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# Pocket News

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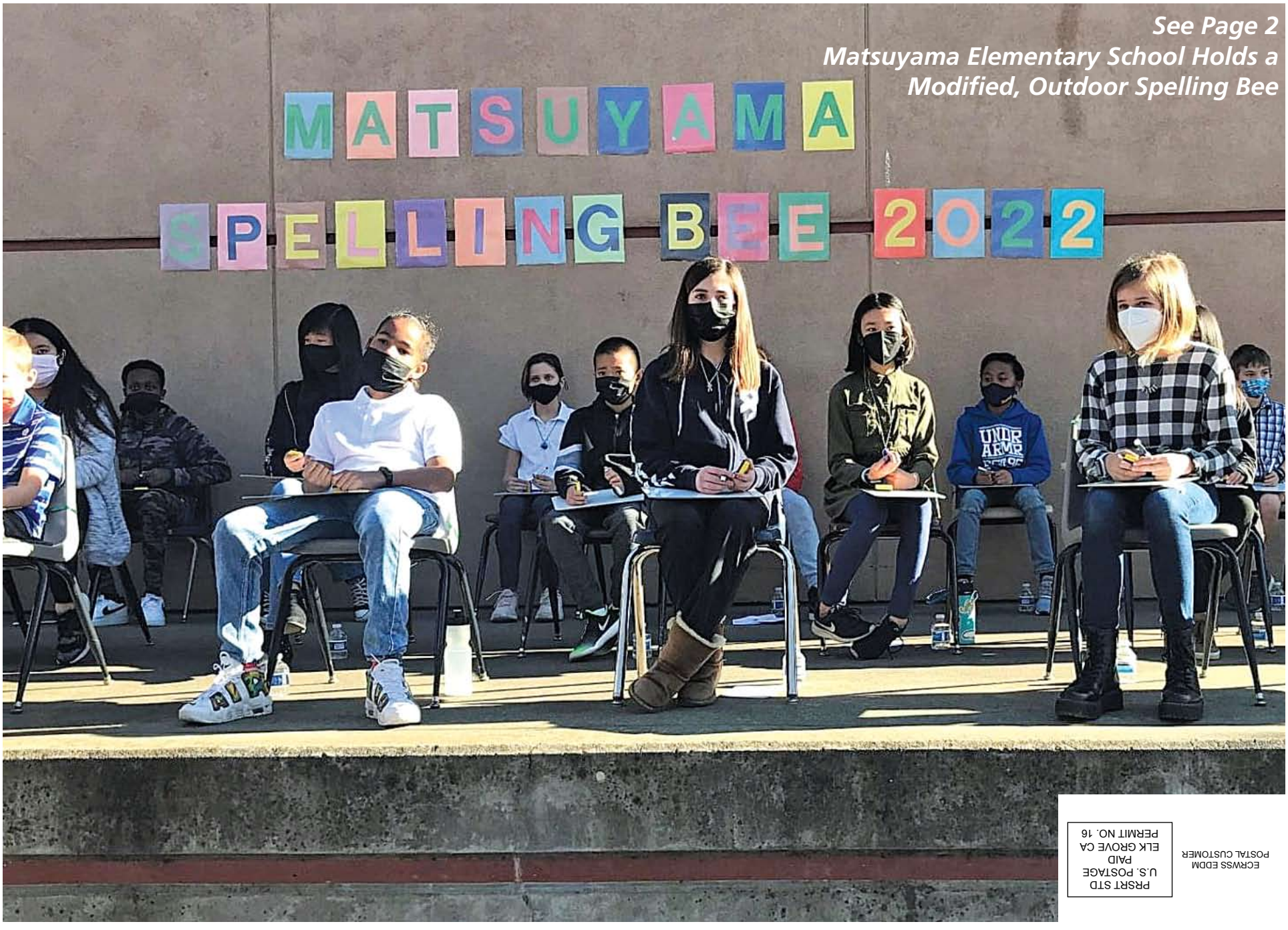
## *Matsuyama Elementary School Holds a Modified, Outdoor Spelling Bee*

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# Matsuyama Elementary School Holds a Modified, Outdoor Spelling Bee

Because of the surging covid numbers in the school district, SCUSD put a pause on extra-curricular activities during the week students returned to school after the winter break. Matsuyama Elementary School was scheduled to hold their annual School Spelling Bee on January 14 and had to inform students, teachers and parents that this popular event would not happen as originally planned. There might not be a school bee, no school champion and no one to represent their school at the next level, Local Spelling Bee. The 27 finalists, who had qualified for the School Bee, were disappointed for sure, but of course, they understood why.

However, on a beautiful, sunny afternoon on Thursday, January 27, the school was finally able to hold a modified Spelling Bee on their outdoor stage. Instead of the traditional oral bee, where students spell their words

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**Cover by:**

# Spelling

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aloud in front of a microphone to the judges and audience, the finalists spelled out their words with a marker on an individual whiteboard. When instructed by the judges, the spellers held up their boards for the judges to see. Students with an incorrectly spelled word were eliminated and this continued round after round, until only one speller remained.

This year, that speller was 6th grader Maya Koike, who was named the Matsuyama School Champion. It was a tight, back and forth battle between Maya and fellow sixth-grader Elyjah McCormack for more than 8 rounds, before Maya correctly spelled "ziggurat" and "refectory" to win the Bee. She will now advance to the next level competition against other school champions in the area.

Matsuyama Spelling Bee Finalists were: (in alphabetical order by first name) 5th grader Ava Brown, 5th grader Caitlin Bonner, 4th grader Carthony Sanchez, 6th grader Elyjah McCormack, 6th grader Emelia Shoemaker, 6th grader Emily Barker, 6th grader Essey Ghebregziabher, 4th grader Fernanda Hernandez, 3rd grader Greyson Randall, 5th grader Hanna Ghebregziabher, 6th grader Jiavanna Saechao, 6th grader Kimora Shibata, 6th grader Kira Morikawa, 4th grader Kyle Shibata, 6th grader Maya Koike, 4th grader Pauline Legaspi, 3rd grader Quinn Day, 4th grader Raef Fleming, 6th grader Reina Morikawa, 5th grader Ryan Fry, 6th grader Sarem Tessema, 6th grader Sydney Newsome, 5th grader Thea Baker, 5th grader Tommy Jiang, 6th grader Tristan Caridad, 4th grader William Barker, and 4th grader Yassin Soliman.

