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MODERN-DAY PORTUGUESE FESTIVAL DATES BACK TO MIDDLE AGES

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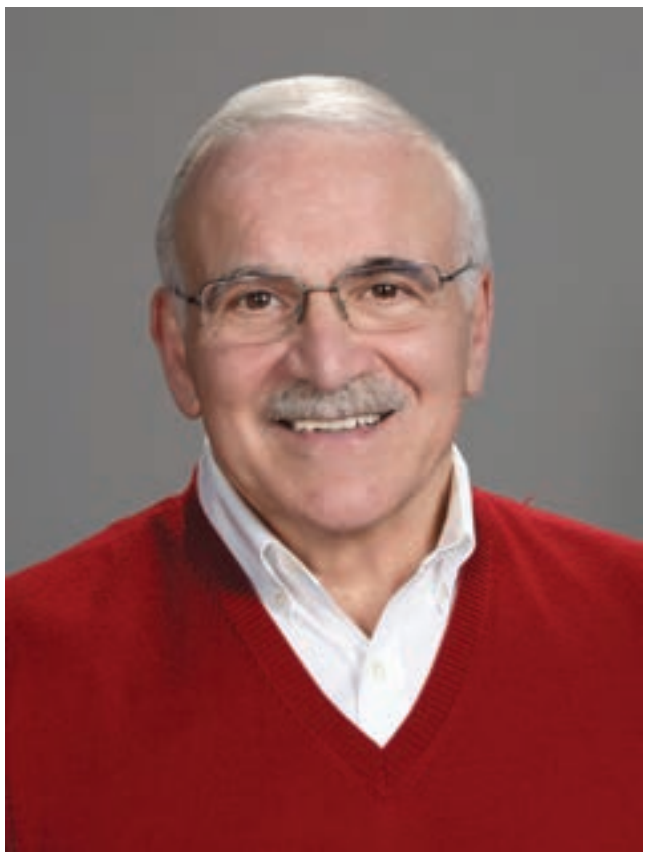

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Door to Door

with PAT LYNCH

Bad Grandpa, Good Grandpa

By Pat Lynch

Six of us spent International Women's Day in Ireland and were reminded of the day by an American poet of Irish descent, Tom Lynch. On a cold, drizzly night in Limerick we trooped into a room to hear him speak. "Happy International Women's Day," he began, and it struck me that this was the first time I'd heard a man introduce himself by noting this particular anniversary.

He was tall, had a medium full white beard and long white hair pulled back. "I swore I wouldn't cut my hair until we had a woman president," he said. This, plus his name, was enough to establish appreciation, and, because of DNA research, I already knew we were distant relations. He began to read. A review from Prairie Schooner encapsulated his presentation that night: "a splendid melding of language, vision, voice and agape love…tinged with rascally humor."

Ireland is beautiful, and cold in March. After Limerick we went to County Clare and it's high cliffs. The wind slaps you around. Below the Atlantic rumbles. The wild, high sprawl of green seems infinite and so does the cold. This is where our errant, elusive paternal grandparent, Eugene Lynch, (Bad Grandpa)came from. Here we went to tea at a remote, rebuilt house up a narrow road. "Tea" in Ireland means a heaping tray of quartered sandwiches, tea, and a dessert, in this case cookies. This is Tom Lynch's house where he lets poets stay for free. The tax write-off keeps him from supporting the Trump policies he abhors. We are honored to be invited. We sit around the fire in our fat down jackets, our host a man who won the American book award and was featured on Frontline. Eileen asks questions, her voice almost comically hoarse and squeaky: laryngitis. Three of us have head colds, but Eileen, our leader, sounds the worst. Tom Lynch says, "In the old days the cure for a cold was lemon, honey and whiskey. I don't have any lemon or honey, but---" He brings forth a nice whiskey and we drink it from teacups, glasses, jars.

Our niece, Angela, who owns the Plant Foundry on Broadway, says this is the way to visit a country, talking with people who live there and love it. In our company, besides the six travelers, are Irishmen Paddy Waldron and Michael O' Connell. Waldron is a statistician and famous genealogist, O'Connell a historian. These men provide information and speculation vital to our search for the origins of the Eugene who abandoned his wife and children months before our father was born. They understand our quest. The lilt in their talk charms us and I wonder what our American accent sounds like to them.

We have a dinner date with Clair Carmody and her sister, Pat. DNA says they are paternal (Lynch) second to third cousins, but we don't need data to authenticate the instant great connection we feel to these women. We laugh alike, share perspectives, have a giddy, good time.

My sister, my niece and I travel with Joan and Ellen Cochrane and Kim Tierney, and don't expect them to be fascinated by our quest for relatives. The next day they head off to the Cliffs of Moher while we go into Galway where our maternal grandfather (Good Grandpa), Tom Kennedy, was born. Eileen has arranged for us to meet with the Donelon family. These are the descendants of Sarah Donelon, Grandfather Tom Kennedy's mother.

The Donelons are everything you could want your family to be, warm, smart, funny, sweet-natured, hospitable. Fran Murphy (a Donelon) and husband, Tony, live in a big, lovely house on a country road. They took us to cousin Mary's even bigger house. Out came the bountiful tray of sandwiches, tea, and today a grand tin of chocolates. Here we meet Mary Roscommon, with her ready laugh. I like these Mary's and the Irish tradition that names the first-born daughter after the mother.

Next we went in a caravan to Flaskeg Beg, overgrown, deserted fields of green where small farms once stood. The plots are marked.

see GRANDPA page 7

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Cover photo by:
Stephen Crowley

66 years of the Bing Maloney Golf Course



By Mitch Barber

At the Sacramento Public Library's central library, in the Sacramento Room, I was recently able to handle the souvenir program from Bing Maloney Golf Course's opening ceremonies on March 16, 1952. Page 3 listed the course's 18 rules of etiquette: "#1 Enter all sand traps from the low side and go out the same way." "#4 Do not take ball out of cup with putter. This breaks down edges of hole." The most interesting rule addressed course contraband: "#17 You should discourage purchase of balls from anyone on course except authorized employees. This will help control activities of outsiders and keep them off the course." Ball hawkers. Go figure.

The course was named after John (Bing) Maloney, superintendent of Sacramento City Recreation from 1932-1951. John tragically passed away January 21, 1951, just a year before the course opened. It was his dream to open a 3rd city course in Sacramento, along with the overcrowded 9-hole William Land, and what was then known as Sacramento Municipal Golf Course (now Haggin Oaks). His dream was realized without his presence; his legacy ensues with the course's familiar name.

To acquire some insight regarding the state of the course today, I set up an interview with the general manager, Andrew Wilson, who has been at the helm for just over a decade. He was eager to mention his staff's focus on getting women and children onto the course: 300 youths take part in the course's instructional programming each year and Janet Vorwerck recently came on as the women's golf ambassador. She has already gotten 150 new women out there playing the game.

Andrew indicated that the course's 12th hole is famous for being the toughest hole around. It's a par 4, and a good tee shot requires a golfer to clear a giant cottonwood tree that guards the middle of the fairway like a sentinel. A perfect second shot lands on a green with a back-to-front grade. Four strokes for the hole deserves a good pat on the back.

