

EAST SACRAMENTO NEWS

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A HOLLYWOOD MYSTERY

East Sacramento cemetery marker recognizes woman with a connection to Jean Harlow

See page 6

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- Janey Way Memories.....2
- School.....3
- Know your neighbor.....4
- Calendar.....18
- Lance Armstrong history feature19

Ask Joey:
Joey Garcia on love,
divorce, and peaceful living

■ See page 4



Early Sutter's
Fort operations
included bakery

■ See page 19



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Janey Way Memories:

Meeting new people



By **MARTY RELLES**
marty@valcomnews.com

After I completed my military training at Fort Lewis, Washington in September of 1969, the army assigned me to duty in West Germany. Soon, I was on a charter plane headed for Europe.

There, I received orders to report to the 510th Ordnance Company in Gunzburg, West Germany. Gunzburg lies in the state of Bavaria in the southern part of Germany, but even there the weather was beginning to turn cold in mid-October. Soon, the snow began to fall and we were pretty much confined to our base during the long, cold winter.

By April though, the sun came out and melted the snow. Then, my new friend Jack and I decided to get out and explore the countryside. We started in the town of Gunzburg. It is a picturesque, old village dating back to Roman times.

We wandered through the cobblestone streets checking out the old cathedral, the theater, the stores, and the restaurants. Eventually, we stumbled upon a neat little tavern called the Lowenbrau Steube. There, we wandered up to the bar and ordered a beer. The 40-something looking bartender poured us each a one-pint glass of good, German beer.

We began talking with the man. His name was Walter. He co-owned the tavern/restaurant with his wife Liz. He poured the drinks and Liz cooked. Soon, Liz came out from the kitchen and introduced herself. She spoke good English, asking us our names and where we came from. Jack was from New Jersey, and I from California. She had lots questions. She

asked me about San Francisco and Hollywood. She asked Jack about New York City.

Liz introduced us to her two daughters, Monica, a pretty Fraulein in her mid-20s and Petra, 13, who was still in school. She and Walter had met just after the war. He had fought in the German army and spent time in a British Prisoner of War (POW) Camp. After the war, the British released the captive German soldiers and sent them home. Walter was lucky, as Gunzburg came out of the war relatively unscathed. The farmers there went about their business as they had before the war, indeed, as they had for a thousand years. Walt and Liz met, got married, bought the tavern, and the rest was history.

We would spend many nights at the Lowenbrau Steube during our tours of duty in Germany, drinking good German beer and eating Liz's fantastic food. We soon met other friendly people. George, the middle aged tippler who drove a fast car and wore traditional Bavarian clothing: a green blazer with a crest emblazoned on the pocket and a felt hat unique to that region. We also met Horst, an office manager at Gunzburg City Hall. Horst and his wife Rosvitha had us over the Christmas Eve dinner that year. We watched the 1970 world cup of soccer there and spent many holiday's there including Fasching (German Mardi Gras) and New Year's Eve.

Liz treated us like the sons she never had. She prepared special meals for us that weren't on the menu.

That chance encounter resulted in lasting friendship with Walter and Liz. Sadly, I never saw them again after leaving Germany in 1971. They are probably long since departed from this world. But, I will never forget the experiences I had in their little tavern: another unforgettable Janey Way memory.

SCHOOL NEWS

Phoebe Hearst teacher's 'Geek Squad' to help others with new tests

Phoebe Hearst Elementary School students are getting serious about the upcoming field test of the state's Smarter Balanced assessments.

Students in grades 3-6 are working through the practice tests in simulated test-like environments. What makes this roll-out unique, is that teacher Peter Goul's fifth grade class was trained to serve as mentors and trouble-shooters to all of the other classes.

Can't figure out how to use the headphones? Goul's "Geek Squad" is on it! Not sure how to increase the font size of the story? Fear not, the Geeksters have you covered!!

Students are feeling much more confident and excited about the new test format. They are testing out their new typing skills many have worked on this year, and they are enjoying the interactive nature of the practice tests. Who knew taking the test would be so fun?

at the Synopsis Sacramento Regional Science Fair at Rosemont High School on Saturday, March 22.

The Science Fair allows students to incorporate the Scientific Method and Engineering Design Process

into hands-on projects.

The fair was sponsored by Intel, SMUD and the American Society of Civil Engineers, along with several other corporate sponsors.

Students from SCUSD competed with students from all over the Sacramento region including San Joaquin, Solano, Sutter, Yolo, Placer, El Dorado, Butte, Amador and Yuba counties.

