

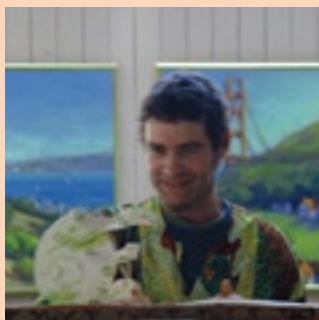
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Over 130 years of service March is 'American Red Cross Month'

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Arden-Carmichael News is published on the second and fourth Thursdays of the month and is delivered by mail and home delivery. Newspapers are also available in stands throughout the area.

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Susan Laird
Art Director..... John Ochoa
Junior Designer..... Ryan Vuong
Sales Manager..... Patty Colmer
Advertising Executives..... Linda Pohl
 Marc Harris Desilés, Melissa Andrews
Distribution/Subscriptions..... George Macko

Vol. XX • No. 5

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Know your neighbor

Eskaton couple celebrate 75th anniversary

Special to Arden-Carmichael News

“It was love at first sight...for Jim,” explains Elizabeth McCrohan. The two were 17-year-old high school students in San Leandro at the time – the early thirties.

“I didn’t even notice him sitting behind me in history class,” she laughs, while James McCrohan, her husband of 75 years, sits beside her smiling, waiting patiently to tell his side of the story.

“She took me to a sorority, intersociety dance and from that first date on, we were in love and inseparable,” he then explains. The couple dated through college in San Jose and married several years later in 1936. This March 7, the McCrohans celebrate their diamond wedding anniversary.

The McCrohan’s life story is prototypic of the “Silent Generation,” at least in most respects. They worked hard (Elizabeth a teacher and homemaker; James a musician and teacher), survived the Great Depression, raised a family of three daughters, “pinched pennies,” and retired, leaving their Oakland hills home of 20 years for their reward house and small vineyard in St. Helena. Elizabeth enjoys sharing details of family pets, classic automobiles, hobbies, friends, family, and their anniversary party invitation that features a circa 1930 photo of the handsome young couple.

As ebullient as a teenager sharing the latest gossip, Elizabeth pauses to apologize, “I know I talk too much. My friends used to say I must have been vaccinated with a phonograph needle.”

James cracks a sly smile as she continues on with stories of their globetrotting trav-



Elizabeth and James McCrohan will celebrate their 75th wedding anniversary on March 7. They have been sweethearts for more than 82 years. Photo courtesy

els, seven grandchildren and 13 great grandchildren.

The McCrohans now reside at Eskaton Village Carmichael, a continuing care retirement community where they’ve lived independently for the past nine years.

“I was tired of cooking and Jim was tired of maintenance. This is the best place in the world for us,” Elizabeth notes. “We appreciate that healthcare is immediately accessible, when needed.”

Five other Eskaton couples also celebrate anniversaries of 50 years and more this March: Albeth and Tom Scott (70 years), Peggy and Herbert Warne (67 years), Alina and Arthur Rubenstein (64 years), Verna and Donald Benedict (57 years) and Bets and Bill Beeman (52 years).

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Assistance League of Sacramento seeks to add to membership

SACRAMENTO – If you like history, thrift shops, school-based activities have acting skills, want to help children and adults and enjoy giving back to our community, then consider learning more about the Assistance League of Sacramento.

The League will hold an information meeting about the good work it does in the community on April 3.

“Come join an incredible group of volunteers, who are dedicated to making a difference in our community, and share your time, talent and treasure with our membership of over 230 volunteers,” said Liz Stenstrom, president of Assistance League of Sacramento.

The Assistance League of Sacramento is an all-volunteer nonprofit organization. It is one of 120 chapters of the Assistance League nationally.

The benefit to attending the annual informational meeting is so interested parties can become familiar with the League’s philanthropic program, fundraising activities and membership commitments. The Assistance

League of Sacramento sponsors nine philanthropic programs which provide services to the citizens of both Sacramento and Yolo Counties. The nine programs are: Bears, Clothes for Careers, Docents & History in a Trunk, Eyes Right, Kids on the Block™, Operation School Bell®, Scholarship Program, Senior Friendship and Waste Not.

The League’s slogan is, “Caring & Commitment in Action.” There are groups for those who time to volunteer during the day, and for those who have time available in the evening.

The informational meeting and new member open enrollment will be held on Sunday, April 3, at the Carmichael Park Clubhouse, located at 5750 Grant Avenue in Carmichael. League members will be on hand to answer questions.

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A train trip to San Francisco



By **MARTY RELLES**
Arden-Carmichael News columnist
marty@valcomnews.com

In the Spring of 1956, my first year at St. Mary's School, the Catholic Diocese of Sacramento offered a special field trip to its students: a train ride to San Francisco to see Cinerama, the first super wide-screen film technology.

The Cinerama theatre in San Francisco presented one new film each year. That year it showed *Around the World in Eighty Days* with David Niven, Spanish actor Cantinflas and Shirley McClain. The film garnered five Academy Awards that year. We could hardly wait to see it on the big screen.

However, the best part of the trip proved to be the ride there on the train.

Mom took me and my six year old brother Terry on this excursion. We awakened early that morning in order

to get to the train station for 8 a.m. boarding.

In those days, we rarely traveled to San Francisco by car and had never taken a train. So, to say we were excited would understate our enthusiasm that morning.

Dad dropped us off at the train station on 19th and J Street downtown, where the Spaghetti Factory restaurant now stands, and we immediately boarded the long train.

At 8:30am, on the dot, we slowly proceeded forward and exited town.

After finding our seats, the first order of business was breakfast. So Mom walked us down to the dining car. Understand, I came from a family of six, of modest means, so eating out anywhere constituted a big treat.

