



Superintendent, Board President talk change

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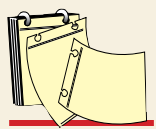


New life springs at Old City Cemetery

Tours available to view springtime growth

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Community Calendar

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A tale 100 years in the making

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Know your neighbor: Meet Jaime Garza

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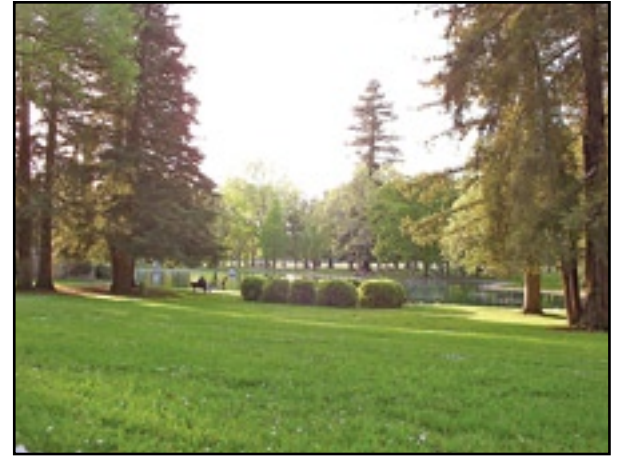
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1,000 Words

In this photo from Land Park News editor Ryan Rose, we see the pond at William Land Park bathed in the golden rays of the summer sunset.

Here is an assignment to all Land Park 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 Land Park, whether it be of a person, place or thing (any noun will do), and we will share it with our readers. Good luck, shutterbugs.



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Change on the horizon for city school district

Superintendent, school board president talk present issues, Lisbon Elementary

By Ryan Rose
THE LAND PARK NEWS

It is a time for change – that’s the message from the Sacramento City Unified School District’s interim Superintendent Susan Miller and school board president Roy Grimes. And for a school district suffering under a tightened budget and low enrollment numbers, a change may be what the doctor ordered.

In a statement made by Miller during March to the public and school board, she said, “We are working to keep cuts as far away from the classroom as possible by continuing to reduce central office duplication and seek efficiencies... Spending money doesn’t necessarily mean a better education, but not enough money can slow down our students’ progress and cause talented and dedicated employees to leave our district or leave education all together. That would be a tragedy not only for our district and pupils, but also for the future of our city, state, and nation.”

Yet, in spite of the doom-and-gloom economy and dropping enrollment num-

bers (which directly affect the school district’s funding), Miller and Grimes see an opportunity – especially with the soon-to-come economic stimulus funds from Washington D.C. – for a leaner, stronger school district to emerge from a budget crisis enveloping schools across the state.

“This is a time to think anew... It’s really wise to look at it from the ground up,” Miller said, commenting that the district is looking long term in developing a strategic plan, one that looks out three to five years. Miller said that while statistics say that enrollment will stabilize in a year, it will take until 2014 or 2015 until the district sees a total turnaround. As such, Miller said, it is time to consider hard choices, new partnerships and innovative steps to increase efficiency and effectiveness.

Grimes agreed, saying that the school board is reviewing academic and operational practices.

“I think you have a board that has a broad vision,” he said, adding that the eight-member panel has four new members that were sworn-in last December. “I think there

is a sense on the board to look at change... we are going to take the initiative.”

Hitting home

Some of the harder choices before the school board in-

clude possible school closures and campus consolidations.

The possibility of closing schools has created much concern among parents in the Pocket area, as Lisbon Elementary School, 7555 S. Land

Park Dr. a campus that serves about 350 area students, is under review for closure.

“I am more upset because my daughter is out of the dis-

See Schools, page 18

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Know your neighbor: Meet Fox 40 News anchor Jaime Garza

By Art German
THE LAND PARK NEWS

After my wife and I had spent more than 40 year as residents of the South Land Park area, our elderly next-

door neighbor died late in 2008 and her house was put up for sale. Before long, despite the mortgage meltdown and other travails in the economy, the "sold" sign was soon proudly emblazoned on the front lawn.

And the new owner turned out to be a pleasant young man who introduced himself as "Jaime."

If he added his last name at the time, I didn't remember it, and for the next two or three months Jaime and I occasionally exchanged pleasantries, discussed the weather and the condition of our mutual fence without learning much more about each other. He seemed to be a great guy, and that was that.

Finally, one day this past month, Jaime stopped by to invite us to a house-warming party on the next Saturday evening for some of his friends and new neighbors. Jaime had spent his first two or three months in his new home in extensive remodeling, and he was anxious to show us what all had been accomplished.

As we gathered around some exotic Mexican art in his newly redecorated living room, enjoying cocktails and a delectable spread of hors d'oeuvres, I finally, at long last, got around to asking Jaime what his last name was and what he did for a living. That produced a blank stare, as though I



Photo by Ryan Rose

A recent transplant to the Pocket-Land Park area from Southern California, Fox40 News anchor Jaime Garza stands in his recently remodeled home before a piece of artwork that originates from Guadalajara, Mexico.

had just walked into Sacramento from outer space.

"My name is Jaime Garza," he said with a broad smile.

"I am the co-anchor for the

10 o'clock news on Channel 40."

Wow! How could I not have known this? A TV anchor living next door to me

See Neighbor, page 5

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Neighbor

Continued from page 4

for more than two months and I know nothing about him and what he does? Have my advancing years taken that much of a toll?

Nevertheless, it turned out to be one way to break the ice with my new neighbor. And soon, I was on my way to finding out about Jaime Garza, where he had come from and how he had happened to find himself in Sacramento in this year of 2009 AD.

First off, I learned that he is 46 years of age, a native of Texas and the son of parents of mixed extraction; his father was Mexican and his mother German. He had a three-language childhood, young Garza recalled, with German, Spanish and English all being spoken at home.

