



McKinley Park:
Through the ages

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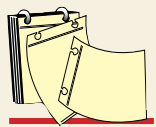


Spring to the park
**Warm weather brings
crowds to McKinley Park**

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◆ **INSIDE** ◆



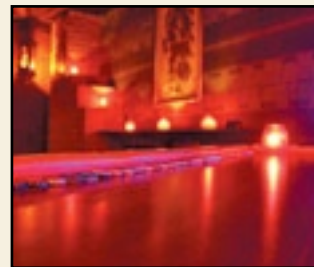
**Community
Calendar**

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**Mercy doctor
and robot work
hand in hand**

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**Souls Tavern
brings musical
heart**

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The East Sacramento news

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1,000 Words

In this photo by East Sacramento News writer Elizabeth Valente, we see artist Roman Holliday as he paints in McKinley Park.

Here is an assignment to all East Sacramento News readers out there: We want to see your photos, too. Send your digital pictures to ryanrose@valcomnews.com. Show us your favorite picture of East Sacramento, whether it be of a person, place or thing (any noun will do), and we will share it with our readers. Good luck, shutterbugs.



East Sacramento: Class and culture combine

By Ryan Rose
THE EAST SACRAMENTO NEWS

East Sacramento: It is one of the few places from across the region where a showcase of local houses could garner so much positive publicity and interest. And yet, for a community with deep roots and strong familial ties, East Sacramento is so much more—those aren't just houses on those tree-lined streets, those are homes.

The homes that populate East Sacramento have traded from one family to another, sometimes handed from parent to child or sold from one owner to the next. Standing for decades alongside meticulously manicured landscapes, these buildings act as silent witnesses to the changing times and shifting trends. Yet, time only strengthens the strong history that binds the community together; the community spirit here is ubiquitous, visible at the annual Fourth of July parades, palpable at Corti Bros. market and present in most conversations at McKinley Park. That is the heart of East Sacramento.

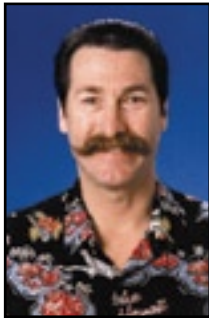
The East Sacramento News will echo that unique community spirit in its news coverage. This paper will

endeavor to cover the news and events – the quality of life issues – that are important and relevant to East Sacramento residents and business owners. To meet that end, the paper is looking to the community, as it is your respective stories we wish to tell.

This paper asks its readers to raise their voices and provide story tips, news reports, photos and letters. Whatever the information, whether it is on school events, sports scores or scenes of everyday life, the East Sacramento News wants to report on it. There are great stories and grand people that need coverage, and we aim to give them the notice they deserve. In regard to highlighting local residents in particular, this paper will launch a new “Know your neighbor” feature in the coming weeks. Nominate worthy individuals via e-mail at ryanrose@valcomnews.com.

Together, with the help of the community, the East Sacramento News will remain the voice of East Sacramento and its many diverse and unique residents.

Please send your story tips and community news to ryanrose@valcomnews.com or call 429-9901.



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Sean and Debbie O'Donoghue feed the ducks March 22 at the pond at McKinley Park.

Photo by Elizabeth Valente

Preview for next edition: MENA Home Tour

The McKinley East Sacramento Neighborhood Association is hosting its annual East Sacramento Home Tour April 26 from 10 a.m. to 4 p.m., an event that draws Sacramento residents from across the region. The East Sacramento News will prominently feature this event in an upcoming story to be published April 16.

Tickets for the tour are \$15 in advance and available at Pulp Pattery, 3020 H St.; William Glen, Town & Country Village; Collected Works, 4524 Freeport Blvd.; Sutter Middle School, 3152 I St.; and Theodore Judah Elementary, 3919 McKinley Blvd.

Tickets are \$20 on tour day and can be purchased at the ticket table at one of the tour homes on 38th Street.

For more information, e-mail MENA at MENA@eastsac.org or go to www.eastsac.org.



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Flowers and fun return to McKinley Park

By Elizabeth Valente
THE EAST SACRAMENTO NEWS

The first day of spring, March 20, has come and gone. But the promises of color, blossoms and hatchlings are abundant at McKinley Park in East Sacramento.

"If you've spent most of the long and dreary winter indoors, you'll want to come out and smell the flowers," said Debbie O'Donoghue. "From this day forward it's all about new beginnings."