Andrew was excited to brag about the new cover over the tee boxes of the course's driving range. It provides both heat and rain protection for practice sessions, and the whole structure is supported by wheels which allow for movement in any direction. It is a wonder of engineering; it is gigantic and a visible indicator of Andrew's intent to make the game of golf as convenient as possible for all.

Take some time to enjoy this historic Sacramento golf course. Just don't forget the old etiquette rule #16: "Do not stand directly behind players making a shot or in front of player's line of putt." Tee time reservations can be made calling (916) 808-2283. See you out there!

Loose dog seen running around Didion School



Photo by Julie Virga

This dog has been spotted running scared through area around Didion school, off of Outrigger and Surfside. Neighbors are looking for fosters or forever homes. Neighbor Julie Virga has looked on lost and found website with no luck. If you have any information on this dog, contact Julie at 916-803-5880 or JulieVirga@gmail.com.

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-Ben Franklin





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Aging in Place: Growing Old at Home

"The stairs are getting so hard to climb.

"Since my wife died, I just open a can of soup for dinner.

"I've lived here 40 years. No other place will seem like home.

These are common issues for older people. You may share the often-heard wish—"I want to stay in my own home!" The good news is that with the right help you might be able to do just that. Staying in your own home as you get older is called "aging in place." This article contains suggestions to help you find the help you need to continue to live independently.

Planning Ahead to Stay in Your Home

Planning ahead is hard because you never know how your needs might change. The first step is to think about the kinds of help you might want in the near future. Maybe you live alone, so there is no one living in your home who is available to help you. Maybe you don't need help right now, but you live with a spouse or family member who does. Everyone has a different situation.

One way to begin planning is to look at any illnesses, like diabetes or emphysema, that you or your spouse might have. Talk with your doctor about how these health problems could make it hard for someone to get around or take care of him- or herself in the future. If you're a caregiver for an older adult, learn how you can get them the support they need to stay in their own home.

What Support Can Help Me Stay at Home?

You can get almost any type of help you want in your home—often for a cost. You can get more information on many of the services listed here from your local Area Agency on Aging, local and State offices on aging or social services, tribal organization, or nearby senior center.

Personal care. Is bathing, washing your hair, or dressing getting harder to do? Maybe a relative or friend could help. Or, you could hire a trained aide for a short time each day.

Household chores. Do you need help with chores like housecleaning, yard work, grocery shopping, or laundry? Some grocery stores and drug stores will take your order over the phone and bring the items to your home. There are cleaning and yard services you can hire, or maybe someone you know has a housekeeper or gardener to suggest. Some housekeepers will help with laundry. Some drycleaners will pick up and deliver your clothes.

Meals. Worried that you might not be eating nutritious meals or tired of eating alone? Sometimes you could share cooking with a friend or have a potluck dinner with a group of friends. Find out if meals are served at a nearby senior center or house of worship. Eating out may give you a chance to visit with others. Is it hard for you to get out? Ask someone to bring you a healthy meal a few times a week. Meal delivery programs bring hot meals into your home; some of these programs are free or low-cost.

Money management. Do you worry about paying bills late or not at all? Are health insurance forms confusing? Maybe you can get help with these tasks. Ask a trusted relative to lend a hand. Volunteers, financial counselors, or geriatric care managers can also help. Just make sure you get the referral from a trustworthy source, like your local Area Agency on Aging. If you use a computer, you could pay your bills online. Check with your bank about this option. Some people have regular bills, like utilities and rent or mortgage, paid automatically from their checking account.

Be careful to avoid money scams. Never give your Social Security number, bank or credit card numbers, or other sensitive information to someone on the phone (unless you placed the call) or in response to an email. Always check all bills, including utility bills, for charges you do not recognize.

Even though you might not need it now, think about giving someone you trust permission to discuss your bills with creditors or your Social Security or Medicare benefits with those agencies. Learn more about legal and financial planning for older adults.

Health care. Do you forget to take your medicine? There are devices available to remind you when it is time for your next dose. Special pill boxes allow you or someone else to set out your pills for an entire week. Have you just gotten out of the hospital and still need nursing care at home for a short time? The hospital discharge planner can help you make arrangements, and Medicare might pay for a home health aide to come to your home.

If you can't remember what the doctor told you to do, try to have someone go to your doctor visits with you. Ask them to write down everything you are supposed to do or, if you are by yourself, ask the doctor to put all recommendations in writing.

Be Prepared for a Medical Emergency

If you were to suddenly become sick and unable to speak for yourself, you probably would want someone who knows you well to decide on your medical care. To make sure this happens, think about giving someone you trust permission to discuss your health care with your doctor and make necessary decisions. Learn about healthcare advance directives. Talk with your doctor about whether you should get a medical alert ID bracelet or necklace. Read and share this infographic to get tips on how to make home safe and accessible while aging in place.

Aging in Place: Common Concerns

If staying in your home is important to you, you may still have concerns about safety, getting around, or other activities of daily life. Find suggestions below to help you think about some of these worries.

Getting around—at home and in town. Are you having trouble walking? Perhaps a walker would help. If you need more, think about getting an electric chair or scooter. These are sometimes covered by Medicare. Do you need someone to go with you to the doctor or shopping? Volunteer escort services may be available. If you are no longer driving a car, find out if there are free or low-cost public transportation and taxis in your area. Maybe a relative, friend, or neighbor would take you along when they go on errands or do yours for you. To learn about resources in your community, contact Eldercare Locator at 1-800-677-1116 (toll-free) or https://eldercare.acl.gov.

Activities and friends. Are you bored staying at home? Your local senior center offers a variety of activities. You might see friends there and meet new people too. Is it hard for you to leave your home? Maybe you would enjoy visits from someone. Volunteers are sometimes available to stop by or call once a week. They can just keep you company, or you can talk about any problems you are having. Call your local Area Agency on Aging to see if they are available near you.

Safety. Are you worried about crime in your neighborhood, physical abuse, or losing money as a result of a scam? Talk to the staff at your local Area Agency on Aging. If you live alone, are you afraid of becoming sick with no one around to help? You might want to get an emergency alert system. You just push a special but-

see AGING page 7

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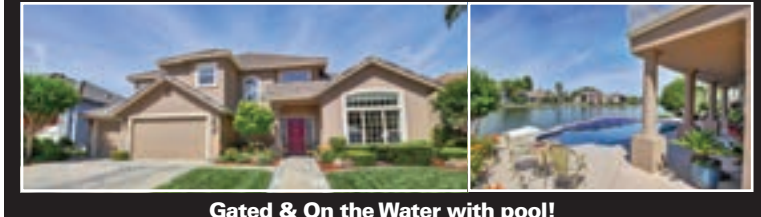

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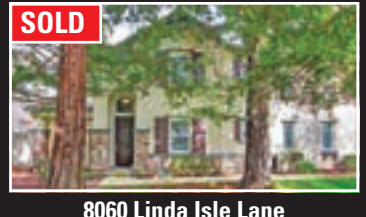