The following Sutter Middle School students placed in the top five categories and are eligible to advance to the next stage of competition:

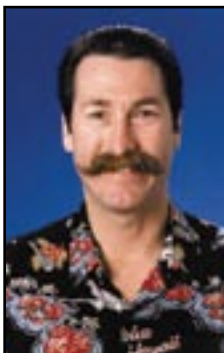
Math and Computer Science:
Isamu Kawaguchi (Golf Ball Physics) — Second Place
Jacob Hierling and Xavier Bauer-Martin (Bouncing and Rebound Physics) — Fifth Place

Biological Sciences:
Haley Tschudin (Ethylene & Food Science) — Fifth Place

See School News, page 12

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Inner peace, outward advice:

SNR's Ask Joey columnist discusses love, life, human connectedness, and her new book

By MONICA STARK
editor@valcomnews.com

Sitting in her Tahoe Park home, regionally known *Sacramento News and Review* Ask Joey columnist Joey Garcia discussed with this publication her personal and professional background. As she opened the front door with a big smile on her face and her friendly dog Jake at her side, Joey's genuinely warm greeting mirrored the feeling one gets when reading her column – that of a confidant and good friend.

In fact, Joey said readers have approached her in public, thanking her for her column as it has made a difference in their lives. Upon describing these types of experiences, Joey's eyes began to water. She stated how blessed she feels for the opportunity to make a difference in people's lives through her writing.

Her latest gift is her latest book. Released Dec. 28, 2013, *When Your Heart Breaks, It's Opening to Love*, matches true stories of broken relationships with warm, wise advice that offers unexpected insights and pre-

scriptions for healing. Divided into five chapters – Disintegration, Cheating, Missing in Action, Moving On, and Closure – each with its own introduction and conclusion and her answers to questions asked by readers of her column, the book helps strengthen the damaged soul.

In the first chapter, one reader writes about how her (or his) fiancé cheated during the engagement and how she (or he) deals with the loneliness by drinking the sorrows away. Part of Joey's response, included the following: "If you fear being alone, begin to embrace the experience of time spent in solitude. After you shift past the fears of being lonely, you will discover the joy of time spent enjoying your own company. Then you will understand a universal reality: If we are all connected, you are never alone."

For more than 17 years, Joey has been connected to 300,000 readers each week and has attracted a wide audience, which is evident by how certain questions are framed – you can really hear the varied voices of the letter writers. Joey said the SNR was re-



Joey Garcia

Photo by Hope Harris

ally surprised by the huge range of ages of the readers.

Perhaps that shouldn't be so surprising, as love and heart break transcend such trivial details as age. Putting it into perspective, Joey, in a tone imitating either a high school student or a woman in an elder care facility, said: "I like the

guy Eleanor likes. I was going to ask him to the dance, but she asked him first."

So it's the same problem. "We just get caught up in the age game," she said.

Asked about how she chooses which questions she responds to,

See Ask Joey, page 5

Ask Joey:

Continued from page 4

Joey said generally they're based on a topic that has been on her mind. "It's just a flow process," she said. Fielding questions from Facebook messages, to handwritten letters, emails, and random encounters by readers at the grocery store, Joey's conviction to respond so genuinely comes from a source of peace and pride knowing her work has made a difference in people's lives. "I've long had the experience of being authentic and sympathetic with people," she said.

Born in Belize, Joey moved to the United States at age 2. Her parents began working in a rectory in the Bay Area – her dad did maintenance, her mom cooked in the kitchen. Growing up there, Joey began to develop an appreciation for

the Catholic faith, especially as she saw first-hand how outwardly generous the priests were and how she was intrigued by the mystery of the nuns there.

"I had it all. I had the priests reprimanding me, priests celebrating me, priests babysitting me. We're Catholic very much so. I was more in awe of the religious sisters. I couldn't figure where they slept. It turns out they were just across from the parking lot (from the rectory). It was an unusual experience."

That's not to say she doesn't appreciate other religions. In fact, though a practicing Catholic, and a long time theology teacher at St. Francis High School, Joey is also trained as a spiritual director. She feels spirituality transcends all, and her appreciation is evident by relics in her home, which include a small Buddha

statue she picked up in Bali and books on various religions.

When she was 9 years old, she started taking a yoga class, and with that practice, she learned about mindfulness and being at peace with oneself – a trait that facilitates her thought process when responding to questions from readers.

A Tahoe Park resident, Joey said she loves the neighborhood – its affordability is attractive to "creative types" who, like herself, can practice their art with less stress of having to pay a high mortgage – a notion that jives with her mellow, low-stress personality.