The Pronouncer was Matsuyama School Principal Judy Farina, who announced earlier this year that she would be retiring after 35 years in education, the last 10 years at Matsuyama. "The school Spelling Bee has been one of my absolute favorite events at the school and I'm just so happy we were able to make it happen for these kids. They studied so hard for this, all on their own time, and for a few of these finalists, English is not even their first language. I'm just so proud of all of them."

Serving as guest judges for the Bee were Henry Adkisson, Director of Community Affairs for Councilmember Rick Jennings' office and Giada Bhan, the winner of Matsuyama's first ever School Bee in 2018.

Community sponsors for the event were Councilmember Rick Jennings and Renee Catricala, Realtor, who donated prizes for all the finalists. The Matsuyama School PTA also sponsored the enrollment into the Scripps Spelling Bee program, making participation for all the students completely free of charge.




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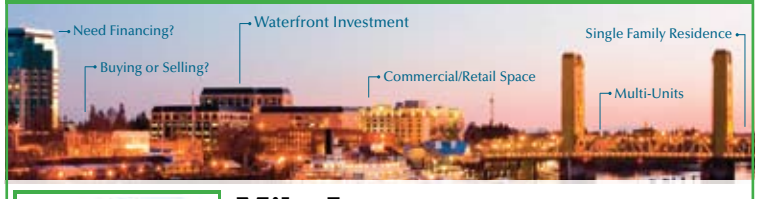




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# ‘I dated Joan Didion,’ says Sacramento native

**By Lance Armstrong**

*Editor’s note: This is part three of a three-part series, with the first part featuring artist Wayne Thiebaud. This article and the series’ second article are about writer Joan Didion. Both Didion and Thiebaud spent years living in Sacramento. They died two days apart in late December 2021.*

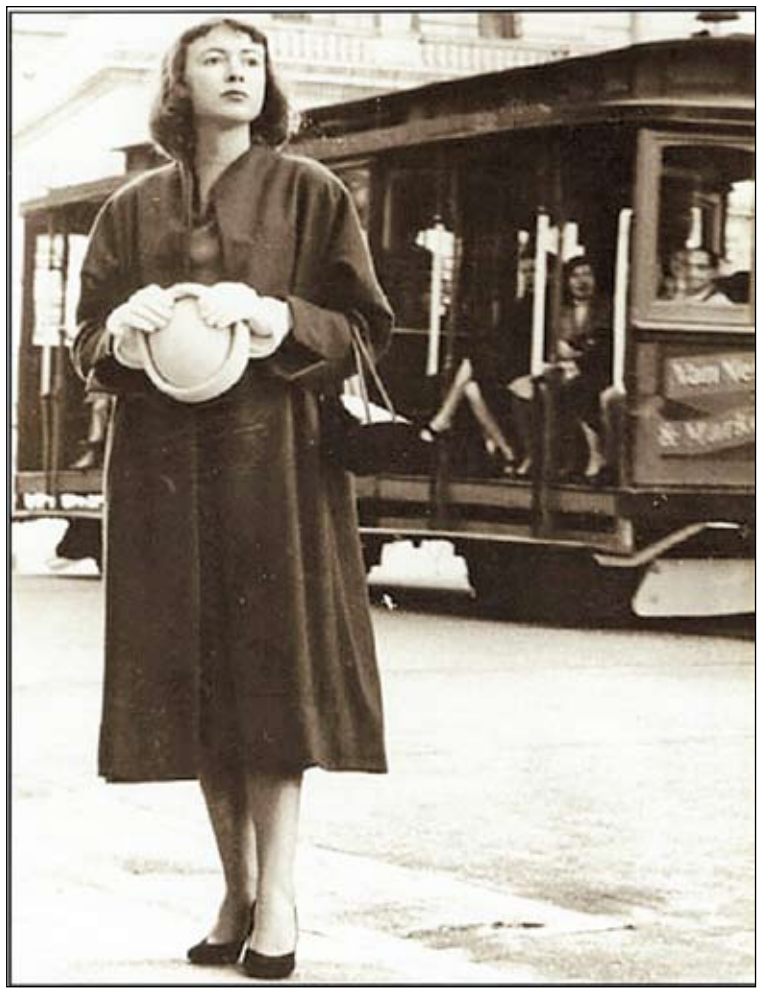
Sacramento native Bob Weidner is one person who can speak with authority when it comes to talking about some of the early years of the late author Joan Didion. After all, he dated her before she became famous.

“I dated Joan Didion,” he said in a recent interview with this paper. “(That was) from 1952 till 1956 or 1957, about five years.”

Didion, who herself was a Sacramento native and a 1952 graduate of C.K. McClatchy High School, died of complications of Parkinson’s disease at the age of 87 on Dec. 23, 2021.

In her post-Sacramento years, Didion would become renowned as a writer who, through her novels, essays and other writings, chronicled American society. References to her native city appear in some of those writings.

Weidner, 88, mentioned that both he and Didion were living in Sacramento and attending Sacramento Junior College – today’s Sacramento City College – when they began dating.



Joan Didion stands near a cable car in San Francisco in 1956. This photograph, which Didion submitted to Vogue magazine, was taken by her then-boyfriend, Bob Weidner.

“(His friend), Maurice (Read) and I belonged to a junior college fraternity and there was a dance coming up,” he said. “My regular girlfriend was in the hospital (with a) bad back, and I needed a date, and Maurice was going out with Nancy Kennedy, who happened to be Joan’s best friend at McClatchy (High), and for years afterwards.

“There’s a sideline on that. She had a little brother, a brother a couple years younger than her who we called Tony Kennedy. He was later known as United State Supreme Court Justice Anthony Kennedy. So, anyway, I started going out with Joan then and went with her all the way through till graduating from (the University of California, Berkeley), both of us.”

Weidner, a 1951 graduate of Sacramento High School, noted that while he and Didion were dating in Sacramento, Didion lived with her maternal grandparents near Sacramento Junior College.

“(Didion) lived with her grandfather and grandmother (Herman and Edna Jerrett) – her mother’s parents – (at 2941 Highland Ave.) in Sacramento when I first met her, and that’s where I always went to pick her up,” he said.

He also recalled going with Didion to many local motion picture theaters, including drive-in theaters of that time.

“We did the regular stuff (such as watching) movies at the Senator Theatre (at 912 K St.), Tower Theatre (at 2508 Land Park Drive, and) the Alhambra (Theatre at 1101 Alhambra Blvd.),” he said. “You know, regular things that you go to.

“Back in those days, occasionally, you would go into the snack bar at the drive-in (theaters), and once in a while there would be a Wayne Thiebaud painting for sale at the snack bar.”

Weidner’s recollection of viewing Thiebaud’s artwork was timely, considering that Sacramento lost another one of its famous people, with his death last Christmas.

