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Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... John Ochoa
Graphic Designer ..... Annin Greenhalgh
Advertising Director ..... Jim O'Donnell
Advertising Executives: ..... Melissa Andrews, Linda Pohl

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1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover photo by:
Matías Bombal

Other photos:
Stephen Crowley
Monica Stark

Faces and Places:

Don Puliz crab and shrimp feast at Elks, No. 6













Photos by STEPHEN CROWLEY

The Don Puliz crab and shrimp feast at Elks, No. 6 fed hungry Sacramentans on Saturday, Feb. 24. With crab, shrimp, antipasto, pasta, salad and garlic bread, the community event raised funds for the Elks 6 General Fund. The Elks is located at 6446 Riverside Blvd. The next big event is Cinco de Mayo, featuring a carnitas dinner, music Mariachi Los Gallos, JELLO and tequila shots, and dancing to the music of Latin Touch all on Saturday, May 5, starting at 5 p.m.

Reward for "Pocket Puppy Killer" up to $16,000

By MONICA STARK
editor@valcomnews.com

A group of local Sacramentans dedicated to the safety and protection of domestic animals, and representatives of the City of Sacramento, continue to call attention to the brutal beating and murder of a 4-month-old female puppy found Jan. 19, hanging from a tree on the Sacramento River levee at Riverside Boulevard at Rio Viale Court, directly behind Brookfield Elementary School.

With a reward now up to $16,000, information leading to the arrest and conviction for this heinous crime has been trickling in. While there are "no smoking-guns", there continue to be leads worth tracking, says Chief Animal Control Officer Jace Huggins.

Described as a dark-mixed breed, weighing about 12 pounds the dog was found by a citizen utilizing the bike trail.

"While we have information, we don't have enough and we don't want this to fall to the wayside and be forgotten about, as I am fairly certain somebody out there knows what happened," Huggins said.

While their hands are full over at the shelter with 300 cases at any given time, Huggins says this is the worst case he's seen since he began working this position six years ago.

At a press conference inside Giovanni's Pizzeria on Friday, March 2, Huggins recounted the trauma done to the puppy, as follows: She did have three skull fractures, two fractured knees and two fractured long-leg bones, all of which occurred prior to her death, proven by a medical necropsy. Huggins said statistically, across the country people who can perpetrate like this against an animal are more than capable to already have or soon perpetrate that same crime against a person. "So, while we are fighting very hard for this puppy, we also have a concern for anybody who maybe in the household of the person who committed this crime or maybe connected to them and their safety also. This goes beyond this puppy, not to minimize the need for justice for her either."

Regarding fear of retribution for reporting the crime, Huggins said there are programs to help if someone wanted to report the crime but was afraid for his or her own safety.

With support on the case from the police department, a detective and officer have been assigned to help out three animal control officers. "There's pretty much a dedicated five-man law enforcement team that's been following up on the leads and track down anybody of concern."

For the purposes of possibly tracking down the killer, at the news conference, Huggins passed around an image of the leash that was used to hang the puppy. With a pattern of the Gateful Dead logo in black, gray and white, the leash has been regarded as high-end, priced around $30 and found at stores like Walmart.

He said shockingly enough convicted criminals get longer jail sentences for animal crimes than they do for drug convictions and burglaries. "Most of those don't step foot in a jail except when they're originally picked up. Most of our high-level felony crimes, which this would count, are getting three to five years," he said. "I do believe if we find the person who did this, he will be sitting in a jail cell for an extensive period of time."

An animal lover and concerned Pocket resident, Julie Virga organized the press conference to reiterate the call to come forward: "Listen to your gut. Maybe you saw something suspicious. Maybe you saw something that bothered you. Maybe there was something that bothered you. Maybe there was a little black dog that lived next to you that's no longer there. You can make this tip anonymously. I just urge you to come forward."

Virga led a tour of the site where the puppy was found and explained why this horrific event really hits home. It was there on that stretch of levee she recalls riding horses as a child. "This area, in particular," she said, pointing down at the water's edge."This Skidmore Beach here, I don't know if it's still called that. We used to have mud fights in the summertime with our horses down here. It was really fun. It was just a great life. It was different, not as many people. It was more rural out here, at least in the Pocket area. Greenhaven was brand new. It was a lot of fun. And, so it breaks my heart to see something this evil occur in my neighborhood in an area that I love. That's why I am committed to finding this monster."



Photos by Monica Stark

Julie Virga, Pocket native and animal lover, wants to find the puppy killer and has been posting reward fliers in the neighborhood. The reward is now $16,000 for the killer. Tips can be made to Sacramento police or animal control.

Promoting the reward amount, Virga has been passing out fliers at the apartments nearby and has taped them to trees along the levee. Also, she's utilized the NextDoor social networking site and has received private messages from folks who seem afraid to talk to the police. "People personal message me. They want to talk to me first and I say sure, that's no problem. It feels scary to a lot of people to get involved in such a violent circumstance. They're afraid for their own safety, I don't know. I think a lot of people don't like to get involved in general. So, I said, sure, let's talk."

Thankful for the outpouring of community support, Knepp added that sadly the shelter does see this occur. "Sadly, it's not the first and not the last time."

Anyone who has any information about what happened to the dog should call Crime Stoppers at 916-443-HELP or animal control Officer Huggins at 916-808-5855. Tips may be left anonymously. www.cityofsacramento.org/Police/Contact/Crime-Tips

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Tiny therapy horses brought joy to children at Belle Cooledge Library

By MONICA STARK
editor@valcomnews.com

Sharing the Hope, a service-based organization that began as a way to bring comfort and joy to children with cancer in local Sacramento hospitals like Sutter and Shriners, brought its two miniature horses to Belle Cooledge Library on Saturday, Feb. 24 for a 20-minute educational presentation and meet and greet.

