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Pocket News

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now open in Riverlake Village

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Exposed and examined: Opioid epidemic forum set for Sept. 15

By TERRY McSWEENEY

(Editor's note: Terry will host "The Forum on the Opioid Crisis" with the support of Valley Community Newspapers on Saturday, Sept. 15 from 1:30-4:30 p.m. at the Pocket Library. September is Pain Awareness Month. This is part one in a series on various aspects of the opioid crisis.)

Opioid Relief? Opioid Abuse?

There are over 137 million people in the United States who suffer with chronic conditions, which lasts 3 or more months. Ten million of those people have fibromyalgia, a chronic neurological condition which comes with all over body pain, fatigue, sleep issues, and brain fog. (https://www.fmcpaware.org/). I am one of those 10 million people. I didn't ask to be one of those people, but I am and found myself looking for answers to relieve myself of my constant pain. There is one problem though, Fibromyalgia is an invisible illness that has left me facing doubters, among them some of the doctors and nurses in the emergency room.

It has been at least two years ago now. I had been tossing and turning for hours, not wanting to wake my husband up because it was 3a.m., but I had no choice since my pain was so severe. We headed to the emergency room. When we arrived two nurses came to help me on to the gurney and asked how they could help. I told them about my severe sciatic pain and then I told them I had "Fibromyalgia." Their cordial and caring tones immediately changed. They left me lying in pain on the gurney wondering where they had gone. They disappeared and I never saw their "caring" faces again. Later a doctor came in and asked me what I wanted. I said, "relief." She said, "You know we can't give you "stronger" drugs if that is what you are looking for." I knew what she meant, "Opioids." She thought I was a "drug seeker." I felt I was being treated as if I were a criminal, a drug addict, rather than a person that was simply looking for pain relief for a chronic condition. This doctor left me feeling degraded and still in pain. My eyes began to well up, not because of my pain, but because of the way this doctor made me feel. Now I not only had my physical pain, but my heart was breaking because of how I was being treated. Not everyone who goes into the E.R. is seeking opioids. Eventually I was given some medication for relief, but not before I was humiliated and treated with total disrespect.

I know that there are those who go to the E.R. seeking "strong" pain relief, but I was not one of them. I know there are people who are in such terrible pain that they do seek out any way they can to get the drugs. Shouldn't they get the help they need to relieve their pain and get off of these drugs? Shouldn't those who do not abuse these drugs but who truly need them be given the drugs with the guidance they need to use them?

Since that day, I have not been to the E.R., even when I probably should have gone. I never want to feel that humiliation again. What I have done is become more involved in helping those with fibromyalgia, making others aware that having an invisible illness does not make us invisible, that we are real people with real pain. Using opioids for pain does not make us criminals, it makes us people who need help either for extreme pain relief or to find ways to get off of these drugs without losing our lives. Doctors and nurses in the E.R. need to be part of the solution, not part of the problem.

Terry McSweeney is a Certified Fibromyalgia Advisor, Graduate of the International Fibromyalgia Coaching Institute, Founder of Fibromyalgia Pathways.com, Founder of the Sacramento Fibromyalgia Support Group, Member of Leaders Against Pain in conjunction with the National Fibromyalgia & Chronic Pain Association, and Chairperson of the Sacramento Together Walks for Fibromyalgia Awareness held each May.

POCKET NEWS
WWW.VALCOMNEWS.COM

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Editorial questions: (916) 267-8992

Pocket News is published on the first and third Fridays of the month in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

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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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Vol. XXVII • No. 11

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Cover photo by:
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acc SENIOR SERVICES

What's New in June?

Having a Trust, Will & Power of Attorney - Monday, June 11, 4:00-5:00pm; $3/$5

Seasons of Love - Tuesday, June 12, 3:00-4:00pm; $3 pre-paid/$5 drop-in

Diabetes 101: Overview of Diabetes - Tuesday, June 19, 9:30-10:30am; Free

Putting Paper in Its Place - Thursday, June 21, 10:30am-12:00pm; $4/$6 drop-in

Pension Presentation - Friday, June 29, 1:00-2:00pm; Free

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Hop Junction now open in Riverlake Village

By JOE PERFECTO



Photo by Joe Perfecto

While fairly compact, the bright, open taproom space seems larger thanks to banks of mirrors.

Currently experiencing an unprecedented boom, the microbrewing industry is big business. Since its renaissance three decades ago, growth has come in waves. Sacramento's first pubs with onsite brewhouses appeared in the 1980s. Others followed sporadically, along with non-brewery taproom/restaurants. A decent number of such were scattered across the metropolitan area at the beginning of the latest surge a few years back. Today, within a 20-mile radius of downtown there are hundreds, with dozens in the central city alone. And yet through this entire renaissance, large swaths of the city—including the vast territory south of the Highway 50 corridor—have remained largely deserts, with only a few isolated oases. Although this is unlikely to change anytime soon, the Pocket area, at least, is a little less parched with the May 18 soft opening of Hop Junction, the newest tenant at the Riverlake Village Shopping Center.

Located a few doors down from 24 Hour Fitness, Hop Junction—the second taproom/eatery to open in the shopping center (after zpizza, which relocated to East Sac)—joins the Pocket's other taproom, Riverside Sports Bar, which opened in 2017. Both pubs offer family-friendly sit-down dining in a casual atmosphere, with a limited but thoughtfully crafted menu, but in most other regards they are entirely different hangouts.

Unlike with Riverside, patrons won't find a fully-stocked bar, but there is a larger choice of brews; a 20-tap bridge spans a modest number of beer styles, with a heavy IPA component. A half-dozen bottled beers, a selection of wines, two champagnes and a cider are also on offer.

These days it's a truly daunting challenge to choose a beer lineup, especially when taps are limited. Twenty taps may seem like a lot, but given the vast array of products on the market, it takes a lot of knowledge to identify what's likely to be popular and what styles to feature. Hop Junction worked with three distributors to come up with the initial offerings, settling on eight IPAs, two pilsners, two porters, two stouts, a Belgian triple, an IPL, a Pale White Ale, a sour gose and a wheat.