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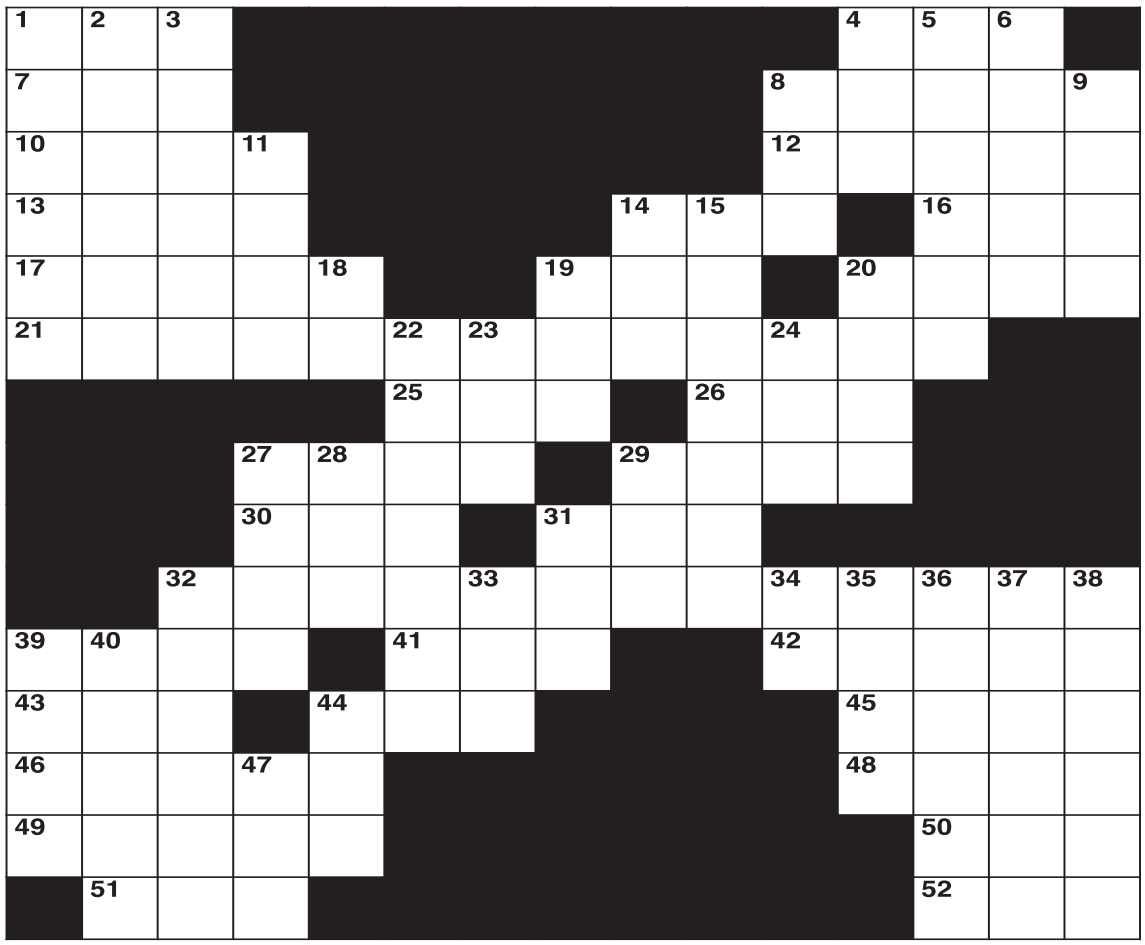

CLUES ACROSS

1. Doctors' group
4. One millionth of a gram
7. Contrary to
8. Oohed and __
10. Popular sandwiches
12. Construction site machine
13. Variety act
14. Fall back
16. An electrically charged atom
17. Mountain lakes
19. Japanese classical theater
20. Pesky insect
21. Natural wonders
25. Design file extension
26. Genus of grasses
27. Container for shipping
29. Theron film "__ Flux"
30. Get older
31. Chinese surname
32. Edith Bunker actress
39. Natives to Myanmar
41. Soda comes in it
42. Counting frames
43. Where some get their mail (abbr.)
44. Having ten
45. Assn. of oil-producing countries
46. A type of cigar
48. World's longest river
49. Single-celled animal
50. Decay
51. General's assistant (abbr.)
52. Pigpen

CLUES DOWN

1. __ and Costello
2. Islamic teacher
3. Clothing
4. Disfigure
5. Irons
6. NW Italian seaport
8. Play a role
9. A reduction
11. Short poem set to music
14. Pain unit
15. Get in form
18. Junior's father
19. To the __ degree
20. Wild or sweet cherry
22. Content
23. Earn a perfect score
24. Korean surname
27. Herb __, San Francisco columnist
28. Ottoman military commander
29. Satisfaction
31. Kids' TV channel (abbr.)
32. Poke quickly
33. Pouch
34. City of Angels
35. Dark olive black
36. Nocturnal hoofed mammals
37. Wild cat
38. Fine detail
39. Prevents harm to creatures
40. A city in Louisiana
44. Everyone has their own
47. Basics

solutions page 18

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Caltrans Awards I-5 Corridor Enhancement Project to Granite/Teichert



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By Patricia A. Clark

The infrastructure that we live with, and depend on in our daily lives, needs periodic maintenance and occasional rehabilitation. Just like water supply systems and the electrical grid, transportation infrastructure has a projected lifespan and must be rehabilitated at the end of that lifespan to continue to provide the function we depend on. It's our turn now with the rehabilitation of Interstate 5 in our area starting this summer.

In early May, Caltrans awarded the $370 million "I-5 Corridor Enhancement Project" to Granite Construction and Teichert Construction. The award of the bid signals that the start of the three-year rehabilitation project is close, perhaps weeks away according to Caltrans District 3 Public Information Officer Dennis Keaton.

The freeway in our area gets heavy use and has never been rehabilitated. More than 150,000 vehicles daily use the stretch of the I-5 Corridor from south of Pocket Road to downtown Sacramento. Most of I-5 in the project limits was constructed in the 1970's, according to Mr. Sutha Suthahar, Caltrans District 3 Acting Deputy Director, which means it is over 40 years old. Recent years have seen sudden and extreme concrete slab deterioration, necessitating emergency Caltrans repair work during the work week.

The geographic scope of the project is approximately 15 miles from one mile south of Elk Grove Blvd to the American River Bridge just north of downtown. The project primarily features rehabilitation of freeway pavement and ramps with a new 40-year pavement service life. New High Occupancy Vehicle (HOV) or bus/carpool lanes will be constructed to help ease congestion. Ramps and sidewalks will be brought into compliance with the Americans with Disabilities Act (ADA), including replacement of the Casilada Way Pedestrian Overcrossing, between Fruitridge and Sutterville Roads near Sam Brannan Middle School, because the steepness of the ramps on the existing structure exceeds current standards.

Two new sound walls will be constructed on the west and east sides of the freeway just south of Pocket Road. Ramp meters will be added to six southbound on ramps and the northbound on ramp at 43rd Avenue will be widened. Ancillary facilities will also get an upgrade, including signs, lighting and guard rails. The project has a high-tech component with the installation of fiber optic lines from Elk Grove Boulevard to Highway 50 as part of Caltrans' regional plan to link Intelligent Transportation System (ITS) elements efficiently with their Traffic Management Center so they can provide better information to the public.

