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"The Opioid Epidemic: Don't Forget the Chronically Ill."



By TERRY MCSWEENEY

(Editor's Note: Terry McSweeney will host "The Forum on the Opioid Crisis" with the support of the 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 3 in a series on various aspects of the opioid crisis.)

A few months ago I went to another forum on the opioid epidemic. I listened to the panelists to hear their viewpoints on the crisis. It was all very interesting, but one thing was lacking. During the intermission, I began a conversation with one of the panelists. I mentioned to her what I thought was lacking. I told her, " No one has mentioned those people who actually need the opioids to survive, the chronically ill." She said, "You are right." When the panelists reconvened each panelist reviewed their thoughts and that panelist added, "Let's not forget the chronically ill." An expert had to be reminded that the chronically ill are a very important part of the opioid epidemic that should not be forgotten. My mom is one of those chronically ill people that should be remembered.

It was 6:00 am on a Tuesday morning when I got the call from the assisted living facility where my 90 year old mom lives. Her caregiver told me that she had been up all night writhing in back pain. Her regularly prescribed medicine, 1000mg of Tylenol was not relieving her severe pain. They had to send her to the emergency room for a stronger treatment. When I got to the hospital, the doctor had tried a small dose of stronger pills twice, still no relief. Mom finally got a little relief when 2 doses of morphine were administered via IV, but she still was in a great deal of pain. The doctor then said she could go home where she would have to go back to her regular meds and get no relief at all. Mom kept moaning in pain as she was helped into my car. Her questions: "Are you sure I should be going home? How will I get through the pain? I can't move." When we arrived at her place, it took 2 caregivers helping me to get her into her apartment, while she was still writhing in pain. The doctor was limited in what he could do to help her by hospital policy.

A doctor rose to make a comment at the previous forum. No name was given or where he practiced because of the fear of losing his job. He said he was against his hospital's opioid policy. He wanted to be able to help those chronically ill people who came to him with guided opioid use, but he was no longer allowed to do so. It was important for him to keep his job so that he could help them in some small way even with the limitations.

Maggie Fox (NBC) wrote, "Pain patients beg the FDA (Federal Drug Administration) for more options, easier access to opioids, people with chronic conditions cope with prescription restrictions and limited alternative

See Opioid epidemic, page 19

acc SENIOR SERVICES



What's New in August?

Planning for the Inevitable - Tuesday, August 7, 11:30am-12:30pm; Free

What are Palliative Care and Hospice? - Friday, August 10, 1:00-2:00pm; Free

Elder Abuse - Tuesday, August 14, 10:00-11:00am; Free

Diabetes 101: Lifestye Modification - Friday, August 17, 3:00-4:00pm; Free

Protect Yourself from Fraud - Friday, August 31, 1:00-2:00pm; Free

For more information or to register, contact Anna Su at (916) 393-9026 or classes@accsv.org.
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Olympic gold medalist held swim clinic at JFK with the Sacramento Stingrays

By JOE PERFECTO

The Sacramento Stingrays recreational swim team was visited by a very important guest at Kennedy High School on June 29.

Four-time Olympic gold medalist Jason Lezak, who holds long-course world records in the 400-meter freestyle and medley relays, dropped by to conduct clinics with each of the team's component age groupings. Since his retirement from competitive swimming some months after the 2012 Olympics, Lezak makes the rounds on the public speaking and swimming clinic circuits across the U.S. Lezak also handed out ditty bags, autographed swim caps and patiently posed with swimmers for dozens of photos snapped by proud parents.

The clinics involved instruction in and demonstration of an assortment of techniques followed by group practice of each, during which Lezak observed each swimmer and offered coaching as needed. His focus was on getting young swimmers off to a good start, and helping them improve their skills at any stage of their development.

Instructional content varied by age group. While addressing the under-10 group, Lezak stuck to basics, such as proper kicking technique—which means not kicking from the knee. "Too many of you guys like to kick from your knees," he told the group as he bobbed near the edge of the pool. "If you kick from your knees, you're making a big kick, you're making a lot of splash, but you're not going anywhere. This is my favorite part of the clinic—this is when I get to show you what it looks like to have a bad kick, kicking from your knees." Lezak then rose to the surface and demonstrated, sending a wall of water skyward that spattered the group of swimmers standing poolside, as well as the Pocket News photographer. The children let out screams and squeals.

One of the more competitive teams in the league, the Stingrays have accumulated many awards during their 60 years of existence, thanks largely to the efforts of countless dedicated coaches, including a few other Olympians such as Pablo Morales, who offered support at a Championship meet, and Morales' teammate, Sam McAdam, who took the team to four consecutive Sacramento Swim League championships.

The team boasts a number of strong performers among its ranks of members, who range from four to 18 years of age. Among the more noteworthy are the Jiang family's terrible trio of Kaili, Tyson and Tommy (who took first place in the league's Meet of Champions last year); Aiden and Carson Yerby; and a group of four—Calvin Elliott, Grant Greenlow, Matt Lee and Jordan Selvin—who are on the heels of a league record. The team's finalists from the league's championships will compete Aug. 4-5 in the Meet of Champions in Woodland, the season's final contest of excellence among the top swimmers in the region.

