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education, advocacy and support for people living with mental illness



NAMI - Yolo Outlook

a chapter of NAMI, the Nation's Voice on Mental Illness

Upcoming Events

- Date:** Wednesday, January 4, 2012, 6:30 p.m.
Perform: Joshua Walters, Entertainer/Mental Health Educator
See page 4 for Walters' bio.
- Topic:** *Madhouse Rhythm*
Location: Davis Odd Fellows Lodge, 415 Second St., Davis
Potluck: No Potluck. Light Refreshments Only.
- Date:** Wednesday, February 1, 2012, 6:30 p.m.
Speaker: Dr. Sergio Aguilar-Gaxiola
Topic: *Falling Through the Cracks: Parental Depression in Primary Care*
Location: Destiny Hall, 124 Lincoln Ave., Woodland
Potluck: You needn't bring food, but if you can, please bring the following if your last name begins with:
A-H: Main Dish **I-P:** Salad **Q-Z:** Dessert
- Date:** Thursday, February 16, 2012, 6:30 p.m.
Event: Pat Williams Mental Health Dinner
Keynote: Dr. Mason Turner, Chief of Psychiatry
Kaiser Permanente, San Francisco
Topic: *Coming Unglued: The Bipolar Home in Times of Trouble*
Location: Veterans Memorial Center, 203 East 14th St., Davis
- Date:** Wednesday, March 7, 2012, 6:30 p.m.
Speaker: Dan Morain, Feature Writer, Sacramento Bee
Topic: *Mental Illness in the News*
Location: Cesar Chavez Apartments, 1220 Olive Drive, Davis
Potluck: You needn't bring food, but if you can, please bring the following if your last name begins with:
A-H: Salad **I-P:** Dessert **Q-Z:** Main Dish
- Date:** Wednesday, April 4, 2012, 6:30 p.m.
Speaker: Dr. Emil Rodolfo
Topic: *CAPS: Mental Health on Campus*
Location: Destiny Hall, 124 Lincoln Ave., Woodland
Potluck: You needn't bring food, but if you can, please bring the following if your last name begins with:
A-H: Dessert **I-P:** Main Dish **Q-Z:** Salad

Yolo County Crisis Changes

As of October 1, 2011 Yolo County Dept. of Alcohol, Drug and Mental Health Services no longer provides 5150 involuntary hold assessments at Woodland Memorial Hospital and Sutter Davis Hospital emergency rooms.

Up until then, the Department provided assessment services though a contract with Suicide Prevention and Crisis Services of Yolo County. By law, Yolo County is not required to arrange for assessment services or have a psychiatrist on call after hours. EMTALA (Emergency Medical Treatment and Active Labor Act) requires hospitals with emergency rooms that accept Medicare to provide emergency healthcare services to all people that come in. As a result, assessment services will now be contracted by Yolo County hospitals...Heritage Oaks mobile crisis team will assess people brought to Woodland Memorial for 5150 evaluations. Sutter mobile crisis will assess people at Sutter Davis Hospital.

The Department also stopped having a psychiatrist on call during evening and weekend hours to prescribe medications for people being admitted to Woodland Memorial's psychiatric unit and YCCC's Safe Harbor crisis residential program.

NAMI-Yolo

Address: P.O. Box 447
Davis, CA 95617

Phone: (530) 756-8181

Website: www.namiyolo.org

Email: friends@namiyolo.org

NAMI-Yolo is an affiliate of NAMI and NAMI California.

From September-May the Board of Directors usually meets on 3rd Wed. at 7 p.m. at Destiny Hall, 124 Lincoln Ave., Woodland. Call (530) 756-8181 and leave a message to confirm day and time.

2010-11 Board of Directors

PresidentRoger Pehlke
Vice President Nancy Temple
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Potluck & Speaker Events

Roger Pehlke

Religious Outreach

Joan Weiss

Seeds of Hope

Melissa Lyans

Volunteers

Charles Wang

Website

Leslie Carroll

Woodland Meetings

Al & Joan Weiss

Yolo CANVAS needs volunteers

The Yolo CANVAS committee recently approved a volunteer screening process for all of its programs. New volunteers are being interviewed and placed in programs by Charles Wang, the NAMI-Yolo volunteer coordinator, and by leaders of the various Yolo CANVAS programs. New volunteers are helping June Forbes with her drop-in events at Homestead Co-op. More volunteers are needed.