Project Manager Jess Avila stressed that Caltrans will try to minimize the impact on the traveling public as well as residents who live adjacent to the freeway. "Traffic operations will be affected temporarily during construction, but in the end the improvements resulting from this project will benefit the traveling public in reduced travel times during peak hours within the project limits."

Familiar names to most readers, both Granite and Teichert are local companies. Granite Construction is a public general contractor specializing in large transportation infrastructure projects, founded in 1922 and headquartered in Watsonville. Teichert Construction is a private construction company specializing in grading and paving. Founded in 1887, the company is headquartered in Sacramento and has an intriguing historical Sacramento connection. Adolph Teichert, the founder, was a German immigrant who came to Sacramento to work on the sidewalks surrounding the State Capitol in the late 19th century.

The funding for the $370 million project is primarily from Senate Bill 1 (SB1)-The Road Repair and Accountability Act of 2017 (SB1 Gas Tax). The SB 1 transportation funding package provides over $5 billion annually for maintenance, rehabilitation and safety improvement on state highways, bridges, and local streets and roads.

For the I-5 project, about $308 million comes from SB 1 funds and $20.5 million from the State Highway Operation and Protection Program. The Sacramento Transportation Authority committed $33 million generated by the Local Measure A transportation sales tax. An additional $8.5 million comes from the Congestion Management and Air Quality Improvement Program from Sacramento Area Council of Governments (SACOG).

A groundbreaking event for the three-year project is anticipated for late July, according to Caltrans' Keaton. The first phase of work in fall 2019 will be relatively light work, probably at night to not interfere with commute time. The heavy work to replace pavement is expected to begin in 2020, continue into 2021, and the project is scheduled to conclude in 2022.

To stay informed about the project, you have many choices. You can follow Caltrans District 3 on Facebook or Twitter. Keaton, the Public Information Officer, said Caltrans will increase communication about the project this fall. "Caltrans intends to increase outreach efforts by developing a project page to address our customer's concerns prior to the major traffic interfering work beginning next year. We will also ramp up our efforts within the next month about the project. Currently, there is a project page located at the Caltrans Public Website under District 3 at http://www.dot.ca.gov/d3/projects/ , including weekly roadwork schedules at http://www.dot.ca.gov/d3/roadwork/ and the latest news at http://www.dot.ca.gov/d3/press/ ."

Aging:

continued from page 4

ton that you wear, and emergency medical personnel are called. There is typically a monthly fee for this service.

Housing. Would a few changes make your home easier and safer to live in? Think about things like a ramp at the front door, grab bars in the tub or shower, nonskid floors, more comfortable handles on doors or faucets, and better insulation. Sound expensive? You might be able to get help paying for these changes. Check with your local Area Agency on Aging, State housing finance agency, welfare department, community development groups, or the Federal Government.

Help during the day. Do you need care but live with someone who can't stay with you during the day? For example, maybe they work. Adult day care outside the home is sometimes available for older people who need help caring for themselves. The day care center can pick you up and bring you home. If your caretaker needs to get away overnight, there are places that provide temporary respite care.

Where Can I Look for Help Staying at Home?

Here are some resources to start with: People you know. Family, friends, and neighbors are the biggest source of help for many older people. Talk with those close to you about the best way to get what you need. If you are physically able, think about trading services with a friend or neighbor. One could do the grocery shopping, and the other could cook dinner, for example.

Community and local government resources. Learn about the services in your community. Healthcare providers and social workers may have suggestions. The local Area Agency on Aging, local and State offices on aging or social services, and your tribal organization may have lists of services. If you belong to a religious group, talk with the clergy, or check with its local office about any senior services they offer.

Geriatric care managers. These specially trained professionals can help find resources to make your daily life easier. They will work with you to form a long-term care plan and find the services you need. Geriatric care managers can be helpful when family members live far apart. Learn more about geriatric care managers.

Federal Government sources. The Federal Government offers many resources for seniors. Longtermcare.gov, from the Administration for Community Living, is a good place to start.

How Much Will It Cost to Get Help at Home?

An important part of planning is thinking about how you are going to pay for the help you need. Some things you want may cost a lot. Others may be free. Some might be covered by Medicare or other health insurance. Some may not. Check with your insurance provider(s). It's possible that paying for a few services out of pocket could cost less than moving into an independent living, assisted living, or long-term care facility. And you will have your wish of still living on your own. Resources like Benefits.gov and BenefitsCheckUp® can help you find out about possible benefits you might qualify for.

Are you eligible for benefits from the U.S. Department of Veterans Affairs (VA)? The VA sometimes provides medical care in your home. In some areas, they offer homemaker/home health aide services, adult day health care, and hospice. To learn more, visit www.va.gov, call the VA Health Care Benefits number, 1-877-222-8387 (toll-free), or contact the VA medical center nearest you.

For More Information on Aging in Place

Eldercare Locator
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https://eldercare.acl.gov

Centers for Medicare & Medicaid Services
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www.medicare.gov

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Department of Housing and Urban Development
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1-202-708-1455 (TTY)
https://www.hud.gov/

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National Resource Center on Supportive Housing and Home Modifications
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Grandpa:

continued from page 2

The Kennedy house was at the end; next to it the Donelan house. So maternal great grandfather Patrick Kennedy lived next door to the woman he would marry. Down the road on the same side stood the wind-and-rain-battered remains of their school-house, part of one crumbling wall still standing. Fran, captain of this expedition, trudged across wet earth to have her picture taken on the Donelon parcel. I followed, in tennis shoes that were soon soaked. That's when I noticed everyone wore boots. You can't navigate the Irish countryside without them. When, wet and exhilarated, we returned to Mary's house, Fran gave me a pair of dry socks while I put my shoes by the fire. It felt like family.

Back in Ennis (a picturesque, friendly town) we celebrated the Donelon experience. There might be a chance that our Donelon (or originally O'Donnell) relatives might be part of a genetic"star cluster'—a Y-chromosome type common in Donelons who descend from a powerful, early medieval Irish royal family. It's exciting to imagine you might be part of a star cluster and the Donelons we met were super achievers and kindly as well, so I decided to further explore our connection.

I was about to break the star cluster news when Eileen got a phone call from genealogist Waldron. Her stunned expression while listening was so compelling I took a picture. Here we were, basking in the warm vibe of the of the Good Grandpa Kennedy-Donelon visit, when a new Lynch theory emerged. Bad Grandpa Eugene may well have been a serial bigamist. He may have been born a Corey, adopted his mother's maiden name (Lynch), changed his first name from Owen to Eugene, gone to America, married a woman named Bridget Kelly, abandoned her and their daughters, done who knows what in the interim before he eloped with our California grandmother, Annie Moore. He abandoned Annie in 1910 and possibly met and married yet another woman.

We may have more siblings than we ever knew. Bigamy. It seems such a creepy, heartless crime, especially in the old days when deserted mothers couldn't get work. So we like knowing that Eugene Lynch's Sacramento sons grew up to be faithful husbands and fathers. There's a lot of genetic research ahead for us, in America and Ireland. From a star cluster leader to a cheating scoundrel, good and bad, it's our unique inheritance and we want to know it. If you're are curious about the people who donated to your specific identity, you carry the answers around with you, everywhere in your living body, in your pulsing blood. DNA delivers your history.



