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anti-bullying  
support group

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Welcomes Three  
New Eagles to the  
Eagles' Nest

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## Local girls start anti-bullying support group, garner recognition from dignitaries at South Land Park's National Night Out

By MONICA STARK  
[editor@valcomnews.com](mailto:editor@valcomnews.com)

At the South Land Park National Night Out event on Tuesday, Aug. 2, two impressionable youth – Arianna King, 11, and Emme Engel, 13 – signed people up for their newly formed anti-bullying group which will meet at Belle Cooleedge Library. Arianna said she wanted to commit suicide a number of times because of all the bullying and that she's had peers text her cell phone saying that she shouldn't be alive.

Not only taking care of themselves, but acting as mentors to others facing those similar issues, their story and progress with the group and when it will meet will be discussed in later stories. Sometime in September is what they know for now.

At the NNO event, Sacramento mayor-elect Darrell Steinberg, a strong advocate for mental health issues, gave his support to the girls and said for them to contact him with the details of the September event so he can possibly come and support it.

A seventh grader at a Pocket area school, Arianna said pretty much in each grade "there's a bully who thinks there is someone better than everyone else." "It's heartbreaking to see a little kid trying to commit suicide at like the age of 7. We always go to our principal. He kind of helps us a lot ... he doesn't want to see anyone get hurt."

She said people would start poking her arms and stomach. "They always called me names and it was really sad because it was really hard for my childhood. It was hard not knowing a lot of things and why they were doing it... I tried to commit suicide a lot of times. At the time I was thinking of a lot of ways like hanging myself because it was really hard for me. And a lot of kids said, 'you don't deserve to keep your life, so you should take your life



Photo by Monica Stark  
Local girls Donna King and Emme Engel are starting an anti-bullying group which will meet at Belle Cooleedge Library, 5600 South Land Park Drive. Dates and times are to be determined. They are shown at last week's South Land Park Neighborhood Association's National Night Out event at the Waldorf-Inspired eK-8 Alice Birney Elementary School.

now. They would text: go kill yourself, you don't deserve to live."

Her strength coming out of that dark place inside herself and now helping people truly is commendable. Regarding the meetings, Arianna hopes kids "learn something. After they go to a couple of meetings, I hope they feel better and don't want to do anything. I don't want to see anyone, like an 8 year old, commit suicide. Lots of parents would go crazy and won't know what to do with themselves if they lost their child."

Debunking stereotypes of the typical suicidal youth, Emme said those who are in danger always seem like the ones who don't look the part. "It's always someone that looks perfect."

Emme said when she first had the idea for the group, she didn't know how to get it

See *Bullying*, page 3

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## National Night Out in South Land Park was a big success

By MONICA STARK  
Photos courtesy of South Land Park Neighborhood Association

Up to 500 area residents, vendors, community groups, schools, students, businesses, safety professionals and elected officials attended the South Land Park Neighborhood Association's National Night Out event at Alice Birney school (6251 13th St.) on Tuesday, Aug. 2, marking this year's event as having the largest turnout to date.

The free hotdogs, cookies and prawns were a big hit. Within the first 45 minutes, SLPNA gave away 150 free hot dogs and Barrio Cafe (the soon-to-be-open coffee shop in the South Hills Shopping Center, 1188 35th Ave.) went through more than 100 chocolate chip cookies in an hour. Scott's Seafood distributed hundreds of prawn appetizers. Meanwhile, the North Border taco truck did a brisk business and performances by iYa Taekwondo and the O'Hana dance group were big hits, as was the bounce house!

A special vendor fair exposed neighbors to 30 businesses and nonprofits they didn't know in the area like Greenhaven Bike Shop (354 Florin Road), Detail Maniac (6320 Belleau Wood Lane), and New Technology High School (1300 Dickson Street). Dignitaries included Mayor-elect Darrell Steinberg,

Assemblyman Jim Cooper and Councilman Jay Schenirer. From gift certificates to River Cats tickets, six gifts were awarded in a prize drawing.

Steinberg spoke with the Pocket News briefly about the night's events, stating he said he was "having a ball," and enjoying the moment while getting prepared for his mayoralship.

"This is a wonderful city. It's a city of neighborhoods. I've been telling people it's a really important night, but in Sacramento National Night Out is a lot of nights because community gets built year round. I want to reinforce that. I want to make sure that we're backing up the neighborhoods by investing in parks and recreation and the other things that make for good quality of life in our neighborhood."

One of the attendees Donna Spencer, a resident of the neighborhood for 40 years, said this year's event was the first National Night Out she's been to. Donna came to South Land Park when much of the neighborhood started getting developed. With a lot build enough to build a four-bedroom house near today's Reichmuth Park, she established herself and raised a family. Years ago, her children attended Alice Birney long before it turned into a Waldorf-inspired school. Stating how much she enjoyed the school years ago, she added that she has enjoyed watching the campus change over the years.



A fixture in her neighborhood, Donna has always walked the streets with a dog, so she knows almost all her neighbors. "But my cats don't walk with me and I don't have the dog anymore. So, my neighbors say, 'Where's your dog?'"  
Bringing longtime neighbors like Donna and young families together, this year's South Land Park Neighborhood Association's National Night Out was a whole lot of fun.

(Editor's Note: Tabling at the event also were pre-adolescent girls who are starting an anti-bullying group, which is featured on page 2 of this issue.)

## Bullying:

Continued from page 2

off the ground, but decided summer was going to be the time and September is a great opportunity. She hopes members of the group "just feel better about themselves – that they realize that they are not alone and that they are happy."

Emme recently got accepted to the Sacramento County Youth Commission Board where her stated goal is to give all youth a great experience as kids and teens.

Asked if they had a good response at their NNO table, Emme said, "It was an OK response. I think kids don't want to look into it. If they don't personally have an issue they can address with this, they won't come over to us because they don't want any controversy. They don't want anything that can go wrong."

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For privacy reasons, photos above are not photos of actual students.



Julie from Denmark, 16 yrs. Enjoys gymnastics, swimming and photography. She's positive, fun loving and easy to get along with.

Marco from Italy, 17 yrs. Loves soccer and would like to learn to play baseball. Marco is a boy scout and enjoys the outdoors.

World Heritage is a public benefit, non-profit organization based in Laguna Beach, CA.

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## FROM YOUR COUNCILMAN, RICK JENNINGS



### What's going on in District 7?

#### Falling Into Autumn

The kids are back in school, the sun is setting a little earlier and September has brought us the gift of another autumn. This September, enjoy a nice evening with a movie in the park, great Jazz on the Riverside and lots of other great activities throughout the month in the Pocket/Greenhaven.

Let us know about more events or programs by emailing the details to [curser@cityofsacramento.org](mailto:curser@cityofsacramento.org). We can also include your event or program our Social Media blasts.

#### COMMUNITY SPOTLIGHT

Sept. 8, 8:30 a.m. Bel Air (7465 Rush River Drive) Hang out with Superbowl Champ & Vice Mayor, Rick Jennings at one of our great neighborhood businesses. For

more information or to host a Community SPOTlight at your local business, contact our office at 916-808-7007.

♦ **FAMILY, FRIENDS, FOOD TRUCKS & FUN!**  
Sept. 6, 5 to 8 p.m. Garcia Bend Park

Don't miss another great evening out with our friends from Sacto Mofo. To find out the food truck line up in advance, visit [Facebook.com/Sacto Mofo](https://www.facebook.com/SactoMofo). Contact our office at 916-808-7007 for more information.

#### SUMMER MOVIES IN THE PARK!

Sept. 16, at dusk Garcia Bend Park After grabbing a tasty treat at Trucks & Such, grab a few blankets and your favorite picnic chair and enjoy a FREE viewing of ZOOTOPIA under the stars. The movie starts at dusk. Contact our office at 916-808-7007 for more information.

#### CITY HALL IN YOUR NEIGHBORHOOD

Sept. 15 at 6 p.m. Robbie Waters Pocket-Greenhaven Library Join Vice Mayor Rick Jennings and staff to discuss matters of importance to you and

your neighbors, 3rd Thursdays of the month at the Pocket-Greenhaven Library from 6-7pm.

♦ **JAZZ ON THE RIVERSIDE**  
Sept. 11, noon to 5 p.m. Elks Lodge #6 (6446 Riverside Blvd.)

Join Vice Mayor Rick Jennings, the Sacramento Traditional Jazz Society and Elks Lodge #6 while enjoying a mini Jazz festival featuring some of your favorite bands from the Sacramento Music Festival on 4 stages, outside and inside, along with great food and drinks. Tickets available at the door on the day of the event. For more information, contact STJS at 916-444-2004.

