax and restore those drained energy levels.

CANCER (June 21 to July 22)
A romantic situation seems to have stalled, just when the Moon Child was expecting it to go forward. Could that be a bad case of miscommunication going on. Talk it over openly and honestly.

LEO (July 23 to August 22)
Showing a genuine interest in something that's important to a friend, family member or colleague could open a communication line that had been pretty much shut down for a while.

VIRGO (August 23 to September 22)
Making a potentially life-changing decision takes as much knowledge as you can gather, plus determination and patience. Take your time working it out. Don't let anyone rush you.

LIBRA (September 23 to October 22)
You should be back on schedule and heading in the right direction after clearing up a misunderstanding. But there could still be some setbacks. If so, correct them immediately.

SCORPIO (October 23 to November 21)
A business matter keeps you pretty busy, but try to squeeze in time to be with family as well as close friends. You need the good vibrations you get from people who care for you.

SAGITTARIUS (November 22 to December 21)
Investing in an attractive prospect (business or personal) with little or no information can be risky. Avoid future problems by getting all the facts before you act.

CAPRICORN (December 22 to January 19)
Someone close to you might have an unexpected reaction to a decision you feel you're prepared to make. Listen to his or her point of view. It could prove to be surprisingly helpful.

AQUARIUS (January 20 to February 18)
Don't give up yet. That once warm, personal relationship that seems to be cooling off fast could recover with some tender, loving care, and who better than you to provide it?

PISCES (February 19 to March 20)
Career matters are strong this week. You might want to enter a training program to enhance your skills. Also, consider getting professional help in preparing a brilliant resume.

BORN THIS WEEK: *You have a way of respecting the feelings of others, which is one reason people feel comfortable having you in their lives.*

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After your dishwasher has run its course, open up the door and let the dishes air dry. On cold days, there's the added bonus of humidifying the house with the steam that escapes.

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COUCH THEATER DVD PREVIEW

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of March 23, 2015.

PICKS OF THE WEEK



Lee Pace in "The Hobbit: The Battle of the Five Armies"

"The Hobbit: The Battle of the Five Armies" (PG-13) -- The final installment of Peter Jackson's epicly bloated epic reimagines the final few pages of a beloved old book into a two-and-a-half hour computer-generated monster mash. The big bad dragon, Smaug (voiced by Benedict Cumberbatch), scorches villagers and then gets slain, leaving his mountain of treasure up for grabs. More dangerous than a dragon is the impending battle between everyone who wants a chunk of the treasure -- including elves, dwarves, orcs and anything else that shows up. Bilbo Baggins is there, too, but you might miss him.

The satisfaction of the conclusion and climactic confrontation gets a little lost in Jackson's big-battle imagination. Much of the film relies on winks and nods to "The Lord of the Rings" and Jackson's own fan-additions to the story. If you've enjoyed the journey so far, then this third movie certainly will wrap it up for you.

"Into the Woods" (PG) -- This movie-adapted Broadway play stirs

up the familiar fairy-tale formula by mixing them all together. A nasty witch (Meryl Streep) runs a scheme on a baker and his wife (James Corden and Emily Blunt), putting them on a quest for magical ingredients to cure their infertility. At the same time, Cinderella (Anna Kendrick), Red Riding Hood (Lilla Crawford), the Big Bad Wolf (Johnny Depp) and a host of others are set on their own intersecting journeys.

The songs are fun and the performances -- particularly Streep, Kendrick and Chris Pine as a superficially charming prince -- are enjoyable. The story throws people off, though. The second half is a great deal darker than the first. It makes the movie feel even more divided, as the threads holding it together were already pretty loose.

"Unbroken" (PG-13) -- Lou Zamperini already was a revered athlete when his plane was shot down over the Pacific. Zamperini (Jack O'Connell), who ran for America in the Berlin 1936 games, and two fellow airmen survived on a raft in the open ocean for 47 days before getting picked up by Japanese forces and placed in a camp run by a sadistic officer called "The Bird" (Takamasa Ishihara). It's a powerful story told capably by Angelina Jolie in her directorial debut.

"Song One" -- Anne Hathaway stars in this low-key romantic drama set to soft indie-rock music. She plays Franny, who leaves her studies abroad to visit Brooklyn, where her musician brother (Ben Rosenfield) lies in a coma after a car hit him. Franny starts tracking down her brother's contacts, hoping that she feel a connection to him and possibly help him recover with music. Along the way she falls hard for James (Johnny Flynn) -- the musician her brother looks up to.