The modest menu covers culinary ground familiar to pub-goers, featuring an Angus beef burger, a quinoa veggie burger, a chicken sandwich, a salad and a typical assortment of sides like onion rings, fries, nachos and wings.

The pub is well lit with a mix of fluorescent tubes and recessed cans, and, while not large, it's sufficiently roomy, with a half-dozen or so four-place tables as well as booth seating near the entrance. The space seems much larger thanks to mirrors that line both side walls from chest height to ceiling.

For owner Jasdeep Purewal, opening the pub is the realization of a longtime goal. Although he last worked as a TSA agent at SFO, he has loads of restaurant experience. "I worked in San Francisco as a server, cook, manager, bartender—I did pretty much everything in this industry," he said. "I got a certificate from the ABC Bartending school in San Leandro. Before that I worked at Denny's in Canada for three years. Then I moved to Vancouver and worked at a Greek restaurant, and an Italian restaurant in Surrey."

An associate got him interested in the taproom business model. "I lived in San Pablo, and I have a friend who owns Bottles Beerzaar in El Sobrante where he sells local beers, so I used to go there," Purewal said. "I really liked the concept, how he had all those craft beers, and people were loving it. So I asked him about it. And then I started looking for a place. I looked in Oakland and Berkeley, but there were already too many microbreweries and bars. My idea was the more you move north, there's not as much competition. So we moved to Yuba City. I looked in Lincoln, Roseville, Rocklin, Sacramento." But he had trouble finding a suitable site that was properly zoned and where a similar bar wasn't already located.

"When we came here, I really liked this place," he said. "It's a very nice and posh area. I wanted to open a neighborhood place, for the local people, where I can be a part of the community. I have a one-month-old son—I have two babies now…and the idea was to find a community where I can raise them, and I saw that this community has everything." Purewal currently commutes daily from Fairfield but is in the process of looking for a home in the Pocket.

His first weekend of business was full of encouragement. "We're getting good feedback from everyone," he said. "They like our food, they love the music and they love the feel of it. The community is very supportive. Everyone is trying to help us out. I really appreciate what they're doing."

Purewal actively solicits customers' input about their pub experience. "I ask every single customer to tell me how we can do better; we are open to every suggestion." Toward that end, he plans to install a suggestion box as well.

While Purewal welcomes all comers, he is intent on establishing a local clientele, which he hopes to build via word of mouth. As advertising has been minimal, most visitors so far were shopping center patrons just passing by who noticed the pub had finally opened. Purewal was asked what he'd like to tell his new neighbors. "This is your neighborhood bar; we're here for *you*," he replied. "Come in and have a good time."

Hop Junction, at 7600 Greenhaven Drive, No. 20 next to HeavenLy's Yogurt, is open noon-10 p.m. Wednesday through Monday; info is available at https://www.facebook.com/Hop-Junction-231181777634050/ and 916-382-9211.

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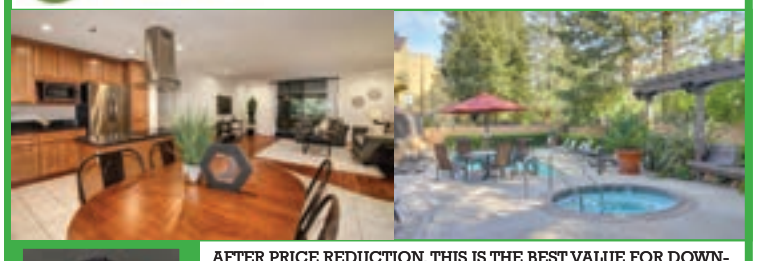



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Big Changes Coming Soon!

Coffee beverages at A Taste Above

By MITCH BARBER
Photos by GEOFF HOM



For this issue of Pocket News I stopped by the recently-opened A Taste Above in the Promenade shopping center. One of the owning partners, Rich Wong, greeted me joyfully and was happy to field my questions as staff offered food samples to excited visitors.

With pride he pointed out that they used locally-roasted coffee from Vaneli's in Rocklin. Vaneli's uses a gas-fired drum roaster from U.S. Roaster Corp to roast the green coffee they acquire. Many of their beans are remarkably purchased directly from farmers at the source.

When I asked a young barista at A Taste Above what their most popular coffee beverage was, she indicated that their mocha was already a customer favorite. I ordered one over ice; it was smooth and sweet, with balanced espresso and chocolate flavors. The whipped cream that filled the mouth of the cup was buttery and tasty.

I additionally ordered their stand-alone espresso to get a feel for how Vaneli's roasted their coffee. Wafting the steam rising from the beverage revealed what smelled like spicy licorice. A taste of this strong espresso added chocolate and walnuts to the bouquet of sensations experienced. Please note: these aromas and flavors may be difficult to detect as a casual coffee drinker, but with practice, and the experience of tasting coffees side by side, one becomes able to distinguish these different qualities in a coffee.



Hope to see you in your Greenhaven/Pocket area coffee shops!

A Taste Above is open from 9 a.m. to 8 p.m., Monday through Saturday and until 6 p.m. on Sunday.