And...don't forget our ongoing events and opportunities:

#### D7 HOT SPOT

Fridays, 7 to 10 p.m. School of Engineering & Sciences - 7345 Gloria Drive TEENS, cool out at the D7 Hot Spot! Boys & Girls ages 13-19, Basketball, Snacks, and more! Call our office (916-808-7007) for more information. Paid for by Measure U and sponsored by the Department of Parks & Recreation.

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# Troop 259 Welcomes Three New Eagles to the Eagles' Nest

By BILL KIRK

On Saturday, Aug. 13, three new Troop 259 Eagle Scouts, Ethan Kwong, Tariq Celeste and Damian Thomson, were honored at an Eagle Court of Honor ceremony at Elks Lodge No. 6 on Riverside Boulevard. It was a day of celebration for these Scouts as they were joined by family, friends and fellow Scouts of Troop 259 in Greenhaven to mark the achievement of Boy Scouting's highest rank—the rank of Eagle Scout.

The Master of Ceremonies at the event was Scoutmaster John Pitcher, assisted by Senior Patrol Leader Diego Gonsales. Pastor Dave Finch delivered the Invocation and Benediction followed by welcoming remarks by Exalted Ruler Conrad de Castro of Elks Lodge #6 which is the Troop 259 Charter Organization. The cere-

mony was officially opened by Gerry McIntyre, Capital City District Advancement Chair on behalf of the Northern California Golden Empire Council, Boy Scouts of America.

As the Troop's newest Eagle Scouts, these three young men join rare company in their Troop and nationally. According to the Boy Scouts of America website, out of more than one million registered Boy Scouts and Venture Scouts nationally in 2015, the number of Scouts earning the Eagle Scout rank was 54,366 or about 6.6 percent of all registered Scouts. In California, the number of Eagle Scout Awards earned in 2015 totaled 4,887. Notably, as has been the case for many years, the national average age of Scouts earning the Eagle Scout rank in 2015 was 17 years of age.

As Scoutmaster Pitcher noted in his remarks, since its



Shown from left to right are the three newly appointed Eagle Scouts: Tariq Alexander Lum Celeste, Damian Andrew Thomson and Ethan Nathaniel Kwong. Photo courtesy John Pitcher

inception in 1910, the Scouting program has helped shape the character of millions of young men in this country and around the world. The Eagle Court of Honor ceremony carries on a proud tradition honoring over 2.25 million boys who have earned the rank of Eagle Scout since the first Eagle Scout Rank was awarded in 1912. In the years since Troop 259 was originally chartered on Aug. 25, 1966, a total of 174 Scouts have earned the Eagle Scout Rank in the Troop.

To earn his Eagle, every Scout must achieve five intermediate ranks: Tenderfoot Scout, Second Class Scout, First Class Scout, Star Scout and Life Scout. He must also earn at least 21 Merit Badges (13 of them mandatory) and live by the Scout Oath and Law. In addition, an Eagle Scout Candidate must complete an Eagle Scout Service Project. Its purpose is to give the Scout an opportunity to learn and demonstrate project management while leading others to make a contribution to the community.

Like the Eagles who preceded them, Kwong, Celeste and Thomson each identified a need, overcame the challenges of project coordination, fundraising and work crew recruitment, completing a community service project that clearly left its mark. Kwong's project reclaimed space in an outdoor garden area at Leonardo da Vinci K-8 School and added a large garden box, a square table, and four farm-

house style benches for the visually impaired students. Celeste coordinated a project to provide much needed parking and restriping and yellow safety striping at the Chinese Confucius Church. And Thomson added six garden planter boxes to support the hands-on learning program at Alice K. Birney K-8 Waldorf School.

An important component of the Eagle Court of Honor proceedings is the Eagle Challenge. Following Troop 259 custom, the challenge to the new Eagles is issued by another Eagle Scout who came before them. Cameron Vansoest (Eagle 2014) did the honors, calling on the new Eagles to live with honor, loyalty, courage and good cheer and to always be prepared to put forth their best in school, career and life. Former Troop 259 Scoutmaster Todd Thompson then presented a flag flown over the U.S. Capitol to each new Eagle.

Highlighting the Court of Honor was the presentation of a special Sacramento County Board of Supervisors Resolution to each Eagle Scout by Sacramento County Supervisor Patrick Kennedy who is himself an Eagle Scout. "The resolutions acknowledge the outstanding accomplishments of these young men during their many years in the Scouting program," said Kennedy, noting that service to others is a key building block that makes our community, state and nation strong.

In their personal remarks, each Eagle spoke of how Scouting had affected the direction

of their lives, providing a valuable underpinning for what lies ahead for each of them. Kwong recalled National Youth Leadership Training (NYLT) and lessons learned about perseverance while backpacking steep slopes to Showers Lake with a backpack that weighed a ton. Celeste credited outdoor experiences such as "the day we were blown off Point Reyes" with stimulating his self confidence and personal growth. Lastly, Thomson described outdoor adventures which allowed him to discover his love of backpacking from which he learned valuable life lessons in the midst of all the fun.

Looking to the future, these three newest Troop 259 Eagles will be starting college in 2016. Kwong will begin his academic journey at UC Berkeley and Celeste plans to study Biology at San Francisco State University. Thomson will begin his pursuit of an acting career first at Sacramento City College and later transferring to San Diego State University. Troop 259 congratulates each of these fine young men for their exceptional Scouting achievements on the Trail to Eagle. Once again, it's a great day for Scouting!

Troop 259 generally meets on Monday evenings at 7 p.m. at Elks Lodge #6, located at 6446 Riverside Blvd. in Greenhaven. For specific information about meeting times and how to become a part of Troop 259, visit our Troop website at <http://www.Troop259.org> or e-mail our Committee Chairperson, Allison Fong at [aaajifong@sbcglobal.net](mailto:aaajifong@sbcglobal.net).

# Teens Create Dreams:

Talent show benefiting the Crisis Home Nursery set for Sunday at Kennedy H.S.

By KELSIE WONG  
Special to the Pocket News

(Editor's note: see photos page 11)

According to American columnist Ben Carson, "Happiness doesn't result from what we get, but from what we give." When we help others, it makes us feel good inside knowing that we are positively impacting someone else's life. Although it may seem like we are not directly benefiting as much as we would from receiving something, we are playing a huge role in the betterment of our society. Teens Create Dreams (TCD) focuses on the betterment of our society by giving a helping hand to homeless teens who lack the essential needs and necessary environment to succeed in.

This year's show is dedicated in memory of a TCD past participant and JFK student Janna Shimizu who has since passed away.

Advisers for the event include: Troy Ota, Brandon Nubla, Felix Wada and Julie Ota.

In 2014, we raised a total of \$1,700 at our TCD Talent Show, which was graciously donated to the Crisis Nursery. This year, we are having another talent show and plan on donating the profits to the Crisis Nursery once again since it ties into TCD's mission: helping those who are less fortunate and making the community better. The talent show will be held on Sunday, Aug. 21 at 6 p.m. at John F. Kennedy High School, in which we will greatly appreciate all



admissions and the continuous support for TCD and its mission. If you have any questions or would like to help our cause, please call us at 595-5999 or email [troyota@aol.com](mailto:troyota@aol.com). Thank you very much for your generous support that allows TCD to continue the betterment of our community and help those who are less fortunate.