CANVAS thanks the Biberstein Social Action Fund for their \$1,000 grant to help finance the Bikes for Wellness program.

Dori Marshall and Karen Cornell will teach a series of YoloCANVAS art classes at the Cesar Chavez Community Room in Davis from 3:00 - 5:00 p.m. January 23, January 30, February 6 and February 13, 2012. Enrollment is limited to 15 students. All will be welcome to stay for the community meal served every Monday at 6 p.m.

The Davis Odd Fellows awarded CANVAS a \$250 mini-grant to help fund two Holiday events at Homestead Co-op. Thank you Odd Fellows!

Marilyn Schwartz and Marilyn Moyle explained the Yolo CANVAS PowerPoint presentation to the City of Davis Social Services Commission October 17th at the Davis City Council chambers. The commission has appointed two of its members as a temporary subcommittee to do more research on the impact of mental health services budget cuts to the city of Davis. We need to create more awareness about the needs of city residents who are no longer able to receive the kind of support that has been available in the past. Jenna Templeton is the commissioner who is leading this effort. She would appreciate any information you might have about gaps in services that you have observed, especially in Davis. Her e-mail address is jtempleton42@gmail.com.

For a calendar of activities and more information about Yolo CANVAS, visit www.yolocanvas.org

Drop-In Program

CANVAS continues the Drop-In program at Homestead Co-op in Davis on 1st and 3rd Thursdays, 2:00-4:00 p.m. Drop-ins include "Table Talk" over refreshments, plus outings and fun ranging from open mic to Bingo. We are thrilled that getting to know and respect ourselves and one another in these gatherings has made us feel and act much like a mutually supportive family.

This past summer, chiropractor Dr. Marc J. Ross has been teaching participants Mindfulness Meditation, a practice he also teaches at the Davis Holistic Center. This winter, new volunteer Tyler Pehlke, who has almost completed his master's in social work at Sac State and who has also worked at Pine Tree Gardens, will help plan and lead our program. Plans are to expand Drop-Ins to Pine Tree Gardens in December.

The Homestead Drop-in program has been a lightning rod for all sorts of positive changes there. These include a part-time house manager 3 mornings a week; resolution of all sorts of safety/maintenance issues; management's work on filling the vacant Section 8 apartments; developing an Inter-agency council that meets monthly about various issues at Homestead; Strides Assertive Community Treatment Team's plan to have their nurse come there to administer injections to their clients.

Bikes for Wellness Program

The Bikes for Wellness Program became fully active late March/early April of

(Continued on page 3)

(Continued from page 2)

2011. We hoped to deliver 20 bikes to Yolo County adult consumers in the first year of the program. To date, 26 bikes have been delivered.

Consumers have expressed the following when they received their bikes:

“With this bike I can ride to the Community College to take classes to finish my Associates degree.”

“Riding calms me.”

“I can ride across town to get cheaper groceries and other things I need.”

“Since my car broke down and I have no money to fix it, I haven't been able to go anywhere or do things I used to do. Now with the bike I can get to my activities.”

The program manager has made contacts and ongoing relationships with the following:

- A gift certificate from WalMart was used toward purchase of helmets.
- Two county supervisors have provided space on their websites for requests for help repairing bikes.
- UC Davis, Davis Bike Club, Davis Bike Collective have provided bike donations and bike repair.

In terms of Consumer Participation: One has helped with repair, one with delivery. One bike organization has volunteered to train consumers in bike repair in order that a small group of consumers can be formed to help one another repair bikes on an ongoing basis.

Bikes for Wellness are looking for volunteers to donate used bikes in good condition and to help repair and refurbish donated bikes. Please contact Marilyn S. at (530) 668-7981 if interested in participating.