Her deep-rooted connectedness with the human experience she advocates is something she practices not only through her writing but also by work she does helping children in Belize. For years, she heard stories of her home country

which prompted her to visit extended family, and by her 30s, she finally did for the first time since a toddler, an experience that kept her coming back. During those vacations, her desire to help others manifested when after 10 years, she formed Rise Up Belize!, which is an advancement-through-education nonprofit organization that serves fourth through sixth graders by honing their skills at tuition-free academic summer camps. Sacramento-area teachers volunteer to conduct three-day trainings meant to advance the skills of Belizean primary school teachers.

Meeting Joey is a treat and you can have the opportunity to do so at a book signing on Saturday, April 12 at 2 p.m. at Avid Reader at Tower, 1600 Broadway. And if you have a personal question, you just might see it in an upcoming column.



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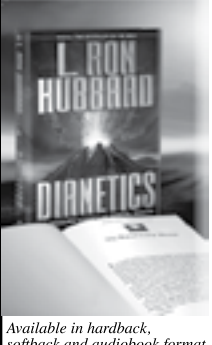
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East Sacramento cemetery marker recognizes woman with unique Hollywood connection

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part two in a two-part series about and related to Dorothy Millette Bern.

As presented in the first part of this series, a grave marker reading, Dorothy Millette Bern, lies at East Lawn Memorial Park in East Sacramento. And although that name may mean nothing to most Sacramentans today, there was a time when locals were well aware of details pertaining to Dorothy and her association with a real-life Hollywood mystery.

The year was 1932 and headlines of newspapers across the nation were announcing the latest daily news pertaining to the sudden death of the German-born Metro-Goldwyn-Mayer film producer Paul Bern. He died in his Hollywood mansion two months after marrying the notable film actress Jean Harlow, and his remains were interred at the Inglewood Park Cemetery in Inglewood (Los Angeles County).

Also mentioned in the first part of this series was an article, which appeared in the Sept. 8, 1932 edition of *The Sacramento Bee*.

That *Associated Press* article noted that Paul had been married to another woman a

decade earlier and that he was never divorced from the woman, who was "a mental incompetent in a New York sanatorium (sic)."

That woman was the former Dorothy Roddy, who became Dorothy Millette through her first marriage to Indianapolis newspaperman Lowell Millette (not Millette). That marriage ended in divorce in Tacoma, Wash. in 1911, and Dorothy later worked for a theatrical company in New York, before making her way to Canada.

Following Paul's death, George G. Clarcken, a Los Angeles life insurance man, who was Paul's insurance adviser, revealed that insurance policies that were held by Paul were handled by a New York trust company for the benefit of Dorothy.

With that fact, Clarcken believed that when Paul, in his alleged suicide note, referred to making "good the frightful wrong I have done you," he was alluding to a possible marital tangle between himself and Harlow.

In a separate article on the same page, it was reported that New York attorney Henry Uttal had drawn up Paul's will on Aug. 3, 1920, and that the will mentioned the name Dorothy.

Uttal was quoted in the article as saying, "I was al-



Photo by Lance Armstrong
Tom Tolley, a technician at the Sacramento Public Library's Central Library, assisted in research for the book, "Deadly Illusions: Jean Harlow and the Murder of Paul Bern."

ways under the impression that Dorothy was his wife. I believe there was some legal marriage ceremony performed. I heard somewhere that Mrs. Bern had died in a sanitarium. (Paul) Bern had not mentioned her for years."

It was also reported by the *Associated Press* that officials of the Hotel Algonquin in New York said that Dorothy had lived at the hotel for a decade under

See Bern, page 7

Bern:

Continued from page 6

the name "Mrs. Paul Bern" and had regularly received checks signed, "Paul Bern."

The hotel officials also claimed that Dorothy was visited by Paul at the hotel on an annual basis, and that she had ceased residing at the New York hotel a short time prior to Paul's marriage to Harlow.

Dorothy once again made the news on Sept. 9, 1932.

The Bee then reported that Dorothy had been a passenger on the Delta King during one of its voyages from San Francisco to Sacramento. She had, according to River Lines officials, boarded the vessel under the name of "D. Millette" on Sept. 6, 1932 at 5:30 p.m., a day following the announcement of Paul's death.

Earlier in the day, a woman arrived at Plaza Hotel in San Francisco and registered as "D. Millette, New York City."

It was also reported by *The Bee* that Dorothy, who had checked into the King's stateroom No. 304, appeared to have been missing when the riverboat arrived at its destination, and that police believed that she had ended her life by leaping into the Sacramento River.

A coat and a pair of shoes that were identified as belonging to Dorothy were discovered on the boat's observation deck, and a large portion of her belongings were discovered in her stateroom after the King docked in Sacramento.

