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Performing, visual arts united

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Filling out the FAFSA is a family project

By MARILYN VAN LÖBEN SELS
 Arden-Carmichael News guest columnist

If your high school senior is heading to college this fall, your first task for 2011 is to fill out the FAFSA (Free Application for Federal Student Aid) and submit it ASAP through www.fafsa.ed.gov.

Filling out this form is not difficult and will be easier to complete if you understand why the FAFSA is so important and if you prepare ahead of time. You can expect the entire process to take just a few hours and you need to make the project a top priority in order to have the best chance at receiving funding to pay next year's college bills.

You will notice that the FAFSA has two parts—one for students and one for parents. It is important for students to take an active role in applying for financial aid not only because they will benefit from college but also so they will know how to deal with the FAFSA in succeeding years at renewal time. Filling out the FAFSA is a family project.

At this point, you probably have some questions:

Why should I fill out the FAFSA?

Everyone should fill out the FAFSA because it is the basis for all financial aid – even merit aid given by colleges, and it may establish your eligibility for some loans.

How do I approach this task?

Here are the steps you need to follow:

1. Both parents and students need to apply for PIN numbers. They are free at www.pin.ed.gov and necessary so you can electronically sign your FAFSA.
2. Go to www.fafsa.ed.gov and print out a FAFSA so you can become familiar with the form and complete information to transfer to your online application—use it as your draft.
3. Gather information for you and your student: social security and drivers license numbers; 2009 tax records and W-2 forms; current bank statements, mortgage and investment information; and

records of any untaxed income information. (Note: You will estimate your 2010 income based on 2009 earnings and later make online revisions when your 2010 tax information becomes available.)

What are some definitions I need to know?

- + “You” and “Your” mean the student.
- + “School” and “College” mean any school beyond high school.
- + “School Year” means July 1, 2011 through June 30, 2012.

What else do I need to know?

- + For dates, use this format: 02152011 (February 15, 2011).
- + For dollar amounts, round to the nearest dollar: \$258.99 is recorded 259.

The good news is that plenty of help is available. The new FAFSA websites help menu includes *Live Help*, a secure online chat sessions; *Call Us* (800) 4-FED-AID; and *E-mail Us*: FederalStudentAidCustomerService@ed.gov. During the next two months, sixteen Cash for College Workshops will be held from 6 p.m. to 8 p.m. throughout the Sacramento area. In an hour, you get the help you need and may even enter a contest to win a \$1,000 scholarship.

- Jan. 27 Sacramento Charter High School
- Feb. 2 New San Juan High School
- Feb. 3 West Campus High School
- Feb. 17 Hiram Johnson High School
- Feb. 22 Kennedy High School
- Feb. 23 Burbank High School

There are more sites and information at www.calgrants.org.

As with your college applications, work carefully, proofread for accuracy and answer all questions. The ultimate deadline in California is March 2, but be ahead of the game and submit your FAFSA early – NOW. Good luck, and I hope filling out your FAFSA goes well and reaps good results for you and your family.

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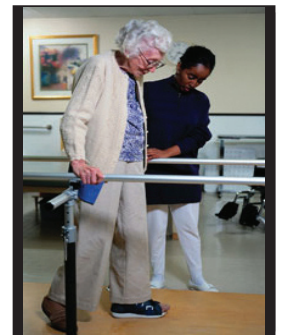
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Popular 'Free Museum Day' returns Feb. 5

By SUSAN LAIRD
Arden-Carmichael News editor
susan@valcomnews.com

Residents of the Sacramento area will have an opportunity to experience 26 venues that enhance the high quality of life in the region when the 13th annual Sacramento Museum

Day is held on Saturday, Feb. 5.

The free museum day is just that: a day to enjoy free admission to the many museums in Sacramento and throughout the region. This year's event is presented by the Sacramento Association of Museums (SAM) and

is sponsored by Umpqua Bank. Over 85,000 people participated in last year's free Museum Day.