TV RELEASES

"Mystery Science Theater 3000: XXXII"

"Bukow and Konig: Set 1"

"The Donna Reed Show: Season 2"

"Street Outlaws: Season 1"

"Pokemon: BW Adventures in Unova and Beyond Set 2"

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Strange BUT TRUE

By Samantha Weaver

During the Muslim feast of Al-Adha, a sheep was to be sacrificed on top of a four-story building in Cairo, Egypt. In a fit of terror or anger, the doomed sheep rushed the executioner, who then lost his balance and fell to his death.

Ever wonder why so many coin banks are shaped like pigs? Here's the story: In ancient times, a lump of clay was called a "pygg." A clay bowl formed from this lump would often be used to hold loose change, and it was called a pygg bowl bank. According to legend, at a later point in history, a potter unfamiliar with the term received an order for several of these pygg bowl banks. Instead of the bowls, he made coin banks shaped like pigs; they became such a hit that they're still around today.

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top ten

1. Champ, or Poundies
2. Irish Stew Traditional IRISH
3. Bangers and Boxts IRISH Dishes
4. Colcannon
5. Coddle
6. Crubeens
7. Irish Potato
8. Irish Boiled Dinner
9. Soda Bread



Source: homecooking.about.com

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The Garden Bug

Pruning roses

Make pruning cuts just above an outside bud, so the new growth will develop outward. This opens up the plant for better air circulation and sunlight exposure.

Labels: BUD, THORN, CANE (branch), CUT

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FICTITIOUS BUSINESS NAME STATEMENTS

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FBNF2015-01197 Petra D. Glensk, 2524 Exeter Square Lane, Sacramento, CA 95825 is doing business under the Fictitious Business Name(s) "Sacred Vessel" at 2524 Exeter Square Lane, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on February 13, 2015. Publish: February 27, March 6, 13 and 20, 2015. SACRED 150216 3-20-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-01511 Pacific Charter Institute, 6450 20th Street, Rio Linda, CA 95673 is doing business under the Fictitious Business Name(s) "Valley View Charter Prep" at 2453 Grand Canal Boulevard, Suite 1, Stockton, CA 95207. Filed with the Clerk of Sacramento County on February 26, 2015. Publish: March 6, 13, 20 and 27, 2015. VALLEYVIEW 150226 3-27-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-01781 Fun Faith Cores & Recycling, LLC, 3457 La Grande Boulevard, Sacramento, CA 95823 is doing business under the Fictitious Business Name(s) "Full Faith Professional Cleaning Servicemaster, Full Faith Cores & Recycling" at 3457 La Grande Boulevard, Sacramento, CA 95823. Filed with the Clerk of Sacramento County March 5, 2015. Publish: March 13, 20, 27 and April 3, 2015. FULLFAITH 150305 4-3-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-01805 Mark Steven Rizzo, 4151 Silver Crest Avenue, Sacramento, CA 95821 is doing business under the Fictitious Business Name(s) "Brewtainment, 916 Loyalty, Rissota, My Golf Loyalttee, My Golf Loyalty" at 4151 Silver Crest Avenue, Sacramento, CA 95821. Filed with the Clerk of Sacramento County March 6, 2015. Publish: March 20, 27, April 3 and 10, 2015. BREW 150310 4-10-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-01797 Dance Life Style, Inc., 220 Blue Ravine Road, Suite 100, Folsom, CA 95630 are doing business under the Fictitious Business Name(s) "Arthur Murray Dance Center" at 220 Blue Ravine Road, Suite 100, Folsom, CA 95630. Filed with the Clerk of Sacramento County March 6, 2015. Publish: February 25, 27, April 3 and 10, 2015. ARTHUR 150313 4-10-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-0017578
WHEREAS, Beatrice Jaime Chavez & Augustine Chavez Jr. have filed a petition with this court for a decree changing the name(s) of Natalie Guadalupe Jaime to Natalie Guadalupe Chavez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 22, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 25, 2015. Raymond M. Cadei, Judge of the Superior Court. Publish: March 13, 20, 27 and April 3, 2015. CHAVEZ 150225 4-3-15

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Derby Madness Takes Over at Sacramento State University

Story and photos by Anne Stokes

SACRAMENTO REGION, CA (MPG)

The Sac City Rollers teamed up with Sacramento State University's Women's Resource Center and UNIQUE Programs on the evening of Thursday, March 12th, bringing their hard-hitting style of entertainment to campus. The free event featured the Capitol Punishers and Folsom Prison Bruisers competing against each other in an exposition match in celebration of March's Women's HerStory month.