In addition to his memory of seeing Thiebaud’s art in the theater’s snack bar, Weidner also mentioned that both he and his brother, Edwin F. Weidner Jr., took art classes from Thiebaud in Sacramento.

Returning to the main topic of Didion, Weidner briefly shared why he was drawn to his former girlfriend.

“We got along very well together, and I just liked her, that’s all,” he said. “That other girl got out of the hospital, but I stopped going out with her.”

Recalling Didion’s passion for writing, Weidner noted that she may have received much of her motivation to excel in writing through one of her teachers at McClatchy High.

“She told me that she had an English teacher at McClatchy that told her that she would never make it (as a writer), and I think that was one of her driving forces to show that he was wrong,” he said. “I don’t know who the teacher was.”

Both Weidner and Didion left Sacramento to attend the University of California, Berkeley, and Didion graduated six months ahead of Weidner.

“I had another six months to go, because I had been in the service, because that’s when the Korean War started and we all had to go in the service,” Weidner recalled.

It was around that time when Weidner and Didion began discussing their future together.

“Maurice married the girl that he was going out with, and Joan and I were talking about what we’re going to do, and one of the options I had was I had a rich uncle who had a Lincoln-Mercury dealership in Bakersfield, and he had no offspring, and he was asking me if I wanted to take that over,” he said. “Joan and I discussed that and we decided nobody wanted to live in Bakersfield.”

Weidner also spoke about being a part of Didion’s life in 1956, when she won a Vogue magazine

*See Didion on Page 5*

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# Didion

*Continued from Page 4*

essay contest, which would launch her career in the professional world of writing. Her winning essay was called "Self-Respect: Its Sources, Its Power." For winning that contest, Vogue offered her a job at this New York-based fashion and lifestyle magazine.

"(Didion) was kind of not really the most brave person in the world, and she was a little reluctant to go back to New York by herself," Weidner said. "And I told her that if she didn't take that job with Vogue magazine that she would spend the rest of her life wondering what her life would have been like if she had gone and taken that job. So, she went and we kept in touch."

After having what he referred to as "a billion correspondence" with Didion, Weidner noted that his relationship came to an unexpected end.

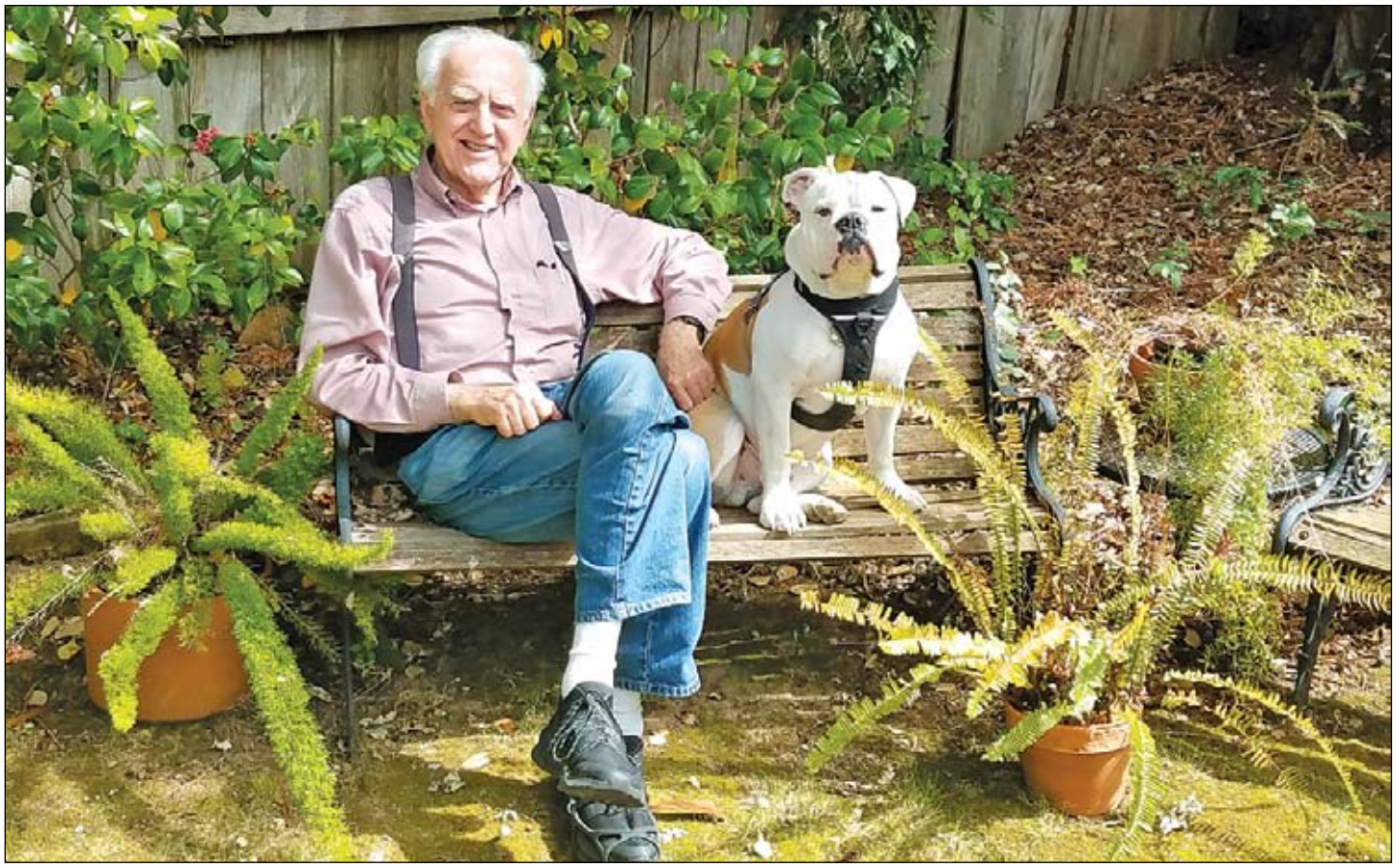
"We had a billion correspondence up until that point – her in New York and me in San Francisco – and I knew she was coming back, which she had done several times, you know?" he said. "And I had seen her every time. Well, this time was different. She came back and I picked her up at the airport like I usually did. This time she told me that our relationship was over."

Weidner mentioned his belief that had Didion not won Vogue's essay contest, she would have likely become his wife.

"Well, yeah, we probably would have (gotten married), if she hadn't won that contest," he said.

Although Weidner mentioned that he was "kind of devastated" by the breakup, he added that his life moved forward with much happiness.

