



## GARDEN OF INNOCENCE DEDICATED AT EAST LAWN CEMETERY

See page 8

The Spyglass .....	■ 2
Art .....	■ 5
School News .....	■ 13
Calendar .....	■ 17
Faces & Places .....	■ 19



Singin with the Capitolaire

■ See page 6



United Way Day of Caring brought volunteers to WEAVE on Arden Way

■ See page 14

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# The Spyglass

By J.J. MILLUS

They say that confidence is a color that doesn't run. So here goes with our second **Spyglass** column. Big thanks to all our readers who responded with favorable reviews and comments to our debut piece.

Let's stick with the good news—for now...

The flame of civic virtue continues to burn bright in Arden. **Richard Frank, CFP**, whose office—**Edward Jones Investments**—occupies a certain sweet spot in **Lyon Village** (view of the lovely fountain, proximity to **Miyagi Restaurant**, etc.) reports that he has volunteered as a facilitator in his Lion's

Club's drive to collect children's backpacks. The project involves filling them with school supplies and food for needy schoolchildren. He has informed us that **Virginia McNeely** at Trinity Cathedral is looking for individuals or companies to donate drab-colored backpacks for the children of Floyd School, a Title 1 school near 5th Street and Broadway, Sacramento. Surely someone in Arden or Carmichael has some corporate logo day packs simply gathering dust somewhere around the house or garage. Give Virginia a call at **916-446-2513**...

August 2013 was mercifully—and un-characteristically—un-hot. That's a good

thing. A bad thing was the spell of triple-digit temps we had a while back in early July. Talking to **Julie Sardia**, the manager of **Savemart** in Loehmann's Plaza, we learned that several freezer compartments conked out after closing time with no one responding to the alarm. Out to the dumpster next morning went some fifteen-thousand dollars' worth of micro-wavable dinners. A few weeks later, some milk cooling units failed due to the heat. Fortunately, the company was insured for the loss...

Not so fortunate was one area doctor, **Albert Z. Owens, MD**. His heat wave story goes like this: the night porter blows a fuse while vacuuming his hallway. The office refriger-

# Spyglass:

Continued from page 2

ator goes negative function all night. Total loss—a fortune in flu vaccines and insulin. Insurance only covers ten thousand dollars! Landlord refuses to take responsibility for the balance. Hearing this, we thought a little medical humor might cheer him up. "That's funny, Doc," we told him. "Funny as reverse peristalsis!"

Any good negligence lawyers out there?

We always thought that petitions were circulated by volunteers, fired-up individuals for some political or social organization. Not so any more. One can simply hire a company to collect signatures nowadays. So how about a petition to install a stoplight across from **Sierra Fair** and **Warren Oaks Apartments**? Over eight hundred people live in these facilities, including many children who dash across **Fair Oaks Boulevard** to the plaza, as well as seniors and the disabled whose dashing days are history. Herein lies a worthy cause or project for a local well-heeled sponsor to take up.

Don't all raise your hands at once...

And here's a little Internet Age love story we happened upon: **Charles Richards** (not his real last name) of Carmichael, by way of North Carolina, informed us that he was headed to San Francisco to meet up for the first time with a high school sweetheart he hadn't heard from in forty years. They hooked up again on the Web, contacted each other, discovered that they were both free and, having each acquired a ton of money, were just right for fanning the eternal flame which flickered long ago. Should be an interesting tale, which will of course be relayed in this column upon his return. That is unless...well, we wish these former "tar heels" the best in their meet-up, whatever happens...

Update: We hear it did go well and Charles is headed back for more...stay tuned!

We're still in shock at the news of the sudden passing of our friend **Brian Miller**, manager of **Noodles & Company** in Loehmann's Plaza. We were all set to

have an encore of last year's appearance of the El Camino High School Band in a spirited concert in front of the restaurant. Maybe that will still happen, as a tribute to a fine citizen and neighbor who will be sorely missed. He leaves a wife and two children, and as his boss Mark recently said, "Wherever he is, they're lucky to have him. I'll have a hard time finding a re-

placement for Brian. He was that good."

As the Sisters of Mercy used to tell us in grammar school, "Pray for the repose of his soul."

We had some happy news to relate about our neighbor, octogenarian **Dorothy**, in our last column. Not so now, regrettably to say. No sooner had she returned to the welcoming bosom of our fine Arden neighborhood

than her van was stripped of its spare tire. So bold was the thieving, two-legged trash that they returned the next night to relieve the vehicle of the mounting bracket for the spare.

And not content with that, they stole her blue hand-capped parking placard as well! We were not amused hearing this.

"Durn low-down varmints!," as old cowboy **Gab-**

**by Hayes** used to say in **Roy Rogers** radio days...

Sadly, the weed of crime seems to be thriving everywhere one looks in our times. "Wild West" redux? As the great novelist **F. Scott Fitzgerald** might have written had he lived to witness the present age, "So we beat on, boats against the current, borne back ceaselessly into the past—OMG, lol, yada, yada, yada."