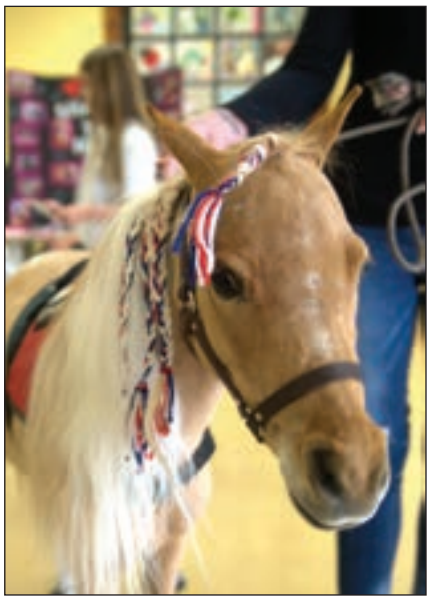
Garnering many ooohs and aaahhs from children and their parents, the horses named Hope and Valor were led around the community room.

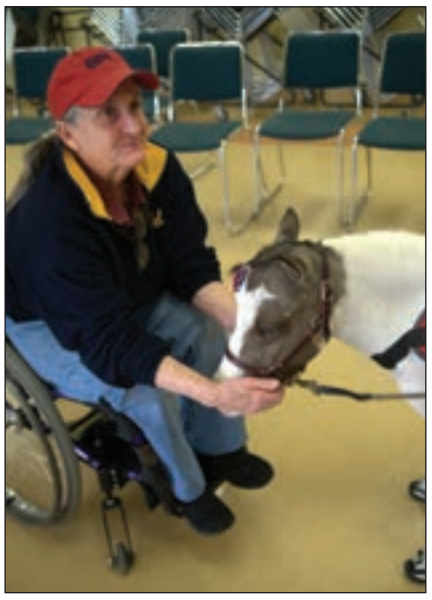
"Do they eat breakfast? Do they eat dinner?" -- were the common questions raised by children who were surprised by the answer: "They eat breakfast, lunch and dinner. In between, they get little tiny snacks like carrots."

"Just like me," one young girl replied.

"Yes, but, I bet you don't sleep in shavings."

And so it goes, the joy of meeting 5-year-old, 165-pound Hope and Valor, age 3 and 134 pounds was had by children that day, mirroring the comfort these two have brought to the most in need. Whether in hospice or in children's oncology, Ken and Lisa Schaeffer, the horses' owners, feel the joy reciprocated.





Photos by George Young
Hope (far left), a miniature therapy horse, was brought to Belle Cooledge Library as part of a show and tell.
Valor (left), a miniature therapy horse, was brought to Belle Cooledge Library as part of a show and tell.

It's hard to believe how different life for them — the horses and the Schaeffers — has become in just three years. Lisa, then a massage therapist in Elk Grove, was sitting at her desk and had a vision that changed each of their lives.

"I saw a picture of a little child with no hair, standing next to the horse," Lisa recalled." He said, 'This is your next thing.' I said, 'I'm in.'"

Moving quickly, she went to VistaPrint for marketing materials and "made the whole thing up."

"I didn't have a horse, didn't have a place to put it. I didn't have anything. We lived in a mobile home. And now we have five acres in Wilton and it's the most beautiful place you ever saw in your life."

Back then, Lisa's mother was in her 90s and told her to find a place for the little horses and she could have her inheritance early. "We drove by this place (in Wilton) because it was so beautiful, but it wasn't for sale. Shortly thereafter, it went on the market, we made an offer."

While Lisa had horses when she was a child and trained them for a living for about 20 years, she switched from caring for horses to humans, married her husband and all was well. But after the "Himpossible", religious experience, her vision has been brought to fruition, a miracle in its own right.

The first horse adopted, Hope, has become more vibrant in personality and Valor has been brought up with a youthful bounce in his step. "Everyone who meets her, loves her," Lisa said, talking about Hope (though the comment is relevant to both)."My husband did leading exercises with her so she could go into any little tiny space," a convenience for sometimes cramped hospital rooms.

After Hope came Valor, who was still hanging onto his mother, recalled Lisa. "She was carrying him around, like this," she said in a bit of a show-and-tell.

"Over the moon with Shriners," Lisa says the pair of tiny horses can go anywhere in the hospital unless the patient has a bacterial problem and their health would otherwise be compromised. "(Shriners) never had a horse before. Then we were accepted at South Sacramento Kaiser. We've been to hospice. The horses are very quiet around someone who is not feeling well."

Certified with Pet Partners, a large non-profit that registers therapy dogs and other therapy animal pets including horses, cats, rabbits, and birds, Hope and Valor continue to bring hope and instil valor to those in need.

(Side note: If you see a minivan traveling that appears to have two tiny zebras in the back, you might be looking at Hope and Valor. Blanketed in zebra-print, that's how the two get around town.)

You can follow their adventures on Facebook at Sharing the Hope.

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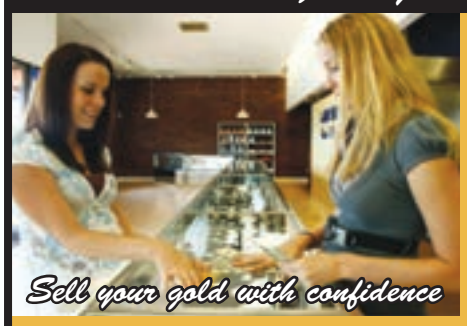

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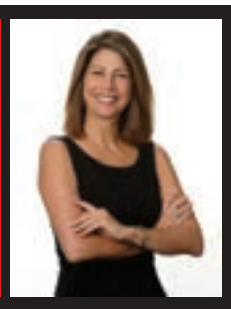

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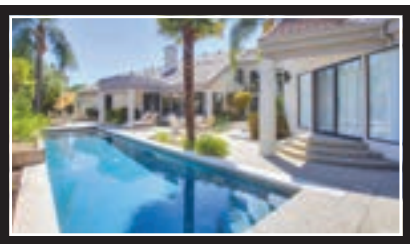
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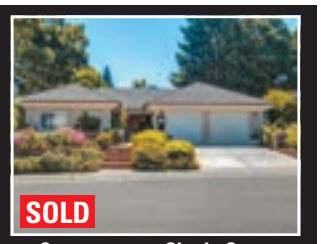

