

Regional record:

## Nearly 400,000 births at local hospital over 70+ years

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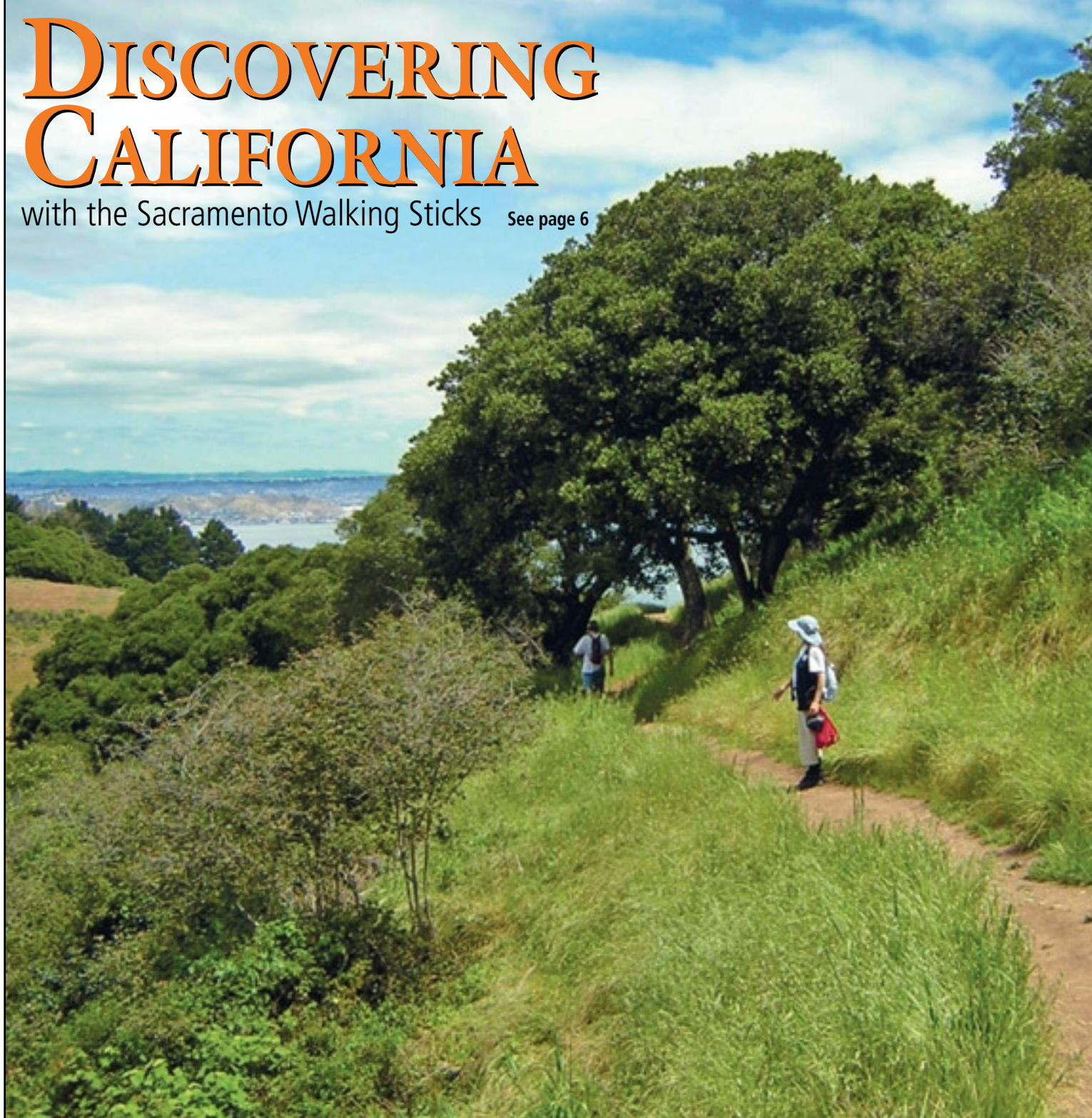
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East Sacramento News is published on the first and third Thursday of the month and delivered by mail and home delivery in the area bounded by Business 80 on the west, the American River on the north and east and Highway 50 on the south.