Despite the team's fierce competitiveness, Stingrays vice president Heather Johnson points out that the team's raison d'etre is recreational swimming. "Our largest goals are to ensure the children grow in their swimming skills, while maintaining a sense of community and fostering positive relationships amongst their peers," she said. The team even offers instruction for toddlers who have yet to set foot in a pool. "We have a successful Pups program that began in the 2017 season, that introduces non-swimmers to the water and gets them water-safe, with the hope that they will be able to move up to active swimmers within the season or the following season," Johnson said. "We had 19 Pups this year, and over half moved into their respective age groups mid-season and were able to swim and compete in meets." There's also something for the older crowd who have yet to take the plunge or perhaps need a little refresher. "We also offer a three-week swim clinic in March before beginning the regular season in April, which is a good opportunity for swimmers to 'get their feet wet' so to speak."





Photos by Joe Perfecto

(above) Olympian Jason Lezak offers Stingrays team members tips on improving performance.

(left) Olympian Jason Lezak and Owen Rodda, a swimmer in the under-10 age group, have a photo taken with Lezak's medals.

Registration for the 2019 season will open in January for returning members, and in February for new applicants. Johnson urges everyone to register early, especially if interested in the highly-popular the 12-and-under age group, as age groups are capped at 42 members. The 2018 team reached a total of 217 members, which is very near its limit.

Kennedy High is the team's third base of operations. It was initially based at the South Hills Swim Club; when that club closed in 1988 the club moved to the Greenhaven Cabana Club North, which itself closed early this year.

Information about the team is available on the Web at http://www.sacramentostingrays.com/TabGeneric.jsp and via Facebook at https://www.facebook.com/Sacramento-Stingrays-Swim-Team-136355696432692/.

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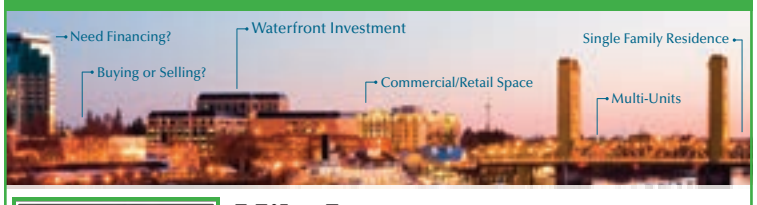



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Water tower has been a local landmark for more than a half century

By LANCE ARMSTRONG

One of the landmarks of the capital city is the water tower, which greets those coming to Sacramento via northbound Interstate 5.

The iconic, steel structure, which is located on the south edge of the city, received a lot of attention last year when its signage was partially changed from "Welcome to Sacramento: City of Trees" to "Welcome to Sacramento: America's Farm-to-Fork Capital."

Although people living in the Pocket area and its vicinity are quite familiar with this 130-foot-tall structure, none of the dozen randomly selected locals interviewed by this publication last week were certain exactly how long the tower has been a part of this community.

Some of those people provided guesses that ranged from the 1920s to the 1980s.

Based on that survey alone, it is a good time to share some details about the history of this structure.

First of all, on the topic of the exact age of the tower, it was constructed by the Chicago Bridge and Iron Co. in 1961.

This elevated water storage unit, which holds 3 million gallons of water, was contracted to be built by this company at a cost of $560,660.

According to an article in the Sept. 2, 1960 edition of The Sacramento Bee, the water tower would become the first facility built for the city under its $25 million, long-term water system improvement program.

The article notes that the water tank would be in operation by the summer of 1961.

An update on the tower, in the Sept. 3, 1961 edition of The Bee, mentions that the city announced during the previous day that this overhead water storage tank was operating.

Although the same report recognizes the tank as the largest steel tank ever constructed, Sacramento had for many years been home to concrete tanks of equal size.

At the time that the steel tank was in operation for the first time, it was filled with well water. However, upon the 1962 completion of a water treatment plant near Riverside Boulevard, the tank was filled with filtered water from the nearby Sacramento River.

The 1961 article notes that with the operation of the water tower, water pressure was adjusted to become more uniform for those using water in the general area from the municipal airport (today's Sacramento Executive Airport) to the then-existing Western Pacific Railroad right-of-way, near Sutterville Road.

A 1962 Chicago Bridge and Iron Co. advertisement features a photograph of the tower with no signage on its tank, and more than 20 cows grazing on the ground to a side of this structure.

The advertisement notes that Sacramento and Portland, Ore. each acquired a CB&I Horton Spheroidal steel tank due to their needs for substantially larger water storage facilities.

A portion of this advertisement reads: "During extended hot spells, Sacramento's daily (water) use often rises to 500 gallons per capita. This seemingly insatiable demand for water is stimulated by a unique city charter, which provides unmetered water for the local citizenry. The monthly water bill for a six-room home is a low $2.75.

"This situation calls for a highly efficient water system. The new, giant, 3,000,000-gallon CB&I Horton Spheroidal steel tank, in every respect, contributes measurably to this requirement – in original investment and in operating and maintenance costs."

Pocket resident Laurie Kneppel recalled seeing the water tower in the early 1960s, when she was living in the Southgate Meadows neighborhood, along Franklin Boulevard.

Since 1990, Kneppel has lived much closer to the tower, as it stands a short

See Water tower, page 5



Photos by Lance Armstrong

This water tower, near Interstate 5 and the Sacramento River, is one of the city's notable landmarks.

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Water tower:

Continued from page 4

distance south of her Pocket area home.

So close is the water storage structure that it presents a surreal appearance in her neighborhood, as it towers above the houses.

Because she lives so close to the water tower, Kneppel knows some things about this landmark.

Kneppel said that she has heard her fair share of gunshots while living next to the water tank.

"People shoot (at the tank) a lot," she said. "(On one occasion), I heard things going through my trees, so I called the police. The officer that came out told me, 'Yeah, it's a full moon. They were sitting over there on the Yolo County side of the river in their cars and shooting at the nice, big silvery water tower.' She said they do that fairly often."