After weeks of rain and cold days, Debbie and her husband Sean wasted no time sprinting to their favorite spot in the park – the man-made "Duck Lake," as they call it. Their

love affair with the lake started when they were both children.

"We grew up in this area and as kids we would come to the park to feed the ducks. Doing this now takes me back to those simpler times," said Sean O'Donoghue. "Spring helps rejuvenate, energize people and

See Spring, page 14

On the cover:

Theodore Judah Elementary School kindergartener Carrie Breedlove, 6, picks daisies while at McKinley Park March 22 with her mother, Cinde. A McKinley Park palm tree rises into the bright blue sky.

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Robots and surgeons work hand in hand at Mercy Medical Center

Special to
the East Sacramento 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.

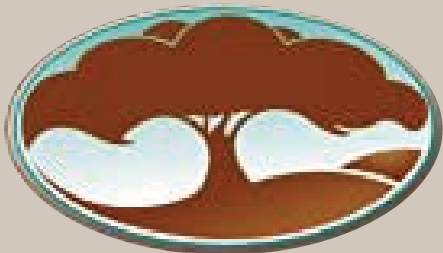
Maxwell has performed other minimally invasive procedures in the chest cavity but says the da Vinci makes the job easier by providing the surgeon with more control and precision. And looking into the body at the console gives him unparalleled vision. "It's a fantastic voyage, like being transported into 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.



Dr. Stephen Maxwell, pictured here and inset, a thoracic surgeon at Mercy General's sister facility Mercy San Juan Medical Center, decided to learn the intricacies of the da Vinci robotic system because "it's the latest advancement in proven, minimally invasive technology."

Photo Courtesy



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Heart and soul live in Sacramento

Sweet sounds spring from Souls Tavern

By Tyrone Bowman

THE EAST SACRAMENTO NEWS

“Live from Souls Tavern” is sort of a local version of “American Idol,” without the painful (and sometimes degrading) judgment calls.

Tony Singing Eagle-James, a local cameraman and director, and wife Raina LeGarreta (from Souls & Sounds Productions), host the new monthly webcast filmed from their private lounge and studio, Souls Tavern, located in East Sacramento.

On “Live From Souls Tavern,” the married couple feature acoustic performances from different artists, interviews and other tidbits.

New episodes can be viewed online at www.livefromsouls-tavern.com on the 13th of each month.

Good vibrations

Since 2004, the goal of Souls & Sounds Productions has been to help local musicians from across the region get off their feet and into the public eye via promotions and interviews on their Web site – www.soulsandsounds.com – and numerous radio shows they have had on KFSR in Fresno, KDVS in Davis and Access Sacramento.

“There are so many artists that don’t even get looked at,” James said. “This (Souls Tav-

“There are so many artists that don’t even get looked at,” James said. “This (Souls Tavern) can help many up-and-coming bands out.”

ern) can help many up-and-coming bands out.”

“When we first started our Web site while living in Fresno, we’d have different artists come to our apartment for the interviews,” LeGarreta said, “Some of them would bring their acoustic guitars and end up doing impromptu jams for us.”

These freestyle jams coupled with shows like Daryl Hall’s (of Hall & Oates) webcast “Live From Daryl’s House” and MTV’s “Unplugged” sparked LeGarreta’s interest to mastermind “Live From Souls Tavern.”

A notable part of the webcast is that the artists, for the most part, perform acoustically.

“Acoustic performances really depict an artist’s music in



Grab a seat and soak up the soul as the Soul Tavern serves up the best in local music.

Photo credit: Photo Courtesy

the most raw form,” LeGarreta said.

Built by James in October of last year, Souls Tavern’s comfy vibe is reminiscent of a quaint lounge in London – complete with brick walls, dim lighting (the place is covered with red candles), a sound system with turntables, small stage and a full bar.

“The ambiance is perfect for the mood of the show,” James said.

“Live from Souls Tavern” adds to the couple’s continued effort to showcase independent and unsigned artists who are being downplayed and, as LeGarreta said, deserve a chance to blossom.

“There are way too many good musicians out there being

overshadowed by the current mainstream B.S.,” she said. “We want to help them out.”

In addition to the new “Live from Souls Tavern” webcast, LeGarreta and James also host a radio show, “Thrift Store Records,” from 10 p.m. to midnight Saturdays at www.kfsr.org.

Contact Tyrone at vcnnews@valcomnews.com.

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The Fork Tail Devils of Sacramento

By Earl Rogers

THE EAST SACRAMENTO 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 Luftwaffe pilots dubbed the P-38 the "Fork Tail Devil", but more likely German soldiers in North Africa named it after witnessing ground-strafting 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 organization 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 Behrns, 89,



Photo courtesy Bill Behrns.