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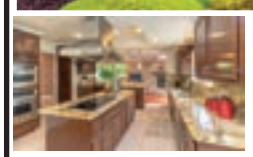

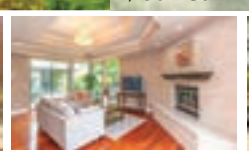

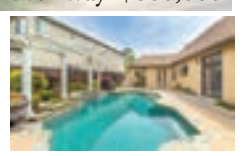

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Modern-Day Portuguese Festival Dates Back to Middle Ages



Photos by Joe Perfecto

There was plenty of royalty to be seen on the parade route in the form of Junior and Senior Queens representing a variety of Portuguese Holy Spirit councils.



For Freeport/Clarksburg Senior Queen Sarah Duarte, this was one of the last parades of her one-year-long reign.

By Joe Perfecto

The story of California is very much one of diversity. The current-day state was built—literally—by a variety of ethnic groups hailing from all parts of the globe. As prominent as any of the threads woven throughout this social and historic tapestry were the immigrants from the age-old nation of Portugal, who brought their skills as farmers, fishermen, merchants and more to the American west coast. Arriving primarily from the Azores and Madeira in large waves both prior to the gold rush and at the dawn of the 20th century, these immigrants also brought long-standing cultural traditions that are still observed from Seattle to San Diego.

One such tradition is the Catholic-faith-based Holy Spirit Festa (festival), which originated in mainland Portugal in the early 14th century due to support from King Dom Dinis and Queen Isabel. So great was Isabel's support that core aspects of the contemporary festa commemorate her actions on behalf of her people, and so great was their love of the queen that she was considered a saint during her lifetime, nearly 300 years before she was finally canonized.

Born into Spanish royalty, Isabel was highly devout and devoted to the Holy Spirit from an early age. She consistently drew on her resources to benefit the sick and poor, even regularly culling food from the royal stores to distribute to the needy, which she did by stealth due to the king's disapproval. This practice resulted in the legendary apron of roses incident: legend has it that one day she attempted to slip out of the castle with her apron bulging with bread for the poor when the king accosted her and demanded to know what was in her bundle. She claimed she was carrying roses, and although they were not in season, when she opened the apron it was indeed such flowers that tumbled out.

Today's practice of placing a small loaf of bread at each seat at the festa meal hearkens back to Isabel's giving of bread to the poor. Similarly, in keeping with the past, festa meals feature the traditional Sopas de Carne (beef soup) dish made with hearty meat and dried French bread swim-

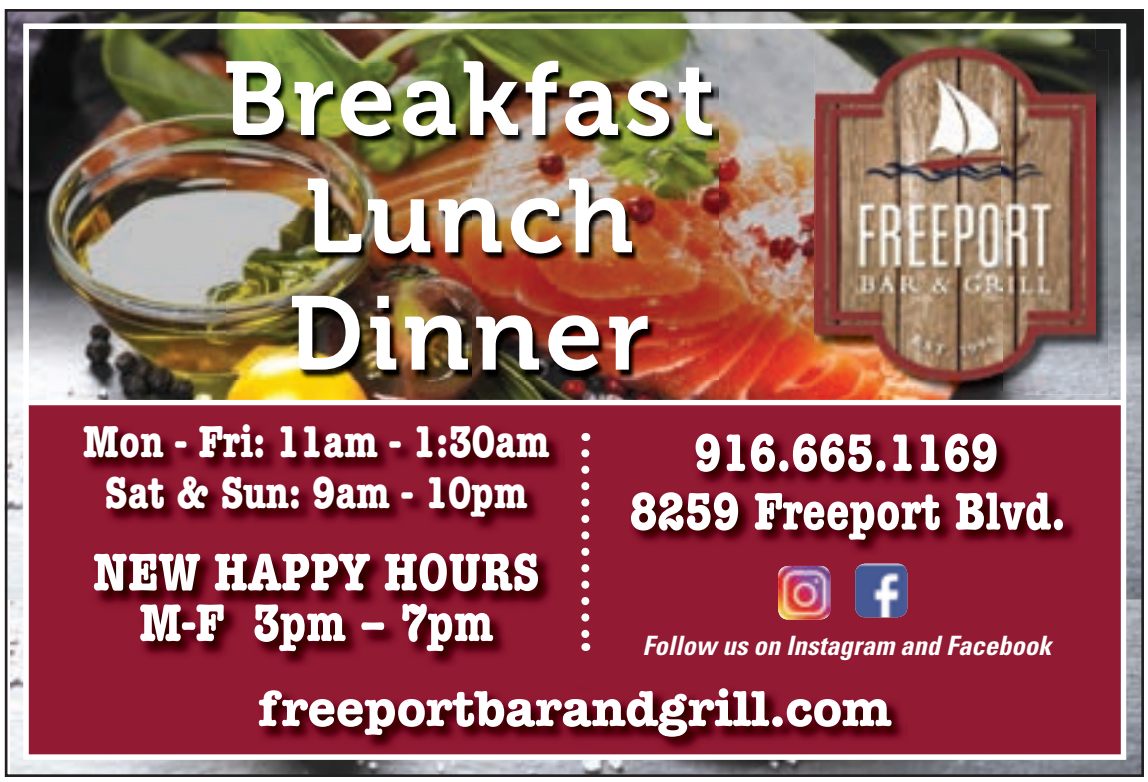
see PORTUGUESE page 10



The flag of the Divine Holy Spirit Society hangs alongside those of Portugal and the US above the area behind St. Maria ning the hall.



A pair of towering banners in brilliant crimson announce the festa at the Pocket Road hall.



Portuguese:

continued from page 9

ming in rich broth, which is offered free to all comers.

When Portugal was in the grips of widespread famine, Isabel prayed to the Holy Spirit for relief; shortly thereafter ships arrived at Lisbon bearing foodstuffs that saved the country. She then summoned the populace to celebrate Mass in the royal chapel. During the service she selected a peasant from the crowd and had the bishop hand him the royal scepter and adorn him with the royal crown, in fulfillment of her promise in prayer that she would give her crown to the ceremony if the famine ended. For this reason the crown is symbolic of the Holy Spirit dogma and features prominently in festa activities and icons.

The festa tradition quickly became established in the newly-settled Azores during the following century (ca. 1430-1440), and it is these islands to which today's US festivals can be traced. Many participants are emigrants from the islands and/or descendants of emigrants; some families have been involved in these celebrations for more than five generations.

Although the Portuguese are found across the US, they are highly numerous in this state, as are the Holy Spirit societies that present annual festas through much of the year. Among the local groups are the SES of Elk Grove, the IDES of Freeport/Clarksburg and the SPHSS of Sacramento. The latter operates

see FESTIVAL page 11



One float depicted the 1917 apparition of the Blessed Virgin Mary before three shepherd children near the Portuguese town of Fátima.

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Festival:

continued from par 10

a church and hall on Pocket Rd. and has presented (previously as AADES) an annual festa for about 120 years; the latest took place June 8-9.

