# THE POCKET NEWS

January 6, 2011 Your News in Your Hands www.valcomnews.com

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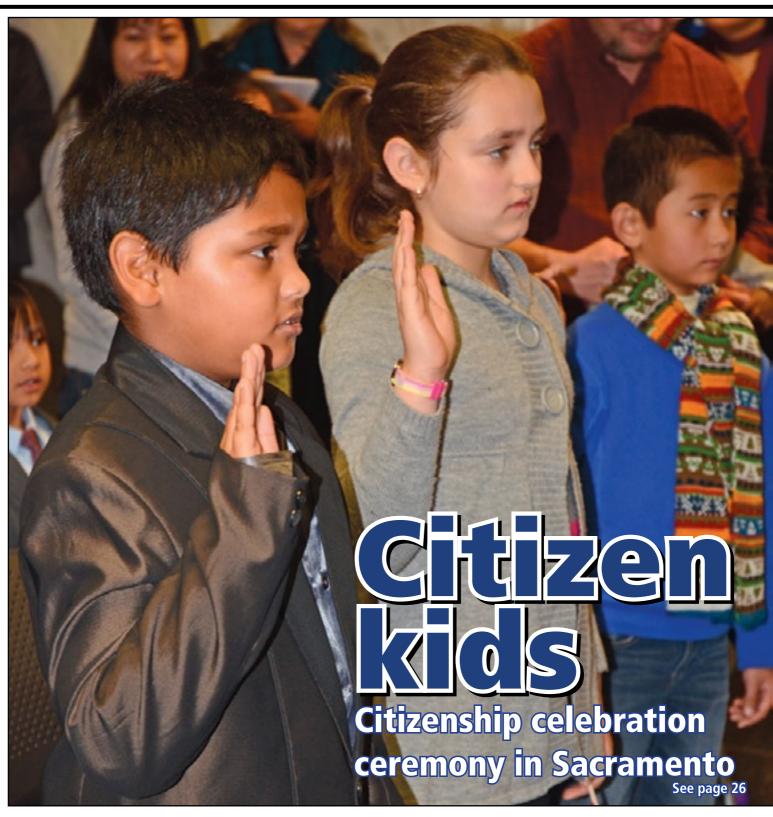


local family

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Local woman co-authors book on 'President's Helicopter'



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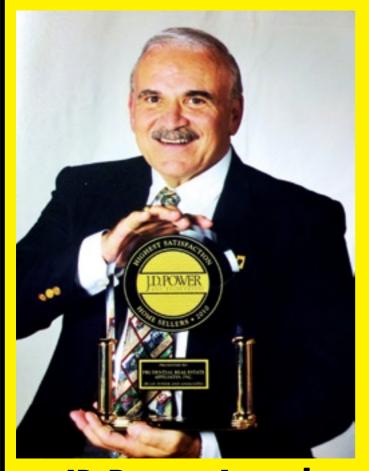
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# Shane Singh files election complaint against Darrel Woo

Pocket News editor susan@valcomnews.com

Former Area 6 candidate for the Sacramento City Unified School District Board Shane Singh filed a sworn complaint with the Fair Political Practices Commission against SCUSD Board Member Darrel Woo on Dec. 17.

The complaint states that "Woo, his campaign manager Alex Barrios, his wife and some of his other campaign supporters were passing out business cards at local polling places. The problem is that the business cards were paid for and printed by the 'Sacramento City Teachers Association PAC FPPC #862170.'... (Woo's) campaign's FPPC (is) #1328691.

In his complaint, Singh notes that Woo and his campaign "received the bene-

fit of this independent expenditure by the Sacramento City Teachers Association. In an effort to further deceive voters and a veiled attempt to circumvent the Political Reform Act, Mr. Woo and others associated with his campaign wore a 'teacher volunteer' sign."

Singh also listed his belief that "Woo's campaign violated the Political Reform Act by paying his own daughter, Alyson K. Woo, \$2,000/ month from his campaign."

Since Woo's daughter was listed as living with her father, Singh's complaint states that "Woo personally received a benefit from his campaign committee."

The Enforcement Division of the Fair Political Practices Commission (FPPC) will investigate the allegations of Singh's sworn complaint, according to a statement from Roman G. Porter, executive director of the FPPC.