Museums are nonprofit and educational institutions that make a unique contribution to the community by interpreting and preserving the things of this world, according

to the California Museum Association.

There is a museum for every taste and interest. There are art and natural history museums, science and technology centers, historical societies and museums, botanical gardens, zoos, children's museums and much more.

"With an expanded and energized focus on the arts, culture and museum offerings in the Sacramento region, this is an exciting time to explore the rich experiences available at a wide variety of local museums," said Paul Hammond, Sacramento Association of Museums

chairman. "Sacramento Museum Day offers the perfect opportunity for everyone to visit a museum they haven't been before – or return to an old favorite – to gain a new appreciation for or a fresh perspective about our region, our state, and our world."

Event coordinators recommend planning ahead, and to limit the day to two or three different museums on the day of the event in order to allow adequate time to enjoy the experience. Free shuttles will operate through-

See Museum Day, page 5



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Museum Day

Continued from page 4

out the day with stopping points located adjacent to many—but not all—participating museums. The California Museum, at 10th and O streets, serves as the central transfer point for shuttle routes in operation during Sacramento Museum Day. Volunteer “step-on” tour guides will be on-board to assist riders and narrate the route, courtesy of the Sacramento Convention & Visitors Bureau.

Participating museums this year include: Aerospace Museum of California, the California Automobile Museum, the California Foundry History Museum, the California State Military Museum, the California State Capitol Museum, The California Museum, the California State Indian Museum, the California State Railroad Museum, the Crocker Art Museum, the Discovery Museum Science and Space Center, the Don & June Salvatori California Pharmacy Museum, Fairytale Town, the Folsom History Museum, the Governor’s Mansion State Historic Park, the Heidrick Ag History Center in Woodland, the Leland Stanford Mansion State Historic Park, the Museum of Medical History, the Old Sacramento Schoolhouse Museum, Old Sacramento



Photo courtesy

The Aerospace Museum of California will be among 26 museums that will open their doors to the public for the 13th annual free Museum Day on Feb. 5.

State Historic Park, the Sacramento Zoo, the Sacramento Historic City Cemetery, the Sacramento History Museum, the Sojourner Truth Multicultural Arts Museum, Sutter’s Fort State Historic Park, the Wells Fargo History Museum on Capitol Mall and the Wells Fargo History Museum in Old Sacramento.

Detailed information about participating museums, suggested parking, public transit options, and free event shuttle routes is available at www.sacmuseums.org (click on “Events”), or by calling the Sacramento Convention & Visitors Bureau at (916) 808-7777.

Museums, in addition to being the stewards of our cultural and natural

heritage, offer everyone the invaluable opportunity to refresh, relax, recharge and renew. As the old adage goes, “You’ve got to pour into yourself before you can pour yourself out for others.”

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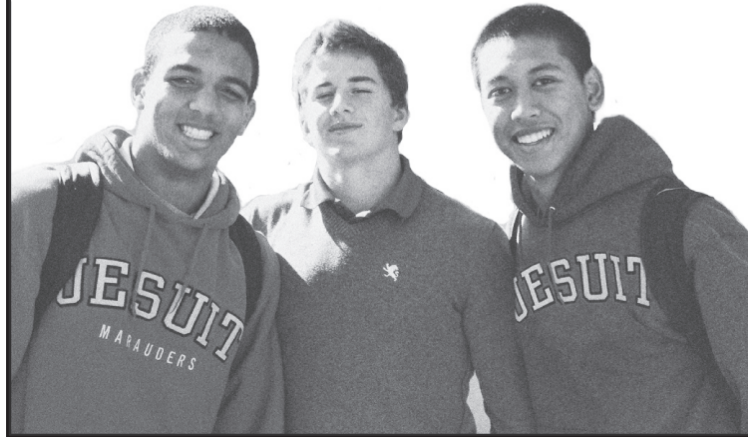
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Peters honored as the Carmichael Chamber's 2011 Person of the Year

By LINDA MELODY
Special to Arden-Carmichael News

Political, civic, and community leaders gathered together at The Palace to honor the Carmichael Chamber's 2011 Person of the Year, Sacramento County Supervisor Susan Peters on Jan. 7.