**Publisher**..... George Macko  
**General Manager**..... Kathleen Egan  
**Editor**..... Susan Laird  
**Art Director**..... John Ochoa  
**Junior Designer**..... Ryan Vuong  
**Sales Manager**..... Patty Colmer  
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**Distribution/Subscriptions**..... George Macko

Vol. XX • No. 6

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# Ancient art form makes a comeback in Northern California

By **ELIZABETH VALENTE**  
East Sacramento News writer  
[elizabeth@valcomnews.com](mailto:elizabeth@valcomnews.com)

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,



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 millennia.

their popularity steadily declined.

Shadow puppetry is not your typical wooden puppet on a string – don't think Pinocchio or Lamb Chop the sock pocket. 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 perform-

See Powers, page 3



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# Powers: Shadow puppet master to perform at Luna Café on March 18

Continued from page 2

ing 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."

*"Teachers and parents from schools, libraries, and festivals, are all asking for this form of entertainment. 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."*

**-Sean Powers**

## 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."



Photo courtesy, Sean Powers

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

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# Steer clear of identity theft at tax filing time

Special to East Sacramento 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



Photo courtesy

Those who e-file their tax returns have new worries: fraudsters who steal social security numbers and "file" taxes online in order to steal refunds from the IRS.

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 relat-

ed 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

The IRS never initiates communications

with taxpayers through email. Do not respond if you should receive an email from the IRS, instead forward it to [phishing@irs.gov](mailto:phishing@irs.gov).

For additional tips on how to keep your personal information safe from identity thieves throughout the year, visit the Identity Theft Education Center at [www.lifelock.com](http://www.lifelock.com).

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# Sacramento Walking Sticks club provides exercise, adventure and friendships

By **BENN HODAPP**  
East Sacramento News writer  
benn@valcomnews.com

As many of us know, trying to stay active can be an uphill climb. Even when we make the commitment to be active, boredom can overtake us in nearly record time if we go it alone. These are some of the things that one local group addresses in the form of an all-inclusive walking group – the Sacramento Walking Sticks.

Established in 1984, the Walking Sticks are the largest walking group in the American Volkssport Association, which has 300 organizations like the Walking Sticks nationwide. The 540-member Walking Sticks travel all through the Sacramento area and many members travel to other states to take part in organized walks.

Steve Hughart, a member since 2004 and the current webmaster and treasurer for the group, said that he takes part in roughly 100 walks per year with the Walking Sticks.

Steve and his wife (and vice president of the group) Gale are both active members. In 2004, when Gale worked for SMUD, the Walking Sticks had a booth at a company health fair. They saw it as a possibility to do something good together and they signed up.

Steve's favorite walks in the seven years since joining include California's Angel Island and Devil's Tower in Wyoming. The latter is better known for being the focal point of Steven Spielberg's *Close Encounters of the Third Kind*. Steve participates in around 10 out-of-state walks per year.

A retired IT worker, Steve said that the group is a great way to stay active as a retiree.

"I was surprised by the social aspect of it," he said. "I have met probably half of the (540) members. The walks are well organized and are safer than walking on your own."

Many of the organized walks are 10 km (6.2 miles)



Photo courtesy, Bruce McDevitt  
Members of the Sacramento Walking Sticks pose for a photo during a walk at Angel Island. Left to right, Vicki Andriotti, Gale Hughart, Steve Hughart, Melody MacGregor, Marlo McClurg-Mackinnon, Teri Steinman, Earl King and Brenda Chadwick.

but there are 5 km (3.1 miles) alternatives for the more casual walker. The events are never timed and walkers go at their own desired pace. The calendar of events on the group's

website ([www.sacramentowalkingsticks.org](http://www.sacramentowalkingsticks.org)) shows the vast array of walking opportunities.

The group has an extremely cheap membership

fee of just \$5 a year for anyone 55 and older, \$8 for those under 55 and \$14 for a family. Many of the mem-

See Volkssport, page 7



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# Volkssport: Sacramento Walking Sticks largest walking group in the American Volkssport Assn.