'However, please be advised that at this time we have n ot made any determination about the validity of the allegations you have made or about the culpability, if any, of the persons you identify in your complaint," Porter said in his written response to Singh on Dec. 22.

"It would be inappropriate for either the district or the Board to comment on these allegations as matters relating to campaigns are within the jurisdiction of the Fair Political Practices Commission," said Gabe Ross, chief communications officer for the SCUSB in a statement to The Pocket News on Jan. 4.

The FPPC will notify Singh and Woo upon final disposition of the case.



Shane Singh, former candidate for SCUSD Area 6 School Board, has filed a sworn complaint against SCUSD Area 6 Board Member Darrel Woo. The complaint alleges tampering with election laws and that Woo personally received benefits from his campaign committee.



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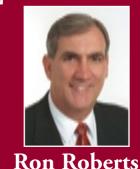


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# Runaway Stage rings in the New Year with 'Hairspray'

Pócket News writer

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

Watching "My 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 "Hair-

"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



forts to integrate an afterschool 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 compa-ny 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

mento at the Eagle The-

'We quickly grew from 'Hey kids, let's put on a show, to what we are to-day," 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.



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

"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 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.



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

By SUSAN LAIRD Pocket 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 the-



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

ater 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



Pocket 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.

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 Suppe's operas may have faded into obscurity, but his overtures certainly have not. This work has moments 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 debuted on March 11, journey continues with the 1851). It is beautiful, pas-

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 gave Gilda a false name, but that's the drama of opera for you) from the opera "Rigoletto" (which debuted on March 11,

sionate 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. İt 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

See Symphony, page 27





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#### Medal from the 'Great War' journeys nearly a century to recipient's family

By EARL ROGERS

In November 2010, a week before Thanksgiving and 92 years after the end of World War I, a medal arrived in a certified envelope addressed to a Sacramento man. He was not the one who had earned the medal; he was the son. His father, the man who earned the medal, had died some 44 years earlier. Though he never laid eyes on the medal his name was stamped along the edge. It read, Capt. B. Rogers RAF.

The story of this long journey begins at Stanford University in the spring of 1917, when the buzz among students centered on the big question that would alter their lives. Would America join Britain and France in the fight against Germany? On April 6, 1917, Congress voted yes; and President Woodrow Wilson signed a declaration of war.

Bogart Rogers, then a nineteen year old Stanford undergraduate, would finish his sophomore year and return home to Los Angeles. By late August, he and four of his friends had enlisted in the Royal Flying Corp and departed for training in Canada. Of the five, Bogart would be the only one to survive the war. By January 1918, he had finished his training in Canada. Wearing his pilot wings and the uniform of a Flight Lieutenant in the Royal Flying Corps (soon to become the Royal Air Force) he embarked at Halifax on a troop ship bound for England.

Trained in England on scout planes, he was sent to France as a replacement pilot and joined a fighter squadron on the Western Front on May 2, 1918. From that day forward he fought in the desperate maelstrom of the world's first air war above the trenches of France and Germany until the end of hostilities on November 11, 1918.

During the twenty months he was out of the USA, he wrote to a girl named Isabelle Young, a Stanford history major. In one of the letters, he told of being awarded two medals, the Distinguished Flying Cross (British) and the Order of Michael the Brave (Rumanian). No other medals were mentioned in his letters. However, following an agreement among 14 allied nations, another medal was authorized in March 1919 for all who served in the armed forces during WWI. It would be named the Inter-Allied Victory Medal. Each medal awarded by Great Britain was officially identified with the recipient's rank, name and unit.

Because of another man's effort to deliver the medal, it passed through four generations of his family before arriving in Sacramento. His name was Bert V. Chance, a country doctor/surgeon from Indiana. Capt. Chance was a "Yank in the King's Forces," an American Physician serving with the British Expeditionary Force in the Great War. His great grandson Randy Johnson, a scientist with the Boeing Company, is the person who sought





The Inter-Allied Victory Medal was awarded by Great Britain to all who served in the allied forces during the Great War. Each medal was inscribed with the recipient's rank, name and unit.

out the Rogers family and ultimately delivered the medal, because, as he writes in an email, "it belongs with the family of the man who earned it."

