

Alumni News

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Quarterly Newsletter

July 2016

Highlands Alumni Association (HAA)
The only certified non-profit HAA organization

THE PRINCE AND THE ALUMNUS



Photographer not known.

I ordinarily start *Alumni News* with “Prez’s Ponderings,” when our Alumni president shares some words of wisdom. But when a Highlands’ alumnus gets his picture taken with a top-line member of the British Royal Family, I knew that the readers would be far more interested in the picture and the story behind it than with “Prez’s Ponderings.”

This picture of Prince Harry and Rodney Carson (class of '80) was taken in early May at the Invictus Games in Orlando, Florida. During the Games, wounded warriors from various nations compete for gold, silver, and bronze medals in such sports as wheelchair basketball and indoor rowing.

Rodney attended the Games to coach the American men in track. He ran track for Highlands in the late 1970s, and one of his coaches was the late Coach Don Gilbert, who became his mentor. He is still friends with so

many of his teammates on those track teams. Coach Gilbert inspired Rodney to do what he is doing today.

Rodney became interested in the Games because of his work with wounded warriors, especially with Team Army. He began working with these veterans about 5 years ago. He finds them less bitter and more motivated. Many of them live by the motto, "Engage, Encourage, and Empower them through sports." When not working with wounded warriors, Rodney can be found at his business, the Basic Training Boot Camp Fitness Program, which he has overseen since 1999. You can find more information about the Program at www.dropandgiveme20.com.

And what is the Prince like? According to Rodney, Prince Harry is "a down-to-earth person." He interacted with the athletes. Rodney says that it was an honor for him to meet the Prince, who started the Invictus Games in 2014. Harry appreciates Rodney's work coaching track. Next year, Rodney may be able to see Harry one more time, at the Games in Toronto, Canada; that is, if Rodney is selected to coach. Hope so. And all of us have to believe that Coach Gilbert would be proud of Rodney.

PREZ'S PONDERINGS

By Kristine Kouw Mann

As I sat at work, wondering what I wanted to write about, two things came to mind.

The first was when I attended the graduation ceremony for the amazing class of 2016. Out of the 153 graduates, only 5 did not declare a college or a trade school; on the other hand, 4 are going in to the Marines, 4 the Army, 2 the Navy. Most of those going to college will attend either Sac State or American River. I was so proud to be a "Scot".

The second thing was at work. I work for the County of Yolo in Woodland. One day, I was at the front counter in the Clerk/Recorder's office, and a gentleman came in to get a "Marriage Commissioner for a Day" certificate. After he had it completed, I noticed the bride's last name and commented

that I went to school with someone with the same name. He asked if it was in North Sac, and I said no, that it was North Highlands and that I went to Highlands. He then said that he graduated from Highlands in 1972. We talked some more, and I invited him to join the Alumni Association, and told him what the Alumni Association has done for Highlands. It was cool. It was something I never expected to happen. Once a "Scot" always a "Scot." Small world. By the way, the gentleman's name is Robert Smartt.

I hope everyone has a great summer, and I hope that those from the class of 2016 will soon join us.

Scots Forever!!

Legacy Room News

A "memorial wall" has been set up in the Legacy Room (Alumni Museum) for the time being. If you have from your class a collection of photos of those who have passed away, then you are very welcome to bring in the collection. Putting the pictures on a "poster board" would result in easier display.

DATES TO NOTE ON YOUR CALENDAR

Please note that all meetings of the Alumni Board are held at the SAFE Credit Union on Watt Avenue, south of Roseville Road. They start at 11 a.m.

Tuesday, August 9	First Day of School at Highlands
Saturday, September 10	Alumni Board Meeting
Friday, October 7	Homecoming
Saturday, November 12	Alumni Board Meeting
Friday, December 9	Alumni Holiday Party at VFW Hall, Antelope

By the way, if you want to attend any events at Highlands, go to <http://haad-trusd-ca.schoolloop.com> to learn what's happening any day or week. Maybe a game or a choir performance would interest you or your kids or your grandkids. Check it out!

