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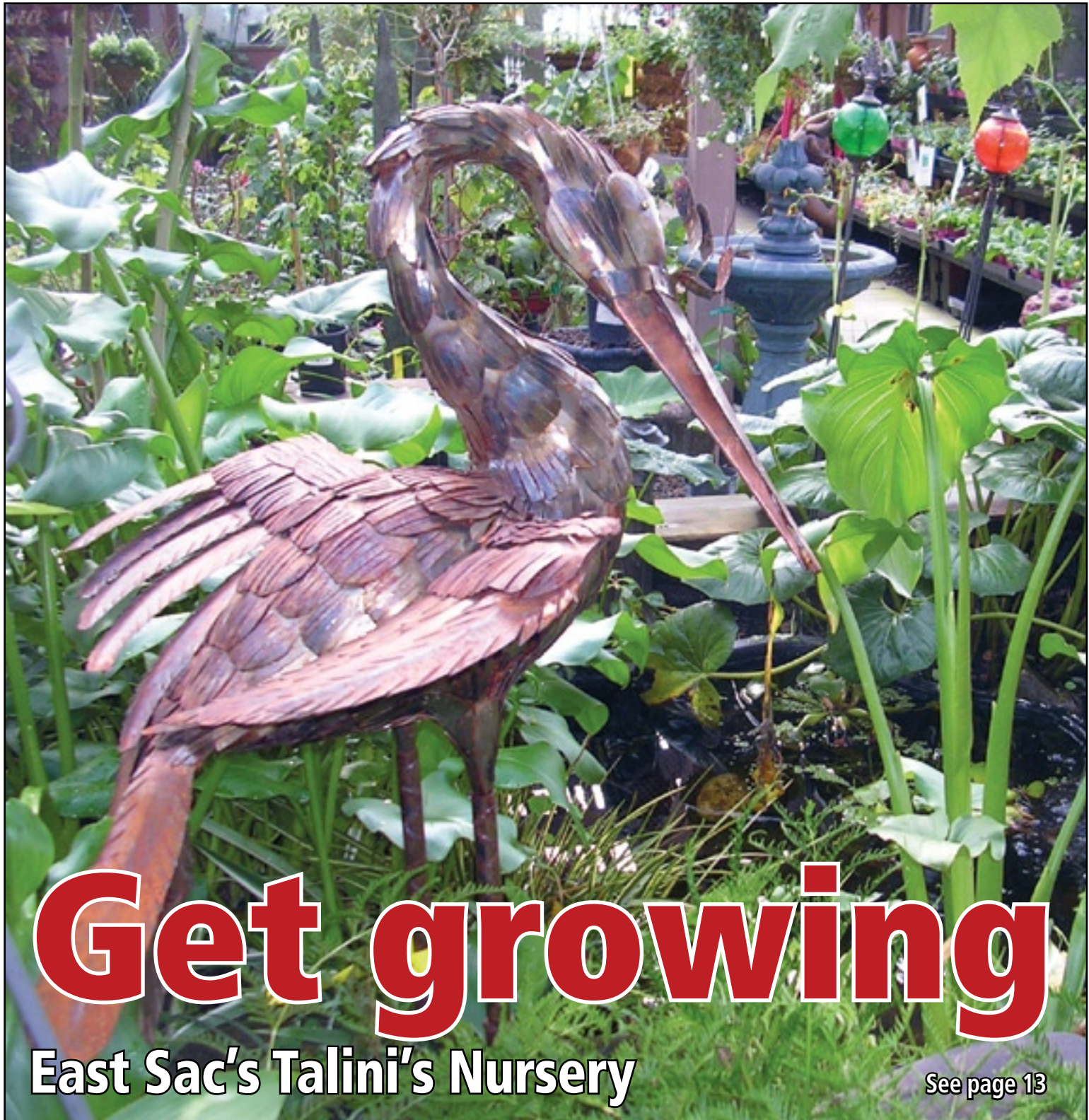
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**Editor**..... Susan Laird  
**Art Director**..... John Ochoa  
**Junior Designer**..... Ryan Vuong  
**Sales Manager**..... Patty Colmer  
**Advertising Executives**..... Linda Pohl  
Marc Harris Desilés, Melissa Andrews  
**Distribution/Subscriptions**..... George Macko

2709 Riverside Blvd.  
Sacramento,  
CA 95818  
t: (916) 429-9901  
f: (916) 429-9906

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# Filling out the FAFSA is a family project

By MARILYN VAN LÖBEN SELS  
East Sacramento 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](http://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](http://www.pin.ed.gov) and necessary so you can electronically sign your FAFSA.
2. Go to [www.fafsa.ed.gov](http://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 informa-

tion. (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.