H.L. Karrick, a passenger on the same Delta King voyage, would later say, "Everybody on the boat was watching (Dorothy). She kept wringing her hands and appeared to be weeping."

Additionally, Karrick stated that he witnessed Dorothy standing by a rail of the ship and gazing into the water at 2:30 a.m., when he departed the vessel at Rio Vista.

In an article published in the Sept. 10, 1932 edition of *The Sacramento Union*, it was noted that based on the theory that she had jumped to her death in the river, constables and fisherman in every river township below the capital city were keeping a lookout for a floating body.

Meanwhile, faced with the possibility that Dorothy may have swum ashore and was still alive, and possibly involved in a suicide hoax, police also searched transportation systems and rooming houses. Aiding in support of the then-theory that Dorothy committed suicide was the fact that \$38 was found in her purse that had been left in her stateroom.

In a separate article in the Sept. 10, 1932 edition of *The Union*, it was reported that Henry Bern, a New York businessman and brother of Paul, had shared details about Paul and Dorothy's relationship.

Henry described Dorothy and his brother as having met in a theatrical company in Canada – "probably in Toronto" – in about 1920. And he added that they had fallen in love, and after living

together in Canada and later in New York, "Dorothy fell ill with a mental ailment that necessitated her confinement in a sanitarium."

Research for this article revealed that the sanitarium referred to by Henry was the Blythewood Sanitarium in Greenwich, Conn.

In continuing to tell his story, Henry said, "Paul paid her bills. He came to California and after Dorothy was discharged from the sanitarium, not as cured but as harmless, Paul continued to provide for her. She lived at the (aforementioned) Algonquin Hotel in New York."

Henry added that in April 1932, Dorothy visited him in New York and asked if he believed that California's climate would be better for her health.

Shortly after that conversation, arrangements were made from Paul's Hollywood office for Dorothy to become a resident of San Francisco.

Although Harlow insisted that she was unaware of the existence of Dorothy until after her husband's death, it is at least a curious point to ponder whether it was only a coincidence that, on Aug. 18, 1932, Harlow and her mother registered at a San Francisco hotel that was located only a few blocks away from the hotel where Dorothy was residing.

About an hour after checking into the hotel, Harlow and her mother headed to Los Angeles. Harlow would later claim that she had received a message calling her back for a motion picture engagement.

Various accounts describe Paul as occasionally traveling to visit Dorothy.

The *Union* reported that by Sept. 11, 1932, the hunt to find Dorothy's body in the river had not been successful.

However, during the search, the body of a man was found in the river, and coincidentally, in his pocket was a key for Delta King room No. 104.

The man was later identified as Z. Sadarian, a 50-year-old Armenian who was employed as a busboy at the coffee shop of Hotel Sacramento at 1107 10th St. and resided at the Golden Eagle Hotel at 627 K St.

Sadarian's former employers stated that he had suffered from "delusions of persecution" and had disappeared after leaving his job on Sept. 3, 1932.

In the desperate search for clues pertaining to Dorothy's disappearance, it was found that a trunk containing some of her possessions was located at the Plaza Hotel.

After a delay in which the hotel management refused to allow the police to search the trunk until they obtained a court order, it was found that

the trunk contained no more than an expensive wardrobe and toiletry items.

While the trunk was under investigation, the *San Francisco Examiner* announced that it had located a handbag, which was the property of Dorothy.

Inside the handbag were several letters, one of which included a money order from Paul to Dorothy in the amount of \$160. Bern was reported to have regularly sent Dorothy \$350 per month for many years.

In another article in the Sept. 11, 1932 edition of *The Union*, it was reported that police had been informed that Dona Brenner, who resided with her husband George at 1228 ½ K St., had identified a woman fitting the description of Dorothy on K Street, between 9th and 10th streets. Dona said that the woman appeared to be distraught.

Although a statewide police search for Dorothy was reinstated, that search would be short lived.

On Sept. 15, 1932, The *Union* ran the front page headline, "Dorothy Millette's body found in river."

Y. Ishino, a Japanese ranch hand and fisherman, discovered the body in Georgiana Slough, which is located about 3 miles south of Walnut Grove and 31 miles southwest of Sac-

See Harlow, page 17

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Yoga Seed Collective expands out into the community, starts program at Sutter Psychiatry

By MONICA STARK
editor@valcomnews.com

More than eight years ago, Sacramento resident Bob Reed was drawn to the practice of yoga and experienced life changing experience. "I wish it was 30 years ago," he laughs today. "It was something when I got into it, it swept me away and I realized I was probably exposed to some aspects 30 years ago, but I wasn't ready. Asana is the entrée and all of a sudden you come out with a little buzz. You wonder why this is going on, which suddenly leads you to other things, physically, emotionally—your breath and how it affects your thoughts and impulses."