ALUMNI GATHERINGS

Do you want to meet with your fellow classmates throughout the year? Here are the times when you can do so:

First Saturday – The classes of '59 to '69 meet at Lou's Drive-In, on Watt Avenue, north of Don Julio Boulevard, from 11 a.m. until about 2 p.m.

Third Friday – The classes of '59 to '69 meet for lunch at Mimi's on Alta-Arden, between Howe and Ethan, at 11:30 a.m.

Last Saturday – '70s folks meet at Lou's, from 11 a.m. until about 2 p.m.

Are there any other groups meeting regularly? If so, then notify Mary Anderson at marya195821@gmail.com.

Notes from Recent Alumni Meetings

Notes from Alumni Meeting – May 14, 2016

1. **Alumni Museum.**
 - a. Musical instruments, including a saxophone, a clarinet, a trombone, and a violin were donated.
 - b. \$500 is needed to bind yearbooks.
 - c. Needs volunteers.
 - d. Will not be open between June 9 and August 5 because the campus will be closed. If any of this changes, Mary Anderson will notify the membership.
2. **Helping Highlands.** Raley's is raising money to help the schools throughout Northern California. For more information, go to <raleys.com/extracredit>.
3. **Memorial for Officer Raymond O'Bannon.** The Alumni Association will donate \$250 to defray the costs for a plaque to recognize the late Officer Raymond O'Bannon. The plaque will be placed in Memorial Gardens. Officer O'Bannon served Highlands from the early 1970s until the early 1990s, when he transferred to

Grant. He is remembered for being a mentor to many Highlands' students. Plans are being made to honor Officer O'Bannon during Homecoming festivities, either at half time of the football game or sometime during the day at Memorial Gardens. We will work with Highlands' officials to set up something. So save Friday, October 14, on your calendar. Notify Joe Jones at jjones8494@sbcglobal.net if you have questions.

4. **Important 40th Anniversary.** The 40th anniversary of the first championship football team may also be recognized during Highlands Homecoming. If you know the whereabouts of those who played on that team, please tell them about this important recognition. Also looking for Coach Sullivan. If you have questions, then notify Joe Jones at jjones8494@sbcglobal.net.
5. **Elections.** Do you want become a member of the Board? Of course, you do! The requirements are that you live in the greater Sacramento area and that you can attend meetings on the second Saturday of the month. For more information, contact Kathy Cahall Cooper at cahallb4@hotmail.com.
6. **Supporting Highlands' Athletic Program.** There is a proposal to donate to the Athletic Program. Each team would receive a per position donation based on the 2015/16 School Year. More to be discussed at the July meeting.

HIGHLANDS ALUMNI 'HONORED THEIR SERVICE' AT MEMORIAL DAY PARADE

The Highlands High School Alumni Association was represented in the 50th Annual North Highlands Memorial Day Parade, with participants from the classes of 1959, 1960, 1961, 1965, 1974, 1977, and 1982. All had decorated their vehicles with American flags and red, white and blue accessories.

Leading the Highlands brigade was Diana DeCaires Lansdon's blue truck with her daughter driving, and Diana ('59), Ruth Beavers Welsh ('59), Carolyn Overrocker Sletto ('61), and Mary Cannedy Missildine ('61) enthusiastically waving flags and interacting with spectators along the 1-mile route. Linda Ballard Eastburn ('65) was next in her bright red 1966 Corvair convertible with Kathy Cahall Cooper ('60) by her side. Bonnie Durda ('74) and Kevin Williams ('77) followed in their white 2008 Shelby GT 500. Guy Franklin II ('82) rode his

decked-out motorcycle, followed by Ronald Casebolt ('74) and Barb Melis ('82) walking the route. Dick Andrade, the football announcer for both Highlands and the Junior Scots, rode his bike in, around, and beside us in honor of Highlands. Many spectators along the way cheered for Highlands and even shouted out their years of graduation to support our entry.

The Parade Chair for the Alumni Association, Kathy Cahall Cooper, says "Thank You" to everyone who shared this experience. She's looking forward to even greater participation in 2017.

Reunion News

Foothill/Highlands Class of 1966 – Where have you been the last 50 years? That's the question that members of the class of 1966 will ask each other on **Saturday, September 10**. The reservation form for the festivities is being sent separately.