Kneppel added that a bullet eventually came through a ceiling in her house.

"My dad was over visiting and we heard, 'pop,'" she said. "And I looked over and on the coffee table I could see what looked like smoke, but it was dust. A bullet had come through the shake roof, the Sheetrock, and landed on the coffee table."

Although the water tower has withstood being hit by bullets, one of Kneppel's neighbors, Jack Tarleton, still worries about the water tank breaking.

"Would if this thing breaks?" he asked. "Then what's going to happen?"

In sharing more trivia about the tower, Kneppel said that a worker is occasionally paid by the city to go inside of the water tank.

"The city sends a skin diver in there in a wetsuit in the dark in the daytime," she said. "He goes in and I guess swims around in the thing and looks for leaks, looks for holes. When you're in there (in the daytime), you can see (any light shining through).

"People say they douse (the diver) in chlorine. I guess they fix the leaks. They must."

The only time that Kneppel knew of a leak at the water tower was on a day in the 1990s.

"I walked down to the mailbox at the end of the cul-de-sac to get my mail and it sounded like a waterfall," she said. "I thought, 'Where is that coming from?' I looked and there was a giant pond underneath the water tower. It was a valve down below that had frozen, and a pipe broke on the valve or whatever. I called the city and they had someone out in about 10 minutes."

Although Kneppel had not moved into her current home when the Loma Prieta earthquake occurred on Oct. 17, 1989, neighbors told her stories about how that quake affected the tower.

"There were people around here that were living in some of the houses who said that (tower), they could actually see it moving," she said. "Even after the earthquake, they could see it moving, because the water inside was sloshing around. My (current) house was being built at the time, but I didn't move into it until March of 1990.

"About five years later, they retrofitted (the water tower) to make it more earthquake proof. They added all this extra cross-bracing around it. It wasn't there when I first moved in."

Kneppel also recalled a time when workers sandblasted the tank's interior.

"They emptied it (and) sandblasted that thing," she said. "It seems like they did it for about a week. It sounded like a big, giant can of just all this stuff rattling around in it. It was noisy as heck. I guess there was corrosion inside, and they had to clean it."

Yang Lee, another resident of the area, said that he finds it very convenient to live next to a very tall water tower.

"It's interesting," he said. "For me, that's how I tell a lot of folks where I live. It's like, 'Hey, you know where that big water tower is at? I'm right around there.' So, it's good landmark to disclose where I live at."

Following his State of the County address last week, Sacramento County Supervisor Don Nottoli recalled seeing the water tower for decades.

Nottoli said that the tower continues to be an impressive landmark.

"It's one of the most prominent structures that you see while exiting the city of Sacramento, but also as you're coming to the urban area," he said. "So, no doubt about it. It catches your attention, and the fact that it is used for broadcasting a message. It does have tens of thousands of cars that go by (it) every day – by people that live here and those passing through. It's been prominent and it is prominent, and it has stood the test of time."



The slogan – 'America's Farm-to-Fork Capital' – was placed on the water tower last year.

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Frame to challenge Pan for Senate seat

By LANCE ARMSTRONG
lance@valcomnews.com

Eric Frame will challenge Sen. Richard Pan, D-Sacramento, in this November's California State Senate District 6 general election.

He earned the opportunity to face Pan in the upcoming election after receiving 14 percent of the votes in this month's "top two candidates" primary election, which had four candidates. Pan received 64 percent of the votes.

Frame, a 27-year-old Independent candidate who identified himself as an activist, first became involved in politics in 2016 as a volunteer for the Bernie Sanders for President campaign. He has also been involved in various protests held at the state Capitol.

Frame said that his decision to become a Senate District 6 candidate came as a result of dealing with the illness of his mother, who died from leukemia in November 2015.

"Her struggle through chemotherapy and through the health care system opened my eyes to the terrible health care system we have now," he said. "(It) is, of course, the most expensive and the most deadly health care system in the world."

Frame said that he is advocating for natural remedies, "medical freedom" and health care for everyone.

With his desire to have a system that provides health care for everyone, Frame supported Senate Bill 562, which aimed at guaranteeing health coverage for all Californians, including homeless people and those who illegally live in the country.

Frame mentioned his disappointment with Pan's lack of support for that bill, "despite being a doctor."

He also expressed frustration that certain politicians, "like Richard Pan," are suppressing the common use of natural remedies.

Frame said that he has also been advocating for solutions to the homeless issue.

"I speak (to the Sacramento) City Council all the time (regarding the homeless issue)," he said. "I feed and I clothe the homeless and bring water (to them). I clean up the river. I believe we can do a lot more than we're doing now, and our current representation is just making things worse as the cost of living continues to rise."

Frame said that if elected, the first thing he would do in office is attempt to have more public restrooms built in Sacramento and other California cities.

"We have urine and feces all over the streets, and it's not good for public health and frankly, it's pretty embarrassing," he said. "If we're going to be the capital of the fifth largest economy in the world, we could at least provide public bathrooms – not just for the homeless, but for all of us."

Frame expressed further concern for elderly people who are becoming homeless.

"Part of that increased (homeless) population is actually elderly people that are being pushed out onto the streets," he said. "The cost of living is too high, and a lot of them are on fixed incomes. So, I am trying to fight for those folks."



Photo courtesy of Eric Frame

Eric Frame

Another issue that Frame feels strongly about is child trafficking.