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# ARTS

## Arden area mosaics classes starting Sept. 28

By MONICA STARK  
editor@valcomnews.com

A mosaics class by Sacramento deafblind artist Mary Dignan starts this month at Spirit in the Arts on El Camino Avenue. The class will be held from 10 a.m. to 3 p.m. (bring a bag lunch) on four consecutive Saturdays, Sep. 28, Oct. 5, Oct. 12, and Oct. 19. The class fee is only \$50, which includes all supplies and the use of tools. (Another \$50 will buy you a set of new tools.)

You'll get to create your own one-of-a-kind mosaic, using special techniques that Dignan developed and will teach you. This is an advanced class, but if you have had any experience at all laying ceramic tile and grouting, you will be able to handle this class. The classes will be held at Spirit in the Arts on 650 El Camino

(near Del Paso Blvd.) in North Sacramento.

To Mary, the mosaics offer an insight into the unique perspective of an artist with Usher Syndrome, a genetic disorder, which is the leading cause of deafblindness.

Mary's mosaics bring onlookers into the fantastical world of her own metamorphosis, as she navigates through what it is to lose two of her senses, while exploring the sense of touch.

Mary was born with severe hearing loss, but her deafness was not diagnosed until she was almost 5 years old, after she had been diagnosed as mentally retarded. Eventually she would learn that she had Usher Syndrome, Type 2, which is characterized by moderate to severe deafness at birth, and blindness from retinitis pigmentosa (RP) later in life.

She resides with her husband and dog in Old Land Park, near the city cemetery.

Mary earned her undergraduate degree from Santa Clara University in 1976, and embarked upon a career that included newspaper reporting, legislative work for the U.S. House of Representatives and the California State Assembly Committee on Agriculture, public relations and governmental liaison work with one of California's largest and most complex water agencies, and her own consulting business in water and natural resources management policy.

In 1990, a year after she was certified legally blind with a restricted visual field of 8 degrees (a normal visual field is 180-150 degrees), she started law school.

In 1994, she earned her juris doctorate with honors from University of the Pacific, McGeorge School of Law in Sacramento, was admitted to the California State Bar, and began practicing water and natural resources law with the Sacramento firm of Kronick, Moskovitz, Tiedemann & Girard.

In 1997, she discovered she had a brain tumor and underwent surgery

to remove it. The tumor and the surgery exacerbated her vision and hearing losses, and she has not practiced law since.

Mary now practices art. The transition from practicing law to becoming an artist was hell, she said. "It was not so much a transition from practicing law to practicing art as it was a catastrophic volcanic annihilation of my former life and the striving — the struggle — not just to survive but to forge a new life after that explosion," Mary said.

The explosion was her acoustic neuroma brain tumor diagnosis and surgery in 1997. But, even before that, she was already struggling with both hearing and vision challenges while practicing law. Once the brain tumor was added to her plate, she was overwhelmed.

"It was not just a physical struggle to cope with the brain tumor surgery aftermath and the pre-existing hearing and vision impairment from the Usher Syndrome I had been born with, this life-defining struggle was (and still is) a striving that reaches

See Mosaics, page 10

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# Come sing with the Sacramento Capitolaires

By GREG BROWN  
greg@valcomnews.com

Dick Van Dyke, Groucho Marx, Bing Crosby, as well as President Harry Truman have all been members of the Barbershop Harmony Society. Even Justin Timberlake sang some barbershop harmony on Late Night with Jimmy Fallon. Timberlake and a Barbershop troupe sang "Bringing Sexy Back" a cappella all decked out in multi-colored striped coats bow ties and boater hats.

The Sacramento Capitolaires, one of the original Barbershop Harmony Society chapters, has been singing four-part harmony since 1946. The Capitolaires were founded by Joe Trousdale who sang 'til he died at the age of 95. Joe always said, "Singing makes you feel good when you hit the right note. You can forget about your cares. Like they say, you can't be unhappy when you're singing."

The current Sacramento Capitolaires are a group of happy old-

er gentlemen led diligently by their new director Ray Rhymer. The Capitolaires get together every Tuesday evening at Pilgrim Hall behind the Sierra Arden Church. When I walked up to the group they were already harmonizing outside of the hall. It was their "warm up time". They start off with some humming, it actually sounds like a harmonious beehive. They were getting ready for their big show at the Celtic Cross Presbyterian Church. The Capitolaires sing at churches during the summer when their respective choirs take a summer break.

The Capitolaires also sing at funerals, bar mitzvahs, weddings, special events and even in elevators. One of the barbershoppers, Joe Samora, told me they actually got a gig while waiting in an elevator. Now that's what I call elevator music!

The Capitolaires have also performed the National Anthem at Sacramento Kings games as well as the River Cats games. Les Cud-



The Sacramento Capitolaires.