Class of 1971 - 45th reunion to be held at Gibson Ranch on **Saturday, September 17**. Time to be announced. Contact Pam Clawson at pschmidt53@yahoo.com, or contact her on Facebook.

Class of 1976 – The class of '76 is planning its 40-year reunion.

On Friday, September 16, at about 3 p.m., there will be a visit to the Legacy Room. The class's memorial board may be displayed; so if you know anyone who has passed away, especially since the last reunion, please notify committee members. Then at 7 p.m., a get-together is planned, with a no-host bar. Members of other classes are invited.

On Saturday, September 17, there will be a dinner-dance: at 6 p.m., there will be a no-host cocktail hour; at 7 p.m., dinner will be served; and at 9 p.m., the dancing will begin. The cost for the dinner is \$35. A raffle will take place during the evening. This night is only for the '76ers.

The festivities will be held at VFW Post 4647, 3300 U Street, in Antelope. If you have questions or know where other classmates are, please call or e-mail Cyndi Crane at cyndic_58@hotmail.com, Kathy Weinrich at klweinrich@hotmail.com, or Mickie Potter at bookersbarngirl@yahoo.com.

Class of 1981 – They plan to gather at Homecoming on **Friday, October 7**, then celebrate at the Lions Gate Hotel on **Saturday, October 8**.

Class of 1986 - Plan to gather at Homecoming on **Friday, October 7**, then celebrate at the Lions Gate Hotel on **Saturday, October 8**.

Class of 1991 - Class of 1991 will celebrate their 25th reunion on **Saturday, July 23, at 6 p.m.**, at 19 Handles Pub & Grill on Arden Way and Eastern (northwest corner). Contact Rob Hernandez at 916.812.3614 or Lori Hall-Walters at 916.837.0371. Cost is whatever is ordered to eat or drink.

Future Reunions

Hey, members, of the class 1962, 1972, 1982, 1992, 2002, 2012, 1967, 1977, 1987, 1997, 2007 – then 2017 is your reunion year. You can have your reunion news posted on the Alumni website at www.highlandshighalumni.com or you can send the information to me at marya195821@gmail.com. The Alumni Association wants for you to know a successful reunion, and we can help you with the publicity. You can send me the dates of planning meetings for classmates who want to take part.

By the way, if members of your class want to tour the Legacy Room, then notify me at marya195821@yahoo.com. We can probably arrange for a tour the Friday afternoon of your reunion weekend. Let us know if you have questions.

HAPPENINGS AT HIGHLANDS

Open House

In mid-May, Highlands held its annual Open House. Open House is a chance for families and the North Highlands community to visit the high school that plays a central role in their lives.

During the festivities, Mary Anderson, as liaison from the Alumni Association, visited the classrooms, where she talked with teachers, parents, and students. While there, she learned that Highlands was planning a career day, and Alumni members were invited to offer

presentations about their jobs and their businesses. Alumni members were also invited to partake in a discussion of Cold War history in a U.S. History class; veterans of the Vietnam War, the Middle East conflicts, and other skirmishes were invited to relate their experiences with today's students.

For the Alumni Association, the highlight of the evening was the interest shown in the Legacy Room. Visitors included Highlands' students and their parents, who stopped by to check out the mementos from our school's earlier years. One student was especially interested in the bagpipe costumes. Members of the class of '71 dropped by to see what other classes have contributed. They will undoubtedly return in the fall, when their class hold its 45-year reunion. A big Thank you to Diana DeCaires Lansdon and Ruth Beavers Welch of the class of '59, to Mary Cannedy Missildine of the class of '61, and to Mike Denson of the class of '72 for volunteering in the Legacy Room before and during Open House. A successful night was known by many.



Photo by Susie Davis.
Stan McCowan and Dave Keylock, class of '71, looking at the sports exhibit in the Legacy Room.



Photo by Susie Davis.
Susie Davis and Steve Nicolaisen, both class of '71, pose in the Alumni Museum.



Photo by Mike Denson

Highlands' student and her family visiting the Legacy Room.



Photo b Mike Denson

Visitors to the Legacy Room.