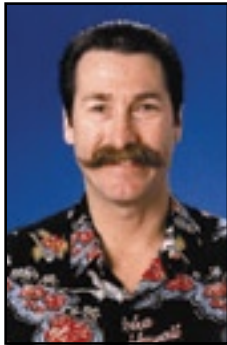
The good news is that plenty of help is available. The new FAFSA website's help menu includes *Live Help*, a secure online chat sessions; *Call Us* (800) 4-FED-AID; and *E-mail Us*: [FederalStudentAid-CustomerService@ed.gov](mailto:FederalStudentAid-CustomerService@ed.gov). During the next two months, 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 |
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| 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](http://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.

Marilyn van Löben Sels is a certified college counselor. Contact her at [marilyn@college-gps.com](mailto:marilyn@college-gps.com). Marilyn will present a free workshop on financial aid and scholarships at the Robbie Waters Pocket-Greenhaven Library in Sacramento on Jan. 12 at 7 p.m.



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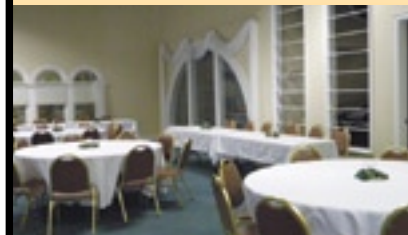
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# 'Sugar and Spice' with The Folsom Symphony expected to sell out at Three Stages

By SUSAN LAIRD  
East Sacramento News editor  
susan@valcomnews.com

In an economy that is decimating organizations such as the Sacramento Opera and the Sacramento Ballet, the Folsom Symphony is experiencing a red-hot season of success, with well-planned concerts and sold-out venues.

Fair warning; tickets for the symphony's inaugural concert on Valentine's Day (Feb. 14) at Folsom Lake College's large performing arts theater are expected to be gone within a few weeks.

"Sugar and Spice" is expected to be a memorable sell-out, with The Folsom Symphony's signature blend of the classics, pops and selections from the cinema and Broadway – and all with a romantic twist for Valentine's Day.

Sweet!

The concert will conclude the opening week of the Los Rios Community College District's newest facility, and a true jewel of a building it is. "Stage One," the large performing arts theater at Folsom's "Mini Mondavi" is reputed to have excellent acoustics. There is seating for 850, and the facility is designed as an homage to England's famous Globe Theatre.

The evening's entertainment kicks off under the baton of Maestro Michael Neumann with the "Overture to Pique Dame" by Franz von Suppé. First performed on June 22, 1864, this opera was based on the same story that inspired Pyotr Tchaikovsky to write his opera, "Queen of Spades," that was performed by Sacramento Opera last year. Von Suppé's operas may have faded into obscurity, but his overtures certainly have not. This work has mo-



Photo courtesy of The Folsom Symphony  
Sacramento resident Maestro Michael Neumann is the music director of The Folsom Symphony and the Sacramento Youth Symphony and Academy of Music. He is in demand as a guest conductor around the country. He will conduct The Folsom Symphony's "Sugar and Spice" concert on Feb. 14.

ments of melodrama and then takes the audience on a delightful gallop that will have everyone in high spirits.

The "Carmen Suites, No. 1" by Georges Bizet was first performed in the City of Love herself – Paris – in 1873. Audiences will readily recognize this piece as "Les Toreadors" from Bizet's opera, "Carmen."

The Parisian musical journey continues with the lovely, romantic strains of Charles-François Gounod's famous waltz, "Ah! Je veux vivre" ("Ah! I want to Live!") from "Roméo et Juliette." First performed at the Théâtre Lyrique on April 27, 1867, this opera is famous for this aria for soprano.

San Francisco Bay Area soprano Brett Ruona is the symphony's special guest for the evening, and she will perform many of the romantic arias of the evening.