Then-24-year-old Bill Behrns was one of 32 pilots equipped with 25 P-38s flying out of an airfield on the Bay of Bengal.

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 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 Himala-

yas 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 pi-

See Fork Tail, page 7

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Fork Tail

Continued from page 6

lots 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 re-

markable 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 Alberici, 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 Indonesia (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.



A restored P-38 Lightning takes flight.

Photo courtesy

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Ask Officer Michelle

Answering questions on law enforcement

By Officer Michelle Lazark
SACRAMENTO POLICE DEPARTMENT

Editor's note: Ask Officer Michelle your question by emailing her at mlazark@pd.cityofsacramento.org or visit her online blog at <http://blog.sacpd.org>.

Signing up for ride-alongs Hello Officer Michelle,

In regard to ride-alongs, where is the best location to mail the application? Both my daughter and I are finishing up on our [Administration of Justice] degrees and would like to participate in a ride-along.

**Thanks for your time.
Posted by Bociba**

Dear Bociba,

A ride-along is a great way to see the inner workings of what a police officer does on a day-to-day basis. This is a very exciting and important job and you will see that either you will want to apply the day after your ride-

"A ride-along is a great way to see what a police officer does..."

along, or you may realize, "I wouldn't do this job even if my salary was one million a year!"

If you want to go on a ride-along in our south jurisdiction, you would mail the application to 5303 Franklin Blvd., Sacramento, 95820. If you want to ride in the north area, you would mail it to 3550 Marysville Blvd., Sacramento, 95838. If you want to ride in our central region, you would mail it to 300 Richards Blvd., Sacramento, 95811. The application will be processed through whichever station you apply. Be sure that you are a criminal justice student. They will waive the requirement that you must live in the city in order to go on a ride-along with us. Hope you like it!

**Take care,
Officer Michelle**



Attached photo shows, from left to right, Jack Hastings as Franc Fontaine-Bleu, Jane Hastings as Lady Marzipan, Linda Melvin as LaRosa Rota-Scopa, William Fuller as The Celluloid Scholar, Maureen Gaynor as Penny Arcade, and Jeff Madow as The Yard Sailor.

Surreal art is center stage

The Pink Toupee Collective – a confabulation of musical, theatrical, performance, spoken word and visual artists – presents a surrealist cabaret revue featuring an exhibition of original art based on the songs they are to perform.

The show is entitled "The Hunt for LaSalada" and will be performed at the Ooley Theatre, located at 2007 28th St., from April 17 through May 9. Performances are Fridays and Saturdays at 8 p.m. There is also a 5 p.m. matinee May 2. Tickets are \$17 for general admission, \$12 students.

A departure from their more linear works, "Miss Fortune and the Car-

nival of Fools" and "The Cobra and the Hare," "The Hunt for LaSalada" is an attempt to bring the concept of the surrealist, absurdist assemblage/collage (as pioneered by Marcel Duchamp and Joseph Cornell) into a live musical-theatrical setting surrounded by an array of fantastical artworks created by some of Sacramento's most inspired and original practitioners.

Seating is limited and reservations are encouraged. Register online at www.fontainebleu.info.

For more information, e-mail fontainebleureservations@gmail.com or reservations@pinktoupee.org or call 451-7237.



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April is Sacramento State Alumni Month

Special to *the East Sacramento 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.

Alumni Volunteer Day is from 9 a.m. to 1 p.m., Sunday, April 5. People are invited to participate in clearing up the Sacramento State Arboretum. Lunch and refreshments will be provided.

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

“Hornets Dining on the Move,” is an opportunity for the campus com-

“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.

munity 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 community 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.

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Recently the House of Mercy was on the receiving end of compassionate care. Donors, volunteers and business partners provided contributions and in-kind services to give the House of Mercy a much-needed renovation, from fresh paint and new furniture, to improved plumbing and electrical work.

The House of Mercy re-opened in February and continues to provide a home away from home for more than 400 families a year, and will do so for generations to come.

PICTURED ABOVE: (Front row) Sister Virginia Sullivan, Sister Liaison; Sister Bridget McCarthy, Mercy Foundation President & CEO; Denny Powell, Mercy General Hospital (MGH), President. (Back row) Cathleen Dougherty, Chair, Mercy General Community Leadership Council; Father John Healy, MGH Chaplain; John Orr, President, North State Building Industry Foundation.