"The reason we brought [Derby Madness] here in the first place was to expose Sac State students to these kind of events, because it's not something usually on college campuses," explained Zenia LaPorte, Sacramento State University Assistant Director for Programs and Marketing "It's definitely a fun, action-packed event, and the crowd definitely gets into it. It's a good time."

Second-year communications student Andrea Arango, who attended Thursday night with her friends, had never seen a roller derby match before but quickly caught on to the game's rules. "I've never seen something like this! I was like, a roller derby? Are we going to go and see people roller skate in circles? But it's more than that," she said. "I would say if you're open to learning and seeing new things, you should definitely go. Have an open mind. I decided to go this year just to see what

Capitol Punisher blocker Foxy Knoxy (#777, inside right) blocks Folsom Prison Bruiser jammer Bird Dog (#415, in the star helmet) as she attempts to pass the pack and score during the exposition match at Sacramento State. Jammers score points for every opposing blocker they pass while blockers simultaneously obstruct opposing jammers while clearing the way for their own team's jammer.



it's about and I'm glad I came."

"It's always fun playing here at Sac State," said Aleitha Burns, who has skated under the moniker "Aleithal Weapon" for the past seven years. "We get a lot of new fans, a lot of volunteers. It's an opportunity for us to just play roller derby without the high pressure of sanctioning and rankings and the competitive nature. But of course we're all athletes, so our competitiveness comes out."

The game itself is a fast-paced, full-contact team sport in which 10 athletes at a time compete to out maneuver each other and score the most points. "There are two basic positions in women's roller derby," explained Burns. "There are the blockers, they make up the pack, and then the other position is the jammer. Essentially, the goal is for the jammer to get through the pack. The jammers score every time they successfully make it through the pack. So the

pack is simultaneously playing offense to help their jammer through and defense to stop the opposing jammer. Jammers score points for every blocker from the opposing team they pass."

Founded in 2006, the Sac City Rollers was Sacramento's first women's flat track roller derby team. The team is comprised of two interleague teams, the Capitol Punishers and the Folsom Prison Bruisers, who compete together on an international level. "We play against our local teams here in California; we also have played against teams from Canada, we've played against teams from Scotland, [and] we've played against teams from Michigan," explained Burns. "In two weeks we have our first tournament [of the season]; it's called the Dust Devil in Tuscan, Arizona, where we'll be playing against a team from New Hampshire. Tournaments give us an opportunity to play teams from a larger range."

The team is a 501(c)(3) non-profit organization, raising hundreds of dollars each bout for local charities, culminating in their annual Red Red Holiday Invitational tournament each

Capitol Punisher jammer Aleithal Weapon (#713, at left), known off the rink as teacher Aleitha Burns, scores points as she passes the pack of Folsom Bruisers during Derby Madness. "I grew up roller skating, I was a rink-rat. Every Friday, Saturday night I was at the roller skating rink. I got my first kiss on skates," she admits. "So when I heard about roller derby, I thought 'hey, why not?' I like full-contact sports, I love roller skating, and try outs were happening in a few weeks. So I went to tryouts and have never looked back seven seasons later, from a rookie all the way to our All-Stars."



Capitol Punisher jammer Blue Crush (#11, right in star helmet) attempts to pass Folsom Prison Bruiser blocker Annie Reksic (#10) during the exposition roller derby match at Sacramento State.

