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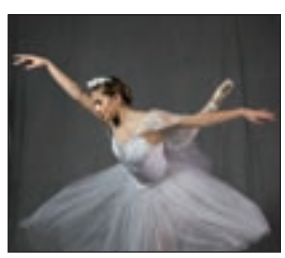
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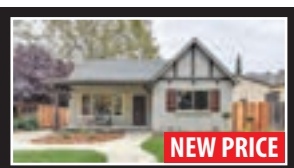
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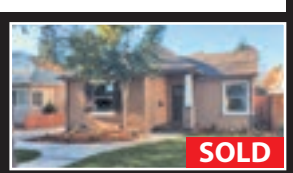
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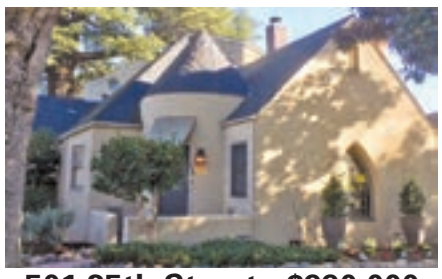
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Door to Door
with PAT LYNCH

We usually get fatter during the holidays, but this year, to fend off the Yuletide expansion, we joined Weight Watchers in October. We are three women, one man (whom we'll call A, B, C and D), and Barbara, a trim neighbor who came along to watch. The Weight Watchers meetings were held in the Turn Verein, an historic, 163 year old, two-story German social hall and gymnastics club on 33rd and J street. Over the years on Ocktoberfest I've waited to see German heritage people careening from the Turn Verein, singing and roaring in the streets, then barfing on their Lederhosen or in those perky little German hats with feathers. This never happened. The Germans always exited in respectable groups. But four years ago three Irish heritage people staggered home from Ocktoberfest, singing, giggling and teetering down 43rd where I live. These are the same people now joining Weight Watchers.

We entered the Turn Verein from the back, walked through a theater that doubles as a gym. We heard racket-balls banging on a wall in another room. We got in the elevator. A posted sign advised that no more than 750 pounds could be carried up. We looked at one another. Did we as a group constitute 750 pounds? "We're already 500 pounds, and that's if we only weigh a hundred apiece," D said. Immediately three left and took the stairs. I stayed because a hip tendon injury made stairs impossible. My companion, B, pressed the button but nothing happened. Were we still too fat? No way. Then we read the other sign: Do not press button till door closes. So we waited until the elevator door slowly, slowly creaked shut.

Finally we hit the second floor, and found the Weight Watcher's meeting. People sat in chairs arranged in a semi-circle, and near the back wall stood a double podium where a bright and friendly woman named Marianne presided. On the floor next to her—the scale. "I feel like the condemned person looking at the electric chair," I said to B. B said we should "just get in line and get it over with."

We did. The Weight Watcher scale is five pounds kinder than the Kaiser scale, so it was plainly more accurate. After jotting down the dread numbers, Marianne gave us a little booklet to keep a record of our progress.

The meeting was run by a genial, tall woman named Lynette. She was a good leader, warm, welcoming, and she had a lot of encouraging success stories. She explained the ins and outs of the program, gave us pamphlets, got a good vibe established. "This isn't all denial and being deprived," she said. "This is changing habits." C muttered, "I have miles to go before I eat,"

The first week was hard. Weight Watchers doesn't count calories. Instead it has a point system and if you stick to it you will eat healthily and lose. For example, you may have as many boiled turnips as you like. You may gorge on carrots. Weight Watchers has cleverly (or fiendishly,) allotted low or no points to foods no sane person would contemplate for a binge. Even the skinless chicken breasts are not binge worthy. So the first week was tough. It was living without being a piggish voluptuary. I tried to imagine I had been captured by Isis and was lucky to get the few scraps of Lean Cuisine they flung at us. I hate Isis, don't you? And I hate denial and hunger and character building and suffering of any kind. I called A. "I'm starving," I said.

"I'm so hungry I could die."

I called B. "Get everything good out of the house," she said. "Strip the cupboards." I did it. She was right. No temptation must remain under the roof.

Finally it was Tuesday. Weigh-in day. Back to the Turn Verien. We stood in line by the scale. Two pounds down was the goal.

My turn. "Four pounds," Marianne said. "Congratulations."

C lost six. Everybody triumphed.

This was a good night and our success gave us confidence for the long and spotty descent. Like most people, we went up and down but overall we shaved off the pounds. Some weeks we cruised along eating healthily, losing weight, feeling success. But one week was particularly tough. D said, "I'm having a hard time lately."

"Me too. Don't go grocery shopping."

That very day a box was delivered to all our doors. It was Avery, our cute little neighborhood Girl Scout, her proud dad standing behind her. In the boxes were our massive orders of Girl Scout cookies.

We succumbed as one.

I called A. "Which is your fave?"

"The S'mores and the mints."

D liked the tasty lemon, as did I. But I also liked the S'mores.

It's patriotic to support the Girl Scouts, don't you think?

"I'm doing this for women's rights," I said as I crunched into a S'more.

B said, "Right on, sister," and ripped open her mints.

But as weigh-in day neared we turned on the Girl Scouts. Why did they have to sell cookies? Why couldn't they sell teas, or flashlights or little forest things? "They stalk us, like tiny trolls," A said.

"They smell our weakness," C said.

At Weight Watchers most of us went up a pound. "We blame the girl scouts," we said at the meeting.

Lynette said we could have shared the cookies with friends and neighbors. There's no law that you have to eat every one of them yourself. Other people had equally good and outlandish comments. Blaming the Girl Scouts didn't fly.

After the meeting we went to Barbara who had also made a large purchase from the Scouts, but refrained from gobbling the whole stash.

We told her at Weight Watchers you had to accept responsibility for your own consumption.

"Oh no, that's horrible," she said.

I resolved to eat no more cookies until the pound disappeared. I went home, zip-locked them and put them in the freezer. That's the way the cookies won't crumble.

McKinley Kiwanis announce pancake breakfast and Easter Egg hunt

By TOM ONTIS
Special to the East Sacramento News



Like pancakes? You or your kids like Easter Eggs? If you answered yes to one or both of these questions, you are in luck on March 31st, as the Kiwanis Club of East Sacramento is holding its 31st Annual Pancake Breakfast and Easter Egg Hunt at McKinley Park and Clunie Clubhouse. The breakfast raises funds for the club to complete its community service projects throughout the region.