After enjoying a small – but delicious – breakfast as we meandered up the Sacramento Valley, we walked over to the special observation car: a double-deck car with an atrium-like window for sight-seeing on its upper

deck. Imagine two boys, six and nine, seeing the beautiful Sacramento Valley from the train as it traveled through small towns like Davis, Fairfield, Martinez, Concord and Walnut Creek.

One by one, we passed each of these hamlets and eventually arrived at the Oakland Ferry terminal, where we off-loaded and boarded the ferry to San Francisco.

The ferry went under the Bay Bridge, then over to the San Francisco ferry terminal. That alone proved a wonderful experience for two young boys. Eventually, we arrived in San Francisco, boarded buses and rode to the theatre.

The film lived up to its expectations. It showed incredible footage of sights from around the world, including Paris, Cairo and the great pyramids, India, Hong Kong and London. The super wide screen presentation showed these sights in a way you could only see them if you actually visited these

wonders of the world. We left the theatre in buzz of excitement.

Then, we boarded the buses, returned to the ferry terminal, went back across the Bay to Oakland and got back on the train for our return trip home. Two and a half hours later, totally exhausted and completely satisfied, we arrived back in Sacramento.

There, Dad awaited to take the tired troops home for dinner and good night's sleep.

The memories of that trip over fifty years ago remain vivid to me, even today. For me, it spawned a lifetime love for riding on trains. In the interim, I have taken many train trips including riding the Orient Express in Europe and the overnight trip from Sacramento to Portland with my daughters, Brea and Vanessa. It also gave me a love for travel I have never lost.

Now that train trip to San Francisco is just another magical Janey Way memory.



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American Red Cross to celebrate 130 years of service

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

The American Red Cross, the world-renowned, disaster relief, volunteer-led organization with a Sacramento chapter since 1898, is about to celebrate a special anniversary.

It was on May 21, 1881, thus nearly 130 years ago, that the ARC was founded by Clara Barton.

Furthermore, on a national level, this is currently a very notable time for the organization.

This month is Red Cross Month, a recognition that has been a tradition since President Franklin D. Roosevelt, who was serving as the honorary chairman of the organization, first declared March as a special month for the organization in 1943.

Since then, United States presidents have continued to proclaim March as Red Cross Month on an annual basis.

As a fundraising campaign with a goal of collecting \$125 million, the original Red Cross Month received an overwhelming response as the goal was reached in less than six weeks.

Further proving that the public did not recognize Red Cross Month as a drive with an expiration date, funds continued to be donated to the organization. By June 1943, the drive had resulted in donations totaling about \$146 million.

Because of this initial success, Red Cross Month became a tradition that has assisted the Red Cross in fulfilling its mission, which reads as follows: "The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies."

Furthermore, the ARC described its role as an organization that "shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families."

With a long history of responding to the nation's needs, the ARC, which is strictly a charitable, non-government agency that relies on the volunteer support of the American public to perform its services, has grown with the times.

For all the good that the ARC does to assist others in needs, none of the many services of the organization would have been possible without the work of its founder.

And for this reason, it is important in any overview of the ARC's history to highlight Clara Barton.

Born Clarissa Harlowe Barton in Oxford, Mass. on Christmas Day in 1821, Barton can be considered a holiday gift for countless people who have benefited from the services of the ARC since its founding.

But in order to have a better understanding of how long Barton maintained a deep interest in assisting others in need, it is necessary to know that Barton was active in helping such people long before she founded the ARC.

With the beginning of the Civil War, little time passed before Barton was dedicating her time to helping soldiers in her home state.

Initially, Barton cooked for soldiers and also ripped sheets into towels and handkerchiefs for them.

But her efforts did not stop there, as Barton was dedicated

See Red Cross, page 7

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Red Cross: March is American Red Cross month

Continued from page 6

to bringing comfort to the sick and the wounded from the battlefield, and fought for permission to bring food, medicine and supplies to soldiers on the frontlines.

Through these efforts, she received the nickname, the "Angel of the Battlefield."

Following the war, Barton was commissioned by President Abraham Lincoln to search for missing Union soldiers and she also initiated a movement to have a national cemetery constructed for Union soldiers who died in the Andersonville prison – the Confederate prison of war camp, which was officially known as Camp Sumter – in Andersonville, Ga.

Barton's goodwill nature and experience in helping those in need led to her founding of the American Association of the Red Cross – the name was later shortened to the American Red Cross – which evolved to become known as the nation's premier emergency response organization.

In understanding that disasters result in human suffering, Barton, who served as the Red Cross' first president, recognized a need for a volunteer organization that would be available during emergencies.

Barton, as well as the Red Cross symbol, became synonymous with the fact that comfort would be offered by the organization to those who suffered due to disasters.

The first American Red Cross chapter was organized at the Lutheran Church of Dansville, N.Y.

Among the early service of the Red Cross was its assistance to victims of the Ohio and Mississippi floods of 1884.

It was also during the same year that Barton served as a del-

egate to the International Peace Congress in Geneva, Switzerland.

Five years later, the *Sacramento Record-Union* printed the following quote regarding Barton: "The sublime life of this plain, simple, unpretentious and self-sacrificing woman is one of the grandest monuments to charity and merciful kindness the world has witnessed."

In 1898, the Red Cross played a very significant role in the Spanish-American War, as the organization assisted refugees and prisoners of war.

Since its early beginnings, the ARC has expanded to other cities across the nation, and today the organization, which also provides assistance in other countries, has many chapters throughout the nation.

Sacramento's chapter, which was previously known as the Sacramento Sierra Chapter and is presently known as the Capital Region Chapter, was established in 1898.