"The medal was just rediscovered in my unpacking of several boxes of family memorabilia," Randy Johnson writes. How his great-grandfather, Capt. Chance, came in possession of the medal can only be explained by conjecture. It is certain that Capt. Rogers and Capt. Chance were acquainted, indeed friends because of places and events mentioned in Rogers' letters and in the papers of Dr. Chance. Rogers left England for America during the last week of April 1919 without having received the medal, while Capt. Chance stayed in France for several months taking care of long term patients.

What follows is speculation. Capt Chance being an American and acquainted with Rogers was likely recruited to deliver Roger's medal when he arrived home, possibly under the assumption that a medal would be more likely to reach the recipient if mailed from America rather than from England. Doctor Chance resumed his medical practice in Windfall, Indiana were he died in 1942 at the age of 69. Why he never delivered the medal to Bogart Rogers is a mystery. Maybe he simply lost the address.

Capt. Rogers arrived in San Francisco on May 22, 1919, borrowed a car and drove to the Stanford Campus where he met with Isabelle Young, the girl he had corresponded with for almost two years. She saved every one of his 243 letters, which were published in 1996 by The University Press of Kansas in a book entitled A Yankee Ace in the RAF. A year after he arrived in San Francisco, Bogart and İsabelle were married in a June wedding in Albany, Oregon, Isabelle's home town.

By now the reader no doubt understands that these two people were my parents. My father passed away in 1966 at the age of 69, the same age as Dr. Chance when he died 24 years earlier. My mother passed away in April 2000, one month shy of her 103rd birthday.

Of all the millions of Victory Medals that were awarded at the close of the Great War, what makes this particular medal so distinctive, aside from being inscribed with the recipient's name, is its remarkable journey. It was a journey that began in Europe almost a century ago when Capt. Bert Chance carried the medal to America. It ended in Sacramento in the year 2010, when his great grandson honored a family obligation to deliver it to the heirs of the man who had earned it.



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

**By ART GERMAN**Pocket News Writer

There's a vital and littleknown 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 sinally 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 pi-

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

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 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 mis-

See Helicopter, page 9



Co-author Jackie Boor seated in the cockpit of Nixon's "Last Flight" helicopter during its restoration at March Air Reserve Base in 2006.

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# **Helicopter:** Book endorsed by Julie Nixon Eisenhower

sions, 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 scan-

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 East-



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



Boyer protecting First Lady Pat Nixon in Saigon, 1969.

ern conflict that continues to take a heavy toll of U.S.

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.

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# Trustworthy, friendly service at Land Park Gold & Silver

There is no need for boredom on a rainy afternoon - or any afternoon, for that matter. Just step inside the Land Park Gold & Silver store on Freeport Boulevard to be greeted with smiles, warm hugs and a wealth of information about jewelry and coins by owners, Jeff and Judy Montgomery.

The store opened last May is fast becoming a popular neighborhood shop.

The Montgomery's opened their first gold and silver store in the Woodland Mall. When they decided to look for a new place to open in Sacramento, they noticed an empty brick building on Freeport Boulevard where there used to be a bank. Features of the building that stood out to the Montgomerys were a built-in vault and bulletproof windows on the side. The built-in security measures of the building were perfect for their busi-

"Customers like the fact that we have a secure bank vault in our shop," Jeff said. "They feel safe leaving their jewelry and coins with us.

The vault is also useful, because the business pays cash for gold and silver.

Ieff started out in the construction business. When he lost his job, Jeff decided to open a coin and jewelry store. He remembered collecting coins with his dad from the time he was five years old.

"As a boy I remember riding up and down the neighborhood on my banana seat bike, offering the neighborhood kids two cents for each wheat penny they owned," Jeff said." "I bought a lot of wheat pennies back then."

While some coins are valuable, others are not. This holds true for jewelry items, also. Sometimes customers come in with a box full of old jewelry and coins, only to find out none of it has any monetary worth.

Recently, a woman came to the store with a box of old jewelry, asking Jeff what he would pay her for the jewelry. After carefully examining each piece, Jeff told her there was nothing of value in her

"She walked in hoping to make some money," Jeff said. "She walked out crushed because there was nothing of value in her box of hopes."

In most cases, however, the customer is pleasant-

ly surprised by the value of a piece of jewelry or an old coin. Many have become repeat customers.

Dan Fall, a retired truck driver, enjoys discussing old coins with Jeff.