"Sacramento has been deemed a hub of child trafficking by the FBI, so that's something I bring up at City Council (meetings) a lot," he said. "It's not acceptable. One child trafficked is too many."

Frame, who lives in Sacramento with his wife, Ashley, also mentioned his desire to remove "corrupt politicians" from their offices as another one of his issues.

"I just feel like the corruption is so indebted that we might as well run for office," he said. "Someone that's clearly not corrupt should win, instead of these clearly corrupt people. It shouldn't be that hard, but we've got a lot of educating to do for the voters."

In addition to campaigning to become a state senator, Frame operates his own business. Through that business, which he began in January, Frame assists families who have been separated by divorce.

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Pan addresses housing, health care, more

By LANCE ARMSTRONG
lance@valcomnews.com

Sen. Richard Pan, D-Sacramento, last week addressed several issues, including housing, health care and flood control.

After receiving 65 percent of the votes in last month's California State Senate District 6 primary, Pan is seeking re-election in this November's general election.

Pan will be challenged by Eric Frame, an independent candidate who received 13 percent of the votes in the "top two" primary election.

Pan mentioned housing as one of the issues that are most important to him.

"Last year, we passed one of the largest state legislative housing packages in recent history," he said. "In fact, in November, there's going to be a $4 billion housing bond that actually will help leverage up to $20 billion in housing funds for the state of California."

Also of interest to Pan are efforts to expand the district's housing stock to reduce housing prices and establish opportunities for more people to purchase homes.

Pan supports the No Place Like Home initiative to obtain housing for people who are homeless and have mental illnesses.

He said that he is also working to assist people who are suffering from deep poverty by expanding access to health care for the financially disadvantaged.

Pan noted that although significant strides have been made to address the housing issue, there is a lot more that needs to be done.

"People are still struggling," he said.

The senator mentioned the need to continue to work on economic development to create educational opportunities for people to obtain the types of jobs that are brought to communities.

In regard to health care, Pan, who is a pediatrician, stressed the importance of making decisions and policies based on "sound science and facts."

"That's why I authored the immunization bill when we had an outbreak of measles in the state of California," he said. "(This is) something that I know my opponent opposes.

"What he calls 'medical freedom' really means the freedom to spread disease, and that's not something that the people of Elk Grove want to have happen. We don't need a disease outbreak to basically send our kids to the hospital and cripple our economy."

Pan added that statistics show that cases of measles have declined in California, due to more people becoming immunized.

"The bill was successful, it's working, and we need leaders who believe in science and believe in the facts," he said. "That's how you make good decisions; not by embracing conspiracy theories and pseudoscience."

Pan also commented on the issue of flooding, noting that he has worked hard to make sure that flood control funding is available to the communities.

"We've had flooding south of Elk Grove, around the Cosumnes River flood plain," he said. "So, in the state budget, we brought in $190 million in flood control money, as well as in the parks and water bond, we got another $350 million for flood control funding in the Central Valley."

Pan said he believes his record of effectiveness in establishing coalitions and working with local leaders is vitally important to his role as a leader.

"I think one of the questions that people should ask is 'What is your track record?'" he said. "Obviously, I'm now in the legislature, but I think even my track record before I got elected showed that I'm someone who has been able to form coalitions (and) bring people together to solve problems facing our communities."

In commenting on some of his other past accomplishments, Pan expressed pride in working to improve transportation services.

Pan mentioned his involvement in efforts to acquire transportation funding to build the Capital SouthEast Connector – a future, 34-mile expressway from Interstate 5, south of Elk Grove, to Highway 50 at the new Silva Valley Parkway interchange, near El Dorado Hills.



Photo by Lance Armstrong

Sen. Richard Pan

He also said that he is contributing to the efforts to increase rail service with the Central Valley.

"The San Joaquin rail line actually is going to go and have a stop in Elk Grove, and then continue up into Sacramento," he said. "It's going to provide greater access to cities south of Elk Grove, as well as Sacramento by rail."

Pan also mentioned his involvement in the Million Meals Summer program, which is designed to ensure that no child in the Sacramento region goes hungry when schools are not in session.

Pan recognized the Elk Grove Unified School District as "an important partner" in that effort.

"The Elk Grove school district is actually helping provide the meals for the kids across the region," he said. We appreciate that partnership."

The senator noted that he is also proud to have participated in health fairs, and helped schools conduct health education.

Pan emphasized that it is important to him to become involved in efforts to improve the quality of life and address challenges faced by people in District 6.

"I've been working hard to make sure that I deliver for my district and for the people of Elk Grove," he said.





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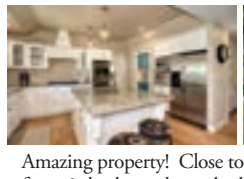





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19th Century Baseball comes to Sacramento on August 5th

Central Valley Vintage Base Ball connects the present to the past in a way that's both fun and informative by playing baseball by its 1864 rules.

Central Valley Vintage Base Ball (CVVBB) is hosting a free 19th Century baseball event on Sunday August 5th at Doc Oliver Field in William Land Park, starting at 9 a.m. CVVBB will be spending the morning teaching the rules and history of 19th Century baseball and putting them into action by playing a game with period-accurate equipment. All are welcome to participate regardless of age, race, gender, sexual orientation or skill level.

1864 baseball differs from the modern game in a few key ways. Instead of gloves, players simply used their hands to catch batted balls, pitchers throw the ball underhand and the umpire stands off to the first base side of home plate instead of behind the catcher. The early game also uses the "bound rule," which means if a fielder catches a ball after it bounces only once, it still counts as an out, making it easier to catch the ball without a glove.