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Photo by Lance Armstrong

A couple relaxes on a bench alongside Lake Kiesel in McKinley Park. The body of water is the only remaining remnant of the historic Burns Slough, which once ran through the park's property.

A landmark of beauty in East Sacramento

Historic McKinley Park is a cherished community asset

By Lance Armstrong
THE EAST SACRAMENTO NEWS

Throughout the history of Sacramento, parks have proven to be some of the most cherished places for local residents and visitors seeking inviting sites of recreation and leisure. And among the kings of Sacramento's parks is undoubtedly McKinley Park.

Located on 32.4 developed acres on the east side of Alhambra Boulevard and west of 35th Street, between H Street and McKinley Boulevard, the park is a haven for its many daily visitors, who include joggers, walkers, tennis, soccer and basketball players, children using playground equipment and those who simply enjoy relaxing in a pleasantly scenic environment.

As an individual who certainly knows a great deal about Sacramento's parks, Hindolo Brima, spokesperson for the city's Department of Parks and Recreation, recently commented to The East Sacramento News about the importance that McKinley Park plays in the community.

"McKinley Park is one of the jewels within our park system and includes amenities for almost every age group and demographic, including, of course, the swimming pool, the wonderful playground and the tennis courts," Brima said.

Brima added that it was the foresight of some early Sacramentans that resulted in the fortunate position that people are in today to enjoy the benefits of McKinley Park.

"It just proves that those who really felt strong about the community understood the importance of parks and recreation," Brima said. "We can see the importance (of their vision) by how many people use the park today."

The roots of the McKinley Park that people know today date back to 1871, when the park opened as the privately-owned East Park – a name given to it for its location in the then-undeveloped area just east of city limits.

Streetcar tracks were laid to the corner of today's Alhambra Boulevard and H Street in July 1871 and additional track delivered passengers to the park's

54-foot-by-104-foot, two-story clubhouse, which included the East Park Saloon.

East Park was a recreation and leisure destination spot with such attractions as picnic grounds, a baseball field, shooting galleries, an open-air dance floor and a zoo with deer, raccoons and other animals.

Historical records show that the park was located at the site of a former large body of water known as Burns Slough.

Today, the park's lone body of water is Lake Kiesel, a lake better known as a duck pond, which is mentioned in The Sacramento Union's Guidebook to Sacramento of 1872-73.

The guidebook makes reference of then-soon-to-be-added features of the "lake" such as "an island of oval shape, 210 feet long by 100 feet wide" at the lake's center and bridges, which "lead from the mainland to the island."

Although the bridges were eventually eliminated, the lake, which once received its water through a 5-foot-deep canal leading from the slough, contin-

ues to serve as one of the park's most popular features.

The work behind the park

The greatest credit for the existence of McKinley Park today should undoubtedly be given to the Tuesday Club.

Working with East Park's owner Albert Gallatin and the city government, this local women's group persuaded Gallatin to sell the then-poorly maintained and swamp-filled park to the city for \$12,500 in 1902.

The park, which was renamed in honor of President William McKinley, who was assassinated on Sept. 14, 1901, gained increasing popularity in the early 20th century.

Other early amenities of the park included lawn tennis courts, a handball court, zoological and floral gardens and picnic areas.

Another early amenity at the park was a free auto campground, which once served more than 10,000 automobiles

See McKinley, page 13



Photo courtesy of the Lance Armstrong Collection

McKinley Park is shown in this rare 1940s view of a scenic trail.



Photo courtesy of the Lance Armstrong Collection

McKinley Park is shown in this 1920s artist enhanced view of the park's water features.