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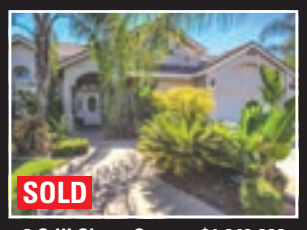

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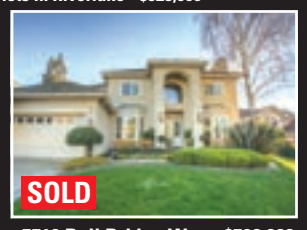

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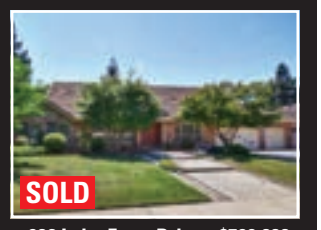

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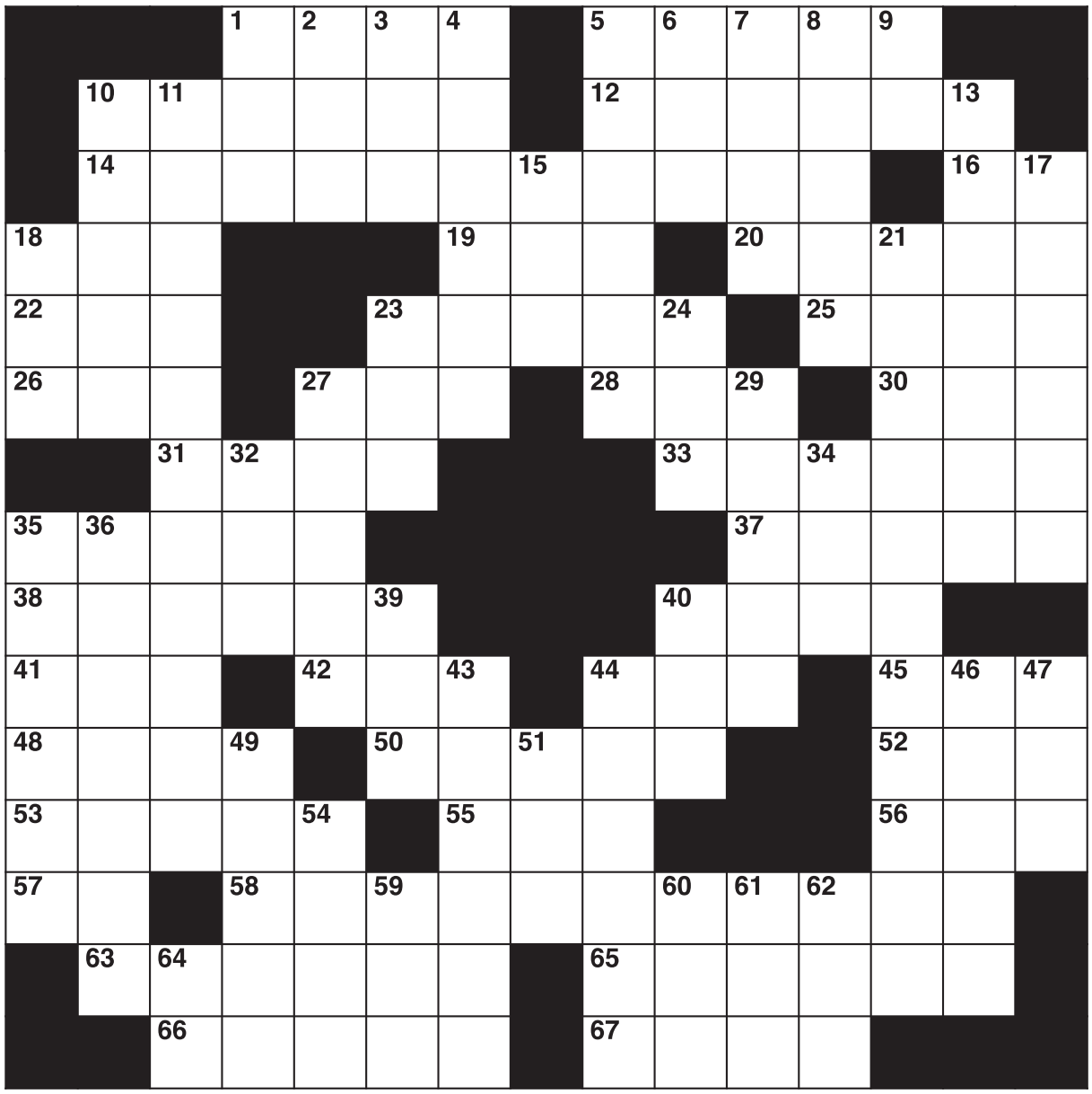

CLUES ACROSS

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

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Bailey, the super dog needs a new home

Bailey belongs to an elderly gentleman who can no longer keep him because he is moving in with relatives. He is 7 years old, neutered and chipped, very sweet, very healthy. Pocket resident Julie Virga is looking for a foster parent who is considering adoption and ideally a forever home. He is a good little watch dog, likes other dogs, is housebroken and has been well-loved. He's been eating too many donuts, so he could lose a few pounds. His medical history, paperwork is available. Julie Virga can be reached at 803-5880 or by email at JulieVirga@gmail.com.

ACC to host end-of-life conversation with Yolo Hospice

After the success of the Being Mortal Project, which reached over 1,500 people at more than 30 events from 2016 to 2017, Yolo Hospice is continuing the conversation around end-of-life wishes with two new events: How Doctors Want to Die and What Happens After We Die. Both events will be held at ACC Senior Services' Community Center in Sacramento.