Continued from page 6

bers choose to sign up for one of the incentive options that offer walking books to log your distances walked through the many events. There are patches and pins awarded to those that reach certain milestones that go all the way up to a patch that awards the completion of 2,600 events. The incentive program costs a bit more for materials, but it too is inexpensive.

Barbara Nuss, president of the Walking Sticks, has walked with the group since 1988, though she became a member in 2003. After just a few months, Nuss was voted the new president. Nuss said that destinations for future walks are often member driven. People who know of a good place to walk will tell her of their idea and the group will try to make it a reality.

Although the group has 540 members, each member chooses which events they want to attend. For instance, a walk on New Year's Eve brought out a

staggering 362 walkers, according to Nuss. Many of those were non-members who just wanted to do it.

"On a Saturday morning we will expect around 100 people," Nuss said. "On a Wednesday night walk there might be 10 of us."

On a recent walk at Sacramento State, Nuss said that there were 30-40 participants.

The social aspect of the club is large, as walkers meet many like-minded walking enthusiasts who become friends over time. It also allows for people to get out and exercise longer and at a faster pace than on a treadmill, Nuss said.

Nancy Alex, a member since 2007, found out about the Walking Sticks from a friend who was in another walking group with her.

"It's fun to meet other people who do the walks," Alex said. "I show up and walk with whoever is there and talk to different people."

Alex, like Steve, takes part in roughly 100 events a year. Initial-



Photo courtesy, Bruce McDevitt  
The beauty of volkswalking is that it takes people to places they might never have thought to visit on their own. Most volkswalkers find that, in addition to the healthful exercise that walking gives them, an unexpected benefit is a new group of friends who share a common interest.

ly, she took up walking to lower her blood pressure, but the group has made her experience so much more than just a healthy choice.

"It has made the walking part a lot more fun," she said.

"Walking around (your own) neighborhood gets boring after a while."

Alex has a message for the people who are trying to take that first step into

maintaining a healthy activity level:

"Just give it a try. Come walk with us. I joined because I like walking and I would be really bored without it."



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# Creek Week 2011: Time to clean up local waterways

By MARC MALONEY  
East Sacramento News writer

They are vital to an efficient storm water drainage system, they provide habitat for an estimated 90 percent of urban wildlife, they contribute to a healthy drinking water supply – and they need your help. They are Sacramento County's creeks, and your chance to help them is coming in the form of Creek Week 2011, scheduled April 8 through April 16.

The event, which is marking its 21st year, has grown exponentially since its humble beginnings, recalled Alta Tura, president of the Sacramento Area Creeks Council, the all-volunteer nonprofit organization in charge of planning Creek Week.

"We started 21 years ago with maybe 30 people, and we went over by American River College and cleaned up Arcade Creek between Winding Way down to Garfield Avenue," she said. "Last year, we had about 2,200 volunteers working at about 50 sites, and it continues to grow as more people are becoming aware of what we do."

Creek Week's signature event, the creek cleanup effort at sites across Sacramento County, will begin at 9 a.m. Saturday, April 16; volunteers must register by April 13. Cleanup events are scheduled on various creeks in Arden-Carmichael, Citrus Heights, North Sacramento/North Highlands/Natomas, as well as in South Sacramento and Rancho Cordova, among others; a full list of cleanup sites and a volunteer registration form is online at [www.creekweek.net](http://www.creekweek.net).

Removing debris from creeks helps the creeks remove debris from storm water, Tura explained.

"Storm water that drains into our creeks usually is pretty dirty," she said. "If a creek is clean, its natural vegetation and soil help clean storm water before it moves downstream to the water treatment facility."

If 2010's results are any indicator, cleanup volunteers can expect to be busy again this year; Tura said volunteers last year removed about 19 tons of garbage from creek sites in Sacramento, Citrus Heights, Folsom, Rancho Cordova,



Photo courtesy  
Volunteers from Sertoma, Service to Mankind, help collect trash from Arcade Creek during Creek Week 2010. The annual cleanup of Sacramento's local creeks and waterfronts is important to keep habitats safe, clean and environmentally sound.

and unincorporated Sacramento County. Volunteers also removed about 10,000 square feet of invasive plants, including 4,400 square

feet of red sesbania plants, 4,000 square feet of thistle, and substan-

See Creek Week, page 9

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# Creek Week: Some 19 tons of trash removed last year

Continued from page 8

tial amounts of ivy and nonnative blackberry plants.