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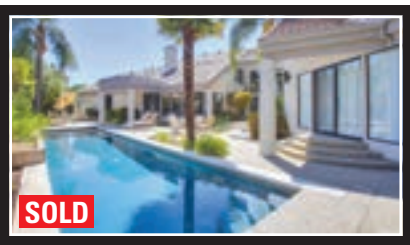
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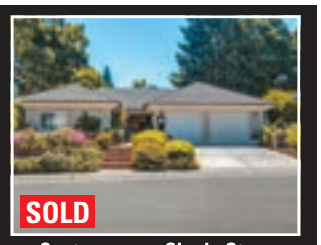
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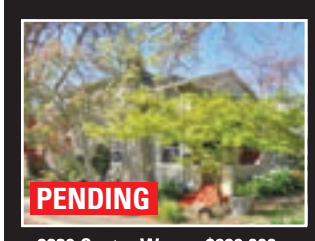
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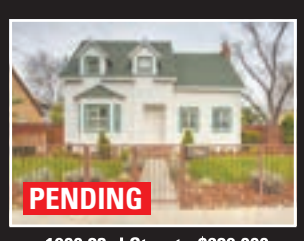
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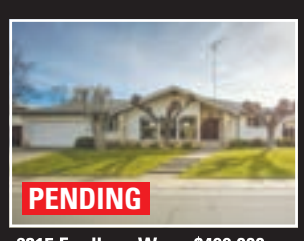
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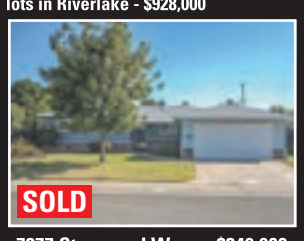
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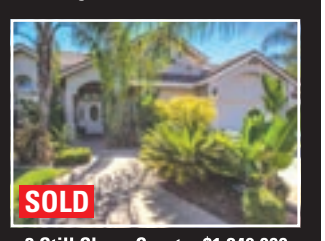
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Lifestyle Choices of Women over the Age of Sixty Five

By JAN DALSKE

Lately, many of my women friends, who are ages sixty to over eighty, have been considering lifestyle changes. They are questioning where they are currently living and wondering whether they should make a change. And, they have discovered that there are not too many options available for them. And, these options all depend not only on the price they will have to pay, but will affect their privacy and independence.

One of my friends, who is almost seventy, lives in a mobile home park. She has been there for over twenty years, and enjoys owning her own home, which includes a small garage and a yard where she can grow flowers and vegetables. She owns her home, but she does not own the land where her home is situated. She is required to rent the land, and the cost of doing this has risen tremendously over the years. It is now approaching $800. With a fixed retirement income, she will find it difficult to pay the increased rate.

There are no local laws to prevent the owners of the park from increasing the rental space amount. If she cannot afford the increase she will have to find somewhere else to live. The cost of moving her home is too high. And so, she is trapped there and has to pay the higher rents every month. She has no other choice.

Another friend also lives alone. Since she was thirty, and a single divorced mom, she raised her two daughters, and then a grandson. The last forty years of her life have been dedicated to her family. Now, approaching the age of seventy, she is alone and wonders whether she should be living closer to her family, or stay where she has many women friends, and a fun part time job. She keeps busy with her many activities and interests. She does not own a home, but rents a nice house in a friendly neighborhood. Were it not for her neighbors and friends, she would be lonely. Her family rarely calls her. If anything happened to her they would never know.

And, I have another friend, who is in her eighties. She is in great health both physically and mentally. At the present time she is living in a beautiful two story townhouse in a nice area of the city. She has had to tighten her belt every year or so because the cost of renting this nice townhouse keeps escalating. Soon, she may have to move because she will not be able to afford the increases. And, because of her age, her adult daughters have recently approached her with a suggestion that she move nearer to them. She does not want to live where they live, as she has been in this area for many years. Her daughters are concerned about her. And, my friend understands their feelings, but she has assured them she is in great health, and sound both in mind and body, and is fine living alone without supervision. Even though she is in her eighties, she still drives a car, and has a full life with lots of friends and activities.

Yet another close friend, who is also in her eighties, has an apartment where she lives alone. She still drives her car, and is very busy in her community with her church and numerous volunteer activities. She is in great health, and has outlived her husband by many years.

She loves her freedom, although her grown children and grandchildren wonder whether she should be alone. She dedicated her life to her marriage, raised her family and babysits her grandchildren when asked. She is happy with her life and feels that she earned her freedom with all of the years she has given to her family.

And, there is another friend who wants to find a senior home that provides everything she needs. She is approaching seventy, and currently has her own home and car. But, she recently shared her future plans with me. Within the next few years she plans to sell her home. She is looking for a senior residence where she will not have to do anything. She wants to have all of her meals prepared for her. She does not want to do any cooking or cleaning for the rest of her life. She just wants to read, watch television and relax. She is almost seventy and because she has a great retirement, she can afford the cost of a home that provides everything that she will need. She has no children. She never married. She just wants to have a comfortable care-free live until she passes away. She also has her funeral arrangements already in place.

The fact is that after the age of fifty, men and women make different choices when it comes to happiness and their lifestyle choices. Aging adults all face the inevitability of the ticking clock. It has been proven that men are not able to cope with new changes as easily as women are. Science has shown us that a women's rate of depression, anxiety, and suicide decrease as they age. Along with their older age comes a highly developed set of coping skills. These include empathy, an ability to listen, patience, and the courage to pursue new endeavors.

Dr. Susan Nolen-Hoeksema, a noted Yale professor of psychology, wrote in Psychology Today: "Old age is not just about surviving. It is about flourishing. There is increasing evidence that most women feel a greater sense of fulfillment, self-actualization, reaching their peak- or whatever you want to call it, as they grow older."

The fact is that both men and women can make it past the 100 year mark. However, women are more likely to cross the line than men are. In the United States, women live to an average age of 81 years. Men only make it to 76, according to the Institute of Health Metrics and Evaluation.

When it comes to quality of life, of those 100 years and older, 32% of men do not suffer from any major health conditions. Only 15% of women survive a healthy 100 birthdays or more.

Making lifestyle choices are important. Every adult over the age of fifty should ask themselves what will make them happy in the years ahead. Living in the right environment is the key to being happy and healthy. So, while my friends and I are all looking at our lifestyles and debating making changes, we should remember that we alone know what is good for us. After all, it is our life. Just look how far we have already come!

We need to do what makes us happy. By this time in our lives, we should have some idea what happiness means for us. We should want to flourish. Living in the right environment, and making the right choices for healthy living is the key to our future. If we do that, we will flourish and feel a greater sense of fulfillment!



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Sacramento City College opens new high-tech Makerspace for students

By MONICA STARK
editor@valcomnews.com

In a galaxy not so far away, Sacramento City College hosted the grand opening of a high-tech Makerspace on campus, packed wall-to-wall with cutting edge technology for students to use on various projects on none other than May the Fourth.