He said he'd found himself attracted by the possibility of a TV career while he was still a student at the University of Texas in Austin. He moved on to UCLA for his master's degree and

back to the Austin area for his internship with a local TV station, KVUE, and a stint with a small north Texas station as a reporter and anchor.

"I quickly came to love this business," he recalled. "It was like an infection. It was wonderful and very important to be able to make people understand what was going on around them."

He also worked in Las Vegas in the early 90s as the Nevada city was beginning its transformation from simple gambling hub to world-wide news center. In the mid-90s, he moved to Sacramento for the first time, spending three years with KXTV and becoming familiar to local TV viewers who - unlike me - still remembered him. In 1996, he left town and moved to Los Angeles, where he was a reporter and part-time anchor for the next 13 years for jointly-operated KCAL and KCBS.

Over the years, Jaime has won a number of professional awards, including one from the prestigious

102 and counting

California Department of Aging Chief Deputy Director Lora Conolly presented Thelma Hooper a certification of recognition for her 102nd birthday milestone during her party March 27. Hooper, a resident of Pioneer House, 415 P St., is a native California, born in Vallejo. Her great-grandfather was in the Donner Party during the 1800s. Hooper's advice to youth is "go right on living."

See related story, page 16



Columbia University Review that singled him out for communication methods that produce news more meaningful to viewers. His career has taken him to news centers throughout the world, covering a major hurricane in Hawaii and massacres and famine in Africa, among other top news events at the scene.

He recalled that he'd enjoyed living in Sacramento during his stint with KXTV. Recently, he'd begun discussions with the folks at Fox 40 News about a possible anchor slot.

In his new job, Jaime shares the anchor slot with Fox 40 veteran Donna Cordova. The station has some other vets who I worked with during my

own career as a public information officer for the California Youth Authority—Lonnie Wong especially comes to mind. But never, ever before has an anchor been my next-door neighbor. I'm sure I'll never forget the name of Jaime Garza again.

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New plans for Land Park's Executive Airport take-off, sort-of

By Earl Rogers

THE LAND PARK NEWS

A new land-use plan for the Sacramento Executive Airport looks to be finally taxing onto the runway. But when it gets off the ground is anyone's guess.

About forty people heard an updated version of various alternate plans for the Executive Airport, 6151 Freeport Blvd., during a community meeting at Alice Burney School on March 26. Airport people and local residents have been to the barricades in the past, when there was a real threat that the airport might be closed and the land redeveloped.

In his opening remarks, George Munson with the Sacramento County Airport Planning Group reassured the audience that "one purpose (of the meeting) is not to talk about any kind of potential closure."

Using an hour-long slide presentation, Peter Van Pelt and Mark McFarland from the Airport Consulting Firm of Bernard Dunkelberg & Co. pitched the highlights of a working paper that looks at a number of different ideas for the future of Executive Airport, emphasizing its role as a reliever for Sacramento International Airport.

In this capacity, Executive Airport will continue as the primary home of general aviation aircraft (i.e. small prop airplanes and medium size corporate jets); Sacramento International, which handles the large passenger jets, will continue to be relieved of having to accommodate these smaller types of aircraft.

Runways, taxiways, ramps

No seriously new ideas that might raise the angst of the community or the airport tenants have come out of these



Photo courtesy, inset photo by Earl Rogers



The community got a chance March 26 to hear an updated version of various alternate plans for the Executive Airport, 6151 Freeport Blvd., during a meeting at Alice Burney School. Inset: Peter Van Pelt and Mark McFarland, at left, from the Airport Consulting Firm of Bernard Dunkelberg & Co. talk with members of the Land Park and airport communities.

studies. Alternatives include leaving the existing triple intersecting runway configuration intact, or closing one or the other of the two shorter runways to reduce maintenance costs and free up additional land for other airport uses.

One variation not seen in previous studies is the addition of protection zones that would limit land development under the flight path at the ends of some runways. The consultants emphasized that all reasonable

alternatives are being looked at now to avoid having to go back and deal with them in the future if questions should be raised. A final determination will not be made until after reviews by federal, state and local agencies.

Hangars, maintenance facilities, vacant land

Aviation users say, "This is an airport, therefore airport use of the land must be primary."

The study team agrees, but has

as one of its goals a financially self-supporting airport, so that revenues generated on the airport pay for every cost associated with the airport (operations, maintenance, capital cost and depreciation).

The team intends to explore opportunities for additional revenues. Currently, the airport gets a partial subsidy from the County Airport System, which includes International (the major reve-

See Airport, page 7

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Airport

Continued from page 6

nue generator), Mather and McClellan. Landside development might include some non-airport use. This idea was discussed in last year's studies, where parcels of land along Freeport Boulevard and 24th Street could be developed for non-airport business. Another goal of the study team is "the airport land must be compatible with the surrounding neighborhood."

When asked about non-airport uses of land along Freeport Boulevard, the consultants remarked that convenience stores, shops, food service, offices, even a motel could be considered.

"Whatever compliments the community. We want a clean and friendly neighborhood. There is no guaranteed anything will work. Land use guidelines may preclude some of these. We are not there yet," the consultants said.

"We don't need no convenience stores," said a voice from the audience followed by clapping.

What about noise?

One member of the audience who lives north of the airport complained about the noise of jets and helicopters flying low over his house. Van Pelt remarked that newer jets are quieter, thus the general noise level of the jet fleet is trending downward.

"Noise is a highly personal, highly subjective issue," he said. "One man's noise is another one's enjoyment."

That didn't cut it with a resident who moved there in 1950 and remembers when there were no jets flying out of the airport.

Van Pelt recognizes that the existing noise ordinance is not satisfactory.

Will airport activities grow?

Moderate growth is forecast with a wide variety of general aviation aircraft expected to be operating out of the Land park-area airport.

Construction of additional aircraft hangars is the number one priority for landside development. Currently, there are 150 aircraft owners on a hangar waiting list.