"In Natomas especially, there are some sites that are in dire need of invasive plant removal," Tura said. "The biggest problem is red sesbania, which is native to South America. It's invaded a lot of local creeks, like Arcade Creek, Dry Creek, and Steelhead Creek. It grows so fast and so thick that it can affect water conveyance. Plus, it's poisonous and not used by any animals."

After cleaning the local creeks, volunteers will gather at noon at Carmichael Park, 5750 Grant Ave., to celebrate with a picnic lunch, earth-friendly exhibits, and the much-anticipated "junk and gunk" contest, where volunteers create sculptures using the items removed from local creeks.

"It's a celebration, an opportunity for people to celebrate the hard work they've done and a way for them to learn more about our local aquatic system," Tura said. "We want people to get out there and feel good about providing a valuable service."

Other creek-centric activities scheduled during the week leading up to the April 16 creek cleanup effort represent opportunities to learn about creeks and perhaps encounter some of the critters that inhabit local urban waterways.

From 10 a.m. until noon, Saturday, April 9, visitors to Arcade Creek in Del Paso Regional Park will be able to go fishing with local biologists to determine what sorts of fish call the creek home. The same morning at the Effie Yeaw

Nature Center, naturalists will introduce visitors to some of the macro-invertebrates, like water striders, backswimmers and diving beetles, that call Carmichael home.

From noon until 2 p.m. Wednesday, April 13, staff from the Sacramento Regional County Sanitation District (SRCSD) will provide an introduction to local fish at the undeveloped buffer area between the district's regional wastewater treatment plant and surrounding neighborhoods in southern Sacramento County. SRCSD staff will demonstrate fish sampling techniques in a local lake, practice hands-on fish identification, and discuss the natural history of California's fish communities. Participants also will be able to view

some of the direct consumers of the local fish populations during a visit to a large heron and egret rookery.

Finally, on Thursday, April 14, there will be a free river-friendly landscaping workshop at the UC Cooperative Extension Auditorium, 4145 Branch Center Rd. in Sacramento. UC Master Gardeners will demonstrate nontoxic ways to stop insects ruining vegetables and landscape plants. Registration required; contact Suman Kumar by April 12 at [kumarsu@saccounty.net](mailto:kumarsu@saccounty.net) or (916) 874-8326 to register or for additional information.

For more information about Creek Week 2011 events, including a full list of regional events and registration information, visit [www.creekweek.net](http://www.creekweek.net) or call (916) 454-4544.

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# Marty meets his first love



By **MARTY RELLES**  
East Sacramento News columnist  
marty@valcomnews.com

I graduated from eighth grade at St. Mary's School in June of 1969. In the fall of that year, Father John Puliz, OSJ, the pastor of St. Mary's Church, decided to start a Catholic Youth Organization (CYO) branch at our church. I think he truly liked the kids in our graduating class and wanted to stay in touch with them, so he put out a bulletin announcing the first meeting of the group.

The CYO provided a wholesome, well-supervised environment for teenagers to socialize. Our group immediately established a boys basketball team, and scheduled a dance for the fall and

a snow trip in the spring. I played on the basketball team and regularly attended every meeting.

The dance in the fall proved very successful. Kids came from all the local high schools: Christian Brothers, St. Francis, Sacramento and Hiram Johnson.

I looked forward to the spring snow trip to the Soda Springs ski area on Highway 80, as I had just learned how to ski.

On the day of the trip, I walked down to the church with my skis, poles and boots in hand. My friend Lou Viani and I were among the first group to board the bus. We sat down in the first row of seats and as I looked over to the seats opposite us, I caught a glimpse of two young ladies: Carol Rizzo and her friend Marilyn.

My attraction to Carol was immediate. She had blond hair,

pretty eyes and an engaging personality. I was shy though and did not initiate a conversation. However, Carol eventually leaned over and asked my name.

"I'm Marty Relles," I said, and we began talking.