Funded through a grant from California Community Colleges, the Makerspace, located in rooms 108 and 110 of the Cosmo building provides a place for students to be creative, experiment, collaborate, innovate and bring their ideas to life. It teaches real-life applications of science, technology, engineering, arts and mathematics concepts.

The space also provides an opportunity for students to come together and learn from each other, said Makerspace Creative Director Michelle Zamora.

"The Makerspace is a collaborative space for people to come and share skills, and have their own set of skills, and learn how to work with other people," said Zamora, who is also a former student.

The grand opening included demos on heat-transferring images to T-shirts, sewing machines and crocheting, 3-D printing lightsabers, DJing and podcast production, sustainable agriculture, liquid resin, CNC router, laser cutting, woodworking, soldering, motors and electronic builds.

Sacramento City College joined a statewide movement of makerspaces being established at community college campuses, securing a seed grant from the California Community Colleges' "CCC Maker" initiative to fund startup costs.

"Our goal has been to build a truly interdisciplinary digital fabrication lab and makerspace, accessible to all students, faculty, and staff," said Graphic Communication Professor Tom Cappelletti, who was instrumental in getting the Makerspace up and running. "With high tech equipment and traditional tools, we're striving to create a space to encourage exploration, tinkering, have hands-on workshops, develop new courses, to engage not just our students, but our faculty, to focus on project-based learning so our students will gain experience and develop critical thinking skills in a team-based, supportive, learning environment."



In an interview with the Land Park News, Cappelletti, who has been teaching at SCC since 2006, said he got a full release from teaching since March 2017 to transform empty classrooms into the workspace it has become. "I had a few faculty friends and we said, we gotta do this because everyone is busy, no one is going to do it. So they awarded us the money in the summer and the most you could get is $350,000 a year. That has to cover my salary, everybody's and all the machinery. We're like it sounds like a lot, but it's not. Considering this was just a classroom with chairs. It was nothing. So we had to do all this, order everything. We did do it and it was sort of like zero to hero."

Makerspace includes high end machinery, including a $25,000 laser cutter and $5,000 filtration machine. "It's like a robot., so you could put a piece of plywood on there and it will just cut it all out and you just pop it out like a stencil," explains Cappelletti.

One of the high-end machines at SCC's Makerspace is a unique piece of equipment called a SawStop table saw, "the only product out there that detects human flesh that literally stops in three one thousandths of a second. So if you threw your hand into that blade, it would cut it open but it won't just continue cutting," Cappelletti said. The saw features a $100 clutch mechanism that slaps the blade and shoves it under the table and destroys it. Cappelletti says the saw was almost legislated to be required on every table saw, as most injuries happen because people blindly push their hands into it. The SawStop costs an extra $1,000 but worth it, he says. "I'd pay an extra $1,000 for all my fingers."

Cappelletti said it took six months for all the equipment to get shipped and afterward, an 8-week class was held in which the students had to invent something. "We had students inventing headphone things, new fidget spinner concepts, new wallet design, and a new phone holder that charges itself. They're just prototypes, but I was like 'that's pretty good' and none of you had design classes. But we just said let's get in here and make and we'll help you. Christian has developed his own cosplay outfits; he's built his own fantasy characters. He's made the suits and armor. He's 3-D printed buckles and swords and then took foam and handmade parts of it."

Out of the $350,000 budget, Cappelletti hired 20 employees at minimum wage for 10 to 15 hour work weeks. "I hired them in the beginning because it was just him and a couple of other faculty. And it's like if this is going to happen it's you guys at minimum wage." Their paychecks came at the efforts of Cappelletti's creative financing. "They set up my budget: $20,000 for this; $50,000 for that and it was an estimate and I was like I don't need $20,000 for travel. I needed it more for student help. I realized that's the best investment here. And, isn't it for them?"

As the students become empowered, some of them have stepped up, taking on projects big and small and helping others. "Most of the time, they're sitting in classes, just taking stuff in and maybe getting some projects. But here, they're like, 'I'm going to do this and I'm going to do that.' It's not even related to their classes. So it's like a hangout, build place."

Open to all students, Makerspace does require train-

See Makerspace, page 7

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Makerspace:

Continued from page 6

ings on specific machines, unless students can prove their skills. "Like if someone comes in and they're a professional seamstress, I don't need to make them (take a training) but I need them to prove to us that they're somewhat qualified," Cappelletti said. For work on the wood shop machines, on the other hand, everyone must go through a general shop safety course. By the fall Makerspace will have a calendar of events and workshops.

Looking for donations for upkeep and improvements, Cappelletti said the SCC Foundation set up Makerspace with a donations page, akin to GoFundMe except they get 100 percent of the funds. "The school is going to work on an active campaign because they felt that if (people) were made aware of this place they'd contribute, and I thought we'd create a donor wall." He added Intel gave the Folsom Lake Makerspace $50,000. Situated at the edge of the Land Park neighborhood, many residents started their lives at SCC and Cappelletti hopes they'll see for themselves how valuable this program is. Representatives from Mayor Darrell Steinberg's office visited during the May 4 open house and U.S. Congresswoman Doris Matsui stopped by when they were just starting out, sharing her support. One of the Makerspace students hopes to secure $25,000 in donations next year, a feat Cappelletti says if successful the student may be recognized as a student ambassador.

At a glance:
On the Web: sccmakerspace.com
Equipment at SCC's Makerspace include:
Roland TrueVIS: Cut and print pretty much anything you can dream up with SCC's Roland TrueVIS SG-540" large format printer and cutter.
Universal Systems Laser Cutter: Plywood, acrylic, and similar materials can be cut with our single-beam laser-cutters.
3D Printers: Along with this core group of four Maker-Bots SCC has an total of seven 3D printers of varying capabilities that can fulfill a variety of prototyping needs.
4×8 CNC Router: Used for cutting various hard materials, such as wood, composites, aluminum, steel, plastics, and foams.
Heat Vinyl Transfer Fabric Press: This machine is used to transfer graphics onto fabric.
CNC Mill: CNC Mill performs the functions of both drilling and turning machines.
Vacuum Former: Used to form plastic into permanent objects such as turnpike signs and protective covers. Typical industry examples include kiosks and automated teller machines.
Saw Stop 10" Table Saw: Precision cuts for all your woodworking needs.
Vertical Band Saw: Precision cuts for all your metal-working needs.