Yolo Hospice previously held two similar events in Woodland in the fall. The success of those events inspired them to hold these additional ones, bringing them to the Sacramento area in partnership with ACC Senior Services.

"We were amazed by the response to our Being Mortal events," says Louise Joyce, manager of community relations at Yolo Hospice. "We felt it uncovered a deep desire in the community to have these conversations about what we want at the end of our lives. Having the conversation now helps ease suffering when those final days come. We're very excited to invite the community to two new events, with new ways to approach those conversations."

How Doctors Want to Die will be held on March 29 from 3:30 to 4:30 pm at ACC Senior Services Community Center (7334 Park City Drive). This one-hour event explores how physicians make end-of-life choices, and how it may be different from what the general public does. There will be a viewing of a 12-minute clip from Consider the Conversation: Part Two, followed by a facilitated discussion.

What Happens After We Die will be held on April 5 from 3:30 to 5 p.m. at ACC Senior Services Community Center (7334 Park City Drive). A thought-provoking event, the goal is to open a dialogue around different beliefs on what happens to people after death. There will be a panel discussion bringing in highly varied perspectives. Panel participants include representatives from Christianity, Buddhism and Hinduism, as well as a psychic.

According to Craig Dresang, CEO of Yolo Hospice, "I've wanted to hold an event like this for a long time. It should spark some very interesting discussion and give people opportunities to reflect on their own beliefs, and to learn about beliefs others hold."

An optional advance care planning workshop will be held immediately after each event, for anyone who wants to take action on recording their own wishes.

Anyone interested in attending either or both events should RSVP with Yolo Hospice by calling 530-601-5778 or emailing rsvp@yolohospice.org.

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Interstate 5 project coming our way in 2019

By PATRICIA A. CLARK

Starting next year, Caltrans will begin a multi-year project to rehabilitate Interstate 5 in our area. Whether you use I-5 to commute to work or more generally, all of us will be affected by this big project and reap the benefits when it is done. As neighbors adjacent to I-5, many of us have a daily relationship with the freeway, but it is important to realize that I-5 is also a major north-south corridor on the west coast which runs all the way from Mexico to Canada.

The I-5 Corridor Enhancement Project has five principal goals. Extending the service life of the pavement on I-5 for another 40 years is a primary goal along with reducing maintenance costs for Caltrans. Maintenance costs are very high now. Undoubtedly many of you have noticed Caltrans doing many smaller repairs in recent years where they replaced several adjacent slabs of pavement which had badly deteriorated. Two other goals are improving the ride quality for the traveling public and improving traffic operations, according to Caltrans District 3. The fifth goal is reducing traffic congestion in our region by constructing bus/carpool or High Occupancy Vehicle (HOV) lanes.

The geographic scope of the rehabilitation part is from the Beach Lake Bridge at Morrison Creek (between Laguna Boulevard and Cosumnes River Boulevard) to the American River Bridge just north of downtown. The first phase of HOV lanes on I-5 will start at Beach Lake and extend north to the Highway 50 interchange. The I-5 Corridor Enhancement Project also will include installation of fiber optic lines from Elk Grove Boulevard to Highway 50 as part of Caltrans' regional plan to link Intelligent Transportation System (ITS) elements efficiently with their Traffic Management Center so they can improve operations and provide better information to the public.

Let's take a look at the component parts of the project and see what work is planned. The pavement rehabilitation work on the main traffic lanes will be completed using a method called "Crack, Seat, and Overlay". The existing Portland Cement Concrete (PCC) pavement will be cracked and then overlaid with 9 inches of Asphalt Concrete (AC) to serve another 40 years. Ramps and connectors will be resurfaced as well, so it will be like getting a brand new freeway. Most of I-5 in the project limits was constructed in the 1970's, according to Mr. Sutha Suthahar, Caltrans Project Manager, "And it is feeling it's age". Ramps and sidewalks will be brought into compliance with the Americans with Disabilities Act (ADA), including replacement of the Casilada Way Pedestrian Overcrossing, between Fruitridge and Sutterville Roads near Sam Brannan Middle School, because the steepness of the ramps on the existing structure exceed current standards. Ramp meters will be added to six southbound on ramps and the northbound on ramp at 43rd Avenue will be widened. Lastly, ancillary facilities will also get an upgrade, including signs, lighting and guard rails.

For the HOV portion of the project, the main work is the addition of bus/carpool lanes. "The HOV lanes are needed because the I-5 corridor between Beach Lake Bridge at Morrison Creek and US-50 interchange is experiencing recurring congestion during peak commute periods. According to Mr. Suthahar, "Traffic demand during commute periods already exceeds the freeway capacity, and, unless something is done, the amount and duration of congestion will get even worse in the future as additional development occurs in Sacramento and Elk Grove."

According to the June 2013 Caltrans Final Environmental Impact Report (FEIR), "I-5 plays a critical role in California's economy by supporting a high volume of commuter and interregional traffic as well as trucks moving goods to destinations in and outside the state."

Additionally, two new sound walls will be added on the west and east sides of I-5 just south of Pocket Road. Notably, the days of Caltrans adding sound walls at a neighborhood's request are long gone; sound walls are now only constructed when the proposed walls meets rigorous noise study criteria and the cost can be justified as mitigation for a necessary Caltrans project.

The estimated cost for just the construction phase of this enormous overhaul is $253

See HOV lanes, continued on page 16



Courtesy of Caltrans District 3"

This graphic shows the geographic scope of the various component projects of the I-5 Enhancement Project starting in 2019.

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Why we celebrate National Women's History Month

By JAN DALSKE

"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…"

– Martha S. West,

Professor of Law Emerita at the University of California School of Law in Davis

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

See Women's History Month, page 9

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National Women's History Month:

Continued from page 10

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 ratification 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.

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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.

