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KENNEDY MUSIC STUDENTS PAST AND PRESENT TO HONOR FORMER LEADER

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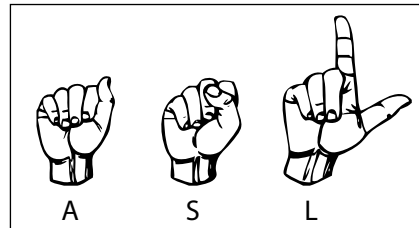


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Political forum to tackle local measures

Event set for Oct. 6 at the Robbie Waters Pocket-Greenhaven Library

By MONICA STARK
editor@valcomnews.com

With 17 statewide initiatives and three local measures on the ballot, voters in the Pocket-Greenhaven community will have a lot of decisions to make. To help inform these decisions, the Pocket-Greenhaven Community Forum is bringing together a group of experts to the Robbie Waters Pocket-Greenhaven Library on Thursday, Oct. 6 at 6:30 p.m. to provide a non-partisan overview of the measures, including key background on who is supporting and opposing them, who is funding them and, most importantly, what they will really do.

Dr. Kim Nalder of the Project for an Informed Electorate at Sacramento State University will provide an overview of the ballot measures.

Trudy Schafer will provide the League of Women Voters' perspective on key measures.

Sacramento County Supervisor Patrick Kennedy and Vice-Mayor Rick Jennings (invited) will provide their perspectives.

The event will be moderated by community member Devin Lavelle who wrote into the Pocket News to describe more details about the event, which will open with introductory thoughts from Kennedy and Jennings, followed by the meat of the event during which time Nalder will provide an overview of each of the initiatives, including "what we need to know about what they really do, who is supporting, opposing and funding them," he said.

Nalder and Schafer were selected for their experience and reputation as unbiased authorities committed to a well informed electorate as the cornerstone to our democracy, he said. "Supervisor Kennedy and Vice-Mayor Jennings, as our local representatives, provide fantastic insight into our community. Sacramento Unified School District trustee Woo was also invited and wanted to attend, but unfortunately we unknowingly scheduled the Forum for the same time as the School Board meeting."

A strong believer in the idea that we're all entitled to our own opinions, but not our own facts, Lavelle said his hope is that the event helps people in our community get the impartial information they need to cast votes that best reflect their values. Some of the more straightforward initiatives will be covered more briefly to allow more time to be spent on the more complex issues.

A senior researcher for the California Research Bureau, Lavelle's employer conducts independent policy research on behalf of the governor, the legislature and the other constitutional officers. His recent projects have covered topics like climate change, health care, immigration, veterans and government transparency. A Pocket resident with wife Fiona, their son Henry (who will soon be celebrating his first birthday) and their dog Coco, the couple bought their house shortly after getting married in the spring of 2013. Lavelle "spent a ton of time in the neighborhood" when he campaigned for Ryan Chin, former city council member Darrel Fong's challenger back in 2010. Lavelle really fell in love with the neighborhood.

Lavelle has been involved with the Pocket-Greenhaven Community Forum ever since School of Sciences and Engineering teacher and Pocket NextDoor lead Will Cannady got it started last year. "He's a good friend and a strong leader in our community. The Forum seemed like a great opportunity to contribute to our community and get to know more of our neighbors. We're a new group and this will be our first Forum, but if the community finds it useful, it won't be our last," he said.

If you go:

What: Political forum
When: Thursday, Oct. 6 at 6:30 p.m.
Where: Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive

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Mini jazz festival held at local Elks lodge

By LANCE ARMSTRONG
Lance@valcomnews.com



Photo by Lance Armstrong

Mark Curry, who has been playing reeds for about 40 years, was among the performers on the main stage. He entertained guests of the event from noon to 1 p.m. and from 4 to 5 p.m.

The Sacramento Traditional Jazz Society on Sept. 11 presented the first of which could eventually be many mini jazz festivals at the Elks Lodge No. 6 building on Florin Road.

The society, which is well known for its many years of presenting the Sacramento Jazz Jubilee (originally Sacramento Dixieland Jazz and now Sacramento Music Festival), and its Sunday Jazz event at the local Elks lodge, hopes to continue presenting the STJS Mini Festival on possibly a monthly basis.

At the mini festival, musicians performed in three separate venues: The Main Stage, the Gold Card Room and the Tailgate Room.

The masters of ceremonies of the event were Matias Bombal and Barbara Paulus.

The featured entertainers of the day were Cell Block 7, the Gold Card Room All-Stars, Jan Sutherland, Parker & The Weis Guys, and the STJS All-Stars.

Joining Sutherland were Renard Perry (trumpet), Bob Williams (trombone), Mark Curry (clarinet), Tom Shove (piano) and Bridan Simpson (drums).

Cell Block 7 consists of not seven, but eight members: Bob Romans, Bob Sakoi, Jim Maihack, Robert Alfaro, Jack Convery, Daryl Hosick, Tom Downs and Nick Auriemmo.

Sakoi, Curry and Maihack also performed as members of the STJS All-Stars, which also includes Melissa Collard, Bob Ringwald, Vince Bartels and Bob Williams.

"Our mission (as a society) is to pass the torch, to keep traditional jazz going."

— Jane Reinmuth

The Gold Card Room All-Stars are Jay Paulus (trombone), Dominic Ruggieri (reeds), Jan Buhlert (banjo), Ken Meyers (piano), Alan Ginter (bass/vocals), Jim Liveroni (drums), Vanna Turner (vocals) and various other singers.

A unique element of the festival was the Gold Card Room's offering of a vocal set in which more than a dozen vocalists sang songs from the Great American Songbook, aka American standards.

The event began at 9 a.m. with "Jazz & Breakfast," and also included a snack bar with prices ranging from \$1 to \$4, and a beer garden, where guests could purchase beverages and ribs that were grilled on a barbecue.

Jane Reinmuth, a member of the society and the director of the Tailgate Room, said that it is important to present events like the mini jazz festival as a way of continuing to promote jazz music.

See Jazz, page 4

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Jazz:

Continued from page 3

"Our mission (as a society) is to pass the torch, to keep traditional jazz going," she said.

Also assisting in that mission are the society's monthly gatherings at the lodge and working with youth in various capacities.

Reinmuth also emphasized one of the most important elements of jazz.

"It's a lot of fun," she said. "I love it. I love to sing, I love to listen to good jazz."

Max Weis, a member of the society's sound crew, expressed his appreciation for the first edition of the mini jazz festival.

"What I really liked about the event is that it's commu-

nity oriented, that it draws from the local area," he said. "It's nice to see communities come together in a way that promotes music and promotes youth (bands). It's one of the most prominent things in my experience was the community aspects."

Max's interest in the youth participation in the event was at a higher level on that day, considering that his 17-year-old son, Parker, was among the festival's entertainers.

Parker, who is a junior at Woodcreek High School in Roseville, plays clarinet and saxophone, and is a product of the society's education program.

During the festival, he entertained guests, along with other young musicians, including Woodcreek High



Photo by Lance Armstrong
The Gold Card Room All-Stars were among the featured bands that performed at the mini festival. Shown left to right are Jan Buhlert (banjo), Jim Laveroni (drums), Paula Dula (vocals), Dannie Balsler (trumpet/vocals), Dominic Ruggerie (reeds) and Jay Paulus (trombone).

sophomore Emma Wilburn (bass) and Gabe Carpenter (drums), a senior at Rio Americano High School.

Also joining that group – the aforementioned Parker & The Weis Guys – was Montana Monce, a jazz piano major at Sacramento State University.

Judy Tracy was among the audience members at that band's breakfast concert.

"Our membership and everyone that came to breakfast today thought (Parker & The Weis Guys) were outstanding," she said. "They did a couple of patriotic songs that made hairs stand up on the arms."

And in being that the festival was held on the 15th anniversary of the events of Sept. 11, there was a sense of patriotism that was in the air.

That sentiment was immediately felt by many people who witnessed the line of small, American flags that lined the drive leading to the Elks building.

