

# Happy New Year!

## THE ARC INFORMER

The Arc of Amador and Calaveras  
San Andreas site

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### 2021: A Year and Review

By Melanie LaSalle & Ashley Penrod



Well, 2021 has finally ended. Let's take a look at what happened.

Ever since the COVID pandemic hit in 2020, it has been really different at the Arc. Everybody doesn't go to The Arc every day. The consumers that live in Murphys, Angels Camp and Valley Springs that don't drive, but ride Blue Mountain transit go to The Arc on Monday and Tuesday, and the consumers that drive, walk or take the transit bus go in on Wednesday and Thursday. And then there were a couple of new staff that started working at the Arc, one of the staff is Allysa and another staff is Martina, they both started working at Arc in September 2021. This year, Brenda and Delisia also transferred from Supported Living over to day program. Our new staff are a wonderful asset to our Arc family. Other things that have happened is that we weren't able to have the ArCreation sale over at the Amador Arc campus in December.

Every consumer that goes to The Arc has to get their temperature checked and the staff read the COVID questions to each of the consumers. Some of the activities include; Wii, arts and crafts, diamond art, computers, work crews, and wood projects. On the work crews, there is only allowed one staff and one consumer in the truck and the van. Each of us has to stay 6 feet apart and have their face masks on. We are slowly starting to come back to some normalcy, no cell phones during class time, break time is at 10:30 instead of 10:00. And we are going to The Arc full schedule from 9:00 am to 3:00 pm. On each of the days that the consumers go to The Arc, there is 5 staff that work on Monday and Tuesday, and Wednesday and Thursday. Each of the staff rotate days to work in-house and some on work crews. All I can say is, I hope that we can all come back together as one big family.

The Arc Informer is an original publication produced by  
program participants of The Arc

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#### Special thanks

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Nick Knapik

#### Mystery Search

Can you find Mr. Stix? He is hiding  
somewhere in the Arc Informer.

By Nick Knapik



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# January 2022 rebus

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By Nicholas ~~Knapik~~



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Rebus Solution on Page 7

## MEN'S & WOMEN'S COLLEGE WATER POLO BY BRETT J. ASHWORTH

Hi, my name is Brett J. Ashworth and I'm doing an article on Men's and Women's Water polo. Men's Water Polo is in the Fall and Women's Water Polo is the Spring. Teams have 7 players with the most goals and they have a goalkeeper, a center forward, a center, back, two wing players and the two drivers the offense has also. Men's Water Polo has been in progress since 1969 and I wasn't alive yet. UC-Berkley Cal Bears have won the most titles and they have 15. Women's Water Polo have been in session since 2001. Stanford Lady Cardinals and UCLA Lady Bruins have tied for the most titles with 7. They also have a 2 meter and a 5 meter on offense but they have multiply offense and defense positions and the goalie. Everybody can shoot the ball but the main part of it is whoever scores the most goals in 4 quarters and not including the goalkeeper. They have Big West Conference, Collegiate Water Polo Association, Golden Coast Conference, Metro Atlantic Athletic Conference, Mountain Pacific Sports Federation, Southern California Intercollegiate Athletic Conference, Southern California Intercollegiate Conference, and Western Water Polo Association. But last year they didn't have due to COVID-19 protocols. The California Golden Bears also known as UC-Berkley and they are out of Pac-12 conference. And if they go the bottom of the pool, then that's a foul.



# January Fun Facts

By Suzanne Jasper

1<sup>st</sup> January – Z Day.  
2<sup>nd</sup> January – Pet Safety Travel Day.  
4<sup>th</sup> January – Spaghetti Day.  
5<sup>th</sup> January – Whipped Cream Day.  
6<sup>th</sup> January – Cuddle Up Day.  
7<sup>th</sup> January – I'm Not Going To Take It Anymore Day.  
8<sup>th</sup> January – Joy Germ Day.  
9<sup>th</sup> January – Static Electricity Day.  
10<sup>th</sup> January – Peculiar People Day.  
11<sup>th</sup> January – Step In A Puddle And Splash Your Friends Day.  
12<sup>th</sup> January – Marzipan Day.  
13<sup>th</sup> January – Skeptics Day.  
14<sup>th</sup> January – Dress Up Your Pet Day.  
15<sup>th</sup> January – Hat Day.  
16<sup>th</sup> January – Nothing Day.  
17<sup>th</sup> January – Ditch New Year's Resolution Day.  
18<sup>th</sup> January – Winnie the Pooh Day.  
19<sup>th</sup> January – Popcorn Day.  
20<sup>th</sup> January – Penguin Awareness Day.  
21<sup>st</sup> January – Hugging Day.  
22<sup>nd</sup> January – Answer Your Cat's Questions Day.  
23<sup>rd</sup> January – Measure Your Feet Day.  
24<sup>th</sup> January – Belly Laugh Day.  
25<sup>th</sup> January – Opposite Day.  
26<sup>th</sup> January – Australia Day.  
27<sup>th</sup> January – Chocolate Cake Day  
28<sup>th</sup> January – Data Privacy Day.  
29<sup>th</sup> January – Freethinkers Day.  
30<sup>th</sup> January – Insane Answering Machine Day  
31<sup>st</sup> January – Backward Day.