The founding of the Sacramento chapter was very timely, considering that only seven years after its organization, the chapter was assisting in the relief efforts of the 1906 San Francisco earthquake.

The Red Cross' local and national response to this disaster prompted President Theodore Roosevelt to describe the Red Cross as "the national organization best fitted to undertake the outpouring of the nation's aide."

The ARC also provided assistance during the 1918 Spanish influenza epidemic and World Wars I and II.

Leftover ARC funds from the Great War were utilized to create the "Baby Clinic," which



Arden-Carmichael News photo, Lance Armstrong

American Red Cross Capital Region Chapter members gather together at the chapter's headquarters near Cal Expo.

became part of the Sacramento Health Clinic in 1927.

During World War II, the Sacramento chapter was a 24 hours per day operation, and overall, Sacramento contributed \$468,037 to the National War Relief Effort.

The Sacramento chapter responded to five American River floods and the Yuba City-Marysville floods during the 1950s, and during the Vietnam War, ARC programs were expanded to assist the military and their families.

In more recent times, the ARC's Sacramento chapter has continued to provide local and national assistance, including its aide to Hurricane Katrina.

Trista Jensen, communications and marketing director for the Capital Region Chapter, said that as a representative of the American Red Cross, she is pleased that the organization has been able to success-

fully operate with consistency for the past 130 years.

"I think what's remarkable about the American Red Cross is that we are still doing the things that we started doing 130 years ago," Jensen said. "We started serving people in the battlefield, responding to

disasters and helping people in their greatest time of need. Whether that's a house fire across the street, a hurricane across the country or a major disease breakout across the world, we're still responding in the same manner that we were 130 years ago."

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Neurology prof to address California Retired Teachers

SACRAMENTO – The State Capital Division 5 of the California Retired Teachers Association (CalRTA) will hold its annual Symposium 2011 on Tuesday, March 15.

The symposium will be held at the Casa Garden Meeting Center, located at 2700 Sutterville Road in Sacramento.

Keynote speaker Owen Carmichael, PhD, will speak on “Why are there No Effective Drugs for Alzheimer’s Disease.” Carmichael is an assistant professor of Neurology at UC Davis. His laboratory develops novel methods of extracting biologically-relevant information from neuro-imaging data, and uses the methods to clarify the course of brain changes in aging and late-life cognitive decline.

Registration coffee is from 9 a.m. to 9:15 a.m. Flag salute and announcements are from 9:15 a.m. to 9:50 a.m. The program begins at 10 a.m. and ends at 11:15 a.m. Lunch is served at 11:30 a.m. The cost for lunch is \$16. Lunch reservation deadline for Casa Garden Restaurant is March 10. Contact Margaret Ishimoto at (916) 391-2411 for lunch reservations. Nonmembers are welcome.

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Folsom Symphony flexes its 'Russian Power/Russian Passion'

By SUSAN LAIRD
Arden-Carmichael News editor
susan@valcomnews.com

The Folsom Symphony will perform its fourth concert of the season – and its second at the new Three Stages facility on the Folsom Lake College campus – on March 26. Focusing on two very popular works by two Russian composers, “Russian Power/Russian Passion” promises to be colorful, lyrical and exciting.

Dmitri Shostakovich (1906 – 1975) composed his “Symphony No. 5, Opus 47 in D Minor” with fear and trepidation – literally. As a Soviet Russian composer, his work was under constant scrutiny by the Soviet government to conform to “communist ideals.” As an artist, this was a difficult task – he was, in fact, denounced twice during his career. In Stalinist Russia, a denounced artist could vanish during the night. Many of Shostakovich’s friends did vanish, never to be seen again.

The Symphony No. 5 was composed as a “comeback” work after a period of denouncement, to show his loyalty to the party. Shostakovich also wanted to be true to himself as an artist. Remarkably, he succeeded, winning both popular and Communist Party approval for the work.

It was first performed on Nov. 21, 1937 in Leningrad by the Leningrad Philharmonic Orchestra.

Remember those friends who had vanished? Everyone in Russia knew someone who had been denounced, executed, exiled or “vanished” from society. It was a horrific time. What the public so related to in Shostakovich’s symphony was this: leitmotifs (musical themes) of the Russian Orthodox liturgy and requiem for the dead. Audiences recognized these tones, and actually wept during the first performances. It was an opportunity for public, physical release of their grief and fear – in short, a relief, if even for three-quarters of an hour. The standing ovation lasted well over half an hour at the inaugural performance.

Such is the power of music to release passionate feeling.

The second performance of the evening is “Scheherazade, Opus 35” by Nikolai Rimsky-Korsakov (1844–1908), composed in 1888. Based on “The Book of One Thousand and One Nights (The Arabian Nights),” this is the composer’s most popular work.

“The Sultan Schariar, convinced that all women are false and faithless, vowed to put to death each of his wives

after the first nuptial night. But the Sultana Scheherazade saved her life by entertaining her lord with fascinating tales, told *seriatim* (in series), for a thousand and one nights. The Sultan, consumed with curiosity, postponed from day to day the execution of his wife, and finally repudiated his bloody vow entirely,” Rimsky-Korsakov wrote in his introduction to the score.

This work is lyrical and filled with leitmotifs for each character. The Sultan is literally a “heavy” in the opening notes of the work. The four stories of the Sultana Scheherazade are easily visualized in this lyric work: “The Sea and Sinbad’s Ship,” “The Kalendar Prince,” “The Young Prince and the Young Princess,” and “Festival at Baghdad/The Sea/The Ship Breaks Against a Cliff Surmounted by a Bronze Horseman.”