Based on a community meeting held last year, the Sacramento Executive Airport Master Plan appears to be behind schedule, though it doesn't seem to concern anyone, (least of all the community), since the plan is looking 20 years into the future. According to documents presented at the June 19, 2008 meeting, a draft of the Executive Airport Master Plan Final Report was to have been completed by February 2009. No revised schedule was presented here, but when the time comes for a Draft Final Report expect another public meeting.



Photo by Earl Rogers

In their plans for developing the Sacramento Executive Airport, Peter Van Pelt and Mark McFarland from the Airport Consulting Firm of Bernard Dunkelberg & Co. pitched the addition of convenience stores, shops, food service, offices and even a motel to the airport grounds.

PUBLIC NOTICE

SMUD Invites Public Input on Proposed Rate Increase

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

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

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

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

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

Public Workshops

Thursday, April 23, 6 p.m.

Wednesday, May 13, 9 a.m.

Public Hearing

Thursday, June 4, 6 p.m.

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

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

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



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Importance of the spleen: Connecting with wellness on the inside

By Mamie Woo

THE LAND PARK NEWS

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

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

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

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

In the western medical dictionary, it says, “The spleen is a spongy, soft, purplish organ about the size of your fist. It is located in the upper part of the abdominal cavity, just under the left rib cage. The spleen contains two parts – the white pulp is part of the infection-fighting (immune) system, and the red pulp removes unwanted material, such as defective red blood cells from the blood.

In the Chinese medicine perspective, the function of the Spleen does all of that and more. It also works harder and has more responsibilities.

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

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

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

How to help the Spleen

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

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

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

½ cup Shan Yau (Chinese yam or dioscorea)

½ cup Qian Shi (euryale seed)

½ cup Yi Yi Ren (coix seed)

1 cup white rice

A dash of salt to taste

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

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

“For all chronic health problems, you must treat the Spleen first.”

I can hear Professor Yang Ming-Fei’s voice ringing in my ears every time I see a new patient. Professor Yang was my teacher and dean of the TCM floors in the hospital of Gungzhou College of Traditional Chinese Medicine, Gungzhou, China. We made morning rounds in the hospital from bed to bed checking on the patients’ conditions. We look at the tongue, feel the pulse and check the chart. One morning I asked, “How do you know who has a better chance to go home? He rolled his eyes and replied, “Check the Spleen position in the tongue and pulse, that’s a strong indication of a fast recovery. If the Spleen does not make new blood, it is hard for the patient to recuperate.” His words have been in my head ever since.

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

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

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Staying a cut above

After more than 18 years and 200,000 hair services, Nathan Michaels salon, 7485 Rush River Dr., # 630, is still keeping up with trends and education. Late last month, six-time British Hairdresser of the Year nominee Andrew Jose visited the salon to teach his techniques from his new collection from London. Nathan Michaels invited some of the area's top salons to share this unique educational opportunity.

Jose is also the owner and developer of a unique line of products called J-life, which Nathan Michaels salon is the only to carry in Sacramento.

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 Carnival 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 into a live musical-theatrical setting.

The performance is preceded and accompanied by a unique Web experience at www.fontainebleu.info, which embroiders upon the concept of the show: The journey of a group of very unusual adventurers into a parallel universe to recover a relic of the cinema (which will also be shown as a part of the performance), LaSalada.

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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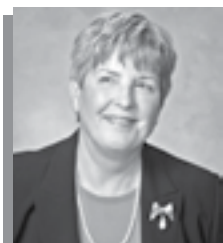
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The Fork Tail Devils of Sacramento

By Earl Rogers
THE LAND PARK 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- strafing attacks by the twin-tailed fighter.

"Our group exists to promote the legacy of the P-38 and to honor the pilots, mechanics, and builders for what they did during WWII to preserve our freedom,"

said Elmer Becky, a photo recon pilot who flew the P-38s in the Mediterranean campaign.

According to historian Cecil Kramer, membership in the local group stands at 114. The larger national 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 Behrens, 89, from Stockton, who fought the Japanese in Southeast Asia. For 64 years, he had sought one final confirmation that would give him the status of "Ace" for having destroyed five hostile aircraft in aerial combat. His story is



A restored P-38 Lightning takes flight

Photo courtesy:

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

See Fork Tail, page 11

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Fork Tail

Continued from page 10

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 Himalayas from India into China had to contend with weather, high mountains and enemy fighters.

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

No confirmation means no credit.

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

Local eyewitnesses to history

Those who remember the Lockheed Lightning are dwindling in number. The hour of the last man standing will come. Afterwards, there will no longer be eyewitnesses to a remarkable airplane and to an era when the entire world was in peril.

To keep the memory alive, the Fork Tail Devils of Sacra-

mento are taking their stories to high schools in the region. Each of the members give testimony to the activities of the era. Teens hear from people like Lenora Collins Albericci, a Sacramento native who was one of four Collins sisters who worked at McClellan field during World War II overhauling the P-38; Don Spindler, who flew the P-38 in the Pacific War; and Rudy Moll, who

as a teenager was interred with his family in a Japanese prison camp in 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.

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Library meeting helps set the record straight

By Miranda Menestrina

THE LAND PARK NEWS

Discussion over the procedure to name the new Robbie Waters Pocket-Greenhaven Library continued Thursday, March 26, during a turbulent Friends of the Library meeting where the board sought to set the record straight and clear its name from the confusion that has frustrated the community and led to the resignation of the board's president, Dolores Nuse.

In a small room at Lisbon Elementary School, frustration fueled a debate between members of the board, neighbors

and even Councilmember Robbie Waters himself.

"I'm glad you came tonight, Robbie, so that you can help clarify some things," said Bonnie Bartholomew during her first night as acting president of the Friends of the Library.

Feelings of anger and disillusionment have been high in the community since the City Council voted Feb. 24 to name the new 15,000 square-foot library, on the corner of Gloria Drive and Swale River Way, after Councilmember Waters.