The memory of that day in American history was also remembered through The Four Lads' member Har-



Photo by Lance Armstrong
Musicians perform at the Sacramento Traditional Jazz Society's mini festival.

ry DuVall's singing of "New York, New York" as a tribute to Sept. 11.

Dennis Cain, while sitting in a crowd at one of the event's performances, expressed his feelings about the anniversary of Sept. 11, as it related to the festival.

"I think that there's another element to consider when commemorating Sept. 11, especially with music and being of likeness in spirit is that it's showing that we are rising above what the intent

is of the attack," he said. "We can remember it, but life goes on and we rise above it. And we commemorate it through the song, 'New York, New York,' yet the rest of the music is uplifting, overall, just showing we are above the intent of the terror."

Dula, who also serves as the Gold Card Room director, commended the event.

"It came out really well," she said. "The audience was great. They stuck with us all day long, and the weather was beautiful for this outdoor stage. The main stage was a full room with lots of dancers, and I couldn't have asked for anything better."

And with a smile on his face, Elks Lodge No. 6 member Michael Budney also summed up the first mini jazz festival held at the lodge building.

"I thought this was a really good activity in the Elks (lodge) and for the community at large," he said. "It brought everybody together for a good and enjoyable day. Everything was really, really great."

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9 AAA job
12 Scatter seeds
13 Monastery head
14 Years you've lived
15 9-Ball setting
17 Popular sandwich, for short
18 Him (Ger.)
19 They can't be compared to oranges
21 Thickly entangled, as hair
24 Aching
25 Playwright Levin
26 Steal from
28 Do, re and mi ending
31 Occupy completely
33 Ph. bk. data
35 Colt's mama
36 Dervish
38 Affirmative
40 Falsehood
41 Sketch
43 Rouse
45 Journalist Fallaci
47 Scot's hat
48 "— and Peace"
49 Cheating, e.g.
54 Superlative
55 Small egg
56 Citric beverage
57 Secret agent
58 Apportioned
59 Tatter
6 Recede
7 Albright and Falana
8 Trample
9 Mealtime chat
10 Lecherous look
11 Drenches
16 Illuminated
20 Seniors' dance
21 Anger
22 Opera solo
23 Swear
27 Lad
29 A Great Lake
30 Witnessed
32 Old Italian money
34 Washington city
37 Haphazard
39 Vacillated
42 Relinquish
44 Pump up the volume
45 Has bills
46 Grate
50 Trench
51 Rowing tool
52 Harlem room
53 Lower limb

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Storytime for Tots: American Sign Language

"Realize being deaf does not make you dumb and having hearing does not make you smart. We can do anything except hear. We have a lot to offer the world and our community."

- ASL Teacher Maggie Mackey

by LEIGH STEPHENS

Most of us take hearing for granted, but Sacramento Signing Families make their way through the communications maze by way of the American Sign Language (ASL).

The group recently met at Belle Cooleedge Library for

ASL Storytime. The program is possible because of a First 5 grant from the City of Sacramento. Signing Families meets the second and fourth Tuesdays from 6:30-7:30 p.m.

The First 5 Commission funds programs for children up to 5 years-of age be-

cause research shows that a child's brain develops dramatically during the first five years of life. "The Commission grants support interactions that have a profound impact on the way children grow and develop, therefore establish a foundation for future school success." The Commission also funds other programs including those involving health, nutrition, reading readiness, childcare, and effective parenting.

The library Community Room began to fill with parents and children at Storytime. The floor was covered with a bright-colored rug where the kids leaped around and touched everything in sight including other children. Some younger ones clung to a parent. About ten kids attended the program along with parents.

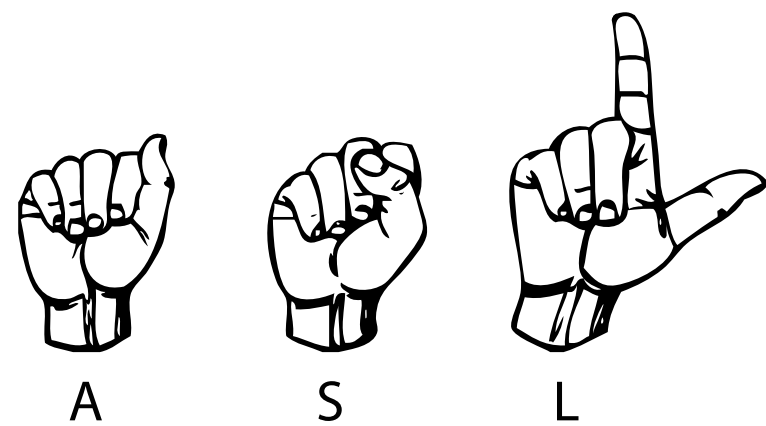
The Belle Cooleedge program ASL teacher was Maggie Mackey, a vivacious young woman who dove right in and signed colorful stories to the children. Helping her was parent Celina Oppus who brought her two sons.

Maggie teaches 4th-10th graders at the Serendipity Center for Leadership and Learning in Elk Grove. She says she was born deaf from a viral infection.

"My hearing loss was identified at 14 months, and I am a hearing aid and cochlear implant user. I was raised bilingual: English and American Sign Language. All my family sign, which is considered rare in the deaf world.

My little brother and my adopted father are deaf. My new husband of two years is also deaf. I met him in Seattle, but we eventually met again at Utah Valley University.

Maggie says that we should always try to communicate with a deaf person because they appreciate our efforts. The deaf appreciate being in-



cluded and being noticed just like any other person.

Leading Storytime Maggie explained that each session has a theme, and for that evening it was "School." In sign language, she read a number of children's books including:

A Big Day for Migs by Jo Hodgkinson where Migs the mouse overcomes his recklessness and makes friends his first day of school.

On the First Day of School by Tish Rabe convinces the kids that there is no cooler place than kindergarten.

Rufus Goes to School by Kim Griswell telling of a pig named Rufus who wants to go to school to learn to read his favorite book. The school principal says, "No Pigs in School!"

Some of the children watch Maggie attentively, making signs with their hands while others crawled around on their knees or rode colorful pillows placed around the rug. Keeping little children's attention is a challenge!

Included in each Storytime is a craft project that ties to the theme of the evening. On this night, the children worked on red construction paper apples for the teacher. Each colored his or her own version of the apple or nibbled on the crayons.

Helping the teacher was parent Celina Oppus who has two hard of hearing sons, Logan and Conan, under 10 years, and her youngest, daughter Norah five years, who attends the California School for the Deaf in Fremont. She attends school in Fremont during the week and is home on weekends. The Oppus boys attend a local school that has hearing, general education classrooms as well as classes for the deaf and hard of hearing.

Celina says, "I only recently confirmed I am hard of hearing. Our children were born

hard of hearing, and in our case it is genetic."

Very active in Sacramento Signing Families, Celina says the group began when the children were small. "We became quick family friends, getting together for playdates, holiday events, and for support in raising our children."

Signing Families works with several agencies that fund programs including:

Norcal Services for the Deaf and Hard of Hearing; California School for the Deaf, Fremont; and LEAD K, Language Equality and Acquisition for Deaf Kids.

Another parent attending the library program was Linda McCrea who brought her daughter Kennedy aged three years. Linda says, "At birth Kennedy did not pass her newborn hearing screening. We got her fitted for hearing aids, and she got her first pair by 3 1/2 months. We have faced several challenges on this journey. We started learning sign language when she was four months old.

"Our high-priced insurance does not cover hearing aids. Her first set was \$2,500. The molds that go in the ear are \$75-\$85. The first two years Kennedy went through ten pairs because of growth, but as she gets older the ear growth has slowed down."

Kennedy and family began learning ASL through the Sacramento Office of Education. Early childhood teacher Heather Palendoken was assigned to the family and spent many hours using videos, books and other learning tools while she shared a wealth of knowledge into the world of the Deaf and Hard of Hearing culture.