A recipient of a spring 2018 California Humanities Grant, the organization channels the long history of the game in the region. The first organized club in Sacramento was formed in November 1859 and the first recorded game took place a year later between Sacramento and the San Francisco Eagle Club. By the 1880s, local clubs had sprung up in Woodland, Dixon, Davis, Stockton and surrounding cities.

Though he had never played baseball when he was younger, founder Matt "Brandywine" Stone fell in love with the game when he joined a vintage league while living in Pennsylvania's Brandywine Valley (hence his nickname). When he moved to the Sacramento region in 2016, he couldn't find a similar program, so he resolved to start his own.

Since its inception in late 2017, the organization has been growing with each successive event. CVVBB hopes the August 5th event is the first of many that involves the City of Sacramento. Stone aims to recruit enough players to establish four teams in the Sacramento region by 2019, re-creating historical teams in Sacramento, Davis, Woodland and Dixon, with the possibility of expanding into other parts of the Central Valley.

Since the organization is an association and not a league, games are more about having fun and celebrating the history rather than winning and losing, making it a welcoming environment for anyone interested in history and the game of baseball.

For more information, visit cvvbb.org, follow the organization on Facebook and Instagram or contact Matt "Brandywine" Stone directly at CentralValleyVintageBaseball@gmail.com.

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Harmony Support for Caregivers continues to grow its success serving the community

One year ago, Pocket News covered the newly formed Harmony Support for Caregivers, a ministry of River's Edge Church. The effort has been so successful serving 68 caregivers since its inception with community resources, homemade cards/gifts, home visits and telephone calls made by trained volunteers. Harmony has reached out to area churches to help them create or improve their ministries to caregivers. The current churches involved are River's Edge Church, Faith Presbyterian and St. Anthony's. The founder of both Harmony Support for Caregivers and this newly formed consortium of churches named Pocket Caregivers Ministry Partnership (PCMP) is Beth Hieb, MPH. Beth has 12 years experience in government funded agencies administering caregiver support programs.

Caregiving has gained national attention with "52 million caregivers (or one out of every five households) are involved in caregiving to persons aged 18 or over.18 [Updated February 2015] – Family Caregiver Alliance.



Beth noticed in her field experience the caregiver and the care recipient becoming socially isolated especially from their churches. Many churches do not have an effective way to keep in contact to support them. Beth brought this message to her church; River's Edge and started the ministry in January 2017.

Pastor Mike Higley, senior pastor states, "Pastors are not trained to think of the caregiver as part of their ministry. Until Beth brought it to my attention, I was unaware of the needs of the caregiver and did not realize we had over 40 caregivers in our congregation."

Harmony has used unique approaches to reach the caregivers and has sent over 500 homemade cards to the caregivers. These cards have extended the efforts of Harmony's 8 member team between the phone calls, e-mails and home visits to send a tangible message of support decreasing the caregivers' sense of isolation and increasing the connectivity with their church. Harmony's most recent outreach was health/wellness packs which included a handout on self-care, protein shakes, bottled water, stress ball, foot soak, granola, homemade card and painted rock. These gifts provided the caregiver small ways to begin their own self-care. The health/wellness packs were delivered to caregiver's homes or place of business by a team member. It is not enough to tell a caregiver to take care of herself/himself. Harmony helps them to begin to think of their own individuality by providing community resources available for respite and is able to provide free massages to a limited number of the caregivers. A Harmony team member is a licensed massage therapist.

These ideas and others are brought to PCMP at its quarterly meetings. All of the 3 current churches involved exchange caregiver success stories, ideas, resources and education to put into practice in their own churches. Pastor Jim Zazzera from Faith Presbyterian stated at the last quarterly meeting, "As a result of my involvement with PCMP, I find that I'm a lot more sensitive to caregiving needs around me." Another member expressed, "I wish I'd have had this kind of support when I was a caregiver."

If you are a church in the South Sacramento/Pocket area and are looking to create or improve your outreach to caregivers in your congregation, you can contact Beth Hieb at beth@recsac.org for more information.



Under the stars – A senior senior prom

By DEBBIE ETO

On Wednesday, July 18th, The ACC Senior Services held their first "Senior Senior Prom". The sold out event was a big hit with the senior citizens. Despite the triple digit temperatures, many came dressed in traditional prom attire. A few of the men, wanting to be "true' to the prom attire, opted for tuxedo t-shirts, while many women wore formal wear. All participants were given corsages and boutonnières.

The music was provided by DJ Debbie, who played a variety of dance music. During the 3 hour event, the dance floor was consistently packed with couples doing the electric slide, the mambo, the cha cha, the cupid shuffe, the waltz as well as some of the current dances. "It was great seeing the dance floor packed and the seniors having such a good time.", said DJ Debbie.

Lois Nishimura and Keiji Takagi were elected Prom King and Queen. They were crowned and escorted to the beautiful thrones. "I was so embarrassed", was heard from the very lovely and modest Queen Lois.

The prom decorating committee, Yolanda & Lorenzo Cuesta, Kathy Delmendo, Terri Endo, Debbie Eto, Pattie Hashimoto, Lois Nishimura and Mike Oyama, worked overtime, transforming the ACC into a veritable starlight wonderland. The photo booth was a big hit. Sisters, Rachelle and Laura Riley built it and took pictures of everyone!