We chattered all the way up to Soda Springs.

When we arrived at the resort, I disembarked, grabbed my skis and headed for the slopes. I skied all day. It was great. The sun shined brilliantly and the snow felt perfect.

When I finished, I returned to the bus, off-loaded my skis and climbed in. Carol sat there by herself waiting. I sat down next to her.

That began an on and off friendship and romance that lasted all through high school.

That summer, I had my first date with Carol. We double-dated with my friend Al Wilson and his girlfriend, Sharon. I remember we went to see a movie at the Alhambra theatre. We sat in one of the back rows.

Sometime during the film, I summoned up the nerve to put my arm around her. Then, she leaned over toward me and snuggled. Later, I put my other arm around her and gave her a kiss.

It's true, you never forget your first kiss.

I had many other dates with Carol during high school. We broke up a couple of times. I took her to the Senior Ball. We had our last date after my first year at Sacramento City College. That day, I joined her, her friend Marilyn and Marilyn's fiancé Reige on a swim trip along the American River near Auburn. We had a great time and planned to get together again before the end of Summer. We never did.

Carol went off to college in Southern California that fall. I never saw her after that. We had a wonderful friendship during high school, but it ended that year.

Now, the time I spent with Carol is another endearing Janey Way memory.

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www.valcomnews.com • March 17, 2011 • East Sacramento News **11**



# Seven decades of serving the community

By LANCE ARMSTRONG  
East Sacramento News writer  
lance@valcomnews.com

Throughout the history of Sacramento, local hospitals have played an important role in the growth of the city and assisting in the well being of the patients that they have served. And among the most notable of these hospitals has been Sutter Memorial Hospital at 5151 F St.

Opening as Sutter Maternity Hospital more than 70 years ago, Sutter Memorial Hospital became a part of a legacy of local hospitals, which dates back to the area's first hospital, which was founded at Sutter's Fort in 1849.

The decision to establish the local maternity hospital was made by the board of directors of Sutter General Hospital, which has a long history of its own, having first opened at 28th and L streets under the name Sutter Hospital on Dec. 3, 1923. Sutter Hospital underwent its name change in 1935.

## Hospital of firsts

Sutter Maternity, which opened due to an overcrowding of Sut-

ter General's maternity ward, was very unique, as it was the first satellite hospital in California.

And the trivia does not stop there, as Sutter Maternity was also the state's first hospital to be entirely air-conditioned and the first hospital in California to use isolation techniques and small nurseries for its newborns for the purpose of preventing infections.

News that Sutter General had acquired property for the construction of a two-story, 52-bed, fireproof, maternity hospital was first announced by F.N. Scatens, president of Sutter General's board of trustees, on June 24, 1936.

An article published in *The Sacramento Bee* on this same date revealed that the hospital would be divided into four independent divisions, with each having a dozen or more beds.

Furthermore, the publication announced that the hospital would also include the latest designs in delivery rooms and accompanying surgery, X-ray and other facilities, and plate glass partitions



Sutter Memorial Hospital, which was originally known as Sutter Maternity Hospital, has been serving the region for more than 70 years.

for relatives and friends to observe newborns without disturbing the babies' sleep.

Once completed, the hospital would include eight nurseries, each with space provid-

ed for a maximum of eight newborns, as opposed to the single-room nursery that was used at Sutter General.

Selected as the project's contractor with a building permit

of \$109,990 was the Campbell Construction Company, which had its headquarters at 800 R St., and Charles F. Dean, who had his office in the California State Life Building at 926 J St. and resided at 2221 Markham Way in the Curtis Park area of the city, was selected as the project's architect.

The overall cost of the hospital, including furnishings and modern air conditioning equipment, was about \$200,000.

## Lying-In Hospital?

According to the July 11, 1936 edition of *The Bee*, the then-future maternity hospital received the very unique, tentative name, The Sutter Lying-In Hospital.

This tentative name was dropped by at least February 10, 1937, since the name, Sutter Maternity Hospital, was referenced in an article published in *The Bee* on this date.

The hospital, which was one-third completed by late May 1937, first opened for patients on Wednesday, Nov. 24, 1937. The first supervisor of the hospital was Raymond D. Brisbane.