In Guiseppi Verdi's aria "Caro Nome," the character Gilda focuses on the "Dearest Name" of her noble lover (who actually



East Sacramento News photo, Tom Paniagua  
The Los Rios Community College District's newest facility, "Three Stages" at Folsom Lake College, will conclude its open week of celebrations with a concert featuring The Folsom Symphony in the 850-seat Stage One hall.

gave Gilda a false name, but that's the drama of opera for you) from the opera "Rigoletto" (which debuted on March 11, 1851). It is beautiful, passionate and tender. Verdi refused, as a rule,

to compose arias with a High C...but this aria has enough high notes for the audience to forgive him.

Turning to the Parisian Belle Époque, an era lively with romance, the Folsom Symphony will perform a work from composer Jules Massenet's opera "Manon" called "Obéissons quand leur voix appelle (Let us obey when their voice calls us)." Lovers of opera will enjoy these selections.

However, should any of the gentlemen in the audience feel lightheaded after all this opera, Maestro Neumann has a sure way to revive them: the rousing "William Tell Overture" by Gioachino Rossini. Also known as the theme to "The Lone Ranger," this overture has it all to wake up a sleepy audience member – right down to a thundering, musical Alpine storm. It was first performed at the Paris Opéra on Aug. 3, 1829.

This rousing classical music interlude concludes with Emmanuel Chabrier's "España." First performed on Nov. 4, 1883

at the Théâtre du Château d'Eau for the Société des Nouveaux Concerts in Paris, this is a loud, joyful piece of music that audiences are sure to enjoy.

The musical mood shifts to Broadway musical numbers from the last century.

The famous duo of Rogers and Hart wrote "My Funny Valentine" and "I Wish I were In Love Again." [As a musical side note, Richard Rogers considered retiring after the death of his musical partner and friend, Lorenz Hart. It took a talented young man named Oscar Hammerstein II to make him reconsider].

The Broadway entertainment continues with "A Little Bit of Love" by Leonard Bernstein and "Love! It Only Happens when I Dance with You" by Irving Berlin.

How does one conclude a romantic evening of "Sugar and Spice" music? With a piece from "My Fair Lady." Librettist Alan Jay Lerner and composer Frederick Loewe wrote "I Could Have Danced All Night," and this piece seems a fitting conclusion to a week of celebration that is planned for Los Rio's newest facility. Audiences won't want this evening to end.

"Luck" so they say, is when "opportunity" meets "preparedness." To put it

another way, the harder the Folsom Symphony family members work, the luckier they get. This musical organization is proving that the musical arts can survive with the right combination of community support, artistic talent, entertaining musical offerings and a board that works overtime to make sure the organization succeeds. The Folsom Symphony is an example of what can be done, even in down economies. It is a stirring symbol of hope in the region.

Those who love music and regional "happenings" will not want to miss this concert – it promises to be memorable and exciting.

The "Sugar and Spice" concert will be performed one evening only, on Monday, Feb. 14 at 7:30 p.m. Order tickets soon, as this performance is absolutely expected to sell out – every performance has played to a completely full house this season. Stage One at the Folsom Lake College Performing Arts Complex is located at 10 College Parkway (just off East Bidwell Street) in Folsom.

Season tickets and single tickets are available. Single tickets are \$22 to \$42. To purchase tickets, call the Ticketline at (916) 357-6718 or visit [www.folsomsymphony.com](http://www.folsomsymphony.com).

# Runaway Stage rings in the New Year with 'Hairspray'

By CELIA GREEN  
East Sacramento News writer

Seeing a tried-and-true musical can be like wearing an old pair of slippers.

Watching "My Fair Lady" makes you feel warm and fuzzy and you know what to expect. But it's a new year and you can try something new this month when Runaway Stage Productions presents "Hairspray."

"We're very excited to be the first community theatre in the region to produce Hairspray," said Bob Baxter, producing director at RSP. "Boy meets girl, boy is of the wrong ethnic background, girl wins out."

Set in 1962 Baltimore, "Hairspray" is a lighthearted musical about a teenage girl's efforts to integrate an after-school dance show on television.

"It's set in the 1960s to make it more palatable, but it's truly what's happening now," Baxter said. "Hairspray's theme is black and white, but it could just as easily be a gay theme, or even thin and overweight. There's a great message in this show but the message is not hidden by the fluff. Everyone deserves to have a voice, and everyone deserves to love who they choose to love."

"Hairspray" is just the latest in a series of shows making a community theatre premiere in the area.

"We're beginning to be known as the company that does firsts," he said. "We were the first to do 'Rent,' 'The 25th Annual Putnam County Spelling Bee' and Andrew Lippa's 'The Wild Party.'"