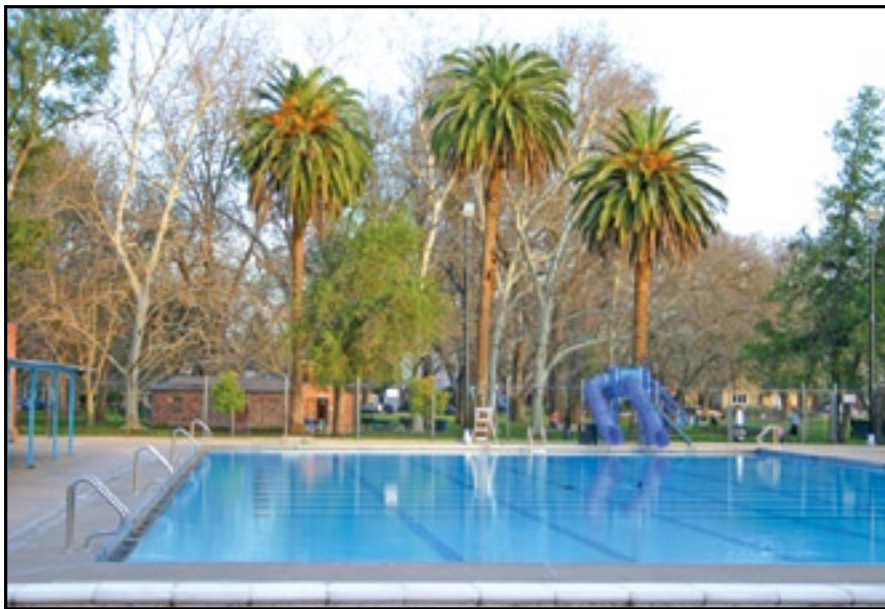


Photo by Lance Armstrong

The Clunie Memorial Swimming Pool was first opened to the public on Aug. 11, 1936.



Photo courtesy of the Lance Armstrong Collection

Guests enjoy a day at the Clunie Memorial Swimming Pool in this c.1940 photograph.

McKinley

Continued from page 12

and their accompanying passengers in a single season.

A new city library branch opened in the park's clubhouse on Dec. 16, 1918.

The 1930s brought much change to McKinley Park as a new clubhouse and pool were constructed at the park through the kindness of Florence Turton Clunie, the wealthy widow of Sacramento pioneer, Thomas J. Clunie.

Florence Clunie, who passed away in 1934, bequeathed \$150,000 to the city of Sacramento for the construction of the clubhouse and pool.

Then-Mayor Thomas P. Scollan referred to the donation as "one of the finest gifts ever made to Sacramento."

The 65-foot-by-165-foot pool, which is officially known as the Clunie Memorial Swimming Pool, was dedicated on Aug. 10, 1936 and offers a capacity for 1,000 swimmers. The pool was opened to the public the following day.

As a child, Sacramento native Ralpa Cape was among the first people to

benefit from the pool, which originally had a children's admission price of 10 cents, compared to the \$1 admission cost for children today.

"When they first opened up the pool at McKinley, I used to walk over there and stay all day at the plunge," Cape said. "There were swings over there on the side (near the pool) and I'd swing on the swings and then I'd go back to the pool. I would stay there all day and then go home in the evening."

Cape, who learned to swim when she was 2 years old, added that she later took acrobatic diving lessons from a German diving instructor on the pool's 12-foot diving board.

A few weeks following the opening of the pool, the clubhouse, which includes an auditorium, a library, three meeting rooms and a kitchen, opened to the delight of the community.

The park through time

The park benefitted from the New Deal relief organization, the Works Progress Administration, in 1940, when new sidewalks were placed around the border of the park.

Another later development of the park was the construction of its current garden and arts center building, off McKinley Boulevard, in 1958.

The Sacramento Garden Club dedicated an earlier garden center building, which was located along H Street, on March 7, 1935.

And when it comes to the topic of gardens, few gardens in the city draw more attention for their beauty and size than the McKinley Park Rose Garden at 33rd and H streets.

Created in 1928, this 1.5-acre garden with more than 1,000 rose bushes, tree roses and blooming annuals is a favorite site for weddings and other outdoor events or for those who simply enjoy relaxing in an aesthetically-pleasing and peaceful environment.

Today, the park, which thrives in the East Sacramento area, continues its longtime position as a popular recreation and leisure destination spot for thousands of visitors each year.

Sacramento resident Vijay Singh is among the many people who enjoy the park on a regular basis.

"This is one of the best parks in Sacramento," said Singh, who often spends afternoons at the park with his 3-year-old daughter, Priyana.

"I like to bring my daughter here (to the park), so she can feed the ducks and see the dogs and the many friendly people," Singh said. "It's a very friendly environment at this park and we always feel safe here."

And providing a friendly and safe environment is definitely part of the Department of Parks and Recreation's goals for McKinley Park and other parks in Sacramento's park system, Brima said.

"Like all of our parks, we strive to make McKinley Park a safe, friendly and beautiful place," Brima said. "We would like to have every park in our system, where the community defines the park. McKinley Park, in doing this, is definitely one of our outstanding parks and it serves as a model in meeting our mission to 'maximize the experience of living.'"

Contact Lance at vcnnews@valcommnews.com.

Spring

Continued from page 3

to be out here and to see the sunshine again is fantastic.”