About an hour and a half after the hospital opened, at 8:27 a.m., Mr. and Mrs. Forrest Simon of 2915 P St. be-

See Sutter Memorial, page 13

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# Sutter Memorial: Nearly 400,000 babies born – the most at any local hospital

Continued from page 12

came the parents of the first baby born at the hospital.

The Simons' baby was a girl, and at 10:40 on the same morning, the second baby was born at the hospital – a boy, named David, who was the son of Frank and Ruth King of 2173 7th Ave.

According to a special insert in the Sept. 6, 2009 edition of *The Bee*, David studied art, became a sculptor, art and sculpture instructor and had two daughters.

## Thousands of babies

Overall, 120 babies were born at Sutter Maternity in the five weeks that it was in operation in 1937. And the following year, exactly 1,000 more babies were delivered at the hospital than during its opening year.

In 1950, Sutter Maternity was the birthplace of 3,874 babies, which was about half of the number of babies born in the city during the entire year.

Seven years later, Sutter Maternity became known as Sutter Memorial Hospital.

## Expansions and additions

But a name change was far from the only major change that has occurred at the hospital since its founding.

In 1955, for instance, Sutter Memorial expanded to include general acute medical/surgical care, and about two years later, a three-story addition to the hospital was completed adjacent to the original building.

Another major change to the hospital occurred in 1969 with the addition of a seven-story building with 132 beds.

## More firsts

Many firsts have occurred at the hospital throughout its history, including the region's first successful, open-heart surgery (1958), the nation's first Smeloff-Cutter heart valve surgery (1961), Northern California's first inpatient treatment program for children with psychiatric problems (1971), the region's first successful heart transplant (1989), the first in the area to make available a new insulin pump for its diabetic outpatients (1999) and the first ventricular assist devices to save the lives of patients with heart failure (2006).



East Sacramento News photo, Lance Armstrong  
Anthony and Rodnesha Pickens of Citrus Heights became new parents when their daughter, Avionna Vickie Elane Pickens, was born at Sutter Memorial Hospital on March 8, 2011 at 9:25 a.m.

Despite its many added services, Sutter Memorial continues its original mission of serving as a regional center for birth and newborn care.

## Most births in region

Tom Gagen, CEO for Sutter Medical Center of Sacramento, said that he is very impressed by the history of Sutter Maternity/Memorial, which has delivered more babies than any other hospital in the region.

"Just the sheer fact that we've had almost 400,000 deliveries (at Sutter Maternity/Memorial) in 73 years is very significant to Sacramento," Gagen said. "I can't go to any type of social gathering without having somebody say, 'Oh, yeah, I was born at Memorial' or 'My three kids were born at Memorial.' So, I really think (Sutter Memorial is) part of the fabric of Sacramento."

## New center will replace facility

With its 75th anniversary not far away, Sutter Me-

memorial is in the latter stages of its existence, since the 395,241-square-foot, eight-story Anderson Lucchetti Women's and Children's Center, which will replace Sutter Memorial, is currently under construction.

Expected to be completed in early 2013, the new, 242-bed facility will provide the highest level of neonatal and pediatric intensive care services, pediatric cardiac care, pediatric neurosurgery services, pediatric cancer services and high-risk and conventional maternity services.

Gagen said that once opened, the new facility will become an essential part of the Sutter Medical Center at 28th and L streets.

"When we move the (Sutter Memorial) campus to the Sutter General campus and combine the two, it's going to be a world-class facility and it's something that I think the families of Sacramento are really going to enjoy," Gagen said.



East Sacramento News photo, Lance Armstrong  
Lori Stoeltzing, a registered nurse for the past 20 years at Sutter Memorial Hospital, stands alongside the marble statue, "Maternity," which is located in an alcove on the third floor of Sutter Memorial Hospital. The statue has been a popular attraction at the hospital since its opening in 1937.

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# Folsom Symphony flexes its 'Russian Power/Russian Passion'

By SUSAN LAIRD  
East Sacramento 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 Lenin-

grad 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, as the Folsom Symphony is swiftly becoming one of the more popular organizations in the region. Stage One at



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.