The event, entitled "Desperately Seeking Susan" after the movie starring Madonna, was emceed by former Sacramento Chief Meteorologist Tom Loffman. Representing the 3rd District, which includes Carmichael, Peters was honored amongst a room full of friends and community leaders, including Sheriff John McGinness, Sacramento County's new sheriff, Scott Jones and former Supervisor Sandy Smoley.

Smoley, Assemblyman Roger Niello and Jack Harrison of the Carmichael Recreation & Park District all shared about their experiences with Peters and the valuable impact she has had on the community.

The evening included honoring Dr. Major A. Nilson as

the Chamber's 2011 Business Person of the Year. Nilson has been involved with the Chamber for over 56 years, including twice being Board President. Nilson is a veterinarian, a World War II veteran and a humanitarian.

Peters administered the oath of office to the 2011 Carmichael Chamber Board. The new Board includes President Chris Meyer of Lind Brothers Funeral Home, Vice-President Gary Andersen of Century 21 All Professional, Secretary Becky Furtado of Mercy San Juan Medical Center, Treasurer Cary Duckett of Cypress Avenue Baptist Church and directors Bill Schlack of Xleration Services and Don Hall of California Central Property Management Group.

"I am touched by all the kind things that have been shared tonight," Peters said. "It has been a privilege to serve the County and the people of Carmichael."



Arden-Carmichael News photo, Bill Condray
Jack Harrison presents Sacramento County Supervisor Susan Peters with a framed artwork, thanking her for her support of Carmichael's Park and Recreation District.



Arden-Carmichael News photo, Bill Condray
Chris Meyer presented Major A. Nilson, DVM, with a plaque honoring the World War II veteran and humanitarian as the Carmichael Chamber's 2011 Business Person of the Year. Nilson has been with the chamber for over 56 years.

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Carmichael resident celebrates 100 years

By **TANIA NEWMAN**
Arden-Carmichael News correspondent

Valentina Kern celebrated her 100th birthday surrounded by her family and friends in her home at Aegis of Carmichael.

She waltzed with her son-in-law, Horace Wolf, as she was serenaded by Rick Bezemer on his accordion. In recognition of her birthday, she was presented with a large bouquet of red roses.

Kern was born in Siberia and attended school in Harbin, Manchuria, China. Her father was already living in the United States when she joined him in 1929 at the age of 19.

Upon her arrival in the States she took a job sewing in a factory. She met and married her husband of seventy years, Max Kern, in 1933. They lived in San Francisco and San Carlos before they moved to Sacramento in 1999. Max passed away in 2003. Together they had a daughter, Nina and two grandchildren, Michael and Catherine.

In her spare time Kern enjoys reading, both in Russian and English. She is also very knowledgeable in Russian History. When the weather is nice, she spends most of her time outside helping with the flower garden. She says she feels "so lucky to have lived in America."



Photo courtesy

Feeling 100 years young, Carmichael resident Valentina Kern celebrated her birthday at Aegis of Carmichael this month. A native of Siberia, she came to this country as a teenager in 1929 and feels lucky to have lived in the United States of America.

Overcoming the odds to create a new life

NAPSA – Veteran William "Bill" McGee, a well-known retired radio and TV broadcaster in the San Francisco Bay Area, felt pretty hopeless when faced with the misfortune of going blind. Fortunately, he had a helpful resource to turn to.

Department of Veterans Affairs (VA) Blind Rehabilitation Service gave him a new life that inspired him, with the help of his wife, Sandra, to write a book about it. Created with her assistance, the book describes what VA blind rehab can do for veterans, both those who lose their sight as a result of combat operations as well as due to age-related factors such as macular degeneration, retinitis pigmentosa, glaucoma, and diabetic retinopathy.