Linda says that when you connect with someone who is hard of hearing make eye contact. It lets the person know

Sign language, page 7



(left) Celina Oppus, Teacher Maggie Mackey & kids. (middle) Linda McCrea and daughter Kennedy Wynn. (right) Celina, Logan, and Conan Oppus.



Sign language:

Continued from page 6

you are ready to communicate. Speak slowly or sign if you can. Most important is that you treat them as you would anyone with hearing.

"We have no hearing loss in our family except that related to aging. Our 18-year-old has no hearing problems. One interesting statistic I have learned is that one in one thousand children are born with hearing loss, and 90 percent of them are to hearing parents.

"I see my little girl thriving in a world that is mostly hearing. She sings, talks, laughs,

smiles and makes friends, and plays just like her peers. I am so proud of her."

American Sign Language is the predominant sign language of deaf communities in the United States and English-speaking Canada. It is the third most widely used language in our country, and originated in the early 19th century at the American School for the Deaf (ASD) in Hartford, Connecticut. Thomas Hopkins Gallaudet and Laurent Clerc are credited with the founding of ASL.

Gallaudet, a Yale graduate, was inspired by his success in demonstrating the learning abilities of a young deaf girl,

Alice Cogswell. Clerc became the first teacher at ASD.

In 1864, President Abraham Lincoln signed a bill into law that authorized the Columbia Institution for the Instruction of the Deaf and Dumb and Blind to confer college degrees and made Thomas Gallaudet the president of the institution. Throughout several name changes over the years, the school was re-named Gallaudet University in 1894, to honor its founder.

Despite its wide use, no accurate count of ASL users has been taken, although reliable ASL people estimate the number to be between 250,000 - 500,000.

ASL signs have a number of phonemic components, including movement of the face and body as well as the hands (non-verbal communications). Many linguists believe ASL is a subject-verb-object language.

If you would like to contact Sacramento Signing Families, write Celina Oppus at celinaoppus@gmail.com. CSUS, American River College, and Sacramento City College each offer classes in American Sign Language.

Professor Leigh Stephens is retired from CSUS and the University of Hawaii, and says she has her own struggles with hearing loss.

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Reliving camp memories at Camp Capital City

A nostalgic celebration of all things camp – benefiting local Y youth programs

By MONICA STARK
editor@valcomnews.com

It's time to get campy; but don't fear. The event featured here does not lack in social graces nor aesthetics. Quite the contrary.

However, "campy" is the word used to describe the second annual Camp Capital City. It's a nostalgic celebration of all things camp and it happens from 5:30 to 9 p.m. on Saturday, Sept. 24 on the play fields of the YMCA of Superior California. The whole back end of the local YMCA will be transformed into an event where adults can relive their beloved camp days without leaving Sacramento.

From a gourmet barbecue dinner to a smores dessert bar, beer by Bike Dog Brewing, wine by Bogle Vineyards and camp-themed libations (Bug Juice was a drink last year that included apple juice and "apple vodka" and perhaps given that name as something to tell the children), Camp Capital City will also include live music and camp games and activities – including archery, rock climbing, horseshoes and more. The evening will also include a wine-pull and live auction, with packages including a Disneyland family getaway, a seven night Oregon coast retreat, a weekend stay at Bear Valley Y Camp in the High Sierra, among others.

The campy fun of last year's inaugural event brought back camp memories to YMCA board member Mark Hanzlik

who grew up with the YMCA as his father was a camp counselor and administrator in the Bay Area. "We did have Bike Dog Brewing (at Camp Capital City). I don't remember having that as a kid. The archery- I was big on that. I enjoyed pulling a bow back again and I was sure to do it before I had too many beers. I still have the touch."

Hanzlik also enjoyed the light blues and camp tunes. "I don't know if I was singing along that well. But, the great thing (about the fundraiser) is that it's a change of pace for everyone. People like the casualness of it."

As another 2015 Camp Capital City attendee, Christina D., put it: "The fundraiser circuit around town can get a little... same-y. It's refreshing to look forward to a relaxed event where you can ditch the heels and embrace that last year of summertime for a good cause. The food, drinks, activities, and program were wonderful, and unique. Even if this event didn't raise money for programs that benefit the kids in our community, it would've been an amazing night out."

From the climbing wall, to the archery an "unbiased" attendee Erin K. McDonough, the event's organizer, said, "Everything was lots of fun (last year). Bike Dog and Bogle were both fantastic. I loved the climbing wall; I haven't done that in quite a few years, as well as archery. That definitely takes you back to time away at camp as a kid, getting to shoot a bow and arrow."

McDonough, also a board member for the YMCA, said her children (who are now in the first and third grades) are YMCA preschool graduates, and also took swimming and tumbling lessons at the local YMCA.

McDonough also has fond memories of growing up with the YMCA, but all the way in upstate New York. "I loved being a part of the Y and I wanted my kids to be a part of the Y."

Before the idea of the "camp" came to fruition for last year's fundraising event, YMCA marketing director, Diana Stantz said previously they wanted to incorporate propelling off buildings into the money-making and adventurous aspect of the event. "But our insurance didn't cover it," she said.

Funds raised from Camp Capital City will benefit YMCA camp and youth programs – providing year-round program (swim lesson, day camp, childcare, and more) scholarships to children who would otherwise not be able to participate in Y activities due to financial hardship.

According to Stantz, this last summer, the YMCA of Superior California served about 700 summer day campers each week for 10 weeks, at nine day camp sites throughout the region (more than 5 percent growth from 2015), in addition to 180 kids who attended the residential camp, Bear Valley Y Camp, this



summer (more than 50 percent growth from 2015).

Through Y-Assist, the nonprofit's scholarship program, the Y granted over \$100,000 in summer camp scholarships, enabling more than 235 kids from low-income and underserved families to participate in Y summer camp. Among the summer camp scholarships provided, roughly 20 full scholarships were provided from St. Johns Program for Real Change, as part of an ongoing partnership in which the Y subsidizes a full summer of camp for the kids in residing at St. Johns. Further, about 40 full scholarships, or "camperships," were provided to children from Sierra Forever Families, Mercy Housing, the Salvation Army, the Y, and other community organizations to attend Bear Valley YMCA Camp, this summer. Bear Valley YMCA Camp scholarships were made possible through a YMCA of the USA grant, which was matched by local Sacramento Rotary clubs.

"All funds raised from Camp Capital City will directly support our community by providing valuable YMCA program and membership support through Y-Assist, ensuring that the Y is accessible to all," Stantz said.

Stantz said the success of last year's event exceeded the Y's expectations. "From our perspective, we wanted to make sure it was everything we hoped it would be. Every time there's a new event, there's hesitation, but the feedback was great."

Camp Capital City will take place around the campfire and under the stars at the Sacramento Central YMCA at 2021 W St. Tickets to Camp Capital City are \$75 and can be purchased at ymcasuperiorcal.org, at your local YMCA welcome desk (Sacramento, Woodland, Oroville), and at the door at the event. Volunteer opportunities are available and there will be weekly giveaways leading up to the event. Learn more and purchase tickets at ymcasuperiorcal.org/CampCapitalCity

Community Choir Forming in the Greenhaven/Pocket Area

ACC, 7334 Park City Drive, is proud to announce the formation of a community choir.

With classes on Wednesdays, beginning Oct. 5 at 3 p.m., ACC Program Director, Linda Revilla is excited to offer this to the community. "I jumped on the idea of starting a Community Choir. ACC has three ukulele groups, two guitar groups, and many music classes. They are all testimony to the desire for more music in people's lives. A performing choir in the Pocket would be another way that we can express our creativity and spread the joy of music to others."

Former Elks No. 6 Exalted Ruler and award winning musician, Debbie Eto will be holding the conductor baton. "I think it's great for the community. Singing is a wonderful stress reliever. It's good for the soul. It can put a

smile on your face, even change how the day is going."

ACC Instructor Loretta, said "There are so many good voices out there. It's different when you're singing with a group of people. I'm signing up for the choir because it's been 23 years since I sang in one and I really, really, miss it. I'm going to tell all of my friends to join in, too!"