Other Devices
Inside SCC's Room COSMETOLOGY 108 Flex Space
4 iMac design workstations outfitted with the latest design software
Canon PIXMA Supertabloid Inkjet Photo Printer



DSLR and Go Pro cameras with lighting, backdrop, monopod, and tripod kits
Canon Color imageCLASS color laser 11 x 17 printer
Xerox Work Center 6515/N Color Multifunction Printer
Two sewing machines
Green Screen
Hydroponincs
Button maker

Inside SCC's Room COS 110 General Fabrication and Prototyping
Computers with software for CAD/CAM
Juki industrial sewing machine
Juki industrial serger
10" Disk Sander/Belt Sander
Compound Milter Saw
Variable Speed Drill Press
Various assorted hand tools
Other small power tools such as cordless drills, rotary tools, jigsaw, staple guns, orbital sanders, and many more!

Design and Prototyping Software
CAD/CAM
AutoCAD (CAD and 3D Modeling)
Fusion 360 (3D Modeling)
3DS Max Studio (3D Modeling and Rendering)
EAGLE (PCB and Schematic Design)
NetFabb (3D Modeling)
Motion Builder (3D Animation and Virtual Production)
CREO 3.0 (3D Modeling)
MS Office 2016
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Decked out in Old Glory:

Sacramento Yacht Club held 68th annual boat parade

By MONICA STARK



The Sacramento Yacht Club hosted their 68th Annual Opening Day Boat Parade on Sunday, May 6. The Old Glory-themed boat parade began at the Sacramento Yacht Club on the Sacramento River at noon with a Blessing of the Fleet Ceremony, a smash of champagne and the blast of cannons.

About 27 boats from the club were joined by nearly a dozen more at Miller Park where they proceeded upriver through Old Sacramento, turned around at the Virgin Sturgeon restaurant, made the return pass and returned to the Sacramento Yacht Club. Boats were judged in various classes with prizes awarded for first, second, and third place per category. But, no matter the size of boat, it's all about the decorations and originality. Viewers caught the parade from anywhere along the Sacramento River with most gathering in Old Sacramento.

People started decorating about a week before the parade. "Some folks go really crazy. One of the boats, Charisma, had 15 box decorations for the parade. So everyone gets really into it. It's really fun," said Sacramento Yacht Club Vice Commodore Simon Antill, who is responsible for the daily operations and for getting boaters registered for the parade and taking care of the nearly 150 people when they returned from the two-hour parade.

Sharing the camaraderie with other boaters surely is a favorite among club members. Antill, a member of the club for five years, said he really enjoys life on the water. "We're like-minded people. It's an absolutely fun, fantastic experience."

Last year's parade was canceled because the river was so high. Previous parade themes have included Disney Cruise.

After the parade, the club tends to see an uptick in membership interest and in sharing the spirit behind other club events, Antill said on Cinco de Mayo, they hosted a live band, margaritas and earlier this year the club held a Hawaiian themed event. "Everyone dressed up. I had a coconut bra on and a grass skirt. We put leis everywhere … We go on cruises every year. It's a giant family. Everyone looks out for everyone," said Antill.

"For the last 10 years, we don't go anywhere for New Years but here," said Rae Anne Murray, an owner of a 390 Sea Ray who has been a club member for that long. "That's how much fun it is. It's a great club. People join it and they stay."

Providing some history of the organization, Antill said the Sacramento Yacht Club has been in operation since 1929 and moved to its current location on South River Road in 1974. Prior the club was on a barge near Old Sacramento. When

See Yacht Club, page 9



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Yacht Club:

Continued from page 8

the clubhouse was built in 1978, it was sold to the Virgin Sturgeon restaurant for $1 and then it sank two weeks later, Antill said.

When the club was first brought here in the 1970s, the average size boat was about 22 feet, compared today's average of 40 feet. Put into perspective Rae Ann said her old motor home was 30 feet long, 9 feet wide. Her Sea Ray is 43 feet long and 14 feet wide. "We live on them. We're river rats."

Antill owns four boats, including a 2,500-square-foot boat with a hot tub on the roof. The boat he took on the parade was a 40 foot cruiser. When his kids go off to college, he wants to live on his boat. "The best part about boat living is if you get bored with it, you move and if you don't like your neighbors you swap them and then come back and do it again next year," he said.

Agreeing with that sentiment, Rae Ann said, "It's my dream one day when we're both retired. I want to live here. Even when it rains it's just gorgeous outside. We boat all year long. People wonder what we do in the winter. We still boat."

A fan of this year's parade theme, one of the judges, Marianne McClary of Good Day Sacramento, said she enjoyed the nautical-looking flags. "Everybody was so excited you could tell to just be in it."

The parade brought in two ties. The results, are, as follows:

Yachts under 30 feet long
First place (Delta King brunch): Paradise Express
Second: (Virgin Sturgeon breakfast) El Rey
Third: (Riverbank Hats): Misbehavin



Yachts between 30 and 35 feet long
First: (Delta King brunch): Reel Nauti
Second place : (Virgin Sturgeon lunch): Late Hit / Our Time
Third: (Dadigan Diving: $100: Tuesday Afternoon

Yachts between 36 and 40 feet long:
First: (Dadigan Diving $200): Tommy Boy
Second: (Rio City Cafe $50): Raw Love
Third: (Sacramento Yacht Club: $50 credit): Pure Country

Yachts 40 feet-plus
First: (Dadigan Diving $200) Tie between Knots & Bolts/Charisma
Second: (Joe's Crab Shack: Gift Bucket): Stella Maris
Third: (Sacramento Yacht Club $50 credit): Celtic Czech



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Faces and Places:

ACC Senior Services Big Day of Giving

Photos by STEPHEN CROWLEY









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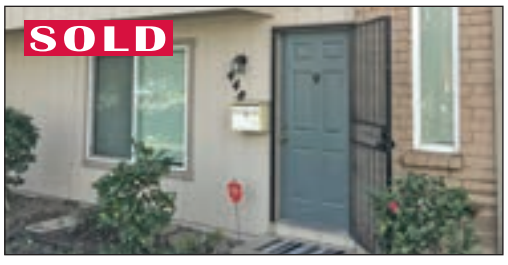

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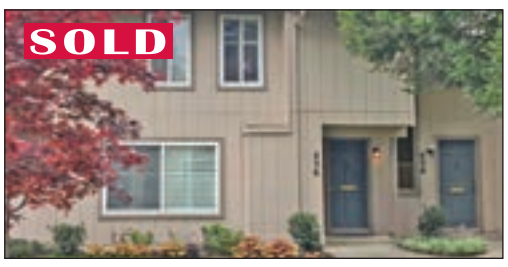

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JFK Artists Unite to Tackle Human Trafficking and Domestic Abuse

By DOMINIC J LARSEN



With the soft-rock music of the Eagles playing in the background, and the clamoring of youthful art critics, John F. Kennedy High School students came together to enjoy the creations of the imaginations of their classmates.

Hours before, Spencer Tsang, a senior at JFK, found himself surrounded by family and friends as he was preparing to set up for the evening's events. For his senior project, Tsang had been planning an art show to raise funds for abused women.

The event was cleverly named Art for Free(dom), as the name had two meanings. The first being that the art show was held to raise awareness for those afflicted by human trafficking and domestic violence. The second meaning of the name was attributed to the fact that guests did not have to pay for their entrance, all that was asked of them is that they bring hygiene products for donation.

Those who attended the showcase, donated items such as deodorant, soaps, razors, tampons, toothbrushes and tubes of toothpaste. Those supplies, of which Tsang collected over 600, were donated to the non-profit organization, My Sister's House.

The goal of My Sister's House as presented in their mission statement is "to serve Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking by providing a culturally appropriate and responsive safe haven, job training, and community services."

If you or anyone you know has or is victim to human trafficking, domestic violence, or any form of abuse reach out to the authorities by calling 9-1-1. For assistance through the process you can contact My Sister's House either their 24 hour, multilingual hotline at (916) 428-3271 or visit their website, www.my-sisters-house.org.

Spencer chose to work with My Sister's House, as opposed to any other charity, due to his previous contact with the group. He has been working with their charity since last summer, volunteering with the children that have to go through these unimaginably difficult situations. In speaking to Clarion reporters, he spoke of the joy that those children brought to his life. Describing his experiences, he told stories about gifting the children with doodles, as art was one of the ways they could connect to each other.

Prior to working with My Sister's House, Tsang had taken an interest in fighting human trafficking when, last year, he assisted with Allysen Messick's senior project. She hosted a poetry slam to raise funds for charity, an act that directly inspired Tsang to hold an art show on campus to raise funds for charity, via donations and an art auction.

As Tsang worked with organizations that are set on eradicating human trafficking, he learned that the most targeted demographic for the human trade is Asian girls, ages 14-16. Tsang went on to explain that this statistic changed his view of the situation, stating "These characteristics suit my little sister, Sam, like a glove".

With both personal connection to the situation as well as volunteering for charity, Spencer came to the realization that he needed to fight back within his community. Taking inspiration from previous senior projects, and combining it with his connections to charities, he worked to plan an art show, set to display student art and raise funds that would be donated to charity.

Though the purpose of the showcase was to raise awareness around human trafficking, notable Kennedy club Wefor(S)he, a group with a similar purpose, was not affiliated with the event. However members of the club were in attendance to show their support.

The event was planned to begin at 7:30 on May 11th, with guests arriving shortly before then. Those in attendance were greeted at the door, and offered a number of different informational tools and brochures explaining the immense problems associated with human trafficking. Guests also had the opportunity to drop their donations into containers, which quickly were filled with hygiene products of all sorts.

Once inside, students and their families had the opportunity to spend more than a half an hour mingling with other guests and enjoying the art created by numerous talented Kennedy students. Over 25 artists, including Kennedy art teachers Benjamin Teweles, spent hours on end to create art pieces to be put on display. Aside from the resident teacher, the rest of the artists were Kennedy students, with Spencer even adding art into the mix. The room was littered with charcoal sketches, photographic stills, paintings, comics, and even clothing that had been creatively altered.

"So many artists have unseen talents and untapped potential, I just want to give them all a platform to showcase their art" proclaimed Tsang, "It was great meeting so many other talented artists. I was surprised by how many students did art to begin with!"

Brandan Wong, creator of the notable K-House comic, was one of the artists that had art on display. K-House is a student published comic that satirizes youth and educational issues and is published in the school newspaper, the Clarion. He debuted a never before seen comic focused on the gender disparities present in the school's dress code, a topic he felt has been overlooked and relates to human trafficking and sexual harassment.

Kennedy's resident renaissance man, Sage Bermudez, also had a number

See Art, page 13



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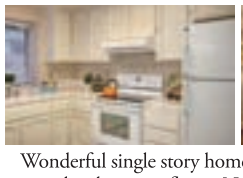
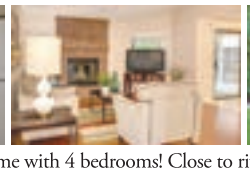
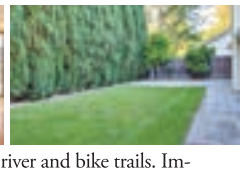

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Art:

Continued from page 12

of art pieces on display at the event. Using his prior experience as a photographer for the school yearbook, he had a number of photo stills present in the art show.

Following the period of gazing through the art gallery, guests were seated in the small theatre, where they were treated with performances by two student poets. Close friends, Maya Vargas and Kathleen Carter, both wrote and presented their poems in front of a sizable audience.