"My wife recently died from cancer and being able to have a place to go to and talk about old coins has helped me," Fall said. "Jeff and I both enjoy the history behind old

Fall said Jeff is extremely knowledgeable and that the Montgomerys are a pleasure to know. Fall has since bought and sold coins many times at Land Park Gold and

Patti Silva, a recent customer, said she and her sister inherited a coin collection 17 years ago from her father.

Silva said she and her sister did not know how to liquidate the collection, so when she saw the sign on Freeport Boulevard advertising coins, she stopped to check it out. She said Jeff took charge of the situation and after spending six to seven hours discussing their options. Silva was able to sell the coin collection and felt very good

"Jeff struck me as honest, professional and knowledgeable," she said. "A weight had been lifted off my shoulders when I sold the coin collection and I would recommend him to anyone wanting to sell coins."

Judy said some customers bring in jewelry to sell because a utility bill has to be paid. She said she understands because she was in this same situation in the

RARE COIN GALLERY Yes We Buy... GOLD- JEWELRY SILVER · COINS With over 40 years of experience, Judy and Jeff Montogmery offer service with a

smile to buyers and sellers of coins and jewelry at Land Park Gold & Silver. Their facility on Freeport Boulevard features a built-in vault and other security features.

Judy said their goal at the store is to be fair and to create a personable feeling with everyone who walks through the door. She realizes that some items may have great sentimental value. When a customer is selling jewelry, Judy explains that there are options. For example, if a jewelry setting is worth more than its stone and the stone has sentimental value, Judy will remove the stone so the customer can keep it. She wants her customers to feel happy about the transaction.

"We want people to know we are trustworthy and a family-run business," Judy said.

Jeff and Judy said they love what they do and enjoy meeting people. They want to be known as a place where folks can feel comfortable just stopping by to chat for a few minutes as they browse the store and shop.

Land Park Gold & Silver is located at 5100 Freeport Boulevard in Sacramento, next to the Gem Auto Wash. For more information, call (916) 457-2767 or visit www. landparkgoldandsilver.com.







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# The Pocket News writer receives national award

Pocket News editor susan@valcomnews.com

Lance Armstrong, long recognized by readers in the Sacramento region for his writings on local lore, received a national award for writing from the Grand Lodge Benevolent & Protective Order of Elks.

Armstrong's article, "Local Elks Lodge No. 6 has extensive history in Sacramento," was selected as the best newspaper article written in 2010 featuring the organization's mission, history and

traditions. (The article is available online, and can be read at http://www. valcomnews.com/?p=374).

Elks Lodge No. 6 Exalted Ruler Ron Brusato presented Armstrong with a commemorative plaque marking his writing accomplishment.

Pocket News photo, Susan Laird Elks Lodge No. 6 Exalted Ruler Ron Brusato presents the national organization's first place award for newspaper article writing to Valley Community Newspapers representative Linda Pohl and Pocket News writer Lance Armstrong





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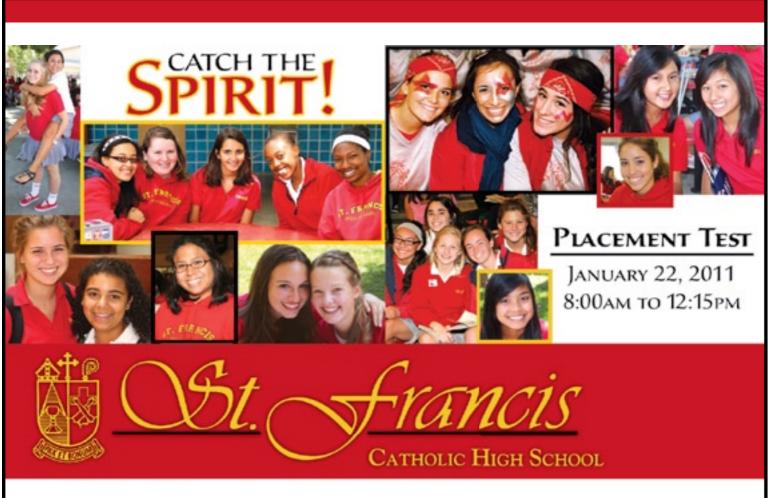
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NAPSA - Studies suggest that exercise, mental and physical, can help improve cognitive function at any age. Even the brains of older adults can grow and develop by learning new skills.

