



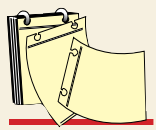
A tale 100 years in the making
see page 8



SPRING HAS SPROUTED

Merry muses: With a March backdrop of cumulous puffs, triplets, from left, Ruby, Lucy and Poppy Pierce, all age 6, weave a seasonal garland for Carmichael photographer Susan Maxwell Skinner. Inset: Framed by blossoms, a mom parades her contribution to a new flock of lambs that are the pride of an Arden Arcade farmlet. See more of Maxwell Skinner's spring vignettes on pages 10 and 11.

◆ INSIDE ◆



Community Calendar

pages 15-19



Honest Abe, history and Arcade Creek

See page 2



The Fork Tail Devils of Sacramento

See page 12

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In Tune with Arden Carmichael

By Susan Maxwell Skinner, Community Liaison

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E Clampus Vitus volunteer historians joined Rancho Del Paso Historical Society members at Arcade's Haggin Oaks Golf Course. The occasion rededicated a registered California Landmark to Transcontinental Railroad construction.

Cast in bronze and secured by railroad spikes, the plaque commemorates a puzzling proclamation by Abraham Lincoln that the base of the Sierra Nevadas was at Arcade Creek.



A plaque upon you, honest Abe

After a three-year absence, a monument to the machinations of California's railroad barons has been restored.

At Haggin Oaks Golf Course, a plaque commemorates President Abraham Lincoln's decree that a flat stretch on Arcade Creek marked the start of the Sierra Nevada mountain range.

Don't blame Lincoln – who never set foot in California – for such a misconception. Honest Abe was persuaded by Charles Crocker, Leland Stanford, Collis Huntington and Mark Hopkins to give a bronze-cast blessing for what the Big Four excelled at: making much more money than they deserved.

In 1864, the fabled four led California's surveyor general to a spot seven miles from Sacramento. They showed him charts recording a gradual rise from Arcade Creek lowlands to the Sierra's majestic peaks. Seeking the greater government allowances for building railways through mountains, Crocker and Co. considered this a good place to start claiming alpine perks.

With evidence that that the Arcade Creek west bank was composed of flood silts and the east bank

contained leached soil typical of the Sierras, Central Pacific Railroad's ambassador convinced Washington D.C. politicians to make a summit out of a sand bank. On this conviction, President Lincoln authorized a marker where the "mountains" began. It was placed where the railroad crossed Arcade Creek. Thus, increased government subsidies provided the impetus for the Transcontinental to traverse the Sierras, the Rockies and the entire continent.

In 1971, the site of Crocker and Co.'s spurious victory was deemed a California Historical Landmark. After vandals damaged the monument three years ago, the plaque was removed for safekeeping. Only last month did E Clampus Vitus, a colorful volunteer group of historians, preside over its restoration.

Said E Clampus Vitus spokesman Gary Karl: "It's good to have our plaque back in place. As a monument, it's significant. We seldom consider Abraham Lincoln in connection with Sacramento. In fact, his decree had a big impact on our area."

To view the plaque, visit Haggin Oaks Golf course, 3645 Fulton Ave. (near I-80).

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Around and about Arden-Carmichael

BY SUSAN MAXWELL SKINNER



Chamber chums: President Sacramento Metro Chamber of Commerce Matt Mahood, center back, addressed a recent Carmichael Chamber luncheon. The towering visitor joked with Carmichael President Burnie Lenau, left, Fair Oaks Cemetery District trustee Tom Askins and fire fighter Julie Cole. Front: chamber member Rosemary Campbell and Carmichael Elks' Rita Lowe also saw the funny side. Chamber information: 481-0334.



Curtain call: Concluding a series of winter-spring performances, the Sacramento Symphonic Winds last month played its third "Let's Dance" performance at the La Sierra Community Center, Carmichael. The 60-piece orchestra selected from ballet, Broadway and big band repertoires. Pictured, director Les Lehr, far left, congratulates trombone soloist Dave Rollins, guest soprano Brett Ruona and compeer Paul W. Allen. Learn about future concerts at www.sacwinds.org.



Local hero: Former Carmichael resident Vlade Divac, right, endured a roasting from buddy Peja Stojakovic at a bowling alley fundraiser during his triumphant return to Sacramento. In his tenure with the Sacramento Kings, the basketball player lived on Kingsford, near Arden Way. He patronized many Carmichael stores and restaurants. Helping his own humanitarian organization for Serbian refugees, Divac recently hosted fans and other basketball superstars at his "charitabowl" tournament in Roseville.



Patriot Donn Reiners, in top hat, and members of the Carmichael Geranium Society unveiled the first hybrid "Lady Carmichael" at the Chamber luncheon. This geranium was cultivated for Carmichael's 100th anniversary and will be offered for sale at the society's spring festival, April 25, at Carmichael Park Community Clubhouse. Flanking Reiners were: Jean Prather, Bernice Holbert and Jerry and Judy Sweeney. Festival information: call 485-5322.

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Importance of the spleen: Connecting with wellness on the inside

By Mamie Woo

THE ARDEN-CARMICHAEL NEWS

“Where is the spleen?” I once asked students in my wellness class at the Asian Community Center,

Fingers pointed everywhere – some pointed to the right rib cage, some pointed to the left rib cage, some pointed to the abdomen, some just threw up their hands, others just shook their heads.

“What is spleen? Do we have a spleen? What do they do?” a few students asked curiously. Everyone ended up laughing and looking at each other sheepishly

We all know the location and function of the heart, the kidney, the stomach, the intestine and such, but most people do not know about the spleen.

In the western medical dictionary, it says, “The spleen is a spongy, soft, purplish organ about the size of your fist. It is located in the upper part of the abdominal cavity, just under the left rib cage.

The spleen contains two parts – the white pulp is part of the infection-fighting (immune) system, and the red pulp removes unwanted material, such as defective red blood cells from the blood.