Runaway Stage Productions began in 1997, producing shows in Old Sacramento at the Eagle Theatre.

"We quickly grew from 'Hey kids, let's put on a show,' to what we are today," Baxter said. "We produce six shows a year on our main stage (called the Broadway Stage), six shows for our Storybook Theatre, and we offer Youth Musical Theatre Workshops."

"And I am so proud to say we are one of the few, or maybe only, community theatres to have a Resident Orchestra," he added. "I can't say how valuable they are to us. They put the music in musical theatre. We started using a live orchestra eight or nine years ago when we did 'Oklahoma!' and with the impact the live music had... there's no going back. (The musicians) want to be here and they are just as committed and invested in making it a great show as anyone else in the company. They could be making a whole lot more money playing somewhere else, but they choose to be here."

"We are a true community theatre. The musicians, actors and production staff are all volunteers. It's done for love, no pay," Baxter said. "And we have no debt. We are not funded by any government agency, just ticket sales and tuition from the workshops."

"We like to say, 'Come play with us, not work.' It's easy to say we're a family, but we are. We're dysfunctional like a family," he said with a laugh. "We fight like a family, we love like a family and we support each other like a family."

That family's newest baby will make its first appearance on Jan. 7. The production runs through Jan. 30. The 24th Street Theatre is located at 2791 24th Street in Sacramento. Tickets can be purchased by calling the box office at (916) 207-1226, or by visiting [www.runawaystage.com](http://www.runawaystage.com).



Randy Costa and Brent Null portray Wilbur and Edna Turnblad in Runaway Stage's "Hairspray."



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

By ART GERMAN  
East Sacramento 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 increasingly 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 presidential 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 now is associated with the Sacramento Mediation organization.

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. Soon, he was assigned to direct presidential helicopter services for Lyndon Johnson after



Photo courtesy of The Folsom Symphony

Sacramento resident Maestro Michael Neumann is the music director of The Folsom Symphony and the Sacramento Youth Symphony and Academy of Music. He is in demand as a guest conductor around the country. He will conduct The Folsom Symphony's "Sugar and Spice" concert on Feb. 14.

See Helicopter, page 7

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# Helicopter: Book endorsed by Julie Nixon Eisenhower

Continued from page 6

the assassination of John F. Kennedy in 1963.

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

dential 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](http://www.amazon.com).



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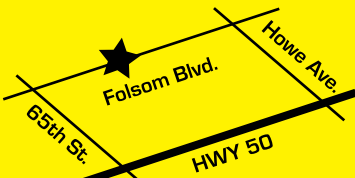
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# CALENDAR

For more Calendar entries visit  
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

## JANUARY

### 'Tomorrow's Legacies'

Through Jan. 9: "Tomorrow's Legacies: Gifts Celebrating the Next 125 Years." Exhibit celebrating the Crocker Art Museum's 125th anniversary and 125,000 square foot expansion. 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### 'A Pioneering Collection'

Through Feb. 6: "A Pioneering Collection: Master Drawings from the Crocker Art Museum." The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### 'The Vase and Beyond'

Through Feb. 6: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection shows

cases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### Tai Chi

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### Big Band Dance

Jan. 6, 11, 13, 18, 20, 25, 27: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

### Food Addicts Anonymous

Jan. 6, 13, 20, 27: 12-Step group for those who struggle with obesity, food obsession or

eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

### Living Positive with Chronic Disease group

Jan. 6, 13, 20, 27: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

### Rotary Club of East Sacramento

Jan. 6, 13, 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

### Rotary Club of Pocket/Greenhaven

Jan. 6, 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.

### Sutterville Heights Optimist Club

Jan. 6, 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. 6, 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

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Please join us... **NBS Pillow Party Event**  
 To Help Local Mastectomy Patients

Monday, January 10th, 2011, 6:00 - 8:30 p.m.  
 Central United Methodist Church Social Hall  
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Optional potluck at 6:00 p.m. (bring any soup, appetizer, dish or dessert).  
 Work stations begin promptly at 6:30 p.m.

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This Pillow Party Service Project is sponsored by Central United Methodist Church and The Table at Central, in conjunction with the nonprofit, Necessities Bag Sacramento.

**Sacramento Potters Group's Annual Seconds Sale**



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## Janey Way Memories



# Playing street football on Janey Way



By **MARTY RELLES**  
East Sacramento News columnist  
[marty@valcomnews.com](mailto: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.