"Well, actually, it turned out that she did me a big favor, because I found the most wonderful woman in the world," he said. "I'm still married to her. Unfortunately, now, she has Alzheimer's (disease) and can't live here anymore. She's (in the) severe stages of Alzheimer's."



Caption: Bob Weidner sits in his backyard with his son's dog, Newman.

Photos courtesy of Bob Weidner

Weidner, who spent 29 years working for the State Farm insurance company and currently resides in Novato, married his wife, Brenda, on May 27, 1962, and they have two sons.

Reflecting on having dated a woman who achieved great fame as a writer, Weidner noted that he read nearly every book written by and about Didion.

"Well, obviously, she's terrific, and an interesting thing for a guy like me – who is now living 3,000 miles away from Joan for 50 years or whatever the heck it is, because she's so famous – I know what she's doing all the time," he said. "So, I was able to keep up with her life. Of course, she had no idea what was going on in mine, I don't imagine."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# Blind Sacramento area resident discovers the art of independence

Susan Hood was working on a degree in art history in Connecticut and a lifelong dance history project. Then, a dental visit led to a staphylococcus blood infection that nearly killed her in 2017.

"I wasn't expected to live, but I did," Hood said.

After nine weeks in the hospital, Hood was alive, but the infection had damaged her mitral valve and caused 12 small strokes. She had open heart surgery to replace her mitral valve. She had to learn to walk again and lost much of her vision. After multiple eye surgeries, her vision improved slightly, but she still would need to learn to navigate her world very differently.

"Seeing through my left eye is like looking through a Coke bottle that has Vaseline smeared on it – I can see shapes, color and movement, but that's all," Hood said. "In my right eye, my central vision is completely gone."

As she lay in her hospital bed in Connecticut, she confessed to a friend that her biggest fear was losing her independence. She knew of no services for people with vision loss in Connecticut. With a little help from her brother in Galt, Hood moved herself across the country to Arden-Arcade on Christmas night 2017. In less than two months, she had signed up with the Department of Rehabilitation and begun working with Sacramento nonprofit Society for the Blind. She began with the group's Senior IMPACT Project retreat, an eight-day immersive experience for seniors to learn blindness skills.

"With the Senior IMPACT Project, I started to feel confidence in the possibility of retaining my independence," Hood said. "I was struck by the really warm, positive, upbeat approach of the facilitators and instructors. They took an interest in each of us and that really built my confidence."

Hood graduated from the Senior IMPACT Project and became a mentor for the program. Just a few months later, she entered Society for the Blind's Core blindness skills classes determined to overcome her fear of cooking without sight.

"That got me over the hurdle," Hood said. "I was so afraid of burning or cutting myself, and the heat was scary, but I got over that." Through her Core classes, she also learned orientation and mobility, Braille and how to use assistive technology, including a computer program that would allow her to continue to write in longform, tracking footnotes and citing sources. In April 2019, she was teamed up with her guide dog, Geode, who is now 4 years old. She also participates in Society for the Blind's writer workshops and yoga classes.

"My landing at Society for the Blind was extraordinary," Hood said. "It was like taking a running jump into the pool and immediately swimming."

Hood had managed to maintain her independence, but she was still navigating how to maintain her lifelong interest in art. She had previously worked as a freelance theatre critic and arts journalist for local Connecticut newspapers. Now she could no longer see details in paintings or dance movements.

She began asking for magnifiers and digital press kits when she went to local museums.



"My vision now depends on scale and contrast," Hood said. "With magnifiers, I can get a general idea or look for certain details. With digital press kits, I can blow up wall text and labels."

With dance, Hood relies on contrast and lighting. She can see silhouettes and some costume outlines. She has spoken with dance professionals in the area about providing audio narration and has been interviewed about what makes for good audio description of dance.

Thanks to the tools she learned at Society for the Blind, Hood continues to work on her lifelong dance history project and visit exhibitions and performances in Sacramento's art community.

"I'm just really grateful that Society for the Blind exists," Hood said. "Thanks to them, Sacramento is a really good place to be if you're blind or visually impaired."

For 68 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for more than 5,000 youth, working-age adults and seniors experiencing vision loss each year. For more information or to make a donation, visit SocietyfortheBlind.org.


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# Local residents can file taxes online for free through United Way

## Participants across Sacramento region can receive up to $8,000 in tax credits

Local residents throughout the Sacramento region are eligible to file their taxes online for free through United Way California Capital Region's Free Tax Prep program through April 18. Households that earned less than $65,000 in 2021 can file for free and receive up to $8,000 cash back from state and federal credits, including the federal and state Earned Income Tax Credits (EITC and CalEITC). The local United Way's Free Tax Prep program saves qualifying residents an average of $200 in preparer fees. When needed, the program provides free tax help virtually and in person in multiple languages. Two virtual tax workshops will be held on Feb. 26 and March 12 where certified volunteers will help participants prepare their own returns and answer questions before filing. To learn more about United Way's Free Tax Prep program or begin filing, visit YourFreeTaxPrep.org.

"Many families in our region have earned these tax credits, but often do not know they are eligible," said Dr. Dawnté Early, president and CEO, United Way California Capital Region. "These are important funds that local families can use to meet immediate needs and increase their household's financial stability. Our Free Tax Prep program is a key piece of United Way's work to help every family succeed so their community can too. That is square one for ending poverty in our region."

Households may be eligible for the CalEITC tax credit if the taxpayer is at least 18 years old and the household earned less than $30,000 in 2021. Many CalEITC-eligible households are not legally required to file taxes due to low income, but if they file, they can claim state and federal credits.

Families that received advance payments of the Child Tax Credit must file a tax return and could be eligible for additional Child Tax Credit payments. United Way's Free Tax Prep program can help non-U.S. residents apply for their ITIN, as ITIN holders are eligible for some tax credits. Experts recommend everyone files early, noting that many people do not realize that unemployment income is taxable. Even if people owe money, it is not due until April 18 no matter how early they file.

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# ‘The Big Hysto’: Local mover and shaker takes on racial medical malpractice with fibroid documentary

By Monica Stark

Local fibroid survivor Melissa Muganzo Murphy suffered cystic acne, uncontrollable weight gain, and heavy period bleeding just thinking they were rights of passage into womanhood. It wasn’t until a Black nurse practitioner pulled her aside after a medical appointment to tell her that she has fibroids and that she could help and that the doctors wouldn’t tell her this because she is Black. “That’s when I realized I was one of many who were victimized by the racial bias seeped into our medical sytem’s history,” Muganzo Murphy said.