In the Chinese medicine perspective, the function of the Spleen does all of that and more.

It also works harder and has more responsibilities.

In Traditional Chinese Method, we believe Blood creates Qi (energy). Blood, Qi and Body Fluid are three treasures in our body. Lacking any of these three treasures, imbalance sets in. (Bear in mind, when I capitalize the name of an organ or other word, I am referring to Chinese medical terminology. It’s different from Western thought and refers to more than just its physical function). When the Spleen is in tip-top condition, making new blood quickly, it can prevent and cure many chronic serious ailments.

The Spleen makes blood from food you eat and stores the blood in the Liver, so the Liver can nourish the eyes, keeping our vision sharp. The Spleen supplies Qi (energy) to the Kidney, in turn the Kidney creates two types of energy. The “Nourish Qi” supplies to all other organs to allow them to carry out their full function. Kidney also creates “Defense Qi,” which is to keep our body warm, against the invasion of cold and bacteria.

When you consume too much sweet, sugary food, like soda, cookies and sweet desserts, it can be harmful to the Spleen function. It cannot carry out the proper elimination of wastewater from the body, causing edema and weight gain.

How to help the Spleen

First, you must understand what is beneficial and harmful to the Spleen function.

In Traditional Chinese Medicine, the Spleen and Stomach are partners. Some herbs are beneficial to both of them, such as Dang Shen (pilose asiabell root); Qian Shi (Euryale seeds): Shan Yau (Chinese Yam/Dioscorea); and Bai Zhu (white atractylodes).

Let’s talk about the food. Beef, carrot, dill seed, garlic, cinnamon bark, pineapple, white rice, winter melon peel and string beans are good foods to tonify the Spleen. Barley porridge, too, is most simple and easy to make.

½ cup Shan Yau (Chinese yam or dioscorea)

½ cup Qian Shi (euryale seed)

½ cup Yi Yi Ren (coix seed)

1 cup white rice

A dash of salt to taste

Direction: Rinse all ingredients, soak overnight or at least three hours, and drain. Add two gallon of water, cook over slow/medium heat for one hour. If necessary, add additional water. The rice porridge should be like oatmeal. Eat one to two cups a day.

This rice porridge nourishes the Spleen, Lung and eliminates Dampness Heat (edema), and is good for all forms of edema and diarrhea. You may add walnuts, Da Jue jujube, Goji berries, pine nuts, sesame seeds, too.

“For all chronic health problems, you must treat the Spleen first.” I can hear Professor Yang Ming-Fei’s voice ringing in my ears every time I see a new patient. Professor Yang was my teacher and dean of the TCM floors in the hospital of Gungzhou College of Traditional Chinese Medicine, Gungzhou, China. We made morning rounds in the hospital from bed to bed

checking on the patients’ conditions. We look at the tongue, feel the pulse and check the chart. One morning I asked, “How do you know who has a better chance to go home? He rolled his eyes and replied, “Check the Spleen position in the tongue and pulse, that’s a strong indication of a fast recovery. If the Spleen does not make new blood, it is hard for the patient to recuperate.” His words have been in my head ever since.

Mamie Woo is hosting a workshop on April 14 at the Asian Community Center. For information or reservations, call Lucy, 393-9026 x 222.

Mamie Woo trained at China’s Guangzhou College of Traditional Chinese Medicine. She is a Tai Chi instructor, Chinese herbalist and certified massage therapist. Contact her at 616-1688 or online at www.mamiechineseherb.com.

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April is Sacramento State Alumni Month

Special to *the Arden-Carmichael News*

Alumni Month, a time to recognize current and future Sacramento State graduates, kicks off in April with a variety of events on campus and around the city.

"We want to do something to give alumni an opportunity to come back to the campus, to participate in the events, to mix and mingle with other alums and get to know what we're doing," says Carmen Cataldo,

events manager for Alumni Relations.

Alumni Month activities began March 27 with the Alumni Open House.

Graduation candidates and alumni are encouraged to participate in the Grad Fair from 10 a.m. to 4 p.m., Tuesday, April 14, in the University Union. The fair is a "one-stop shop" for students to purchase items for graduation.

The Sacramento State 5K Fun Run is 6 p.m., Thurs-

day, April 16, beginning at Serna Plaza. There will be live music and refreshments.

The third annual Stinger Wine and Food Classic, a benefit supporting the athletic scholarship program on campus, is 6 p.m., Friday, April 17. The Stinger Athletic Organization hosts the benefit, and participants include alumni-owned restaurants, catering companies, wineries and vine-

"We want to do something to give alumni an opportunity to come back to the campus... and get to know what we're doing," said Carmen Cataldo.

yards. A silent auction featuring artwork, sports memorabilia and jewelry will be held.

"Hornets Dining on the Move," is an opportunity for the campus community to sample foods at Midtown eateries: Zocalo, Dragonfly, Paesanos, 58 Degrees & Holding Co., and Java City. The event is Tuesday, April 21, and restaurant passports are \$25 per person.

The annual Alumni Reception and Member Mixer is 5 p.m., Friday, April 24, in the Hornet Bookstore. The event is an opportunity for former classmates to mingle and network. Refreshments will be provided.

The Distinguished Service Awards, presented by the University and the Alumni Association, will recognize the professional achievements and com-

munity service of alumni. The event is 6 p.m., Thursday, April 30, at the Alumni Center.

The annual Sac State Night at the River Cats game is 7:05 p.m., Thursday, May 7. A free gift will be given to anyone wearing Sacramento State clothing items.

Sacramento State alumni will receive discounts throughout April at select businesses by using a special discount E-Card. To receive your complimentary card, send requests to stuebel@csus.edu by April 6. Cardholders will be entered to win two tickets to the Stinger Wine and Food Classic.

For more information about Alumni Month events and how to make reservations, contact the Alumni Association at (916) 278-6295 or visit www.sacstatealumni.com.