His booklet, "Learning to Cope with Sight Loss: Six Weeks at a VA Blind Rehabilitation Center," recounts McGee's loss of sight and his subsequent day-to-day experience at the VA Western Blind Rehabilitation Center (WBRC) in Palo Alto.

It outlines how the center works and what is taught there, training that includes Visual Skills, Orientation and Mobility, Living Skills, Manual Skills, Computer Access Program, Recreation Therapy, and Family Training.

The publication, also available online and on au-

dio CD, explains how such instruction and training improved McGee's coping skills. McGee hopes to inspire others.



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'Inside the President's Helicopter' a tale of courage, history

By ART GERMAN
Arden-Carmichael News Writer

There's a vital and little-known connection with our very own Sacramento area in a just-published book – a potential best-seller – that tells the story of helicopters and how they came into in-

creasingly widespread use by U.S. presidents during the years after the Korean and Vietnam wars.

The book, "Inside the President's Helicopter: Reflections of a White House Senior Pilot," was authored by Army Lt. Col. Gene T. Boyer, the senior presiden-

tial helicopter pilot during the administrations of Lyndon Johnson, Richard Nixon and Gerald Ford. The local connection is provided by Jackie Boor, listed on the book cover as a co-author with Boyer. The book lists Boyer as the author and is written in the first

person, but the title adds Boor's name as participating in authoring the book.

A South Area resident for the past 35 years, Boor, 59, makes her home in Sacramento.

Over the years, she has been active locally in a number of areas. She's worked as a freelance writer and facilitator for several local organizations, achieving recognition and special awards from Sacramento Mayor Kevin Johnson, the County Board of Supervisors, Sheriff's Department and other Sacramento-area agencies. She is now an associate for Land Park-based Lang and Associates, a human dynamics consulting firm.

Boor first met helicopter pilot Boyer in 1995 at American River College, when the retired helicopter pilot lived for a time in El Dorado Hills after retiring from the military. The idea of an autobiography based on Boyer's years piloting U.S. presidents along with numerous other world leaders developed gradually.

By 2007, when Boyer had moved to Huntington Beach on the Southern California coast, the book-writing project finally began to bear fruit. Over the

next three years, there were frequent trips by Boor to Boyer's new home, where the two conferred, wrote and edited the book's 412 pages of history as recalled by the presidents' helicopter pilot.

Gradually, the volume began to take shape and was finally completed in late 2010.

Boyer began his military career during the Korean War in the 1950s, when helicopters were used primarily to evacuate battle casualties. Later, during the Vietnam War, the value of helicopters to pinpoint sites of battle action began to become clearer and they were increasingly used in actual combat operations.

By this time, Boyer had decided that his own future would be concentrated on helicopters and their unique uses in air travel and combat missions. He was assigned to the White House in 1963 and became the Army's Executive Flight Detachment commander in 1969.

All told, Boyer's career included in 6,900 hours devoted to copter flights, 368 in combat operations

See Helicopter, page 9

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Helicopter: Book endorsed by Julie Nixon Eisenhower

Continued from page 8

in Korea and Vietnam, and 580 on presidential missions, some of them taking him to far corners of the world, such as Egypt and the USSR.

Although he was raised by staunchly Democratic parents, Boyer makes it clear in his book that he didn't think much of Democrat Lyndon Johnson as president – "a drinker and a phoney" he says. He said he ended up voting for Republican Richard Nixon as president and he appears to admire him as a public figure even in the face of Nixon's eventual removal from the office at the end of the Watergate scandal.

At the end, he writes candidly about the presidents and other leaders who came after he retired.