Michael Zwiefelhofer and his friends celebrated the arrival of the new, warm season with champagne.

“We saw the sun peak through and wanted to enjoy the light,” said Zwiefelhofer. “It seems like when the sun is out everyone is happier, the economy is getting better, birds are chirping louder, everything is just rosy.”

“Rosy” is definitely one word to describe the 32-acre

park. This place of sanctuary is bordered to the north by McKinley Boulevard, to the south by H Street, by Alhambra Boulevard to the West and 33rd Street to the East. The park is a popular place for runners, dog-walkers and even weddings. It takes more than a sharp eye for detail and a green thumb to care for the place.

“It takes at least three people from the city’s Parks and Recreation Department to maintain the esthetics of the park, especially for the McKinley Park Rose Garden,” said Tiger Badhan, a city park supervisor.

The Rose Garden, located on H Street near 33rd Street, this 1.5-acre garden, created in 1928, features more than 1,000 rose bushes, tree roses and blooming annuals in 300 different varieties.

“To maintain the pruning, irrigation system, proper soil, it’s a five-day-a-week job,” said Badhan. “It’s like a work of art, you have to take your time and give it your full attention to make it look perfect.”

Amateur photographer Jeffrey Powell agrees.

“I love the park, from the roses, jogging track, to the basketball hoops, the park is just more inviting,” Powell said.

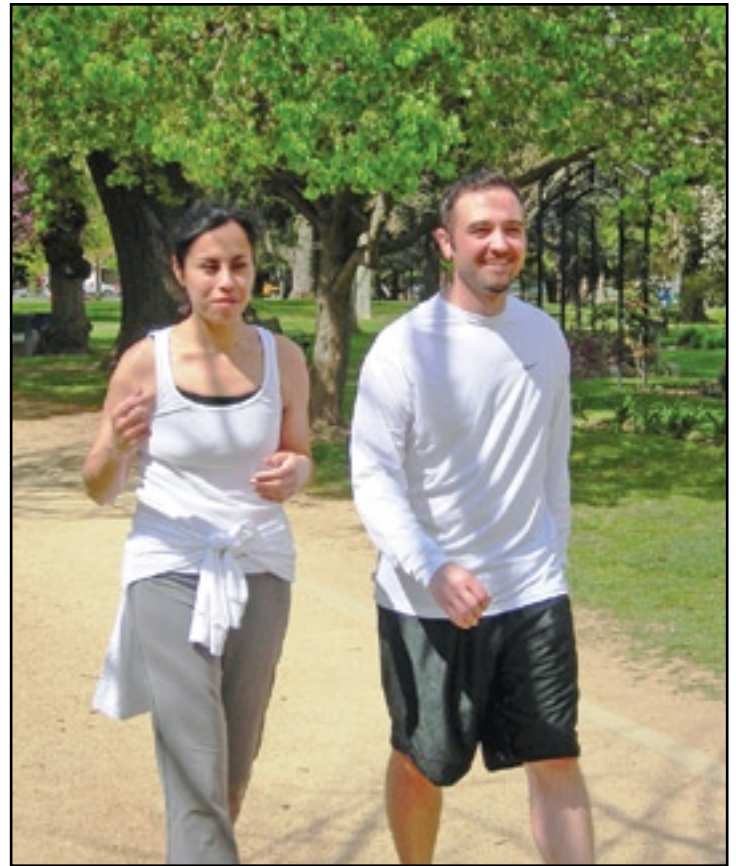
Powell adds that McKinley Park allows him to practice his hobby by taking photos of the park’s “natural beauty.”

“From the flowers blooming to people having picnics, it’s a welcome sight, and now that it is starting to warm up again we’re going to see a lot more of that,” Powell said. “It’s reasons like this I enjoy photography.”

Along with the Rose Garden, McKinley Park houses a public library that serves East Sacramento, Midtown and River Park, and has 45,000 volumes. There is a community center, a small lake and eight tennis courts. The smaller park includes the Iva Shepard Garden and Arts Center.

Contact Elizabeth Valente at vcnnews@valcommnews.com.

Read a special historical review of McKinley Park by East Sacramento reporter Lance Armstrong on page 12.



Gin Sing and Michael Zwiefelhofer go for a walk March 22 at McKinley Park.

Photo by Elizabeth Valente



Photographer Jeffery Powell takes scenic shots March 22 at McKinley Park.

Photo by Elizabeth Valente

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Importance of the spleen: Connecting with wellness on the inside

By Mamie Woo

THE EAST SACRAMENTO 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.