Now 10 years in the making, a documentary about Black uterine health and medical injustice masterminded by Muganzo Murphy inspired by her own journey and those of countless others, titled The Big Hysto, will premiere this July, National Fibroid Awareness Month. The trailer has recently been released in time for Black History Month.

The documentary includes interviews with 15 Sacramento natives and transplants who have their own stories about medical malpractice, today. While it features their journey to joy, journey to freedom, their journey to family in 2021, it also chronicles the malpractices and the horrors along the way, as Muganzo Murphy says, “So that people can see this is not right.”

While the documentary is groundbreaking in approach, the experiences for those people who have been suffering the whole time are not. Perhaps therein lies some beauty, however, as Muganzo Murphy explains: “These stories will be like me to my auntie, to my grandmother, to my neighbor, to my daughter, to my cousin, to -- It’s a huge conversation that’s happened for generations, and we just didn’t say anything because we didn’t trust the doctor. So we’d rather not go to the doctor, which is harmful because then you’re missing all these preventative steps that could, you know, basically intercept the harm.”



One of the stories, as retold by Muganzo Murphy, includes a cast member who, in their 20s, was having a really hard time with fibroids and was given two options by the doctor -- to either deal with it or get a hysterectomy, an irreversible process. The patient opts for the removal and then later found out there are other treatments available. Identifying as trans, the patient, 26, was assumed to not want to have a child in that way at some point in their life. “So there’s this misgendering. There’s sexism. There’s medical malpractice. Injustice is happening because of the black body, right?”

She said that while the patient was able to have two children via their partner, there was still “guilt and shame” that they felt for having the procedure

See Big Hysto on Page 9

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# Big Hysto

*Continued from Page 8*

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Muganzo Murphy's experience differed in that she wanted a hysterectomy at age 23 but was denied the procedure by two female doctors who couldn't believe that she didn't want to ever have children of her own. The first doctor had a 9-month-old baby at the time and Muganzo Murphy felt their deep connection to their child, however they had personalized that moment and recognized her suffering. Also, they didn't ask crucial questions like: Are you in a relationship? That is an agreement with you wanting kids in the future, right? Does your partner have children? Are you in a relationship where sex is penetrative? She said they assumed that when she marries her husband, he'd be upset that she can't have children. "It's ageism, layered with heterosexism and racism. And it's all very layered," she said.

The suffering was intense. When she got on birth control, she bled for eight months straight, changing tampons every 30 minutes. She couldn't cough or sneeze or laugh. An entertainment dancer, a cheerleader, a choreographer trying to figure how she'd perform her two-hour show with that going on, Muganzo Murphy would ask herself how she'd be able to get through all that. "(My) acne was out of control. Headaches were out of control. I'm anemic. I mean, I was gaining weight out of it. It's horrendous, right?" she said.



The nurse-practitioner who guided Muganzo Murphy suggested a vegan diet and cutting out sugar to rid her body of the fibroids. So she did and her bleeding went from eight months to two days and without any cramps. "When I went vegan and I eliminated sugar, no more cramps," she said. "And this whole time I have been told that cramps were a rite of passage. No. Cramps are a sign that you have a uterine illness going on." She said the hormone-ridden foods that are common in our diets coupled with sugar are like a "buffet" for the fibroids.

Instead of saying cramps are showing you a problem, Muganzo Murphy says that instead the industry pushes Midol to end them. "Big pharma always gives us capitalism. So we're going to capitalize on your pain, which is really your body telling you it's (expletive) up. And you start to recognize that patriarchy and racist practices happen over the female body and reproductive organs."

An expert on racial medical malpractice, Last year Muganzo Murphy was named the USA Fibroid Centers inaugural west coast ambassador and wrote on Aug. 26, 2021 in an article titled "You're welcome: Why we all owe Black wombs a round of applause" and published on LinkedIn that according to USA Fibroid Centers, "1 in 8 womb holders will experience uterine health trauma in their lifetime and 1 in 3 of those people will be Black-identified. (Yeah, the same people who sacrificed their livelihood to ensure we all could celebrate life today.) This means that while Black wombs are disproportionately impacted by this issue, all communities are susceptible to the residue of unjust medical practices that began in the 1800s. Racial undertones impact all of us and have generational rippling effects on all genders, races, and nationalities."

For many years Muganzo Murphy wouldn't wear white pants and opted for a lot of black to hide any blood, but she proudly wears white now. "Someone asked me, 'How did you wear white pants after Labor Day?' And I told him this whole reclamation that I'm on because I've worn black for so long."

*Follow Muganzo Murphy on her website: muganzoentertainment.com/*

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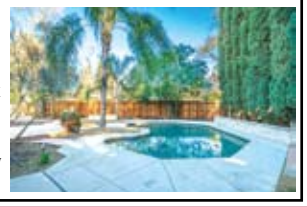


# Sacramento County crowns 2022 Poetry Out Loud winner




Samantha Albiani from Elk Grove High School is the winner of the 2022 Sacramento County Poetry Out Loud competition. She took first place during the Sacramento County finals, which were conducted virtually this year. Mac Stern from Natomas Charter School is the Sacramento County runner-up.

Participants in the county competition recorded videos of their presentations, which were scored by a panel of judges. The winners were announced during a celebration held by video conference yesterday.

Albiani will represent Sacramento County in this year's virtual state finals, which will take place March 11–16.

## 2022 Poetry Out Loud Participants

Sandhya Ahuja (John F. Kennedy High School, Sacramento USD)

Samantha Albiani (Elk Grove High School, Elk Grove USD)

Arun Dixit (Vista del Lago High School, Folsom Cordova USD)

Ashley Hurtado Hernandez (Grant Union High School, Twin Rivers USD)

Joy Kaler (Inderkum High School, Natomas USD)

Hailey Puglia (Rio Americano High School, San Juan USD)

Mac Stern (Natomas Charter School, Natomas USD)