PUBLIC NOTICE

SMUD Invites Public Input on Proposed Rate Increase

SMUD is holding two public workshops and a public hearing with customers to discuss the need for a proposed electric rate increase.

Despite aggressive in-house cost containment in all discretionary areas, a 9.5 percent rate increase is proposed to go into effect September 1, 2009 after the summer peak-use period is over. A second 3.5 percent rate increase would go into effect January 2011.

The economic recession has impacted electricity revenues and turmoil in the credit markets has caused borrowing costs to rise and interest earnings to decline. Additional factors are adversely affecting SMUD's budget and have contributed to the need for a rate increase including:

- higher gas costs associated with contracts executed in 2008 and a reduction in hydro power from the Western Area Power Administration as the result of the three year drought
- the rising cost of required renewable energy contracts
- an aging energy infrastructure needing upgrades to ensure continued reliability and meet new federal grid security and reliability requirements

Even with the proposed rate increase SMUD rates remain among the lowest in California and would be approximately 23 percent below PG&E.

Public Workshops

Thursday, April 23, 6 p.m.

Wednesday, May 13, 9 a.m.

Public Hearing

Thursday, June 4, 6 p.m.

All three meetings will be held at SMUD Headquarters, 6201 S Street, Sacramento, CA 95817

Information on the proposed rate increase, a copy of the General Manager's Report and Recommendations and the schedule of additional meetings can be found on smud.org. Copies of the report are also available at all Sacramento County Public Libraries.

Accommodations are available for disabled individuals. If you need a hearing assistance device or other aid, or have specific rate questions, contact Rob Landon, SMUD Rates Administrator at (916) 732-6222. Written comments should be sent to him at rates@smud.org or MS A451, SMUD, P.O. Box 15830, Sacramento, CA 95852-1830.



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Robots and surgeons work hand in hand at Mercy Medical Center

Special to
the Arden-Carmichael News

Dr. Stephen Maxwell is bringing a new dimension of robotic surgery to the people of Northern California, including patients in the Mercy General Hospital area. In fact, to find another da Vinci robotic-trained surgeon who performs the same multiple surgeries to the lungs and esophagus, you'd need to go to Portland to the north, Los Angeles to the south and Denver to the east.

"This opens the door for many cases to be performed in a minimally invasive way," Maxwell says. "That means significantly reduced pain to the patient, smaller incisions, a shorter hospital stay and faster recovery times."

Maxwell, a thoracic surgeon at Mercy General's sister facility Mercy San Juan Medical Center, performs various procedures involved with treating cancers and other diseases of the lungs and esophagus. He decided to learn the intricacies of the da Vinci robotic system because "it's the latest advancement in proven, minimally invasive technology."

Mercy San Juan, located in Carmichael, has the newest edition of the da Vinci, with 3-D, high-definition vision and surgical arms with greater range of motion than previous models. Maxwell actually performs the surgery from a console a few feet away from the patient, using

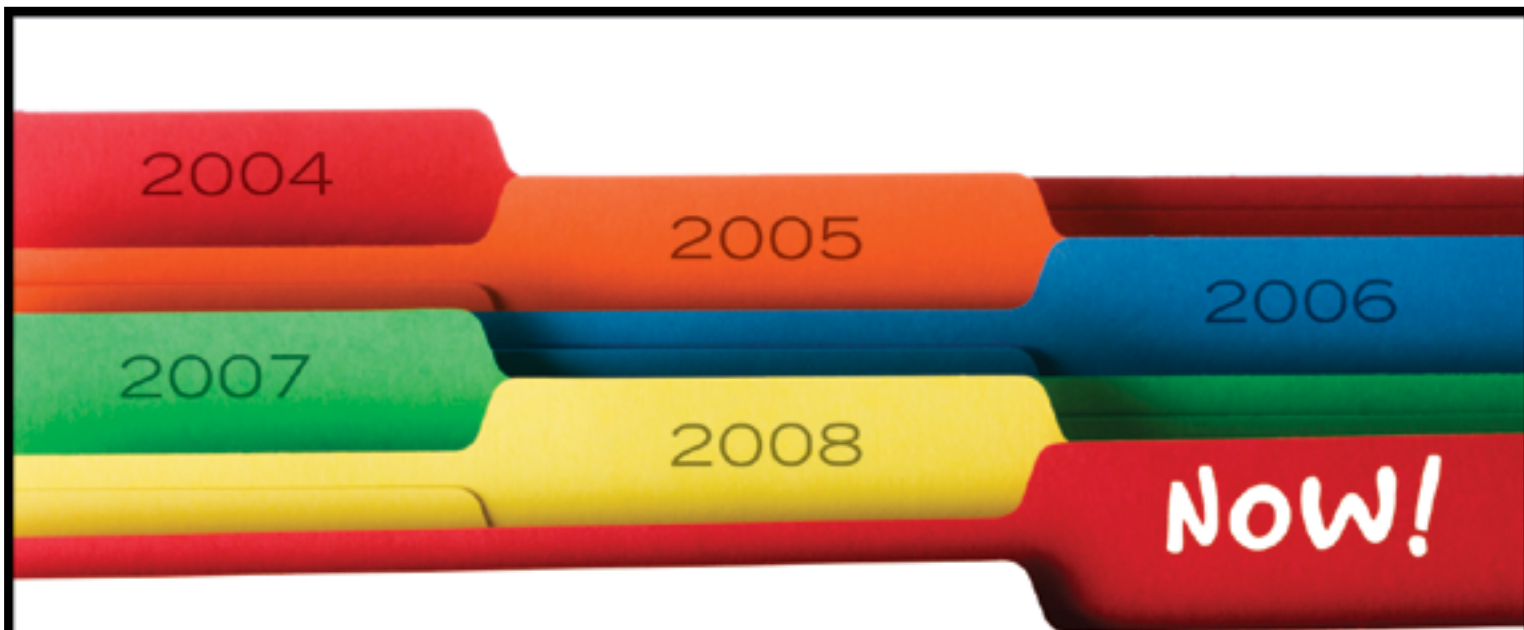
a viewfinder to look into the patient's body while he determines the robot's every move with hand controls and foot pedals.