“The function of the spleen is to produce,” it continues, “monitor, store and destroy blood cells. It plays a very important and complex roll inside human body to keep us healthy.”

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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Calendar

There's always more calendar at www.valcomnews.com

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 2

Free concert at SCC

Student soloists present popular vocal tunes at Sacramento City College's Spring Pops Concert by the Choral Department, 12:10 p.m., 3835 Freeport Blvd., Little Theatre, Room A6. Free. Information at 558-2496.

Leher at the Crest

California Lectures brings in journalist and author Jim Lehrer, executive director and anchor of "The News Hour with Jim Lehrer," 7:30 p.m., Crest Theatre, 1013 K St. Tickets, \$27, through www.tickets.com, by phoning 225-2277, or in person at the Crest Theatre box office. Lecture preview at 6:30 p.m. by Sacramento State

University professor Fiona Glade. Information from California Lectures at 737-1300 or visit www.californialectures.org.

APRIL 3

Pops concert at SCC

Student soloists present popular vocal tunes at Sacramento City College's Spring Pops Concert by the Choral Department, 8 p.m., 3835 Freeport Blvd., Little Theatre, Room A6. Cost, \$5. Information at 558-2496.

Nonfiction writers meet

California Writers' Club Nonfiction Network meeting, 9 a.m., IHOP Restaurant, 2216 Sunrise Blvd., Rancho Cordova. Sandy Martin, noted author of several books on poetry, will speak on "Marketing Your Poetry." Guests welcome. Information at 944-3185.

APRIL 3, 4

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.

Fashion benefit at St. Francis High

Northern California's sophisticated style goes on display with Sacramento's trendiest boutiques providing the new looks for spring and summer on Friday and Saturday, April 3-4, when St. Francis High School presents "Once Upon A Time," its annual mother-daughter fashion show. Featured clothes and accessories are from Bijoux, Blush Boutique, Davids Bridal, Jessica McClintock, Katia's Collections, Kenneth Cole, Krazy Mary's, Sugar Shack, Madam Butterfly, MW Tuxedos, Patrick James, Pinkadot, Quiksilver and Serendipity. Hair and style makeovers are provided by Hoshall's Salon & Spa and Federico Beauty Institute. Proceeds benefit the school's scholarship fund. For

tickets, visit www.stfrancisshs.org or call 452-3461.

APRIL 4

Elmhurst potluck, egg hunt

Elmhurst Parents Group's fourth annual Spring Potluck and Egg Hunt, 9:30 a.m. to noon, Coloma Community Center, 4623 T St. Features an egg hunt for all ages, a visit by the Easter Bunny, arts and crafts, raffle prizes, face painting and fun. Bring a side dish to share. Information from Leslie Oberst at 206-1096.

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, 8-10 a.m., Fremont Community Garden, 14th and Q streets. Attend the seminar and purchase a compost bin for \$65. For more information, call 264-5011 or visit www.cityofsacramento.org/utilities.

See more Calendar, page 18

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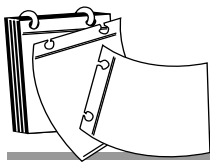
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Calendar

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For more information about the **Sacramento Valley Scottish Games & Festival**, visit: www.saccallie.org

APRIL 4

Greenhaven Easter Carnival
Greenhaven Lutheran Church and Angel's Nest Child Development Center's Easter Carnival, noon to 2 p.m. rain or shine, with carnival house, bounce house, Easter Egg hunt, craft activities, the Easter Bunny and refreshments. At the church, 475 Florin Road. Information at 428-8449 or on the web: www.greenhavenlutheran.org.

Jensen plant, craft sale
Friends of the Jensen Botanical Garden plant sale at the garden, 9 a.m. to 1 p.m., 5930 Muldrow Road, Carmichael. Vendor tables available for \$10. Information at 338-2072.

Conflicts and cooperation
Sierra Arden United Church of Christ hosts a day-long workshop on

conflicts in relationships, "Celebrating Conflicts and Cooperation," 9 a.m. to 3:30 p.m., for ages 14 and up. Cost, \$25 per person, \$40 for couples. Information and registration from Mark at 216-5700, or e-mail 3C!@newpowerlearning.com.

Jensen Garden workday
Volunteer Friends of Jensen Botanical Garden workday, 9 a.m. to 1 p.m., Charles C. Jensen Botanic Garden, 8520 Fair Oaks Blvd., Carmichael. Bring work gloves, hand pruners and your lunch or beverage. More information from Tracy Kerth at 485-5322 x 23 or e-mail: tracy@carmichaelpark.com.