Service for the 'all-you-can-eat' breakfast will begin at 7:30 am. Cost is $6 for adults and $4 for kids under 12. Breakfast will consist of pancakes, sausage, fruit cups and coffee or tea.

Meanwhile in the park, Sac State Circle K, which is sponsored by the Kiwanis Club, will be holding the Easter egg hunt(s), which will be divided into age groups, beginning at 9:30 a.m. Parents will be allowed to assist their children in the younger age groups. We have it on good authority that there will be an appearance by the Easter Bunny. The hunts are free. They are the biggest community service projects of the club.

Also in the park, there will be carnival games operated by a variety of Key Clubs, also sponsored by the Kiwanis club.

The pancake breakfast is one of the club's fundraisers to support our community service efforts in the community. Mmong our projects are: sponsorship of youth groups in the region, reading programs at two elementary schools, support of the Kiwanis Family House, located on the campus of the UC Davis Medical Center, assisting another club with 'clothes and food for everyone,'-caffea program to help the homeless of downtown Sacramento. The list goes on.

"The club has been doing this for 30 years. this is what we do, help the community. though it is early in the morning, we manage. many of our club members have participated all 30 years," said Tom Ontis, the event chair for this year.

For more info on the events, contact Tom Ontis at 925-457-9655.

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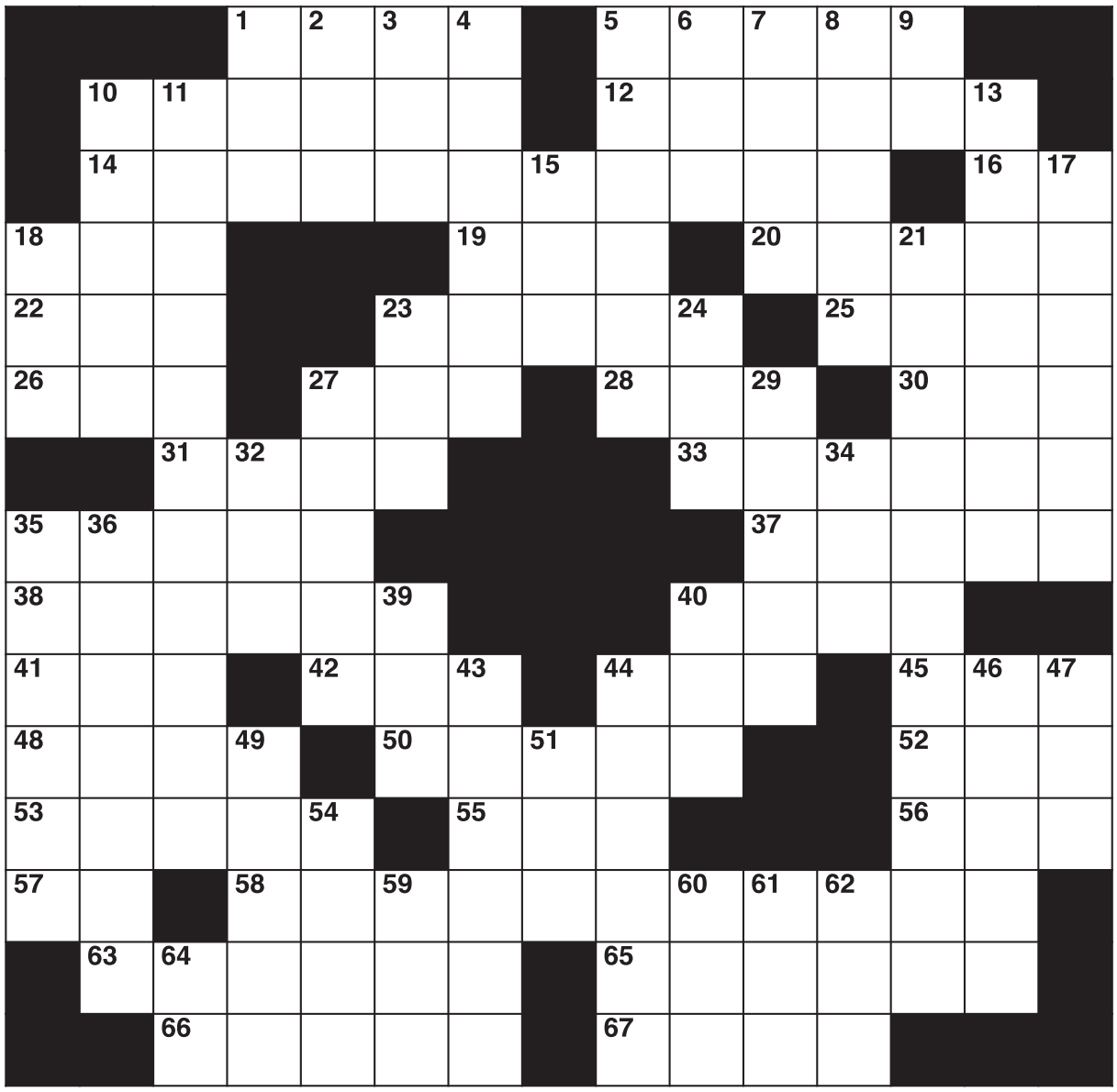
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CLUES ACROSS
1. Maintained possession of
5. Dropsy
10. Type of music
12. One who is deliberately cruel
14. 411
16. Rhode Island
18. Follows sigma
19. Baked dessert
20. Craftsman
22. Austrian river
23. Distributed
25. Close
26. Midway between east and southeast
27. Thunderstorm code
28. Where wrestlers work
30. Away from (prefix)
31. Canadian law enforcers
33. Shade
35. Sir Samuel __, Brit. statesman
37. Della __, singer
38. Existing in fact
40. Tennis matches have at least two
41. Reunifying Chinese dynasty
42. Not just "play"
44. Angry
45. Photomultiplier tube
48. Slovenly person
50. __ and Diu
52. Cologne
53. What actors deliver
55. Campaigned
56. Cash machine
57. Spanish be
58. Animal that eats insects
63. Colonists who supported the British
65. Loved
66. A pair of people who live together
67. Work tools

CLUES DOWN
1. Kilogram force (abbr.)
2. Your consciousness of your own identity
3. Score
4. A way to modify
5. Respect
6. Midwife
7. Region near the Dead Sea
8. __ Gerais: gold-rich state of Brazil
9. Equally
10. Monetary units
11. The mentioning of things one by one
13. Traveling entertainers
15. Small island
17. A way to sing
18. __-bo: form of exercise
21. "The Bard"
23. The best player
24. Male parent
27. Harm the reputation of
29. Allow for the tare of
32. Grand __: wine classification
34. Soak
35. Bother
36. Ophthalmologist
39. Preceded
40. __ Francisco, California
43. Touch gently
44. Lithuanian given name
46. Matched
47. Stomach
49. Mother of all gods in Scots' Celtic mythology
51. Partner to cheese
54. Fit of irritation
59. Visit
60. Suffragist Wells
61. Swearing to the truth of a statement
62. Old Red Sandstone
64. Sacred Hindu syllable

PLEASE RECYCLE THIS PAPER

The healing arts of storytelling and listening

Over the years, television and other cultural forces have robbed us of storytelling as a tool for communicating, learning and healing. But workshop presenters Mary McGrath, Judy Davis, and Karene Piccolo believe that we can recreate a storytelling tradition that we can use to transform our families, our friendships, and ourselves.