"(People) wanted the community to decide, not members on the city council and politicians," community member

Bob Gorham said. "They wanted broader input. They felt left out of the process."

While some argue that the library should not be named after a living person, still more argue that the City Council did not follow its own policy and procedures for naming a facility.

A city council staff report dated Feb. 26, 2008, specifically states that the procedure to name a facility is a "deliberate process that includes community involvement," and that it "provides for a participative public process," something Bartholomew said never happened. Waters said after the meeting that the city will work to better define the "community" during the naming process,

as in this situation, the "community" was thought to be the Friends of the Library.

While the Friends of the Library confess that they discussed and voted to support recommending that the new library be named the Robbie Waters Pocket-Greenhaven Library in both their June 26 and July 16, 2008 meetings, they also admit that the city was never a part of their discussions, and that they did not know that their recommendation would be City Council's sole community input.

"As a group, we felt we were used and deceived about naming the library," Bartholomew said. "We can't answer the community's questions, and we believe due process was not done."

According to the Friends of the Library, Nuse e-mailed the result of the board's vote to Library Director Anne Marie Gold on July 28, 2008, and received no updates on the status of the library naming for several months. Then, in February, it is assumed by the Friends of the Library that Councilmember Water's office used the contents of Nuse's e-mail with a computer cut and paste of the Friends of the Library logo to appear as a formal letter to the city, and that this letter was used as part of Item 15 during the city council's meeting on Feb. 24. The letter was undated and unsigned.

The Friends of the Library have since written a letter to

the city stating that the cut and paste letter gave the impression that the group wanted the city council to discuss the issue, and that the community supported the proposed library name.

"In reality," the letter reads, "the e-mail from our board president to the library director is merely a recommendation from a small but active group of community residents who anticipated further public discussion and community input."

At the March 26 meeting, board members voted to approve the letter and send it to the city.

"We want to make it clear it was not up to us to hold a community meeting," said Kathi Windheim, a member at large. "This letter will set the record straight that we were not the sole input in naming the library."

Before leaving the meeting, Councilmember Waters guaranteed that the Friends of the Library letter to the city would be fully analyzed by city staff.

Before leaving the meeting, Councilmember Waters guaranteed that the Friends of the Library letter to the city would be fully analyzed by city staff. Moreover, the councilmember said that the naming process – as well as the public notification process – would get a thorough review.

"We certainly are going to revisit this naming process," he said.

E-mail Miranda Menestrina at vcnnews@valcomnews.com.



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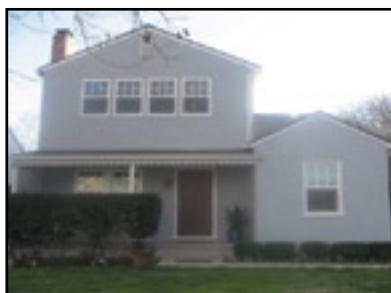
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S-H-E-'S B-A-C-K! Yes, the person who built a great reputation as one of Sacramento's most successful automobile salespeople and the former GM of Land Rover Rocklin, is now becoming one of Sacramento's best realtors. Yes, Elizabeth Axelgard is back. She sat down to talk with me about her new career.

PAUL: So you started in the car business over 19 years ago selling BMW's and Mercedes Benz then moved up into management finishing your automotive career as a GM at Land Rover Rocklin. I know you love that business, why change?

ELIZABETH: I did love the car business. What I enjoyed the most was helping people purchase their dream cars. My clients worked hard every day and I had the pleasure of watching them drive off the lot after having accomplished their goals.

I had also reached my personal goals in the car business and was ready for a new adventure. I decided now was a great time for real estate. Many might think this tough market is an odd time to enter real estate. In fact, that is exactly the type of challenge that motivates me!

PAUL: Why do you think you're uniquely equipped to help people buy and sell their homes?

ELIZABETH: I'm passionate about real estate. Ever since I was a little girl I have been picking out houses for my relatives to buy! My oldest son was the one who pointed out every time we go on vacation I drag him to look at open houses. Most importantly, I have an extensive background of caring and consistently communicating with my clients both before and after the sale. I build friendships and as many of them will tell you, I put their best interests first. My goal is to make their real estate transaction as smooth as possible. By listening to them and truly paying attention, I'm able to make something that can be stressful, fun. My hope is to do such a great job that they refer me to their friends and utilize my enthusiasm and love of real estate over and over!

PAUL: If you had to wrap up your philosophy in one sentence what would it be?

ELIZABETH: How about a few sentences? Do what you love and do it well. Treat others the way you would like to be treated and ask your clients what you can do to continually improve. Life is about learning lessons and truly connecting with those around you. My grandfather used to say "Carpe Diem, seize the day Elizabeth and make it a good one!" That is exactly what I intend to do.



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A golden celebration

Local men turn 100 years old just one day apart

By Lance Armstrong
THE LAND PARK NEWS

In a day and age when “80 is the new 60” and people are typically living longer lives, nothing takes away from the remarkable accom-

plishment of living to be 100 years old. And right here in the Sacramento area, a pair of local residents recently did just that.

A coincidental twist to the story of these two new centenarians, Carl Becker and J.D. Conger, is the fact that they

reached the century mark just a day apart. Becker was born on April 1, 1909 and Conger was born on April 2, 1909.

And adding to this story is the unlikely aspect that despite being born more than 1,500 miles from one another, Becker and Conger accomplished the rare feat of turning 100 years old while residing just a little more than five miles away from each other.

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

Being Becker

Becker, who is a native Sacramentan, recently recalled some of his earliest memories as a former resident of the Sacramento Children’s Home or the “orphanage,” as Becker said that it was referred to during his youth.

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

bles and my brother (Edwin) had the most marbles of anybody. Also, I remember looking out the window of the dormitory at the horses and once in awhile a car would go by going, ‘chug, chug, chug.’ We used to count the number of cars that would pass by the orphanage and usually there were only about four cars a day that would go by.”