APRIL 4, 5

Bonsai Sekiyu Kai show
Annual Bonsai Sekiyu Kai show features sensei John Ushida demonstra-

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tions, door prizes and more, noon to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday, Buddhist Church, Riverside Boulevard at X Street. Free, public welcome. Information at 396-3617.

Egg fun at Discovery Museum
This weekend, your family has the opportunity to see and learn about the wide variety of eggs. There will be lots of wild and domestic bird eggs ranging in size from huge to tiny, reptile eggs - even a fossilized dinosaur egg! 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 5

Ceramics retrospective on Esquibel and Sasser
There will be a retrospective show of ceramic art at Schumacher Ceramics and Gallery in Clarksburg, 36530 Riverview Dr., by retired Sacramento City College professors George Esquibel, former Ceramics Department professor from 1971 to 2006, and Teiko Sasser, the instructional assistant in Ceramics from 1972 to 1993 and then part-time faculty in Ceramics until retiring in 2001. Regular gallery hours are Saturdays and Sundays, 11 a.m. to 5 p.m. Call 744-1062 for information on parking. For over three decades, this team of the "people's professors" taught multiple generations in the art of Ceramics. For further event information, contact Sonya Schumacher 505-4239.

See the giant colon
Sutter Cancer Center free community health clinic features the "Prevent Cancer Super Colon," an inflatable, 20-foot long, 8-foot high human colon replica that serves as an interactive educational tool, 8 a.m. to 5 p.m., 2800 L St., classrooms 1-4. Free parking in south lot across from the center. Information at 733-8327.

APRIL 7

How much is your art worth?
Have your art informally appraised at the Crocker Art Museum, 216 O St. Lee Ka-



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PALM SUNDAY WORSHIP	Sunday, April 5 - 10:30 am	<i>Procession, Handbells, Holy Communion</i>
MAUNDY THURSDAY WORSHIP	Thursday, April 9 - 7:00 pm	<i>Remembering Jesus' last supper</i>
GOOD FRIDAY WORSHIP	Friday, April 10, Noon	<i>In the Chapel</i>
EASTER SUNDAY	April 12	
Sunrise Service	6:00 am in the Courtyard	<i>Greet the day as if you were there</i>
Traditional Easter Worship	10:30 am in the Sanctuary	<i>The Easter story especially for children The Hallelujah Chorus - everyone invited to sing</i>



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Legacy writing workshop

Arden Hills Resort Club and Spa offers a "Leaving a Legacy" writing series to determine individual legacies and help participants in writing it down, 6 p.m., 1220 Arden Hills Lane. Cost, \$20. Reservations required at 482-6111 or see the website: www.ardenhills.net.

Casa Gardens wine event

Casa Garden Restaurant, 2760 Sutterville Road, hosts a wine tasting social, 11:30 a.m., with wine, hors d'oeuvres, lunch and a talk on "What's on a Label." Cost, \$16, with proceeds benefiting the Sacramento Children's Home. Reservations and pre-payment required at 452-2809.

Recorder group meets

The Sacramento Recorder Society meets under the baton of recorder-virtuoso Judy Linsenber, who will bring beautiful and interesting music to conduct, 7 to 9:15 p.m., 890 57th St. Newcomers welcome. Bring instrument and music stand. Information on the website, www.sacrecorders.org, phone 489-2771 or 391-7520.

Strive for Strength retreat

The Strive for Strength retreat, which is meant to inform educate and empower female participants, will be held from 9 a.m. to 3 p.m. at the SASF/Bel Air Wong Family Community Center, 9040 High Tech Court in Elk Grove. The event is open to all young females, aged 12 to 18 years old. Registration is \$60 per participant and includes a T-shirt, continental breakfast, lunch and a give-away.

APRIL 8

Arden Hills chef secrets

"Live with Obadiah" cooking class using lean meats features Arden Hills Resort Club and Spa executive chef Obadiah Huetter 6 p.m., 1220 Arden Hills Lane. Cost, \$20, reservations required at 482-6111 or on the website: www.ardenhills.net.

Rheumatoid arthritis info

Rheumatology specialist Dr. Kenneth Wiesner presents information on advances in arthritis treatment options and provides information on community resources available to assist with managing arthritis, 6 p.m., Sutter Cancer Center, 2800 L St. Free. Space limited. Reservations, information at 1-877-361-2663 and select option 5.

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 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.

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