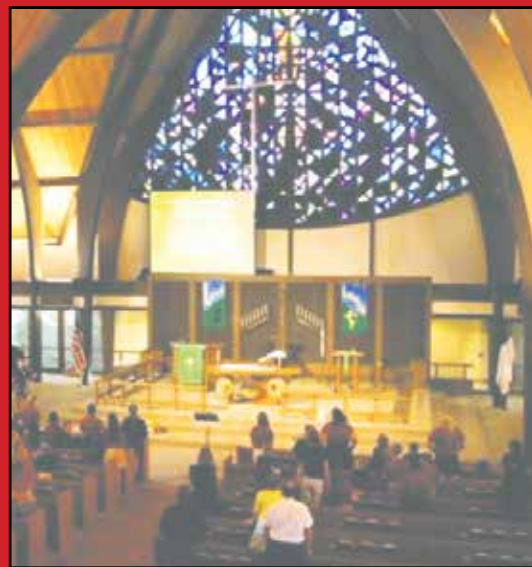
December, the proceeds of which benefit the Sacramento Food Bank. "We have raised thousands of dollars over the last nine seasons for the Sacramento Food Bank," said Burns, adding that "every game that we have, we pick a local charity to raise money for. All the proceeds from our raffle prizes all goes directly to a charity. At each bout we raise a couple hundred dollars for various charities."

Burns, who is a middle school science teacher, is one of over 100 women and girls who make up the Sac City Rollers. Athletes come from a variety of backgrounds, from stay-at-home mothers to laboratory scientists, and range in age from as young as 18 to women in their mid-40s, who commit to working out at least three to four days a week for two to three hours at a time. According to Burns, however, the benefits reach well beyond just staying in shape: "I've gotten a whole group of friends that I know will always have my back no matter what happens."

The Sac City Roller's next match against the Auburn Outlaws is slated for March 21st at The Rink in Sacramento. If you think you may have what it takes to be a Capitol Punisher or Folsom Prison Bruiser, tryouts will be held on Sunday, June 7th. For more information, visit www.saccityrollers.com. ★



Folsom Prison Bruiser Dirty Hippie (#1LUV) stretches out pre-game at Derby Madness, the exposition match at Sacramento State's University Union Ballroom.



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Youth Mission Visits León, Nicaragua



Sacramento Region, CA (MPG) - Disaster Response Ministries, a new worshipping community in association with Eventide Communities, led a mission trip to Nicaragua on behalf of the Presbytery of Sacramento on February 14th through the 22nd. The Nicaragua mission team included 16 individuals from Eventide, Northminster, Grace, Placerville Federated, Davis, and Auburn Presbyterian Churches. The team of five adults and 11 children partnered with CEPAD, the Protestant Council of Churches of Nicaragua and a partner with the Presbyterian Church since 1972. Together, they painted a school, volunteered in classrooms, and helped with an agrarian project outside the city of León. The mission was led by the Reverend Jeanie Shaw, pastor at Eventide Community Presbyterian Church in Sacramento. Photo courtesy of Reverend Jeanie Shaw Source: Black Lion Marketing ★

LETTER TO THE EDITOR

Prom and Graduation Safety Comes First

From Lori Martin:
Prom holds lifelong memories, and I did not go. I played sports at high schools in San Joaquin County but graduated from Tracy High in 1993 in a wheelchair. I never planned to end school like that.

When I was 16 in 1992, a drunken driver hit me head-on. The collision caused a coma, brain injuries, and paralysis with

multiple broken and dislocated bones. I stayed in two hospitals for 7 months and 17 months of therapy followed. Not a life a teenager expects.

Some teens believe drinking alcohol is mixed in with the fun. That is wrong, especially if driving is included. Why copy a drunken driver? My dreams for life unexpectedly ended after a drunken driver hit me.

I cannot drive and hear perfectly now, but can talk and walk. That is a huge achievement.

My letters in newspapers throughout California and speeches at Central Valley schools brought more sober drivers to the roads.

Teenagers, show us you have learned: Do not drink and drive. This saves lives, including yours.
Lori Martin ★



Holy Week
AT NORTHMINSTER
March 29 - April 5, 2015

PALM SUNDAY March 29, 10 a.m.
Palm waving and joyous music to celebrate the triumphal entry of Jesus into Jerusalem.

MAUNDY THURSDAY COMMUNION April 2, 7 p.m.
A service of quiet reflection, singing hymns and reading the scriptural accounts of the last hours of Jesus' life on earth. Included will be the "washing of hands" and the Sacrament of the Last Supper.

GOOD FRIDAY April 3, 7 p.m.
A time of worship remembering the arrest, trial and crucifixion of Jesus. Special choir, handbell music and a short meditation by Pastor Jack help us to reflect on the events of this day.

EASTER SUNDAY April 5
8 a.m. Family Service
A joyous and fun celebration of the resurrection of Jesus Christ led by our youth. Come sing hymns and praise songs and hear an inspirational message by Pastor Jack.