They will offer a workshop (The Healing Art of Storytelling and Listening) on Saturday, March 24 - 10 a.m. to 3 p.m. at the social hall of Bethany Presbyterian Church, 5625 24th St. Suggested donation: $10 - $20 (Bring a sack lunch)

Rev. Judy Davis has led a storytelling program at Bethany over a period of three years, and has helped 75 storytellers tell their stories on many themes, such as the immigrant experience, and memories of interned Japanese citizens. Audiences for these evenings enjoy singing between the stories and a chance to have discussion with the tellers. She will lead a session on poetry as a preparation for story writing.

Rev. Karene Piccolo leads a group called Conscious Community. She is facilitating a session that involves a three-step process which gives the listener the recognition that listening is a vital part of the storytelling experience. This skill of open-hearted listening can be practiced and greatly enhances the healing qualities of storytelling. The role of collaboration between teller and listener is examined and offers an experience to those who are ready to listen, but not yet ready to tell.

Mary McGrath has been a part of the storytelling world for many years, in schools, museums, festivals, and as a teacher of storytelling at Sac City College. She is a 2018 Oracle Award Nominee for the National Storytelling Network. Mary will facilitate the creation of a story to tell through exercises in guided visualization, movement, music and visual art. She believes that by sharing our stories and listening to one another, we discover our shared humanity, create connection, community, and care for each other.

Mary also produces a monthly storytelling and poetry evening, with poet Sue Daly, at the Avid Reader, 1945 Broadway, on the last Friday of each month, 7-8:30 p.m.

To pre-register for the workshop contact: storytellermcgrath@yahoo.com



Local students receive book donations from United Way.

United way launches 'Read to Succeed' campaign

Community members encouraged to donate books and volunteer to install Little Libraries

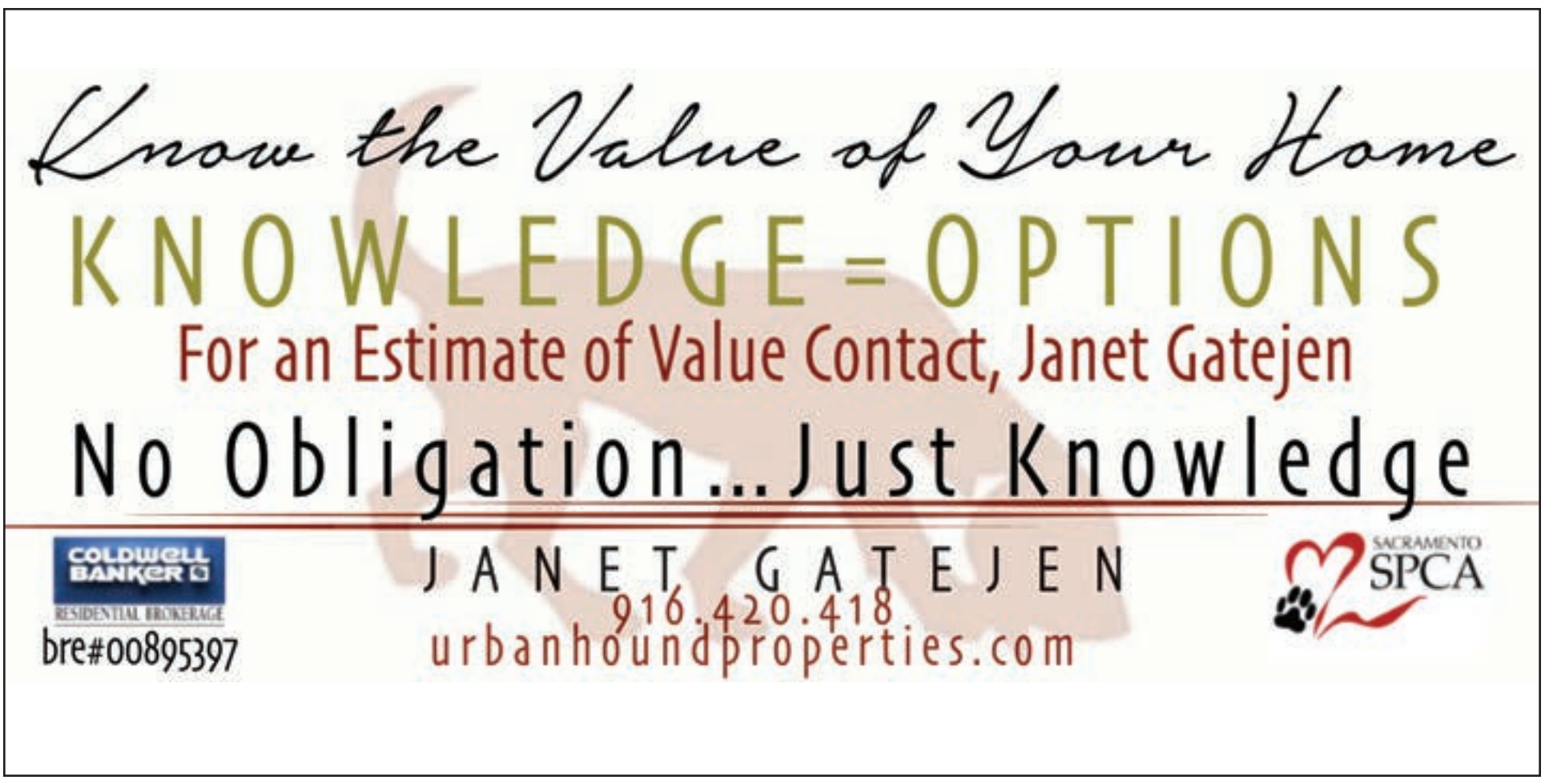
In celebration of National Literacy Month, United Way is launching the Read to Succeed campaign which promotes literacy in students and families in the Sacramento community. During the month of March, community members are encouraged to participate in the campaign by donating books, volunteering and sponsoring the installation of eight Little Libraries that will be placed in four Sacramento school districts. The Read to Succeed campaign is part of United Way's Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond.