Maxwell has performed other minimally invasive procedures in the chest cavity but says the da Vinci makes the job easier by providing

the surgeon with more control and precision. And looking into the body at the console gives him unparalleled vision. "It's a fantastic voyage, like being transported into the patient's chest," he says.

In addition to thoracic surgery, Mercy surgeons

also use the da Vinci robotic system to perform hysterectomies and cancer-related GYN, prostate and kidney procedures. Maxwell, a surgeon at Mercy San Juan since 2005, recently joined the Mercy Medical Group. His office can be reached at 536-3600.



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A golden celebration

Local men turn 100 years old just one day apart

By Lance Armstrong
THE ARDEN-CARMICHAEL NEWS

In a day and age when “80 is the new 60” and people are typically living longer lives, nothing takes away from the remarkable accomplishment of living to be 100 years old. And right here in the Sacramento area, a pair of local residents recently did just that.

A coincidental twist to the story of these two new centenarians, Carl Becker and J.D. Conger, is the fact that they reached the century mark just a day apart. Becker was born on April 1, 1909 and Conger was born on April 2, 1909.

And adding to this story is the unlikely aspect that despite being born more than 1,500 miles from one another, Becker and Conger ac-

complished the rare feat of turning 100 years old while residing just a little more than five miles away from each other.

As one might imagine, anyone who has the opportunity to celebrate 100 years of life should have a collection of interesting life experiences worth sharing with others. And in the case of Becker and Conger, they certainly do not dispel such a notion.

Being Becker

Becker, who is a native Sacramentan, recently recalled some of his earliest memories as a former resident of the Sacra-

mento Children’s Home or the “orphanage,” as Becker said that it was referred to during his youth.

“I was born in Sacramento here and my father put us (Carl and his brothers, Edwin and Elmer) in the orphanage after a break-up in the marriage and there was no other place to put us, because in those days there was no other charitable,” said Becker, who lived at the home from July 28, 1915 to Dec. 9, 1919. “A great commodity there was (the game of) marbles and my brother (Edwin) had the most marbles of anybody. Also, I remember looking out the window of the dor-

mitory at the horses and once in awhile a car would go by going, ‘chug, chug, chug.’ We used to count the number of cars that would pass by the orphanage and usually there were only about four cars a day that would go by.”

Becker, who later worked on the X-Ray newspaper staff at Sacramento High School with Herb Caen, the eventual Sacramento Union writer and San Francisco Chronicle columnist, worked a variety of jobs during his life.

“I tried everything,” said Becker, who also attended Sacramento Junior College (today’s Sacramento City College). “I was in the newspaper business with the old Sacramento Union reading copy and during the late 1920s and early 1930s, I worked at the Hearst building at 3rd and Market (streets) in San Francisco, before taking a job at a nearby haberdashery. For about four years, I was with the Southern Pacific as a firelighter, lighting the fire in the boiler for the different overland expresses that came through (Sacramento).”

Becker, who also spent about 35 years working in the

See Centenarian, page 9

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Centenarian

Continued from page 8

dairy industry for the Crystal Cream and Butter Co. and other dairy companies, was married in 1932 and with his now-late wife, Alice, had a son named, Richard, and a daughter, named Patricia. Becker also has one grandchild and one great-grandchild.

When asked what words of advice he has for someone who would like to live for 100 years, Becker stressed the words, "common sense."

"I've been through the first Depression, I've been through a lot of wars – although I wasn't active in them – but I think I've accomplished something in life," Becker said. "I've accomplished a remedy for a long life by maintaining a good diet and using common sense; common sense in all things you do. Don't go overboard. Don't drink too much, don't talk badly about others and be friends with everybody."

Growing up Conger

Conger, who was born in Cordell, Okla. and as a young boy made his way to Arkansas with his father, a former Missouri-Kansas-Texas Railroad employee, presented a positive, yet much less detailed approach to living a long life.

Perhaps holding onto a personal secret for century-long living, Conger, when asked to describe his own long life method, said, "Just keep on living."

Conger's son, Jim, said that his father was very dedicated to his employment and always kept busy throughout his working years.

"My father was a very hardworking man," Jim said. "He started out working on road construction and then he came to California (in 1935) and worked in the sawmill-lumber business for all the years up until the year he retired."

Overall, Conger, who once worked as a sawmill manager in Wilseyville, near Jackson, spent about 42 years in the lumber industry.

Today, Conger, who also has a daughter named Joyce Layton, seven grandchildren, 16



Sacramento native Carl Becker, who lived at the Sacramento Children's Home from 1915 to 1919, celebrated his 100th birthday on April 1.



J.D. Conger, who spent his 100th birthday with family members at Carmichael Oaks Senior Living on April 2, discusses what it means to him to become a centenarian.



Carl Becker (right) is shown in this c. 1925 photograph with his brothers, Elmer (left) and Edwin.

Photos by Lance Armstrong

Photo courtesy

great-grandchildren, six great-great grandchildren and another great-great grandchild due this month, resides at Carmichael Oaks Senior Living with his wife, Opal, who he married 79 years ago.

Remarkable men

According to research by the Sacramento-based organization, Take A Stand Against Elder Abuse, which presents an annual centenarian dinner, Becker and Conger are among the known 190 centenarians of the Sacramento area.

Peggy Forseth-Andrews, who has met her fair share of local centenarians through her role as president of Take A Stand Against Elder Abuse, said that she was pleased to learn about the monumental birthdays of Becker and Conger.

"Centenarians are very special people and they had to overcome a lot of obstacles to reach 100 years old," Forseth-Andrews said. "They've definitely earned our respect over the years and they're still to be valued and cherished. I would like to congratulate these men for turning 100 and thank them for everything they've done over the years and wish them many more years."