See Door-to-Door, page 16

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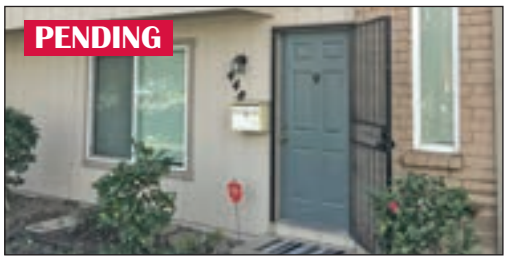

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Regal Delta Shores 14 and IMAX held opening night on March 8

By MATÍAS BOMBAL



Photos by Matias Bombal/www.mabhollywood.com

Regal Cinemas Delta Shores 14 & IMAX held an opening night gala on March 8. The theater complex houses 14 screens, one IMAX auditorium and 13 standard ones. The IMAX auditorium, No. 1, has special seating for optimal IMAX viewing lines and is the largest auditorium with 218 seats. The 13 other screens all feature the latest in popular movie seating, "King-Size Luxury Recliners". The auditoriums range in size from the four smallest with 74 seats each; four auditoriums with 94 seats each; two with 115 and two more with 122.

Thursday night, March 8th, south Sacramento officially greeted its newest theater, Regal Delta Shores 14 and IMAX. Nestled between the south end of the Pocket and Meadowview neighborhoods, off of the new highway ramps to Cosumnes River Boulevard, from I-5 and Freeport Boulevard, the theater complex may be found at 8136 Delta Shores Circle, in the new shopping center of the same name.

Regal Entertainment Group, which operates many theaters in the region and across the United States is based in Knoxville, Tennessee. With an aggressive mailing, offering three days of discounted movies sent to 185,000 area homes, Regal announced a trial run to break-in the theater before opening night. Area patrons were thus able to enjoy movies for those three days for a limited introductory rate of $3. The theater chain then split the money collected during the trial run to three local charities on the opening night; the Make A Wish Foundation, Ronald McDonald House and the Sacramento Food Bank. Each charity received $23,000.

The theater complex houses 14 screens, one IMAX auditorium and 13 standard ones. The IMAX auditorium, No. 1, has special seating for optimal IMAX viewing lines and is the largest auditorium with 218 seats. The 13 other screens all feature the latest in popular movie seating, "King-Size Luxury Recliners". The auditoriums range in size from the four smallest with 74 seats each; four auditoriums with 94 seats each; two with 115 and two more with 122.

Auditorium No. 14, the second largest in the complex with 182 seats, was host to the opening night remarks and ceremony. Sacramento Theatrical Lighting was brought in to create a multi-colorful pattern on the big screen with a column effect. This would be a lovely regular feature, it dressed up the blank screens we see so often and created a sense of anticipation for the festivities. The invited guests, who had arrived at 6 p.m., enjoyed complementary beverages and catered items whilst a contemporary jazz combo played some song standards in the lobby.

At 8 minutes past 7 o'clock a local television station on-camera talent introduced Richard Roper with Regal Entertainment Group. He welcomed everyone, adding "I do hope you are impressed". He then recognized CSI Construction, the builders; Charlie Bell and Binh Dang of BB Architects of Laguna Beach California, architects of the project; Gary S. Muljat, Managing Director, Project Management and Leasing of Merlone Geier Partners, real estate developers. Roper then thanked Rachel Lewaires and Kate Carnahan of Regal's marketing department for organizing the charity donation and three-day break-in period.

Richard Roper introduced the new General Manager, Janet Lago. Ms. Lago has come to this theatre from the Regal United Artist Theatres in the Arden Fair Mall, now operating as a discount house for the chain. The new location is much farther from her home but she is glad to helm the newest complex in the chain, despite the commute.

Sacramento City Council Member Rick Jennings, II, District 7, was introduced and presented with a crystal oversized ticket by Regal's Tim Hinson, allowing him to return to the new theater at will, in thanks for his participation.

The popular councilman addressed the opening night audience, "Are you comfortable in you seats?". "We've had to go to Natomas, we've had to go to Elk Grove, to Rocklin, to Roseville to enjoy a movie at a great entertainment center."

"We are excited that Regal is here in Delta Shores right here in our back yard and hope you will enjoy this for many years to come."

See Grand Opening, page 13

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- 1:00PM Gardening 101
- 2:00PM Painting with Candace Worthen
- 3:00PM Raffles and Raffles

Grand Opening:

Continued from page 12

A crystal ticket was also presented to Gary S. Muljat. John F. Roper, Senior Real Estate Advisor for Regal, approached the podium. The elegant and gracious Roper thanked all the partners within Regal to make this night come to fruition. He added, "We thank you very much for allowing us to be a part of the community" then, addressing Jennings, "and councilman, thank you for your kind words, we are looking forward to this... Thank you all so much for being here."

Three giant presentation checks were handed out to the representatives of the three recipient charities, then the theater management staff gathered in front of the screen to tear giant size theater tickets to declare the theater officially open. Included among them; District Manager Charles Shaw, Delta Shores Manager Lago and her assistants. Charles Shaw counted out 3... 2... 1! The tickets were torn and the theater complex now is open to serve the community. Invited guests then saw the first public screening of "A Wrinkle in Time" from Walt Disney Motion Pictures.

The theater is typical of multiplexes of today. One special feature is a "Wellness Room", a modern updating of the Cry Room of post-war single screen theater. Mothers please take note; when Jr. or Miss starts to cry, please take them there! The popular modern style reclining seats have a feature not yet introduced in Sacramento until now; little table tops that rotate over the patrons legs for setting food items on.

Another unusual note is that each auditorium's screens, of the silver perforated type best for 3-D, is mounted in a screen frame that appears to "float" in front the back wall. The felt masking is actually almost 3 feet behind the screen frame, not on top of it as traditionally installed. This is the first Sacramento theater to employ this design. Architect Binh



Dang said, "The current design for movie theaters is to provide the biggest screen possible within an auditorium so that the screens go as wide as they can to give people more of an experience where there is no frame, so part of that is removing the tradition masking and taking it as far as we can."