"We know that when children in our schools are reading at grade level, they are four times more likely to graduate from high school," said Stephanie Bray, United Way California Capital Region president and CEO. "Read to Succeed focuses on literacy because it directly impacts a child's ability to reach their full potential. When we are able to encourage children to begin reading from an early age, we are laying a foundation for a lifetime of success."

Community members who are interested in supporting literacy can donate to the Read to Succeed Virtual Book Drive, sponsor a Little Library, or volunteer to install the libraries. For more information visit: http://www.yourlocalunitedway.org/united-way-event/read-succeed.

"It's never too early to help a child start reading," Bray said. "And with the help of our community, we can truly make a difference in the lives of children."

The Read to Succeed campaign is part of United Way California Capital Region's Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, United Way believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college or career. To donate or volunteer: www.yourlocalunitedway.org.



"Giselle Revival": Civic Ballet Company to hold performances at Hiram Johnson High School

By JUDY KENT
Special to Valley Community Newspapers

Independent from one another, three ballet companies decided to present the popular ballet, "Giselle," in the first few months of 2018 here in Sacramento. First, the Moscow Festival Ballet presented the ballet in early February at the Harris Center. Then, later in the same month, The Sacramento Ballet also presented Giselle, a ballet it had not done in over a decade. Finally, in late April, the Sacramento Civic Ballet Company (formerly Crockett-Deane Ballet) will also showcase its production of Giselle. Don Schwennesen, director of the company, says that his company has not performed Giselle since 2006. So it is quite a treat for Sacramento to have one more opportunity to see Giselle, since it is not performed very often here.

Known as one the ballet blancs, Giselle was first performed in Paris in 1841. Some ballet historians claim that it was the first ballet where the ballerinas danced on "pointe." It was an immediate success. The term ballet blanc (or white ballet) refers to a ballet where at some point in the ballet, the entire corps de ballet dresses in identical white costumes. Two other important ballet blancs are "Swan Lake," and "La Bayadere." In the case of Giselle, these dancers are the "Wilis," the restless souls of maidens, betrayed by love, who have died before their wedding day and roam the woods at night.

Giselle has something for everyone...a very interesting story of a young peasant girl, who falls in love, is deceived, and dances to her death in a frantic scene – all in the first act! The second act is dominated by the mysterious Wilis, who have taken Giselle as a Wili. Her devastated suitors, Prince Albrecht and Hilarion, try to escape the grasp of these dangerous spirits. A last act of love and forgiveness concludes this wonderful ballet.

The music for Giselle was composed by the Frenchman, Adolphe Charles Adam, who work was greatly admired by Tchaikovsky. The legendary French choreographer, Marius Petipa, later perfected the second-act ballet blanc of the Wilis when he choreographed Giselle for the great Russian ballet companies in the early 20th Century. His interpretation has become a symbol of classical ballet.

Sharing the role of Giselle for the Sacramento Civic production are Katherine Wolfenden and Gabriela Smith. Sharing the role of Myrtha, Queen of the Wilis are Julianna Morgan and Bella Garibaldi. Prince Albrecht will be danced by Anthony Cannarella.

The ballet has a large cast and wonderful costumes and sets. This two-act ballet is suitable for the entire family. The shows are at Hiram Johnson High School Theater, 6879 14th Ave. on April 26, 27, and 28 at 7:30 p.m. and April 29 at 2:30 p.m.

Tickets are $10 to $15 and can be purchased on line or at the door; deanedancenter.com; 916-453-0226.



Gabriela Smith in Giselles with Sac Civic Ballet



'Women of the Wild': Hiking their way to health

By LEIGH STEPHENS

In this revival era of *Wonder Woman* all around us in our own community are strong older women who have contributed much to others and carved a unique life for themselves.

The "Women of the Wild" Hiking Club just celebrated its 25th anniversary with a party at **Susanne Sommer's** home in Land Park.

Members enjoyed a catered lunch and visited with other women who have become friends over the years.

Susanne was the club founder 25 years ago when she gathered eight of her friends together to hike once a month. Very soon after the initial hike, friends told friends, and she says the membership has stayed around 35 through the years. They hike every third Saturday of the month. Some of the women are still working and some are retired from their professions.

Bonding over the years, the women were a great support group when as life would have it, a number of women had to drop out because of major life-threatening illness. Susanne says they came back to hiking when their health returned. Members ages range from the 50s to their oldest member who is 82 years old!

There has only been one major accident during all those years. Susanne says one of the members slipped down



the side of a mountain in the Sierras. The women tied their jackets together to try to reach her. There was no cell service, so two members hiked up a road until they found a house and telephone to call emergency services.

What could have been more of a tragedy, ended with a rescue helicopter and EMT's. Susanne says their story was in all the media for days.

Irene Stadt is a charter club member and has been the club treasurer for 25 years! Susanne describes her as "fearless." Irene is a community activist and also belongs to an active biking club. She says her mother and Susanne's mother were good friends, so she and Susanne have known each other for more than 75 years!

"We hiked the Auburn Recreational State Park a few times. Each time we'd find new routes; there's a lovely waterfall at the top. I remember Berkeley's Tilden Park, but we did get lost. Another exciting hike/Amtrak combo was to the John Muir/Martinez museum. After debarking the train, we walked in the rain to the museum, and some brave souls continued on the Mt. Wanda Trail."

Irene was a special education teacher in the elementary grades for 20 years. She says that joining a hiking or cycling club enables you to meet people with like interests.

"Staying healthy, eating well and exercising are all things we have in common. We have been a great support group for our friends who have lost husbands, children or relatives. I think our club benefits besides friendship is sharing new information about health, about food sharing recipes, and companionship. We have FUN!"

Hiking club member **Bep van der Mik** says she has been a member of WOW for 23 years. "I worked for the San Juan Unified School District for 20 years and was connected with Health Services and worked with Severely Developmentally Delayed students as well as Orthopedically Handicapped students. What appealed most to me when I worked with that population was that these children, ages 4-24 years, were in need of a spokesperson who would stand up for them and has their best interests at heart.