Easy Eats Program

Easy Eats cooking program began early in the year meeting at Homestead Co-op Housing in Davis, then sessions were added at Cesar Chavez Plaza apartments in Davis.

This summer, Easy Eats had its best experience since its beginning. Residents of Cesar Chavez Plaza were joined by children of two staff members, a Woodland resident and a consumer who was visiting and considering a move to C.C. Plaza. We cut, chopped, grated and cooked our way to yummy quesadillas; each of our own creations. We chatted, laughed, and shared more than at any of the other program meetings. Also, the day included greater variety of participants.

We are working with Pine Tree Gardens to launch a bi-monthly program there.

Dr. Mason Turner Bio

Pat Williams Mental Health Dinner Keynote Speaker

Dr. Turner is the Chief of the Department of Psychiatry at Kaiser Permanente San Francisco Medical Center, and the Assistant Director for Outpatient and Regional Mental Health Services for Kaiser Permanente Northern California. As a clinician, he concentrates his practice in general psychiatry, addiction medicine, and the treatment of personality disorders through Kaiser's Intensive Outpatient Program. Additionally, Dr. Turner serves as Assistant Clinical Professor in Psychiatry at the UCSF Medical School, where he teaches a course in interviewing patients to first- and second-year medical students. He also supervises psychiatric residents in the practice and theory of psychotherapy.

NAMI-Yolo Winter 2011

Talent Night: Not Just Music

Many may not have heard or known that we started an event at Destiny Hall in Woodland called "Talent Night" which encompasses more than music performance.

It's meant to encourage participation on many levels, including the showing of original art, photography or a craft one has created, or telling a story or poem. We've had in the last six events quite a variety show. All are welcome to attend whether they share a talent or come to watch. Every Spring and Fall for three consecutive months on the third Friday at 7 p.m. we convene to entertain and encourage each other. The next event will be held in the Spring of 2012. We always conclude with refreshments.

Call Joan Weiss at (530) 662-3548 for further details or getting on the list of participants especially if you need more than the time it takes for one song etc. Due to time and space constraints, large bands with sound equipment and drums are discouraged. But acoustic instruments of all sorts and small singing groups are most welcome. A piano and a CD player are on site for use there. Please join us for a pleasant evening of sharing with others.

Patients' Rights Advocates

are people who function within the Yolo County mental health system who are required by California law to represent a mental health client's rights and interests. Advocates do not determine what is in the client's "best interests." but will discuss available options with the client and will assist the client in making an informed choice. Advocates help with: Complaint Resolution, Information and Referral, Representation and assistance at Certification Hearings and Explanation and notification of Patients' Rights They can be contacted at (888) 965-6772.