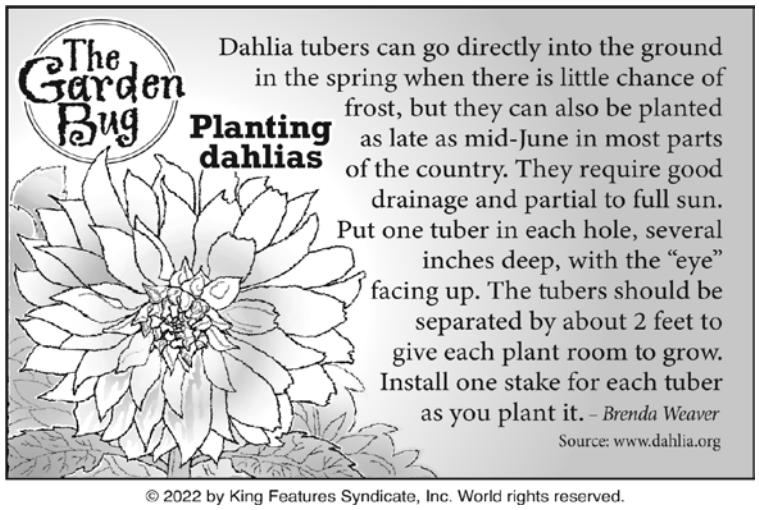

Awards Celebration to Play on Cable Television

The Sacramento Educational Cable Consortium (SECC) will broadcast the student performances and the awards announcement and celebration event on Comcast Channel 15/ Consolidated 21/U-Verse 14:

February 19 at 4:30 PM
February 20 at 9:00 AM
February 26 at 4:30 PM
February 27 at 9:00 AM

The Sacramento County Poetry Out Loud competition encourages high school students to learn about great poetry through memorization, performance, and competition. The program provides students with the opportunity to perform poetry in English classes. Modeled after the National Spelling Bee, students start by competing in their local schools. Winners then progress to regional and state competitions, with state winners competing at the national level. Poetry Out Loud was launched nationwide in 2006.

Sacramento County's Poetry Out Loud program is supported by the Sacramento County Office of Education (SCOE), California Poets in the Schools, and the Poetry Foundation. This activity is funded by the California Arts Council and the National Endowment for the Arts.

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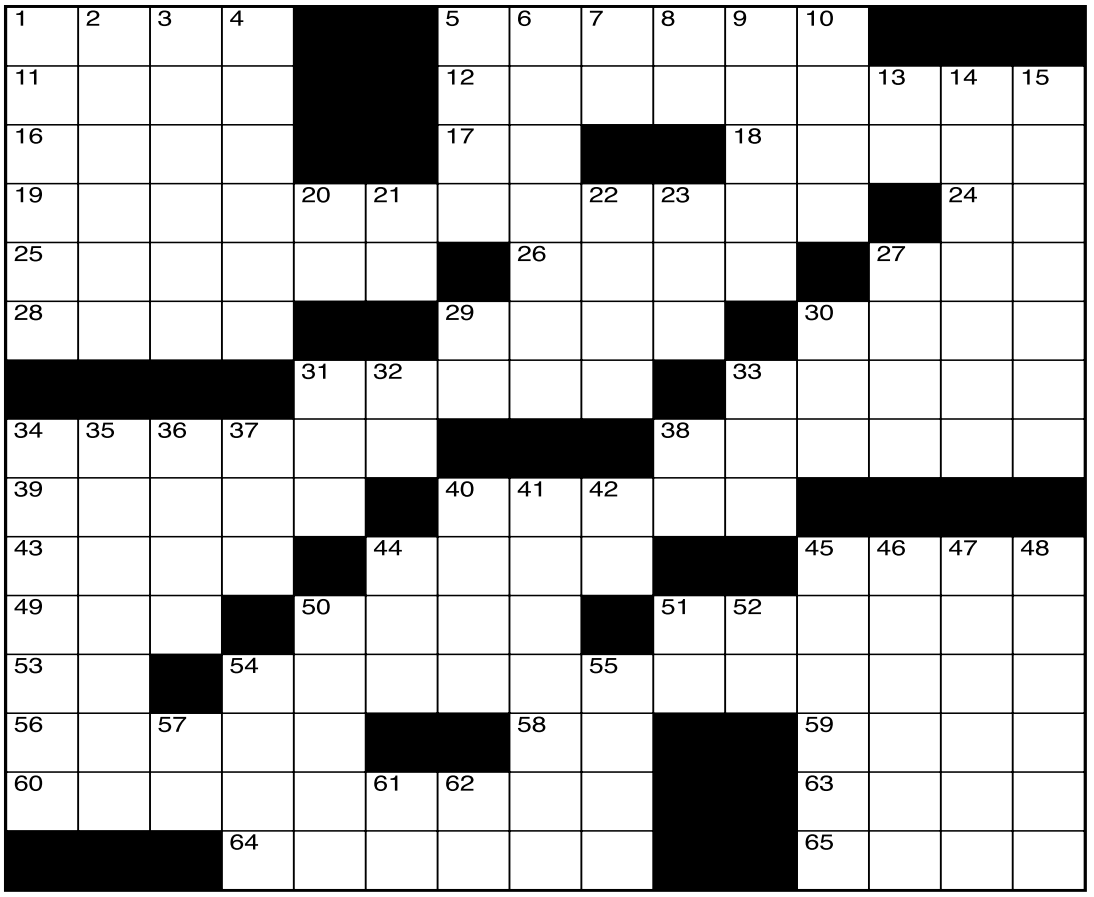
# Taxes

*Continued from Page 7*

In 2021, more than 4,000 households across the Sacramento region filed their taxes through United Way's Free Tax Prep program, claiming a total of more than $7.5 million in credits and saving a total of $885,000 in tax preparation fees.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. With a mission to build stronger, healthier and more compassionate communities, the local United Way starts at square one: helping every family succeed so their community can too. Serving Amador, El Dorado, Placer, Sacramento and Yolo counties, the local United Way is working to meet its 20-year commitment to significantly reduce poverty in the region by helping kids excel in school, investing in families, creating meaningful partnerships and organizing to lift impacted families. For more information or to make a donation, visit YourLocalUnitedWay.org.