"I find it refreshing to be with the WOW women. Although we differ in age, socio-economic background, education, political and religious affiliation, what we have in common is an all-encompassing love of nature."

Bep says one of her most memorable hikes was with another WOW member, (Kay) in the Canadian Rockies. Her group had been told the elk at that time of year were aggressive be-

See WOW, page 12

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JESUIT HIGH SCHOOL SACRAMENTO

Celebrating Lady Bird and Greta's





By MONICA STARK
editor@valcomnews.com
Photos by Stephen Crowley

It was like being at the Oscars itself, but, the setting: the St. Francis High School gym. Transformed into a scene made fit for a lovely Academy Award night gala, SFHS students and alum were there for the celebration of former student Greta Gerwig, whose film Lady Bird was up for five Oscar nominations on Sunday, March 4.

SFHS faculty, staff and students enjoyed posing with a real Oscar, which was on loan from incoming freshman grandparents Tina and Mike Moylan. Tina's father won this Oscar in 1953 for Screenplay for the Titanic and they were all cheering on Greta Gerwig for her Best Original Screenplay nomination.

Guests lined the red carpet in thrift store gowns or hand-me-downs – a tribute to Lady Bird's two visits to Thrift Town for special occasions. At the end of the red carpet was a blown-up photo of the Fab Forties "Blue House", which in the film is a locale of fantasy for Lady Bird who lives on the "other side of the tracks."

Used as a backdrop for photos and guest interviews, the image set the stage for sophomore Peyton Spellacy, a campus Troubie TV reporter, to ask attendees on camera what their favorite part of the movie was and what they were wearing. Peyton said she saw the movie the first week it was out and as a Troubie, her pride for the film and Greta soars beyond the school walls. Though movie posters line the walls at St. Francis, the movie and the filmmaker are "bigger than Lady Bird."

"It's a connection that we have with the movie and Greta, that although may not seem like it, our community is so close and it just brings us even closer," Peyton said. Her message to Greta: "'Can I have an interview with you? I have my own YouTube channel.' She is one of the most inspiring people. I'd just say: Thank you so much for paving the way for women in Hollywood and in media, and theater. She is so inspiring. She inspires me to do what I do today."

A good friend of Greta's, St. Francis High School drama teacher Kiera Anderson MC'd the gala and she said leading up to Oscar's night, the atmosphere at the school has been "so exciting."

"It's a dream come true for us to watch Greta achieve what she's achieved."

Anderson said the school decided to do the event as soon as Greta got nominated for the Golden Globe, knowing that Oscar nominations were on the horizon.

"We had to come together as a community to support her."

Support her they did and the efforts did not go unnoticed as Greta thanked her hometown and St. Francis when she arrived on the red carpet at the Dolby Theatre in Holly-











inspiration to young women today









wood. "I love Sacramento so much, and I have to say if anyone is watching in Sacramento, I love you guys. Can I just do that? I love you, and I love St. Francis, everyone there."

Of all the characters in Lady Bird, Christine McPherson - Lady Bird- is the least like Greta, Anderson said. "Greta was a very good student, a championship fencer, a very talented dancer, a very talented actress. Greta was very involved in school." From performing in all the St. Francis plays as well as many Jesuit performances, the well-rounded thespian got an early start, playing Clara in the Nutcracker.

One of the first people to see the film at the New York Film Festival, Anderson flew cross country with her brother, Conor Mickiewicz, who inspired the character Danny O'Neill, Lady Bird's love interest until she sees him kissing a boy in a bathroom stall.

Adorned in one of her grandmother's 1960s vintage dresses at the gala, Anderson gave out awards to anyone who "went all out" in either a thrift store prom dress or who really go into the spirit of the evening.

Anderson's grandmother -- Joan O'Neill -- played "the grandma" in Lady Bird, a role, she described as not really acting. Helping the titular character fold the napkins inside the Blue House, Joan O'Neill, who sat in the VIP section at the gala, was initially hesitant to be in the film. After insistence from Greta, she agreed, adding that her role didn't have a speaking part and that she used to fold napkins with Greta back in the day. This "Mayor of 44th Street" spent a lot of time during the holidays with Greta and whom Anderson describes as a natural in the role.

In an interview with this publication, Joan O'Neill said being in the movie was just "normal because I really am (Greta's) grandmother and I didn't have any lines to learn. So, it was easy just playing myself."

Though related "not by blood, but by love", Joan O'Neill is a "very proud grandmother."

"I am just so glad that it happened while I'm here on Earth to watch, instead of watching from the best seat in the house. I'm very, very proud of her. I'll tell you something: She's humble. If this is Greta talking to you, nothing on the outside would get in the way. She'd just focus and it would all come from her heart."

Stories of inspiration continue to be told and Greta, thank you for leaving a legacy of pride for your hometown.



Why we Celebrate National Women's History Month

By JAN DALSKE

Those of us that grew up in the 1960's, and before that decade, never learned anything about women's history in the United States. Things started changing as various cities and counties began to form commissions that would bring women's history to the attention of their communities.

President Carter issued the first Presidential Proclamation declaring the week of March 8th, 1980 as National Women's History Week.

This is his Presidential Message 1980

President Jimmy Carter's Message to the nation designating March 2-8, 1980 as National Women's History Week.

"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.

As Dr. Gerda Lerner has noted, "Women's History is Women's Right." – It is an essential and indispensable heritage from which we can draw pride, comfort, courage, and long-range vision."

I ask my fellow Americans to recognize this heritage with appropriate activities during National Women's History Week, March 2-8, 1980. I urge libraries, schools, and community organizations to focus their observances on the leaders who struggled for equality – – Susan B. Anthony, Sojourner Truth, Lucy Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul. Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people. This goal can be achieved by ratifying the 27th Amendment to the United States Constitution, which states that "Equality of Rights under the Law shall not be denied or abridged by the United States or by any state on account of sex."

That same year, Representative Barbara Mikulski, who at the time was serving in the House of Representatives, and Senator Orrin Hatch co-sponsored a Congressional Resolution for National Women's History Week in 1981. This co-sponsorship demonstrated the wide-ranging political support for not only recognizing, but honoring and celebrating the achievements of American women.

Word began to spread across the nation. Many of the State Departments of Education encouraged celebrations of National Women's History Week. They used this opportunity to achieve equity goals within classrooms. Title IX states that: No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.