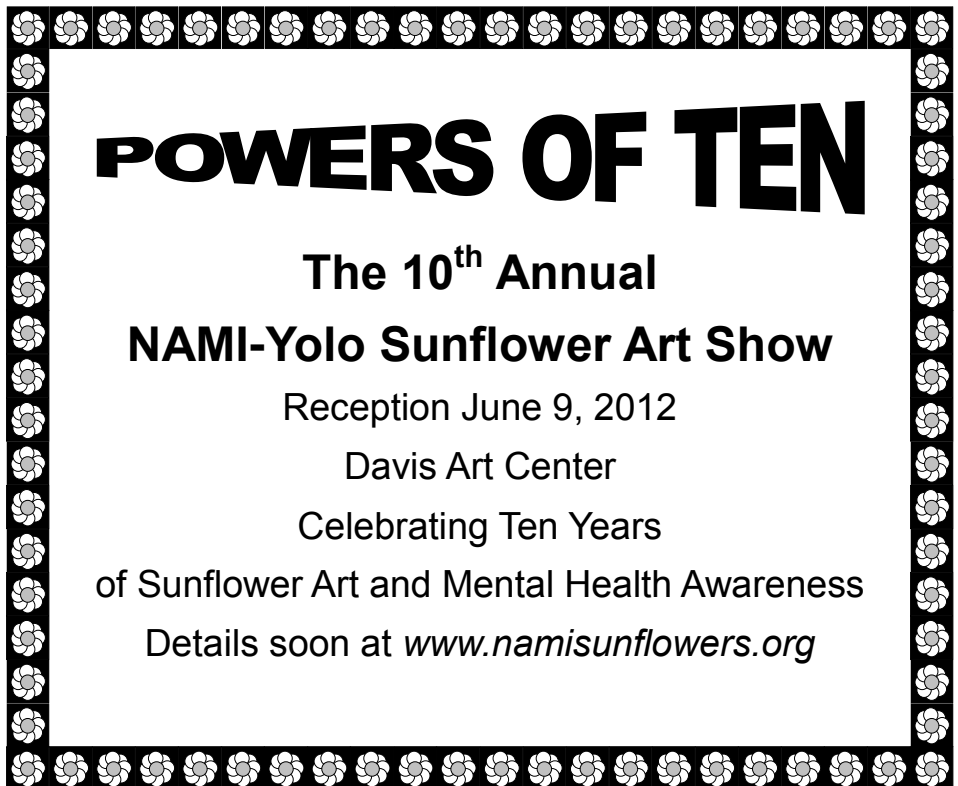
From the President

By Roger Pehlke, NAMI-Yolo President

Thank you for all that you do. You give freely of your time. You donate at critical junctures to keep our programs vibrant. You show unbelievable creativity in coming up with ways to make better lives for people in our community who suffer with mental illness. Your welcoming spirit makes for a family atmosphere in which people feel comfortable to share, to relax, to enjoy. NAMI-Yolo belongs to you and reflects each one of you.

NAMI-Yolo continues to evolve and adapt to new realities, meeting needs as they arise. Witness the emergence of CANVAS (Connecting All Neighbors to Volunteers and Services), drawing people into the community through drop-ins at Homestead, "Easy Eats," Bikes for Wellness, the Art program – as government-supported programs have diminished. Or UCD Connection which, in the past year, has connected NAMI-Yolo more closely to students suffering from mental illness and bringing more volunteers from campus. Witness too our Outreach Committee helping to deepen our dialogue with local law enforcement leaders. Or CIT (crisis intervention training) providing first responders essential skills. Or our newly-formed Grupo Latino de NAMI giving new voice (in their own language) to the Spanish-speaking community.

But understand too that NAMI-Yolo is built on strong traditions and work that began decades ago. The result is a solid infrastructure and a firm financial footing despite our tough economy. I want you to know that, while expressions of ongoing concern over the fragility of an all-volunteer organization like ours are necessary and make up a key reason we succeed (that is, keep pedaling the bike so we don't fall over), NAMI-Yolo is in good shape. Traditional events like the



POWERS OF TEN

The 10th Annual
NAMI-Yolo Sunflower Art Show
Reception June 9, 2012
Davis Art Center
Celebrating Ten Years
of Sunflower Art and Mental Health Awareness
Details soon at www.namisunflowers.org

Sunflower Art Show, the Pat Williams Mental Health Dinner, Mental Illness Awareness Week (MIAW), and our potluck dinner speaker offerings will continue to thrive. You all are thankfully invested in their success. You can feel confident about the "foundation" of this house we have built.

A final thought. I ask that you continue your commitment to NAMI-Yolo. We need our critical mass of volunteers to continue our momentum. If you find the need to lighten your load, please pass the baton effectively. As a group working toward NAMI's common goals of ASEA (advocacy, support, education and awareness) for people with serious mental illness, NAMI-Yolo can't do everything – but we CAN and DO make a real difference.

* Help NAMI-Yolo by shopping *
* at all of your favorite online *
* stores. Visit Goodshop.com *
* online. Enter "NAMI-Yolo" as *
* your cause. NAMI-Yolo *
* receives 1% of all of the *
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Joshua Walters Bio

Joshua Walters is a bipolar comedian whose work explores language, creativity, beatboxing and madness. His solo shows are a mash-up of comedy, intimate reflection and unpredictable antics. He is a regular contributor to *Snap Judgment* a weekly storytelling radio show on NPR with TV broadcasts on PBS. Recently, Walters was one of three speakers selected from a pool of 600 applicants to perform a TED Talk, titled *On Being Crazy Enough*, exploring the Bipolar Spectrum.