"What made Spencer's art show such a great experience was the fact that the art had a purpose beyond conveying meaning through a piece. Spencer was raising money and awareness for domestic violence and sex trafficking, and was also collecting material for My Sister's House. That in of itself gave me the opportunity to be a part of something bigger than my own art bubble." stated Maya Vargas. Not only did she write poetry, she also entered two pieces into the gallery. One of which was also entered into a congressional art show hosted by the Crocker Art Museum and Rep. Doris Matsui.

Transitioning the microphone back to the night's host, Tsang continued the event by starting the art raffle. Students were able to purchase raffle tickets for $2, with which they could place into buckets adorned with the name of one of the art pieces on display. Tsang raffled off artwork, making a number of fortunate connoisseurs quite delighted.

Taking bids and calling them out loud, Tsang sold off the remaining artwork in a live auction. Onlookers were able to bid on student artwork, with a number of the pieces exceeding $20-30 in price. Between the funds raised by the raffle and the auction, the proceeds for the evening topped $450, all of which was donated to My Sister's House alongside the hygiene products brought by guests.

Though showcasing student art was important to Tsang, the main premise behind the event was to raise awareness to the enormity of human trafficking and other sexual crimes within our society. Emphasizing this point, Tsang stated, "It's a colossal problem that is growing as we speak, and for the most part it is growing unchecked."

Going forward, Spencer continues to plan on fighting human trafficking. While he is uncertain as to his next step, he is fully committed to assisting those afflicted by these heinous acts. Using art as his platform to communicate his ideas and concerns, Tsang has hopes of publishing literature or producing films to raise awareness around the human trade and other abusive situations.

Acting on his own words, "All it takes, truly, is passion to better our situation and a sense of initiative to do something great...we showed that we could do it through art.", Tsang orchestrated an eventful evening filled with encouragement for student artists, the love and brotherhood of the Kennedy campus, and the charity within the hearts of all those that seek to better their fellow man. The students of JFK have shown time and time again that they will not stand until all are free from the bondage of human trafficking.

Dominic J Larsen is the News Editor of The Clarion, JFK's student newspaper.





Faces and Places:

Pride of the Pocket awards

Photos by STEPHEN CROWLEY















The first Pride of the Pocket Awards was held on April 26 at the School of Engineering and Sciences, where neighbors came together with many friends, new and old, to recognize some of the amazing people who contribute so much to our community.

All of the awards given by the PGCA were nominated by the community:

Outstanding Youth: Allie Lee for outstanding academic achievement, service to her campus and, especially, her advocacy and involvement with our local library!

Outstanding Educator: Jacquie Skinner

Outstanding Service to Youth: Greenhaven Soccer

Outstanding Contribution to the Pocket, Inclusion: Pocket 4th of July Parade, Mike Higley, Linda Pohl, Kathy Garcia and Brenda Williams

Outstanding Contribution to the Pocket, Quality of Life, Neighborhood Beautification by Lynn Robie

In addition, 4 individuals are being recognized by elected officials. They were selected by those officials, based on whatever standards they chose.

Sen. Richard Pan recognizes Jan Matisco on behalf of herself and her late husband Joe

Supervisor Patrick Kennedy: *Kathi Windheim*

Council Member Rick Jennings: *Beth Koster*

School Board Trustee Darrel Woo: *Norm Policar*

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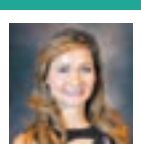
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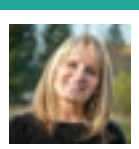
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What's happening Pocket/Greenhaven?

MONDAY, JUNE 11

THE BENEFIT OF HAVING A TRUST, WILL, AND POWERS OF ATTORNEY: This workshop will discuss the benefits of having a Trust, Will, and Power of Attorney for finances and healthcare, and how you can use them as tools to help family members avoid the stress and expense of dealing with the probate court in the event of your incapacity or upon passing. Pre-registration and pre-payment of $3 required. Drop-in of $5 at the door. Class will be held Monday, June 11, 2018 from 4:00-5:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.org.

TUESDAY, JUNE 12

SEASONS OF LOVE: The best things in life are the memories of the people we love and the places we've been. Join us in this class to learn about pre-planning your celebration of life and leave a legacy behind. Participants are encouraged to bring their own cemetery or funeral plan; one of our advisor will review the plan with you. Pre-registration and pre-payment of $3 required. Drop-in of $5 at the door. Class will be held Tuesday June 12, 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.org.

FRIDAY, JUNE 15

TRUCKS & SUCH: FOOD TRUCK MANIA: Choose from a variety of food truck cuisine from 5 to 8 p.m. at Garcia Bend Park, 7654 Pocket Road, Sacramento, California 95831.

SATURDAY, JUNE 23

RENFREE PARK SPRUCE-UP: Volunteers are needed to help spruce up Renfree Park! Help repainting, cleaning, light weeding. All equipment will be provided by Parks and Rec. Barbecue lunch to be provided by Parks Commissioner Devin Lavelle. All we need is you (wearing sunscreen and clothes suitable for painting). 9 a.m. to 1 p.m. at Renfree Park, 54 Cache River Cir, Sacramento, CA 95831

THURSDAY, JUNE 28

LOCAL BUSINESS ROUNDTABLE: The Pocket Greenhaven Community Association will be holding their second Local Business Roundtable on Thursday, June 28 from 6-8pm at the Robbie Waters Library. Topics for discussion include determining effective ways to market businesses to the local community and organized "shop local" campaigns within the neighborhood. Additional agenda topics can be emailed to info@pocketgreenhaven.org.

ONGOING

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,

Continued on page 19

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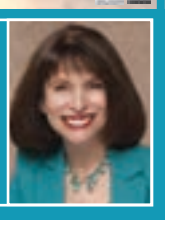

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How much do you know about our homeless veterans?

By Nora Finch

Excerpt from Dr. Edward Tick's book, War and the Soul (a well recognized Ph.D, Clinical Psychotherapist who has helped heal thousands of Veterans, and is also the Director of Sanctuary: A Center for Mentoring the Soul in Albany, NY)

"Post Traumatic Stress Disorder is a constellation of fixated experience, delayed growth, devastated character, interrupted initiation, and unsupported recovery. Many veterans who cannot get on with life are boy-men stuck in the psychic war zone, lost in an incomplete and horrific rite of passage. They remain in a state of shock because of what they have seen and are terrified for their lives. They struggle virtually alone, without a community to support their passage, asking questions such as "Why can't I be who I was before?" and "Who am I now?"