ACC CEO Darrick Lam spoke at the end of the night, thanking everyone for attending. The idea for the "Senior Senior Prom" was ACC Director Linda Revilla, who was pleased with the turnout. With such a great turnout and so many asking when is the next one, Linda Revilla plans to make this an annual event.

Coming up August 23, 2018 at the ACC is a summer concert with the Showstoppers (senior choir) and the end of summer dance party. The event begins at 6:30PM, make sure to get there early as seats are limited. For more information contact the ACC (916) 393-9026.







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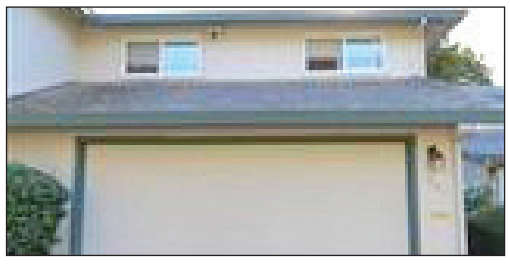

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A brief history of hula and current practices



Kaleo Kia of Sacramento's Ka Waikahe Lani Malie hula school delivers a solo performance at the Harris Center for the Arts in Folsom.

By JOE PERFECTO

Dancing is among the world's most popular pastimes, in hundreds of styles that vary both regionally and temporally, ranging from the traditional Bhaṅgṛā of the Punjab to the hip-hop of the Bronx to the zydeco of New Orleans. Rooted in antiquity, the art form originated as a conduit for oral societies to pass down creation myths, legends, cultural histories and traditions through successive generations, as a ceremonial connection to the spiritual forces that inhabited their metaphysical constructs, as a means of bonding and as a method of expression.

Numerous dance forms exist in both traditional and contemporary versions. Although many traditional styles have common roots and were shaped by cross influences, a few are unique due to specialization and geographic isolation. Among these, perhaps the most familiar to Americans is the hula, a storytelling form found exclusively in Hawai'i.

A Polynesian dance style accompanied by chant or song, hula is generally categorized as either Kahiko (pre-Western-influence style) or 'Auana (latter-day style). While both traditional and modern forms portray stories through descriptive, expressive dance movements that reflect the content of the chants or songs, narrative of the Kahiko form deals only with themes from the era prior to roughly the late 1800s, by which point through heavy Protestant influence the islands had become a Christian monarchy under King Kamehameha III; musical accompaniment is limited to indigenous instruments such as the gourd drum (Ipu), water-worn lava stone castanets ('Ili'ili), rhythm stick (Kāla'au), coconut shell-fish skin knee drum (Puniu) and feathered gourd rattles ('Ulī'ulī). The 'Auana form—which embodies the mass media's contemporary stereotype—is not fundamentally changed in structure or technique but may reference post-late-1800s people and events, and employs 'ukulele and guitar.

In both Kahiko and 'Auana there is significance attached to each movement and article of attire. The stereotypical image of a hula dancer that comes to mind for many people comprises an island girl clad in grass skirt, coconut-shell or perhaps scallop-shell bra, lei and some sort of headgear, who sways and waves her hands to the rhythm of a ukulele or Hawaiian guitar, and that's not far wrong. Leis and headgear are frequently seen; grass skirts, not so much. As the dancers' ensembles are frequently customized for each individual hula selection, costuming spans a wide gamut. Often colors and patterns are chosen to correspond to elements of the story's narrative—blues for sky, bright hues for flora and fauna. Hand movements can represent ocean waves, rainfall, the sun and sky, volcanoes and many other things including emotions. Garments and choreography provide visual representations of what is being conveyed by the chant or song driving the dance.

As hula was frequently presented for the entertainment of the king and other potentates, precision in performing the movements was of extreme importance, as any misstep not only made the errant dancer look bad, it was taken by the royal audience as an insult and was believed to bring ill fortune to the village.

Nowadays the consequences of such missteps are far less grave, but that doesn't mean that the long training large numbers of dancers across the globe still endure today is any less arduous. While not exactly a mainstream form the likes of ballet, hula enjoys a broad base of enthusiasts worldwide. There are numerous *hālaus* (training academies) through which countless performers perfect the art—at least 150 hālaus are scattered across the US; more

See Hula, page 13

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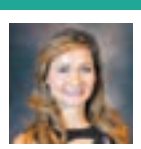
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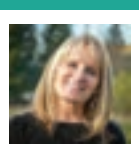
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Hula:

Continued from page 12

than half of that number are in CA and about a dozen of these are located in the greater Sacramento region.

While students' mastery of hula is a core goal of any hālau, a typical curriculum goes far beyond facilitating proficiency in the four basic dance steps (Ami, Hela, Kaholo, ʻUwehe) and their many variations; students are schooled in the history, culture and traditions of Hawaiʻi, and even receive training in the construction of hula's implements and wardrobe. While this may seem a quite arcane body of subject matter to most *haole* (non-Hawaiians), in the US interest is high for many reasons. "Some become attracted to hula because they have visited Hawai'i and fell in love with the art form; some have grown up with hula, some have friends who dance and they become interested as well," saidʻĀnela Freeman, an *Alakaʻi* (leader, AKA coach/guide/mentor) at Ka Waikahe Lani Mālie, a widely-recognized hālau at 3413 Arden Way. "No matter what the reason, people continue their hula journey because they love the hula and want to perpetuate the culture. They love the comradery, the learning and the bonds they form."

in addition, there are countless U.S. residents who have roots in or connections to Hawaiʻi, including many locally. "Sacramento has a richly diverse population that appreciates the values and morals of the culture of Hawai'i," said Freeman. "A testament to this is the attendance at the annual Sacramento Aloha Festival, which has attracted about 10,000 people in the Northern California area." The Aloha Festival is a celebration of everything related to Polynesian cultures; the eighth annual event will be held Oct. 6 at Cal Expo. Among the attractions at the Festival are native dances, including hula. Cal Expo is among the larger venues for hula; performances can take place in a wide variety of spaces from massive to minuscule.