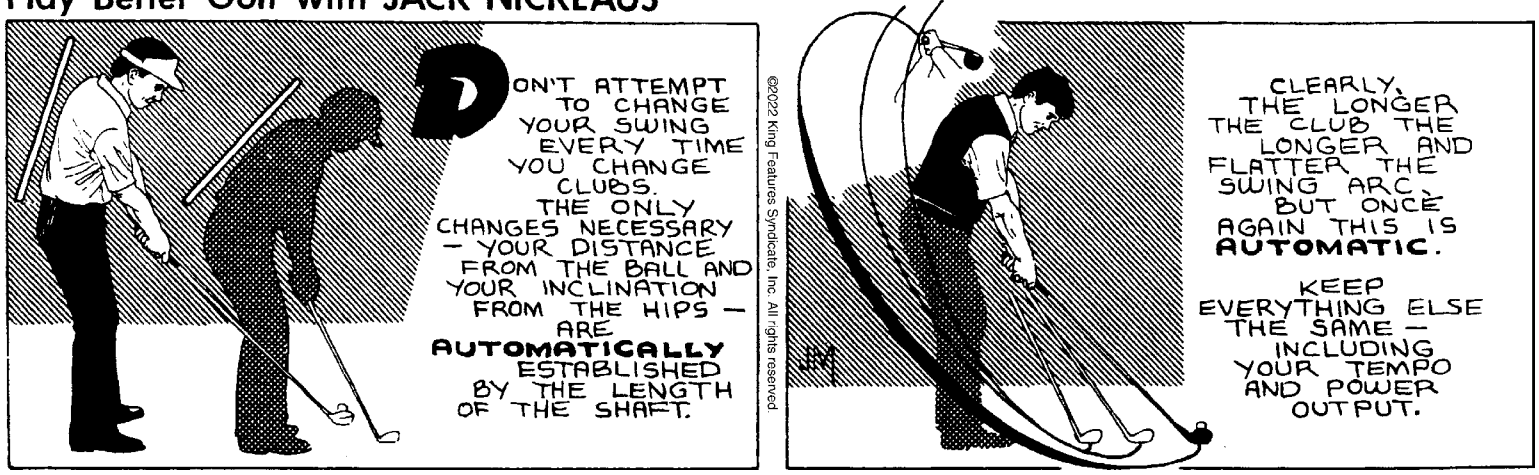
# CROSSWORD



**CLUES ACROSS**
1. Remain as is
5. Functional
11. News magazine
12. Popular treat
16. Area units
17. Artificial intelligence
18. Marten valued for its fur
19. Forms of matter
24. Home of the Dodgers
25. Bordering
26. Part of the eye
27. It might be nervous
28. Visualizes
29. Crest of a hill
30. Measures engine speed (abbr.)
31. Tears in a garment (Br. Eng.)
33. Not easily explained
34 Song in short stanzas
38. Detonations
39. Intestinal
40. EU cofounder Paul-Henri __
43. Balmy
44. New Mexico mountain town
45. Gobblers
49. Insecticide
50. Golf scores
51. Has its own altar
53. "Pollock" actor Harris
54. Being livable
56. NHL play-by-play man
58. "The Great Lakes State" (abbr.)
59. Unpainted
60. Swam underwater
63. Native American people
64. Containing salt
65. Exam

**CLUES DOWN**
1. Small bone in middle ear
2. Long, angry speech
3. Move out of
4. Male organ
5. Two-toed sloth
6. Making dirty
7. Article
8. Oil company
9. Emits coherent radiation
10. Amounts of time
13. Unit equal to one quintillion bytes (abbr.)
14. Forbidden by law
15. Drains away
20. Not out
21. Sea patrol (abbr.)
22. Bird genus
23. Gratuity
27. __ and feathers
29. Spiritual part of an individual (ancient Egypt)
30. Hot beverage
31. Pouch
32. It followed the cassette
33. Large northern deer
34. Ones who offer formally
35. Famed genie
36. Bequeathed
37. Skeletal muscle
38. Atomic #56
40. Silk garment
41. They deliver the mail
42. Equally
44. Check
45. Light-colored breed of hound
46. Drug that soothes
47. Railroads
48. Most slick
50. Jacket
51. A radio band
52. Hello
54. His and __
55. Supporter
57. Popular software suite (abbr.)
61. Railway
62. NY coastal region (abbr.)

## Play Better Golf with JACK NICKLAUS



# Ask the DMV – Take care of your DMV business the safest and fastest way: online

Did you know that most things you need to accomplish at the DMV can be done online? The DMV is encouraging Californians to access its expanded online services portal amid the surge of the omicron variant of COVID-19.

In addition to providing more services online, the DMV has accommodated customers in many ways during the COVID-19 pandemic. Recently, the DMV announced the extension of commercial driver's licenses, learner's permits, endorsements and special certificates expiring between March 2020 and February 2022, through February 28, 2022.

## Q1: I have a commercial driver's license that is about to expire; how can I get it renewed?

A1: Renewing a commercial driver's license previously required a visit to a DMV office. However, the DMV is now offering most commercial driver's license renewals online. Those who are eligible can simply renew their license at www.dmv.ca.gov/portal/dmv-virtual-office/commercial-driver-license-renewal.

Eligible commercial drivers can upload the necessary documents, pay the required fee by credit or debit card, and then receive their new card within a few weeks. While most commercial drivers can renew their driver's license online, some exemptions may require an appointment at a local field office.

## Q2: I would prefer to visit the DMV in-person, is that an option for me?

A2: California DMV offices are still open for business. To protect the health and safety of DMV employees and customers, the DMV requires everyone in its offices to wear face coverings, keep their distance, wash hands frequently, and stay home if they are sick. Customers are also asked to limit the number of family members who accompany them to an office to those who are necessary to complete a transaction, and to be patient while waiting to be served.

Additionally, Californians can use a DMV kiosk, with locations throughout the state that often offer extended hours. At a kiosk they can complete their vehicle registration renewal and print tags on the spot, submit proof of insurance, receive a driver or vehicle record, and much more. Customers can also visit DMV business partners to complete selected transactions in-person. To find out more about your options, visit www.dmv.ca.gov and use the service advisor tool.

For more information or answers to questions not listed here, please visit www.dmv.ca.gov.

## Puzzle Solutions

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# Celebrating Black history

**By the Sacramento Public Library**

In 1926, Carter G. Woodson was very intentional in his choice of the month of February for what began as Negro History Week. Abraham Lincoln and Frederick Douglass both share birthdays in February and are celebrated for their contributions to the struggle for racial equality. In 1976, when Negro History Week officially shifted to Black History Month, Carter G. Woodson never believed that a week for the study of Black life and history would be enough—it was done with the intent that it would contribute to continued learning.

The Sacramento Public Library (and Valley Community Newspapers) wish to be just as intentional as we honor Black History Month. We wish to affirm that the Sacramento Public Library supports our Black community in Sacramento and Black communities across our nation and the globe. We affirm that Black lives matter.

We hope you will join us in honoring Black History Month by exploring our book lists and participating in events that celebrate the past, present and future of Black lives.

## Dial-A-Tale

Dial-A-Tale celebrates #BlackVoices: In Their Own Words this month. Call 916-575-4590 to listen to a recording highlighting classic and modern voices from the Black Community updated every few days.