The choir will be singing and performing Broadway hits, Standards, Top 40 and with the holiday season fast approaching, many of your favorite holiday hits. "To begin, we will be singing a fair amount of holiday music, but don't be surprised if some great Broadway classics and Top 40 aren't snuck in!"

For more information or to sign up, contact the ACC at 7334 Park City Drive or call 393-9026.

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A Pocket hero: GeriRae Gray

GeriRae (she pronounces her name "GARY") has been picking up garbage on the Sacramento River levee twice a week since July 4. Sometimes, she is joined by other volunteers, her doggie sidekick and otherwise she does this task on her own.

She wanted to do this volunteer work but did not know who was actually in charge of the levee.

When GeriRae is unavailable, Judy Foote from the Rotary Club of Pocket/Greenhaven hopes the John F. Kennedy student Interact Club will fill in on the "Clean-Up" Patrol (Saturdays only), perhaps joined by other groups in the Pocket area.

The Interact Club likes to make this project one of their first service projects every year, joined by their sponsor, the local Rotary club.

On Monday morning Geri Rae was joined by her friend Jeff and Judy.



50-plus years of Kennedy high school music students to honor their former leader, Mr. Nick Angiulo

By KAREN BAKULA
Special to the Pocket News

In Sacramento, public schools with decades-long award-winning music departments are few and far between. No one understands that more than the 50-plus years of John F. Kennedy High School Marching Band, choir and music department alumni. Alumni from throughout the U.S. and several other countries will gather together on Sunday, September 18 in William Land Park of South Sacramento's Land Park area, not only to reminisce about favorite moments in 50 years of JFK High School marching band history, but to give a special and important salute to one of Sacramento's treasures, Mr. Nick Angiulo and his 33+ year musical leadership legacy, including his Musical Director tenure for the award-winning JFK marching band and music department.

As the special event draws closer, alumni have stepped forward to recount their own important moments of the "Mr. A Years" associated with the JFK marching band and music department.

"There wouldn't be a Harley White Jazz Orchestra without JFK," said Harley White Jr.,

Bassist, Composer, Arranger. "I presented the Count Basie Orchestra at Sacramento City College a few years ago. Having Mr. A speak about Jazz Education was the best ever. He taught at Sacramento City College when it was still called Stage Band. Jazz was a four-letter word. He was a pioneer like that."

As Music Director for John F. Kennedy High School, Mr. A could often be found, megaphone in hand, calling out marching band formations and drills to sometime distracted students, as well as requests for band members to get in step, stand up straight, play the right notes, among other pearls of wisdom.

Said former band member Dave Ross, "I remember when Mr. A got his first megaphone. Did he know that he would use that thing to talk to me even if I was standing next to him? I guess he thought that if he was louder, I would eventually figure out what I was supposed to do."

"I'll always remember his instructions," said former band student Cheryl Birch. "When you're ear-



See Angiulo, page 23

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Rebirth and growth continues at the Panama Art Factory after devastating break-in

By **MONICA STARK**
editor@valcomnews.com

(Editor's Note: This story has inspired a history series on Panama Pottery by writer Lance Armstrong whose first piece is scheduled to appear in the next issue of the Pocket News.)

Inside the darkness of one of Panama Pottery's 103-year-old kilns, a voluptuous female figure moved and wailed like a baby in the womb, enjoying mother's comfort. But, outside stood crowds of artists and art lovers mesmerized by the hypnotic movements of Caro Novella in what she called "corpo ate", a performance that examined the relationship of mutual co-feeding of corporations and health.

A performance artist from Spain currently doing her PhD at UC Davis on performance studies whose interest lies in the intersection of collaborative practice, performance and non-norma-

tive bodies, Caro states: "We choose the kind of products that we buy, right? We have created economies that are dependent on petroleum by our daily choices of plastic."

Exploring the idea of how could she could insert herself into the industrial complex, the kilns and the factory at large presented itself as an incredible location, while the newly revived Panama Art Factory once was a commercial factory with two large stone and brick kilns that were its hot heart. Caro's performance epitomized what the event, held last spring, which was titled "Body of Art," advertised: "The Body is a temple: a library, a trap, the means, the end, stardust and mud, a work of art... Still standing inside (Panama), like giant, earthen breasts waiting to nourish all who arrive and need it."

Like Caro's body emerging from the womb-like mesh that hung from the center of the kiln in clear symbolism of



Photo by Stephen Crowley

Shown here are photos from one of the first Panama Art Factory events of the year, which was held on April 10.

birth, Panama Pottery itself has been in a constant rebirth since a new wave of about 30 artists have entered the formidable structure.

About a decade ago, the space, long-time Panama artists and retail shoppers may recall resembled a graveyard of broken pottery, scattered throughout the historic property, a reminder of the history of the long-time running "hot as hell" beehive kilns that for decades produced more than 30,000 pots per month.

In an effort to preserve the rich history of both the land and the inspiring historic landmark, Panama artists today have filled the constantly renovated factory with incredible art of various media.

Much more than a hub for ceramics, Panama Art Factory is the perfect name for the ever-changing, ever-improving art mecca that some hope serve to be as a center for a 24th Street art district.

Besides Panama Art Factory, 24th Street is home to JAM Art Studios (4311 Attawa & 4330 24th St.), Fountainhead Brewery (4621 24th St.), Phono Select Records (4370 24th St.). Nearby is Sutterville Bikes at (2365 Sutterville Bypass), Capital City Judo (2300 Sutterville Road), Two Rivers Cider (4311 Attawa Ave #300), 3747 W Pacific Ave., Kline Music (2200 Sutterville Road); Sacramento Art Glass recently moved from the area to 204 23rd St.

In passing at the Art of the Body event, property owner David DeCamilla described the success of the night and the transformation of the

space, briefly, as follows: "The rule is there isn't a lot of rules. This is not an overnight success; it's something that's been in the works after 10 years."

As news broke that artists' tools, from camera equipment to welding supplies, were stolen on the early morning hours of Wednesday, Aug. 31, the Panama community and friends rallied together for the artists spawning further unity that they say will make the collective stronger. As of this writing \$3,505 had been donated to the "Panama Art Factory Fund" on <https://www.gofundme.com/panama-artists>.

The artists consider Panama an art haven and their second home.

To Francesca Gamez, a sculptor, painter and muralist, "it's a place for productivity"

See Art Factory, page 7

Art Factory:

Continued from page 6

ty and community, where we can work comfortably, have our tools and equipment readily available to us."

And the break-in was a violation felt by all the artists, uncertain the thieves would come back, she said. "Panama is not only a place for us to work- but it's a place for the community. It's a hub for art; we open our doors once a month to enrich the community and culture of the area and we were taken advantage for that. I think my first thought was whether or not anyone was in the building late night while this happened. Thankfully no one was, but the thought of that being a possibility really freaks me out. It's incredibly frustrating to have to watch my friends go through this, knowing that we all don't grow money trees in our backyard and most of the equipment we've acquired we've worked really hard to get. So far, the community has been incredibly supportive. Just the response on Facebook alone - people are pretty outraged by this happening, more so than the victims. It's nice to see that we aren't alone and that we've got people who care for us and what we do."

Similarly commenting on the unity and strength of those at Panama, resident artist Colleen Craig, a former art teacher at C.K. McClatchy and John F. Kennedy high schools, said, "I know a lot of us creative peeps are feeling pushed out of our own town (downtown), but times like this remind me of how rad people here are and we all need each other."

Like Caro's performance at Art of the Body, event goers were invited to bask in the motherly cloud of comfort that was Colleen's womb installation - a microcosm of a cozy bedroom with flowing white sheets and blankets with scents of essential oils surrounding a soft bed.

A wild artist at heart, Colleen says at home, her bedroom is really serene. "The way I can be creative is to have a space to calm down, but that piece was really deeper. It was to create a safe space for myself." Having gone through a lot of trauma, she said the womb installation was meant to create a space that is really safe for us and to share with other people. "I created a space with certain sense to have an energy that is protective."