Photo by Greg Brown

worth, a longtime barbershopper told me, "we also sang for the Governor". The City Of Sacramento officially declared it Sacramento Capitolaires Week in June of 2011. They'll be busy in October com-

peting in the Far Western District Convention in Bakersfield. They'll also be performing at Brews and Boos in observance of Octoberfest

See Capitolaires, page 7

## Capitolaires:

Continued from page 6

and Halloween. It will be held at the Citrus Heights Community Center.

The week I attended the group sang an upbeat happy version of Consider Yourself from the Broadway musical Oliver! Other harmonious toe tappers performed were Just in Time from the 1956 musical Bells Are Ringing and the old 20's standard Side By Side. They sounded flawless. Not too bad for a practice. They have a schedule of songs they sing every week.

Before they started on Amazing Grace, the most famous of folk hymns, choir director Ray Rhymer told the group "whether you're religious or not you can be spiritual if you choose to be. I'm not asking for religion but spirituality really works good on this one".

Amazing grace. (how sweet the sound)  
That saved a wretch like me.  
I once was lost, but now am found,  
Was blind, but now I see.

Religious or spiritual. It was the highlight of the night. Perfect. These guys should put out a record. I applauded at the end and asked, "Do you take requests?" The barber shoppers all laughed. I said, "I'm not kidding. My Old Kentucky Home!" Clark Abramson, the President of the Capitolaires said, "I wish we did that." I told them, "You gotta put it on the play list."

I lived in Louisville, Kentucky where met my wife so that's why I'm partial to the tune. Would be a great barbershop chorus song. Worth putting in their repertoire.

Les Cudworth, one of the longest serving Capitolaires told me he likes the camaraderie of the group. "It's like a big family." Sometimes after weekly practice they head on over to Sam's Hof Brau for a beer and a bite to eat. Occasionally they'll even break out in song for the Hof Brau customers. Les told me, "Sometimes guys go bowling to get a 300 and they get disappointed. Some guys golf and the ball goes in the water. I go to chapter meetings because I love it. I win every time".

I even got involved in some of the singing. During a break, barber shopper Larry Womack convinced me to sing with them. A few got together for a barbershop tag. Tags are characterized by heightening the dramatic tension of the song, frequently including a sustained note against which the other singers carry the rhythm.

It was Wild Irish Rose. I harmonized with the group by singing "Rooooosse". I was now an honorary Capitolaire!

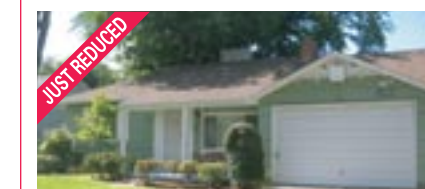
The Sacramento Capitolaires welcome men of all ages. They are a fun, friendly group of guys who just love to sing. If you're interested in checking it out come to one of their weekly meetings. They are held every Tuesday evening from 7:00 to 10:00 at the Sierra Arden Church on Morse Ave. The meetings are held inside Pilgrim Hall. Just listen for the harmonizing and you'll find them. For more information go to [www.capitolaires.org](http://www.capitolaires.org).



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# Garden of Innocence dedicated at East Lawn cemetery

By LANCE ARMSTRONG  
Lance@valcomnews.com

A newly designated area for dignified burials of abandoned and unidentified children was dedicated at East Lawn Sierra Hills Memorial Park last Saturday, Sept. 21. The event, which was attended by about 85 people, included the interment of the ashes of 20 such children.

The new burial site, which represents 11 counties, is not the first Garden of Innocence.

In addition to the donated space at this East Lawn cemetery, which is located at 5757 Greenback Lane, other Garden of Innocence burial sites are located in San Diego, San Francisco and Fresno.

Another garden in Bakersfield will hold its first service this Saturday, Sept. 28, and plans are underway for each California county to be represented by a Garden of Innocence. Thus far, 22 of the state's 58 counties are represented.

Garden of Innocence National was established in 2005, and the organization is in the process of preparing for the openings of gardens in Seattle, Phoenix and Rochester, N.Y.

Garden of Innocence CEO Elissa Davey, a Realtor and notary public in the San Diego area, spoke about the moment that led to the founding of this 501(c)(3) public benefit nonprofit organization.

"This began back in 1998 when I was reading an article about a baby that was thrown in the trash in Chula Vista, Calif.," said Davey, who resides in the city of Vista in northern San Diego County. "You see these (types of articles) and the first thing you think is 'Oh, my God, who could do something like that? A poor little baby. How awful.' And then all of a sudden your sons come in and they've got to go to baseball practice and you're off running and you forget about the article. But this time, I didn't forget about the article. It kept coming back on my mind and finally a month later, I called the coroner down in San Diego and I said, 'You know, for my own peace of mind, whatever happened to that baby?' And he said, 'He's still here and if nobody claims him, he goes into an unmarked grave out at Mount Hope Cemetery (in east San Diego County).' And I said, 'How do you claim a baby that's not yours?' And he said, 'Show me that you have a dignified place to put him.'"