## Ms-UnicornInterstellar Beats with Ms. Unicorn!

*(February 26 at 2 p.m.)*

Come along with Ms. Unicorn on a fantastic voyage featuring music, meditation, & a stellar take on storytelling! This event will be hosted on Zoom and streamed live to YouTube. Register in advance to attend.(Opens in a new window)

Ms. Unicorn (aka SpaceWalker) is a California based One Woman Band, Master of Ceremonies, and Community Advocate for Mental and Spiritual Health. Ms. Unicorn loves to empower others by embracing herself! She is an improv specialist, visual/performance artist, Reiki practitioner, intuitive, and blossoming author. Her favorite color is rainbow and her favorite dinosaur is a triceratops. She loves any and all forms of creativity and high vibrational expression!

*Source: Saclibrary.org/Event/Special-Events/BlackHistoryMonth*

"You are bountiful because of all the people you hold inside you,
all the people who walked before you,
all the people who lived so that you could live.
They are alive in you and you are bountiful."

-Viola Allo, Cameroonian Poet

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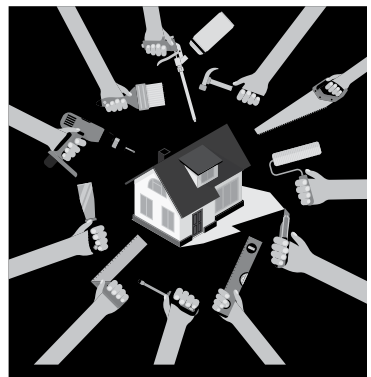

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# Fun facts about the Himalayan monal

**By The Sacramento Zoo**

The Himalayan monal is one of the most colorful birds here at the Sacramento Zoo. Also known as the Himalayan pheasant, this bird delights guests of all ages. With that delight comes unbridled curiosity. Here are some of the most asked questions about Himalayan monals.



## Where are Himalayan monals found?

Himalayan monals live in the Himalayan hill forest from Afghanistan and Pakistan through the Himalayas in India, Nepal, southern Tibet, and Bhutan. It favors oak-conifer forests rich with rhododendrons, open, grassy slopes, and alpine meadows.

## What do Himalayan monals eat?

Himalayan monals are omnivorous. In the wild, they feed on a variety of insects, seeds, tubers, roots, and berries. Here at the zoo, they eat mixed vegetables, game bird chow, and insects.

## Are Himalayan monals migratory?

Himalayan monals migrate across altitudes. In the summer, these birds live at 16,000 feet. As temperatures cool in the winter, the birds migrate down as low as 6,500 feet. There, they congregate in large coveys and roost together.

## What is the Himalayan monal lifespan?

Himalayan monal's lifespan is unknown in the wild, but in human care they generally live 10 – 12 years.

## Do Himalayan monals create nests?

Himalayan monals are monogamous and form strong pair bonds during breeding season. After mating, the female will dig a shallow nest in the ground to lay 3 to 5 eggs. The female will incubate the eggs for 27 days as the male stays nearby for protection.

When developing the film "Up," Pixar artists visited the Sacramento Zoo. They took pictures, made sketches, and observed the behavior of our Himalayan monals. Kevin, the Monster of Paradise Falls, is partially based on our birds!

Loss of habitat is the largest threat to the Himalayan monal pheasant's survival. Male head feathers are a sought-out prize. Furthermore, hunting these birds for food continues to decrease wild populations. Although this bird is still common in some areas, it is unable to readily adapt to a changing environment. It has specific habitat requirements that prevent it from finding new home ranges.

The Sacramento Zoo works with visitors of all ages to increase awareness of the need to preserve whole habitats and ecosystems to protect as many species as possible. All animals interact with one another, and each plays an important role in the ecosystem. Our Red Panda Forest, where the Himalayan monal is housed, shows many species living together and explains their roles within the ecosystem.

*Source: https://www.saczoo.org/2022/01/fun-facts-about-himalayan-monal/*


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OUTSTANDING LIFE MEMBER

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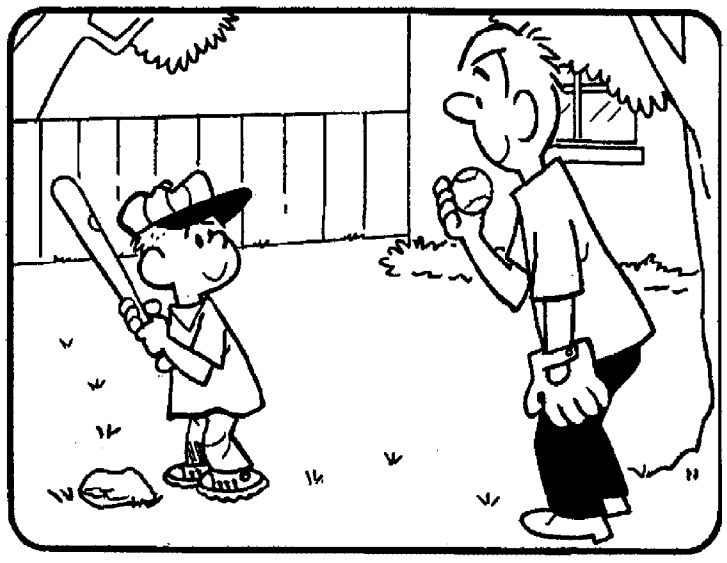
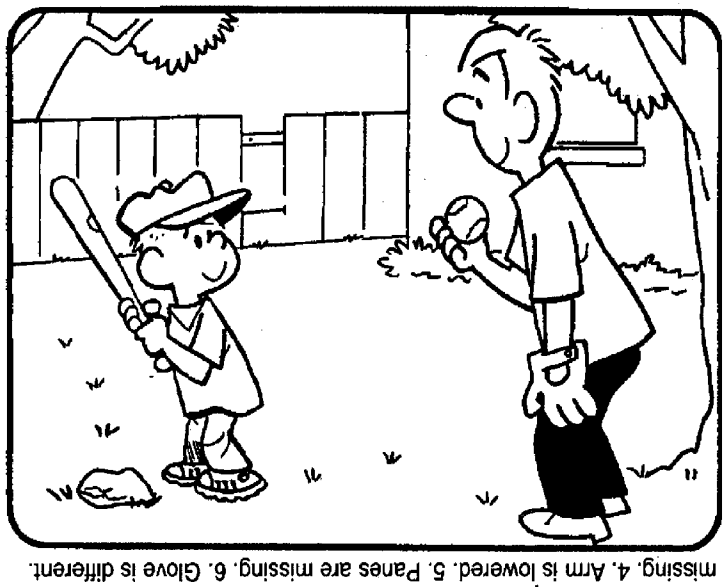
**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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Differences: 1. Cap is different. 2. Shirt is slimmer. 3. Fence board is missing. 4. Arm is lowered. 5. Panes are missing. 6. Glove is different.







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