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Late-life memory loss is now being attributed to multiple causes: sedentary lifestyle, chronic stress and lack of intellectual engagement. Hobbies offer a great outlet for increased physical activity and dexterity, stress reduction and mental challenge.

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RETIREMENT & ASSISTED LIVING

# **Sacramento Church of Christ pastor appointed** dean of seminary

Special to Pocket News

Reverend Dr. Susan Hamilton will be leaving her duties as pastor of Parkside Community Church, United Church of Christ, on Jan. 23, 2011 to assume the position of dean of the Sancta Sophia Seminary in Tahlequah, Okla., where she first prepared to be a minister.

Hamilton is a graduate of San Francisco Theological Seminary, where she received her Master of Divinity (1999) and Doctor of Ministry (2005) degrees.



Rev. Dr. Susan Hamilton, pastor of Parkside Community Church, a United Church of Christ, is leaving Sacramento to become the new dean at Sancta Sophia Seminary in Tahlequah, Okla.

She leaves a legacy of achievement and collaboration after a 15 year tenure at Parkside Community Church, including: a new Sanctuary, a growing congregation, innovative Sunday Services, a working infrastructure of strong commissions, a cadre of effective church leaders and an "open and affirming" congregation. Additionally, Hamilton held many positions of leadership in the Sacramento Valley Association, the consortium of local UCC churches.

Parkside Community Church has a diverse and talented church family that loves the church and each other. The congregation will work together to meet the challenges of this change in ministerial leadership.

"The membership takes pride in their church and in living out their faith through extending God's radical hospitality and working for justice in the community, region and world," a press release from the church said.

'We wish Rev. Hamilton success in her challenging new responsibilities and invite our Sacramento neighbors and friends to check out the unique quality of Parkside's friendly and dedicated church family," the release concluded.

Parkside Community Church is located at 5700 South Land Park Drive in Sacramento. Sunday services begin at 10:30 a.m. Child care is available. For more information, visit www.parksideucc.org.



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Janey Way Memories

## Playing street football on Janey Way



**By MARTY RELLES** Pocket 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-ofbounds 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

3225 Freeport Boulevard

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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 my-

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.





Eskaton Monroe Lodge

A Land Park Tradition

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

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 longterm 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

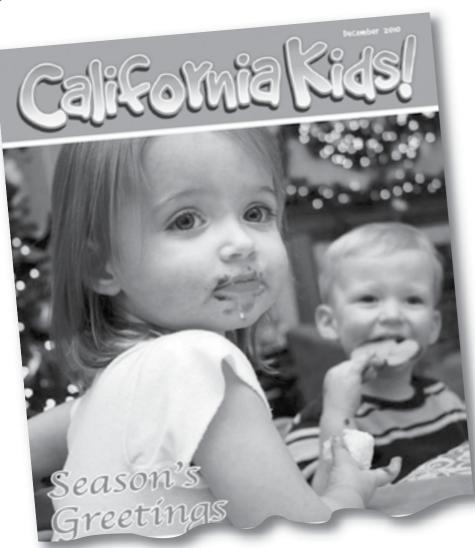


Making a few simple changes to one's regular routine can reap great rewards during the course of the

weighed themselves frequently, most

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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Photo courtesy of PCHS The former 72-acre, Joe Waxon farm, which was purchased by Joe Waxon on Nov. 5, 1863, is shown in about 1903. The 10-room, 1865 farm house is shown in the center of the photograph



This Pocket area ranch house, which was originally owned by the Waxon family, is shown in this Aug. 2, 1913 photograph. Standing in front of the house, which was built in 1865, are later residents of the home – the children of Joe "Milhomes" ("1,000 Men") Silva and Mary (Vargas) Silva (back row, left to right), Anna, Mary L., Eleanor, (front row, left to right) Minnie S., Manuel, Joaquin F. and Angelina Silva. The Silva family owned the ranch from 1903 to 1951.

# Early day Pocket pioneer Joe Waxon

**By LANCE ARMSTRONG**Pocket News writer lance@valcomnews.com

Among the many stories of the early days of the Pocket area are stories related to Portuguese men who chose to immigrate to America and begin a new life. And one such story is the story of Joe Waxon.

As a young man, Joe, who was born in the Azores Islands of Portugal in 1830, became a whaler and lived on a whaling ship until he was about 15 years old.

After sailing around Cape Horn to Yerba Buena (present day San Francisco), where he arrived in about 1845, Joe made his way to the Sacramento area.