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## Teens Create Dreams Show Schedule

### Introductions 6 p.m.

Disc jockey intro and announcements by director Jessica Cooper, Alex Mar, and DJ Brandon Nubla  
Opening number: TCD Hype Team  
MCs welcome and introduce judges  
Sooshee, a singer, performs  
MCs go into Grease Act and introduce the first act

### ACT 1: 6:10 p.m.

1. Buzzkill- Local band, consisting of Sydney Oberg, Paige Oberg, Delaney Odell and Gabe Rivera, will perform
2. Beatrice and Matthew Vale: Vocals, guitar and drums
3. Shelby Wong: Dance and track
4. Katrina Concepcion: Piano
5. Isabella Ma: Harp
6. Aeyla Buno: Vocals and track
7. Violet Joy Hansen: Vocals and track
8. Edward Lu, Allen Nguyen and Hoa Luc: Band
9. Veronica Ballejos: Vocals and track
- Kai Osako: Tribute to Janna
- Keilani Osako: Vocals and track

### Intermission

Hype team to perform for second half

### ACT 2: 7:05 p.m.

10. Band performance featuring: Samuel Tran, Theodore Tran, Joshua Trinh, Nathaniel Adams
11. Ku'uleiaiohamae'ole Osako: Vocals and track
12. Sam Lovato: Dance and track
13. Aliyah Narciso: Vocals and track
14. Jahon Eslamian: Piano
15. Karissa Siopongco: Vocals and track
16. Mika Gorospe: Vocals and track
17. Tatz-Marielle Barroga, Julianne Ragonjan, Jordan Larot: Dance and track

### WRAP UP: 7:50 p.m.

Contestants will be thanked and judges dismissed. Congresswoman Doris Matsui's office will be recognized for the support of the event. The College Fund Band featuring: Mario, Nina and Leland Fong will play while judges deliberate. Finally, the winners will be announced and a group picture will be taken. Closing song and pictures will be provided by Cameron, Bella Tymiko and Cameron

### If you go:

**What:** Teens Create Dreams Talent Show, benefiting the Crisis Home Nursery  
**When:** Sunday, Aug. 21 at 6 p.m.  
**Where:** John F. Kennedy High School, 6715 Gloria Drive  
**Cost:** Students are \$10 and adults are \$15

# New name for old church: Riverside Wesleyan becomes River's Edge Church

By MONICA STARK  
editor@valcomnews.com

By vote of the Riverside Wesleyan congregation, a new name will identify the Pocket neighborhood church. Apparently the name Riverside Wesleyan confused new people and the new name makes more sense.

Pastor Mike Higley said the entire church voted on the new name and then decided on the most popular two. "River's Edge Church was second in popularity, but made the best sense when it comes down to expanding the church ministry out into other areas of Sacramento."

He said one of the church attenders recommended the name initially, and since the church is only just over a block away from the Sacramento River's edge, it made sense. "Most importantly," he said, "the Bible speaks of many great events that happened at various river's edges, so this became a very attractive name for the church. It most cases, new things happened at the river's edge. People found hope and new lives."

Higley argues the culture of today does not identify well with denominational names. "While we are proud to be part of the Wesleyan Denomination, most people do not really care about the denomination. What they care about is if the Bible is taught correctly, if hope is found within the walls and people of the church, if their search for God is possible at the church, and most would rather see their Christian faith unified, that is, keeping the focus of Jesus' mission and purpose."

The soon-to-be River's Edge Church has experienced significant growth over the last couple years, including a great growth in the younger families. "We have made significant steps to reach the younger age groups through excellent Children Ministries, young family groups/gatherings, and younger aged worship style. But our focus on Biblical authority, hope in the Living God, necessity of community, and involvement in our communities has not changed. I believe this emphasis helps people of all ages find stability in a very unstable world. Great things will happen to people when they come to the River's Edge," Higley said.

The church has been in the Pocket area for 46 years and has been a source of great involvement in this community. The name change will not impact our continued support for the community as it is comprised of incredible people in the community, Higley said. "The people who attend, love this community."

The church will have a combined service on Sunday, Sept. 11 celebrating the new name with some fun things during the service at 10:30 a.m., followed by a barbecue and fellowship time and inflatables for the children. The soon-to-be River's Edge Church is located at 6449 Riverside Blvd.

# Eskaton and Aging2.0 Partner to Find Technologies to Enhance Lives of Seniors

Eskaton, a community-based organization serving seniors in the greater Sacramento area, currently is hosting the Aging2.0, an event where seven startups presented innovative products and services aimed at enhancing the lives of seniors.

A panel of expert judges announced the winner, Stack Labs, which is now part of the virtual competition where people can vote online for their favorite startup until Friday. The winners of the virtual competition will advance to the final round in San Francisco on Oct. 13.

"The Aging2.0 Global Startup Search is the ideal event to discover well-designed products and solutions that focus on improving the way we age," said Lola Rain, director of digital media at Eskaton who also emceed the event. "The winner, Stack Labs, was also voted the favorite startup by the audience. Stack light bulbs address circadian rhythm. The bulbs intelligently adjust color temperature to time of day, helping seniors sleep soundly and wake up alert, making them happier and also less likely to fall."

At the Global Startup Search, all the startups were given the opportunity to network with their target audience -- the elders. Many residents attended the event from Eskaton Village Carmichael, which regularly hosts technology forums, such as the Longevity Collective by Dr. Richard Caro. Eskaton, which means "the dawning of a new day," is committed to finding innovative technologies that will have a positive impact on aging. Stack Labs will partner with Eskaton in September to pilot its product in 13 independent living apartments in Sacramento.

"As you age, your eyesight changes, making it harder to see light, so dim lighting can be dangerous," said Rain. "These new lights by Stack Labs contain sensors and provide alerts to loved ones and caregivers in the case of a potential fall or a sleepless night."

To vote for Stack Labs for the Global Startup Search, please visit <https://review.wizehive.com/voting/view/aging2gss/42088/4003383/0>.



Faces and Places:

# Hot August Nights

File photos by Stephen Crowley

A Hot August Nights Car Show will be held at Greenhaven Estates on Friday, Aug. 26 at 6 p.m. and will feature classic cars and hot rods as well as an Elvis Impersonator who as in previous years impresses visitors and residents with the rock star's hits. A variety of food and baked goods will be available and there will be live music. Greenhaven Estates is located at 75648 Greenhaven Drive. Entry fee is by donation. Proceeds benefit the Alzheimer's Association.

# Former radio DJ reminisces about his days at KZAP, more

By LANCE ARMSTRONG  
Lance@valcomnews.com

Editor's Note: This is part two in a series about the history of radio station KZAP 98.5 FM.

Among the original disc jockeys of the now defunct, legendary Sacramento radio station, KZAP 98.5 FM was Jeff Hughson.

Hughson, who worked at the station from 1968 to 1971, was born in the capital city and grew up in east Sacramento and River Park during the 1950s and 1960s.

He was the oldest of the three children of Carl and Gerri Hughson.

In remembering his childhood, Jeff said, "It was a golden time in America, post World War II prosperity, nice neighborhoods, nice cars, nice houses, never wanted for much."

And when it came to providing nice cars for his family, Jeff said that his father had a particular advantage.

"My dad was a car dealer, so (the family car) changed every year," he said. "The one we had the longest was a 1956 (Chevrolet) Nomad station wagon." After obtaining his license at the age of 16, Jeff, at separate times, acquired several quality, used automobiles from his father.

One of those vehicles was a Ford van that he would fill up with his friends and take road trips to San Francisco and Big Sur.

While attending Sacramento High School, Jeff worked for a couple years at Ikon Enterprises recording studios at 4232 H St.

Jim recalled some of his duties at that business, which was owned by his cousin, Jim Barkley.

"I pushed the brooms a little bit, I did studio set up for sessions, and then when records would come in, I would do the stocking," he said. "I would pull them off the truck and put them in the stock room, so that when the bands came to pick up their 45s, they were all neatly stacked."

Jim also learned about the music business from his cousin, who he would sit with in the control room during sessions. Jim said that it was also during his teenage years when he acquired his passion for radio.

"When I was 13 years old, I was calling all the KROY disc jockeys, Jack Hammer, Hal Hopkins, Johnny Hyde, you know all those guys, going, 'Hey, I want to be a DJ, give me some advice,'" he said.

"And there wasn't a lot of advice. I mean, 'Do it.' And that's the best advice for anyone with any kind of passion."

In 1967, Jeff's dream of working as a disc jockey became a reality through a local DJ named Curly Cobb, who was a friend of his father.

Jeff recalled that experience, saying, "Curly said, 'Hey, we have an opening at the station, KXRQ (98.5 FM), and if you're interested you can come down and talk to me. So, I went down and talked to him.'"

Jeff, who was then 17 and a junior at in high school, was hired as the DJ for an all-night jazz show and a Sunday morning blues show.

As a young DJ, Jeff idolized John Skorakis, who was both a state worker and a DJ at KXRQ.

Jeff recalled Skorakis as a man who dressed in suits with

skinny ties and was "always sharp, very hip and cool."

"I just thought he was about the greatest thing ever," Jeff said. "I was a big fan."

Jeff added that it was also Skorakis who informed him that KXRQ would cease existence

"(Skorakis) said, 'Well, we've got two more weeks to work and then they're selling the station,'" he recalled.

After some inquiry about the future station, which would become KZAP, Jeff spoke to Ed FitzGerald, the first general manager of that station.

