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Gold River Messenger

"Written by the people, for the people"

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December, 2014

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*****ECRWSS*****

Musical Theater Puts Young Actors Front and Center



EDMT features actors of varying levels of talent and experience on the stage, but the show was so well choreographed that every actor got a chance to be seen, and even the youngest performers were highlighted at various times. Photo courtesy of Richard Wilson, CEO, El Dorado Musical Theatre

By Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - The El Dorado Musical Theatre (EDMT) Lamp Cast finished its run of the fall show of Disney's Aladdin Jr. with their last performance on Saturday, November 14th at the Harris Center for the Arts at Folsom Lake College. The fall show featured actors between the ages of 6-20, and these young actors worked hard to put on spectacular performances.

The youth who starred in the show have many talents; they act, sing, dance, and captivate the audience. There was also a major time commitment involved with performing. They began rehearsals for the show in late August and rehearsed two to three days per week. Parents are also a key part of the EDTM organization, putting in at least 20 hours per show working at rehearsals, working backstage, loading sets, painting, helping the costumer, etc.

EDMT features actors of

"EDMT features actors of varying levels of talent and experience on the stage, but the show was so well choreographed that every actor got a chance to be seen, and even the youngest performers were highlighted at various times."

varying levels of talent and experience on the stage, but the show was so well choreographed that every actor got a chance to be seen, and even the youngest performers were highlighted at various times. The production value of the performances was extremely professional, with music from the original animated movie, vibrant costumes, extravagant set designs, elaborately choreographed song-and-dance routines, and actors flying through the air (sometimes on a magic carpet).

The dialogue was both humorous and heartfelt and was updated with modern pop culture references to amuse the audience. Fog and smoke and a

sudden explosion of streamers and confetti above the audience completed the enchanted atmosphere in the theater.

Two local kids, a sister-and-brother duo from Gold River, stole the spotlight as part of the Lamp Cast: Hannah Davis (14) is a freshman at Bella Vista High, and Joshua Davis (10) is in fourth grade at Gold River Discovery.

Hannah has been participating in musical theater since age seven. Her grandfather is an actor with local community theaters and he encouraged her to try out, never knowing it would turn out to be her niche. Her first production was The Wizard of Oz at American River College where she played a Lullaby League



Hannah and Joshua: Hannah Davis (14) has been participating in musical theater since age seven. Joshua Davis (10) couldn't wait to join his sister on stage and has been performing since the young age of four. Photo courtesy of Richard Wilson, CEO, El Dorado Musical Theatre

Munchkin.

Joshua has been performing since the young age of four. He couldn't wait to join his sister on stage, so his family found a

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Families Not Giving Up Fight Over Gun Range

Story by Julia Baum

RANCHO CORDOVA, CA (MPG) - Parents, students, and other community members outraged over an indoor shooting range set to open next door to George Washington Carver High School had a message for the Rancho Cordova city council at a November 3rd council meeting: We're not backing down.

Nina Powers, a senior at Carver, was among the approximately dozen or so students and parents that protested on the sidewalk in front of city hall late that afternoon before the meeting. Powers is uncertain if she wants to transfer to another school so late into her last year at Carver but said that it was important for her to show support and solidarity with her classmates regardless.

"It's not about me, it's not a selfish concern, it's about others," Powers said. "I'm concerned for students that come in after."

Powers' mother, Rucha, called the decision by Fite Development Co. to open a shooting range next door to the school in the wake of several school shootings across the country over the past year "in very bad taste." She is especially upset over a lack of public notification and concerned about retrofitting the building.

"This developer has never been available to answer questions," Rucha Powers said. "We don't have any answers because they never engaged with us."

Derald Langwell, a retired resident and gun owner, thinks the controversy is overblown and based on emotion. He said that he would welcome a shooting range opening next door to Cordova Garden Elementary, where his granddaughter, whom he plans to teach how to shoot, attends school.

"A lot of them don't look at the facts," Langwell said. "You're going to have bad people everywhere. It's a legal business; they're not going to allow these high school kids to come in."

While people on both sides of the controversy agree that there is no guarantee of safety, Langwell said that the city possibly creating new laws will not discourage a determined shooter. However, Rucha Powers said that placing a shooting range next to her daughter's school is obviously a bad idea.

"It seems to be a no-brainer," Powers said. "It's a really irresponsible decision."

The shooting range is still scheduled to open in several months, though city council may pass future ordinances prohibiting similar businesses from opening near schools. ★

Buying See's Candy for Our Soldiers

By Sal Arrigo, Jr.

Supporting our military personnel overseas is a great idea and very important at the holidays. Right now, and through Christmas Eve, the Rancho Cordova Kiwanis Club is selling See's Candy at the Gold River Shopping Center at a storefront between the Swanson's Cleaners and Bel Air Market, right across from the new Blaze Pizza location. Making a See's purchase is your opportunity to show our enlisted men and women that you appreciate their sacrifice.