Many states developed and distributed materials for their public school curriculum. These states included Maryland, Pennsylvania, New York, Oregon, and Alaska. Organizations sponsored essay contests and other special programs in their local areas. Within a few years, thousands of schools and communities were celebrating National Women's History Week, supported and encouraged by resolutions from governors, city councils, school boards, and the U.S. Congress.

Each year, the dates of National Women's History Week, (the week of March 8th) changed and every year a new lobbying effort was needed. Yearly, a national effort that included thousands of individuals and hundreds of educational and women's organizations was spearheaded by the National Women's History Project. Beverly Sandeen, a City Councilwoman serving in West Sacramento, shared these thoughts: "Leaders of the National Women's History Project worked to get March designated as Women's History Month while I was an undergraduate in the early '80s. Even before then, as a Girl Scout growing up, learning about the stories and impacts of women in history has always inspired me."

By 1986, 14 states had already declared March as Women's History Month. This momentum and state-by-state action was used as the rationale for lobbying Congress to declare the entire month of March 1987 as National Women's History Month.

And, in 1987, Congress declared March as National Women's History Month in perpetuity. A special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women.

This action created a special opportunity for our schools, workplaces, and communities to recognize and celebrate the often-overlooked achievements of American women. Each year there is a different theme. This year's theme is "Nevertheless She Persisted", Honoring Women Who Fight All Forms of Discrimination Against Women.

Martha S. West, Professor of Law Emerita at the University of California School of Law in Davis, states "Obviously, I have taught a version of women's history for 30 years in my courses at the UC Davis Law School," "Women's History Month is a time to take stock of where women are today and how much progress we have made over the last 5, 10, 20 or 50 years!"

"Today is a very difficult time because the federal government is now controlled by a president who treats women very badly and has no concern for women's equality. This is a huge set-back for all women, whether they recognize it or not. It is so sad that 53% of white women voted for the 'sexual-harasser-in-chief!' These women voted in what they perceive as the economic and emotional self-interest of their husbands, brothers, and fathers, not in their own self-interest".

"Equal employment opportunities for women has been a major focus for me throughout my career. I'm afraid, however, that women will never have equal employment opportunities until we have a national system of paid family leave and subsidized child care. We must have an employment system that accommodates the fact that only women give birth!"

And, the Equal Rights Amendment still has not been passed. This Amendment was first proposed in Congress in 1923 by Alice Paul. It read, "Men and women shall have equal rights throughout the United States and in every place subject to its jurisdiction." Similar Amendments were introduced — and subsequently passed over — in every session of Congress until 1972, when the ERA finally passed with the requisite two-thirds majority. Unfortunately, it fell three states short of the required 38 for ratifi-

See Women's History Month, page 15



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WOW:

Continued from page 7

cause not only was it mating season, but the female elk had been shipped away to control the population. The elk had become pests in the small nearby town.

"I decided that even though our group went to a swimming pool, who wants to be in a swimming pool when there is a picturesque trail along side the gorgeous Athebasca River with magnificent snow-capped mountains on the other side of the river. As I hiked by myself on the trail in the breathtaking beauty, I had this overwhelming happiness and each cell in my body told me that all was well."

She says it was getting colder and all she can think about was returning to her cabin and having a warm cup of tea.

Bep said, "I stopped in my tracks, and there was a humongous elk. I softly whistled a song and told him he was a great animal, and I am a good person. On my left is the river and on my right is a thick forest. I took a few steps and the elk lowered his head, bent his knees and charged me. I quickly turned to him and jumped up and down while waving my arms and make a noise that later realize was the sound that bears make."

The elk charged Bep three times with her response the same as above. Finally the elk gave up, and Bep returned to her cabin. She said she would not take this adventure again.

"Now after many years, I still wake up at times at night and shudder when I relive the event and realize what could have happened to me. I don't think I'd try my luck twice!"

Carole Riedel says she has been a member of WOW for 23 years. A friend asked if I would like to go on a hike with the group.

She says, "I have loved every hike, but three are my favorites:

The Rubicon Trail that starts at DL Bliss State Park and takes you all along the breathtaking Lake Tahoe. I also loved the Winnemuccca Lake Trail that takes you along hillsides of beautiful wildflowers to the pristine lake that show perfect reflections of the shoreline snowbanks.

My third favorite is of Pt. Reyes that ends at our spectacular Pacific Coast shoreline."

Carole says that since she has always loved the outdoors, she loved the idea of hiking monthly with a diverse group of accomplished women from all walks of life including, but not limited to teachers, nurses, state workers, physical therapists, secretaries and many other professions.

"I felt honored to join the camaraderie and diversity of the group.

"I think a woman becomes strong if she has a positive attitude, a giving heart, and an open mind to learn all aspects of what presents itself to her on a daily basis like, people, places and hikes – and a 'never give up spirit.' These attributes help us with the difficult hikes in the the hills and the difficult hikes of life as well."

Leigh Stephens is a retired CSUS Journalism and Communications Studies Professor.

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Visit **www.MetersMatter.org** to learn more about the project and to find out what may be happening in and around your neighborhood.

This work may result in:
- Traffic delays
- Sidewalk closures
- Construction-related dust and noise

This work addresses the State's mandate for water meters to be installed on all water services.

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What's happening East Sacramento?

WEDNESDAY, MARCH 14

SAN FRANCISCO SHAKESPEARE COMPANY'S ROMEO AND JULIET – San Francisco Shakespeare Company presents an all-ages version of Romeo and Juliet. The production features both thrilling sword fights and beautiful poetry, performed by a cast of five Bay Area actors in contemporary costumes. Several walk-on roles include the audience in the show! Wednesday, March 14 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

FRIDAY, MARCH 16

LEPRECHAUN CATCHERS – Get ready for St. Patrick's Day by joining us to design and engineer your very own leprechaun catcher! We will have a variety of materials to support your creativity. School-age. Friday, March 16 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

MAGIC OF MUSIC: The Sacramento Youth Symphony invites you to the Scottish Rite Center for this wonderful food, beer and wine tasting fundraising event from 6 to 9 p.m. Admission includes live music by young musicians from the Sacramento Youth Symphony and varied selection of silent auction items. Our program's ambition is to educate and advance the musical skills of the youth of our communities in ways that engage, challenge and inspire them to reach their highest potential. Contact: Sacramento Youth Symphony, Vicki Schaevitz, vicki@sacramentoyouthsymphony.org at 916-731-5777. The Scottish Rite Center is located at 6151 H St. The event will raise funds for the programs of the Sacramento Youth Symphony. Tickets: $35 per person, available at www.sacramentoyouthsymphony.org or call 916-731-5777.