#### 'Turtle Joe'

Sometime later, he began taking trips to the San Francisco Bay Area, where he caught sea turtles that were so large that two men could sit upon their shells.

Joe would then transport these turtles via a boat along the Sacramento River and put them to pasture on the

Glide property, which was located on the Yolo County side of the river in the area that was then known as Free-

In gaining a reputation for raising the turtles and selling them for food, Joe was given the nickname, "Turtle Joe," by locals of the area.

During a 1984 interview with the Portuguese Historical and Cultural Society, the now-late Rosalyn (Waxon) Mosher, the granddaughter of Joe Waxon, recalled being delighted with the site of turtle shells that she saw during her childhood visits to one of her grandfather's ranches in the Pocket area.

Mosher, whose father was John Waxon, said that she had never seen a turtle shell of such magnitude and that at her age, she could not imagine a turtle being so large.

Joe eventually owned three ranches in the Pocket area, one of which consisted of about 20 acres near the canal by today's pumping station off Pocket Road. This ranch was later owned by Joe's brother, John Waxon, and was

eventually owned by Joe's son, Manuel Waxon.

Another Joe Waxon-owned Pocket area ranch was located on the property, which was in later years the site of Faustino Silva's slaughterhouse. Modernly, this property is located off Park Riviera Way, where it veers off from Riverside Boulevard, just past Florin

Joe's third Pocket area ranch was located near the A.L. Silva and John L. Silva ranches on part of the old Riverside Road (now Pocket Road), in about the center of the Pocket area.

Joe also owned property in the "Ğrant" – another Portuguese farming area -which was located near the site of what later became Mather Air Force Base.

#### Prairie schooner delivery

During the time that he was farming, Joe had a 14-mule or horse-driven prairie schooner, which he used to deliver produce to miners in the foothills and mountains.

Traveling these distances was a more challenging endeavor, considering that there were no established roads during this time.

Among the places that Joe would deliver the produce were areas near today's Highway 50, including the present day town of Strawberry.

Joe did not travel alone during these travels and he made various trips with his sons, including one trip with John Waxon, when he was about 15 years old, which would place the date of this trip in about 1875.

Long after Joe's produce-delivering days, Rosalyn recalled seeing the "skeleton" of the schooner at one of her grandfather's Pocket area ranches.

#### Census challenges

Among the various interesting stories of the Waxon family is the story behind their name.

This name-related story is similar to the story of many immigrants who arrived in America and had the spellings of their names involuntarily changed.

When Joe Waxon was approached for his family's information during

See Waxon, page 21

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# **Waxon:** Turtles were farmed in the Pocket

the process to create the 1870 Franklin Township census, the census taker found it difficult to relate the correct spelling of Joe's surname, as well as the precise spellings of the names of many other Portuguese people residing in the area.

Since Joe could not speak English, the census taker had to decipher what Joe told him about himself and his

After coming to the conclusion that in order to communicate his last name to the census taker, he would need to use a visual prop, Joe showed an axe to the information-seeking man.

An English-Portuguese dictionary published by the Washington Square Press in 1969 references the Portuguese translation of the word, "axe," as machado," which is a common Portuguese surname.

And being that his birth name was Machado, Joe pointed to the axe and then he pointed back to himself in the process of trying to convey his correct name.

Having no knowledge of the Portuguese language, the census taker assumed that Joe was trying to communicate that his name was "Axeman."

It is possible that Joe repeated the name, "Axeman" with his Portuguese accent that resulted in the inaccurate name being pronounced as "Waxon" and thus being written down in this

On the same census, Joe's 1-year-old son, Manuel, was listed as "Manway."

Large family

Manuel Waxon later grew up to marry his first cousin, Rosa A. Miller (1872-1959), who was the daughter of Joseph Souza Nevis Miller, the founder of the area's original Lisbon School in the Freeport area.

With his wife, Mary Gloria Neves, who was born in 1837 in the island of St. Jorge in the Azores Islands and was Joseph Miller's sister, Joe had 10 children.

Another one of Joe's daughters, Josie S. Waxon, married Manuel S. Williams, who was also born in the Azores Islands in 1849. Williams, who was also Portuguese, was the proprietor of the grocery store at 1630 11th Street, where the planning for the construction of St. Elizabeth's Portuguese National Church was culminated and constructed on property donated by the Williams family.