Becker, who later worked on the X-Ray newspaper staff at Sacramento High School with Herb Caen, the eventual Sacramento Union writer and San Francisco Chronicle columnist,

See Centenarian, page 17

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Centenarian

Continued from page 16

worked a variety of jobs during his life.

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

Becker, who also spent about 35 years working in the dairy industry for the Crystal Cream and Butter Co. and other dairy companies, was married in 1932 and with his now-late wife, Alice, had a son named, Richard, and a daughter, named Patricia. Becker also has one grandchild and one great-grandchild.

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

“I’ve been through the first Depression, I’ve been through a lot of wars – although I wasn’t active in them – but I think I’ve accomplished something in life,” Becker said. “I’ve accomplished a remedy for a long life by maintaining a good diet and using common sense; common sense in all things you do. Don’t go overboard. Don’t drink too much,



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



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



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

don’t talk badly about others and be friends with everybody.”

Growing up Conger

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

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

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

“My father was a very hard-working man,” Jim said. “He started out working on road construction and then he came to California (in 1935) and

worked in the sawmill-lumber business for all the years up until the year he retired.”

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

Today, Conger, who also has a daughter named Joyce Layton, seven grandchildren, 16 great-grandchildren, six great-great grandchildren and another great-great grandchild due this month, resides at Carmichael Oaks Senior Living with his wife, Opal, who he married 79 years ago.

Remarkable men

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

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

“Centenarians are very special people and they had to overcome a lot of obstacles to reach 100 years old,” Forseth-Andrews said. “They’ve definitely earned our respect over the years and they’re still to be valued and cherished. I

would like to congratulate these men for turning 100 and thank them for everything they’ve done over the years and wish them many more years.”

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

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Schools

Continued from page 3

district and she will be greatly affected," said parent and Pocket business owner Deborah

Nava, who added she might have to send her daughter to a private school at a greater personal cost. "I chose Lisbon because of its great arts and music program and because it has the best principal ever."

Calls to Lisbon Elementary School Principal Frank Lawler were not immediately returned to discuss the matter.

Miller said the proposals delivered to the school board were not issued lightly; she said

work began in August, with the district reviewing facilities and programs, ultimately putting together a plan that would engage the community.

"Before we made any recommendations... we went out to

the community. We have tried to incorporate as many of those things (said by the public) as possible," she said. "I think the fact that we had 12 meetings before we brought any proposal to the board speaks volumes."

"We've been listening a lot," Grimes added.

Of the proposals made by the district to the school board to save monies, campus closures and consolidations, Miller said, are just a part of the whole. But it's a big part to the students and parents affected.

Although engaged in the process through information released by the district, Adrienne Chan, a parent of a student at Lisbon Elementary, said she still has many questions that have not yet been answered.

"We understand this is a huge financial predicament, but at the same time, the district has not informed us of the blow-by-blow... it's the not knowing that is the hardest," she said. "When are we supposed to know?"

Lisbon Elementary School is not the only school current-

See Closure, page 19



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Closure

Continued from page 18

ly under consideration for closure or consolidation; according to information released last month by the district, the list also includes Alice Birney Elementary, 6251 13th St., John Sloat Elementary, 7525 Candlewood Way, and Genesis Charter High School, 5601 47th Ave. Also under review for possible campus consolidation are Thomas Jefferson Elementary, 2635 Chestnut Hill Dr., with Hubert Bancroft Elementary, 2929 Belmar St., and Sutter Middle School, 3150 I St., with Kit Carson Middle School, 5301 N St.

The school district will continue the discussion on the consolidation and closure proposals at a school board meeting to be held at 6:30 p.m. on Thursday, April 16, at the Serna Center, 5735 47th Ave. The board is scheduled to make a decision on the proposals at the April 16 meeting. Find board agendas online at www.scusd.edu/board_of_education/agendas/index.asp.

What about the programs?

Beyond the affect on the student body, Chan said she is concerned about the effect a closed school could have on the Pocket area.

"I am very concerned, not just on the impact on my daughter, but having a large closed school in the middle of the Pocket neighborhood is a scary thought," she said. "I think if Lisbon closes it may

have a negative impact on the immediate community if the building is closed at all."

Chan also said she was concerned about the special programs Lisbon Elementary provides and whether those offerings would continue at another school.

"I am concerned about the programs like the day care. Will there be an equivalent spot for us (at another school)," she said. "Those of use with kids are nervous and I think a lot of the parents have the same concerns as me. I don't think I'm alone."

Miller and Grimes, who represents the Pocket area, both said school programs would be reviewed to see which could be blended or enhanced at another campus. It is Grimes' hope that the programs are consolidated or improved, whatever the outcome.

"That is what I would like to see happen," Grimes said.

Miller agreed, adding that day care programs, such as the one offered at Lisbon Elementary, are a priority.

"It depends on the program, but we always try to move the child care... especially if the program (is being used)," she said.

Thinking outside of the box

To build a larger community discussion on issues like those facing Sacramento schools now, Miller said the district was looking into 21st century options to expand the diffusion of information, including the implementation of Internet forums to compliment the

already-available live video streams of board meetings.

It's that type of community involvement and unconventional thinking that Miller and Grimes said they hope to develop and encourage at the school district. In addition to new community outreach models, Grimes said the board was eager to build new partnerships with other agencies, government and otherwise, that could assist the school district in its goals.

According to Grimes, a letter was sent in December to Sacramento Mayor Kevin Johnson – the founder of the St. HOPE non-profit organization who in 2003 transitioned Sacramento High School into a St. HOPE Academy private charter school – pursuing a dialogue with the city. As of April 2, Grimes said no answer has yet been received. Johnson, who was in Washington D.C. at the time of this writing as part of the U.S. Conference of Mayors (and coincidentally moderating a forum on educational reform), was not available to respond.