This music is extremely sensual, as Scheherazade wins the heart of her husband and their leitmotifs soar into consummate ecstasy.

Racy stuff for those modest Victorians – powerful Russian passion, indeed.

The “Russian Power/Russian Passion” concert will be performed one evening only, on Saturday, March 26 at 7:30 p.m. Order tickets soon,



Photo public domain
The Folsom Symphony will perform the “Symphony No. 5, Opus 47 in D Minor” by Soviet Russian composer Dmitri Dmitriyevich Shostakovich (1906 – 1975) during its “Russian Power/Russian Passion” concert on March 26.

as the Folsom Symphony is swiftly becoming one of the more popular organizations in the region. Stage One at the Folsom Lake College Performing Arts Complex is located at 10 College Parkway (just off East Bidwell Street) in Folsom.

Single tickets are \$22 to \$42. To purchase, call (916) 357-6718 or visit www.folsomsymphony.com.



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Parenting siblings of the chronically ill child

By STEVE DEBENEDETTI-EMANUEL
Arden-Carmichael News columnist
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In my last article, I advised couples on how to cope when one of their kids becomes profoundly ill. This week I'm looking at what parents of a sick child can do to be the best parents possible to their other children.

A number of years ago I counseled two teens "John" and "Holly" whose 12-year-old brother "Ryan" had just been diagnosed with cancer. They were devastated by the news and wanted to turn to their parents for support and reassurance, but had chosen not to.

Upon meeting their parents, it was clear why. They were overwhelmed and exhausted by their grief and the stress of taking care of Ryan, and they had next to nothing left to give. In fact, they hadn't even stopped to consider that John and Holly might need more emotional support. After all, both were good students and had plenty of friends to lean on. They figured they were OK.

In fairness, John and Holly hadn't stood up, waved their arms, and shouted, "I'm upset and need attention, too." Doing so would likely have left them feeling selfish and guilty for taking up their parents' time.

Had their parents been able to be more attentive, they would likely have noticed that their kids were struggling. John had complained of stomach-aches and Holly was tired all the time. The grades of both kids had fallen significantly. When their parents recog-

nized this, they were shocked, and even though it was clear that they felt burdened, they promised to make changes.

Although your teens will probably tell you they're OK and don't want to burden you, it's crucial for you to make time for them on a regular basis. John and Holly went to breakfast with their father on alternate Saturdays. John enjoyed running errands with his mom, and they used this time to talk. Holly and her mother watched shows and movies on Netflix. Both teens wanted more time, but they understood that circumstances wouldn't allow for it.

When you're tapped out but know that your teens still need attention, it's crucial to ask for help from family and friends. Keep in mind that those close to you want to help and only need to be asked. Perhaps your teen's aunts and uncles can play a more active role. Or maybe they can spend extra time

with their friends' families. In John's case, he played basketball in school and was especially close with his coach, who asked him to help with his son's soccer team. Holly confided in her favorite teacher who let her TA and hang out after school to "work."

Over time, it's normal for the stress of a sick child to wear down a family. What were previously strong relationships can become strained, and people often respond by taking distance. When you notice this, insist on spending time together as a family, in which you both have fun and air out concerns. When John and Holly did this with their parents, the family was able to laugh together for the first time in months – and speak honestly about their struggles and fears about Ryan's health.

Sadly, Ryan died before long, and the family stopped counseling and moved away abruptly to get a "fresh start." As there are few things more

difficult on siblings and parents than the death of a child, it goes without saying that their adjustment had to have been overwhelmingly difficult. I can't know for sure,

but I'm hopeful that the steps they took during their counseling to strengthen and improve their relationships have served them as they've settled into family life without Ryan.



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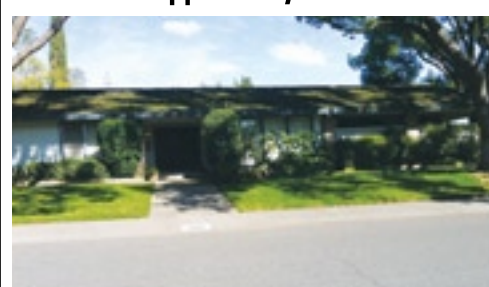





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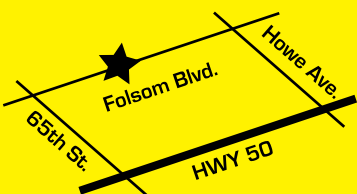
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Photo courtesy, Sean Powers

Students relate to puppets on a deep level, according to shadow puppet master Sean Powers.



Photo courtesy, Sean Powers

Shadow puppet master Sean Powers shows students the puppets and tools he uses to create live puppet theater to school students. Puppetry is thought to be one of the oldest entertainment artforms in the world, dating back many millenia.

Ancient art form makes a comeback in Northern California

By ELIZABETH VALENTE
Arden-Carmichael News writer
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With Broadway turning out shows like *The Lion King*, *Avenue Q* and *Shrek the Musical*, it's no wonder puppet masters are once again being called upon for fun and inexpensive entertainment. At least, that is what Sean Powers, a storyteller, musician and puppeteer believes.

For more than a decade, the 46-year-old Humboldt resident has been performing and telling a wide variety of traditional and original stories from around the world using shadow and stick puppets, while at times playing musical instruments. He has performed at over 60 different schools, libraries and theatres throughout northern California.

No strings attached

According to Wikipedia, puppet shows are considered to be one of the first forms of live dramatic entertainment, believed to have originated 30,000 years BC. But after television was introduced, their popularity steadily declined.

Shadow puppetry is not your typical wooden puppet on a string – don't think Pinocchio or Lamb Chop the sock puppet. Powers uses light, paper, tape, sticks and shadow to illustrate his stories.