A typical festa involves a parade featuring members of varying Holy Spirit societies bearing flags and richly-colored society banners, as well as junior and senior queens and sidemaids adorned in exquisite, ornately-embroidered and bejeweled royal capes and gowns; the parade precedes or follows (or both) a Mass at the Portuguese church. Once the parade reaches the hall grounds, the ceremonial release of the white dove(s) is performed by the royal court. There may be a barbecue on the day before the traditional Sopas meals. There are games of chance such as bingo and the raffle-like quermesse ("roll-up") in which participants buy small rolls of paper that are then unfurled; if blank, nothing is won, but any piece bearing a numeral wins a prize. A standard raffle will often feature unusual items such as homemade Portuguese confections, textiles and wine/spirits. Speaking of which, there's always a well-stocked bar on site.

The umbrella PFSA organization (Portuguese Fraternal Society of America) offers a schedule of festas held throughout the state at https://www.mypfsa.org/news/festas/#/. The last local festa of the season is slated for June 29-30 in West Sacramento at the San Pedro Capela and Hall, 708 N. Hobson Ave.



The release of the white dove(s), symbolizing the Divine Holy Spirit, adds a bit of flair to the proceedings.



The Holy Spirit Society of nearby Elk Grove was among a number of groups represented in the parade.



The Recreio Emigrante Portugues marching band played on as the parade arrived at the hall.



The queens representing each group were all adorned in exquisitely detailed finery, some of it passed down through generations.



A parasol bearing a Portuguese flag design provides one parade participant some much-needed shade.

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Pocket-Greenhaven neighborhood gathers for annual 4th of July Parade



Nestled between the Sacramento River and Interstate I-5, the area known as the Pocket has long since held an Independence Day celebration, complete with parade and all. Representing the seventh district on the Sacramento city council, Rick Jennings II has worked with the community to continue the Pocket-Greenhaven tradition of hosting a community gathering on the Fourth of July.

Clocking in just over a mile, those involved in the day's patriotic parade will start at 10 a.m. at Lisbon Elementary en route to end at Garcia Bend Park. Families with the Pocket-Greenhaven Community Association and the South Land Park Community Association will walk the parade path, alongside other organizations and neighborhood groups.

Once at their destination, the parade will meet up with the community festival being held at Garcia Bend. Aside from the booth area, local food trucks will park with one another, creating an impromptu food court.

Families will scatter themselves throughout the park, enjoying their neighbor's company and creating a family friendly atmosphere. -Dominic Larsen

see INDEPENDENCE page 13









Independence:

continued from page 12

















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What's not to light? Get the most bang for your fireworks buck



Make it a double with beer stein-shaped Brew Haha from Phantom.



Photos by David Dickstein

Fireworks stands open for business between June 28 and July 1, depending on the community.

By David Dickstein

This fireworks season, bugs are in and sea serpents are out.

The California fireworks industry's equivalent of Fashion Week is almost here, bringing with it an exciting 2019 summer collection of fountains, novelties, smoke items and spinners.

Starting June 28, The Sacramento region's consumer fireworks distributors – TNT Fireworks, Phantom Fireworks and Discount Fireworks Superstore – will partner with fundraising non-profits hoping to make green out of red, white and blue. Leading up to America's 243rd birthday, volunteers will brave the summer heat to sell products of all shapes, sizes, colors and prices to the area's philanthropic and patriotic – everything from Crazy Bug and Crickets to Iron Master and Laser Master.

If you're wondering what will look good in your driveway or street this Fourth of July, let us be your personal shopper. Our annual fireworks buyers guide has reviews of the new items and the best of the returning rest. What's cool? What's loud? What's different? How long does it last? What gives me the most bang for my buck? We've got the unbiased answers.

Market leader TNT is debuting six fountains this season in California, while formidable competitor Phantom has either three or one, depending on how you do the math; a trio of fountains is being bundled as a single purchase. The remaining rookies belong to Discount Fireworks Superstore, which, now under TNT ownership, is rolling out a line of new and reissued fireworks bearing the Freedom brand – an exciting first sighting of the eagle-mascoted label in over a decade.

Making room for the newbies were several items discontinued during the off-season. Among the fountains kicking the water-filled bucket were the two highest-rated rookies of 2016: Phantom's Sea Serpent and TNT's Magnetic Heat. Good luck finding the last few of these short-lived 4 1/2-star performers.

For the 17th year, fireworks are graded on a 5-star scale, judged on performance, duration, distinctiveness and value. Only fountains earning 4 1/2 and 5 stars make the "Best of the Rest" cut. Items are listed by price, highest to lowest.

Let the sparks fly!

New for 2019

Pyrotastic (DFS), $50.99 – Lives up to its name with 12 tubes combining for the maximum-allowed 500 grams and one fantastic performance. Five rounds of soft-to-strong crackle, two piercing whistles and cameos of green, pink, orange and purple provide three minutes of pure eye and ear candy. 181 seconds. 4 1/2 Stars

Super Hero Series (Phantom), $39.99 – Like the Fantastic Four minus one, these super heroes have individually unique powers and yet united. Iron Master, the one with the shortest burn time (38 seconds), is actually the mightiest of the triad; it would get 4 stars if sold separately for about 10 bucks. Majestic Lightning (63 seconds) is a fine mid-show crackling fountain. Professor Flame is reminiscent of Phantom's old Apache Firedance, winning on burn time (168 seconds) at the sacrifice of wow factor. Bottom line: Odd bundle of decent value. 3 Stars

Psychedelic (DFS), $35.99 – A good value as often-costly fan fountains go. Nonstop crackle, ice-white palms, multicolored showers – a real crowd pleaser. 96 seconds. 4 Stars

Crazy Bug Fountain (TNT), $29.99 – "Best New Fountain" runner-up amazes with a triple swarm effect that produces a unique sound when two of the sequences merge – like someone knocked an angry wasp nest off a branch. Great crackles, reds, greens and palms, too. 95 seconds. 4 1/2 Stars

Laser Master (TNT), $24.99 –

A range of effects is appreciated, but lacks synergy as the fusing rambles from tube to tube. 72 seconds. 2 1/2 Stars

Wicked Wizard (DFS), $23.99 – Love the height, purple droplets and titanium added for sharper crackles and a brighter white. 74 seconds. 4 Stars

Retro (DFS), $20.49 – The guide's first double win-

see FIREWORKS page 17

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Fireworks:

continued from page 14

ner of "Best New Fountain" and "Best in Show" is, quite possibly, the most exciting one minute in fountains ever. Crackling sparks push the state's legal limit of 10 feet high and wide like never seen at this price. 58 seconds. 5 Stars

Freedom (TNT), $19.99 Patriotic and pleasing, this rookie spews red, white and bluish sparks and tall palms. Delights even with a sleepy 11-second shower of sparks between crackling barrages. 68 seconds. 3 1/2 Stars

Hot Point (TNT), $14.99 – Rare whistle and crackle combo will delight fans of noisy fountains. Two of the four screeches come at the very start and end. 60 seconds. 4 Stars

Main Squeeze (TNT), $14.99 – Good fountain, great price. Goes bonkers in the final third with wide-spreading crackling sparks. No relation to the Main Squeeze TNT debuted in 2011. 83 seconds. 4 1/2 Stars

SUP (DFS), $13.49 – Solid performer with series of gentle crackles and strobes that go high and wide. 61 seconds. 3 1/2 Stars

USA Rocket Fountain (TNT), $8.99 (for two) – State law keeps this rocket grounded, but its mission to nowhere at least has some serious g-force – as in great crackles. Kid-friendly packaging and cheap price give it an extra star. 26 seconds. 3 1/2 Stars

Best of the Rest

Opening Show (TNT), $69.99 – Budget permitting, this instant classic of 2013 is a 500-gram must-have. You'll forget the steep price at the 1:40 mark when shock and awe takes over. 130 seconds.