An energy that surrounds her constantly at Panama.

With familiar faces from the Art Hotel - where visual installations, music, poetry and films filled the downtown Jade Hotel last February for eight days -- Panama's ongoing events create a scene sometimes resembling that of New York where Colleen says, "You can go anywhere anytime and see amazing art."

Living in the Big Apple at one time, she likened that night at Panama to the daily atmosphere back East where there would be dancers on the street, random musical theater at 3 a.m. "Art is more accessible to everybody," she says, comparing to Sacramento where it's not as open and inviting to the masses.

After she returned to Sacramento after living in Venice and New York, Colleen needed a space for her art, but downtown had



Photos by Stephen Crowley

changed since she lived there just a little more than five years ago. "I couldn't find a co-operative space that was affordable. I went to Safeway, saw my friend who is an artist at the WAL (Warehouse Artists Lofts). She asked, 'When are you going to have a show?' Then, (the manager of the Panama Art Factory) Dave Dave (Dave Davis is his actual name) walks out and said, 'I have one (space) right now.' I said, 'I want it.' I came that day and it has been magic ever since... We have so many different strengths. It's so exciting. And we have a lot to do. We want to have a whole lot more art. We'll have film nights here, bands, performances. It's a gold mine of knowledge. There's so much history. We could do a walk-in museum here. There's a lot of (old fac-

tory) equipment here that actually works."

Ironically, back when interviewed for this piece the factory hadn't yet been broken into and Colleen had mentioned that as the Panama Art Factory becomes more of a public place, monitoring should be considered. "We want to maintain open studios but also need to be careful of monitoring the space... That's one of our challenges. We can look at art students at city college and some students at the MET (high school). We need more support here... not 'security' but just to keep an eye on things."

As the artists recover from the violation of the break-in, like Caro's womb-like performance that symbolizes rebirth, Panama will continue to strengthen and grow from experience.

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Cary 'Captain Carrot' Nosler shares his KZAP memories

By LANCE ARMSTRONG
Lance@valcomnews.com

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

Before the Sacramento region knew him as the nutrition expert, "Captain Carrot," local native Cary Nosler entered the world of underground radio.

Nosler, who once again resides in the Arden area, said that for about sixth months prior to becoming the original program director at Sacramento radio station, KZAP 98.5 FM, in November 1968, he was a DJ at another station.

"We did a nighttime shift on a station out (at 2912) Auburn Blvd.," he said. "It was an FM station (KJML 106.5 FM) that actually no one listened to, and a friend of mine bought three hours of time a night."

"We traded out a bunch of albums at a place called Jack's House of Music, which I would carry to the station every night. And that was the first underground radio station in Sacramento."

Nosler, 72, said that those albums featured music of the day by such rock bands as the Grateful Dead and the Jefferson Airplane.

"It was everything that was not the 45s of the day," he said. "They were long-playing cuts that were popular, but they weren't played on the radio, because they were too long. They didn't fit in the AM (radio) format, and FM was practically nonexistent. FM stations that were around played classical or jazz, and essentially had no listeners, because most people didn't have FM receivers."

Nosler, a 1962 graduate of El Camino High School, said that he became involved in radio while he

was living in the Bay Area and heard (KMPX 106.9 FM), the first West Coast underground radio station.

"I had never heard a radio station like that in my life," he said. "It so impressed me that I went to the Columbia School of Broadcasting. I drove into San Francisco from Palo Alto, signed up for this thing, because I didn't know what else to do but become a disc jockey. I came back to Sacramento and just practiced, not knowing that I would ever make it to an underground radio station."

During the first week he was on the air at KJML, Nosler received a telephone call from Ed Fitzgerald, KZAP's original general manager.

"I didn't know that KZAP was being built, and (Fitzgerald) said, 'Hey, we're building a new station. Would you be interested?' he recalled. "I was just amazed. I thought, 'My God, I've only been on the air a week and I'm getting another job.'"

Although Nosler initially declined the offer, he said that he later contacted Fitzgerald to tell him that he changed his mind.

Nosler described himself as "kind of the straightest guy there (at KZAP)."

"I was still kind of living with my folks (Bird and Sherry Nosler), because I had spent my money to go to the Columbia School of Broadcasting," he said. "And we started off at like \$150, \$160 a month at KZAP, so I didn't have much money."

Despite his role as KZAP's program director, Nosler was primarily just one of the station's DJs.

Yet he explained that unlike other DJs at the station, music was not at the forefront of his life.

"I just wanted to fulfill my journey, which was health, nutrition, in-



Photo by Lance Armstrong
Cary Nosler is shown in his home radio studio, where he co-hosts the weekly health program, "Forever Young."

ner exploration; same as a lot of other folks at the time, trying to figure out who I am, where I am, what I am," he said. "Unlike a lot of my compatriots at KZAP, music was not the end all for me. It was the community and the tenor of the times. That's what spoke to me."

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Nosler described KZAP's free-form format, which gave DJs the freedom to play whatever they desired.

"KZAP became more rock radio as time went on, but in the beginning it was true free-form," he said. "It was the jock's prerogative as to where you went and what you did with it."

Nosler also noted that KZAP experienced challenges as a free-form station on the FM dial.

"We were so different," he said. "We had a hard time getting commercials

KZAP:

Continued from page 16

when we started. Nobody knew what the heck (the station) was. They were afraid of our listeners in a sense. Plus, we actually had lists that told people how to make an FM antenna, so they could get it in their home. And (FM) radio in your car, forget it."

As a station that reflected the era, KZAP, Nosler noted, represented that "whole ambience of exploration" of the times.

And as a free-form DJ, Nosler played music in the genres of rock, folk and classical.

Nosler recalled being introduced to music by the station's music director Jeff Hughson.

"(Hughson) would turn me on to some really obscure stuff," he said. "Jeff played stuff that to this day doesn't get played anywhere in the world. And I would play his stuff, and whatever I liked. That was the whole point. I did whatever I wanted to do."

Nosler said that as another sign of the "tenor of the times," he eventually left KZAP after a woman did his astrological chart and convinced him that "something was right around the corner."

"I quit KZAP, as crazy as that sounds, on her advice," he said. "Six months later, nothing was around the corner."

Around that time, Johnny Hyde, who had attempted to hire Nosler at KROY, made another attempt to hire him, Nosler explained.

"Now (Hyde) was the program director at KCRA (1320 AM)," he said. "He had come from KROY, and he tried to hire me for an all-night shift, and that didn't sound good. I said, 'Nah, no thanks.' And Johnny calls up again and he wanted to hire me from 8 (a.m. to noon). I said, 'No.'"

"Finally he was so exasperated and said, 'What the heck do you want to

"How about Off the Wall with Captain Carrot?' Captain Carrot sounded liberative and healthy. He says, 'Well, I like Captain Carrot, but Off the Wall won't work here. We're going to call you Captain Carrot'"

-Cary Nosler

do?' I said, 'Well, I think I want to do a little health segment.' He said, 'Ok, come see Lee Kirk.' He was doing the noon show, and that's how I started (on KCRA)."

Nosler said that it was during his time working with Kirk, in about 1970, that he became known as Captain Carrot.

"Eventually, (Kirk) said, 'Nobody knows who you are,'" he said. "I said, 'Fine, it doesn't bother me at all.' He says, 'Why don't we call you something?' I said, 'I don't care. What do you want to call me?' He says, 'Think of something.'"

"Here I'm still in my KZAP smart ass days and I said, 'How about Off the Wall with Captain Carrot?' Captain Carrot sounded liberative and healthy. He says, 'Well, I like Captain Carrot, but Off the Wall won't work here. We're going to call you Captain Carrot.'"

Nosler recalled that while he was working for KCRA radio, he was approached about becoming a guest on KCRA-TV.

"I (got) a request to be a guest on the 'Today at Noon' show, but before they would let me do that, I had to go out to lunch with the news directors to make sure that I wasn't some kind of drugged, crazed hippie," he said. "I passed the test, I went on the 'Today at Noon' show with Harry Martin and Bob Whitten."