Dr. Tick has worked with veterans for over 40 years, and knows a lot about helping them heal. He believes PTSD is an identity disorder and that as a result of war's violence, causes the soul to flee and be lost for life. He has used his clinical expertise as well as many different healing traditions to successfully help thousands from around the world. Sound fascinating? Did you know something like this existed for our Veterans?

Did you know the current rate of suicides among Veterans in the United States is 22 a month?

Did you know that many aren't getting the medical care they need, resulting in new problems like lymphatic drainage problems, so their bodies aren't able to effectively eliminate waste and toxins?

Do you know that many of them are haunted in nightmares because the soldiers they killed were not given a proper burial and so were not able to pass on in peace?

These are just some of the unspoken stories we never get to hear about.

Now, do you think the above questions are important for us to know as a nation? Do you think we should try to help prevent more suicides? Do you believe we can?

Yes, yes, and yes are my answers. I can't think of something else that would unite a nation more than thinking about our veterans. Despite all of our differences, how and where we were raised, our social status, or the color of our skin; I think we can all agree we support these men and women who chose or choose to serve. Hands down these warriors deserve our support. Which is why I think this article needs urgent attention; and why I feel why we must insist change. We must insist change not only in our nation, but within ourselves.

So really, what gets us from thinking about wanting to make a difference, and actually taking action steps to change? How do we make our invisible dreams visible such as the MASH - V Medical Van and mobile showers proposed by America's Homeless Vets?

My answer: baby steps. With all our responsibilities, distractions, and sometimes high stress in life, I believe baby steps are really the most practical way to get started in changing anything in our lives.

With that being said; I've created three baby steps for this urgent issue regarding our Veterans.

1) Awareness. Educate yourself.

War affects all of us and those we love. We play a part in our people going to war, and remember everyone knows someone who has served. Acknowledge we can play a part in change but we need to first believe that we can, and realize we must change ourselves first.

2) Take action now by taking things into our own hands, we can't expect others to take care of us

3) Unite as a collective through love and support and believe with all our heart we are strong together, commit ourselves and our time, and never give up on dreams and important causes.

Accomplishing these three steps is a great start. Then, I will take action on my part being a voice for the warriors by writing this article and by spreading the word through the platform of my podcast (Rock your Life with Nora Finch).

Now, on to the famous Sacramento men I'm talking about: America's Homeless Veterans. These are down-to-earth cool cats, extremely serious about pushing their dreams, 24/7. We both share the same dedication and passion to empower others; which is another reason why I am so passionate about helping spread the word regarding their current dream project.

The daily hustle of this unique team to lead the community into change is inspiring and is why they are the perfect example of showing our nation what it means to take things into own hands. Veterans themselves, this team is made up of Founder Randall Britt, Co-Founder Chris Cole, and James Wade Brooks, their Director of Urban Research.

These Unsung Heroes I call them, also have the help of community members, volunteers, and alumni who provide programs including vocational training, services and resources to help veterans transition back into civilian life. This includes placing them in permanent housing, as well as helping to provide food and shelter. They also offer a membership Sponsor a Veteran and family program so they can save up to 50 percent off things they purchase.

Along with the above, let's not forget to mention, they also work closely with the veterans to help them find solutions to deal with many of the mentally challenging hardships alongside having become homeless, PTSD issues, and losing their families.

Yes, while all of this is what makes them remarkable, along with the amount of time and dedication they've put in over the last 8 years; what makes them truly extraordinary is their ultimate vision for Summer 2018, that I believe our community needs to know about to facilitate it's urgency.

What is it exactly?? It will bring the exam room to the Urban Environment providing superior, advanced immediate care to the Veteran community.

It is a Super Bad, Advanced, Medical Vehicle called, The MASH-V.

How rad will this be to see on the road???

Where veterans can have access right there to immediate medical care. No more waiting six months or any longer!

Exciting right? Oh, but you need to know, they just lost their funding. (Go online to Covered California to learn more about that there).

So, how can we help them fund this $200,000 vehicle?

1) Buy as many $100 River Cats game tickets as possible this Memorial Day at Raley Field, (and receive an AHV shirt)

2) Just donate online now, www.ahvets.org

See Veterans, page 19





What's happening Pocket/Greenhaven?

Continued from page 17

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.

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.





Veterans:

Continued from page 18

3) Become a sponsor, which helps you and them and us!

Let's be a part of this!

Do you want to be part of a movement that helps decrease suicide rates? Do you think this health based approach (in Randy's words) is an excellent idea, as do I, to help unite us?

If this were you not getting the medical care you needed, would you be willing to sit and wait for months or years expecting others to take care of you, or would you take matters into your own hands?

Would you want to feel the love and support from those in your community?

Let's begin creating our new realities regarding our impact and influence in our nation, by hitting a home run this year (like Randy of AHV says), at this Memorial Day event!

Let's get our nation and Veterans that awesome MASH-V vehicle! Wouldn't you love to see it on the road and know you were apart of making it possible??

Let's envision a country focused on self preservation, optimal health, and let's add to that list, inner character. Let's leave behind the nation who just focuses on physical beauty, drama, material gain and possessions, greed, power, jealousy, and competitiveness...

United, we are stronger.

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Check out the AHV Storyteller episode titled "Sacramento's Unsung Heroes" available now. Please contact Randall Britt for more details here: rbritt@AHVets.org

Nora Finch is a Pennsylvania raised farm girl, who is a 17 year practicing Wellness Educator/Skin Specialist in the Arden area. She airs a podcast called Rock your Life out of Sol Collective, an Arts, Culture, and Activism Center. She strives to educate others in all areas of wellness including how to stay mentally fit. You can email her, norafinch@nsati.com, or you can find her on her wellness page Fb.com/norafinch.nsati





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