Walters' first full length solo play, *Madhouse Rhythm*, debuted to critical acclaim in 2008. *Madhouse Rhythm* is an autobiographical collage of traditional theater, spoken word, and beatbox (the art of vocal percussion). This show has had a great impact in the theater and mental health community and is now included as part of the Performance and Disability Studies curriculum at UC Berkeley.

Joshua will perform at a special January 4, 2012 event. There will be no potluck that evening. Light refreshments will be served. See "Upcoming Events" on page 1 for further details.



Sunflower Art Show - Best Ever

*Keep your face to the sunshine
and you cannot see the shadow.
It's what sunflowers do.*
Helen Keller

More than 350 artists of all ages and abilities joined hands to celebrate art and recognize mental health as an important part of our community at the 9th annual NAMI-Yolo Sunflower Art Show in June. This year's seed card winner was Woodland artist Pat Lucero whose painting, "The Fascinators" will be on 2012 Seeds of Hope Sunflower Seed Cards. Artwork from the show, including Pat Lucero's work was selected for display at U.S. Congressman Mike Thompson's Woodland office.

The William Albrecht Mental Health Education Award for teachers who use art as a means to educate students about mental health was a tie. Popular Davis Art Center teacher Heidi Bekebrede wrote a song about sunflowers and mental health that she sang to her classes as she helped them create two beautiful sunflower group pieces for the art show.

Local artist Carol Joyce led people to become "Seeds of Hope" in three different mental-health related projects, one an anti-bullying workshop for teens called "Transforming Bystander's into Stand-byers". She also worked with residents at the Wayfarer Homeless Center on a number of sunflower-themed projects that were entered into the art show including one where residents painted rocks representing hope in themselves and seeds of hope they can plant in others.

Over 200 people attended the June reception at the Davis Art Center where awards were presented by Yolo County Supervisor Don Saylor. The Art Show is funded in part by the City of Davis Arts Contract Program. A hearty thank you goes out to the City of Davis, the Davis Art Center, show judges, and to the many helping hands who made the Sunflower Art Show possible.

"The Fascinators" by Pat Lucero, winner of the 2011 Sunflower Seeds of Hope
Artist Pat Lucero (center), Yolo County Supervisor Don Saylor and
NAMI-Yolo member Marilyn Moyle



Mental Illness Awareness Week

In 1990, the U.S. Congress established the first week of October as "Mental Illness Awareness Week" (MIAW) in recognition of the National Alliance on Mental Illness' (NAMI) efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first week of October to celebrate.

On October 3, 2011 NAMI-Yolo held its annual MIAW rally at the Yolo County Administration Building in Woodland. Due to the rain the event was moved indoors in to the atrium. Don Saylor, Supervisor to District 2 in Yolo County, addressed the rally and presented NAMI-Yolo's awards for outstanding contributions by individuals to the support of those who suffer from mental illnesses.

Brad Anderson received the Consumer Award. Brad is the manager of the Cool Beans coffee cart and catering business. The cart is located in the Herbert Bauer Health and Alcohol, Drug and Mental Health Building in Woodland. Cool Beans is overseen by Turning Point Community Programs. Initial funding was provided by the Yolo County Dept. of Alcohol, Drug and Mental Health.

The Professional Award went to Leona Jull of the Yolo Wayfarer Center Christian Mission. For the past several years Leona has served as the Mission's executive director. She has been a strong advocate for people that have found themselves homeless. Leona has taught NAMI-Yolo's Family-to-Family education class.

Al Weiss was selected for the Volunteer Award. Al has been a longstanding member of NAMI-Yolo. He has been a member of both the NAMI-Yolo Board of Directors and the Yolo County Local Mental Health Board. He built Destiny Hall in Woodland which NAMI-Yolo uses for many of its activities. Al has been a tireless fundraiser and advocate.