"When you say, 'puppets' people immediately think of a sock on your hand," he said. "My show lacks socks, but it does involve a number of gadgets used for sound effects."

Like a one-man band, Powers wears a self-made headpiece of instruments, including a variety of whistles to help bring the puppets and the story itself to life.

Teacher workshops

Powers, a former illustrator, started performing puppetry at his daughter's school more than a decade ago and has never stopped.

"Teachers and parents from schools, libraries, and festivals, are all asking for this form of entertainment," Powers explained. "Everyone played with shadow as a kid, with a curtain and a flashlight, it captures your imagination. I use it to incorporate local and current events, folktales, and humor."

However, due to the effects of the economic recession and shrinking state and local education budgets, many schools have cut back on arts education. That is why Powers provides workshops for teachers about shadow puppetry because it's an inexpensive form of entertainment.

"I use cereal boxes, bamboo sticks, hole-punch, scissors and tape," he said. "The style I do is pretty cheap. I want teachers, parents and kids to know there are other ways of learning and interpreting information than just books, and this is another way."

Performances

His dolls and characters prove to reach a level of comfort with children, according to teachers.

"Kids say things to puppets that they wouldn't say

to anyone else," Powers added.

According to Barbara McVeigh, a teacher from Marine Home School Community, "His performances are magical. He ignites that imagination and beauty of shadow puppetry. The kids in the audience reacted well to the story because I think the puppets really just give that extra magical twist to it."

Powers has performed in Japan and throughout Northern California. This summer he will travel to Washington and Oregon to do shows.

Upcoming performance

Powers performs original and folktale stories such as *The Bloom Tree* from China, *The Cat Drum* from Africa and on Friday, March 18, Powers will present the shadow puppet play *Why Rat Is First* at Sacramento's Luna Café and Juice Bar located between 16th Street and Capitol Avenue. The performance begins at 8 p.m.

"It's a traditional folk tale telling how Rat became the first in the Chinese zodiac," Powers said. "It's going to be a fun family event."



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Steer clear of identity theft at tax filing time

Special to Arden-Carmichael News

Many consumers look forward to income tax season in anticipation of a hefty return, but imagine this scenario: You've prepared all your tax documents online and are expecting a \$3,500 refund. After e-filing, you find out that your return has been rejected – someone else has already filed using your name and Social Security number.

Thousands of Americans will go through a similar experience this year, as income tax season is a prime time for identity thieves to file fraudulent tax returns and receive your refund before you even file. According to the Federal Trade Commission, stolen tax return related identity theft is booming and has increased over 200 percent, from 11,010 complaints in 2005 to 33,774 in 2009.

"We understand the various income tax return related threats that this time of year poses to consumers and we believe that by taking a few simple steps to reduce our vulnerabilities can provide a more secure environment," said Mike Prusinski, senior vice president of corporate communications with LifeLock, a proactive identity theft protection company.

While there is no way to stop all identity theft, the following advice can go a long way to help reduce your chances of enduring your own income tax nightmare:

Stop sharing

Consumers that have downloaded peer-to-peer file sharing networks onto their computers are at risk for identity theft if they keep tax documents on the same computers. Examples of peer-to-peer file sharing networks include popular programs such as LimeWire, FrostWire, BearShare and Kazaa. These types of file sharing networks allow users to share music, photos, as well as all other documents on their computers. While parents may not have downloaded these free programs onto home computers, be sure to check that no one else in the home has added these programs to the family computer. To help secure personal tax documents, peer-to-peer file sharing networks should be fully removed from personal computers.

Search for the 's'

When using online tax preparation software, be sure that the Web site is secure and that you see an **https://** in the URL. The "s" in the URL indicates that the server is secure and personal information is encrypted and can be transmitted safely from your computer to the end point.

Take a trip

When filing income taxes by mail, help protect your personal information by taking your sealed IRS envelope to the post office instead of your personal mailbox. Identity thieves can't steal from your mailbox what isn't there.

Shred, shred, shred

Be on the safe side. Shred non-tax related documents with personal information (name, birth date, address, Social Security number) you would normally place in the trash/recycling. Keep hard copies of W-2 forms and tax returns in a locked drawer or safe.

Skip the 'phishing' trip

Do not respond if you should receive an email from the IRS, instead forward it to phishing@irs.gov.

For additional tips on how to keep your personal information safe, visit the Identity Theft Education Center at www.lifelock.com.

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North area's Radisson Hotel has unique history

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

In today's Sacramento, many people recognize the north areas Radisson Hotel as just another location of this international hotel chain. But for longtime locals whose memories go far enough back to remember the name Hotel El Dorado, they know a much different story.

The hotel, which has undergone many changes and remains a very unique place, was constructed in an undeveloped area within the southern boundary of the historic Rancho del Paso Mexican land grant.

Located at 500 Leisure Lane, off Highway 160, the hotel was constructed as the dream of Frank F. Sebastian, who moved to Sacramento in 1938.

Sebastian (1896-1976) was well known in the hotel, club and restaurant industry, having operated the California businesses, Café Sebastian, which was located in Venice and featured French and Italian food, the Cotton Club in Culver City and the Hotel Senator at 12th and L streets, just north of the state Capitol.

Sebastian's Cotton Club, which was the West Coast branch of the Cotton Club of New York City – there was

also a branch in Chicago operated by Ralph Capone – drew big name jazz acts during the late 1920s and early 1930s such as Louis Armstrong, Duke Ellington, Cab Calloway and Abe Lyman.

Partnering with George Artz, Walter E. Fazzio and Hal Ellis, Sebastian worked diligently to have the Hotel El Dorado constructed on property that was provided by the North Sacramento Land Co.