Apache Firedance Premier (Phantom), $49.99 – Former "Best New Fountain" honoree has 500 grams worth of top-notch crackles, strobes and height. 140 seconds.

Delirium (TNT), $49.99 – Still the benchmark among state-approved fan fountains after 14 years, this 500-gram finale emits radiant colors and clamorous whistles and crackles. Phantom's response is the nearly identical, same-priced Coral Reef. 105 seconds.

New York Harbor (Phantom), $49.99 – Revered 500-gram finale is distinguished by its stellar burn time and best-of-breed chrysanthemums. 252 seconds.

Illuminati Triangle (Phantom), $39.99 for two – Long-lasting fountain features multi-color pearls, sprays, flying stars and titanium crackle. Buy-one-get-one deal allows for mixing and matching with Brew Haha or Dragon's Tears. 184 seconds.

Tasmanian Cyclone (TNT), $39.99 – Crackling sparks, lots of reds, greens, blues and yellows, fish effect, smokeless globs and a wide and wild finish make a winner of this loaded second-year fountain. 106 seconds.

Brew Haha (Phantom), $39.99 for two – Beer stein-shaped fountain has IPA (Incredible Pryo Action) with its vibrant colors and loud opening whistle. Cheers to this being a mix and match item. 145 seconds.

Quiet Riot (DFS), $37.99: Size is often deceiving with fireworks, but not with this giant from Showtime. A rainbow of colors, crackles and a boisterous finish rock this 500-gram brut. 180 seconds.



Fireworks are often a non-profit's biggest fundraiser of the year.

Electrolytes (TNT), $29.99 for two – Goes from meh to OMG at the 50-second mark thanks to a final half-minute of intense crackling sparks. Gets an extra star for being a buy-one-get-one deal. 81 seconds.

Funky Monkey (Phantom), $29.99 – Pyrotechnic primate produces pretty prismatic pearls plus pleasing performance. 90 seconds.

Miss Liberty (TNT), $29.99 – Beautiful multi-color stars with silver rain and intense crackles. Love the $10 price drop from a year ago. 100 seconds.

Red White & Blue Jubilee (Phantom), $25.99 – The advertised blue is more like purple, which is often the case due to the high cost of blue-producing copper compounds. Still delights with white chrysanthemums, and red and bluish fish and pearls. 110 seconds.

Moondance Premier (Phantom), $24.99 for two – A pair of this highly rated super-sized version of Phantom's little Moondance Fountain is a great deal. So is the fact that it's a mix and match item. 100 seconds.

Wild Side (TNT), $25.99 – It's like watching the super-charged final half-minute of TNT's Opening Show for a near full minute. There's no climax because it's all climax. 60 seconds.

Power On (TNT), $21.99 – Packaged to look like a miniature power plant, the "Best New Fountain" of 2017 electrifies with towering crackling sparks and unique fusing that moves from end to end. Comparable to Whimsy (DFS). 85 seconds.

O-Blivion (TNT), $19.99 – Unique ring-shaped fountain emits multi-colored chrysanthemums with pine and impressive titanium crackles. Sweet burn time. 125 seconds.

Serenity (Phantom), $18.99 for two – Noiseless fountain opens with lovely lava lamp-like lumps and peacefully pleases with seven colors and white chrysanthemums. Mix and match deal. 59 seconds.

Phantom Dragon Slayer (Phantom), $10.99 for two – Solid pick with white, blue and lemon chrysanthemums, rowdy crackles and red stars. 66 seconds.

Everglow (TNT), $9.99 for two – Last season's rookie sensation scores with a quiet fish effect opening, titanium sparkle middle and boisterous crackle finale. This year it's even better as a buy-one-get-one item. 61 seconds.

Luck of the Irish (TNT), $9.99 – Wowing revelers for 17 years with a performance of gold and silver spray, red and green balls, crackles and four super-loud whistles. 75 seconds.

Purple Rain (TNT), $5.99 for two – Little dynamo emits loud crackles, purple pearls and glittering gold and white sparks. Lower-priced clone of Phantom's Moondance ($3.99). 45 seconds.

Cool Breeze (TNT), $4.99 – Non-stop crackle, vibrant color and a good price for the duration, even at a buck more than last year. 55 seconds.

Crickets (DFS), $2.29 – Crackle, color and lots of it. 42 seconds.

For stand locations and additional product information, visit the retailers' websites: TNT, tntfireworks.com; Phantom, fireworks.com; and Discount Fireworks Superstore, dfsfireworks.com. Be sure to check local laws and take all safety measures before buying and lighting.



What's happening Pocket/Greenhaven?

MONDAY, JUNE 24-AUG. 2

FREE MATH & ALGEBRA 6-WEEK SUMMER CAMP Mon, Jun 24, 8:00 AM - Fri, Aug 2, 1:30 PM
4036 14th Ave
Boost your math skills with this free 6-week summer course!
Rising 9th thru 12th-grade students will be immersed in a dynamic 6-week course that combines in-class instruction with personalized online learning, hands-on Science Technology Engineering Art and Math (STEAM) activities and college knowledge workshops to ensure their future academic success.
Lunch provided each day... also, included, Campus tour at a local CSU campus, SAT/ACT prep, and much more!!
Sponsored by The California State University.
Complete brief registration form online at https://stpaulsac.org/summer-algebra-institute/

TUESDAY, JUNE 25

FAMILY COMMUNICATION: KEEPING IT HEALTHY AND PRODUCTIVE Tue, Jun 25, 3:00 PM - 4:30 PM
Are you tired of being the ONLY family member providing care for your loved one? Are you frustrated or upset at the lack of support from other family members? Join ACC Senior Services on Tuesday, June 25, at 3:00 pm, for an enriching discussion led by Gain Saetern, MSW, Family Consultant, Del Oro Caregiver Resource Center, on how to facilitate healthier communication among family members. Pre-registration required. To register, contact ACC at (916) 393-9026 x330 or classes@accsv.org.

ONGOING

ROTARY CLUB OF POCKET-GREENHAVEN MEETINGS: You're invited! Come join the Rotary Club of Pocket-Greenhaven on Thursday mornings, 7:30 at Aviator's Restaurant at Executive Airport. You are welcome as our guest to learn more about our leadership organization and meet with business, civic, and professional leaders who are making
a difference in our neighborhood! Contact Bob Smith, at 916-215-1332 or visit https://pgr.rocks/ to find out more.

PARKINSON ASSOCIATION OF NORTHERN CALIFORNIA South Sacramento Support Group: Every second Thursday of the month from 1 to 2:15 p.m., Location: Asian Community Center (ACC), 7334 Park City Drive, Sacramento, CA 95831. This support group is free to those who are living with Parkinson's Disease, their family and caregivers. The group shares information to help each other and provide guest speakers who can assist with physical and mental challenges in daily living.