Joe, who resided in the Pocket area for the remainder of his life, died in 1891 at the age of 61 and his wife passed away at the age of 85 in 1922.

No known photographs exist of Joe Waxon, but fortunately for history's sake, photographs of his first large house in the Pocket area and later photographs of his family are in the collections of his descendants.

Today, as the early years of the Pocket area continue to fade deeper into the past, what Waxon-related stories that have been left behind continue to gain more importance with each pass-



Manuel and Rosa (Miller) Waxon are shown in this c. 1894 photograph

# EVENT LISTING SECTION

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers. Call (916) 429-9901 for rates.

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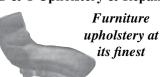
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# CALENDAR

For more Calendar entries visit www.valcomnews.com

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  $\overset{\cdot}{\text{U.S.}}$  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 showcases 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

Daily, except Sundays: Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.-9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

#### **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. Danea 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 meiorar 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. 7, 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. eastsacmidtownkiwanis.com

#### **Rotary Club of Point West**

Jan. 7, 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.point-

#### **Soroptimists of Sacramento**

Jan. 7, 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. 8, 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.

Jan. 8: Explore healthy living at this oneday event, including health screenings, raffle prizes and free goodie bags. Free. 10 a.m. -2 p.m. Sutter Express Care inside Rite Aid, 980 Florin Rd AND 2751 Del Paso Rd., Sac. RSVP (800) 972-5547

#### **Sacramento Potters Group** Seconds Sale

Jan. 8: Big annual sale of somewhat-lessthan-perfect clay, glass and metal art and pottery. We clean out our studios and you get to clean up with some real bargains. Come early for best selection, some members sell out quickly. 10 a.m.-2 p.m. Shepard Garden and Arts Center, 3330 McKinley Blvd., Sac. (916) 428-7174 www.sacramentopottersgroup.com

#### Water bath canning

Jan. 8: Basic introduction to safe water bath canning techniques. 10 a.m.-noon. Free. Sacramento Cooperative Extension Office, 4145 Branch Center Road, Sac. (916) 875-6913

#### **Co-Dependents Anonymous**

Jan. 9, 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. 9, 16, 23, 30: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, loe'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. 10, 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. 10, 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.

#### **NBS Pillow Party**

Jan. 10: Gather with others to hand-craft comfort pillows for patients undergoing breast cancer treatment. Sponsored by Central United Methodist Church and The Table at Centra in conjunction with Necessities Bag Sacramento. Pillows are the one, hand-crafted item tucked into a beautiful tote bag filled with free, practical supplies given to women diagnosed with breast cancer at our local hospitals. 6 p.m.-8:30 p.m. Optional potluck at 6 p.m. CUMC Social Hall, 5265 H St., Sac. Sara Zeigler (916) 996-1572 or zeiggy05@earthlink.net

#### **Rotary Club of South Sacramento**

Jan. 10, 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. 10, 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-

#### **Toastmasters**

Jan. 10, 17, 24, 31: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

#### **Rotary Club of Arden-Arcade**

Jan. 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

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#### **Rotary Club of Carmichael**

Jan. 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

#### **Senior Wednesday Club**

Jan. 12, 19, 26: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

#### Toastmasters

Jan. 12, 19, 26: All area business people invited to hone their speaking skills. Noon–1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

#### **Citrus in the Limelight**

Jan. 19: Food preservation public demonstration focusing on citrus fruits. \$3/person. 6:30 p.m.—8:30 p.m. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913

#### Genealogical Assn.

Jan. 19: Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

#### Catholic high school placement exam

Jan. 22: Placement exam for Sacramento area high schools for the Class of 2015. Students should arrive at the Catholic high school they intend to apply to at 7:45 a.m. with two #2 pencils. Calculators are not allowed. Refreshments provided. Parents/guardians should expect the test to end at approx. 12:15 p.m. Visit the high school's website for registration form and placement test fee info. www.cbhs-sacramento.org, www.cristoreysacramento.org, www.stfrancishs.org

#### **Gardening Tips**

Jan. 19: Plant clinic with Sacramento County UC Master Gardeners to assist in diagnosing and solving garden problems. What to do to prevent pests, grow healthy plants, conserve water, more. Located outside – rain or shine. Free. 9 a.m.–12 noon. Horticulture Center, 11549 Fair Oaks Blvd., Fair Oaks. (916) 875-6913

