

THE ARC INFORMER

The Arc of Amador and Calaveras
San Andreas site

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This is Angela Beasley, she is our new Community Specialist at The Arc of Calaveras. Angela started this job because she felt it would be a good place to help others and make a difference. Angela is a caring and compassionate person, so this job is a great fit for her. "So far, I really like and enjoy everyone I've met/worked with. I'm always in a great mood after work and I can't say that about any other job I've worked at."

Angela is a full-time mother of 4 daughters. She moved to Calaveras in 1985. Angela loves cooking and shopping, especially for shoes. Her favorite movie genre is comedies.

We are so excited to welcome Angela to The Arc!

Hi my name is Brett J. Ashworth and I went fishing with my Uncle on my dad's side of the family on February 1st 2022 we went to New Melones Lake and I caught 5 bass and we kept 3 and we ate them that night I had a blast with him and he showed me how to catch a fish I had a blast and I didn't get home until like close to like 6:30pm we left at 5:00pm so we could clean the fish and he showed me how to do it.



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

Newsletter Journalists

Eric Figel
Melanie LaSalle
Brett Ashworth
Ashley Penrod
Suzanna Jasper
Nick Knapik

Special thanks

Eric Figel

Mystery Search

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

By Nick Knapik



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The Luck of the Irish

By Ashley Penrod

Saint Patrick's Day this year is on Thursday, March 17th. I want to tell you the story of one time that I made a magical discovery. It was early Spring, and it had just finished raining outside. I decided to go on a walk and enjoy the fresh rain smell. While I was walking, I noticed a vibrant rainbow in the sky. I felt led to follow the rainbow, because it was the brightest and most beautiful rainbow I had ever encountered. While I knew it was not usually possible to reach the end of a rainbow, on this particular occasion, as I followed along the rainbow, it became more and more vibrant and bright. The rainbow practically became a solid object right in front of me. Eventually, I reached the end of the rainbow, and in front of me was a beautiful, lush field of shamrocks, or three-leaf clovers. The field stretched on as far as I could see. In the center of the field, I could see a glowing light. As I approached, I discovered that the source of the glow was coming from a big pot of golden coins! Surrounding the gold were a bunch of four-leaf clovers, growing taller than the shamrocks around them. The four-leaf clovers grew up and around the pot of gold. It was a beautiful sight to behold.



I decided to approach the pot of gold and reach my hand inside. As I placed my hand on the pile of gold, I was filled with hope and joy. To me, the gold represented encouragement and the hope that we find when we follow our rainbow. May you follow your rainbow today and find a new sense of joy.

A four-leaf clover is very rare and thus is considered to be very good luck, specifically in Irish culture.



A shamrock is the more common three-leaf clover.



Rainbows are a refraction of light after it has rained.



March Fun Facts By Suzanne Jasper

March 1st The Peace Corps was founded

March 1st Yellowstone declared a national park

March 2nd Mount Ranier declared a national park

March 3rd The Star Spangled Banner declared the National Anthem

March 4th American Automobile Association established

March 7th Alexander Graham Bell patented the telephone

March 9th The first Barbie doll debuted

March 9th Girl Scouts were founded

March 12th American Red Cross founded

March 13th Daylight Savings time implemented

March 17th is St. Patrick's Day

March 27th US Navy founded

March 21st Spring begins

March 21st World Down Syndrome Day

March 22nd National American Diabetes Awareness

March 26th Epilepsy Awareness Day

Zodiac signs for March are Pisces (February 19th-March 20th)and
Aries (March 21st-April 19th)

Daffodils are the March birth flower

Aquamarine is the March birthstone

March 2022 Rebus

By Nicholas Knapik



Rebus Solution on Page 7

Riddles

Riddle 1: What has wheels and flies, but it is not an aircraft?

Riddle 2: What is the next number in the sequence? 2, 3, 5, 9, 17, _

Riddle 3: I have a little house in which I live all alone. It has no doors or windows, and if I want to go out I must break through the wall. What am I?

Riddle 4: How many gold coins can a leprechaun throw in an empty pot?

Riddle 5: Why do people wear shamrocks on St. Patrick's Day?



Answers on Page 7

Comic Strip

By Eric Figel



Spring Vegetable Pasta Casserole

- 1 tablespoon, plus 1/4 teaspoon kosher salt, divided
- 1 pound penne
- 2 tablespoons olive oil
- 3 small to medium spring onions or 1 large Vidalia onion, finely chopped
- 2 medium zucchini, sliced lengthwise and cut into thin half-moons
- 2 bunches spinach, well washed and trimmed, or 2 5-ounce bags baby spinach
- 1 pound (2 cups) fresh ricotta cheese
- 1 large egg, beaten
- 1/2 teaspoon black pepper

Preheat the oven to 375 degrees F.

Bring a large (8-quart) pot of water and add 1 tablespoon kosher salt. When the salt dissolves, add the penne and cook until just a minute short of al dente. Drain the cooked penne and reserve while you cook the vegetables.



Heat the olive oil in a large, high-sided saute pan over medium heat. Add the onion and cook, stirring frequently, for 5 minutes until the onion starts to soften and turn translucent.

Stir in the zucchini and a pinch of salt, cover, and raise the heat to medium-high. Cook, stirring occasionally, for about 10 minutes until the zucchini starts to soften and turn translucent.

Uncover and add the spinach in handfuls, stirring until each handful wilts before adding the next. Remove from the heat.

In a large bowl, stir the ricotta, egg, pepper, and remaining salt until the egg is incorporated. Stir in the vegetables, then stir in the cooked penne.

Transfer to a 9x13-inch casserole dish and bake for 30-40 minutes, until the casserole is bubbling at the edges and the pasta is browned in bits.

Riddle Answers

Rebus Solution

Answer Riddle 1. A garbage truck

Answer Riddle 2: 33. The pattern: Double the previous number and subtract 1

Answer Riddle 3: A chick in an egg

Answer Riddle 4: One. After that, it's no longer empty

Answer Riddle 5: Real rocks are too heavy

Leprechauns, Shamrocks and pots of gold

March Weather

March 2022						DAILY
S	M	T	W	T	F	S
23	24	25	26	27	28	29
66° 40°	65° 40°	68° 44°	68° 42°	66° 39°	62° 47°	62° 44°
30	31	1	2	3	4	5
60° 41°	60° 30°	63° 30°	63° 48°	61° 45°	63° 44°	66° 44°
6	7	8	9	10	11	12
67° 45°	67° 45°	60° 42°	59° 41°	60° 40°	64° 42°	64° 44°
13	14	15	16	17	18	19
63° 42°	61° 41°	61° 40°	62° 40°	61° 42°	61° 42°	60° 40°
20	21	22	23	24	25	26
63° 42°	61° 41°	61° 40°	62° 40°	61° 42°	61° 42°	60° 40°
27	28	29	30	31	1	2
60°	61°	62°	61°	61°	62°	61°

March Birthdays

- March 1 Kyle Heimerl
- March 4 Katelyn Morock
- March 4 Delisia Fuentes
- March 7 Kimo Kamakaalo-
haamailkalani
- March 7 Garry Yanez
- March 12 Ted Houser
- March 19 Marisa Verduzco
- March 26 Erin Woodhams
- March 27 Eric Figel