10 a.m. Traditional Service
A celebration of the resurrection of Jesus Christ featuring choirs, handbells, hymn singing and an uplifting message by Pastor Jack which call us to proclaim, "He Is Risen!"

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Young Professionals Exceed Goal at United Way Trivia Night Fundraiser

SACRAMENTO REGION, CA (MPG) - As 125 Sacramento-area young professionals worked together to solve trivia questions over beers at Yolo Brewing Company, they also exceeded their goal of raising \$3,000 to increase access to healthy drinking water at Sacramento elementary schools. United Way's recent Young Leaders Society Brews & Brains event raised more than \$4,000 toward the group's Hydration Station Initiative, which will fund the purchase and installation of hydration stations in target schools, provide every student at the school with a reusable water bottle, and educate students on the importance of drinking water and using water resources wisely during the California drought.



A team of young professionals work to solve a round of trivia over beers and dinner at United Way's Young Leaders Society's Brews and Brains fundraiser. Photo courtesy of Kristin Thèbaud Communications

"There was so much energy in the room as we enjoyed solving trivia questions, drinking beer, and eating from Fuzion Eatz food truck—all while raising substantial funding to make sure kids in our area have access to drinking water throughout their day," said Dustin Humes, chair of United Way's Young Leaders Society.

Thirty-two percent of youth in the region are overweight or obese, so United Way California Capital Region and its partners are working to reduce the number of overweight people in the region by 20%. To assist in

reaching this goal, United Way's Young Leaders Society is focusing on ensuring students have access to water as a healthy beverage and education about why water is such a valuable resource to protect. The group's goal is to raise \$25,000 for the project in 2015. To make a donation or to join United Way's Young Leaders Society, visit www.yourlocalunitedway.org/young-leaders-society.

United Way's Young Leaders Society is a diverse group of young professionals ages 21-40 that is focused on philanthropy and service in the greater Sacramento region. Members are committed to investing in health and education opportunities for students by volunteering their time, mobilizing social

networks, and raising money for a specific community impact project.

For more than 90 years, United Way California Capital Region has brought together nonprofits, businesses, donors, volunteers, community leaders, and more to meet the community's greatest needs, give immediate aid, and find lasting solutions for future generations. United Way mobilizes members of the community to be first responders in repairing the education level, financial stability, and health of everyone in Amador, El Dorado, Placer, Sacramento, and Yolo counties through donation and volunteer opportunities. To donate or volunteer, visit www.yourlocalunitedway.org.

Source: Kristin Thèbaud Communications ★

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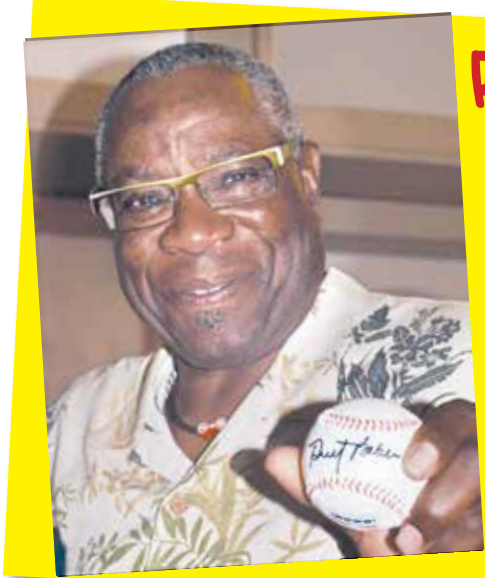
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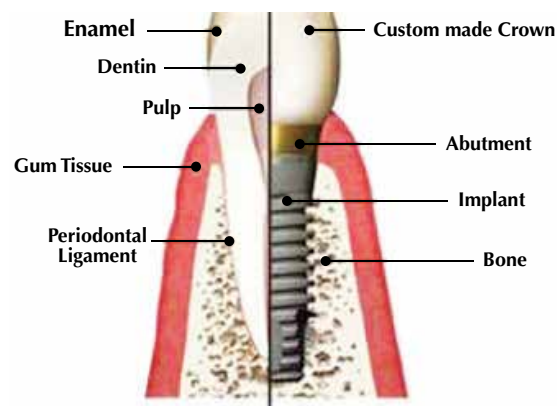
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