

"WINGS OF EAGLES"

Georgia Alvarez founded Wings of Eagles in June of 1993 in memory of her son Joseph Alvarez, who died of a rare form of leukemia at the age of 9 in 1991. Wings of Eagles has supported hundreds of families with seriously ill children in Butte, Glenn, Colusa, Tehama, Sutter and Yuba Counties over the last 26 years. Georgia's drive and passion to help other families with seriously ill children came out of her own experience. "I know how they feel and what they need because I've been there. It's the worst feeling in the world when you hear that your child has cancer."

After 26 years of service to the community, Georgia will be stepping down, and Wings of Eagles will continue serving the community under the new guidance of Miranda DeValera as of July 1st. Miranda is married to Shane DeValera and they have three children and live in Chico. Miranda is currently enrolled at Chico State in the Masters program for Social Workers and will graduate in December.



Georgia Alvarez and Miranda DeValera



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Cookie connection



Jen Burke bakes, sells small batches of masterfully decorated sugar cookies through home business

Jen Burke, of Burke Cookie Co., works from the comfort of her own home, baking and decorating sugar cookies like these bridal shower treats.

PHOTO BY ASHIAH SCHARAGA

Every night around 8 p.m., after her kids are sound asleep, Jen Burke sneaks to her kitchen, pops on an episode of *The Office* and ties an apron around her waist. She's ready to start baking.

Burke officially launched her home business, Burke Cookie Co., in May, inspired by the cookie-decorating videos she watched while rocking her daughter to sleep at night.

Before setting up shop, however, she started out by exploring her newfound hobby. In February, she began baking and decorating cookies for her family and co-workers at Enloe Medical Center's Nettleton Mother & Baby Care Center. She wasn't prepared for the explosive reaction: More and more people gushed over the treats and started making requests. That's when she decided to take the leap and establish her own home business as a "side hustle."

Because she sells directly to consumers, Burke says, the process wasn't too extensive or expensive: She looked up the city's license requirements online, submitted an application, paid a few hundred dollars and was ready to go in about a week.

Burke's pro tip:
Go for it with your whole heart ... [but] be consistent in what you're producing. Don't have lower standards just because you're [working] out of your home.
facebook.com/burkecookieco

"I got so much support and such a good response from people, that's what kind of motivated me," she said. "This makes people happy."

The allure of Burke's cookies involves two key ingredients: a top-secret sugar cookie recipe and her immaculate, thoughtful designs.

She specializes in small-batch (one or two dozen) custom orders, but always puts an original spin on her creations.

"I've done all kinds of things, from uterus to unicorns," Burke told the CN&R. And for different occasions: bridal showers, birthday parties, gifts and holidays. "Every day is a cookie occasion," she added.

In general, her prices run about \$36 per dozen, she said, but that varies depending on the order complexity. She's been so busy, orders have to be placed two to three weeks in advance. All are picked up from her porch in north Chico.

People often ask Burke how she finds the time to run her business. She's at work by 6:30 a.m. five days a week, then has a few hours for dinner and play with her kids, Emily and Eli, before it's time to bake until 11:30 p.m. Saturday is the family's only full day together, but they make the most of it, going on day trips or visiting the farmers' market and grabbing breakfast together.

Burke's husband, Josh, was diagnosed with ocular melanoma—this year marks the third with "no evidence of disease." While this is a "huge milestone," Burke said she still feels anxiety and worries about the future. Creating her cookies is a mindfulness practice that helps her cope.

"Life is short. So you just gotta do the things you like," she said. "Anything you can find like that, I feel you [should] just grab onto it. And there's an added bonus ... [I] make cookies out of it!"

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RAPE CRISIS INTERVENTION & PREVENTION

Adults who experienced sexual violence as a child are not alone. No matter what, the abuse was not their fault.

Adult survivors live with these memories for a long time. Some survivors keep the abuse a secret for many years. Often when people are in recovery, experience partner abuse or if their perpetrator dies, all of these unwanted feelings come flooding back. They may have tried to speak to an adult or felt there was no one they could trust when the abuse occurred. For these reasons and many others, the effects of child sexual violence can occur many years after the abuse has ended. There is no set timeline for dealing with, and recovering from, this experience.

If someone you care about suffered sexual violence as a child your reaction can have a



big impact on the survivor. It is not always easy to know what to say, but you can help the healing process begin.

Rape Crisis intervention and Prevention is the perfect resource and are always there to help and listen.



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