And based on the positive attitudes of Becker and Conger, who recently celebrated their special birthdays with their families and friends, it appears that many more candles will need to be purchased to celebrate future birthdays of the Sacramento area's two newest centenarians.

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Photo by Susan Maxwell Skinner

Lamb on the run: Celebrating semi-rural pockets of the Arcade area, sheep and multi-hued offspring rejoice in sunny March weather.

Spring blooms

in Arden, Carmichael vistas

*M*arching into April, spring has brought new buds, lives and energy to the community. Nature and eager gardeners have shed winter blues and painted streets and parks with the season's brilliant palette.

Author of "Carmichael - Americana on the Move," photojournalist Susan Maxwell Skinner steps out to present Arden Arcade's April kaleidoscope. Learn about the author at www.susanmaxwellskinner.com.



Photo by Guy Galante

Animal appreciation: Labrador Natoma delights in California poppies and winter ketch on the American River Parkway.

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Photo by Susan Maxwell Skinner

Rite of spring: Carmichael dancer Hannah Blank, left, and friends Alison Woodruff, Brynn Vogel and Heather Hopkins were trained at the Capitol Ballet Company, 4430 Marconi Ave. The ballerinas posed in a private garden on Carmichael Creek.



Photo by Susan Maxwell Skinner

Egged on: Encouraged by parents, Arcade children found prizes in an Easter "Eggorama" in Howe Park. The annual event is hosted by the Fulton-El Camino Park District.



To pipevine swallowtail caterpillars gorging on leaves, the vine is ambrosia.

On the Wild Side Leaving a nasty taste

Nature invests its most innocent creations with complex strategy. Effie Yeaw staff photographer Betty Cooper snapped an occupant of the American River Parkway in two guises calculated to leave a horrible taste in the mouths of predators.

Named for their pipe-shaped flowers, the California pipevine alone hosts this insect's eggs and larval phases. Gorging on the dense vine in spring, caterpillars concentrate enough chemicals in their bodies to repel predators for the rest of their lifecycles.

See the pipevine flowers in the Effie Yeaw Nature area and learn about Parkway butterflies in educational programs scheduled April 11 and May 2. For more information, call 489-4918.

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The Fork Tail Devils of Sacramento

By Earl Rogers

THE ARDEN-CARMICHAEL NEWS

Records of events that happened 65 years ago are usually stored in dusty archives or written in history books. Still, the eyewitnesses come forth with stories kept in their memories. They gather to reminisce, octogenarians who remember with clarity.

They call themselves the Fork Tail Devils.

They flew the P-38 Lightning during World War II, in Southeast Asia, in the Mediterranean and over Europe. Some say the German Luft-

waffe pilots dubbed the P-38 the "Fork Tail Devil", but more likely German soldiers in North Africa named it after witnessing ground- strafing attacks by the twin-tailed fighter.

"Our group exists to promote the legacy of the P-38 and to honor the pilots, mechanics, and builders for what they did during WWII to preserve our freedom," said Elmer Becky, a photo recon pilot who flew the P-38s in the Mediterranean campaign.

According to historian Cecil Kramer, membership in the local group stands at 114. The larger national or-



A restored P-38 Lightning takes flight

Photo courtesy:

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ganization with 1,100 active members publishes "Lightning Strikes," a glossy magazine and maintains a Web site www.p38assn.org. On the second Thursday of each month, they meet for a 10 a.m. breakfast at the IHOP restaurant on Sunrise Boulevard in Rancho Cordova. It's informal. They welcome visitors and, most always, they invite a guest speaker.

Band of brothers

At a recent meeting, the group honored Bill Beh-

rns, 89, from Stockton, who fought the Japanese in Southeast Asia. For 64 years, he had sought one final confirmation that would give him the status of "Ace" for having destroyed five hostile aircraft in aerial combat. His story is open ended and compelling, but first, a little history.

During the Japanese occupation of China in the years leading up to World War II, a single tenuous lifeline known as the Burma Road was the only

supply route into China. Trucks on the Burma Road followed a tortuous winding path through more than 700 miles of jungle and mountains to bring war materials to the beleaguered Chinese Army under General Chang Kai-shek.

In the spring of 1942, the Japanese defeated ill-equipped British Army units in Burma (now Myanmar), severed the Burma Road and isolated China

See Fork Tail, page 11

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Fork Tail

Continued from page 10

from the outside world. Air transport became the only means of supplying the Chinese Army with weapons to fight the Japanese invaders. U.S Army Air Corps Transport planes flying the perilous route (The Hump) over the Himalayas from India into China had to contend with weather, high mountains and enemy fighters.

The 459th Fighter Squadron was formed in India to provide fighter cover for the transport planes and to hit ground targets in occupied Burma. Twenty-four-year-old Bill Behrns was one of 32 pilots equipped with 25 P-38s flying out of an airfield on the Bay of Bengal. In retrospect, the 459th FS was expendable. During the years of 1943-44, against 20-to-1 odds, 30 of the original 32 pilots were shot down. Four survived. On one occasion, Behrns belly-landed his crippled P-38 on a section of the Burma Road and was rescued the next day. On another mission, he gunned down a Japanese fighter, saw it disintegrate in the air and got confirmation from his wingman over the radio, but lost his only witness after his wingman was shot down, captured and later died in a Japanese prison.

No confirmation means no credit.

Thus, Bill Behrns ended the war with confirmation of four enemy planes shot-down. The fifth remained open for the next six decades until a historian in Japan sent him all the information from Japanese archives that was needed to verify his claim. The American Fighter Aces Association now recognizes him as an "Ace." Last August, in a surprise ceremony on the Capitol steps in Sacramento, Bill Behrns was recognized for his service to his country.

Local eyewitnesses to history

Those who remember the Lockheed Lightning are dwindling in number. The hour of the last man standing will come. Afterwards,

there will no longer be eyewitnesses to a remarkable airplane and to an era when the entire world was in peril.