Noting that new President Gerald Ford selected Donald Rumsfeld as his secretary of defense and Dick Cheney as his vice president, Boyer writes that "We do know the most unforgivable and devastating imprint was

their alignment with President George W. Bush to lead the U.S. invasion of Iraq – an insane war that should never have made it out of the Oval Office." That is the way Boyer feels about the Middle Eastern conflict that continues to take a heavy toll of U.S. lives.

Boyer writes that he hopes his book will be viewed as paying tribute to those who fought for the nation in its foreign wars.

The pilot author also describes his effort, long after his military service was over, to salvage the helicopter that he piloted when Nixon departed from the White House when he was removed from the presidency – Nixon's arms outstretched in a gesture of farewell to the nation. Boyer's effort succeeded. The copter was eventually located in a warehouse and has been refurbished and moved to its permanent resting place in the Nixon Presidential Library in Yorba Linda, Calif.

The book has received glowing endorsements, including one from Julie Nixon Eisenhower, who states "Inside the President's Helicopter is a story of high adventure, courage and history-making moments...a very human, up-close look at the Presidency. It is a must read for anyone interested in the White House."

The first author's book signing ceremony was held Dec. 12 at Avid Book Store, across the street from the Tower Theater at Broadway and Land Park Drive. Boyer, who is dealing with recurrent health problems, was unable to attend, but additional signings are expected to be scheduled around the nation in the months to come.

The book is being offered in both paperback and hard cover forms by the publisher, Cable Co. of Brule, Wisconsin. It is available to purchase at Avid Book Store and online at www.amazon.com.



Photo courtesy

LTC Gene T. Boyer with Army One, during the Nixon Administration.

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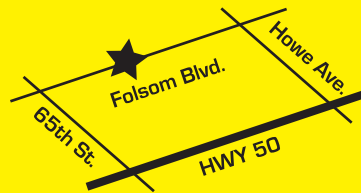
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Park district foundation making strides, seeking notoriety, contributions

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

The Carmichael Recreation and Park District, which was recently featured in this newspaper in celebration of its 65th anniversary, will celebrate another significant accomplishment this month when the district's nonprofit 501(c)3 foundation turns two years old.

Foundation established in 2009

Organized as the Carmichael Recreation and Park District Foundation on Jan. 20, 2009, the foundation was designed to improve the district's parks and programs through community reinvestment via tax-deductible contributions.

The foundation, which has the ability to recruit, solicit and accept funds on a tax-free basis, is committed to further advancing the progress of various district projects from simple repairs to having a new pool constructed at Carmichael Park.

Peter Tateishi, a Carmichael native and a former member of the park district board, said that he founded the CRPD Foundation through his desire to advance the district's continual efforts to improve upon its offerings.

"I had done a lot with the park district and I recognized that we actually didn't have a nonprofit that was dedicated to helping the park district in Carmichael," Tateishi said. "Seeing all the



Photo courtesy, Peter Tateishi
Carmichael native Peter Tateishi founded the Carmichael Recreation and Park District Foundation two years ago this month.

good work that the park district had done with the community, I thought that it was important that the community had an outlet in which they could help the park district to enhance and continue their work.

"The park district, just like any government agency, is obviously going through tough times. So, if this is the way that the community can come together and help rally and support (the district), we thought we needed that vehicle, that engine. That's why we started the foundation."

Former swimmer, coach

Tateishi, a 1998 Jesuit High School graduate, who later earned a bachelor's degree in government at Sacra-

mento State University and a master's degree in public administration at the University of Southern California, said that as a person who spent many years involved in local swimming activities, he was especially interested in assisting the Carmichael Aquatic and Park Projects (CAPP) Committee.

"From the time I was 10 to the time I was 24, I swam (on) or coached different swimming teams," Tateishi said. "The park district had set (up the CAPP) Committee and they were trying to do an engineering survey. It was costing some money and (the district) needed a vehicle to pay for those things, so the foundation was able to help with getting some of those funds and helping transfer those funds for paying for those services, so we could see whether or not the aquatics center would be a viable assessment tool for the community."