One type of hula performance, called a *Hoʻike*, is a public presentation by the members of a hālau that demonstrates all they have learned to date; most hālaus present such performances. The 2018 Sacramento Hoʻike, *Kō Ka ʻI'ini* ("Desires Fulfilled") was presented by the Ka Waikahe Lani Mālie hālau, along with its sister hālau from Brentwood, on June 30 to an enthusiastic crowd at the Harris Center for the Arts in Folsom. The program consisted of nine traditional dances and 20 modern numbers.

Even for the most determined student, the pursuit of hula mastery can be a long, difficult process. But some students find their way to the stage in a short time, as evidenced by several gradeschoolers who shared the spotlights at the Harris Center. Each student's experience is different."Depending on the level of the student and what a class is learning, the difficulty varies from student to student," Freeman said. "Each student is on their own journey guided by our hālau leaders and Kumu [hula master] Juni. There isn't a specified amount of time to go from one level to the next; when Kumu feels you are ready for the next step you are moved."

In addition to hula being a means of exposure to Hawaiian culture and tradition, many students describe it as a path for personal growth. "There are a lot of skills that are useful in hula; patience, perseverance and willingness to learn are a few," Freeman said. "Hula gives you many lessons. When you think you are unable to do something, you end up proving to yourself that you can. The most important skill therefore is being open minded—open to [learning] new things, a new culture and new ways that your body can and will move."

Hālaus welcome anyone with even the mildest interest to investigate what they have to offer. Ka Waikahe Lani Mālie, one of several hālaus with the city limits, is in its 20th year of offering training for various levels and age groups (students range from three to 80-plus years of age, according to Freeman). Although orientation for this year's open enrollment period was held July 25 for classes commencing Aug. 1, the next open enrollment period will occur early next year. For details, visit http://www.kawaikahe.com, E-mail halaukawaikahe@yahoo.com or call 916-486-6399.



Photos by Joe Perfecto

(L to R) Jade Poling, Maila Sun and Leah Pula of Sacramento's Ka Waikahe Lani Malie hula school performs at the Harris Center for the Arts in Folsom.



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Faces and Places:

Pear Fair 2018

Photos by MONICA STARK
editor@valcomnews.com

The family friendly celebration of the Delta's Bartlett pear harvest was celebrated at the annual Pear Fair in Courtland on Sunday, July 29. Completely, run by volunteers, the Pear Fair featured delicious pear fare, including pear pie, pear espresso drinks, pear ice cream, pear sausage, and pear beer. Besides the food, the event featured a parade, a royal court coronation, an award for the largest pear (which weighed 1.65 pounds), a baking competition, live music, kids activities and crafts.











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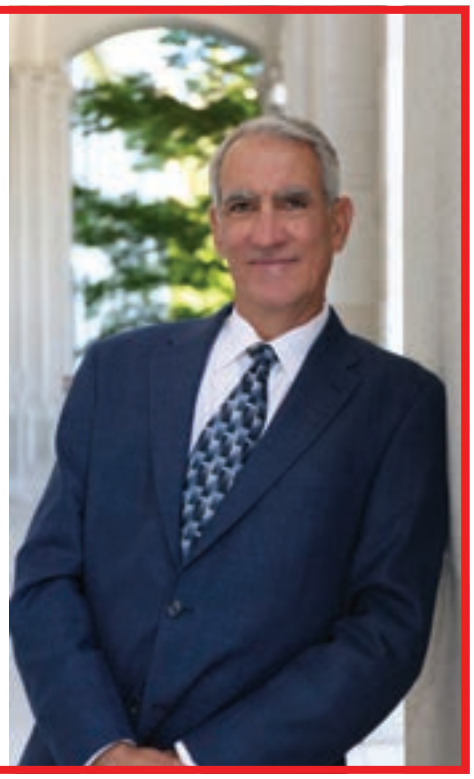

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What's happening Pocket/Greenhaven?

SATURDAY, AUG. 4-SUNDAY AUG. 5

SELF DEFENSE FOR ALL: ESCAPE TO GAIN SAFETY: Back by popular demand -- an updated awareness preventive workshop on how to escape from situations that may cause harm. This 4-session workshop will demonstrate techniques that may prevent you from becoming a victim. No prior experiences required.This is an active participation workshop for all ages--so wear comfortable clothing and rubber sole shoes. Pre-payment of $40 or $15 drop-in per class at the door .Pre-registration required. Class will be held Saturdays and Sundays starting Aug 4,5,11, and 12, 2018 from 1:00-3:00pm at ACC Senior Services 7334 Park City. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

TUESDAY, AUG. 7

"ALL IN" GAMING AND SOCIAL HOUR FOR ADULTS AND SENIORS – Join us for games, refreshments, conversation, and fun! Available games will include poker, chess, Scrabble, checkers, dominos, Mahjong, cribbage, and more! Tuesdays, August 7 and 21, 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

PLANNING AHEAD FOR THE INEVITABLE: A 25-minute presentation on why everyone shout pre-plan funeral arrangements; this may eliminate stress, relieve family burden, and save money. Free lunch provided. Free of charge and pre-registration required. Class will be held Tuesday August 7, 2018 from 11:30a-12:30pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