During his interview with FitzGerald at his parents' house, Jeff showed FitzGerald his large record collection, which he obtained through spending most of his spare money at Thrifty Drug Store at

See KZAP, page 10

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# KZAP:

Continued from page 9

55712 Folsom Blvd. and Tower Records at 1518 Broadway. Jeff recalled FitzGerald's reaction to his record collection.

"He went into my bedroom and he about fell over, because the bedroom was floor to ceiling, wall to wall albums," he said. "It was during the time period when they were liqui-

dating mono records and you could get them for 50 cents (each). My favorite price was always five for \$1.38.

"Anyhow, he looked around and there were like musical categories, alphabetical by artists and chronological by year of release. You know, first, second, third, fourth. He looked at that and goes, 'You could be our music director.' I said, 'That would be great, I'd love to.' So, he hired me."

Jeff added that FitzGerald had hoped that he could use his records at KZAP.

"He thought, 'Hmm, maybe he'll let us use his records,'" he said. "And I was comfortable letting him think that, because I wanted the job. But there was no way on God's green Earth I was going to let my pristine record collection get beat up by a bunch of DJs. I'd been a DJ. I'd seen records at radio station libraries."

Jeff recalled that only a month after his graduation from high school in June 1968, he attended preliminary meetings for the station at FitzGerald's home in Rancho Cordova.

"We met in (FitzGerald's) living room - me and Charlie Weiss and (program director) Paul Merriam and maybe Cary Nosler and a few other characters (who were hired to work at KZAP)," he said.

FitzGerald, Jeff said, played an essential role in KZAP's existence on the 13th floor of the Elks Building, where KRXQ had previously operated.

"Ed, and this is part of building rock 'n' roll in America, you know, he had to kind of sweet talk the Elks to let him come into the building," he said. "He joined the Elks, he went to their meetings."

And in describing the soon-to-be-on-the-air station, FitzGerald presented the Elks with a very limited description of KZAP, which would originally operate with a free-form format.

Jeff described free-form as follows: "Free-form radio is

really simple. The disc jockey, the announcer who's on the air, has the freedom to do anything he wants. Anything, play any kind of music, poets, interviews, children's stories, actualities. One of my favorite records on KZAP was the tribes of New Guinea, which (produced) tribal chants. You know, and you would segue way into Santana and stuff."

Jeff added that the greatest number of songs originally played on KZAP were songs by new rock bands.

"Percentage wise, probably the biggest style of music was the new rock bands, because it all came together," he said. "You know, demographics, political revolution, baby boomers, and all these new bands are coming out and they could get no air play anywhere else. They weren't getting played on top 40. They're San Francisco bands, Steve Miller, Grateful Dead, Jefferson Airplane."

The debut of KZAP occurred nearly 48 years ago.

After KZAP employees worked to redesign the studio, the station officially signed on the air at 6 a.m. on Nov. 8, 1968.

Jeff explained that KZAP played an important role in a unique time in history.

"We were in the eye of the hurricane," he said. "All of our peers, be it musicians, artists, activists, teachers, whatever, we were changing the world."

"It was the same kind of social and cultural, political revolution that hit Berlin in the 1920s and Paris in the (post-war) 1940s and New York in the 1950s and San Francisco in the 1960s. You know, we changed the world. And I could point to a string of successes. Did we stop war? No, it turns out the war machine is just too big and too well fund-

ed to stop. You know, endless war for endless profit.

"We were doing our part in the revolution to change the world. And I would argue that we succeeded on many fronts. Ecology, politically in terms of political choice in America, whole foods, back to the land, back to the Earth movement. PETA (People for Ethical Treatment of Animals) and all those kind of things I would allege all grew out of the radio I did and others like me did in the late 1960s and the early 1970s."

After about two and a half years of working at KZAP, Jeff continued his radio work as a DJ at the Sacramento FM radio stations, KNDE, KSFM and KXOA-FM. He left the latter station in about 1974.

He eventually held a variety of jobs, including producing concerts, fairs, festivals, rodeos and other events, working as the entertainment director at the Contra Costa County Fair, and operating a mail order business, selling records and music memorabilia.

Jeff currently provides publicity work for the multi-Emmy-winning singer-songwriter Bob Cheevers, and is the executive producer of a documentary film, called "Free-form, Baby!: The FM Radio Revolution."

The film, which is directed by Mark Herzig, is scheduled to be released in early 2017.

Jeff commented about why he decided to end his career in radio.

"But you know what? These other jobs that I had I did it because I was a DJ and they issued checks every two weeks. But KZAP, I did it because I loved doing it. And KZAP wrote checks, too. They were just a lot smaller than the other checks."

# Teens Create Dreams 2015



Shown here are photos from last year's Teens Create Dreams event. This year's event will take place on Sunday, Aug. 21.



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# Barrio Cafe hopes to have soft opening soon

Sergio Barrios and Melissa Allen are doing the final touches on Barrio Cafe, a coffee shop that's been in the works in the South Hills Shopping Center since the end of last year. "Everything is going well just taking a bit longer than we anticipated. The bakery/coffee side is close to being finished. We hope to have a soft opening next week, but no promises just yet," they wrote in a statement to the Pocket News. We will be following their progress as the excitement for renovations at the historic shopping center continue.

The Greenhaven residents, Sergio and Melissa, are duplicating their successful downtown coffee shop, Fluid Espresso, inside the old Brick Oven Pizza (1188 35th Ave.).

For those familiar with Fluid Espresso, expect a similar menu with the exception that they will add a light fare on Thursday, Friday, and Saturday evenings.

So, expect tapas, wine and beer, as well as some entertainment.

With about 38 different drinks, the couple enjoys coming up with different drink varieties on the spot. And, as their love for coffee is unwavering, so is their love for bread, which they bake themselves.

Sergio's father, Santiago, was a baker in Mexico and later had a shop in the old Nut Tree in Vacaville. Afterward, his family ran Greenhaven Bakery in the current Manley's Donuts on Florin Road and Riverside Boulevard.



Photo courtesy  
Melissa Allen and Sergio Barrios,  
owners of Fusion Espresso Bar  
downtown, are putting the final  
touches on a second coffee shop,  
Barrio Cafe, in the South Hills  
Shopping Center.

Sergio said he would like to see groups like the Sacramento Area Bicycle Advocates hold meetings at their new South Hills location.

A McClatchy graduate, Melissa was born and raised in Sacramento, attended culinary school and is mostly self-taught. "I have a lot of input on food, flavor profiles and empanada fillings are all my recipes. I dabble on the baking a little bit. I have a glu-

ten free cookie I came up with it. When we met, we figured we had food and coffee in common and decided to open a business ... I love coffee. I just love coffee... We're very excited (about the new location. We've been waiting for it for so long. It's always scary opening up a new location, but exciting at the same time. I can't wait to have more space."

-Monica Stark



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# 70th annual Buddhist food festival and bazaar attracted nearly 40,000

Story and photos by BARRY WISDOM

There are several Sacramento-based cultural festivals that educate, feed and entertain River City residents, including those inspired by immigrants from Greece, Scotland, Portugal and Italy.

But none have shared their music, dance, recipes and love for their adopted country as long and as consistently as the Japanese-Americans of the Sacramento Buddhist Church.

The members of the church staged their 70th annual bazaar Aug. 13-14 – a celebration that serves as a reunion for family members, and as an introduction to the cultural and religious tenets of the church.

Among the estimated 35,000-40,000 visitors to the free event, was the Calix family of Sacramento. For Misa Calix and son Frederick, it was a return trip, but for husband Alonso, it was a first-time thing.

"I'm loving it," he said, balancing a sleepy Frederick on his shoulders. "It's hot, but it's great."

The triple-digit heat that had many take advantage of the air-conditioned indoor stages, dining areas, and chapel where calligraphy, flower-arranging and handmade doll crafts deterred few from staying outside to partake in a variety of Japanese dishes, from teriyaki chicken, to vegetable tempura, and taking in performances that ranged from



ukulele groups, to folk dancers to taiko drummers.

The bazaar had a slow start, said event spokeswoman Erin G. Komatsubara.

"In 1947, we were rebuilding our community – rebuilding our lives. We had been uprooted and sent to internment camps."

The bazaar was a social event for the long-separated Japanese-American community. While it would be understandable for those who had been scattered by its adopted country to cloister itself and reject those who they had once considered neighbors, the annual bazaar came to include all Sacramento-area residents in an effort to both assimilate, and to reinforce and share its cultural traditions.

Komatsubarasaidthoseearly years are similar to what present-day Muslims are facing to-

day: suspicion and not-entirely unspoken hard feelings.