Bob is a founding board member for The Yoga Seed Collective, a nonprofit (501c3) yoga studio that is based downtown with a unique mission – to bring yoga and its benefits out to the community and to those who have not had access to it.

"We have a strong sense of community. People come and go and maybe someone cannot pay for classes, but they can contribute to the space. That's a pretty central way we're different (from other yoga studios)," Bob said.

In fact, the collective takes donations without pressure. A bowl sits inside and people put their money in it, no questions asked. One of the Yoga Seed's founders and outreach coordinator, Zack Pasillas, an Arden resident, explained the nonprofit's monetary exchange. "From the beginning, it's not the typical point of exchange. We have a bowl out, and no one ever looks at what you give. It's important not to create the boundary. If someone finds a home with us, we accept them."

According to the organization's website, The Yoga Seed Collective started, as most dreams do, with \$50 and a dream of a healthier, more socially just community. Fellow for-profit studios, other businesses, and yogis around town were so excited to see the manifestation of the nonprofit's mission that they donated props, shared funds and held garage sales to raise money for the first month's rent at the studio space at 1400 E St. The organization collected the money, along with donations from local yoga studios to supplement the start.

Bob oversees the nonprofit's budget and described the growth of the organization in an interview with this publication. Bob said, since 2011, the first full year since its operation, the organization

made \$65,000; the second year, \$145,000; last year, \$250,000; and so far this year, \$330,000. "That feels really good. Because of that, we have five staff members and 30 teachers, compared to a core of 10 volunteer teachers (when they started)," he said.

Zack said the organization's mission gives the nonprofit the liberty to do things that aren't in the typical business model. For instance, whereas Vinyasa may be a popular class, which would then be good for the bank account, it's important to Yoga Seed to offer what others don't – a yoga therapy component. "It's put us in a great place to be different. Anyone can come to Yoga Seed and we are bringing the mission outside the studio walls and that's where it comes to a place of leadership," Zack said.

That leadership, he said, is critical with the work they do in the community. Yoga Seed's outreach program targets specific groups, including inmate populations at Folsom and Solano state prisons, children with disabilities at Sierra School (1150 Eastern Ave.), at-risk youth, mental health patients at Sutter Center For Psychiatry (7700 Folsom Blvd.), and people with diabetes at Sacramento Native American Health Center (2020 J

St.). At the studio, the nonprofit offers an all-bodies class, where students can practice yoga in a seated position.

Zack explained how when he places teachers he wants to make sure they are comfortable with their settings. "I never put a teacher who's less experienced out in the community. Outreach is not a place for a teacher to get their chops. (Working in) the studio is totally different," he said. "But I feel we attract teachers who have heart and work along side us and work with us. They become Yoga Seed," he said.

Yoga Seed at Sierra School

Take teacher Reno Gorman for instance. Between his love and knowledge of yoga coupled with his background tutoring children with special needs over the years made him a perfect fit for teaching yoga at the Sierra School, where for two years now, he and Lisa Tseu have taught classes to middle and high school age students.

Zack said they've had a great response from on-site staff who have been surprised by the amount of attention the

See Yoga Seed, pag 14

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Sold! Theodore Judah held annual auction and music festival

Photos courtesy of THEODORE JUDAH PTA
Theodore Judah held its annual auction and music festival on Thursday, March 27. The fundraiser raised funds to keep art and music alive at the neighborhood school, which is gearing up for another fundraiser, the fifth annual Theodore Judah Fundraising Gala. The event, to be held April 25 from 7 to 11 p.m. at the Sacramento Turn Verein, 3349 J St., will include a live and silent auction, dinner, host bar, dancing, and live entertainment. Tickets are \$55 each or \$550 for a table of 10. For more information, contact Donna Dowson at Donna@d3x.com. Reserve tickets online at tipta.shutterfly.com (or pick up a form in the office).

Arts & Activities

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School News:

Continued from page 3

Behavioral and Social Science:
Natalie Wong and Sarah Huang (M & M Survival, Predator/Prey) — First Place

Physical Science:
Victoria Bornino (Cell Phone Spectrophotometer) — Third Place

Chemistry and Biology:
Jacob Becker and Jack Filby (Desalination of Water) — Third Place
Maggie Murrell and Steffany Wong (Cookie Chemistry) — Honorable Mention

Energy and Transportation:
Juan Carlos (J.C.) Arguello and Lili Henriquez (Distracted Driver) — First Place