We Have a Winner!

Davis resident Pat Reynolds is the winner of the NAMI-Yolo Tallest Sunflower in Yolo Contest 2011. Pat entered his mammoth 18ft tall sunflower at the last minute, beating out the 16ft 4in sunflower grown by Ranse Reynolds of Woodland .

Although not related, both Pat and Ranse Reynolds are sunflower gardeners extraordinaire. Ranse is a triple-crown winner, 2006 (16ft. 4in), 2008 (15ft 1in) and 2009 (18ft 4in) Pat's sunflower-growing prowess captured the 2010 crown at 17ft 5in. Do sunflowers grow taller in Woodland or Davis (or anyplace else in Yolo County)? Stay tuned for an exciting contest in 2012.

NAMI-Yolo Family Support

NAMI programs should not be used to replace the training and professional judgment of mental health professionals. We cannot, and will not, assume the role of a physician or therapist. NAMI cannot be held responsible for the use of the information we provide. Please always consult a mental health professional before making any decision regarding treatment of yourself or others.

Woodland Family Support in Spanish

Day: Call for dates and times
Location: Yolo Family Resource Center, 828 Court St., Woodland
Coordinators: Amparo Hernandez at (530) 662-2274
Marielena Vega at (530) 400-3817

Davis Family Support in English

Day: 4th Wednesdays **Time:** 7:00-8:30 p.m.
Location: Cesar Chavez Housing Complex
Conference Room, 1220 Olive Drive, Davis
North of Lexington Apartments on east side of Olive Drive.
Conference room in office building at end of the parking lot.
Phone: Leave message on NAMI-Yolo Helpline at
(530) 756-8181 and someone will return your call

We need YOU!

After establishing and nurturing signature NAMI programs for people with mental illness in Yolo County, including Peer to Peer and NAMI Connections, the coordinator of these two programs is stepping aside. These two valuable and essential programs need dedicated coordinators to keep them going.

The actual volunteer-time needed for these projects is minimal. Coordinating Peer to Peer, a 10-week recovery course offered twice a year, involves publicity, class time/location/mentor scheduling, and organizing class materials. Coordinating NAMI Connections, which meets weekly, mainly involves publicity and maintaining a pool of trained facilitators. To learn more, phone the NAMI Helpline (530) 756-8181 or email to friends@namiyolo.org.

Connection Support Group Timeout

The NAMI Connection Support Group that's been meeting weekly at Homestead Co-op in Davis is taking a break for the next few months. NAMI Connection is a recovery support group program for adults living with mental illness.

Please phone the NAMI Helpline and leave your name and phone number if you're interested in attending the group. Someone will get back to you with information and details once it starts again.

NAMI Peer to Peer offered Spring 2012

Peer-to-Peer, a free 10-week Recovery Education course for any person with a mental illness who is interested in establishing and maintaining wellness will be offered in the Spring 2012. Using a combination of lectures, interactive exercises and structured group processes, the course offers opportunities to reflect on the impact of mental illness as expressed uniquely in each participant's life. Personalized relapse prevention plans are developed in the first six weeks to help people gain knowledge, insight and coping strategies for living with their disorders. The course helps people put themselves in control of their illness instead of their illness controlling them. For information or to get your name on the wait list, leave voicemail at (530) 756-8181 or send email to friends@namiyolo.org. More information is available at www.yolopeers.org.

HELP Support Groups Starting in January

Support for families and their mentally ill loved ones is coming together with an added dimension: At Destiny Hall in Woodland, 124 Lincoln Ave. on the 4th Sundays of every month beginning January 22, 2012, at the noon hour the Religious Outreach NAMI-Yolo is having a potluck lunch with group sessions to follow the meal. The consumers will have a separate group led by their own selected leader who has training and the family members will meet together with a trained leader as well. All faiths are welcome, and prayer will be a part. It is based on a successful program begun in a church in Menlo Park called HELP. Each letter means something: H = Help, E = Encouragement, L = Love, P = Prayer. Credit goes to Noma Wilken who led us to the seminar there which was a full day of learning and interaction with the mental health community in the Bay Area led by a prominent psychiatrist who shared ideas about incorporating faith in achieving maximum mental wellness, without abandoning medication and the medical needs of clients. So plan on attending and joining with us, bringing along your loved one if you can and providing a dish of food we can enjoy together. Plates, coffee, water provided.