SUNDAY, MARCH 18

SACRAMENTO SYMPHONIC WINDS, A 60-PIECE SYMPHONIC BAND, PRESENTS "SPRING FLING": Bring the entire family to this spring concert of dance music entitled "Spring Fling" at the Crowne Plaza Sacramento Northeast, starting at 2:30 p.m. The Sacramento Symphonic Winds is a 60-piece adult symphonic band conducted by Timothy M. Smith. This concert features trombone soloist, Tony Collins, playing Colloquy by W. L. Goldstein. Also The Hounds of Spring by Alfred Reed, Symphonic Dance Music from West Side Story by Leonard Bernstein, Mock Morris by Percy Grainger and more dance music! Visit our web site at <http://www.sacwinds.org> or on Facebook! Crowne Plaza Sacramento Northeast, 5321 Date Ave., Sacramento, 95841 (On Date just north of Madison east of I-80 interchange). Tickets at the door: General Admission $15; Student (11-17)/ Senior (65+) $10; Children 10 and under are free. Contact ph. 916-489-2576; www.sacwinds.org <http://www.sacwinds.org>

FRIDAY, MARCH 23

MINECRAFT GAMING – Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on the library's own library server. No experience necessary. Spots are first-come, first-served. Recommended for ages 8 to 14. Friday, March 23 from 3:30 – 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, MARCH 24

AAUW SACRAMENTO TO HOST AUTHORS LUNCHEON: AAUW Sacramento (American Association of University Women) invites the community to attend its annual Authors Luncheon on Saturday, March 24, 11:30 am to 2:30 pm, at Plates Café, 14 Business Park Way in the former Army Depot complex. The cost of the luncheon is $32, and the deadline for reservations and payment is March 13. The featured speaker at the event will be Hoang Chi Truong, author of Tiger Fish, A Memoir of Coming of Age in America as a Vietnamese Refugee. Truong was born in Vietnam and had to flee her homeland with her family when Saigon fell in 1975. She wrote her memoir to share with her children how challenging her childhood had been compared to theirs. For more information about the program contact Barbara Smith (BSmithFO@aol.com or 916-961-4470). To pay online go to the branch website, http://sacramento-ca.aauw.net, and click on the Register Now link on the home page. Otherwise send a check made payable to AAUW Sacramento to Dawn Boyd, 1736 Berkeley Way, Sacramento, CA 95819.

SATURDAY, MARCH 31

31ST ANNUAL PANCAKE BREAKFAST & EASTER EGG HUNT: You are welcome to a fun filled morning at Clunie Clubhouse for the 31st Annual Pancake Breakfast and Easter Egg Hunt. Breakfast includes unlimited pancakes, sausage, fruit, juice and coffee- served from 7 to 11:30 a.m. Adults, $6; Children, $4. Carnival games and face painting will be available. Tickets- 50 cents each.
Easter Egg Hunt Age Groups and Start Times Below:
Ages 0-1 9:30 a.m.; ages 2-3 9:45 a.m.
Ages 3-4 10 a.m. ages 5-6 10:15 a.m.
Ages 7-8 10:30 a.m., Ages 9-10 10:45 a.m.
The Clunie Community Center is located at 601 Alhambra Blvd.

SATURDAY, MARCH 31 AND SUNDAY, APRIL 1

41ST ANNUAL BONSAI SHOW SPONSORED BY SEKIYU KAI: 10 a.m. to 4 p.m. each day at the Buddhist Church 2401 Riverside Blvd. Demonstrations both days at 2:00pm by Yuzo Maruyama, followed by a benefit raffle. The event will include trees and bonsai materials for sale and the food vendor Haole Pig BBQ. Admission and parking are free. For information, email BonsaiSekiyuKai@gmail.com

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LOW-COST VACCINATION CLINICS AT THE SSPCA: Mondays and Tuesdays from 11 a.m. to 3 p.m. for vaccines; no appointments necessary. Vaccines include:
1) DAPP vaccine ($20) — DAPP stands for Distemper, Adenovirus, Parainfluenza, and Parvovirus. While important for dogs of every age, puppies are susceptible to the Parovirus.
2) Bordetella ($20) -- often referred to as the kennel cough vaccine, this helps protect against a strain of bacteria that can cause kennel cough. Many boarding kennels and groomers require this vaccine for services,
3) FVRCP vaccination ($20) prevents three potentially deadly airborne viruses: rhinotracheitis, calicivirus and panleukopenia in cats,
4) Rabies shot ($6) -- this vaccine is required by animal control or to license your dog. The first vaccine is valid for one year, subsequent vaccines if given on time will last 3 years.
If you are 65 or older, vaccinations are free!
The Sacramento Society for the Prevention of Cruelty to Animals is located at 6201 Florin Perkins Road, Sacramento.

FRIENDS AND FAMILY OF SURVIVORS SUPPORT GROUP: Every first Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: Is your friend or family member in a domestic violence, sexual assault, or human trafficking situation? This free, drop-in group is for you. Learn how to support your loved one, and receive some support yourself among people who are in the same situation. Feel free to call My Sister's House for more information: 916-428-3271.

#METOO SUPPORT GROUP: Every third Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: This drop-in support group is free, confidential, open to all genders, and available to sexual assault survivors at any point in their healing. Feel free to call My Sister's House for more information: 916-428-3271.

STATE FAIR SCHOLARSHIP APPLICATIONS ANNOUNCED: The Friends of the California State Fair Scholarship Program is now accepting scholarship applications for the 2018 - 2019 academic year. The program offers 14 categories of scholarships ranging from $1,000 - $2,500 each with varying eligibility requirements. Categories include: agriculture, art, academic excellence, business, culinary/hospitality/event management, education, international relations, trade school, viticulture and enology. Applicants may apply for one scholarship category of their choice per year and will be evaluated based on academics, community service, quality of essay and recommendation. Top scholarship winners in select categories may be invited to compete for the $5,000 Ironstone Concours Foundation Scholarship Scholarships are not renewable; however, students may reapply each year as long as they continue to meet the eligibility criteria. The Friends of the California State Fair Scholarship Program is a collaboration between the Friends of the California State Fair, the California Exposition & State Fair, the California State Fair Agricultural Advisory Council, the Ironstone Concours Foundation, Blue Diamond Growers and Western Fairs Association. International Scholarship and Tuition Services, Inc. (ISTS), an independent scholarship management company, hosts the online application process and disburses awards for the program. The deadline to apply is March 2, 2018. Learn more at CAStateFair.org/scholarship. For questions about the Friends of the California State Fair Scholarship Program, please email scholarship@calexpo.com.