As it happens, Miller and Grimes would have been fortunate to have a seat at the March 31 forum Johnson moderated in D.C., as it included D.C. School Chancellor Michelle A. Rhee, a nationally recognized figure in the school reform movement. Rhee has made a name for herself as a reorganizer of school systems to save money and improve results.

Miller said she is currently reviewing many different strategies and concepts from other school districts across

the state and nationwide.

Rhee, who has recently closed 23 schools in D.C. to shore-up budget deficits and reorganize spending, said (according to the Washington Post) at the March 31 D.C. forum that the possibility of school closures, like those faced by Miller and Grimes, are never easy choices, sometimes necessary and often unpopular.

"If you want to be the least popular person in the city, close one school, much less 23," Rhee said, according to the Washington Post blog D.C. Wire.

For the school board's part, Grimes said the board members will undergo a process of self-evaluation, providing additional reform of local government.

"We will be looking at ourselves... we will be graded," he said.

As far as innovative thinking concerning the Lisbon Elementary campus, Chan hopes the district considers finding

a new use for the Lisbon Elementary grounds if the school is closed.

"Lisbon has been very well maintained. It's 20 years old but it doesn't look it. It is an asset that should be used," she said. "This building has a lot of inherent value to it. We are hoping the board comes and takes a look at the facility (to find another use for the space).

Keeping positive

With changes and possible closures coming to the district, Miller said this is a time to keep faculty motivated and parents engaged, as their profession is a "people business." Miller and Grimes also made a point to say they encourage members of the public to attend school board meeting to voice their opinions. Local residents can also e-mail Miller and Grimes at superintendent@sac-city.k12.ca.us and escuelanuevo@sbcglobal.net, respectively.

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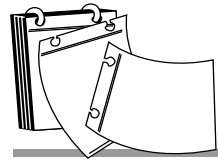
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APRIL

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

Kiwanis Pancake Breakfast and Easter Egg Hunt

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

Pocket's spring egg hunt

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

Easter fun at Fairytale Town

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

Egg hunt and pancakes, too

Carmichael's annual Egg Hunt and Pancake Breakfast returns to Carmichael Park, the egg hunt at 10 a.m. (arrive 30 minutes early) and breakfast served 7 to 11 a.m. Includes live music, clowns, fire trucks and more. The egg hunt is free, but bring a basket. Pancakes cost \$5, children 12 and under, \$3. Information at 483-7826.

Egg Hunt Egg-stravaganza

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

Bunny Bonanza

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

APRIL 17

Monarchs and scholarships

Jenny Boucek, coach of the Sacramento Monarchs, and Monarchs player DeMya Walker, discuss "Living My Dream" at a scholarship luncheon for local college-bound girls, hosted by Soroptimist International of Sacramento, 11:30 a.m. to 1 p.m., Casa Garden Restaurant, 2760 Sutterville Road. Cost, \$20. Reservations and information at 363-6927 or e-mail barbaramcdonald@comcast.net.

See student slam poets

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

Explore new learning center

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

APRIL 18

Playground Classic

Get a group together and come out for the first annual Playground Classic where you'll compete in your favor-

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

Parkinson's Education

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

APRIL 18, 19

Benefit plant sales

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

Farewell to a Red-tailed Hawk

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

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

APRIL 19**Meditation closes Buddha Exhibit**

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

Buddy Harpham Banquet and Show Tribute

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

See "Trembling Before G-d"

"Trembling Before G-d," the acclaimed 2001 documentary about gay and lesbian Orthodox Jews reconciling their faith with their sexual orientation, will be screened Sunday, April 19, in the social hall at Congregation B'nai Israel, 3600 Riverside Blvd., in Sacramento. After a break for refreshments, there will be a showing of the short sequel "Trembling on the Road," a documentary about the controversy, protests – and dialogue – that has accompanied screenings of "Trembling Before G-d" in Jewish communities around the world. Sponsored by B'nai Israel's gay rights committee, the screening begins at 2 p.m. Suggested donations of \$5 will be gratefully accepted at the door, with proceeds to benefit B'nai Israel's social action programs. For more information, call the Barbara Allen-Brecher at (916) 607-7651.

APRIL 21**Travel abroad**

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

APRIL 25**Play playground games**

Get a group together and come out for the first annual Playground Classic where you'll compete in childhood games of kick ball and Capture the Flag. The event will be held on consecutive Saturdays at Jonas Larkspur

Park, on the corner of Jonas Avenue and Larkspur Lane. Each Saturday features a different game: today, kickball; and May 2, Capture the Flag. Games begin at 10 a.m. and tournaments will finish by 3 p.m. Teams should consist of 10 to 12 people, and be equally divided between men and women. Register for individual tournaments (\$60). Registration forms and more information can be found at www.amrpd.org or call 487-7851.

Clean up the creeks

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

Everything geraniums

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

APRIL 25-26**Water Conservation Program**

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

APRIL 29**Cancer prevention study event**

The third Cancer Prevention Study of the American Cancer Society will be enrolling participants on the South Steps of the State Capitol on Wednesday between 10:30 a.m. and 2:30 p.m. this year only. Individuals who choose to participate will complete a brief questionnaire, give a waist measurement and a small blood sample. If you are 30-65 years old and never have been diagnosed with cancer, then you will want to participate in this study. Visit www.cancer.org/cps3, call 1-888-604-5888 or e-mail cps3@cancer.org to learn more.

MAY**Free Pole Walking Clinics**

Sponsored by the nonprofit Cure Arthritis Now, this program will run Saturdays, May 2 and May 16 on Scripps Drive from 9 to 10:30 a.m.; Mondays,

May 18 and June 1 from 9 to 10:30 a.m. in River Park; and Fridays, May 15 and May 22 from 9:30 to 11 a.m. in Curtis Park. Pre-registration is required and clinics will be rescheduled if rain is expected. Demo Poles provided free during clinics. Call for details of exact locations at 208-8700.