The Sacramento Buddhist Church has seen attendance for the bazaar remain steady despite the heat, competition from other events (the California State Fair was a long-time rival) and a new school year for a variety of reasons, said bazaar chairman Sherman Iiga.

"It's one of the major cultural events in Sacramento," Iiga said, "offering food and crafts and entertainment for the Japanese-American community and Sacramento at large."

"They come out because we put out a quality product."

Iiga said the bazaar is also a family affair, with many former Sacramentans who grew up as bazaar participants returning to reunite with family and friends, as well as to once again volunteer for what



has become the Sacramento Buddhist Church's largest fundraiser.

Some 700 volunteers, who do everything from grill chicken and beef, to pour Japanese draft beer, to host game booths, to perform, make the event possible, said Iiga.

The event is nothing if not a homecoming, said Komatsubara.

"Everybody comes home for this event," she said, "either as patrons or to work in their parents' booth."

Land Park resident Heidi Rooks, who with husband Richard, have made the bazaar a regular summertime activity, offered a non-church member's perspective on what kept her coming back.

"I like this church, it has a nice community feeling," she said. "And I like the different events they present here. I like supporting them. The food is good, the entertainment is good, it's all good."

See additional photos page 15

# Buddhist food festival



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Opinion:

# Pokémon NO!

By JAMES PEYTON

In a world full of trendiness, fads, reality TV, and 15 minutes of fame, most are probably not surprised by the trend known as Pokémon GO. This is a cell phone video game published by a company called Niantic.

Pokémon GO is the Walmart of video games. Stupid people doing stupid things. Unlike Walmart, these people are doing them outside.

The problem with Pokémon is not the "cute" characters or that it's a video game, the

problem is that it uses GPS. That's why the game has become a public nuisance.

GPS is an acronym for Global Positioning System. The system uses satellites and technology to find a device location almost anywhere on earth. During the "IGY", or International Geophysical Year" of 1957-1958, scientists spent time researching satellites, their uses, and their technology. It mainly had to do with military, weather, and space exploration capacities. I argue that the inventors of satellites probably

never envisioned this use for the technology. Today, you see people all over stumbling about glued to their phones. And you can actual see the level of severity, of distraction increased from when smart phones were a new thing to this new thing.

Ironically, an earlier trend reminiscent of Pokémon GO is "Geocaching", and that seems to have died down significantly to almost non-existent. Geocaching involves the storing of treasures at physical locations, commonly boxes of odds & ends or knick-knacks, that can be added to or taken by finders of the "cache". Another GPS game is called "Ingress", also by Niantic, also a video game. Ingress came out before Pokémon GO, and many of

the same location points in Ingress were transferred over to re-use in Pokémon GO. The game is basically a sci-fi theme battle between two teams, and was developed/by Niantic/Google. Niantic was formerly a part of Google. The two teams react to the "Exotic Matter", or "XM" that has been spread around the earth. There seems to be less "resistance" to this game and it seems more "enlightened" than Pokémon GO. Pun intended.

2600 magazine volume 33, number 2, summer 2016 edition has an article called "Gaming INGRESS", and explains how to hack the game for your own purposes. Several results unintended by the authors of the game can be achieved. So, too, can Poké-

mon GO, or any software and GPS system be hacked and locations spoofed. Pokémon go has been reportedly downloaded by more than 100,000,000 people worldwide. The game is free to play, but tries to suck up your money through In-app purchases of VIRTUAL items used in the game. The game was officially released on July 6, 2016, and runs on Android and iOS phone operating systems. If Pikachu, Squirtle, and Blastoise were real, I think they would be disappointed.

In the 1980s, when video games, and arcade machines were the "new" thing and the craze of the moment, there were a lot of older reaction-

See Pokémon, page 7

# Pokémon:

Continued from page 6

ary people alarmed and calling for a ban on Pac-man and the rest. Marshfield, Massachusetts banned coin-operated video games. from 1982-2014. Yes, unbelievably, till 2014. And if you look around now, you don't see many arcade games around in most places anymore. These blowhards were satirized on TV and in movies like Joysticks. Like anything, people could hurt themselves by not taking things in moderation. These games are considered very tame now, and it would be hard to find a news story nationwide of anyone being injured by the "craze". In fact, many players went on to become computer engineers, programmers, game designers, businessmen, artists, and software designers. This article is not designed as an uneducated reaction. "Fire Good." "Fire Bad." argued some cavemen. I argue, "Fire both."

A good effect of the Pokémon GPS game is that it caused people to exercise and talk to one another. Some crimes were reported in progress and a few criminals were caught. Some churches found an increase in visits related to the game.

There was an increase in business and revenue for some, including the struggling Nintendo, which has a percentage. There are some good effects of the game, but I argue that the bad outweighs the good. In the 1990s, there was a video game called "Lemmings", but now that has become real. A mindless, mad horde under the sway of software designers. The public nuisance aspect of this

GO game is unnecessary, any game could be completely run inside a phone, without using GPS as its basis.

It wouldn't be the same game, but the game isn't more worthwhile than all the trouble it has caused. Places that are seldom frequented or inappropriate for people to play games at shouldn't be victims of Pokémon GO. Many of these places don't know what the game even is, or why people are suddenly flocking all around. Imagine a sleepy store on the edge of downtown, with a few local senior citizens frequenting the place, when suddenly a bunch of beard-wearing, kale-eating, ringer tee having Starbucks going, bubble-tea drinking dimwits rush into the store like a flashmob and in 30 minutes are gone. Here are some of the many ridiculous news stories, many deadly, that are effects of Pokémon Go and GPS "augmented reality". These were all from the internet and Google, direct or paraphrased.

A college student named Calvin Riley was shot and killed in San Francisco while playing Pokémon Go near the touristy area of Fisherman's Wharf on Saturday, Aug. 8.

An 18-year-old boy was shot and killed in Guatemala while playing.

A user crashed his car into a tree on while playing the game on July 12, according to a press release from the Auburn Police Department in New York. "Luckily the driver was not seriously injured but this is an example of how easily accidents can occur when someone is engaged in the game and not paying attention," the department said. Meanwhile, police at

Texas A&M University announced a Pokémon Go-related crash the same day.

After Twitter user Elihudi Urassa shared a video found of a dog dyed yellow to look like Pokémon fave Pikachu, other users decided the dye job was dog abuse. Kohei Uchimura, a gymnast on Japan's Olympics team, racked up a 500,000 Yen roaming charge — close to \$5,000 dollars! His cell phone company ended up charging him a 3,000 yen a day flat rate. You can't squeeze blood out of a turnip. A person was seen in the front row of a Beyonce concert playing Pokémon GO. Expensive game.

Nick Johnson, a 28-year-old from Brooklyn, is the first person to catch all 142 Pokémon available in the United States. In just a couple weeks, he also achieved level 31, caught over 4,600 Pokémon, walked 95 miles, and lost 10 pounds. On July 13, the Encinitas Fire Department rescued two men who fell off a cliff while playing the game in the North County area of San Diego. One man fell 80 to 90 feet to the beach below, while the other fell 50 feet. Another TV news story says several children playing Pokémon GO were robbed by adults playing the game, who took advantage of knowing where the user's locations would be in the next 20 minutes. Mobs of people suddenly showing up in public places have vandalized, left litter and graffiti behind.

A lady caught her boyfriend cheating because of Pokémon

Go. "She saw that I had caught a Pokémon while at my ex's house," Evan Scribner told the New York Post. A 19-year-old girl discovered a dead body while playing the game near Riverton, Wyoming. A woman named Ivy St. Ives charges \$20 an hour to "walk around in 1-4 hour shifts signed in to your account capturing every single Pokémon I come into contact with, activating every Poke Stop I pass, and walking nonstop to help hatch your eggs." Britney Spears plays Pokémon Go.

Players have reportedly discovered Pokéspots — i.e. locations where players can restock and set lures to catch more Pokémon — at somber places like the 9/11 Memorial in New York City and the Holocaust Museum in Washington D.C. "Playing the game is not appropriate in the museum, which is a memorial to the victims of Nazism," Andrew Hollinger, the museum's communications di-

rector, told The Washington Post. "We are trying to find out if we can get the museum excluded from the game."

If you've heard about a 13-year-old stabbing his brother to death over deleted Pokémon or a man suing Nintendo for \$500 for being hit by a car while playing the game, blame Pablo Reyes, whose site CarTelPress.com published the hoax stories.