Davey's conversation with the coroner led to her work with several other people in founding the first Garden of Innocence burial site in San Diego in February 1999. The first burial at that site was that of a baby named Adam.

Davey, who has two sons, two grandsons, three stepgrandchildren and one

great-stepgrandson, said that it is important for each Garden of Innocence baby to be given a name.

"The names are given to them by people in the community that have helped us or donated," Davey said. "The only way we can thank them really is to offer them a gift back to name a child. And to me, every child deserves a name instead of a morgue tag, morgue number or the name, Doe, or just 'baby boy.' To me, a name is a human dignity every human being deserves."

The names given to those buried during last Saturday's service were Emilrose, Kylie, Thomas, Idalia, Joseph, Hannah, Ruth, Bryce, Paul, Gordon, Mary, Jessica, Michael, Rebecca, Cal, Trinity, Tristan, Penelope, Dana and Noelle.

Additionally, original poems were written for each of these babies.

One such poem, which was written for Trinity by Sacramento resident Brianna Swain, reads:

Your path might seem rocky  
And possibly a little scary  
But don't be frightened sweet angel  
For we will light the way  
Keep flying high above  
Until the night turns to day  
And you are wrapped in his arms  
Basking in the warmth of today  
You're a miracle in heaven  
Shining bright from above  
We lay you in this garden  
Surrounded by eternal love  
Additionally, a poem for the garden was written by Sally Mann.

The name, Garden of Innocence, was selected by the organization, Davey explained.

"It was (similar to the naming of babies)," Davey said. "We kept throwing out names. Garden of Angels Unaware, Garden of Angels, Valley of (another word or words), Canyon of the Lost Ones. Just all these names. We just wrote them all over the board until we would decide on one, and then somebody in the back of the room - I don't even know who it was - said, 'But they're so innocent.' And I said, 'What does innocence mean in the dictionary?' And somebody had opened up (a dictionary) and said, 'It means without worldly experience.' And every time it was the right thing, the hair all stood up on all of our arms. We knew it (was the right name)."

In describing the types of children buried in the gardens, Davey said, "There are three types of children. We have babies that have been found in the trash, in the sewer. Adam was found in the trash. Michaela (who was buried in the Garden of Innocence in San Diego) was found alongside (a) road up in the mountains (in northern San Diego County). Michael (who was also interred in the San Diego garden) was found floating in the



Photo by Lance Armstrong  
Sacramento's Garden of Innocence was dedicated last Saturday, Sept. 21. The garden provides free of charge, dignified burials for abandoned and unidentified children in 11 counties. The garden's marker, shown above, was donated by Oregon Memorial of Hillsboro, Ore.

sewer. The ones that are found are unidentified children. We don't know anything of their past. We don't know who their parents are. We know nothing. Then there are abandoned children. These are children that are born at area hospitals and the state law is past 20 weeks gestation, which is the beginning of a mother's sixth month (of pregnancy). If she was to deliver a child and the child died, or even babies full term that have passed away, if the parents walked away and left the hospital and didn't go back in and pay for the baby or pick up their child's remains or have it removed to a mortuary, those are abandoned children. We take all of them. The average is 10 a year and in some places, it's more. Then we also have children - we take children up to 8 years old - that the parents did take care of them. They sent them to a mortuary and they ordered to have them cremated. They signed the paperwork, but they never came back to pay for the service and they never came back to pick up their child. And those are also abandoned and we take care of those (bodies)."

Although the East Lawn garden buries ashes of children, Davey said that the organization prefers to conduct full body burials.

The first established Garden of Innocence is a full body burial site, and to date 225 babies have been interred in the gardens.

As for the idea of establishing a Garden of Innocence in Sacramento, Lisa West, marketing and community outreach director for East Lawn, said, "There was an article that came out (about a year ago) in *American Cemetery* magazine featuring the Garden of Innocence and the minute I saw it, it was - like (Davey) says, the hair on your arms stands up - 'We have to do this, we absolutely have to do this.'"

West noted that East Lawn approached its efforts to bring a Garden of Innocence to Sacramento with a spirit of community service.

"This is the way we pay back the community," West said. "Our only goal is to serve the community and not to make this into a money-making thing or to say, 'Well, we have a little piece of property. Now we have a way to generate some revenue on it.' We don't. It's all 100 percent donated."

West added that had the garden property, which has sufficient space for the burials of about 400 babies, been used for its previously intended purpose for average sized, 6-foot graves, the property would have been valued at about \$175,000.

West added that the garden property, which was previously designated for average sized, 6-foot graves and has sufficient space for the burials of about 400 babies, has a value of about \$175,000.

Communities have continuously become involved in supporting Garden of Innocence efforts.

Among the contributions to the organization have been many hours of work dedicated by volunteers, monetary donations, complimentary, handmade caskets, and baby blankets and toys.