Save the date: East Sac Garden Tour benefiting David Lubin is May 10-11

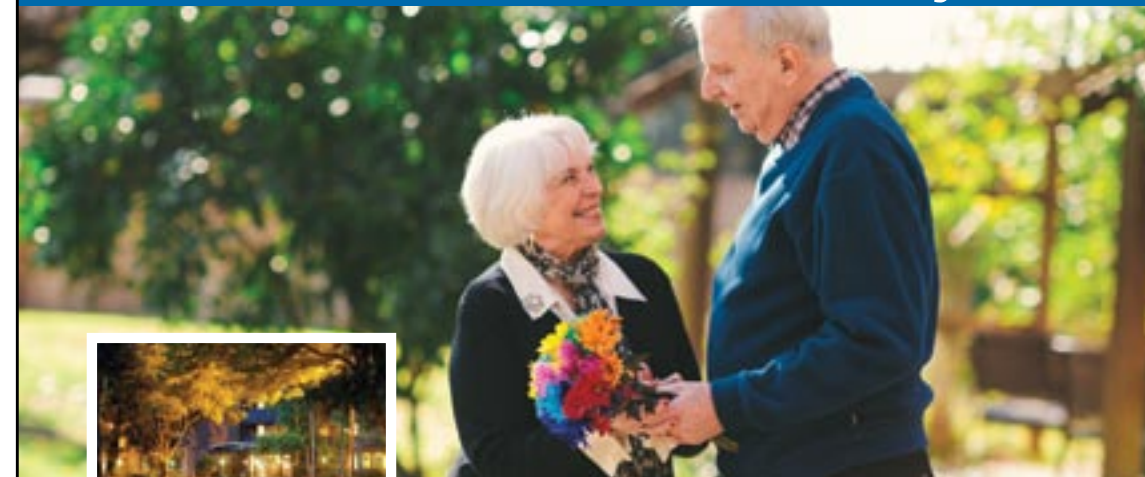
The 16th annual East Sacramento Garden Tour benefiting David Lubin Elementary School takes place May 10-11. This Mother's Day tradition features seven beautiful gardens, all within strolling distance of each other, in and near East Sacramento's leafy Fab Forties. David Lubin's school gardens are also on the tour.

In addition, there is a delicious luncheon at the Tea Garden at Sutter Lawn Tennis Club and a Boutique and Sweet Stop at the school. Proceeds benefit enrichment programs at the school. Advance tickets (\$20 per person; \$15 for the luncheon) are available at the school, at several East Sacramento shops and restaurants and online at www.eastsacgardentour.com

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Artist Markos Egure Presents: The WKI Sacramento Mural Gallery Tour

By GREG BROWN
greg@valcomnews.com

Markos Egure is a local Sacramento artist. You've probably seen his colorful murals while taking your kids to St. Roberts School, swimming laps at the YMCA, or enjoying a kids party in King Arthur's Castle at Fairytale Town.

The murals are Sacramento visual landmarks. Markos and Wes Kos Images have created over 175 murals and creative paintings throughout the Sacramento area. It's basically one-man show but sometimes he gets a little collaborative help from his friends. His art is scattered all over town. He's worked with the Sacramento Kings on several mural projects. He's also had a couple of showbiz moments on DIY's Yard Crashers creating murals for home owner's backyard makeovers. But his heart is in his murals with messages.

Markos is taking his mural show on the road with a limo-guided Sacramento Mural Gallery Tour. He'll discuss the murals and the messages behind them. Markos agreed to take me on an abbreviated version of his WKI Sacramento Mural Tour.

The tour got kicked off at The YMCA. Markos painted a 1,000-square-foot mural last year called the Underwater Y Project.

The Underwater Y Project is a beautiful creation of the sea and the creatures that live there. The meaning of the mural is based on the treasure chest. Markos told me, "Remember Pulp Fiction when we never knew what was in the chest but it was so valuable that they had to obtain it? In this mural, the same concept remains."

The Underwater Y is a hidden jewel. You can only view it if you're inside the swimming pool area.

"I like the project, like painter Bob Ross, it kind of happened. I didn't come in thinking I'm gonna try and push this message or that message," Markos said. He came in with a general idea and improvised the rest of the project.

"My murals have to be impactful," Markos said as he drove his pickup truck to the next mural destination. He could do any picture, but he prefers what he calls, hi-impact messaging "to counteract all the hi impact messaging the youth get by watching television and seeing commercials," Markos told me.

When he does a mural at a school he wants to tell a story.

"Try to find your passion in your schoolwork so you'll find passion in your livelihood." That's when we arrived at St. Robert's School in Hollywood Park.

The series of murals are a family alumni project. St. Robert's is where his son got his educational and spiritual foundation.