"And they were the rudest people in the world. I came on trying

to talk about health. Harry Martin wouldn't even look at me. Bob Whitten was making fun of me and doing all this kind of stuff."

Nosler said that after several shows of being treated in this manner, he decided to make healthy milkshakes on the air and serve them to Martin and Whitten on the show.

After Martin and Whitten refused to look at or drink those milkshakes, older female viewers called the show and expressed their displeasure with how Nosler was treated.

Nosler said it was those calls that gained him some notoriety.

And with that notoriety, Nosler returned to KZAP to present a health show.

Meanwhile, Nosler was still working for KCRA-TV and radio.

As Nosler's Captain Carrot notoriety increased in the 1970s, Raley's supermarkets hired him to do commercials and have his own product line, which included vitamins, yogurt, muffins, cheese and olive oil.

Nosler, whose health pursuit dates back to his junior year in high school, said that he also increased his involvement at KZAP, broadcasting his nutrition classes at C.K. McClatchy High School and American River College.

He also taught a very popular yoga class at Mira Loma High School, and was paid to speak about nutrition to various groups.

His career also included working as a guest commentator on KOVR Channel 13.

Nosler, who also earned a bachelor's degree in psychology from Sacramento State College (today's California State University, Sacramento), said that his time at KZAP included the suicide of the station's original owner, Lee Gahagan, the relocation of the station from 921 11th St. to 924 9th St., and its gradual shift from free-form to the heavier rock of that time.

Nosler, who remained at KZAP until about 1978, recalled how his time ended at that station.

"I was there when they sold it to the new group (Western Cities Broadcasting), then one by one we just got let go and they came into the next incarnation of the KZAP model, which was the heavier rock 'n' roll-type thing, but not underground by any stretch of the imagination," he said.

Nosler's radio experience also includes spending about 14 years on a weekend show on KSTE 650 AM.

Today, Nosler continues to maintain his healthy lifestyle, which includes weight training.

And in combining that love and his love for radio, he currently co-hosts the "Forever Young" health-focused radio show, which can be heard every Saturday from 8 to 10 a.m. on Sirius XM Channel 131 and through more than 20 terrestrial stations across the country.

Nosler, who recognizes KZAP as the "launching pad" of his career, expressed his appreciation for that now-defunct station.

"I'm glad I had the opportunity to experience it and that it came along at a time that just helped me for my own personal growth," he said. "And I think that's where a lot of people were (with KZAP). I'm just glad I was there."

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BELLE COOLEGGE AND REI CELEBRATES 100 YEARS OF NATIONAL PARKS: Are you ready to pick up your keys to adventure? Belle Coolegge will hold a backyard-style party to celebrate 100 years of national parks between 10 a.m. and 5 p.m. while folks from REI are swinging through Sacramento just to stop by the Sacramento Public Library. They'll have the REI Village in tow where you can kick back, relax and celebrate the 100th anniversary of our national parks with games, giveaways (including Every Kid in a Park passes for 4th graders!) and a visit with national park rangers. Also, to note, inside the library there will be singing and dancing with Mr. Cooper at 11 a.m. and 2 p.m. Storytime and an adventure craft will be offered throughout the day with Nate Halsan, youth librarian extraordinaire. Before you go, check out a book or two from a special collection curated just for you. The selection will guide you through our national parks and offer outdoor tips. Belle Coolegge Library, 5600 S Land Park Drive.

SUNDAY, SEPT. 18

HONORING FORMER KENNEDY BAND DIRECTOR NICK ANGIULO: The alumni of the JFK band and choir will perform some impromptu numbers and the current Kennedy High School marching band and choir will appear and perform starting at noon to honor former band director Mr. Nick Angiulo and his 33-year history in the Sacramento City Unified School District along with his tenure as Music Director of the award-winning, nationally recognized John F. Kennedy High School Marching Band. Gathering on Sunday, September 18, William Land Park behind Fairytale Town and Funderland.

TUESDAY, SEPT. 20

ACC PRESENTS 'DIABETES ACADEMY EDUCATIONAL SERIES': Diabetes 101 is a series of classes that provide education and skills for those living with diabetes. This class will be held on Tuesday September 20, 2016 from 2:00-3:30pm will be on better office visits and on avoiding complications and psychosocial aspects of diabetes. Free of charge. Pre-registration required. Class will be held at Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org.

WEDNESDAY, SEPT. 21

WRITING COLLEGE ESSAYS-- WHERE DO I START? @ ROBBIE WATERS POCKET-GREENHAVEN (ADULT): The college applications are requiring different types of writing from the new UC Personal Insight Questions to the longer Common Application Essay. In this class, which starts at 6 p.m., students will learn about the variety of essay prompts and the role they play in the application process. Tips will be shared on choosing topics writing strategies and how to get organized and meet those all-important deadlines. Registration is required for this class as space is limited. Register online www.saclibrary.org by phone 916-264-2920 or in person at any Sacramento Public Library branch. Marilyn Van Loben-Sels is a certified college counselor with over 20 years experience helping students. This program is sponsored by the Pocket-Greenhaven Friends of the Library. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive.

ACC PRESENTS 'FALL PREVENTION 101': Afraid of falling? Concern about a love one falling? Join us in this workshop and learn about factors that increase the risk of falling and what you can do about it. Learn how aging affects stability and how a consistent exercise program may help you remain independent --so be prepared to do a few light movements. Free of charge. Pre-registration required. Class will be held from 1 to 2:30 p.m. at Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org.

FRIDAY, SEPT. 23

ACC PRESENTS 'FALL PREVENTION SCREENING & HEALTH FAIR': Stopfalls Sacramento Free Senior Fall Risk Fitness Fair will feature free fitness tests, multi-sensory assessment, medication screening, home modification, blood pressure screening and more. Light refreshment will be served. Free of charge. Fair will be held from 9 a.m. to noon at ACC Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org.

SATURDAY, SEPT. 24

READ TO A DOG AT ROBBIE WATERS POCKET-GREENHAVEN LIBRARY (SCHOOL AGE 6-12): Look-

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BELLE COOLEGGE AND REI CELEBRATES 100 YEARS OF NATIONAL PARKS: Are you ready to pick up your keys to adventure? Belle Coolegge will hold a backyard-style party to celebrate 100 years of national parks on Saturday, Sept. 17 between 10 a.m. and 5 p.m. while folks from REI are swinging through Sacramento just to stop by the Sacramento Public Library. They'll have the REI Village in tow where you can kick back, relax and celebrate the 100th anniversary of our national parks with games, giveaways (including Every Kid in a Park passes for 4th graders!) and a visit with national park rangers. Also, to note, inside the library there will be singing and dancing with Mr. Cooper at 11 a.m. and 2 p.m. Storytime and an adventure craft will be offered throughout the day with Nate Halsan, youth librarian extraordinaire. Before you go, check out a book or two from a special collection curated just for you. The selection will guide you through our national parks and offer outdoor tips. Belle Coolegge Library, 5600 S Land Park Drive.

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Former Kennedy Band Director Nick Angiulo

POCKET-GREENHAVEN COMMUNITY FORUM PRESENTS A POLITICAL FORUM: With 17 statewide initiatives and three local measures on the ballot, voters in the Pocket-Greenhaven community will have a lot of decisions to make. To help inform these decisions, the Pocket-Greenhaven Community Forum is bringing together a group of experts to the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, on Thursday, Oct. 6 at 6:30 p.m. to provide a non-partisan overview of the measures, including key background on who is supporting and opposing them, who is funding them and, most importantly, what they will really do.

Events:

Continued from page 20

ing for a way to boost school-age reading skills? Join this group in the library's Reading Tower area at 1 p.m. and practice reading out loud to a registered therapy dog (Marvin the Wonder Corgi). Kids are invited to bring their own books or borrow one from our fabulous collection. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive.