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](http://www.folsomsymphony.com).

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# CALENDAR

For more Calendar entries visit  
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

Program (HISP) is celebrating the 25th anniversary of its inception. A 25th anniversary celebration, bringing together alumni for a network of mentorship and support for students is planned. 4 p.m.–7 p.m. Sierra Two Center, 2791 24th St., Sac. Visit the HISP Alumni Group on Facebook or www.ckmhisp.org. Kathy Kindall dwkjkindall@pol.net.

## REUNIONS

**McClatchy HISP 25th**  
April 16: C.K. McClatchy High School's Humanities and International Studies

## JFK High '69, '70, '71

July 16: The John F. Kennedy High School combined reunion for the classes of 1969, 1970, and 1971 is rapidly approaching! We are in need of contact information so we can spread the word to as many of our old friends and classmates as possible. Please send your email address and/or contact information so you can be added to the invitation list. Please send contact information and or questions to: jfkreunion69-70-71@hotmail.com. Hyatt Regency, Grand Ball Room, 1209 L St., Sac. (916) 421-4316

## MARCH

### Tai Chi

Daily, except Sundays: Meditation, breathing, forms and various styles of Tai

Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.–9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

### 'The Vase and Beyond'

Daily, through April 10: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

### '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

### John Buck: Iconography

Daily through May 15: This exhibition features three decades of woodblock prints and sculpture created by John Buck. Buck offers a richness of icons, symbols, and motifs that explore both personal and universal concerns. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

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# CALENDAR

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## Concert

**March 17:** Playlist: Kate Gaffney performs with velvety rich vocals and fresh and honest lyrics; she blends a sound steeped in classic roots rock with a dash of folk sweetness. Gaffney will be joined by guitarist Steve Randall. 7 p.m. Purchase tickets at crockerartmuseum.org, the Admission Desk, or by calling (916) 808-1182. \$6 members, \$12 nonmembers. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

## Food Addicts Anonymous

**March 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.

## Living Positive with Chronic Disease group

**March 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

## Lunch & Learn

**March 17:** Join us for an in-depth 30-minute talk about a work of art on view. "Untitled (The Disasters of War 10)" will be discussed on March 3, and the topic will be Curtis Benzle's "Bowl" on March 17. Participants are encouraged to enjoy lunch at the Crocker Cafe before or after the talk. Free with Museum admission. 12 noon. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

## National Money Show

**March 17, 18, 19:** The National Money Show, sponsored by the nonprofit American Numismatic Assn., will feature educational displays of more than \$100 million of historic rare coins, vintage currency and California Gold Rush-era money. Admission \$6. 9:30 a.m. – 5:30 p.m. Sacramento Convention Center, 1400 J St., Sac. www.NationalMoneyShow.com

## Rotary Club of East Sacramento

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

## Sutterville Heights Optimist Club

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

## Toastmasters

**March 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 Toastmas-

ters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

## Big Band Dance

**March 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

## Kiwanis Club of East Sacramento-Midtown

**March 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.eastsacmidtownkiwanis.com

## Rotary Club of Point West

**March 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

## Sacramento Bach Festival

**March 18–20, 25–27:** "Bravo Bach." 7 p.m. Advance tickets \$12, \$8 students. At the door \$15, \$10 students. St. Mark's United Methodist Church, 2391 St. Marks Way, Sac. (916) 483-7848 x 12 www.stmarksumc.com/st-marks-presents

## Soroptimists of Sacramento

**March 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

## African American authors discussion

**March 19, 26:** Spirited and thought-provoking book discussions with an emphasis on African American authors. 10 a.m., Saturdays through May 14. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

## Art Q & A

**March 19, 20, 26, 27:** Discover the essence of the art on view in tours that emphasize looking, conversation, and group interaction. Free with Museum admission. 11 a.m. and 1 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

## Food Addicts Anonymous

**March 19, 26:** 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

## Co-Dependents Anonymous

**March 20, 27:** 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

## Community Sunday breakfast

**March 20, 27:** Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m. – 11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

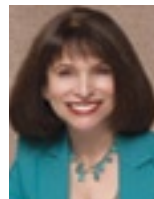
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# 'A Grand Night for Singing' opens third season of Cosmopolitan Cabaret

By SUSAN LAIRD  
East Sacramento 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 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 hu-



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.

mor 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](http://www.CosmopolitanCabaret.com).