On the ballot

The Journal, a now-defunct newspaper that was dedicated to covering news related to North Sacramento, did not shy away from promoting the then-future hotel, which needed to meet the approval of the majority of North Sacramento voters in order to be constructed.

In its Aug. 6, 1955 edition, *The Journal* presented an artist's rendition of how the hotel would appear, along with a headline, which read, "North Sacramento wants this hotel!"

Whether or not the newspaper was effective in persuading enough of its readers to vote "Yes" on this issue to make a difference in the outcome of a special election, the hotel project nonetheless acquired the necessary number of votes needed to progress forward.



Arden-Carmichael News photo, Lance Armstrong

The Radisson Hotel at 500 Leisure Lane was originally constructed as the Hotel El Dorado.

After voters went to the polls on Aug. 30, 1955 to cast their votes on the issue of whether the property that the land company made available for the project would be zoned to commercial status in order that the hotel could be built, the votes were counted.

Helping to influence the election's outcome, prior to the election, members of the city council had gone on record in support of the hotel on the basis that it would in-

crease the city's annual tax revenues by \$40,000.

On Sept. 2, 1955, *The Journal* reported on its front page that local voters had overwhelmingly approved the hotel's construction by a final tally of 1208 to 270 and that work would soon begin on the \$3 million, "modern, garden-type hotel."

The election results were especially satisfying for Sebastian, since about a year had elapsed since he began leading the efforts of the Sacramento firm, Highway Hotels, Inc., to have the hotel built near a segment of the local portion of the historic U.S. Route 40.

Following delays in the project, a groundbreaking ceremony for the new hotel was held on Friday, June 28, 1957.

After the ceremony, a banquet was held in which speeches were presented by Sebastian, Artz, who was the secretary of Highway Hotels and the event's master of ceremonies, State Senator Earl Desmond and Assemblyman Thomas J. McBride.

During his speech, Sebastian said that the Hotel El Dorado would be one of the best garden-style hotels in the nation, and added that he had toured motels of significance in 11 Western states.

would include the following features: 260 rooms, each including a television and a push-button air conditioning and heating unit, a banquet hall to accommodate 1,200 to 1,400 guests, the Café de Oro restaurant with a charcoal broiler, a coffee shop, a four-acre lake, an Olympic-sized swimming pool and parking availability for more than 1,000 automobiles.

The hotel, which was constructed on a 17-acre site, opened in 1958.

In August 1961, construction began on a project that would result in an additional 125 hotel rooms and six private dining rooms that would also be available to be used as meeting places for business firms and organizations.

During its most successful years, the El Dorado, which remained under the continuous direction of Sebastian until late 1964, celebrated its fifth anniversary in May 1963 with a dinner and entertainment by Louis Armstrong and his All-Star Band.

Sinatra, Rolling Stones

North Sacramento Land Co. President Bob Slobe, whose grandmother Myrtle Johnston contributed the land for the hotel during her presidency of the company, said that through Sebastian's connections and the hotel's notoriety even after Se-

See Radisson, page 17

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Radisson: Hotel debuted as Frank Sebastian's Hotel El Dorado

Continued from page 16

bastian's departure from the hotel, Armstrong was far from the only celebrity to visit the hotel.

"I remember growing up and my grandmother would call, for example, and she would say, 'Do you want Jimmy Durante's autograph?' or she would say, 'Frank Sinatra's at the hotel' or 'The Rolling Stones are at the hotel,' or 'The Lovin' Spoonful.' The hotel had this cachet. It was also the largest convention hotel in the region, which it still is today. It had the most resort hotel feeling of any hotel in the region. Its 'ace in the hole' during that era was that it was a big hotel and it had the lake and had all that going for it. It felt elegant, I guess you could say."

With the heyday of the El Dorado in the past, the hotel was experiencing financial difficulties and Sebastian, who married Effie Hashow a year after the El Dorado's opening, once again resumed leadership of the hotel in November 1968.

Woodlake Inn

In March 1969, Manufacturers Life Insurance

Co. of Toronto, Canada acquired ownership of the hotel through a foreclosure.

Two years later, the hotel entered a new era, as it became known as the Woodlake Inn.

Fred C. Sands, a realtor and developer from Los Angeles, purchased the Woodlake Inn for about \$11 million following its foreclosure in early 1985 and was soon afterward working on what eventually became a more than \$20 million facelift for the hotel.

The project included the construction of a new, 55,000-square-foot convention center, a business center, a 17,000-square-foot ballroom and exhibit showroom, a 200-seat restaurant overlooking the lake, a 2,000-seat amphitheater, a remodeling of all the rooms, a \$50,000 fountain in the lake, a new swimming pool and the planting of about 30 palms.

Dick Williams, who was hired by Sands to work on the facelift project, said that an important element of the project was to include the large ballroom.

"My recommendation was, and Fred went along with it,



Photo courtesy, Bob Slobe

Following the groundbreaking ceremony for the Hotel El Dorado, a banquet was held, in which several people gave speeches, including Frank F. Sebastian (center, in black suit).

was to have the biggest ballroom in town and probably, except for the convention center, it still is," Williams said.

Sacramento Radisson

Following several years of negotiations, Sands agreed to have the Woodlake Inn become part of the Radisson

chain in August 1988 – an arrangement that became official by early 1989.

A decade later, Sacramento's Radisson, which has also served as an entertainment venue that has drawn such musical acts as Ray Charles, John Lee Hooker, the Isley Brothers and Boz Scaggs, was

acquired by PD Hotel Associates, a joint venture of Prudential Real Estate Investors and The Dow Hotel Company.