Opening night patron Steve Saucedo remarked, "The first thing that came to my mind is cozy... Not one of these big gargantuan all-over in all directions kind of places; everything is in clusters."

"The first big super hero movie that comes out is going to be crowed, the access kind of worries me because there is only one road in and one road into the parking lot, so I hope they have some contingencies planned for that."

South Sacramento has not had theaters serving the community since the late 1970s. Then, the Jerry Lewis Cinema 150 twin theater at Fruitridge Road and Freeport Boulevard was last to serve the area until the opening of the Regal Delta Shores 14 and IMAX.



SEATING PER AUDITORIUM

1-218 IMAX	6-115	11-94
2-74	7-122	12-94
3-94	8-122	13-74
4-94	9-115	14-182
5-74	10-74	

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Greenhaven Lutheran Church
Holy Week Services



Thursday, March 29: Maundy Thursday
6:00 pm- The Table of the Lord
The Maundy Thursday service will be the "Table of the Lord" including communion and a chili and stew dinner served by the Elders in the Education Building. The service and dinner will begin promptly at 6:00 p.m.
Please sign up in the Narthex by Wed, March 21st.

Friday, March 30: Good Friday
7:00 pm - The Answer! (Jonah 4:3-11)

Sunday, April 1: Easter Sunday
The Resurrection of our Lord
9:00 am – Easter Breakfast
10:30 am – Easter Worship with Holy Communion

Greenhaven Lutheran Church
475 Florin Road, Sacramento, CA (at Gloria Drive)
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Easter Sunday at Faith

Sunday, April 1st
7:00 a.m.
Sunrise Service
9:00 & 11:00 a.m.
Easter Services

Faith Presbyterian Church
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www.faithpresby.org

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Msgr. Brendan O'Sullivan
David Cabrera & Richard Koppes, Deacons
The Parish Staff

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9:00am and 10:45am
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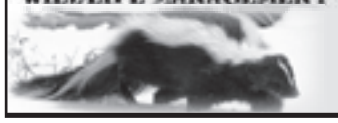

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HOV lanes:

Continued from page 7

million for the rehabilitation project and $30 million for the HOV lanes. Nearly all of the funding has already been secured and most of the funding will come from funds Caltrans' will receive for maintenance and operations from Senate Bill 1 (SB1)-The Road Repair and Accountability Act of 2017 (SB1 Gas Tax). The Sacramento Transportation Authority has committed $15 million generated by the Measure A transportation sales tax towards the first phase of HOV construction on I-5. Now, Mr. Suthahar noted, "Caltrans, SACOG, and the City of Elk Grove have submitted a grant application to the California Transportation Commission (CTC) for competitive funding under the Solutions for Congested Corridor Program that was established by the SB1 Gas Tax. The grant would fill a $15 million funding gap that exists now to complete the Bus/Carpool lanes on I-5 from Beach Lake to Downtown."

Construction is expected to last about 3 years. October 2018 is the target date to award the contract and the target date for starting construction is spring of 2019. Construction will be phased with pavement replacement first and the HOV, sound walls and other ancillary upgrades likely towards the end of construction.

Caltrans has combined three separate projects into one for cost savings and to reduce the impacts to the public. "The I-5 HOV Lanes project will be combined for construction with the I-5 Road Rehabilitation Project and the I-5 Fiber Optics Installation Project to form the overall I-5 Corridor Enhancement Project which will relieve congestion, rehabilitate the roadway, and enhance this transnational interstate highway corridor in one comprehensive project rather than subjecting the traveling public to a series of construction projects," Mr. Suthahar noted.

Door-to-Door

Continued from page 10

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, ziplocked them and put them in the freezer. That's the way the cookies won't crumble.

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What's happening Pocket/Greenhaven?

THURSDAY, MARCH 15

FRIENDS BOARD MEETING - The Friends of the Belle Cooledge Library welcome the public to their bi-monthly board meetings. Join this active group of local neighbors in Land Park who support the programs and work of the library. March 15 from 6:30-9:00 p.m. at Belle Cooledge Library, 5600 South Land Park Dr., Sacramento.

FRIDAY, MARCH 16

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.

SATURDAY, MARCH 17

POSTCARD PEN PALS – 4th through 6th graders, join us for the launch of our new Postcard Pen Pals program! Craft your own postcards, write to kids in the Sacramento Delta area, and receive awesome snail mail. This program will be available every third Saturday of the month. Saturday, March 17, 1:30 to 3pm at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TUESDAY, MARCH 20

"ALL IN" GAMING AND SOCIAL HOUR FOR ADULTS AND SENIORS – Join us for games, refreshments, conversation, and fun on the 1st and 3rd Tuesdays of each month! Available games will include poker, chess, Scrabble, checkers, dominos, Mahjong, cribbage, and more! Tuesdays, March 6th and 20th, 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, MARCH 21

LOCAL AUTHORS BOOK SIGNING FOR CHARITIES: From 7 to 11:30 a.m., Darlene Smith and Robert Bartron will be at the California Family Fitness Center in Greenhaven for a book signing of all their books published through MCave Publishing Services. All proceeds will go to Helping Hands Monkey Helpers andSt. Baldrick's Foundation. All family and friends will be treated to a free day at the center. Come out and try a class while supporting our local authors and their fundraising efforts! California Family Fitness is located at 62 Valine Court in Greenhaven. For more information on what books are available please go to www.mcavepublishing.com. St. Baldrick's Foundation is a childhood cancer charity funding the most promising research to find cures for kids with cancer and Helping Hands Monkey Helpers is a non-profit organization that helps adults with spinal cord injuries and other mobility impairments live more independent and engaged lives. For more information, visit www.stbaldricks.org and www.monkeyhelpers.org

SATURDAY, MARCH 24

CYPHER HIP HOP WORKSHOP FOR KIDS – Kids and their families are invited to join the Cypher Hip Hop Crew to learn more about DJ-ing, rapping, and breakdancing with live performances and lots of audience participation. Saturday, March 24th, 2 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

RELEVANT READS BOOK DISCUSSION - Join our new book discussion group focused on nonfiction books. The selection is Just Mercy: a story of justice and redemption by Bryan Stevenson. Saturday, March 24th, 11 a.m. to 12:30 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

READ TO A DOG - Looking for a way to boost school-age reading skills? Join us in the library's Reading Tower area and practice reading out loud to a registered therapy dog (Marvin, the Wonder Corgi). Kids are invited to bring their own books or borrow one from our collection. 2nd and 4th Saturdays (March 10th and 24th), 1 p.m. to 2 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

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.