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**PENDING!**



### RIVER PARK

Ready to move into! Inside recently painted throughout. Beautiful redone hardwood floors, 2 yrs old roof, gutters & water heater. New stove. large 2 car attached garage. Covered patio. Dual pane windows. 461 Lovella Way \$314,500

**JERRY KIRRENE 455-1001**



### HEART OF EAST SACRAMENTO

Very charming 2 bed 1 bath. Spacious home extensively remodeled kitchen & bath. Vintage fireplace, newer roof, CH&A, indoor laundry & a large two car garage. Huge lot perfect for entertaining or a pool. Completely turn-key. www.112855thst.isnowforsale.com \$379,900

**TIM COLLOM 247-8048**



### REMODELED RIVER PARK

Remodeled in Feb 2009. New windows, new CH&A, all lead removed, new exterior stucco, new insulation, new carpet, new paint, new bathroom & updated kitchen. Newer roof. Move in & add your style! See www.5383monaleeave.isnowforsale.com \$339,999

**LEIGH RUTLEDGE 612-6911**

**BILL HAMBRICK 600-6528**



### SUTTER BROWNSTONES

Unique & modern 2 year old townhome. Features stainless steel appliances, honed granite countertops, slate & hardwood flooring. Upgraded Samsung refrigerator included. Fantastic media/family room w/lots of space (30' x 13') on lower level, set up for entertainment. One car garage. 6 inches of space between townhomes. See www.SutterWalk.com \$450,000

**COLLEEN WIFVAT 719-2324**



### CHARM ABOUND!

Walk to the UC Davis Med Center from this adorable home! Charm abounds with built in bookshelves next to fireplace, built in scalloped hutch in dining area, updated kitchen has terra cotta tile floor, newer gas range and a breakfast area. Separate laundry room, updated bath has a pedestal sink & marble tile floor! See www.2367-39thSt.com \$265,000

**CONNIE LANDSBERG 761-0411**



### MEDITERRANEAN WITH POOL

Amazing 2 bedroom 2 bath on one of the best streets in East Sacramento. Includes a spacious kitchen, family room, master suite, vintage hardwood floors & tons of charm. Small pool included. See www.171341street.isnowforsale.com \$465,000

**TIM COLLOM 247-8048**

**LIBBY NEIL 539-5881**

### CLASSIC BRICK TUDOR

East Sacramento w/leaded glass windows. 2 bedroom, 2 bath w/ a true master suite w/bathroom & walk-in closet. Kitchen w/newer appliances including dual dishwasher. Newer CH&A. Inside laundry w/ storage. Refinished hardwood floors throughout. See www.72246thst.isnowforsale.com \$475,000

**LEIGH RUTLEDGE 612-6911**

**BILL HAMBRICK 600-6528**

### ULTIMATE URBAN LIVING!

Recently remodeled by Viray designs, home has modern conveniences & charm. Kitchen w/ granite counters & stainless appliances. Master has 2 closets & private entrance to the garden. Upgrades incl CH&A, roof, sewer, copper plumbing, electrical, bathrooms & more. See www.1512-55thSt.com \$339,000

**DAVID KIRRENE 531-7495**

### ELEGANT EAST SACRAMENTO

Elegant Fab 40's home located on desirable 46th Street. Well appointed w/architectural details & tasteful updating. Three full baths completely remodeled. New 2 car garage plus lift built in 2008. Sparkling pool & spa. See www.1201-46thStreet.com \$1,529,000

**KARA LABELLA PARKER 716-3313**

### FOUR BEDROOM

Fantastic 4 bedroom 2 bath in the **PENDING** Sacramento! Walk right down the street to Bertha Henschel park. This 4 bedroom home has refinished hardwood floors, new carpet, a large family room and a 2 car garage. Best value in East Sacramento! See www.4640brandway.eproperty.com \$344,900

**TIM COLLOM 247-8048**

**LIBBY NEIL 539-5881**

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