By the way, school starts on Tuesday, August 9. (Some of us remember when school started after Admission Day, September 9.)

Note that Homecoming is Friday, October 7. (I will try to have a detailed listing of events by October 1.)

Tri-Communities Lunch Bunch

The Tri-Communities Lunch Bunch is an informal, no-host lunch meeting of residents and businesses to discuss events occurring in Antelope, North Highlands, and Rio Linda. Kathy Cahall Cooper ('62) attends for the Alumni Association. Each month a guest speaker informs the community about items of interest to the greater community. At the July meeting:

1. Beth Hassett, CEO of Women Escaping a Violent Environment (WEAVE), discussed Human/Sex Trafficking and what can be done to recognize the symptoms, to report suspected trafficking, and to help the victims. WEAVE works with law enforcement, probation officials, and Child Protective Services on the behalf of the victims. For more information, contact WEAVE at <www.weaveinc.org>.
2. The Rio Linda/Elverta Community Theater will present a dinner and play as a fundraiser for the Country Faire held in September. *Cornfield of Dreams* (or *The Villain Was a Laughing Stalk*) is a melodrama jam-packed with corny puns that will be performed on **Saturday, July 16, at 6 p.m., at the Elkhorn Moose Lodge, 6003 Rio Linda Boulevard, in Rio Linda.**

3. L.O.V.E. ACTION INT. of North Highlands is sponsoring KIDZ CLUB summer camp on weekday mornings from **July 18 to August 2nd**. Included in the program for 6 to 12 year olds are arts and crafts, science/reading, games, sports, water play, and a free lunch. Call 916.796.9846 for more information.
4. **On August 2, from 6 to 8 p.m., at Freedom Park**, the Country Club Lions Club and other community groups will host a free community event, "National Night Out and Kids Night." Freedom Park is on Freedom Park Drive (formerly E Street), next to the Aerospace Museum. Community groups, county and federal law enforcement agencies, and local businesses will provide information to heighten crime and drug prevention awareness. There will be free food, music, raffles, and a "Kid Zone." Everyone is welcome!

Let Us Remember

These are the Scots who passed away between April 1 and June 30, 2016, or whose passings we have recently learned:



Teacher Anita McMillon. 1951-2016. A life-long Sacramento resident. Graduated from Grant Union HS in 1970, then received her BA in English from Sac State. Worked in education for the Grant/Twin Rivers District for 40 years, including teaching English at Highlands in the late '70s. See *The Sacramento Bee* for Sunday, June 12.



Teacher George Moore, who taught biology to members of the classes of 1959 through 1967. Earned a BS degree from University of Utah and a MS degree from New Mexico Highlands University. Boy Scout volunteer. See *The Sacramento Bee* for Sunday, May 22.

1959	Ron Cannedy, Barbara McKnight
1960	Sharon Mason
1967	Jim Currier
1969	Robert (Bob) Coons
1972	Dave Lamb, Mark von Striver
1973	Francis Holder, Gerald "Jerry" Warren
1980	Jane Chickos
1986	Tommy Ansel
1988	Davina Riley
1992	Duane Giddens

If you hear of the passing of any Highlands alumni, any Highlands teacher or administrator, or any Highlands support staff (e.g., custodians, cooks, clerical support), then notify me (Mary Anderson) at marya195821@gmail.com. We ask that you identify the source of your information, such as a newspaper death notice, a family notice, or a notice posted by the funeral home.

You are welcome to honor someone who meant something to you with a paragraph or two. That will mean a lot to the person's family, friends, and classmates.

4th Annual Highlands/Foothill Golf Tournament (aka Swing for Scholarships)

Once again golfers and their guests had a great time on Wednesday, May 11, at the Turkey Creek Golf Course in Lincoln. This year 74 golfers, 20 volunteers, guests, and spouses enjoyed the day.

A total of \$5,050 was raised for scholarships that benefit low-income graduating seniors from both Highlands and Foothill. The tournament has raised more than \$21,000 for scholarship over the last 4 years. This has not only been accomplished via golf entry fees, raffles, and silent auctions, but also from generous donors, including Lee "Morris" Sherman (Foothill '66), Hanson McClain Financial Advisors, and local businesses, such as Home Depot, Costco, and several others. So let's take off our Scottish hats and do the Mustang bow to them as well.