Jan 1 New Years

Jan 4 National Spaghetti, Day

January 8 Elvis Presley's birthday

Jan 9, National Law Enforcement Day

Jan 15 Martin Luther King Jr.'s birth

Jan 15 Nation Bagel Day

January birth flower is carnation

National Blood Donation Month

National Bird Day

January Zodiac signs are Capricorn and  
Aquarius

# Riddles

**1. Riddle:** I can fly but I have no wings. I can cry but I have no eyes. What am I?

**2. Riddle:** It belongs to you, but other people use it more than you do. What is it?

**3. Riddle:** You throw away the outside, eat the inside, then throw away the inside. What is it?

**4. Riddle:** Feed me and I will live, but give me a drink and I will die. What am I?

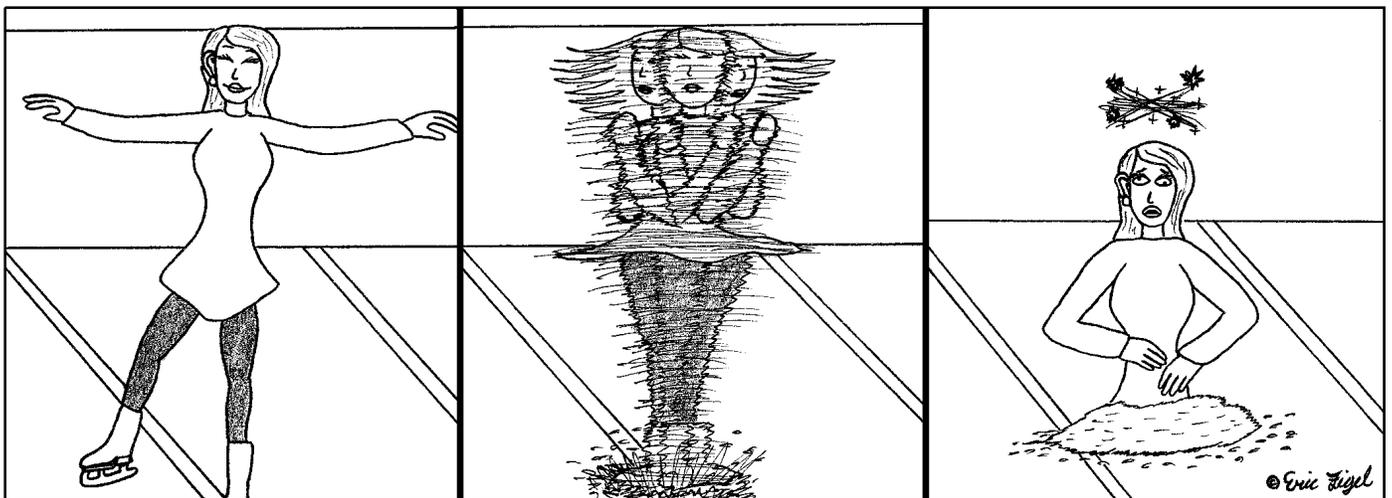
**5 Riddle:** What can you keep after giving it to someone?



Answers on Page 7

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## Comic Strip By Eric Figel



# Spinach Artichoke Chicken

## Ingredients

- 2 tablespoons salted butter
- 2 tablespoons olive oil
- 4 thin-cut chicken breasts (chicken cutlets)
- Kosher salt and freshly ground black pepper
- 1/2 red onion, diced
- 2 cloves garlic, minced
- Two 8-ounce jars quartered artichokes, drained
- 3/4 cup white wine
- 3/4 cup heavy cream
- 1 cup grated Parmesan
- One 4-ounce jar diced pimientos, drained
- 3 cups baby spinach
- 1/2 lemon, juiced
- Fresh basil leaves, for garnish

-Warm bread, for serving

Directions on the next page

Spinach Artichoke Chicken, Continued from Page 6

## Directions

- Heat the butter and olive oil together in a large nonstick skillet over medium-high heat. Sprinkle the chicken on both sides with salt and pepper, then add them to the skillet. Cook until nicely browned and cooked through, about 3 minutes per side. Remove to a plate.
- Add the onion and garlic to the skillet and stir until slightly softened, about 30 seconds, then add the artichokes and cook, stirring, until the artichokes are hot and the onions are translucent, 1 to 2 minutes. Pour in the wine and stir, then add the cream and more black pepper, if desired, then stir again. Let the sauce come to a simmer, then add the Parmesan and cook for a minute to thicken.
- Add the pimientos, spinach and lemon juice, then stir until the spinach has wilted, for a minute or so. Nestle the chicken back into the skillet, spooning a little sauce over the top. Garnish with torn basil leaves and serve with warm bread.

Riddle Answers

Rebus Solution

1. Answer: A cloud.
2. Answer: Your name.
3. Answer: Corn on the cob.
4. Answer: A fire.
5. Answer: Your word.

“Ball drop in Times Square.”

# January Weather

January ▾ 2022 ▾

DAILY

S	M	T	W	T	F	S
26	27	28	29	30	31	1
47° 37°	47° 43°	47° 36°	46° 42°	51° 40°	47° 36°	47° 32°
2	3	4	<b>5</b>	6	7	8
47° 28°	53° 32°	55° 46°	58° 47°	55° 48°	55° 41°	53° 37°
9	10	11	12	13	14	15
55° 38°	54° 39°	55° 42°	55° 43°	56° 42°	57° 41°	56° 40°
16	17	18	19	20	21	22
55° 43°	56° 41°	55° 42°	56° 39°	59° 40°	59° 40°	58° 42°
23	24	25	26	27	28	29
59° 37°	53° 38°	56° 40°	57° 39°	57° 40°	54° 38°	54° 41°
30	31	1	2	3	4	5
57° 45°	53° 44°	52° 45°	54° 45°	60° 41°	61° 41°	61° 42°

# January Birthdays

- January 4      Demetrio Valez
  
- January 5      Bailey Shoemaker
  
- January 5      Helen Hicks
  
- January 5      Sandy Morris
  
- January 23     Bryan Kocher
  
- January 30     Lowen Hill