WEDNESDAY, SEPT. 28

ACC PRESENTS 'MEDICARE OPEN ENROLLMENT MEDICARE PART D: PRESCRIPTION DRUG COVERAGE' This workshop provides an overview of Medicare's Prescription Drug Program. We will discuss eligibility requirements, how to enroll in a plan, how to qualify for low income subsidy or "Extra Help" and changes affecting Medicare and its beneficiaries. Free of charge. Pre-registration required. Class will be held from 10 a.m. to 11 p.m. at Senior Services, 7334 Park City Drive. For more details, call 393-9026 ext 330, www.accsv.org.

ACC PRESENTS 'FALL PREVENTION AND MEDICATION MANAGEMENT': Join ACC for a 45-minute interactive presentation on Fall Prevention. Medications that can increase the risk of falls, how to use these medications appropriately and provide general tips for preventing falls in your daily life. Free of charge. Pre-registration required. Class will be held from 1 to 2 p.m. at Senior Services, 7334 Park City Drive. For more details, call (916)393-9026 ext 330, www.accsv.org.

THURSDAY, OCT. 6

POCKET-GREENHAVEN COMMUNITY FORUM PRESENTS A POLITICAL FORUM: With 17 statewide initiatives and three local measures on the ballot, voters in the Pocket-Greenhaven community will have a lot of decisions to make. To help inform these decisions, the Pocket-Greenhaven Community Forum is bringing together a group of experts to the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, at 6:30 p.m. to provide a non-partisan overview of the measures, including key background on who is supporting and opposing them, who is funding them and, most importantly, what they will really do.

Ongoing

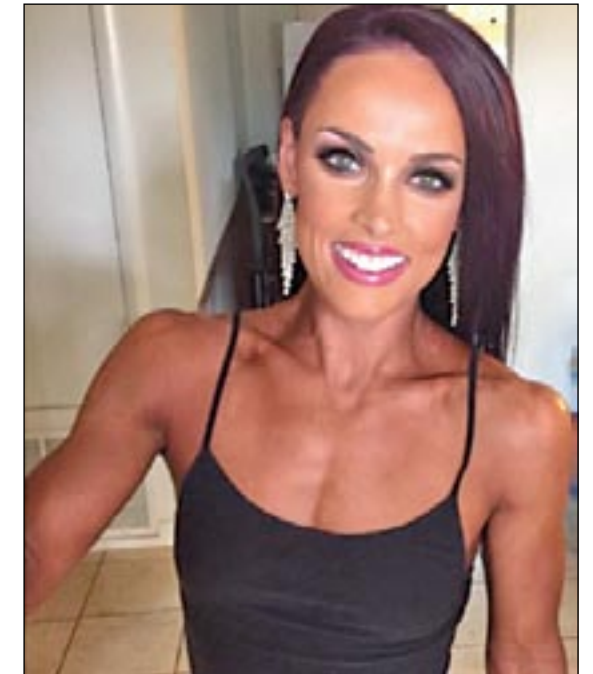
ACC PRESENTS 'BODY WISDOM BREATH AND MOVEMENT': Perform easy to follow seated and standing exercises for health and well-being. Most movements are based on eastern techniques for relaxing and re-energizing the body. Use simple Qigong postures to stimulate vitalizing "Chi". Discover the joy of self-massage and acupressure. Slow down with guided imagery and meditative breathwork. Improving your health and be simple and fun. Pre-registration and Pre-payment of \$20 @ \$5 per class required. \$7 Drop-in rate per class. Class will be held on Tuesdays beginning September 6, 2016 from 8:30 to 9:30 a.m. at ACC Senior Services, 1180 Corporate Way. For more details, call (916)393-9026 ext 330, www.accsv.org.

Raising money for hit and run victim Pocket resident Elise Eastman's medical bills and memorial costs

Friends of Elise Eastman, the victim of a hit and run accident on Friday, Sept. 2, have put together a GoFundMe page for their dear friend who lost her life that day.

According to the GoFundMe page, "Elise was an amazing woman that was loved by many. She was so beautiful inside and out. Her positive spirit and her loving soul impacted so many lives, even those that didn't know her. As soon as she would walk into the room you could feel her beautiful presence. Elise was one of the kindest and most caring person you could ever meet. She was a natural leader and motivated and encouraged anyone who she came into contact with. Elise was a woman of many talents and anything she she set her mind to she accomplished with excellence. She was so passionate about what she did and she led so many to achieve goals they never thought possible. Elise is and always will be an inspiration to us all. There are no words that can possibly explain the heartache this has left us all with but her love and memories will forever stay in our hearts."

<https://www.gofundme.com/eliseeastman>



Attention Realtors!

Advertise Your Property Listings in California Kids!

California Kids is an events and activities guide for active families and is published once a month by Valley Community Newspapers, publishers of the Arden Carmichael News, East Sacramento News, Land Park News and the Pocket News. View at: www.valcomnews.com

California Kids targets active families who get out and enjoy all the community has to offer. It also serves as a guide to families that are thinking of relocating to a new area. A perfect publication for real estate listings.

Some of the drops include: schools, restaurants, doctors and dentists, libraries, museums, grocery stores, attorney offices, visitor centers, chamber of commerces, real estate offices, parks and recreation offices, coffee shops, book stores, churches, child care centers, pizza parlors, gymnastic centers, reaching those parents most likely to purchase products, use services, and search real estate listings.

It is distributed to:

Broderick • Cameron Park • Carmichael • Citrus Heights • Davis • Diamond Springs
Dixon • El Dorado Hills • Elk Grove • Fair Oaks • Folsom • Granite Bay • North Highlands
Orangevale • Rio Linda • Rocklin • Roseville • Sacramento • West Sacramento

For more information, call Linda Pohl at (916) 429-9901



— EVENT LISTING SECTION —

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Call (916) 429-9901 for rates.

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Sun., Dec. 4, 9 a.m.-3 p.m. (FREE)

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McClatchy High school class of 1966

SAVE THE DATE!

67th Sacramento High School Reunion
Class of 1949

Saturday, September 10, 2016
11 A.M. - 3 P.M.

Contacts: Joyce Cowan at
cowan_j@sbcglobal.net and

Vera Malkovich at
borka@comcast.net

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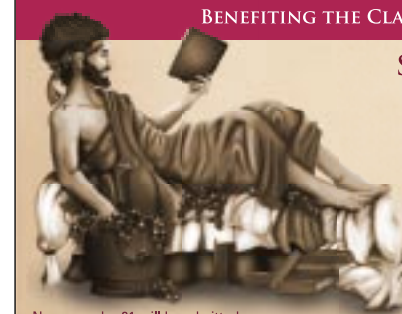
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Tickets can be purchased at the
Clarksburg Library, or online at
ClarksburgLibraryFriends.org

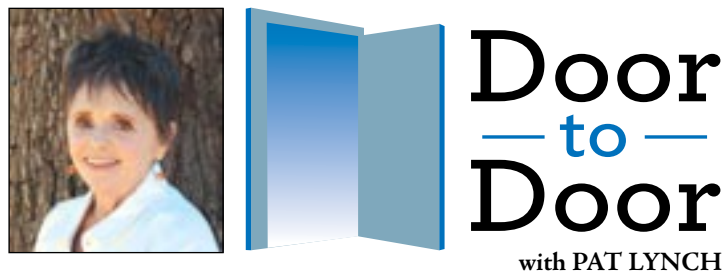
Dixon Scottish Highland Games

9 a.m. to 5 p.m., Saturday, Sept. 24
Dixon Fairgrounds, 655 South First Street
(Dixon is 19 miles southwest of Sacramento, off Interstate 80)

Lots of Scottish fun: Celtic, Scottish and Irish folk and rock bands; region's finest bagpipe bands; Highland and Irish dancing; Scottish athletic competitions; British food, beers and gifts; Scottish living history displays; rugby; Scotch whisky tasting; Scottish animals; children's activities and *a wee bit more!*

\$10 general admission; \$8 for youths and seniors; and FREE for kids, under age 9, and active-duty military and their families (with military ID).

www.scotsindixon.org



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to
Door**
with PAT LYNCH

One Blue Friend

One Blue friend says, "I live in a Red state. If I put out a sign it would be seen as...hostile." She says her Red and even Purple neighbors would view the sign as brazen public criticism of their collective Red preference. We all understand this. Lawn signs are speech. Officially, Red and Blue believe in free speech and 'will defend to the death your right' to say almost anything, even when privately aghast at your myopic and wrong-headed grasp of issues. But we also like to get along, and be neighborly enough to borrow emergency coffee. So my friend will vote Blue, but no Blue sign will go up on her lawn.