Tateishi, 30, added that he hopes that he can one day have children of his own who can swim at Carmichael Park just like he did during his childhood.

Project 'wish list'

In its efforts to set goals, the foundation has worked with the district to create a "wish list" for park projects, which

require funds that are not yet available.

Among the "wishes" that can be found on the list are: a shade structure for the skate park at the La Sierra Community Center at 5325 Engle Road, window replacements, new carpeting and a proposed petting zoo at the undeveloped Capra Park site at the corner of Kenneth Avenue and Aboreata Court.

Another one of the foundation's projects is to continuously acquire and put aside funds for the Wall of Honor, the memorial landmark at Patriots Park – Palm Avenue, off Dewey Drive – that honors people from the community who died in the line of duty.

As an ongoing project, new plaques need to repeatedly be purchased, engraved and installed on the wall.

A plan is also underway to enhance the current, off-leash dog park at Carmichael Park.

Foundation funds will additionally be used to replace vandalized items at the district's parks such as the butterfly garden sign and a "spinner" playground apparatus that were recently destroyed at Patriots Park.

Community support needed

Since the foundation is still considered to be in its

See Foundation, page 13

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Foundation: Donations directly benefit Carmichael's local parks

Continued from page 12

infancy, it is no wonder why Tateishi said that efforts continue to be made to simply inform the community that the foundation exists.

Among the ways that the foundation has promoted itself thus far is through advertising in the district's program activity guides and on the district's Web site, www.carmichaelpark.com, speaking to community groups and passing out brochures and fliers at local events such as Founders Day and 4th of July events.

Tateishi mentioned the Daughters of the American Revolution as an organization that learned about the foundation and soon afterward made about a \$5,000 contribution to the foundation for the nature pathway for the blind at the Charles C. Jensen Botanical Garden at 8520 Fair Oaks Blvd.

In its efforts to better serve the district, the foundation's board meets four times per year.

Current foundation board members are: Tateishi, the foundation's CEO, Ron Greenwood, who is a member of the Carmichael Water District Board, Mike Koerner, a former CRPD director and a retired San Juan Unified School District administrator, Paul Pennington, a financial advisor, and Gary Hursh, an attorney in Carmichael.

Tateishi said that it was these board members with the assistance of CRPD Administrative Analyst Lee Ann Yarber who "made everything happen" for the foundation.

He added, however, that special recognition should also be given to CRPD Administrator Jack Harrison, whose vision of enhancing the park district helped lead to the creation of the foundation.

Since its establishment, the foundation has raised about \$10,000 for park projects.

Parks are important

In contributing to the foundation, community members and organizations can assist local parks, which are a part of our lives that

Tateishi said are not always entirely appreciated.

"(Parks) are so important to the community, they're so important to how we grow our families and how we live our lives," Tateishi said. "I don't think people fully understand that all the time. We kind of just take for granted that there will always be a park there."

Fortunately for those who have the interest and the means to help support efforts to preserve, improve and develop local parks and park sites, the foundation has been made available for the purpose of accepting tax deductible contributions and directing the distribution of such funds.

Tateishi described the act of donating to the foundation as an opportunity that represents a showing of one's community pride and appreciation for the value of the district's parks.

"Carmichael parks are our gathering places for our community," Tateishi said. "We're giving you the opportunity to



Arden-Carmichael News photo, Lance Armstrong
One of the district's major projects is to replace the more than half-century-old, abandoned pool at Carmichael Park.

say, 'Yes, I support the park district,' 'Yes, I support parks,' 'Yes, I support the recreational value of having a recreational system and I want to support this park district and I am happy to make a donation to help re-invest in my community.'"

Tax deductible donations can be made by sending a check made payable to the CRPD Foundation and mailed to: CRPD Foundation, 5750 Grant Avenue, Carmichael, CA 95608.