The hotel, which underwent a \$3 million renovation, which was completed in 2001, is presently on the market, and awaiting the next chapter of its very detailed history.

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'A Grand Night for Singing' opens third season of Cosmopolitan Cabaret

By **SUSAN LAIRD**
Arden-Carmichael News editor
susan@valcomnews.com

Sacramento's Cosmopolitan Cabaret opened its third season with "A Grand Night for Singing," featuring songs from all eleven musicals of Richard Rogers and Oscar Hammerstein II. The Tony-nominated musical will run through May 8.

"A Grand Night" made its debut in New York City in 1993, where it was presented cabaret-style. It was nominated for two Tony Awards (Best Musical and Best Book of a Musical) and ran for 52 performances.

Cabaret in the United States has a rich history, dating back to the Jazz Age. In

New York City, lovers of music could enjoy an adult beverage and dinner while stars of radio, screen and Broadway entertained on stage.

It was most popular in the '40s and '50s. Cabaret began to decline as a popular art form in the 1960s with the advent of the modern rock concert and popular variety shows on television, such as the Dean Martin Show.

While still appreciated by older generations, it is the present day younger generation of actors that is embracing cabaret as an artform for expression.

This Sacramento production of "A Grand Night for Singing" by California Musical Theatre



Photo courtesy of California Musical Theatre, Charr Crail
Left to right, Justin Michael Duval, Jill Van Velzer, Ryan Drummond, Lisa Ferris and Melissa WolfKlain in the 2011 California Musical Theatre production of Rodgers and Hammerstein's "A Grand Night for Singing" at The Cosmopolitan Cabaret. Performances run through May 8.

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features an experienced, highly talented cast of five: Ryan Drummond, Justin Michael Duval, Lisa Ferris, Jill Van Velzer and Melissa WolfKlain.

The music of Rogers and Hammerstein sparkles throughout this production. Featuring songs from the famous duo's most famous musicals as well as their lesser-known productions, one will get a good taste of musical genres from 1943 to 1959.

This wide variety is also one of the challenges of this musical. "A Grand Night" is a choreographed musical showcase of tunes, as opposed to a musical with a story to tell. Divided into two acts, the first focused on "young love" and the second on "married/star-crossed love," this musical can

sometimes feel like a precious child's lanyard necklace – one where each bead is colorful and unique...but where nothing matches. Audiences may find this confusing at first.

That aside, the music is excellent and the cast does a great job with the singing and choreography. Chris Schlager shines as the pianist/accompanist. There are many light moments and good humor throughout. One really doesn't mind the lack of plot near the conclusion when the entire audience goes silent for Drummond's stellar rendition of "This Nearly Was Mine." There wasn't a dry eye in the theater.

"A Grand Night for Singing" runs through May 8. The Cosmopolitan Cabaret

is located at 1000 K Street in Downtown Sacramento. Ticket prices range from \$33 to \$43 per person, depending on the day and type of seating (table seating or tiered seating).

Show days and times are Wednesdays at 7 p.m., Thursday at 2 p.m. and 7 p.m., Friday at 8 p.m., Saturday at 2 p.m. and 8 p.m., Sunday at 2 p.m., closed Monday and Tuesday. The box office at the Cosmopolitan Cabaret opens two hours before each show. For advance tickets, visit the Wells Fargo Pavilion Box Office or call (916) 557-1999. Parking is conveniently at the Capitol Parking Garage located next door at 10th and L streets. For more information, visit www.CosmopolitanCabaret.com.

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'Inferno of the Innocents'

Daily, through April 24: Like a modern-day Goya, Gottfried Helnwein's monumental paintings and photographs address themes of inhumanity, violence, and the virtue of personal expression. With stark and probing psychological intensity, he critiques not only the past, but present-day veneers, jolting us from the comfort of complacency. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Antique Evaluation Day

March 10: The Art Service Group will sponsor an antique appraisal session with Lee Kavajjian and Randy Abbott focusing on evaluations of Asian art and artifacts. 10 a.m.-4 p.m. Informal appraisals are \$10 per item or \$45 for five items. Appointments are available between 10 a.m. and 4 p.m. and reservations are required. For an appointment, call (916) 808-7752. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Art Mix: Gray Matter

March 10: Explore the themes of inhumanity, violence, and exploitation, as seen in the exhibition "Gottfried Helnwein: Inferno of the Innocents," while creating a community mural. Learn how to look at contemporary art with associate curator Diana L. Daniels, and get lost in the dark and dreamy sounds

of Sister Crayon and The New Humans. Free with Museum admission. 5 p.m.-9 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

'Cures for Copeless Disease' lecture

March 10: "Present Cures for Copeless Disease" presented by Dr. H. Gordon Ainsleigh, D.C. at this meeting of CA Citizens for Health Freedom. 7 p.m.-9 p.m. SMUD Auditorium (the old SMUD Building), 6201 S St., Sac. (916) 635-6724

Food Addicts Anonymous

March 10, 17, 24, 31: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Jazz ensemble

March 10: Sacramento State's Jazz Ensembles will perform. 8 p.m. Admission: \$8 general, \$5 students & seniors. Capistrano Hall's Music Recital Hall, 6000 J St., Sac. (916) 278-4323 ticket office, www.tickets.com

Living Positive with Chronic Disease group

March 10, 17, 24, 31: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m.-7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Rotary Club of East Sacramento

March 10, 17, 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Rotary Club of Pocket/Greenhaven

March 10, 17, 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

March 10, 17, 24, 31: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059



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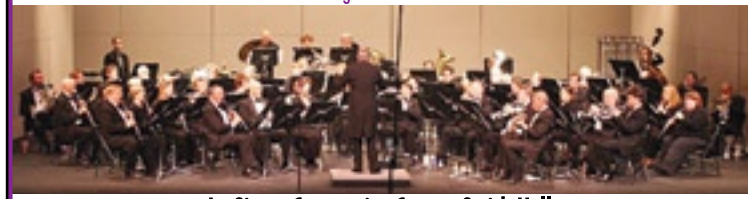
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Ryan Deammond, Melissa Wolflein and Justin Michael Duval. Photo by Chair Crail.