#### Fruits & grasses clinic

Jan. 22: Berries, grapes, fruit trees & ornamental grasses. Learn from UC Master Gardners techniques for the selection and care of berries, pruning grapes and fruit trees and the maintenance of ornamental grasses. Free. 9 a.m.—12 noon. Horticulture Center, 11549 Fair Oaks Blvd., Fair Oaks. (916) 875-6913

#### **NorCal CoDA mini conference**

Jan.22: Realize a new joy, acceptance and serenity in your life. Northern California Co-Dependents Anonymous presents "Committing to CoDA Recovery in 2011." \$25 registration includes continental bfast and deli-style lunch. 8 a.m. – 5 p.m. Fremont Presbyterian Church, 5770 Carlson Dr., Sac. www.greatersaccoda.org

#### **Banned Book Club**

Jan. 23: "Snow Falling on Cedars" by David Guterson will be discussed. All adults welcome to discuss why this book has been banned, why and the merits/demerits of the

book. 10 a.m. Carmichael Public Library, 5605 Marconi Ave., Carmichael. (916) 264-2920 www.saclibrary.org

#### **Buddy Harpham's Band**

Jan. 23: Enjoy the sounds of the Big Band Era every fourth Sunday of the month. 2 p.m. – 5 p.m. Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

#### **F**EBRUARY

#### **History book club**

Feb. 1: The Carmichael Library History Book Club mixes fact and fiction for a clearer picture of world history. This month's book is "The Worst Hard Time" by Timothy Egan. Bring a snack to share. First Tuesdays, 6:30 p.m. Carmichael Library, 5605 Marconi Ave., Carmichael. (916) 264-2920, www. saclibrary.org

Feb. 16: Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooledge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

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#### Senior Legal Hotline April 5, 2011 at 11:00 am

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1180 Corporate Way, Sacramento, CA 95831 To sign up and for more information, contact Caitlin Nguyen, (916) 395-0210 ext. 421





# 'Citizenship Celebration' commends new citizen kids

Pocket 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.









#### Symphony: Valentine's Day program has something for everyone

Paris, this is a loud, joyful piece of music that audiences are sure to enjoy.

mood The musical 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 Mon-

day, 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.

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#### Asian Community Center FRIENDLY VISITOR PROGRAM

The Friendly Visitor program provides social visits, light chores, arts & crafts, and help with errands by screened and trained Legacy Corps volunteers. The purpose of the program is to help seniors and disabled adults retain their independence and help the family.



- Must be a senior adult or have a disability
- Have a family member who can complete a survey on caregiving

Volunteers and seniors /clients are matched based on shared interests, language, geography, and volunteer availability as much as possible.

#### Friendly Visitors provide:

- Conversation and companionship
- Light exercise or walking buddy
- Help preparing light meals
- Shopping escorts (using ACC Rides)

No personal care, housecleaning, or moving furniture

Fee: Suggested Donation



We speak English, Spanish, Mandarin, Cantonese, Vietnamese, Pashto, Urdu, Farsi, and others.

To request a Friendly Visitor, contact Judy Fong Heary, Senior Program Manager at (916) 393-9026 ext. 323

#### See More Photos & Open House Schedule for my "Featured Homes" at: GreenhavenPocketHomes.com

1329 Sharon Way - \$239,900 > "Country-in-the-City" setting! 3bd 2ba w/family rm. Exposed wood flooring in entry, living rm, hall & bdrms. Upd roof & dual pane windows. Generous yards. RV/Boat access & pad. More!





< 6940 Westmoreland – \$299,900 Immac 1-owner home! 3bd 2ba, fam rm, 2 frplcs! Updated interior colors for a fresh look! Many bigticket updates include roof, dualpane windows, A/C & gas heat, gas range & more! Apx 1,907 sf\*

6500 Greenhaven Dr - Pending! > Outstanding 3bd 2ba, 1-story Custom. Upd kitchen & baths w/granite. Fam rm, formal dining Upd roof, windows, doors, more! Spa & covered patio. Potential boat access. Apx 2,101 sf\*



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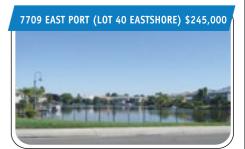
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