There are four murals with lots of religious imagery. He calls the project, "St. Robert Life." The centerpiece is based on a poem by Hodding Carter: "There are two things we should give our children: one is roots and the other is wings."

While Markos described the four murals there were the sounds of the children playing on the playground, Taking Root.

Then we were off to West Lemon Hill, a tough neighborhood in South Sacramento, to view Markos's mural project at Pacific Elementary School.

The mural is based on character education. It's titled the "Pacific Pumas" and it's a multicultural mu-



Photos by Greg Brown
Shown above, a mural at Will C. Wood Middle School and at left one at Rio Americano High School.

ral. It represents the students on campus — why we are teaching our kids to be trustworthy, caring, honest, responsible. "All of the things we should be teaching our children at home that they're not getting," Markos said.

He added with a grin, "What I like about the characters in the mural — they all rock the old school Adidas Pumas."

Then we were off to Will C Wood Intermediate School. One of Aguirre's favorite murals is called "Choices." Because of its size and its message, it's another mural with hi-impact messaging.

"You have choices to make. You can become an athlete, learn dentistry, law, science, be a world traveler, or become an artist like me. But guess what? You gotta make choices. Because if you don't choose, life is gonna choose for you, and we might not like what life chooses for us," Markos warned.

The message of the Choices mural was very powerful. It's basically asking, "What do you want from life? It's up to you to choose. And if you don't choose, you may be doing custodial work your whole life."

Then we were off to Carmichael to see the "Rio Music Project" for the tail-end of the abbreviated mural tour. We visited Rio Americano High School where Markos created the "Passion, Creativity, Swing" mural on the front of the music building. According to the band program instructor Josh Murray, Markos "transformed what was once a drab, brown cinder block exterior into a magnificent showpiece, providing our school and music program with a major source of pride."

As we drove into the Rio parking lot, you could see the mural from afar. Markos said, "This mural shows

that when you get on campus this program matters and it's a tribute to their musical education."

Passion Creativity and Swing. Beethoven, The Beatles, Louis Armstrong, Billie Holiday, and Duke Ellington represent that in the mural.

Up next was the Carmichael Castle Project at Lasser Tag of Carmichael. There's the Festive Castle, which is in the birthday party rooms. The lobby castle where the arcade is located, and the Arena castle where the kids play their games.

Dragons and knights are the central theme of this medieval mural project. It's an ongoing project that has Markos Egure written all over it.

The mini-tour wrapped up with the Encina Project which is based on a couple quotes, such as: "Education turns mirrors into windows."

The mural will begin with students looking into mirrors showing a reflection through symbols of what they see. Traveling through a window turning into the campus life of Encina Preparatory High School.

The Encina mural is currently in production. The second quote is "grit is preceded by believing in a dream." And that's something Markos wholeheartedly believes in. He ended the tour by telling me, "No matter what. I've been persevering. I haven't become rich. But I've been moving forward. And it's taken a lot of grit to get there. It's taken a lot of grit to do these huge murals."

If you're interested in the Sacramento Mural Gallery Tour or checking out Markos Egure's creative work he's at www.weskosimages.com. He can also be reached at 916-955-6986 or by email at weskosimages@hotmail.com. His next Mural Gallery Tour will be on Saturday, April 12.

Yoga Seed:

Continued from page 8

middle school and high school age students give their yoga teachers. With classes every Monday inside the school gym, Reno and Lisa serve more than 20 students whose disabilities range from low to high functioning and some who are emotionally disturbed. The yogis are able to bring the techniques of teaching mindfulness and anger management to the students in a way they can understand and adopt.

Just on the physical level, for instance, Zack described a brief success story, as follows: "A Sun Salutation is an easy move for an adult, but for a kid who deals with autism, the student was able to stick with the breath and stick with the movement."

Yoga Seed in prisons

About a year ago, Zack started teaching yoga to a Buddhist meditation group at Folsom Prison. With a sincere response from the men there, he said they were able to find peace in the "crazy environment." The demeanor of one man, in particular, named Chris "totally changed," Zack said.

"You could see it in his eyes. He now helps set up the yoga mats. You could see when he gets upset, but now he has impulse control. It's awesome and that's invaluable," Zack said.

Mentored by James Fox of the Prison Yoga Project, an organization that has brought yoga to San Quentin inmates for 12 years, Zack said he's been using some of Fox's curriculum at Folsom and Sola-

no state prisons, the latter of which has about 25 students.

For Yoga Seed teachers who have brought their talents and expertise to prison, Zack said they've gotten training from the Prison Yoga Project, which offers three-day events, in which they work directly with inmates and people who have dealt with trauma. "It's a definite training process. You learn how to be safe and how the program is going to go. And you learn how to incorporate mindfulness."