Dave Schilling wonders if Pokémon Go is the answer to America's obesity problem. "We might not be able to make fast food healthier or discourage the gluttony our culture reverts, but we can make walking less unpleasant," writes Schilling. "You might not ever be interested in real birds chirping, but at least maybe you can find the pleasure in the siren song of a wild Togepi or Fearow. Just try not to get run over by a bus while you're at it."

Pokémon GO is stupid; how about Pokémon NO?

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# WHAT'S HAPPENING POCKET/GREENHAVEN?

## THURSDAY, AUG. 18

**LUAU AT THE ELKS LODGE, NO. 6:** There will be a show and music by Doug Meredith. The dinner menu consists of Chinese chicken salad, Kalua pork, steamed rice, macaroni salad, rolls and dessert, \$30. Sales tax included. No host cocktails start at 6 p.m., followed by dinner at 7 p.m. Must present ticket. Dancing to follow. Tickets are available in the office or call 422-6666 to reserve your tickets. Cash or credit card accepted. Wear your favorite Hawaiian attire. 6446 Riverside Blvd.

**DIABETES ACADEMY EDUCATIONAL SERIES:** Diabetes 101 is a series of classes on managing diabetes. This class to be held from 6 to 7:30 p.m. will be about lifestyle modifications, motivation, stages of change and setting smart goals. Free of charge. Pre-registration is required. Class will be held at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org.

**SUMMER SEAFOOD SALAD:** Summer is a perfect time to enjoy a simple and refreshing salad of frisee, spinach, orange and grapefruit segments, and avocado. Topped with pan-fried shrimp and scallops, the salad will be served with a homemade Asian vinaigrette. Your meal will include a roll and a mixed berry parfait for dessert. Pre-payment of \$15 and pre-registration is required. Class will be held from noon to 1 p.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org

**MEDITATION, CHINESE, HINDU & TIBETAN:** Meditation has been used for thousands of years by traditional schools of medicine to balance and promote mind, body & health. Learn how to use Hindu Insight, Taoist Healing, and Tibetan Nine Point meditations to reduce blood pressure, support heart & immune system health, and even balance brain chemistry. Pre-payment of \$15 and pre-registration is required. Drop-in rate at \$20. Class will be held from 1:30 to 3 p.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org

**CITY HALL IN YOUR NEIGHBORHOOD:** At 6 p.m., join Vice Mayor Rick Jennings and staff to discuss matters of importance to you and your neighbors. 3rd Thursdays of the month at the Pocket-Greenhaven Library from 6-7pm. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive.

## FRIDAY, AUG. 19

**FAMILY, FRIENDS, FOOD TRUCKS & FUN!** Don't miss another great evening out with our friends from Sacto MoFo from 5 to 8 p.m. To find out the food truck line up in advance, visit Facebook.com/Sacto MoFo. Call 808-7007 for more information. Garcia Bend Park, 7654 Pocket Road.

**SUMMER MOVIES IN THE PARK:** After grabbing a tasty treat at Trucks & Such, grab a few blankets and your favorite picnic chair and enjoy a FREE viewing of ZOOTOPIA under the stars. The movie starts at dusk. Contact our office at 808-7007 for more information. Garcia Bend Park, 7654 Pocket Road.

## SATURDAY, AUG. 20

**ONE-DAY KIMEKOMI DOLL MAKING WORKSHOP:** Students in this one day class will select their own model of doll and be taught individually. Additional material fees vary depending on choice of dolls. Student should bring a small pointed scissors and a hand towel for their workstation. Nominal fee for lunch or bring your own. Pre-payment of \$55 (doll kit not included) and pre-registration is required. Class will be held from 9 a.m. to 4 p.m. at Meals on Wheels, 7375 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org or Masanori Wasano at 530-350-8083.

## SUNDAY, AUG. 21

**TEENS CREATE DREAMS:** Help teens raise funds to benefit the Sac Children's Home Crisis Nursery. Starting at 6 p.m. at the John F. Kennedy High School Theater, 6715 Gloria Drive, witness local teen talent from all over Sacramento try to win the grand prize of \$1,000. Ticket Adults:\$15; Students:10. Call Julie Ota at 595-5999.

## WEDNESDAY, AUG. 24

**YOUR GUIDE TO MEDICARE'S COVERED PREVENTIVE SERVICES:** In this workshop, you will learn what is disease prevention and why it's important. We will review which preventive services are covered by Medicare and how often, who can get services, and what you will pay—you pay nothing for many services. Free of charge. Pre-registration is required. Class will be held from 10 to 11 a.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org.

## THURSDAY, AUG. 25

**MAILBOX TOWNHALL MEETING:** Vice Mayor Rick Jennings is joining with Congresswoman Doris Matsui, Senator Richard Pan, Assemblymember Jim Cooper, Mayor Pro Tem Larry Carr, Captain Dave Peletta, and the United States Post-

## BEST BETS

**SUMMER MOVIES AND TRUCKS & SUCH IN THE PARK:** On Friday, Aug. 19, after grabbing a tasty treat at Trucks & Such, which goes from 5 to 8 p.m., grab a few blankets and your favorite picnic chair and enjoy a FREE viewing of ZOOTOPIA under the stars. The movie starts at dusk. Call 808-7007 for more information. Garcia Bend Park, 7654 Pocket Road.



**BROOKDALE CAR SHOW:** Brookdale Greenhaven, in the Pocket Area, is having a car show starting at 10 a.m. on Saturday, Aug. 27 at 6350 Riverside Blvd. There should be a bunch of incredible cars. 7 cars, residents' family members, open house, live music and some food.

**TEENS CREATE DREAMS:** Help teens raise funds to benefit the Sac Children's Home Crisis Nursery. Witness local teen talent from all over Sacramento try to win the grand prize of \$1,000. Contest starts at 6 p.m. on Sunday, Aug. 21 at the John F. Kennedy High School Theater, 6715 Gloria Drive. Ticket Adults:\$15; Students:10. Call Julie Ota at 595-5999.

al Service in hosting an informational town hall at 5:30 p.m. at the Pannell Community Center. All are welcome to attend and learn more about both short- and long-term solutions that we are working on to address this serious issue. For more information about this town hall event, please call my office at 916-808-7007. Pannell Meadowview Community Center, 2450 Meadowview Road.

## SATURDAY, AUG. 27

**BROOKDALE CAR SHOW:** Brookdale Greenhaven, in the Pocket Area, is having a car show starting at 10 a.m. at 6350 Riverside Blvd. There should be a bunch of incredible cars.

## TUESDAY, AUG. 30

**MR. COOPER'S SING-A-LONG CLUB AT ROBBIE WATERS POCKET-GREENHAVEN LIBRARY (EARLY CHILDHOOD (0-5)):** A family-friend-

ly performance by local singer/guitarist Mr. Ken Cooper. This program is made possible by the Pocket-Greenhaven Friends of the Library. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive.

## TUESDAY, SEPT. 6

**FAMILY, FRIENDS, FOOD TRUCKS & FUN!** Don't miss another great evening out with our friends from Sacto MoFo from 5 to 8 p.m. at Garcia Bend Park. To find out the food truck line up in advance, visit Facebook.com/Sacto MoFo. Contact Councilman Rick Jennings' office at 808-7007 for more information.

## THURSDAY, SEPT. 8

**COMMUNITY SPOTLIGHT:** Hang out with Superbowl Champ & Vice Mayor, Rick Jennings at one of our great neighborhood businesses at 8:30 a.m. at Bel Air (7465 Rush River Drive). For more infor-

mation or to host a Community SPOTlight at your local business, contact his office at 808-7007.

## SATURDAY, SEPT. 10 and SUNDAY, SEPT. 11

**OTO'S MARKETPLACE ANNUAL JAPANESE FALL FESTIVAL:** Come to Oto's at 4990 Freepoint Blvd., for an annual weekend sale. You can "Spin the Wheel" for free prizes (min. purchase required); there will be live music by Island Sunset Band on Saturday starting at noon. There will be shaved ice sold by Osaka-Ya, and there will be Japanese food booths benefiting the Sacramento Barons Boy's 2021 and Sacramento Warlord Boy's 2022. Parking available at the "Church of the Masters", 1900 Potero Way (parking lot behind Rite-Aid). The hours for Saturday's festival is 10 a.m. to 5 p.m. and the hours for Sunday are 10 a.m. to 4 p.m.