SAC UNIFIED POETRY SLAM: Jenny Lynn and Joe Montoya's Poetry Unplugged present The Sac Unified Poetry Slam every third Friday at Luna's, 1414 16th St., starting at 7:30 p.m. The show is unpredictable. The special guests and judges won't be known until they sign up. The slam is three rounds. This is a FREE show with purchase at the cafe, donations are encouraged to cover PSI venue dues and show staffing. $5 to slam (except youth 18 and under) winner takes the whole pot. Luna's Cafe will be serving the freshest juices and licuados in town, nothing frozen or concentrated. The menu also includes sandwiches, salads, our famous quesadilla, fresh-ground coffee, mochas, and other espresso drinks. A nice selection of beer and wine is also offered. Enjoy it all in the comfortable atmosphere of Luna's, one of this area's original cafe galleries. Supporting artists of all kinds for over 30 years.

JANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

KNITTING CIRCLE AT MCKINLEY LIBRARY – Any adult interested in knitting — even an absolute beginner — is invited to join. Participants can learn to knit, or get help on current projects and advice from expert knitters. Don't forget to bring your knitting needles and yarn. Wednesdays from 10 a.m. to 12 noon at McKinley Library, 601 Alhambra Blvd, Sacramento.

Pioneer House
An RHF Community
Revitalizing Senior Living 2018 At Pioneer House!



Come join Pioneer House and experience our Retirement Living, Assisted Living and Skilled Nursing. Pioneer House has partnered with Revere Court Memory Care and Shelly Coyne with Life Options For Seniors to assist with all housing questions. Bring this AD and get an extra raffle ticket so you have chance to win amazing prizes from our local vendors. I hope you can make it.

415 P St, Sacramento, CA 95814 | (916) 442-4906

Pioneer House is part of Retirement Housing Foundation, a national, non-profit organization.
Find out more about Retirement Housing Foundation on pioneerhouseretirement.org

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Join us for Free All Day Open House
Wednesday, March 28th
All Welcome!

- 9:00AM Lets learn about honey followed by a honey tasting with Uncle Jer's Traveling Bee Show
- 10:00AM Surprise Special Guest Performers
- 10:30AM Blood Pressure Clinic with Alpha One
- 11:00AM Zumba with Dina Torres
- 12:00PM Complimentary Lunch
- 1:00PM Gardening 101
- 2:00PM Painting with Candace Worthen
- 3:00PM Raffles and Raffles

National Women's History Month:

Continued from page 10

cation by the 1982 deadline. This was more than 35 years ago.

Some form of the ERA has been re-introduced in Congress every year since 1982. But, it seems that there has been a lack of political will and cultural pressure for passage given a lack of awareness that gender equality is not already guaranteed.

Democratic Senator Ted Liu 33rd District of CA says "it's a fear of too much justice...There are some people that won't vote for it because they think it will result in too many lawsuits… If there are pay gaps, and people are suing to correct the problem, that is something we want to encourage."

There has been some positive movement on the ERA in recent years, with Nevada ratifying the original amendment and becoming the 36th of the 38 states that would be needed for passage. Maybe the "*Nevertheless She Persisted*" movement and an increase in awareness of the lack of equality between the sexes could finally put the necessary pressure on political decision-makers to finally pass the ERA.

The Equal Pay Act of 1963 is a United States labor law amending the Fair Labor Standards Act, aimed at abolishing wage disparity based on sex, and was referred to as the Gender pay gap. It was signed into law on June 10, 1963, by John F. Kennedy as part of his New Frontier Program. In spite of the act, many women still get paid less than men in countless occupations.

Title VII of the Civil Rights Act of 1964 is a federal law that prohibits employers from discriminating against employees on the basis of sex, race, color, national origin, and religion. It generally applies to employers with 15 or more employees, including federal, state, and local governments. We still see many examples of discrimination, especially against women in certain occupations.

And, the fact is, that during our country's 241-year history, only four women justices have served on the Supreme Court. They are Sandra Day O'Connor (1981-2005); Ruth Bader Ginsburg (1993-present); Sonia Sotomayor (2009-present) and former U.S. Solicitor General Elena Kagan (2010-present).

The number of women in the U.S. Congress in 2018 is just 106 (79D, 27R). Women holding seats in the United States Congress, equal just 19.8% of the 535 members. 22 women (22%) serve in the United States Senate, and 84 women (19.3%) serve in the United States House of Representatives. Five women delegates (3D, 2R) also represent American Samoa, the District of Columbia, Guam, Puerto Rico and the Virgin Islands in the United States House of Representatives.

The 2018 National Women's History theme: "*Nevertheless She Persisted*" presents all of us with the opportunity to honor the women who have shaped America's history. This group will help to change the future for all women through their tireless commitment to ending discrimination against women. And with the passage of the Equal Rights Amendment giving our country a constitutional backbone, gender equality will finally be included in our Constitution. Women will have a legal recourse to fight back against gender-based discrimination and violence, and win. Gender equality will be a mandate.

Folsom Lake Symphony
PETER JAFFE, MUSIC DIRECTOR AND CONDUCTOR

GLORIOUS ADVENTURE
Saturday, March 24, 2018
7:30 pm



Adele Anthony, violin
Debussy: Prelude to the Afternoon of a Faun
Brahms: Violin Concerto
Elgar: Enigma Variations

HARRIS CENTER FOR THE ARTS
Three Stages at Folsom Lake College, 10 College Parkway, Folsom, California 95630
Tickets at folsomlakesymphony.com or 916.608.6888

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Make Sure Those You Care About Are Always Cared For

"The Privilege of Planning" is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a **FREE Emergency Planning Guide.**

Make your final arrangements, then go enjoy the rest of your life.

CHOOSE ONE OF THESE SEMINARS

Thurs., April 5
11:30 am to 12:30 pm
EAST LAWN
Memorial Park & Crematory
4300 Folsom Blvd., Sacramento, CA 95819
Tel 916.732.2000

Wed., April 11
11:30 am to 12:30 pm
EAST LAWN
Andrews & Greilich Funeral Home an East Lawn Mortuary
3939 Fruitridge Road, Sacramento, CA 95820
Lic. #FD-136
Tel 916.732.2026

Reservations Required. Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.
If you prefer to RSVP via email, log onto our website and go to the seminar registration page.
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