SIRS BRANCH 93 meets every third Monday of each month. Lunch is at 11:30 in the Elks Club, 6446 Riverside Blvd.
If you are retired or close to retirement and looking to join a men's group, we are Sons In Retirement. A group of men with a wide variety of backgrounds that love to socialize, play golf, bowl, pinochle, hike, bike ride or maybe you would like to form an activity that you are interested in, join us. The first lunch is on the group. Give Jack a call, there is always room at our meetings. Interesting speakers and a great buffet are included at each meeting. Jack Reefer 916-424-1303 or email me: jreefer@sbcglobal.net

ENGLISH CONVERSATION GROUP: The Robbie Waters Pocket-Greenhaven Library hosts an English Conversation Group every Wednesday from 5:30-6:30 p.m. 7335 Gloria Drive, Sacramento.

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

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

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

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.

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.

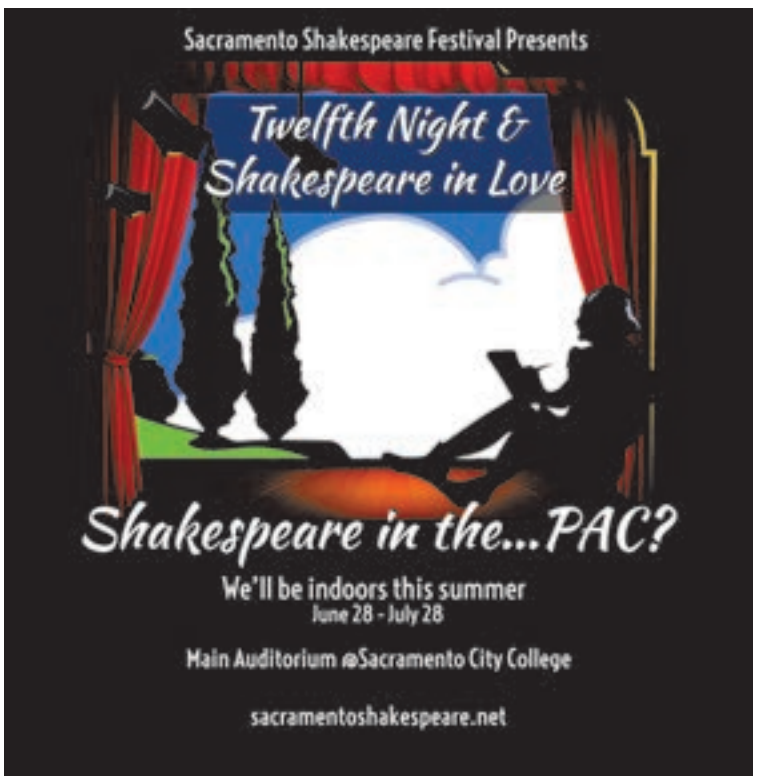
JOB COACH APPOINTMENTS AVAILABLE AT POCKET LIBRARY– Make an appointment to meet one-on-one with a volunteer job coach and get help with online job searching, using library databases, interviewing tips, resume writing, and more. For questions or to schedule an appointment, please ask at the library service 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. and Saturdays between 11 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.



PUZZLE SOLUTION

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Line Dancing Has Many Benefits

By Sally King
Photos by Stephen Crowley

Trying to figure out a fun way to become healthier? Or maybe you just love dancing. On Wednesdays from 4:45 p.m. to 5:45 p.m., for $5.00, you can line dance at the Sam & Bonnie Panell Community Center located at 2450 Meadowview Road, Sacramento.

Dance instructor, Liz Bourrage, has been teaching line dancing for over three years.

Bourrage said most folks associate line dancing with country music. That doesn't happen at her classes. Bourrage teaches pop, jazz and R & B soul line dancing. She goes over each step so everyone is comfortable with the dance.

Bourrage grew up dancing in Chicago, where her neighborhood had frequent block parties where folks gathered and danced. The elementary school she attended also offered dancing. "Dancing is in my genes," exclaimed Bourrage. "It's a part of me."

When asked why she enjoys line dancing so much, Bourrage said it's a dance where a partner isn't required and an opportunity to meet and make new friends. Bourrage explains on her website that line dancing will teach you how to actually move your body, improve your balance, help you find the beat, teach you basic footwork, improve your confidence, provide you with a dance outlet whether you have a partner or not, and provide you a way to practice. It also improves brain function. "It is my pleasure to share and instruct you in this journey of dance," states Bourrage.

An example of a song Bourrage uses at her class is Jonas Brothers 'Sucker.' She also plays classic oldies. People of all ages attend the classes and have a lot of fun.

"My philosophy," says Bourrage, "is dance for fun. Don't worry about the steps, you are with like minded people at the class and eventually everyone catches on."

For more information, Bourrage has a website located at www.lizzydances.com.





Victim of Domestic Abuse is Nameless and also Homeless

By Jan Dalske

When I first met Rose, I will refer to her by that name because she would not tell me her real name, she was in one of our local libraries searching the web. She appeared to be very tired and unkempt. As the days went by and I would see her at the same computer in the same library, I noticed that she was wearing the same clothes and shoes.

One day, I happened to park next to her vehicle in the library parking area and I noticed that she had a camper shell on the back of her pickup. You could easily look inside the small window. There was a blanket and pillow. Nothing else. Just those two items. I was puzzled.

She had told me that she lived in her parents' house and that they were both deceased. I wondered if she used the camper shell for a place to sleep and why she needed to sleep there if she had a house.

I only knew that she had always been wearing the same clothes every day that I had seen her at the local library. And they were not clean. Her hair needed washing and her face looked strained and her eyes seemed to reflect something troubling in her life.

I tried numerous times to get her to open up to me, and to talk to me. One day she showed me a stack of papers. They were for her attorney. She was trying to get a restraining order for someone she knew very well. It is was the man she had been living with for many years.

But, that is all that she would tell me. It was as if she had this big secret and she could not or would not share it with anyone. I asked her how old she was, and she would only say "around fifty". I believed that. She was not a young woman, but was not yet a senior citizen. I asked her if she worked. "No", was her answer. I did not want to press her for any additional information.

She had secrets and it was very clear that she did not want to share them. I wished that I could help her somehow. But, she did not ask for my help. Until, finally, she asked me if I was a writer. She had seen me typing every day at the library, and then, printing out what I had written. I answered. "Yes".

Then, she asked me if I would look at what she had been writing and see if it was understandable. I did. And, it was. I knew right away that my instincts were correct. She was the victim of abuse, both mentally, and physically. It had taken a toll on her. But, why was she still in that relationship? Or, maybe, she had left the relationship and was living in the pickup truck, and sleeping there.

I could only guess that I was right. And, I suppose there are many other women who are in abusive relationships and have nowhere to go, no one to help them, and need to get to a safe place. I don't know all of the details about "Rose" but I hope she gets help. I hope that the person who is abusing her, and causing her to sleep in a camper shell gets punished for his actions. And, I hope that Rose, with help from some experts in our community can recover from this abuse and look forward to a better, safer life. I think that she is heading in the right direction and I will look for her at the library soon.

Experience doesn't cost you more... It Pays!

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