For additional information regarding the CRPD Foundation, call Lee Ann Yarber at (916) 485-5322, ext. 24 or write to Peter Tateishi at the e-mail address peter.tateishi@gmail.com.



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Jan. 13, 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

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Jan. 13, 20, 27: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Toastmasters

Jan. 13, 20, 27: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

Kiwanis Club of East Sacramento-Midtown

Jan. 14, 21, 28: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.east-sacmidtownkiwanis.com

Rotary Club of Point West

Jan. 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Jan. 14, 21, 28: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Food Addicts Anonymous

Jan. 15, 22, 29: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

Co-Dependents Anonymous

Jan. 16, 23, 30: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Jan. 16, 23, 30: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Co-Dependents Anonymous

Jan. 17, 24, 31: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Hatha yoga

Jan. 17, 24, 31: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

MLK Day at the Crocker

Jan. 17: Visitors are invited to commemorate Martin Luther King, Jr. Day with tours based on King's teachings at 10:30 a.m., 12:30 p.m., and 2:30 p.m.; gospel music performances by Cosumnes River College Contemporary Gospel Choir at 11 a.m. and 1 p.m.; screenings of "Martin Luther King, Jr.: Legacy of a Dream" at noon and 2 p.m.; and at 10:30 a.m., noon, and 1:30 p.m., a reading of Faith Ringgold's "My Dream of Martin Luther King" followed by a hands-on art making project. Crocker Art Museum, 216 O St., Sac. (916) 808-7000 www.crockerartmuseum.org

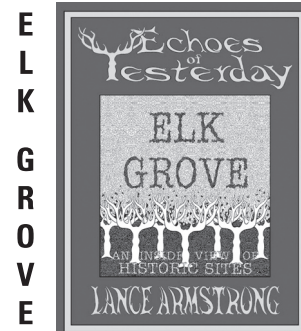
Rotary Club of South Sacramento

Jan. 17, 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Jan. 17, 24, 31: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

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A no-host bar opens at 5pm and dinner is served at 6pm.

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The Junior League of Sacramento is an organization of women committed to promoting volunteerism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.
For more information, please visit www.jlsac.org

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Performing, fine arts unite for Sacramento Fine Arts Center's 'Art Song'

By **SUSAN LAIRD**
Arden-Carmichael News editor
susan@valcomnews.com

The Sacramento Fine Arts Center will be center stage for a unique experience when it presents a magical evening of music and art on Saturday, Jan. 29 and Sunday Jan. 30.

"Art Song" will feature the musical talents of Donna Helmich-Agnello, dynamic soprano, and

Michelle Xioa You, renowned violinist – as well as some 40 works by the American Watercolor Society International Traveling Exhibition.

Helmich-Agnello will perform a variety of works about love, betrayal, pirates and selections from J.S. Bach's "Magnificat."

Xioa You will play a dramatic selection of works, including Nikolai Rim-

sky-Korsakov's "Song of India" and Pablo de Sarasate's "Zapateada."

The Sacramento Fine Arts Center is the only California venue selected by the American Watercolor Society for the travelling exhibit. It is considered a feather in Sacramento's cap, as the Society is highly selective and the exhibits are of high caliber. Past exhibitors of the Society have included Andrew Wyeth and Winslow Homer.

The January concert will be the first of a series of concerts presenting top musical talent to audiences in the Sacramento region.

"It's a musical performance you will not see anywhere else," said Richard Turner, president of the Sacramento Fine Arts Center and producer of the musicals. "There has never been a collaboration between the best watercolorists in the world and internationally renowned musicals artists."

The concert will be performed at the Sacramento Fine Arts Center, located at 5330-B Gibbons Drive in Carmichael. Turner encourages visitors to come "check it out. The acoustics are great – you don't even need a microphone."



Photo courtesy

"Far and Away" is a watercolor by Susan Montague, an artist whose work is part of the American Watercolor Society Travelling Show. The show will partner with the Sacramento Fine Arts Center for a unique collaboration of the visual and performing arts, "Art Song," on Jan. 29 and 30.