Check-In Group in Davis

Wednesdays 2:00-4:00 p.m.

Yolo County Mental Health
600 A Street
Davis, CA

Phone: (530) 757-5530

Check-In Group for support and a socialization group where we play bingo, apples to apples, yahtzee, etc. to assist in building peer support.

Groups will take place in conference room behind vending machines.




NAMI-Yolo
 PO Box 447
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Return Service Requested

Joshua Walters
 Entertainer/Educator
Madhouse Rhythm
 Wednesday, January 4, 2012

See *Upcoming Events* on page 1 for further details on this special performance.

 <h1 style="margin: 0;">NAMI-Yolo</h1> <p style="margin: 0;">Membership / Donations</p>																	
<p>Date: _____ <input type="checkbox"/> New Member <input type="checkbox"/> Renewal</p> <p>Name _____ Phone (home) _____</p> <p>Street _____</p> <p>City _____ State _____ Zip _____ Email _____</p> <p>We are always in need of volunteers. Please take a moment to mark the activities that interest you.</p> <p><input type="checkbox"/> Potluck Help <input type="checkbox"/> Fundraising <input type="checkbox"/> CANVAS Volunteer <input type="checkbox"/> Special Events</p> <p><input type="checkbox"/> NAMIWalk <input type="checkbox"/> Education & Support Group Facilitating</p> <p>Throughout the year, we will notify you of upcoming events and important issues unless you tell us otherwise. In some instances, we will use an automated phoning system. Please indicate the following:</p> <p><input type="checkbox"/> Notify me only of Special Events. <input type="checkbox"/> Send my newsletter electronically</p> <p><input type="checkbox"/> Please do not phone me. <input type="checkbox"/> Please do not send newsletters or other literature.</p> <p>Special Instructions _____</p> <p>Your membership and donations to NAMI-Yolo are tax deductible to the extent allowed by law. Thank you for your support.</p> <p><input type="checkbox"/></p>	<p><input type="checkbox"/> I want to join NAMI-Yolo</p> <p>Annual Membership Dues</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td><input type="checkbox"/> Corporate</td><td style="text-align: right;">\$150</td></tr> <tr><td><input type="checkbox"/> Benefactor</td><td style="text-align: right;">\$100</td></tr> <tr><td><input type="checkbox"/> Patron</td><td style="text-align: right;">\$ 50</td></tr> <tr><td><input type="checkbox"/> Family *</td><td style="text-align: right;">\$ 40</td></tr> <tr><td><input type="checkbox"/> Individual</td><td style="text-align: right;">\$ 35</td></tr> <tr><td><input type="checkbox"/> Professional</td><td style="text-align: right;">\$ 35</td></tr> <tr><td><input type="checkbox"/> Low Income</td><td style="text-align: right;">\$ 15</td></tr> <tr><td><input type="checkbox"/> Consumer</td><td style="text-align: right;">\$ 3</td></tr> </table> <p><input type="checkbox"/> Donation \$ _____</p> <p>Total Amount \$ _____</p> <p>Make checks payable to & mail to: NAMI-Yolo PO Box 447 Davis, CA 95617 Phone (530) 756-8181</p> <p><small>* If you have family members residing at other addresses you want included on our mailing list, please list their names and address on a separate sheet.</small></p>	<input type="checkbox"/> Corporate	\$150	<input type="checkbox"/> Benefactor	\$100	<input type="checkbox"/> Patron	\$ 50	<input type="checkbox"/> Family *	\$ 40	<input type="checkbox"/> Individual	\$ 35	<input type="checkbox"/> Professional	\$ 35	<input type="checkbox"/> Low Income	\$ 15	<input type="checkbox"/> Consumer	\$ 3
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