Yoga Seed helping students with Type 2 Diabetes

As briefly mentioned previously, Yoga Seed also offers classes to students with Type 2 Diabetes at SNAHC.

Yoga Seed started with a trial run and it turned out after the class ended its session, the former students told administrators: "We need the yoga class back." It's been proven that yoga can lower stress (cortisol) levels. With exercise and meditation, focusing on breath, the students saw its benefit and now Yoga Seed has classes set up there for an entire year.

Because some of the students are overweight, and in some cases, obese, the yoga teachers teach to their students. Explaining the teaching techniques employed there, Zack said: "They don't do down dog. They don't get up from the ground. You have to start from where they are. And our teachers grow because they get skilled because they have to. They have to make sure they are not hurting themselves. That's what's happening at SNAHC."


expansion comes from the community it invests so much into. Volunteers today help the core staff because they are driven to give back. Volunteers today are not the primary teachers, though there might be some who hold assistant roles. The 40 or so volunteers offer their services in variety of ways, including helping clean up the studio space, fliering, or tabling at different events.

"People ask us how they can help all the time," Bob said. Bob said that while much of the nonprofit's revenue comes through classes, fundraising supplements how much of the outreach programming is funded.

That's not to say that recommended amounts for donations aren't solicited during class. "We may be saying what we need and why—why we need to ask for \$15 because one-third of our classes are out in the community and are free of charge to those participants," Zack said.

Yoga Seed fundraising

While The Yoga Seed Collective continues to grow, its




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Harlow:

Continued from page 7

ramento. Ishino had been picking grapes with his son along the bank of the slough.

In an article in the Sept. 17, 1932 edition of *The Union*, it was reported that simple services for Dorothy would be held later that day at funeral director and county coroner James R. Garlick's funeral chapel at 2001-2003 P St.

That service was followed by another simple ceremony at the gravesite of Dorothy.

Following the latter service, funeral attendants lowered her white casket with silver handles into her open grave.

Although both Paul and Dorothy's deaths were determined to be suicides, details pertaining to the causes of their deaths continue to spur controversial writings.

Those writings include those found in Samuel Marx and Joyce Vanderveen's 1990 book, "Deadly Illusions: Jean Harlow and the Murder of Paul Bern."

Last week, Tom Tolley, a technician at the Sacramento Public Library's Central Library at 828 I St., recalled assisting in the research for that book.

"I was working the periodicals desk at (the) Central Library in the 1980s and had occasion to assist an elegant, older lady with microfilm from the local newspapers dating back to 1932," Tolley said. "I noticed that she seemed to focus on the death of Dorothy Millette, the mysterious woman involved in the infamous Jean Harlow-Paul

Bern Hollywood scandal in 1932. She introduced herself as Joyce Vanderveen and said she was working with former MGM story editor Samuel Marx on a book on that subject. Since I seemed to know so much about the case, she asked if I would be interested in assisting them with the research. So, I came in early and worked on lunch breaks going through issues of *The Sacramento Union* and *(The Sacramento Bee)* for a week or two until I had uncovered all the stories published during that period. They were based in Los Angeles, but came up to take photographs and conduct interviews. I had an opportunity to meet Mr. Marx when he was up with Miss Vanderveen during one visit. I wish I would have taken the opportunity to ask him any of a thousand questions about Louis B. Mayer, Irving Thalberg and the legendary MGM stars, but we focused on the Millette mystery, which they unraveled in their interesting and informative book, "Deadly Illusions." Being on that desk at just the right time is another one of those magic moments working at the Central Library for over 30 years have afforded me."

Jean Harlow, who was the last central figure survivor of the Bern-Harlow real-life Hollywood mystery saga, died in Los Angeles County at the age of 26 from complications of uremic poisoning on June 7, 1937. She was interred at Forest Lawn Memorial Park in Glendale (Los Angeles County).

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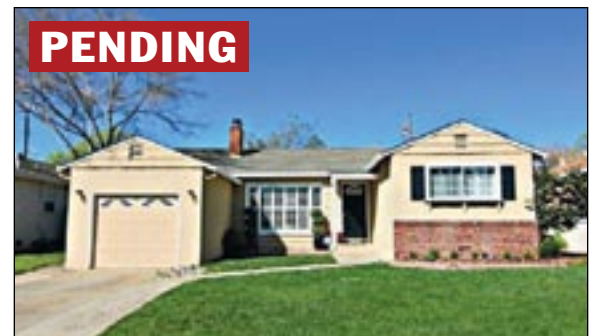
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**COLLEEN WIFVAT 719-2324
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TAHOE PARK

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