The Sacramento Fine Arts Center is a 25-year old nonprofit community art education and outreach organization, conducting hands-on art classes for all ages and hosting a wide variety of exhibits throughout the year.

"Art Song" will be performed on two days, Saturday evening on Jan. 29 at 8 p.m., and Sunday af-

ternoon, Jan. 30 at 4 p.m. Seating is limited to 130 at each performance, so advance tickets are recommended. Admission is \$50 (\$35 is tax deductible). Tickets may be purchased by calling (916) 971-3713 or by sending a check to the Sacramento Fine Arts Center, 5330-B Gibbons Drive, Carmichael, CA 95608. Also visit www.sacfinearts.org.

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'Citizenship Celebration' commends new citizen kids

Arden-Carmichael News photos by
TOM PANIAGUA

Twenty-four youngsters ages 12 and under, received their citizenship papers from the U.S. Citizenship and Immigration Services (USCIS) at a special "Citizenship Celebration" ceremony in Sacramento on Dec. 28.

The children had all derived United States citizenship from their U.S. citizen parents.

Eight of the children were from India, three were from the Philippines and two each came from Moldova, Vietnam and Ukraine. Children also came from Fiji, El Salvador, Afghanistan, Morocco, China, Thailand and Ethiopia.

Michael Biggs, field office director for the USCIS administered the Oath of Citizenship and was the keynote speaker at the event. He welcomed all the families and explained what it means to be a citizen of the United States of America to the children.



Janey Way Memories



Playing street football on Janey Way



By **MARTY RELLES**
Arden-Carmichael News columnist
marty@valcomnews.com

Nowadays, children participate in organized sports at an early age. My grandson Angelo, who just turned seven, has already played one year of youth soccer and tee-league baseball.

Back when I grew up on Janey Way, we had no organized sports programs, so we created our own. In the spring, we played sandlot baseball in the vacant lot near our house. In summer, we played basketball on the court at St. Mary's School, and in the fall, we played football on Janey Way.

Since we had no lush green field for our football games, we played right out on the street in front of our house. Because of the hard asphalt surface, tackle football was out. We played two-hand touch football. Our field covered about 75 yards in length, not the regulation 100 yards. The lawns on either side of the street marked the out-of-bounds lines. Our field began at the fence on the side of the Ducray's driveway and extended to the fire hydrant in front of the Costamagna driveway.

We had no first down markers, so each team had only four downs to score a touchdown. Because of the short length of the field, we threw rather than kicked the ball off. This helped avoid confrontations with old Joe who did not want us to come onto his property to recover errant balls.

We had no referees either, so we called penalties on each other. Five yards back for off sides, and ten yards back for holding or pass interference. We played four players to a team with all players eligible to receive a pass. If a car was parked on the street, it became part of the field. You could run around the sidewalk side of the car or cut back to the street in front of it and use the car as a blocker.

We had a small group of regular players for our street football games which included the Ducray boys, Bill and Jim; the Costamagna's, Gary and Jim; Lou Viani and his cousin Harry; Dave Jurin; Bob Pesce; Dan Petrocchi; my brother Terry, my sister Pat and myself.

Since we had no time keeper, games often lasted for hours, or at least until lunch time. Games were often heated and language sometimes became profane. When that happened, a mother usually poked her head out the door and said, "You boys watch your mouths or I will put an end to that game." Then, our speech took on a tone of civility.

These games were usually high scoring affairs with lots of action, but eventually, a player had to go home for lunch or to mow the lawn. That is when the game usually ended. Then, the team with the most points was declared the winner. Tomorrow, another game would be played providing a new opportunity for victory.

These days when I drive over to the family house on Janey Way, I see no children playing football on the street. Street football has given way to Pop Warner league or school sports programs. Now, our days of street football are just another hard-hitting Janey Way memory.

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