TUESDAY, MARCH 27

ARTISTS' AND CRAFTERS' GROUP - Held on the 2nd and 4th Tuesdays of each month, this meetup was started to allow participants from past and current "In Creative Company" classes to continue meeting. Any artists or crafters who are interested in this social group are welcome--just bring whatever you're working on and join us! 2nd and 4th Tuesdays (March 13th and 27th), 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, MARCH 28

JOB COACH APPOINTMENTS AVAILABLE - Meet one-on-one with a volunteer job coach and get help with online job searching, using library databases, interviewing tips, resume writing, and more. Schedule your appointment in advance by inquiring at the library information desk to by calling 916-264-2920 during open hours. Our job coach takes appointments on second and fourth Wednesdays (March 14th and 28th), between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

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

See more What's Happening page 18









What's happening Pocket/Greenhaven?

TUESDAY, APRIL 3

FINANCIAL FRAUD: Financial fraud involves a deliberate act of deception involving financial transactions; this is a crime that affects anyone. Join us in this presentation that will teach you to identify fraud and help you avoid becoming a victim. We will cover common schemes that scammers use and discuss resources available. Free of charge and pre-registration required. Workshop will be held on Tuesday April 3, 2018 from 10:00-11:00a at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www@accsv.orgs.

COMPUTER CLASS OPEN HOUSE: Are you thinking of taking a computer class? Come for open house, check out the lab, and try the computers. Our computer instructors will be available to answer your questions about upcoming classes, about your computer or any specific problems or issues you are having with your computer. Free of charge and pre-registration required. Open house will be held on Tuesday April 3, 2018 from 10:30-12:00p at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330 www@accsv.orgs.

THURSDAY, APRIL 5

WHAT HAPPENS AFTER WE DIE: Join us for a panel discussion exploring different beliefs on what happens after death, with varied perspectives from a rabbi, a Christian pastor, a shaman and a psychi. Free of charge and pre-registration required. Workshop will be held on Thursday April 5, 2018 from 3:30-5:00p at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www@accsv.orgs.

TUESDAY, APRIL 10

CONSUMER GUIDE TO TELEPHONE SERVICES AND TIPS FOR ENERGY CONSERVATION: Confused about the different choices in telephone service? Are you thinking of dropping your traditional home phone service and going with a wireless cable-based or internet-based service? In this workshop, we will compare the different services so you can make an informed decision. In addition, we will review some no and low cost tips for saving energy. Free of charge and pre-registration required. Workshop will be held on Tuesday April 10, 2018 from 2:00-3:30p at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www@accsv.orgs.

DIABETES ACADEMY EDUCATIONAL SERIES: Diabetes Academy is a series of classes dealing with diabetes.This class will focus on meal planning and carb counting. Free of charge and pre-registration required. Class will be held Tuesday April 10, 2018 from 3:00-4:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

MONDAY, APRIL 16

ACTIVE RETIREMENT INVESTING: An in-depth look at financial topics for those who are retired or will be soon. Assess your portfolio; see if is suitably allocated for your needs. Whether you are DIY investing or would like to check on how your advisor is doing with your portfolio, you'll find this class enlightening and useful. Prerequisite: Adults over 55. Pre-registration and pre-payment of $12 required. Class will be held on Monday April 16, April 23, April 30 and May 7, 2018 from 10:00-12:00p at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www@accsv.orgs.

ESTATE PLANNING MYTH BUSTERS: Is it a myth or fact that your assets are automatically put into your trust when you put them on a list in your trust document? Come to our most popular legal workshop to find out the answer and to tackle other common estate planning myths. Pre-registration and pre-payment of $3 required. $5 drop-in at the door. Class will be held on Monday April 16, 2018 from 4:00-5:00p at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www@accsv.orgs.

SATURDAY, APRIL 21

SHRED EVENT AT COOK REALTY: Pacific Records Management will be at Cook Realty for a shred event. $5 per box; $3 per grocery bag. 4305 Freeport Blvd. Cash donation. Checks can be made out to Cook Realty Charitable Foundation. For more information, call Trey Bonetti at 916-768-9360; trey@cookrealty.com; 10 a.m. to 2 p.m.

THURSDAY, APRIL 26

PRIDE OF THE POCKET AWARDS: Many friends and neighbors in the Pocket-Greenhaven will gather for the first annual Pride of the Pocket awards ceremony and bake-off from 5:30 to 7:30 p.m. at the School of Engineering & Sciences Gym, 7345 Gloria Drive. The Pocket Greenhaven Community Association and elected leaders will recognize some of the fantastic people and groups that make our neighborhood such a wonderful place to live, work and play. Tickets, includes snacks and beverages:
Individual - $15 ($10 for PGCA members)
Family - $30 ($25 for PGCA members)
Bake-off Entry Deadline: April 12th
Pride.PocketGreenhaven.org

MONDAY, APRIL 30

ACTIVE RETIREMENT INVESTING: An in-depth look at financial topics for those who are retired or will be soon. Assess your portfolio; see if is suitably allocated for your needs. Whether you are DIY investing or would like to check on how your advisor is doing with your portfolio, you'll find this class enlightening and useful. Prerequisite: Adults over 55. Pre-registration and pre-payment of $12 required. Class will be held on Monday April 16, April 23, April 30 and May 7, 2018 from 10:00-12:00p at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www@accsv.orgs.