To keep the memory alive, the Fork Tail Devils of Sacramento are taking their stories to high schools in the region. Each of the members give testimony to the activities of the era. Teens hear

from people like Lenora Collins Albericci, a Sacramento native who was one of four Collins sisters who worked at McClellan field during World War II overhauling the P-38; Don Spindler, who flew the P-38 in the Pacific War; and Rudy Moll, who as a teenager was interred with his family in a Japanese prison camp in In-

donesia (then the Dutch East Indies) and recalls watching the P-38s flying lower than the coconut trees to attack Japanese positions outside the camp.

According to Moll, these guys are his heroes.

There are many more with exciting stories. They're a friendly bunch. You don't have to be a

pilot or a military veteran to enjoy their company. They like to talk; and with their enthusiasm, they are forging a bridge across several generations.

For more information on the group, call (916) 488-2645.

E-mail Earl Rogers at vcnnews@valcomnews.com.

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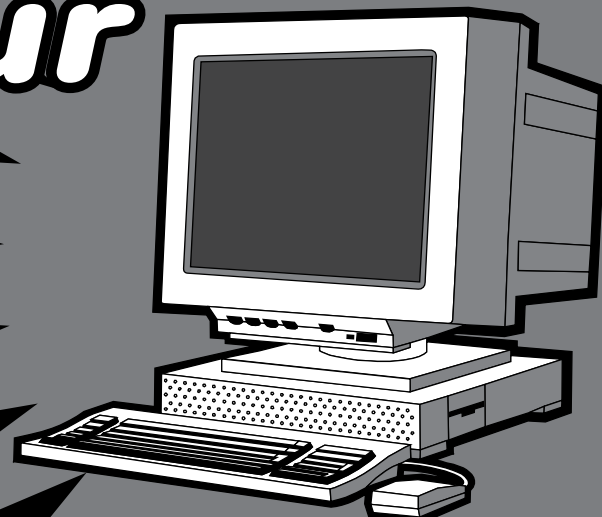
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Calendar

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GET IN THE CALENDAR

Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event—including date, time, location, a brief description, cost (if any), and contact information—to Calendar, c/o Valley Community Newspapers, 2709 Riverside Blvd., Sacramento, CA 95818, or e-mail ryanrose@valcomnews.com. Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost.

APRIL

Breakthrough piano instruction at Belle Cooledge Library

Dane Andrus is a Simply Music senior associate piano instructor. He will be leading a free introductory session on the Simply Music piano method Mondays, April 20 and 27 from 10 to 11:15 a.m. at the Belle Cooledge Library for the seventh year in a row. At least two songs will be learned using the Simply Music Method. Group classes for Simply Music instruction will be offered subsequently for adults. Seating is limited. If you have a piano or keyboard, reserve a seat now for the free introduction session by calling Dane Andrus at 447-1750.

APRIL 9

Computer club meets

Mission Oaks Computer Club meets to hear Adam Lacey from Applications, Etc. discuss managing files, folders and photos, 1 to 3 p.m., Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Visitors welcome. Information at 366-1687 or the website www.missionoakscomputerclub.org.

APRIL 10

Bridal gown, prom dress expo

The Sacramento Discovery Shop presents a Bridal Gown and Prom Dress Expo featuring fabulous, affordable wedding dresses and outfits for mothers-of-the-bride and flower girls. Also featured will be prom dresses and formals. Proceeds go to the American Cancer Society. The Discovery Shop is located at 2744 Marconi Ave. The shop is open Monday through Friday from 10 a.m. to 6 p.m., Saturday from 10 a.m. to 5 p.m. and Sunday from noon to 5 p.m. For more information, call 484-0227.

APRIL 11

County discussions

Residents can discuss issues with County Supervisor Susan Peters during her "Office Hours" at Carmichael Park, from 9:30-11 a.m. For information, call 485-5322, or visit www.carmichaelpark.com.

Kiwanis Pancake Breakfast and Easter Egg Hunt

The East Sacramento-Midtown Kiwanis Club will be hosting its 22nd annual Pancake Breakfast and Easter Egg Hunt on Saturday at McKinley Park's Clunie Clubhouse in Sacramento. Breakfast will be served from 7:30-11:30 a.m., \$5 for adults and #3 for children. Free egg hunts start at 9:30 a.m. and are divided by age groups. For more information, call 484-1314.

Pocket's spring egg hunt

Annual Pocket Spring Egg Hunt, 9:30 a.m., Parkway Oaks Park, next to Lisbon Elementary School, 7555 South Land Park Drive. Free. Sponsored by City Councilman Robbie Waters. Bring a basket – and a camera. Friendly bunny for posing with, arts and crafts. Information at 808-3821.

Easter fun at Fairytale Town

Spring Egg-stravaganza 2009 at Fairytale Town, 3901 Land Park Drive, is 11 a.m. to 3 p.m. They will host their famous Egg Drop Hunts three times a day on the Mother Goose lawn, giving anxious little fingers the opportunity to collect the precious plastic orbs and redeem them for special prizes in Mr. McGregor's Garden. General Admission is \$4.50. Children 2 and under are free. There is an additional charge for Puppet Art Theater: \$1 for members and \$2 for non-members. For more information, call 808-7462 or visit www.fairytaletown.org.

Egg hunt and pancakes, too

Carmichael's annual Egg Hunt and Pancake Breakfast returns to Carmichael Park, the egg hunt at 10 a.m. (arrive 30 minutes early) and breakfast served 7 to 11 a.m. Includes live music, clowns, fire trucks and more. The egg hunt is free, but bring a basket.

Pancakes cost \$5, children 12 and under, \$3. Information at 483-7826.

Egg Hunt Egg-stravaganza

The Meadows 3rd annual Easter Egg-stravaganza is at 10 a.m. at the Meadows Senior Living and Memory Care, 9325 East Stockton Blvd. in Elk Grove. This event is free and open to the public. Call 714-3755 to RSVP.