See Events, page 21

## Events:

Continued from page 20

## SUNDAY, SEPT. 11

**JAZZ ON THE RIVERSIDE:** From noon to 5 p.m., join Vice Mayor Rick Jennings, the Sacramento Traditional Jazz Society and Elks Lodge #6 while enjoying a mini Jazz festival featuring some of your favorite bands from the Sacramento Music Festival on four stages, outside and inside, along with great food and drinks. Tickets available at the door on the day of the event. For more information, contact STJS at 444-2004. Elks Lodge #6 (6446 Riverside Blvd.)

## THURSDAY, SEPT. 15

**CITY HALL IN YOUR NEIGHBORHOOD:** Starting at 6 p.m., join Vice Mayor Rick Jennings and staff to discuss matters of importance to you and your neighbors. 3rd Thursdays of the month at the Pocket-Greenhaven Library, 7335 Gloria Drive, from 6-7pm.

## FRIDAY, SEPT. 16

**SUMMER MOVIES IN THE PARK!** After grabbing a tasty treat at Trucks & Such, grab a few blankets and your favorite picnic chair and enjoy a FREE viewing of ZOOTOPIA under the stars. The movie starts at dusk at Garcia Bend Park. Contact Councilman Rick Jennings' office at 916-808-7007 for more information.

## Ongoing

**FREE DIABETES SELF-MANAGEMENT FROM AUG. 3-31:** This workshop is a series of 6 classes that provides education and skills for those living with diabetes. During the workshop, you will learn: practical ways to self-manage your diabetes, better nutrition choices and appropriate exercise goals, ways to prevent low blood sugar and complications, better ways to talk with your doctor and family about your health. Free of charge. Pre-registration is required. Class will begin Wednesday Aug. 3-31 and Sept. 7 from 3 to 5:30 p.m. at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org.

**D7 HOT SPOT:** Teens cool out at the D7 Hot Spot! Boys & Girls ages 13-19, Basketball, Snacks, and more! Call 808-7007

for more information. Paid for by Measure U and sponsored by the Department of Parks & Recreation. Fridays, 7 to 10 p.m. at the School of Engineering & Sciences – 7345 Gloria Drive.

**KARAOKE AT THE ELKS LODGE, NO.6:** Sing with some of your buddies the first Saturday of every month and every Thursday, 6446 Riverside Blvd.

**WEEKLY THURSDAY BEGINNER'S DANCE CLASS:** Can't dance? That's OK. This class is designed for beginners with limited or no dance experience. No partner necessary, just a good sense of humor. Lots of fun will be had from 1 to 2 p.m., 1180 Corporate Way. Instructor: Gerri Shapiro. Drop-ins welcome. For questions, please call Gerri at (808) 250-1212

**WEEKLY WEDNESDAY COFFEE AND COMMUNICATION AT CAFFE LATTE:** from 7 to 11 a.m., find your neighbors in the back near the piano. Riverlake Village Shopping Center, 7600 Greenhaven Drive No. 1.

**JAZZ SUNDAY MONTHLY CONCERTS AT THE ELKS LODGE:** Join the Sacramento Traditional Jazz Society on the second Sunday of each month. STJS preserves and promotes traditional jazz, Dixieland, and classic jazz music. Doors open at 11:30 a.m., music starts at noon and continues till 5 p.m. As of June 2014, the group meets at the Elks Lodge No. 6, 6446 Riverside Blvd. Donations for admission: \$10 for members and \$12 for non-members. Students (age 12-20): student members \$5; student non-members \$7. Under 12: free. You'll find three rooms playing live music simultaneously! Musicians play on the Main Stage, our "Gold Card Musicians" play in the Gold Card Room, and then there are the jam sessions that take place for everyone in the Tailgate Room. (Students can find mentors in the Tailgate Room.) Once a month, we feature a local youth band on Main Stage at noon (Sept 1). (Five sets x 3 rooms = a lotta music!)

**TWO LEFT FEET DANCE CLASS:** Easy circle and line dancing. Can't dance? Your life is about to change. Every Thursday from 1 to 2 p.m. \$5 1180 Corporate Way.

**FREE TOURS OFFERED AT THE SACRAMENTO REGIONAL WASTEWATER TREATMENT PLANT** April – October 2016: Sacramento Regional Wastewater Treatment Plant For more information or to book a tour, visit <http://www.regionalsan.com/tour-treatment-plant> or call 916-876-6120.

**COME OUT AND PLAY:** Looking for some summer fun for kids, ages one through 100? Check out the City of Sacramento's Summer 2016 Recreation Guide for lots of free and low cost summer activities. The Summer 2016 Recreation Guide is now available at [www.cityofsacramento.org/ParksandRec](http://www.cityofsacramento.org/ParksandRec).

**READ FOR THE WIN! SUMMER READING PROGRAM:** Now until Aug. 15 at Sacramento Public Libraries: Sacramento Library's 2016 Summer Reading Challenge kicked off Saturday, May 14 and continues through August 15. To register or for more information, visit your local library or [www.saclibrary.org/SummerReading](http://www.saclibrary.org/SummerReading).

**DO YOU HAVE AN UPCOMING OR MONTHLY EVENT? Let us know.**

e-mail Monica: [editor@valcomnews.com](mailto:editor@valcomnews.com)

# The ins and outs of Fibromyalgia from a local expert

Fibromyalgia, a chronic disorder that is known as an invisible disorder, is one that people don't see the pain that those with fibromyalgia suffer from on a daily basis. Sacramento Terry Mcsweney leads a support group on the second and fourth Monday of the month from 5 to 7 p.m. in the back room of the Sunlight of the Spirit, 2314 J St.

What follows is a question and answer with Terry.  
**1. Who is the group for?**  
The group is for those with fibromyalgia as well as family and friends of those with Fibromyalgia.

**2. How do you know that you have Fibromyalgia?**

A. It takes a very long time to diagnose, because the symptoms usually do not appear at the same time. Usually a person with Fibromyalgia goes through many medical tests such as blood work, EKGs, biopsies, urinalysis, and so many more. Usually the tests all come back negative. It becomes very

frustrating for the fibromyalgia patient, because they know in their hearts that something is really wrong, but the tests say "no."

B. After a fibromyalgia patient goes through these tests a doctor with knowledge of fibromyalgia should start putting all the clues together to come up with the fibromyalgia diagnosis.

C. This is what finally determines and confirms that a person has fibromyalgia. These vary in level of intensity from person to person.

- Fatigue
- Waking unrefreshed (feeling like you never slept)
- Cognitive (memory or thought) also known as "fibro fog" or "brain fog."
- Symptoms lasting at least 3 months at a similar level.
- No other health problem that would explain the pain and other symptoms.
- Overall body pain

See Fibromyalgia, page 22

## – EVENT LISTING SECTION –

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers. Call (916) 429-9901 for rates.

**CALL AND PLACE YOUR EVENT TODAY!**  
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Facebook:  
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11 A.M. - 3 P.M.  
Contacts: Joyce Cowan at [cowan\\_j@sbcglobal.net](mailto:cowan_j@sbcglobal.net) and Vera Malkovich at [borka@comcast.net](mailto:borka@comcast.net)

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# Fibromyalgia:

Continued from page 21

g. There are 18 tender or trigger points throughout the body. A person with fibromyalgia is tender to the touch in at least 11-12 of these points. In other words being touched in these spots is very painful. This is why a person with fibromyalgia will often say, "gentle hugs please."

- h. Other symptoms that fibromyalgia patients may experience;
1. Irritable bowel (IBS-D or IBS-C)
  2. Bladder symptoms (overactive)
  3. Low blood pressure
  4. Dizziness on standing
  5. Poor balance
  6. Frequent headaches
  7. Numbness or tingling in hands or feet
  8. TMJ
  9. Sleep disturbances: toss and turn, overactive mind, and sleep apnea
  10. Sensitivity to loud noises (Genevra Liptan, MD)

All of these add up to an overactive stress response. A person with fibromyalgia is always on high alert. The pain that a person without fibromyalgia might feel is amplified in a person with fibromyalgia.

### 3. What are some misconceptions about Fibromyalgia?

- a. Only women can be diagnosed with fibromyalgia. This is not true, Men and children as young as 5 years old have been diagnosed with fibromyalgia.
- b. Fibromyalgia is not real it is all in one's head.
- c. If you can't see it, it is not real.