Boy Scouts have also become involved with the organization by using some of the gardens for Eagle Scout projects.

Victor Hipilito, Jr., director of Garden of Innocence/Sierra, said that although he never met any of the children who were interred in Sacramento last Saturday, he feels a certain connection and responsibility in his new position.

"It is emotional and I just want everything to be right. I want it to be great. I want it to be perfect," Hipilito said. "What parent doesn't want that for their kids? These are the community's children."

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# Mosaics:

Continued from page 5

up from the very core of my spiritual being.”

The art got her through the tough times.

Her creative muse that inspires the art also builds the bridges for the life transitions and transformations. She calls herself one of the lucky ones with her art, hearing aids and now her cochlear implant that she can tune into her muse and she's willing to put the work into developing the connections.

Mary decided on mosaic for her medium as it's both serendipitous and magical. She made her first mosaics in a college art class in 1973 and 1974, and then didn't make any more until early 1998, shortly after her brain tumor surgery.

“They are serendipitous because they help make a true gift of my partnership with my husband Andy (who is a licensed general contractor), and magical because ... well ...just because magic works the way it does. Andy and I have always loved mosaics and ceramic tile, and it was just a natural thing for me to move into mosaics with him providing most of the materials,” she said.

And the inherent duality and paradox of broken-ness and togetherness of mosaic art appeals to Mary, she said. The beauty of mosaic art is as

much in the broken-ness of the tesserae (One of the small squares of stone or glass used in making mosaic) and the spaces and grout between the pieces, as it is in putting the pieces together, she said.

“For me, the process is analogous to the emotional and spiritual healing process, and my art springs from the well of my own life healing challenges,” Mary said.

When asked about her love for art, Mary said an artist is more a creature of emergence and acknowledgement than anything else. “If you're really an artist, your art will emerge one way or another, and the quality of the emergence will depend on your acknowledgement and receptivity to your creative muse,” she said.

Ever since she can remember, she's had some kind of art project going.

She didn't do a lot of drawing or painting as a child, but she was always making things, whether it was cooking up something in the kitchen, or making something with interesting fabrics and embroidery, or macramé, or even paper mache. And she has always loved mosaic art, from a simple well-done ceramic tile floor to pictures of old mosaics to the mosaic floors and motifs she saw in churches, the U.S. Capitol, Library of Congress, and other places.

While Mary does miss practicing law and newspaper reporting,



it's no longer in a way that prevents her from appreciating the life she is living now.

She loved writing about agricultural, water and environmental issues, she loved working on those issues in the U.S. Congress and the California State Legislature, she loved practicing water and environmental law, and she always will love working with people who are intelligent, educated, and extraordinarily competent. And she loves her life now.

“I am finally at the point where I can honestly say that I am as happy, if not happier, with my life as it is today as I would be if I were still practicing law or otherwise involved in water and environmental issues,” Mary said.

Her ceramic tile and mixed media mosaic art works have been displayed in the California State Attorney General's Office, Sacramento

County Public Law Library, San Francisco City Hall, the Canadian Helen Keller Centre, and various local venues.

In addition, her work has been featured at art shows sponsored by the Governor's Commission on Employment of Persons with Disabilities, Folsom Lake College, and Spirit in the Arts.

Her community volunteer work includes six years on the Sacramento County Board of Supervisors' Disability Advisory Committee. She helped found Spirit in the Arts, a working art studio and gallery open free of charge to the community in North Sacramento, and is a past board member of Bread of Life, the parent organization of Spirit in the Arts. She presently serves as president of the Sacramento chapter of Foundation Fighting Blindness.



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# Cancer leads Arden Arcade resident to a new "career" as a cancer coach

When Ruben Gonzalez was diagnosed with prostate cancer in 1997 he had no idea it would lead him to become a volunteer cancer coach and fundraiser for the WeCARE! Cancer Peer Navigator Program at the UC Davis Comprehensive Cancer Center.

port. My wife is a nurse and she was my rock," said Gonzalez. "She got me information to read and supported me. Together we chose my treatment." Gonzalez soon learned that not everyone has that kind of support or access to reliable information. Coworkers and friends began approaching Gonzalez about

their own cancer, and he began helping them informally. "More than anything, I think I gave them hope," said Gonzalez. "They saw that I made it through treatment. I survived and was able to have a good life." In 2008, Gonzalez heard about a new program at the UC Davis Comprehensive Cancer Center called the WeCARE!

Cancer Peer Navigator Program. The program had been successfully serving breast cancer patients and was looking to expand the program to support men with prostate cancer. Gonzalez was among the first Peer Navigators to work with prostate cancer patients. The program provided him with training to help patients develop or improve their problem-solving and coping skills, find reliable sources of information, obtain appropriate clinical trial information, and learn about community resources.



Cancer coach Ruben Gonzalez.



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"Working with the WeCARE! Peer Navigator Program was great," Gonzalez said. "I developed new skills that really helped me better serve newly diagnosed prostate cancer patients. I met some great guys along the way."