Know your neighbor

# Talini's Nursery: Another successful East Sacramento, Italian business

By LANCE ARMSTRONG  
East Sacramento News writer  
lance@valcomnews.com

For those familiar with East Sacramento's historic Italian district, it is well known that the area, despite its changes, continues to be home to several successfully operated Italian businesses. And certainly among these businesses is Pietro Talini's Nursery and Garden Center.

Located at 5601 Folsom Blvd., Talini's has built a longtime reputation for providing its customers with such nursery items as perennials, annuals, shrubs, seeds, ground covers, natural weed killers, all-natural insecticides and pesticides, gardening equipment, concrete statuary, potteries and various gift items.

Although the name of this nursery would perhaps cause one who has knowledge of Italian names to blurt out, "Now, that's Italian," the business has a much deeper Italian connection than its name alone.

## Named for Italian immigrant

Like many businesses that include the name of their founders in their names, Pietro Talini's Nursery is no different – as the business was established by Italian immigrant Pietro Talini in 1976.

The road to Pietro's founding of this popular East Sacramento nursery be-

gan with his arrival in America in the 1940s.

Departing from his former home in the town of Segromigno in Monte, near Lucca, Italy, Pietro came to the United States to reunite with his wife, Evole, and his son, Lou, who had made their way to America about six months earlier.

The family, which later included Pietro and Evole's second son, Alfred, initially lived in the Monterey area before making their way to Stockton, where they resided until about 1952, at which time they began their longtime residency in East Sacramento.

The first of the Talini's East Sacramento homes was located at 925 52nd St., where the family lived until moving to 1116 49th St. by about 1957.

In about 1961, Pietro purchased the last of his East Sacramento homes, which resulted in a very simple move for the family, since this third house is located only about a block away from the 49th Street house.

## Site of Stefani's Nursery

Pietro, who was a landscape gardener with experience operating his own nursery in a small building on 51st Street in East Sacramento for a short period of time during the 1950s, purchased



East Sacramento News photo, Susan Laird

Pietro Talini's Nursery and Garden Center is located at 5601 Folsom Blvd.

the former Stefani's Nursery building, which was constructed in about 1952.

Following the early 1970s closure of Stefani's, the building sat vacant for about three years.

Lou, 64, said that although the structure had been purchased by the Marie Callender's pie shop and restaurant chain, there was "a problem with the zoning."

"I don't know what the problem was (with the zoning), but (the site) was lat-

er placed on the market and we bought it from them," Lou said. "I remember (the property) had weeds on it that were two feet tall."

## Started as landscaping business

Pietro, who had a degree in horticulture from a university in Florence, Italy and obtained his contractor's license in

See Talini's, page 14



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# Talini's: Nursery focuses on old-fashioned values, customer service and unique items

Continued from 13

California, acquired the site in 1976 as a place where he could store his landscaping equipment.

Pietro's Folsom Boulevard building, which was originally a place where customers could purchase leftover materials from construction jobs, eventually evolved into the popular nursery that it is today.

This evolution is evident through telephone book listings during the business's earliest years. These books list the business as Talini Landscaping Co., while later books listed the landscape company, as well as the name Talini's Nursery and Garden Supplies, a name that was later slightly altered to its present name, Talini's Nursery and Garden Center.

The nursery has continued its growth through Lou Talini, who took over the ownership of the business following his father's death in 1984.

Lou, a 1964 graduate of Bishop Armstrong High School, takes pride in the success of his nursery, which has been assisted through its line of managers, Steve Zien, Sandy Cappelletti, Jackson McCarty and Jill Franklin.

## Family values

In complimenting his father's character and knowledge in the nursery business, Lou said that Pietro was very intelligent, "honest and he would give his

shirt off his back to somebody who needed help."

"He was always willing to help somebody and he was a good businessman and he taught me everything I know," Lou said. "I don't think I'll ever learn as much as he did though. He's way ahead of me."

Although Lou, who resides in East Sacramento and Walnut Creek, is not an everyday presence in the store, he is far from a silent owner. Instead, he splits his time between working at the nursery and working on commercial landscape construction jobs from the East Bay to Sacramento.

In addition to Lou's knowledge and business experience at the nursery, the business is aided through the knowledge and professional service of Franklin, who manages the store and a staff of about seven employees.

## Inner charm

Franklin, who grew up in Elk Grove and resides in midtown Sacramento, was studying horticulture at American River College when she was hired to work at Talini's in 1997. She became the nursery's manager four years later.