MAY 2**Play Capture the Flag again**

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

Get rid of E-Waste

E-Waste Recycling Collection Event will take place from 8 a.m. to 6 p.m. at the Cabana Club, located at 6207 Riverside Blvd. in Greenhaven. The Sacramento Stingrays Swim Team sponsors the event and the team swims at the Greenhaven Cabana Club.

Backyard composting seminar

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

MAY 9**Canine Craze Fun Dog Show**

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

MAY 10**Breast cancer walk**

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

MONDAYS**Tai Chi at Hart Center**

Chinese exercise combines specific movements and relaxation, 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St. Instructor, Mamie Woo. Information at 808-5462.

Hatha yoga class

Instructor Pat Shaw teaches students to align the body through breathing techniques, postures and deep relaxation, 3 to 4 p.m., Hart Senior Center, 915 27th St. Information at 808-5462. Repeats Wednesdays, Fridays.

Gray Eagles meet

Gray Eagles, a social group for men and women, hears guest speakers on air shows, flying and warbirds, 11:30 a.m. to 1 p.m., second Mondays of the month. Visitors welcome. Free, at the Hometown Buffet (private dining room), 4300 Florin Road. Information at 421-0844.

Newcomer's Buffet

The Widowed Persons Association of California invite any and all widows and widowers to attend their Newcomer's Buffet and Social at 5:30 p.m., every third Monday, at the Plaza Hof Brau, El Camino at Watt Avenue. The cost varies as the choice is from a no-host buffet menu. For more information, call 972-9722.

Toastmasters meet

Guests always welcome at Kassy Talkers Toastmasters to have fun while improving speaking and leadership skills, 7 to 8:30 p.m., Executive Airport 6151 Freeport Blvd., 95822. Information: Jan at 284-4236 or www.sacramentoastmasters.com.

Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7:30 p.m., Friends Church, Fireside Room, 41st and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 558-0448.

Evening Tai Chi class

Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 6:30 p.m., Parkside Community Church, 5700 South Land Park Drive. Open enrollment – join anytime. Cost: \$15 a month for members, \$20 for non-members. Information: 421-0492.



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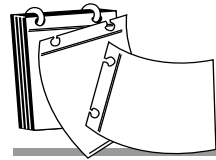
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Calendar

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

MONDAYS

Girls-only karate

Karate for girls ages 7 and older, 6:30 to 7:30 p.m., Elks Lodge No. 6, Riverside Boulevard at Florin Road. Meets Mondays and Wednesdays. Information at 470-9950.

Community sing-along

Harmonize on old hymns and folk songs, just for our own pleasure. Shower singers are welcome. First and third Mondays, 1 to 2:30 p.m., Fahs Room, Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Free. Information at 457-4527, daytime.

Aviator interest

Gray Eagles, a social group for men and women to share stories of military or sport aviation -- for former air or ground crew, or anyone interested in B-17s, Reno races, and airshows. Free. Meets second Monday, 11:30 a.m. to 1 p.m., at Hometown Buffet, 4300 Florin Rd. (private dining room). Information from Lou at 421-0844.

TUESDAYS

Pastel landscapes class

Award-winning pastel artist Reif Erickson teaches a four-step process to creating art.

Supplies provided for the first session and students provided with a materials list for further lessons. From 2:30 to 5 p.m., Ethel Hart Center, 915 27th St.; \$25 per lesson. Information at 808-5462.

Free Medicare counseling

Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appointments are every Tuesday with John Gallapaga, call 376-8915 to schedule an appointment. For appointments in Spanish, call Marta Erisman at 231-5110.

Food Addicts Anonymous

Food Addicts in Recovery Anonymous meets, 9 p.m., Lutheran Church of Our Redeemer, Fireside Room, 4641 Marconi Ave. A 12-step group for people struggling with obesity, food obsession, or eating disorders. For more information, call 1-800-600-6028.

Women's networking

Soroptimist International of Sacramento South, a service club for business and professional women for 47 years, meets second and fourth Tuesdays, 12:15 p.m., for lunch and programs at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. Fund-raising, networking, community service. Information: President Colleen Truelsen, 429-9901, email: colleen@valcomnews.com.

Barbershop Harmony

Sacramento Capitolaire Barbershop Chorus rehearsals, 7 p.m., Sierra Arden United Church of Christ, 890 Morse Ave. Open to "men who like to sing." Call Joe Samora for details, 631-9848.

WEDNESDAYS

Pole walking clinic

Free pole-walking clinic sponsored by Cure Arthritis Now, every

Wednesday morning -- demo poles provided for use during your first clinic. Call 208-8700 for details of times and locations. Come learn a new way to exercise and get healthy.

Chair yoga at Hart

Yoga instructor Pat Shaw leads chair yoga with exercises aimed to keep older adults strong, limber and relaxed, 1:45 to 2:45 p.m., Hart Senior Center, 915 27th St. Information at 808-5462.

Toastmasters Club

River City Speakers Toastmasters Club meets at noon at Coco's Restaurant, 1830 Arden Way. All area business people invited to hone their speaking skills; meeting ends at 1:15 p.m. Information: 747-8282.

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'Not dead, but gone before' History, gardens, art on display through Sacramento Historic Cemetery tours

By Lance Armstrong
THE LAND PARK NEWS

If, indeed, as T.S. Eliot wrote, April is the cruellest month for denizens of cemeteries, then it is visitors to the Sacramento Historic City Cemetery who are in for a treat, as springtime is a season to witness renewal, as the warm weather bringing new life to the hallowed acres.

For many locals, the Sacramento Historic Cemetery at the west end of Broadway simply represents a place where the dead are buried. But for others, the cemetery means much more; to them, it's a place alive with memory.

And in honor of the many things that the cemetery repre-

sents, the Old City Cemetery Committee is offering several educational tours.

Lynda Walls, president of the Old City Cemetery Committee, said that the tours present a great opportunity for the community to become connected with a city landmark, which was founded back in the days of the Gold Rush.