As word about the program spread, so did the need for funding to build the program.

A group assembled to discuss how to raise funds for the program and Gonzalez, an avid golfer and experienced golf tournament developer, suggested a golf tournament.

"I had run a number of golf tournaments and knew that we could raise some money," he said. In the first year, the golf tournament netted \$10,000. The next year they took in nearly twice as much.

Gonzalez is currently planning the 3rd Annual Navigating Prostate Cancer Golf Tournament which has become a tradition for many prostate cancer survivors and supporters.

"The golf tournament is really fun," said Gonzalez. "Empire Ranch in Folsom is a beautiful course; we have a delicious dinner and great prizes, and the funds are used to

help prostate cancer patients through a difficult time."

**Box on Golf Tournament**  
3rd Annual Navigating Prostate Cancer Golf Tournament  
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Those interested in golfing or being a sponsor can contact Ruben Gonzalez at 916-335-9305 or ruben.rgonzalez@ucdmc.ucdavis.edu

### Become a Cancer Peer Navigator

The UC Davis Comprehensive Cancer Center is recruiting cancer survivors to support newly diagnosed cancer patients. While the program has served breast and prostate cancer for years, WeCARE! Community-Based Cancer Peer Navigator program is expanding to serve those with lung, bladder, colorectal, gynecological and blood cancer among others. The program provides special support on a one-to-one basis.

For more information about the program, go to [www.ucdmc.ucdavis.edu/cancer/Education\\_programs](http://www.ucdmc.ucdavis.edu/cancer/Education_programs) or contact Patricia Robinson at (916)734-0823 or [patricia.robinson@ucdmc.ucdavis.edu](mailto:patricia.robinson@ucdmc.ucdavis.edu).

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# SCHOOL NEWS

## Student creativity hits the airwaves at Will Rogers radio station

Anyone driving down Dewey Street in Fair Oaks is invited to tune their radio to 93.3 FM to hear an exclusive, local treat. It's the kids of Will Rogers Middle School broadcasting their own radio show each morning.

In 2011 when longtime teacher Jamal Hicks arrived at Will Rogers, he saw an opportunity to create a student-run radio show at his new school.

"I heard someone present the idea at a...conference a few years back and thought to myself, 'That is a really great idea.' When I got here [to Will Rogers] I went to the principal, and he made it happen."

Making it happen included applying for a grant from the San Juan Education Foundation. The \$800 grant for science, technology, arts and reading, or STAR, was a huge game changer in being able to make his dream come true.

Now, the student-generated program is offering kids the opportunity for not only a fun elective, but for a crash course in real-life skills.

Each day during second period, the students of Hicks' class work to-

gether to produce their own show. All of the content is student generated, from the music to the topics that are selected for the air. Students conduct their own interviews, make their own music and edit their show themselves.

Though featuring traditional aspects of a news program such as sports and weather forecasts, Power 93.3 offers many different opportunities for the students to put their creativity to use.

While they start the day with a list of 35 to 40 topics to choose from, ultimately the students are the deciding factor in what makes it on the air and have the opportunity to pitch their own stories.

From something as lighthearted as polling students and staff about their favorite football team, to a more serious piece about the impact of the Sept. 11 terrorist attacks, the kids are able to contribute their ideas for stories and make them happen.

Another hands-on opportunity for the students is making music to go on the air. All of the music that is featured on 93.3 is created by students



in GarageBand, a basic music production program for Apple products.

The class is made up of roughly half English Language Learner (ELL) students and half traditional students, and everyone plays a key role in show production. Anchors like eighth-grader Dylann Sternquist and Richard Torres, also in eighth grade, come in each morning to go over the script for the day and put the show together.

"I like [working on the show] because your voice is actually on the radio and people can hear you," Richard said.

Daniel Lungu, one of the show's editors, is also responsible for quite a bit of the show's musical content as well.

"My favorite part of the show is editing and making music," Daniel said.

"[Editing] has helped with English. Music is just fun."

"Ultimately I want us to be the first middle school with a 24/7 radio station," Hicks said. "Last year we were able to take a field trip to El Camino [Fundamental High School] and I got really inspired by their 'round-the-clock' radio station."

The combined enthusiasm of Hicks and his students has created an innovative learning opportunity for Will Rogers students that only keeps growing.

"It just gives them a voice," he said. "Sometimes we forget that some students just want to be heard."

Story is courtesy of the San Juan Unified School District.

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Man with dog—Clipart © Microsoft Media



United Way's Day of Caring brought volunteers to WEAVE's thrift store on Arden Way on Sept. 13.



Photos by Monica Stark

## Volunteers helped out at WEAVE for United Way's Day of Caring

Three hundred and fifty local residents spent one day caring for the community on Sept. 13 by participating in 26 volunteer projects across five counties on United Way's Day of Caring, sponsored by Nationwide. The volunteer extravaganza, which celebrated United Way's 90th anniversary and kicks off the fall fundraising campaign, helped United Way reach its goal of completing 90 volunteer projects with nonprofit partners across the region. United Way's Day of Caring began with a breakfast and rally at Cal Expo and then volunteers got to work.