WEDNESDAY, AUG. 8

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 (August 8 and 22), between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

IS SOLAR RIGHT FOR YOU? – SMUD personnel will help answer your questions about potential savings, system size and cost so you can decide if solar is the right choice for you. Please register for this event at saclibrary.org. Wednesday, August 8, 6 p.m. to 7 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

FRIDAY, AUG. 10

WHAT ARE PALLIATIVE CARE AND HOSPICE?: Learn about palliative care and hospice services and how they can improve the quality of life for someone with a chronic illness or a life-limiting illness. Free of charge and pre-registration required. Class will be held Friday August 10, 2018 from 1:00-2:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

SATURDAY, AUG. 11-SUNDAY AUG. 12

SELF DEFENSE FOR ALL: ESCAPE TO GAIN SAFETY: Back by popular demand -- an updated awareness preventive workshop on how to escape from situations that may cause harm. This 4-session workshop will demonstrate techniques that may prevent you from becoming a victim. No prior experiences required.This is an active participation workshop for all ages--so wear comfortable clothing and rubber sole shoes. Pre-payment of $40 or $15 drop-in per class at the door .Pre-registration required. Class will be held Saturdays and Sundays starting Aug 4,5,11, and 12, 2018 from 1:00-3:00pm at ACC Senior Services 7334 Park City. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

WEDNESDAY, AUG. 15

Is an Electric Vehicle Right for You? – SMUD personnel will give you the basics of Electric Vehicles, including what to know before buying, charging technologies and discounted rate options. Please register for this event at saclibrary.org. Wednesday, August 15, 6 p.m. to 7 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, AUG. 18

COOKING WITH TOFU – Local food blogger Lisa Lin will demonstrate some tasty and healthful recipes, and will even show you how to make your own chickpea tofu. No registration is needed but space is limited. Saturday, August 18, 2 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SECOND CHANCES TAKE OFF AT HERINGER ESTATES VINEYARDS OWL RELEASE: Rehabilitated owls will be released in a special family friendly event. Owl Release and Picnic with wildlife education, demonstrations, food trucks, fine wines for purchase and release of owls saved by the volunteers at Wildlife Care Association of Sacramento. A second chance to live for wildlife rehabilitated by the heroes of nature at WCA, the Owl Release and Picnic has proved so popular, you get a second chance to attend this August, along the banks of the beautiful Sacramento River in the community of Clarksburg, Heringer Estates at 37375 Netherlands Road. Proceeds benefit the Wildlife Care Association of Sacramento, a non-profit organization saving wildlife injured, orphaned or displaced across the region to be released for a second chance at life! Visit www.wildlifecareassociation.com or Wildlife Care Association on Facebook or Instagram. If you find wildlife in distress call 916-965-WILD (9453). The Wildlife Care Association is located at 5221 Patrol Road, McClellan Park. Tickets and more information are available when you visit https://heringerestates.com/event/july-owl-release/

See more What's Happening, page 18


PENDING

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www.GaltBalloonFestival.com
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What's happening Pocket/Greenhaven?

TUESDAY, AUG. 21

"ALL IN" GAMING AND SOCIAL HOUR FOR ADULTS AND SENIORS – Join us for games, refreshments, conversation, and fun! Available games will include poker, chess, Scrabble, checkers, dominos, Mahjong, cribbage, and more! Tuesdays, August 7 and 21, 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, AUG. 22

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 (August 8 and 22), between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, AUG. 25

ROBBIE WATERS POCKET-GREENHAVEN LIBRARY 8TH ANNIVERSARY CELEBRATION – Join us for family-friendly carnival games at 10 a.m. and a special taiko drum performance by Kristy Oshiro at 11 a.m. This free event is made possible with support from the Pocket-Greenhaven Friends of the Library and the Teen Advisory Board volunteers. Saturday, August 25, 10 a.m. to noon at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

SATURDAY, SEPT. 8

KENNEDY CLASS OF 1978 40TH. REUNION: The Westin Hotel, 4800 Riverside Blvd., Sacramento, 95822. $70 per person. For more information contact the committee at kennedycougars78@gmail.com or check out or Classmates.com.

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,
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.

"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.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY – Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

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Opioid epidemic:

Continued from page 2

therapies amid the opioid crackdown." (Smith, E) She adds," Many chronically ill patients deprived of the tools to manage their pain have felt so desperate. (Fox). Sadly many of them are making the choice to commit suicide." Recently my friend said her doctor was going to cut her opioid use in half. She shook her head in desperation and said, "Without these meds I might as well kill myself." Fortunately with love and support she did not, but we can no longer take the chance that millions of the chronically ill will follow through and commit suicide, we have to encourage legislators and other leaders and organizations to never forget the chronically ill. One of those leaders, FDA Commissioner Scott Gottlieb, M.D. "The FDA remains focused on striking the right balance between reducing the rate of new addiction by decreasing exposure to opioids and rationalizing prescribing, while still enabling appropriate access to those patients who have legitimate medical need for these medicines." (7/9/18) We need to be the voices for the chronically ill and make sure they are not forgotten.

If you know any doctors, legislators, nurses, caregivers, chronically ill patients, and others that have had experience with the opioid crisis including those addicted or their families, who might be interested in being a panelist, call or text Terry at 916-204-7199. Also, if there are any medical marijuana experts who have experience with cannabis aiding in the elimination of opioid addiction, who might be interested in being a panelist, contact Terry or Monica (916-267-8992).

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.

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