Bunny Bonanza

Things are really hopping at the Discovery Museum Science & Space Center today. There will be a bounty of bouncing, bounding, beautiful bunnies of every shape and size. See it all at the Discovery Museum Science and Space Center, 3615 Auburn Blvd, from 12:30 to 3 p.m. The cost is \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under). For more information, call 575-3942.

APRIL 17

Monarchs and scholarships

Jenny Bouchek, coach of the Sacramento Monarchs, and Monarchs player DeMya Walker, discuss "Living My Dream" at a scholarship luncheon for local college-bound girls, hosted by Soroptimist International of Sacramento, 11:30 a.m. to 1 p.m., Casa Garden Restaurant, 2760 Sutterville Road. Cost, \$20. Reservations and information at 363-6 927 or e-mail barbaramcdonald@comcast.net.

See students slam poets

Sacramento Area Youth Speaks, in conjunction with the Sacramento City Unified School District, hosts a poetry workshop and slam at Crocker Auditorium, California Middle School, 1600 Vallejo Way, from 6-9 p.m. Arrive early to sign up for the slam!

Explore new learning center

Alder Grove Learning Center celebrates its grand opening with a special tour for the community from 3:30-5 p.m. The learning center is located at 752 Revere Street, Unit B. The center touts a computer lab, a teen room, a playroom and a library among its amenities.

APRIL 18

Playground Classic

Get a group together and come out for the first annual Playground Classic where you'll compete in your favorite childhood games: dodgeball, kick ball, and Capture the Flag. The event will be held on three consecutive Saturdays at Jonas Larkspur Park, corner of Jonas Avenue and Larkspur Lane. Each Saturday features a different game: today, dodgeball; April 25, kickball; and May 2, Capture the Flag. Games begin at 10 a.m. and tournaments will finish by 3 p.m. Teams should consist of 10 to 12 people, and be equally divided between men and women. Register for the full tournament (\$150) or for individual tournaments (\$60). Registration forms and more information can be found at www.amrpd.org or call 487-7851.

Parkinson's Education

As April is Parkinson's Awareness month, the community is invited to attend a special Parkinson's disease educational meeting Saturday, at 10 a.m. at Primrose, 7707 Rush River Dr. For more information, call Valerie Barclay at (916) 392-3510. Reserve your space before April 10.

APRIL 18, 19

Benefit plant sales

AIDS benefit plant sales by garden columnist Robert Hamm, 9 a.m. to 3 p.m., in the covered parking lot behind The Gifted Gardener, 18th and J streets. Wide selection of hardy perennials for this area and hard-to-find varieties. Proceeds benefit the children's projects of Sunburst Projects. Information and volunteer sign-ups at 923-3745.

Farewell to a Red-tailed Hawk

Join us this weekend to celebrate the retirement of our Red-tailed Hawk, Katite. After 30 years of faithful service, she is leaving the museum to enjoy a peaceful retirement. See it all at the Discovery Museum Science and Space Center, 3615 Auburn Blvd, from 12:30 to 3 p.m. The cost is \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under). For more information, call 575-3942.

See more Calendar, page 18



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Friday, April 10th
 11:00am & 7:00pm Good Friday Services

Sunday, April 12th
 8:30am, 9:45am, & 11:00am Easter Sunday Worship Services w/ Holy Communion

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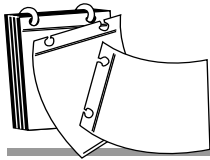
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Calendar

There's always more Calendar online at www.valcomnews.com

APRIL 19

Meditation closes Buddha Exhibit

The Crocker Art Museum will host a mass meditation on peace in the museum's courtyard starting at 3 p.m. to mark the closing of "Budda." Lama Jinpa and Michael Half-hill of the Lion's Roar Dharma Center will guide participants in a mantra chant followed by silent meditation. The ceremony will begin with a traditional music performance and an introduction to the chanting process. The ceremony is free and open to all ages. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

Buddy Harpham Banquet and Show Tribute

Held at the Carmichael Elks Lodge, No. 2103, at 5631 Cypress Avenue from 1 to 4 p.m., Orval "Buddy" Harpham, a six decade musical legend, soloist and bandleader since 1948 will be honored by his many friends, students, and fans of America's songbook and ballroom music in a three hour tribute, dinner, video showings, and personal testimonials, plus dancing. The general public is invited to attend this deserving tribute and banquet. Tickets are \$39.

APRIL 21

Travel abroad

Free information session about the Oaxaca, Mexico, Travel Study Program of-

ferred through Sacramento State College of Continuing Education, 6 to 8 p.m. in Napa Hall, 3000 State University Drive East. Participants of the two-week program will attend educational seminars, guided weekend tours to archeological sites, and strengthen their Spanish language skills all while earning three units of undergraduate or graduate credit. For more information, call professor Peter Baird at 278-4916, or visit www.edweb.csus.edu/bmed/mexico.

APRIL 25

Play playground games

Get a group together and come out for the first annual Playground Classic where you'll compete in childhood games of kick ball and Capture the Flag. The event will be held on consecutive Saturdays at Jonas Larkspur Park, on the corner of Jonas Avenue and Larkspur Lane. Each Saturday features a different game: today, kickball; and May 2, Capture the Flag. Games begin at 10 a.m. and tournaments will finish by 3 p.m. Teams should consist of 10 to 12 people, and be equally divided between men and women. Register for individual

tournaments (\$60). Registration forms and more information can be found at www.amrpd.org or call 487-7851.

Clean up the creeks

Carmichael Recreation and Park District celebrates Creek Week, 9 a.m., with a clean up. Bring family and friends to get wet and muddy, create art from trash, help clean up parks and creeks, and mingle with fellow creek lovers. After the clean up, volunteers will be honored at the Sacramento Discovery Learning Center, 3615 Auburn Blvd. Activities at noon include free barbecue, t-shirt, educational and activity booths, music and more. Information from the Sacramento Urban Creeks Council, 482-8377.