One of the stops that day for dozens of volunteers was WEAVE's thrift store on Arden Way. Back behind the shop, volunteers were sorting clothes, hanging them on racks and enjoying each other's company.

Volunteering there that day was a choice many of them made because of WEAVE's commitment to women and children.

One of the volunteers said she chose to help out WEAVE that day because WEAVE helped her get through a terrible time years ago after a domestic dispute turned violent, leaving her in the hospital.

WEAVE counselors helped change her life and the process of getting the help she needed was easy.

"It was exciting to watch companies, volunteers and nonprofits come together for an amazing day transforming our community through volunteer projects," said Victoria Kosha, interim United Way president and CEO. "We can't think of a better way to celebrate 90 years of service in this community than to keep doing what we do best – joining hands with people across the region to make a tangible difference."

For 90 years, United Way California Capital Region has actively worked to address the community's most pressing issues, now focusing on possible solutions related to high school graduation rates, household financial stability and obesity.



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Visit [www.folsomsymphony.com](http://www.folsomsymphony.com)  
or call 916-608-6888 for ticket information

# CALENDAR

## Carmichael Emblem Club #355 annual Craft Sale

Oct. 4: Carmichael Emblem Club #355 is holding its annual Craft Sale at the Carmichael Elks Building, located at Cypress and Hackberry, Carmichael. Doors will open at 9 a.m. and sales will continue through 4 p.m. There are some open spaces, contact HEYDORT@MAC.COM. Crafts of all types are welcome, to both members and outside vendors. This is our biggest fundraiser, so bring your family and friends to the "BEST BARGAINS IN TOWN." Thank you for your assistance in making the public aware of this fundraiser. My contact number is: Norma Pippig 863-6068.

## Fire Station 8 Open House

Oct. 5: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 5990 H St. You are invited to bring your family and friends to visit with firefighters, take a tour of the fire station, and more! For more information, call 808-1011.

## Old City Cemetery Tour: Misbehaving Politicians

Oct. 5: Starting at 10 a.m., The Old City Cemetery Committee's tour focuses on the shenanigans that were taking place with local and statewide politicians, Sacramento Historic City Cemetery, 1000 Broadway, Sacramento. Even before California was a state, its officials were busy fleecing the electorate. Pork barrel legislators, fraudulent election workers, dueling senators and land-grabbing governors are just a few of the nice folks you'll meet. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 916-448-0811 or 916-264-7839.

## 23rd Annual Curtis Park Wine Tasting Silent Auction and Beer Garden

Oct. 5: Sierra 2 Center for the Arts and Community presents the 23rd Annual Curtis Park Wine Tasting Silent Auction and Beer Garden. From 4 to 7 p.m., come for the food and drinks. Come for the fun. Come to support the community. Tickets: www.sierra2.org; \$35 (SCNA members), \$45 (nonmembers); \$50 for everyone after Oct. 2. 20-plus restaurants, 25-plus wineries, 15-plus breweries and hundreds of silent auction and raffle items and a farm-to-fork demonstration. 2791 24th Street. 452-3005.

## Girl Scout Carnival

Oct. 5: Carnival games, food court, vendors, face painting, balloon animals, booths. Outside vendors will be selling products like Cookie Lee, Jamberry Nails, Thirty-One gifts, homemade jams, teas, pottery, jewelry, tote bags, girl accessories, and more. This event is open to the public from 8 a.m. to 2 p.m. Bring your family and friends. William Land Park, next to Fairytae Town across from the Sacramento Zoo.

## A Place Called Sacramento film festival

Oct. 6: Local film festival held annually at the Crest Theatre. Starts at 1 p.m. For more information, visit [www.accesssacramento.org](http://www.accesssacramento.org). 456-8600.

## Rotary Clubs of Arden-Arcade, Carmichael

Oct. 8: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Ruth's Chris Steakhouse in the Pavilions on Fair Oaks Blvd. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. [www.rotary.org](http://www.rotary.org)

## Soroptimist International of Sacramento North meeting

Oct. 8: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

## East Sac Rotary

Oct. 9: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. [www.eastsacrotary.com](http://www.eastsacrotary.com).

## Rotary Club of Pocket/Greenhaven

Oct. 10: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

## Start Writing Family Stories by Marian Kile

Oct. 10: Writing short stories can bring your ancestors to life at the Root Cellar Sacramento Genealogical Society meeting. Pre-meeting roundtable tips/tricks start at 6:15 p.m. Free, visitors welcome. 7 to 8:30 p.m. Main meeting - Christ Community Church, 5025 Manzanita Avenue, Carmichael

## Rotary Club of South Sacramento meeting

Oct. 10: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

## The Mission Oaks Computer Club meeting

Oct. 10: From 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The club will be celebrating its 25th anniversary with member presentations and a finger-food potluck. First-time visitors are welcome to bring a finger-food item as well. A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. For additional information call (916) 366-1687 or visit our website at [www.missionoakscomputerclub.org](http://www.missionoakscomputerclub.org).