I live in a Blue state, a Blue city, in a Blue neighborhood and on a Blue block. I would guess my street is 80 percent Blue with a couple of Purples. We have three Reds: a Blood Red, a Generic Red and a Rosy Flair.

The Blood Red neighbor listens to Michael Savage (Raw-Gushing-Wound-Red) and sometimes, when he sweeps out front, raises the volume the better to hear Savage's angry dementia. Everyone generally tries to avoid Blood Red, and not merely because of his aggressive politics. He also has logorrhea (a compulsion to talk incessantly), and likes to parrot Savage's more vulgar insults. This is a great misfortune for the Generic Reds who live directly across the street from him. Blood Red loves Trump and assumes the Generic Reds share the love. But they do not. They are discrete, mannerly Reds, distressed by crass braggadocio. They suffer the embarrassment and perplexity that presently besets a great many of their kind. When I see these pleasant people we speak of hydrangeas and pets, nothing more. The

last Red on our block, Rosy Flair, is not registered to vote.

The rest of the block is Blue. True Blue, Bernie Blue, Bold Blue, Union Blue, Lavender Blue, Pastel Blue, Sky Blue. We even have a Shy Blue, a quiet lady in her nineties whose voice drops to a whisper when she hazards a political remark.

There is only one political sign on our block, and no signs at all on the blocks around us. It was the same during the primary. But last week a Blue neighbor said excitedly, "There's a huge Trump sign on Name Withheld's lawn." We drove over to see. Nothing. "They must have taken it down already," she said. "Or maybe somebody tore it down."

We all said, at once, "Kids."

Because no respectable adult, Red or Blue, would tear down a political yard sign, right?

These are fraught times. It's scary to think that our national elections so often depend on a few Purple swing states, forcing candidates to tailor their arguments to appease the typical Purple voter. The Electoral College seems an antiquated system that favors Red and Purple over Blue, rural over urban. This pleases Blood Red but vexes oth-

ers, especially a Union Blue neighbor whose peace of mind has been permanently rattled by his study of global warming.

Many people avoid talking about politics. This is really too bad because the current presidential race is a fascinating clash of tremendous consequence. Nevertheless the aforementioned prefer neutral conversations about recipes, gyms and furniture. These chats are not thrilling. You can try to avoid politics but eventually may feel compelled to take a stand. I know a Blue divorced woman who began dating via Match.com, but many of her dates turned out to be Reds. Arguments ensued, romances fizzled. So she tweaked her profile and said she only wanted Blues. Then came quite a parade of men who thought we should regulate Wall Street and guns. Another friend, a widower who is a Sky Blue (benignly Blue by habit, and the possessor of a generally benevolent world view) stated on his profile that he preferred Blues but would also try Violets. A Violet arrived. She, however, turned out to be a Red Violet, not a Blue Violet, and she got grumpy when she saw his Blue bumper sticker (put there not by himself but by a Bluer

friend). The self-designated Violet had tried to mask her deep Red leanings, but was unable to maintain her cover. (It speaks to her authenticity that she couldn't carry on the pretense). The Sky Blue widower decided to move on and soon met a Bold Blue woman who had written a book about myth. He was intrigued and soon forgot Red Violet's given name. So politics follows us everywhere, even into E. Harmony.

No matter how tense the current national election is, not everyone has retreated to the Zone of Silent Abiding. A number of us, while avoiding argument with neighbors, are still openly partisan. It makes us less popular in some circles, but those are not particularly stimulating circles. We speak up. When people suggest that the exchanges in this election have plunged both sides to a new low, we reject the false equivalency. One side has gone low, not both. One side has scraped the cultural bottom, not both. We are the people who will say so. We will rebut the received wisdom and media crafted polarities and enter the fray. You know that one political sign on my block? It's mine, and it's True Blue.

Angiulo:

Continued from page 11

ly, you're on time. When you're on time, you're late. When you're late, you're in trouble!"

Said Kate Hazarian, former band member, "Mr. A was tough, but we all knew he loved us. Band offered us great lessons in team work, leadership and discipline. We competed all over the U.S. and beyond and would have never had the opportunity to see those places without band."

Community business leader and former band member Larry Gury acknowledged, "He was such a great leader, motivator and had such a positive impact on my life."

How does the famed Mr. A handle all of the accolades? With dignity and a little humility. "All of my students made my job so rewarding, afforded with fantastic memories."

Recalls former music student, Mike Seto, "Nick Angiulo was one of a few music teachers who taught us at Sacramento High School in the 1960's. He was also our music specialist when I taught band in the Sacramento City Unified School District in the late 1980's and early 1990's. And, he supervised the Golden Empire Music Festivals in the early 2000's. He had lots of influence over music students at Sacramento and John F. Kennedy High Schools and a generation of music teachers in the Sacramento City Unified School District, CSUS and CMEA Capitol Section."

"I was fortunate to have had fantastic students during my teaching years and a great team of music teachers during my tenure as Music Supervisor," said Angiulo.

Angiulo taught high school music in Sacramento for 33 years before joining the Sacramento State University faculty. His musical leadership skills are well known throughout Northern California and he was frequently called upon to lead, judge and officiate musical competitions during his career, which still continues today. Several years ago, one of his for-

JFK Band and Friends Reunion
The 'Mr. A' Years (70's and 80's)
SUNDAY, SEPTEMBER 18, 2016 (AT NOON)
William Land Park
FEATURING
Mr. A (Nick Angiulo)
Music Department Chairman
Chris Williams
Chair Director
POT LUCK (Food Trucks will be Present)
DRUM MAJORS
Class of '70: Bill Baglata
Class of '71: Peter Wayne Lewis
Class of '72: Michelle Marlock
Class of '73: Gary Chou
Class of '74: Randy Hill
Class of '75: Dave Saravali
Class of '76: Dave Gunth
Class of '77: Mark Rosenberg

mer JFK High School students, Tracy Stein, began raising money for a scholarship to honor or Angiulo and a parent organization soon followed to stage a bingo night, raising additional funds to establish a scholarship at Sacramento State University for future music teachers. Angiulo kicked in an additional contribution following his retirement from Sacramento State.

As part of the weekend band/music department alumni celebration, the current John F. Kennedy High School Marching Band will make an appearance and perform for the gathered alumni in William Land Park, followed by a rusty, yet memorable performance of the gathered marching band alumni of the past 50 years. Additionally, Mr. Chris Williams, the award-winning choir director (now retired) from John F. Kennedy High School will also attend the event with perhaps an impromptu performance provided by the Kennedy High School Choir, among other surprises planned for the event.

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37 Years Experience - References
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10:15am Worship Service (Alternating Traditional & Contemporary)
www.GreenhavenLutheran.org
Angels Nest Pre School 2 yrs. - 5 yrs. (916) 428-4651

Faith Presbyterian Church
625 Florin Road (adjacent to Kennedy High in Greenhaven/Pocket) • 428-3439
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Parkside Community Church
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Sunday Worship Service: 10:30 am
Bible Class: 9:00am
5700 South Land Park Drive & 35th Avenue 421-0492

River's Edge Church
6449 Riverside Blvd. • 391-9845
Sunday Worship: 9:00am & 10:45am
www.recsac.org

Greenhaven Neighborhood Church
630 Ark Way • 422-8253
Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am
Weekly Bible Studies - Jr/Sr High Events

St. Anthony Catholic Church
660 Florin Road • 428-5678
stanthony-sacramento.org
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