Everything geraniums

Carmichael Geranium Society Festival and Sale with award-winning geraniums on display and for sale, 10 a.m. to 3 p.m., Carmichael Clubhouse, 5750 Grant Ave. Includes ceramic handmade pots for sale, and free advice on potting and planting geraniums. Information from Pearl Lemkuil, 483-4496 or the Carmichael Park and Recreation District office 485-5322.

APRIL 25-26

Water Conservation Program

In the spirit of Earth Day, the Museum is hosting a special appearance from the Folsom Gatorbytes. This program is an award-winning group of elementary students who apply technology to conservation. This kid friendly program teaches the entire family about water conservation and usage. See it all at the Discovery Museum Science and Space Center, 3615 Auburn Blvd, from 12:30 to 3 p.m. The cost is \$6 adults (18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under). For more information, call 575-3942.

APRIL 29

Cancer prevention study event

The third Cancer Prevention Study of the American Cancer Society will be enrolling participants on the South Steps of the State Capitol on Wednesday between 10:30 a.m. and 2:30 p.m. this year only. Individuals who choose to participate will complete a brief questionnaire, give a waist measurement and a small blood sample. If

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MAY

Free Pole Walking Clinics

Sponsored by the nonprofit Cure Arthritis Now, this program will run Saturdays, May 2 and May 16 on Scripps Drive from 9 to 10:30 a.m.; Mondays, May 18 and June 1 from 9 to 10:30 a.m. in River Park; and Fridays, May 15 and May 22 from 9:30 to 11 a.m. in Curtis Park. Pre-registration is required and clinics will be rescheduled if rain is expected. Demo Poles provided free during clinics. Call for details of exact locations at 208-8700.

MAY 2

Play Capture the Flag again

Get a group together and come out for the first annual Playground Classic where you'll compete in your favorite childhood game of Capture the Flag, at Jonas Larkspur Park, on the corner of Jonas Avenue and Larkspur Lane. Games begin at 10 a.m. and tournaments will finish by 3 p.m. Teams should consist of 10 to 12 people, and be equally divided between men and women. Registration is \$60. Registration forms and more information can be found at www.amrpd.org or call 487-7851.

Get rid of E-Waste

E-Waste Recycling Collection Event will take place from 8 a.m. to 6 p.m. at the Cabana Club, located at 6207 Riv-

erside Blvd. in Greenhaven. The Sacramento Stingrays Swim Team sponsors the event and the team swims at the Greenhaven Cabana Club.

Backyard composting seminar

Learn how to save money, reduce your waste and improve the quality of your soil in a free Backyard Composting Seminar hosted by The City of Sacramento Department of Utilities Solid Waste Services, 8 to 10 a.m., J. Neely Johnson Park Community Garden, 516 11th St. Attend the seminar and purchase a compost bin for \$65. For more information, call 264-5011 or visit www.cityofsacramento.org/utilities.

MAY 9

Canine Craze Fun Dog Show

Carmichael Parks and Recreation District's 11th annual Canine Craze Fun Dog Show, 10 a.m. to 1 p.m., Carmichael Park, 5750 Grant Ave. Free. A dog show for everyone and every dog, with free hot dog barbecue. Information at 485-5322.

MAY 10

Breast cancer walk

Join the fight against breast cancer in the fourth annual Walk to Empower, 9 a.m. at Southside Park. The three-mile, non-competitive walk is expected to draw more than 1,600 people and raise more than \$200,000 for Breast Cancer Network of Strength, which provides emotional relief for breast cancer patients and their families. For information and registration, visit <http://walk.networkofstrength.org> or call 1-877-963-7223 x 2739.

MAY 14

Eskaton's annual gala

A night of "Old Hollywood Glamour," with live music, a casino, fine wines, dinner, live auction and raffle benefits Eskaton's community programs, including The Senior Connection, TLC Telephone Reassurance Program, adult day health and affordable housing, 5:30 to 9:30 p.m., Arden Hills Resort Club and Spa. Tickets, \$125, \$100 for ages 70-plus. Information from Suzanne Strassburg, 334-0810.

MAY 16

Spring Park Carnival

Come celebrate spring at the Spring Park Carnival, 10 a.m. to 3 p.m., at Hamilton Street Park. Food, music, arts and crafts, vendors, carnival games, prizes and giveaways for families and people of all ages. For information, call 482-8377 or visit www.arcadecreekrecreation.com.

MAY 30

Annual SPCA Doggy Dash

The Sacramento SPCA will hold its 16th Annual Doggy Dash and Bark at the Park Festival. Registration begins at 7:30 am; run/walk begins at 9 am; festival begins at 10 am at William Land Park (Village Green Area). Registration is \$25 before May 22, \$30 thereafter. Or form a group and register as a fundraising Pack for \$40 per person. Children eight and under are free. Free parking is available at Sacramento City College on Sutterville Road. For more information or to register, visit www.sspca.org/doggydash, call (916) 383-7387, ext. 9102 or e-mail speialevents@sspca.org.

Please send your updated 2009 Calendar Announcements

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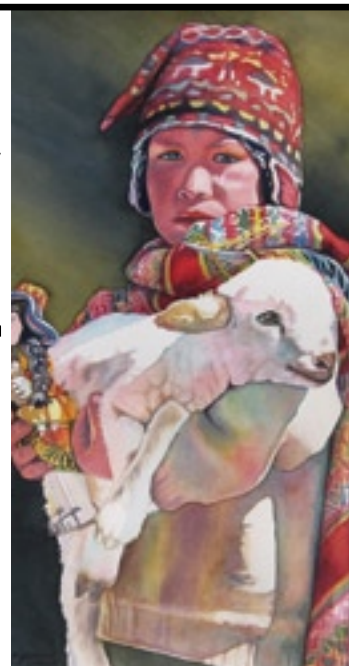
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