## Bi-Polar Anonymous

Oct. 11: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

## Kiwanis Club of East Sacramento-Midtown

Oct. 11: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. [www.eastsacmidtownkiwanis.com](http://www.eastsacmidtownkiwanis.com), Meeting/Membership info: 916-761-0984, volunteers always welcome!

## Nichiren Buddhist Church Japanese food sale

Oct. 12: The Nichiren Buddhist Church is having a food bazaar 11 to 3 p.m., 5191 24th St. (2 blocks north of Fruitridge.) Food items: Barasushi, Bento Box, Spam Musubi, Teriyaki Beef Sandwich, Teriyaki Chicken, Udon Noodles. Please order ahead by Oct. 5. Call 456-8371 or visit the church to order. Make checks payable to Nichiren Buddhist Church.



## Faces and Places: 2013 Jewish FOOD FAIR



Photos by MONICA STARK  
editor@valcomnews.com

Congregation Beth Shalom has been serving up wonderful Jewish Food and fun at their annual food Fair for more than 37 years. Using recipes from years gone by, the food, company and fun were some of the best on Sunday, Sept. 22.



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**PRIME ARDEN OAKS**

Fabulous location on nearly one acre, 3 or 4 bedrooms, 2½ baths; rebuilt in 2007. Two separate bedroom wings, hardwood floors, French doors and lots of glass.. Beautiful, private, treed acre with pool, cabana area and koi pond, plus 2 bedroom guest house and horse stalls. \$1,150,000

**PATTY BAETA 806-7761**



**GARDEN OF THE GODS**

Brick walkway leads you in to this adorable home. Formal living room with a cozy fireplace, formal dining area, full master suite, family room (or 4th bedroom), 2 1/2 baths, cheery kitchen, separate laundry room and enclosed patio. Nice updates & lots of windows make this home light and bright and move-in ready! \$399,900

**PATTI PRIESS 801-0579**



**EAST RANCH**

Contemporary condominium with fabulous wrap around patio that allows for two separate outdoor living areas. 3 bedroom 2 ½ baths with spacious master suite and 3 full closets. Open living room / dining room with high vaulted beamed ceilings that look out to the private patio area. \$399,000

**CHRIS BALESTRERI 996-2244**



**FABULOUS CARMICHAEL**

Meadowood inspired remodel, 4 or 5 bedrooms, 3 full baths and 2 half baths, 3199 sf on a beautiful half acre plus lot!! From hardwood floors to beamed ceilings, gourmet kitchen to the master suite there has been no expense spared. Fantastic yard, pool, decks and outside fireplaces! \$1,389,000

**SUE BALDO 541-3706  
LIBBY NEIL 539-5881**



**RARE TREASURE**

From the elegant entry to the Provence inspired gardens, this Sierra Oaks home is a home of distinction! Intricately decorated Moire fabric walls, hand-painted wallpaper and windows galore; on a .65 acre parcel. Spectacular backyard, pool, koi pond, patios, walkways and secret garden!! \$1,750,000

**CARMAH HATCH 765-6210**



**STUNNING CARMICHAEL**

4 bedroom 2½ bath on over ½ acre lot near Ancil Hoffman Park. Custom interior paint throughout, completely remodeled kitchen. 3 different French doors lead to lovely backyard patio, pool with waterfall and loggia. Large 3-car garage with additional storage. \$1,150,000

**LEIGH RUTLEDGE 612-6911  
BILL HAMBRICK 600-6528**



**BEAUTIFUL ITALIAN STYLE**

Beautiful Italian-style home on almost 2 acres! The home has 10' ceilings, hardwood floors, custom Marvin French doors and windows, a gourmet kitchen open to the family room and a huge yard with patios and sparkling pool and spa. This is truly a one-of-a-kind property! \$1,325,000

**CARMAH HATCH 765-6210**



**WONDERFULLY UNIQUE**

Private, pole design home on 1.5 acres – 4 bedrooms, 4 baths. Architect designed the Reagan Library! Gorgeous Joan Colton stained glass front door. Features cast iron tub-stays hot, brass doorknobs, solid oak doors, vaulted ceiling, gazebo. Garage and workshop/barn with lots of storage. \$489,000

**DIANA LOCKE 346-3286**



**CARMICHAEL CUTE**

Adorable 3 bedroom 2 bath home on a great stretch of Lincoln Avenue! Updated kitchen, newer appliances, granite counters, updated bathrooms, surround sound, dual pane windows, big 2-car garage, and large park-like yard with a fenced swimming pool, waterfall and amazing patio for entertaining. \$239,900

**ERIN STUMPF 342-1372**

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