MONDAY, MAY 7

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ONGOING

JFK BAND CROWDFUNDING FOR DC MEMORIAL DAY TRIP: JFK High School has a crowdfunding campaign they started to raise over $250,000 for their trip to DC in May to represent California at the nation's Memorial Day parade. Crowdfunding Site Link: https://www.crowdrise.com/jfk-marching-band-pathway-to-dc/fundraiser/johnfkennedyhighscho

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.

MUSIC AND MOTION AT BELLE COOLEDGE COMMUNITY CENTER: Rowena Alverto brings exercise classes for seniors with a combination of yoga, tai chi, zumba, for seniors on Wednesdays from 8:30 to 9:30 a.m. $3. 5699 South Land Park Drive.

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.

See Events, page 19





Events:

Continued from page 19

INTRODUCTION TO COMPUTER: This class is designed for beginner or students with limited or no experience with computer. Learn about computer hardware, system components, software and more. Pre-payment of $30 and pre-registration required. Class will start from January 16 thru 25, 2018 on Tuesdays and Thursdays from 1:30 to 3 p.m. at ACC Senior Services, 7334 Park City Drive. For more information, call 393-9026 ext 330, www.accsv.orgs.

ARTISTS' AND CRAFTERS' GROUP – Held on the 2nd and 4th Tuesdays of each month, this meet-up was started to allow participants from past and current "In Creative Company" classes to continue meeting. Any artists or crafters who are interested in this social group are welcome--just bring whatever you're working on and join us! 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

THE CLARKSBURG COMMUNITY BAND INVITES YOU TO JOIN: How about dusting off that horn and getting involved! The band is a group of musicians that enjoys sharing a love of music with each other and our communities. The band is looking to expand the ensemble and wants to welcome those who are interested and who play a standard concert band instrument. The band meets Tuesday evenings from 7:30 to 9 p.m. at Delta High School, 52810 Netherlands Ave., Clarksburg. For more information contact Randall Veirs, Delta High School Band Director at rveirs@rdusd.org

FREE LINE DANCE CLASS: Every Thursday from 1:00 p.m. - 2:00 p.m. "Two Left Feet" dance class for beginners. If you think you have "two left feet" this class is for you. Anyone can participate in this fun activity. Friendly group of people. Drop-ins welcome. Sponsored by ACC Senior Services. Class held every Thursday at ACC Greenhaven Terrace, 1180 Corporate Way. First class is always free. For more information call (916) 393-9026 ext 330. www.accsv.org

BELLE COOLEDGE LIBRARY VIDEO GAMES AND VIDEO GAME SYSTEMS DRIVE: The Belle Cooledge Library is looking for video games and working game systems for our afterschool teen space program for next year. If you have any video games or working game systems that you would like to donate please bring them to the Belle Cooledge Library and we will provide a tax receipt. What is Teen Space? Join other area teens in our community room for our afterschool Teen Space! Hang out, geek out and mess around with friends and snacks! Seriously, what could be better? Teen Space occurs weekdays from 3 - 5 PM (except Thursdays 1:30 - 5 p.m.), is free, and open to teens between the ages of 12 - 18. (During the school year) All Library programs are free and open to the public a library card is not required! Belle Cooledge Library is located at 5600 South Land Park Dive. Library hours are Tuesdays noon to 8 p.m.; Wednesdays and Thursdays 10 a.m. to 6 p.m.; Fridays 1 to 6 p.m. and Saturdays 10 a.m. to 5 p.m.

VOLUNTEERS NEEDED FOR "SUNDAY JAZZ": Come and join our Sunday Jazz event committee for events held the Second Sunday of every month at the Elks Lodge. If any of you would like to volunteer and enjoy listening to good music at the same time, please let organizers know. Hours to volunteer would be 11:30 a.m. to approximately 4:30 p.m. Please contact Clayton Hablitz at: Clayton39.ch@gmail.com Cell number 916 706-9837 or email Lori548@yahoo.com. Cell number 650-200-8570. Come on down & enjoy the fun!

WEDNESDAY COFFEE AND CONVERSATION GATHERING: Every Wednesday morning from 7 to 10 am., join neighbors at Cafe Latte, 7600 Greenhaven Drive, for conversation and fun. Find the group back near the piano.

"ALL IN" SENIOR SOCIAL HOUR – The Pocket Library will provide games, refreshments, conversation, and fun on the last Wednesday of each month from 1 to 3 p.m.! Games available to play include poker, chess, Scrabble, checkers, Dominos, Mahjong, cribbage, and more! Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH: Meetings on the second and fourth Tuesday of the month at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. For more information, call Dee at 341-7852.

JOB COACH APPOINTMENTS AVAILABLE AT POCKET LIBRARY – Make an appointment to meet one-on-one with a volunteer job coach and get help with online job searching, using library databases, interviewing tips, resume writing, and more. For questions or to schedule an appointment, please ask at the library service desk or call 916-264-2920 during open hours. Appointment times are available for most Wednesdays between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TECH HELP APPOINTMENTS AVAILABLE AT POCKET LIBRARY – Have a technology question or problem? Sign up for a one-on-one technology help session with our staff. We can help with basic computer, Internet or e-mail questions, and/or get you started with library services like e-books or e-magazines! Stop by the service desk or call 916-264-2920 during open hours to make an appointment. Appointment times are available for most Wednesdays between 4 p.m. and 7 p.m., Thursdays between 1 p.m. and 3 p.m., and Saturdays between 10 a.m. and noon, at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY/TODDLER STORYTIME AT POCKET LIBRARY – Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive extra early or stay later for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER AT POCKET LIBRARY – Love to knit? Want to learn? Join us for expert advice, great conversation and more. All crafters are welcome, not just knitters! Every Friday from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

SING ALONG WITH MISTER COOPER - Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

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.

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