- d. You are lazy. You are a hypochondriac.
- e. Fibromyalgia is a "catch all" diagnosis.
- f. You look great, so you can't possibly be sick.
- g. Exercise is not good for a fibromyalgia patient. (gentle exercise such as stretches or yoga can be very helpful.)
- h. It is a disease, it is a syndrome, Technically it is "A collection of signs, symptoms, and medical problems that tend to occur together, but are not related to a specific identifiable cause. Dr. Liptan does not agree with this theory. She believes there is an identifiable cause that comes from the connective tissue (fascia) which becomes inflamed which includes many pain sensing nerves." She does call it a disease. (Liptan, 2016)

### 4. What does a group session entail?

Here is a brief overview of what the group sessions will look like. They will be 2 hours in length. It is often difficult for those with fibromyalgia to stay seated for long periods of time. They can, however, get up and move around while the meeting is ongoing.

- a. The first 90 minutes will be sharing their stories with the group and what has worked and not worked for them. During this time we will use the stories to educate the other group members. This is important because each person that has fibromyalgia will have different pain levels with the variety of symptoms. There is no one way that can be used to lower pain levels or the upsets caused by their other symptoms. In

other words there is no cure, but there are different coping strategies and reduction of pain strategies that can work. The participants need to work to find out which strategies will work for them. We will discuss these strategies together to help the participants become empowered to become their own best advocates.

- b. The last 30 minutes will be for questions and answers.
- c. Each meeting will be based on a topic that concerns each of the group members. There will be guides and handouts to help guide the group members through some of the strategies.
- d. At the end of each meeting a goal will be set for each group member to work on during the 2 weeks between each meeting.
- e. At the next meeting, we will discuss how each dealt with the weekly goal.
- f. Once a month Dr. Dennis Godby (ND), Dr. Ethelbah(ND), or Dr. Damon West(chiropractor) will join us to help answer questions from the participants.
- g. The meetings will begin on Monday, June 13, 2016 from 5-7 pm at the Sunlight of the Spirit Book and Gift Shop at 2314 "J" Street in Midtown.
- h. New participants can join us at anytime after June 13th on the 2nd and 4th Monday of each month.

### 5. Tell me more about the walk: When? Where? How Much does it cost? How many participants do you expect for the next one?

The 2016 Sacramento Fibromyalgia Awareness Walk took place in front

of John F. Kennedy High School on Gloria Drive. There were 25 walkers from not only Sacramento, but Roseville, Auburn, Citrus Heights, and San Francisco. This team came together only a few months before the walk when I was asked if I would lead a walk in Sacramento. I jumped right in and am very proud that we raised "1,400.00. Several of this year's participants have already volunteered to help get next year's walk going. My goal is to have at least 100 walkers next year, more would be great. I would love to start it at the Capitol in the center of downtown Sacramento's action. The walk next year is scheduled for Saturday, May 13th, 2017. May 12th is Fibromyalgia Awareness Day, in fact the entire month of May is Fibromyalgia Awareness Month. I would love to get a proclamation from the Governor to declare May 12th "Fibromyalgia Awareness" day in California. I did not have enough time to do so this year, but will get the paperwork started very soon. There was a \$20.00 registration fee this year. I do not know if that will change for next year's walk. The funds raised are to benefit research for the "Center for Understanding Research & Education of Fibromyalgia" at the National Fibromyalgia and Chronic Pain Association. (NFMCPA)

### 6. What is your personal story entail with Fibromyalgia?

I was diagnosed with fibromyalgia 9 years ago, but I believe I had it for much longer, maybe 20 years or more. 20 years ago I had colon cancer and went through 1 year/52 chemotherapy

See Support Group, page 23

# Support Group:

Continued from page 21

treatments. Happily I am cancer free today, but a serious illness, an accident, emotional trauma or distress can bring on fibromyalgia.

By the time I was diagnosed: I had 12 out of the 18 tender trigger points, IBS, TMJ, "Fibro Fog," daily headaches, fatigue, palpitations, shoulder, neck, and back pain, piriformis syndrome, overactive bladder, dizziness, shortness of breath, poor balance, lack of focus, reactive hypoglycemia, and oversensitivity to loud noises. When I was diagnosed 9 years ago, I had experienced a great deal of sensitivity to touch. It hurt to be hugged. In fact it was so painful I cried a lot. Then one day, I was sitting in the back of my classroom helping a student. There was a student sitting at the computer behind me. He got up from his chair and lost his balance putting his hand on my back to regain his balance. I screamed in pain. Then I went to the doctor. She put all of the symptoms together, and said, "You have fibromyalgia." I cried and said, "You mean I am not crazy. There really is something wrong with me?" There was now a name for my health issues, I was so relieved. This is a feeling that millions of fibromyalgia patients feel on a consistent basis. After that I went on various medications to help bring the pain levels down, help with the depression that often comes with fibromyalgia, help with sleep, anxiousness, hyperactive nerve responses and more. After a while some of the medications did not work and I had to try new meds. Side effects/sensitivity to drugs is common with people with fibromyalgia. I had some side effects that were scary, so the meds were changed. I then decided to retire from teaching after 43 years, the last 13 at John F. Kennedy High in Sacramento. The fibromyalgia symptoms were part of the reason for my retirement. I noticed that when I retired in June 2014 that my symptoms began to get worse, any relief I had was gone. I used to walk every day for 30 minutes or more, but one day I couldn't walk, I was dizzy, my back hurt, and I was having trouble breathing. I thought I was having a heart attack. I wore a heart monitor, saw a cardiologist who said everything was fine and she didn't know much about fibromyalgia. I left her office crying, because I wanted there to be just a little something wrong, so that again I would know I wasn't crazy. That is when I had the epiphany. I had to take control of my medical care, do my own research, and step outside of my comfort zone. As I was doing my research, I came across the website for Tami Stackelhouse, Fibromyalgia Coach. We talked, I hired her to be my coach. This is one of the best things I could have done for myself. She led me down the road to self-empowerment. She led me to practitioners outside of my comfort zone that would put me in charge of my health. All of the practitioners I saw and still see are a team with me in charge. Tami then opened the International Fibromyalgia Coaching Institute. I was in her first class with 12 other women from across the country and England, graduating on 1/31/16 as a Certified Independent Fibromyalgia Advisor. Each of the graduates has fibromyalgia. This makes a big difference to those we serve.

### 7. Why did you start the support group?

When I found out I had fibromyalgia, my doctor sent me to a support group that was run through my health insurance provider. I walked out the first time more depressed than when I walked in. I was sympathetic to the others in the group, but the entire time the group members complained. There was no sharing of ideas or strategies that could help each of us feel better. I felt for each of the women, but I wanted to learn how to deal with fibromyalgia. Then some doctors spoke: a rheumatologist, pain psychologist, pharmacist, and neurologist. They each discussed how their specialty dealt with fibromyalgia. This was very informative, but not very compassionate or caring. It was all factual. These practitioners meant well, but they really didn't know how we felt. They did not have fibromyalgia. Last year I tried another support group through my insurance. This time there were 12 women, one of them was me. 11 of them were newly diagnosed and were devastated, crying, not knowing what to do. The insurance co. did not learn their lesson since the last group I had attended. It was all technical information about fibromyalgia, no real understanding of what these women including myself are going through. I had had my diagnosis the longest. I started comforting them and suggesting strategies to the other group members. When the meeting was over, they asked for my number, because they needed someone who understood what they were going through. This was the seed that has been in the back of mind for the last few years. When I became my own best advocate, hired a coach, went to school, and became a fibromyalgia advisor, I knew in my heart that it was time to start a support group that is compassionate, caring, informative, and educational. I want the group members to become empowered self-advocates. It is my goal to guide them on the pathways to health, hope, and happiness to do exactly that. I want the group members to learn that Fibromyalgia does not need to define their lives. Every person with Fibromyalgia can lead a joyous and fulfilling life. The key to success with fibromyalgia treatment for anyone is team work between the fibromyalgia patient, traditional medical doctor, any alternative practitioners, family, and friends. This is what I want to help with in the support group and my 1-1 advising/coaching business, "Fibromyalgia Pathways to Health, Hope, and Happiness."

### 8. Cost? How much is it and What do the funds go towards?

The cost is \$25.00 per session/\$120.00 for 6 sessions. This does not mean that there will be only 6 sessions. The group will continue indefinitely I hope. There are also scholarships available lowering the cost if necessary. I don't want anyone to feel that they can't attend because they can't afford it. We can always work these details out.

- The funds will go to:
- a. the rental of the room space
  - b. cost of any supplies needed for the participants.
  - c. donations to the National Fibromyalgia and Chronic Pain Association for research.
  - d. my fees

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\*Sale applies to all indicated items except "Special Buys" and all "Clearance". Allow time for delivery on some items. Some items are limited to stock on hand. Sale ends 9/5/2016.