"People can really learn a lot through these tours," Walls said. "We call ourselves a historic cemetery, museum and gardens and the cemetery represents Sacramento history, but it also represents American history. The Gold Rush is really what drove the expansion so quickly to the West and Sacramento was the heart of that."

With warmer weather, Walls encourages people, especially those who have not yet paid a visit to the cemetery, to partake in a tour during the current and upcoming months.

One of the most popular tours at the cemetery, which is located at 10th Street and Broadway, is the History Tour, which is held on the first Saturday of each month through October. The tour begins at 10 a.m. at the cemetery's main gate on Broadway.

Meeting history at the cemetery

Through this tour, guests can learn about the lives of some of those who lived during the early years of Sacramento.

Among the permanent residents of the cemetery are: the city's founder, John A. Sutter Jr., E.B. Crocker, the original owner of the Crocker Art Museum, early California governors and city mayors, Sacramento physicians who passed away during Sacramento's cholera epidemic of 1850, and Walls' favorite permanent resident, Jane Norris, who raised the first American flag over the State Capitol following the end of the Civil War.



Photo by Ryan Rose

The grave marker of S.S. Slawson, who was born in 1841 and died in 1920, rises above a blanket of purple flowers at the Old City Cemetery.

Walls said that visitors are greeted with one of the cemetery's most attractive features, its many historic, artistic headstones.

"You see the history, which is obvious because of the Gold Rush and the people who are buried here, but many of the

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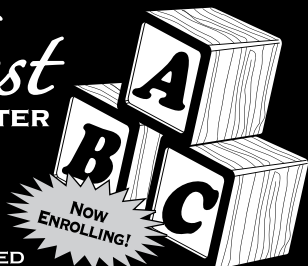
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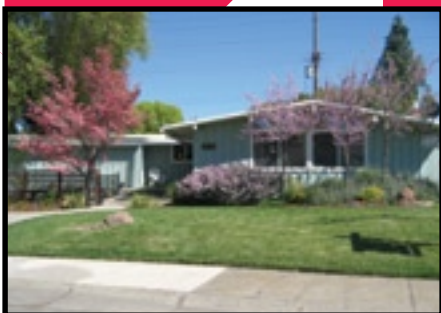


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Cemetery

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headstones are really quite amazing," Walls said. "Some of them date back to the 1850s and 1860s and were hand-carved out of marble. We also have hand-carved statuary with locally-quarried marble and each one of them is a one-of-a-kind work of art."

One of the most famous markers of the cemetery is that of Mark Hopkins (1813-1878), one of the "Big Four" of the Central Pacific Railroad.

A special railroad spur was placed at the cemetery in order to bring the large slabs of granite that are present at Hopkins' grave today.

Touring the lesser known

Another tour, the Garden Tour, is held on the third Saturday of each month, beginning at 10 a.m. at the main gate.

This tour, Walls said, allows visitors to see the cemetery's expansive gardens, which are often times unknown to many people living right here in the capital city.

"The gardens really are a bit of a hidden gem," Walls said. "The gardens are wonderful and there is no place like them in Sacramento. This is a great time to visit the cemetery, be-

cause of the beautiful gardens this time of year."

The Garden Tour showcases the antique roses and annual roses of the Historic Rose Garden, the Perennial Garden, which presents many plants that are suitable for Sacramento's climate, and the Native Plant Demonstration Garden with native plants of the Sacramento Valley.

Although donations to the committee are welcomed, both the History Tour and the Gardens Tour are offered free-of-charge.

A special fundraising tour, "An Evening with the Ladies of the Evening," will be held May 16 at 8 and 10 p.m.

This no-children-recommended, adult-themed event, which will be offered at a cost of \$15, will present stories of ladies of the world's oldest profession, as well as saloonkeepers.

Tours are unique endeavor

Walls said that she is proud to be a part of the nearly 20-year tradition of presenting tours at the cemetery and added that in speaking about these tours, it is important to remember the name John Bettencourt.

"The tours were started by a wonderful docent, (the late) John Bettencourt, and he has become known as Sacramento's favorite tour guide," Walls said. "John did a lot of re-

search and did stories about different people who are buried in the cemetery. It was his gift for research, as well as for presentation of the materials that he researched, that started the tours and made them so popular. Now as the person who does the fundraising tours, I try to base them on what John would do. If I could do half the job that he did, we would have a great show for people."

Today, Bettencourt, who passed away about five years ago, is recognized for his service to the cemetery through his permanent residency at the cemetery.

Walls said that she hopes that many people attend this year's cemetery tours and learn about the great opportunities that they present.

"Everyone should come out to the tours, because there's a



Photo by Ryan Rose

A typical serene scene at the Old City Cemetery: a private tomb sits above a beautifully manicured landscape as the leaves of trees hang overhead.

little bit for everyone," Walls said. "If you're not a real gardening person, we still have the History Tours that are going on. The tours are just a lot of fun."

Those interested in obtaining additional information

about the cemetery's tours can call (916) 448-0811 or visit the Web site www.oldcitycemetery.com.

E-mail Lance Armstrong at vcnnews@valcomnews.com.

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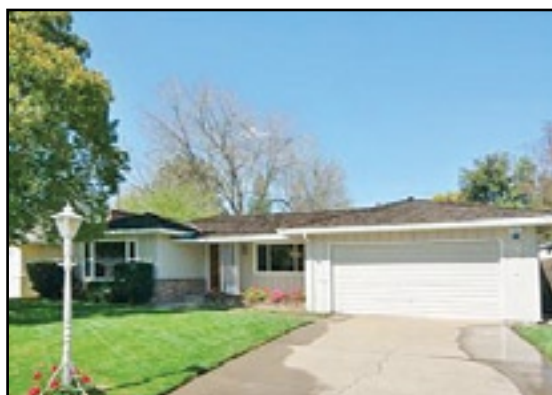
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