Talini's, Franklin explained, is a great place to work, not only due to her love of horticulture, but because "it's a great store."



East Sacramento News photo, Lance Armstrong

Left to right, Conor Wolfman, Jill Franklin (manager, holding cat) and Angela Pratt are among the staff of Talini's Nursery in East Sacramento.

"(Talini's) has always had a rustic, little charm about it," Franklin said. "I've always tried to keep that feel going. It's charming and there's something to keep you interested around every corner."

Talini's is much more than a Folsom Boulevard storefront, as it also includes two-thirds of an acre of property with hundreds upon hundreds of perennials and annuals. The business consists of many corners.

As a bit of history, at the back of the property sits the former home of Car-

lo Stefani at the former address of 1421 56th St. At least one member of the Stefani family resided in the house from about 1919 to about the early 1980s.

Continuing this historic Folsom Boulevard property's longtime tradition of presenting a successful Italian-owned nursery, Lou said that Talini's will carry forth its efforts to expand and offer more products that are hard to find anywhere else, along with the common items that are expected to be available at a quality nursery.



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# Five easy tips from experts on losing weight in the New Year without a diet

By **REBECCA STURGES**  
East Sacramento News guest columnist

Did this holiday season make you dread the scale more than ever? If so, you're not alone. Average weight gain between Thanksgiving and New Year's is seven to 12 pounds for people in North America, according to healthguidance.org. But the good news is that there are small behavioral changes you can make to help you lose weight without even cutting a calorie.

According to a recent study, people who made five or more behavioral changes were much more likely to maintain their lower weight over the long run. Here's an easy five to get you started:

**1. Sit down to eat.** Why it works: Many of us take in lots of extra calories almost unconsciously by "grazing" as we move through our day. Eating only while sitting forces you to become intentional about what you're eating.

**2. Chew each bite 10 times.** Why it works: Studies show that eating quickly is strongly linked to overeating and weight gain. Chewing more slows you down – and you just might taste/enjoy your food more, leading to more satisfaction and satiety with fewer calories.

**3. Eat on a schedule, especially breakfast.** Why it works: Research done on successful weight loss maintainers (those who had lost an average of 37 pounds and maintained it for over seven years) revealed that not skipping meals and eating regularly was commonly associated with long-term weight loss.

**4. Walk five minutes a day.** On purpose. Timed. Why it works: A daily five

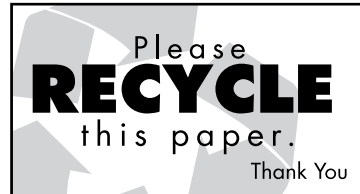
minute walk is something that almost everyone can handle. And in the world of healthy exercise, something is a whole lot better than nothing. And once you get moving, it's easier to keep moving...and move more.

**5. Weigh yourself frequently.** Why it works: It's simple. Feedback and accountability. You might have been able to get your mind to ignore the four doughnuts you had this morning, but the scale tomorrow is going to remind you. Plus, remember the successful maintainers from #3? They also weighed themselves frequently, most daily.

So try these changes out and see if doing something different can make a difference for your waistline, and your peace of mind. You've got nothing to lose...except

maybe some of that holiday weight.

*Rebecca Sturges, M.S., N.C.C., is an MFT Intern at Healing Pathways Medical Clinic in West Sacramento, where she will be leading a 12 week group/individual long-term weight loss focused program, beginning Jan. 23. For more info call (916) 812-8402.*




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# 'Citizenship Celebration' commends new citizen kids

East Sacramento 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 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.



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Very charming three bedroom 2 bath East Sacramento home!!! This home includes a gated yard, vintage hardwood floors, a very open floor plan, and a 2 car garage. Also included is central heat and air, indoor laundry, front landscaping, and 1/4 basement. Walk to restaurants and coffee shops, See [www.501estreet.isnowforsale.com](http://www.501estreet.isnowforsale.com) \$469,000

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### VINTAGE EAST SAC CHARM

Large two story home has vintage East Sac charm with nice modern amenities. The remodeled kitchen has granite counters, recessed lights and modern appliances. Other recent updates include the roof, dual paned windows, light fixtures and interior paint. The bathroom has new granite counters and a subway tile shower/tub surround. Don't miss the stairwell to the two bonus rooms upstairs. See [www.600SanAntonioWay.com](http://www.600SanAntonioWay.com) \$339,000

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