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March 10, 17, 24, 31: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

Volkssport walking
March 10: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65t St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org



Taizé Worship
5 p.m. Sundays
"Come and See" (John 1:46)
For more information visit our website
www.stm-ca.net

St. Michael's Episcopal Church
2140 Mission Avenue, Carmichael
488-3550

Other Services: 8 & 10 a.m. Eucharist

Presented by the Sacramento Antique Faire

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4th Sunday of Every Month

Big Band Dance
March 11, 15, 18, 22, 25, 29: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.–3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

'Julia Leissl: Boxed In/By Choice'
March 11, 12: Art show of Sacramento artist Julia Leissl's clever, unique, satirical and sentimental dioramas of life in Sacramento and beyond. Mixed media. Free. Friday, 6 p.m.–9 p.m.; Saturday, 11 a.m.–6 p.m. The Brickhouse Art Gallery, 2837 36th St., Sac. (916) 457-2502

Kiwanis Club of East Sacramento-Midtown
March 11, 18, 25: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m.–8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.east-sacmidtownkiwanis.com

Rotary Club of Point West
March 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento
March 11, 18, 25: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.–12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Spaghetti dinner fundraiser
March 11: Come enjoy a delicious spaghetti dinner with all the fixin's: Caesar salad, spaghetti and sausage with meat sauce, dessert. \$10/person. Funds will go to provide needed camping equipment for Boy Scout Troop 259. 6:30 p.m. Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., Sac. Russ Hudson russ@sbglobal.net (916) 899-1391



Faces and Places

It's a jungle out there...come visit the Sacramento Zoo

Photos by TOM PANIAGUA
Arden-Carmichael News photographer
loneforestwolf@gmail.com

The animals at the Sacramento Zoo took advantage of a few days of sunshine to warm themselves and observe the ever-changing parade of human visitors.

Over 140 native, rare and endangered species reside at the zoo, which is located in Sacramento's famous William Land Park. The Sacramento Zoological Society manages the zoo, and provides educational programs about the animals and on conservation awareness.



Special Worship Services

Lenten services:

Wednesdays at 6:45pm
March 16th through April 13th

Holy Thursday:

April 21st, 11am & 7pm

Good Friday:

April 22nd, 11am & 7pm

Easter Sunday:

April 24th, 8:30am, 9:45am, & 11am

The Lutheran Church of the Good Shepherd

1615 Morse Ave. | 483-0451 | www.goodshprd.org



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WYNDGATE ONE STORY

Rare beautifully updated one story home in gated community. Features 3 bedroom (one bedroom enclosed and added to den), wood floors, high ceilings. Kitchen is open and bright. See www.445wyndgaterd.2cmymhome.com \$679,000

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GOLD RIVER

Single story Powell-built home Crocker Grove. Gated courtyard entry leads to an open & updated, flowing floor plan. Kitchen features granite counters, travertine tile, island hood, built-in refrigerator & stainless Bosch appliances. Peaceful & tranquil cul-de-sac location. See www.11243crockergroveln.eperertysites.com \$478,000

KARA PARKER 716-3313
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GATED COMMUNITY

Wonderful gated community. Gorgeous large open remodeled kitchen. Private location with views to greenbelt from the living room and den. Two story model with large master suite that features sitting room and marble fireplace. Beautiful private entry that is formally landscaped. Tiled patio and waterfall. See www.324WyndgateRd.com \$650,000

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Sunny, delightful remodeled home. Family room w/walls of windows viewing pool & expansive backyard. Remodeled kitchen w/granite & SS appliances w/wonderful skylight windows. Remodeled bathrooms. Hardwood & tile floors. See www.4001windingcreekrd.isnowforsale.com \$999,000

LEIGH RUTLEDGE 612-6911
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WYNDGATE HOME

Beautifully appointed & updated home in gated community. Kitchen redone in 2009. Teak wood & stone flooring. New H/A unit in 2008. Custom closets. Redone stone patios. Pool & Spa resurfaced. 3 Bedrooms and 2 1/2 baths. Many amenities. See www.432WyndgateRd.com \$650,000

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This gracious Tudor has 5 bedrooms, an office, 2 family rooms, 4 car garage, cold wine storage, a vineyard, charming old stables, an orchard, garden area, huge gourmet kitchen and one of the prettiest lots you'll ever see. You get the best of all worlds with this classy family home close to everything but with the feel of living in the country! See www.1154MariemontAve.com \$1,499,950

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Rare single family home in River **PENDING** private, secluded setting you can imagine! Home has never been on the market & has been loved & cared for by the original owner for 31 years. Hardwood floors, vaulted ceilings, great floor plan & river views from almost every room. See www.88coveredbridgerd.com \$1,195,000

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Extraordinary quality. 24' entry, Limestone floors, Security system w/cameras linked to TVs. Main floor master, bath w/ onyx counters, jetted air tub w/ lighting, heated floor. Granite kitchen w/ 3 dw, high-end appliances, butler's pantry, large built-in banquette, open to family room. Home theater, wine room, wet bar, outdoor kit, 2 patios. Quiet street. See www.BarberryHome.com \$2,100,000

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