The tournament was kicked off by folks checking in at 10:30 a.m., buying raffle tickets and bidding on silent auction items, putting around in a grass skirts, driving marshmallows to win some pretty neat prizes, eating pulled pork sandwiches, and chatting it up with friends from the past and making new friends. Then we ended the day with an awards banquet and a dinner.

This year's first-place winner were friends of Highlands/Foothill (Mike Freeman, Kent Johnson, Rick Johnson, and Bob Martin); second place went to '67 Foothill graduates Jim Hansen, Bill Kuhn, Bon Smith, and Larry Webber; and the mixed-gender third-place prize went to Ken and Nancy Hutchison and Bev Huffman and Patti Johnson, all friends of the schools.

A big thank you to all who made the tournament a success.



Photo by Loreene Shepard.
Sisters Jackie Torfin ('68) and Vickie Torfin ('65) and their friend.



Photo by Loreene Shepard.
One-time Highlands Social Studies teacher Bill Chambers with his golf partner Ed Kirsch.

PROFESSIONAL MUSICIANS FROM HIGHLANDS

Jimmy Zavala (aka "Jimmy Z") – Class Of 1973

By Michael Thayer (class of '78)

Jimmy was born in Sacramento in 1955. His dad worked for the Sacramento Municipal Utility District (SMUD), while his mom worked at various jobs, including Weinstock's and Bank of America, but Jimmy said "mostly she was a great mom." They eventually moved to North Highlands, where Jimmy attended Fruitvale Elementary (now F.C. Joyce), Campos Verdes Junior High, and Highlands. At Highlands, he excelled in swimming and graduated with Honors in 1973.

He started playing the harp at age 15 and the saxophone at age 18. With only two months left in his senior year, he really did not have much band experience at school. When Jimmy was in the 7th Grade, he was told that, from his tests in elementary school, he had no musical aptitude (no natural ability). He proved them wrong. He had a great ear for music and learned from listening to records and playing in bands.

In the late 1970's, Jimmy Z's career (wearing his trademark dark sunglasses) took off; he played the club circuit for the next six years and made a name for himself. In 1980, Jimmy Z began getting attention, leading to getting a deal from his first record label. He was off and running and never looked back. Jimmy Z has been living the dream ever since: playing his music, touring, and playing with such artists as Rod Stewart, Tom Petty, the Eurythmics, Dr. Dre, Ziggy Marley, Bon Jovi, Pink, and the late Etta James.

Today Jimmy is in demand for recording sessions. He also produces records and songs; composes soundtracks and commercials; teaches the harmonica and the saxophone from his studio in Los Angeles; and enjoys playing with his band "Jimmy Z and the Ztribe." Jimmy has entertained millions of music fans around the world, including a recent stint in his home town of Sacramento.

Jimmy has a daughter, Jessica (age 19), who is a musician, a singer, and a song writer. She works on the Netflix show *Love*. She's the daughter of a great musician who started in North Highlands.

Dan (Zuk) Callnon ('70)

Dan plays in the rock band "Keep on Truckin." You can read about him on his website at www.reverbnation.com/KeepOnTruckin. If you want to hear him and his band in person, check the schedule on the website.

Calling All Artists and Musicians

If you are an artist and display in galleries and art shows, then let us know. If you plan to show any time between October 15, 2016, and January 15, 2017, then send the information to me at marya195821@gmail.com. Maybe a former classmate will want to see your work.

If you are a musician and plan to play in shows any time between October 15, 2016, and January 15, 2017, then send the information to me at marya195821@gmail.com. Maybe some one-time classmates will show up at a Holiday concert.

Items for Newsletter

If you want to submit an item for *Alumni News*, you are welcome to do so. Opening a new business? Let us know so that we can check it out. Overseeing important charity work? Maybe some of your fellow Scots can contribute. Named "Employee of the Year"? A recent graduate may be inspired by your accomplishment. Whatever it is, notify your fellow alumni so that we may partake in your joy. News articles needed by **Friday, September 30**. You are welcome to submit photos with your articles.