The "See's for Soldiers" program is definitely worthy of consideration. Originally started by a Kiwanian from Auburn, CA



Joe Gilbert and Sharon Racine stopped in the store to show their support for the troops!

(who is also in the military), the program soon grew too large for him to administer, so he sought the help of "America's Moms for Soldiers" based out of Florida

(www.americasmomsforsoldiers.com). This organization handles all the details, including shipping, to ensure that your See's Candy donation (as well as other

needed items) makes it in to the hands of a soldier far from home.

Imagine any soldier, perhaps even your loved one who is currently serving overseas, opening up a box of See's Candy in some remote spot around the world and for one moment knowing they are not forgotten. In a box of candy, we can say "thank you for your service." Parents of military personnel have stopped in to thank us for doing our part and to tell us the story of their loved one currently serving.

Now, I ask you, what is preventing you from helping your local community and our military troops?

Check us out at www.kiwanisofranchocordova.com. ★

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Community Partnership to Hold Christmas in Cordova Toy Drive

RANCHO CORDOVA, CA (MPG) - Join the Folsom Cordova Community Partnership (The Partnership) in making this holiday season special for children in our community by participating at the Christmas in Cordova Toy Drive.

The Partnership is joining forces with other local non-profits and churches to collect toys/gifts for children (birth to seventeen years of age) who otherwise would not receive anything. They plan to support hundreds of families through the Toy Drive by distributing toys to over 1,500 children. The families served often are faced with desperate decisions, such as buying food for their children, paying

monthly rent, and dealing with day-to-day challenges which often increase during the pressures of the holiday season.

You can be a part of making this holiday season a great experience to a child in our community by donating \$100, \$50, \$20, or \$10 to purchase toys. To make a monetary donation for toys, go to www.thefccp.org/forms/donation.html. You can also drop off new unwrapped toys at the Folsom Cordova Community Partnership, 10665 Coloma Road, Suite 200 in Rancho Cordova or at the Rancho Cordova Police Department, 2897 Kilgore Road in Rancho Cordova. There are

also many drop-off locations in the community.

Volunteers are needed on Saturday, December 20th, 2014 to help set up the toy store, greet families as they arrive, help parents pick out gifts for their children, wrap presents, and re-stock and organize toys. Additional helpers are needed to watch children in the play-care while parents are shopping.

If you are interested in volunteering, please contact Heidi Herrera at (916) 875-5852 or email HHerrera@RanchoCordovaPD.com.

Source: thefccp.org ★

Musical Theater Puts Young Actors Front and Center

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small theater group in Folsom that accepted very young performers. Between the two of them, they have performed in over 40 shows at various locations.

Hannah and Joshua started at EDMT in the summer of 2011 and fell in love with the program. Aladdin Jr. is Hannah's ninth show with EDMT and Joshua's 11th show with the group. Hannah and Joshua's mother, Jill Davis, said, "It is a fantastic program. When they aren't in a run of the show, they take dance and acting classes provided at the EDMT facility. Joshua is taking jazz and tap. Hannah is taking jazz, tap, and character development. Two of her classes are taught by the director of the shows, Debbie Wilson. Between classes and rehearsals, we are at EDMT up to five days a week."

In the recent run of performances for Aladdin Jr., Hannah played a spice merchant in the opening scene and a featured dancer throughout the show, wowing the audience with her perfectly executed dance choreography. Joshua played Iago, Jafar's parrot sidekick, and his comedic timing was spot on. Jill Davis

said, "It has been an amazing opportunity for him to have such a large role."

Both Hannah and Joshua said their favorite part of performing in musical theater is the opportunity to sing. Hannah's favorite song from the production was "Prince Ali," while Joshua's favorite was "Friend Like Me." Joshua particularly enjoyed being hoisted into the air and flying above the stage as Iago, and he confided that the experience was "really fun" and not scary at all. Hannah plans to continue pursuing her talents, particularly her singing talent, throughout high school and would one day like to take her talent to New York. She said, "I love performing on stage in front of an audience."

Jill Davis said, "My kids have both given up soccer for theater. There is nowhere else they would rather be. EDMT is a wonderful group of kids and parents. They have both developed amazing friendships. It is like a second family. The older kids take the younger kids under their wings. It is not unusual to see a younger child in the lap of a teen. It is different than sports where they are broken up into age groups.



Lead Roles: The Lamp Cast featured actors between the ages of 6-20, and these young actors worked hard to put on spectacular performances. Photo courtesy of Richard Wilson, CEO, El Dorado Musical Theatre

How often do six year olds work together with 20 year olds? It is a wonderful thing, and both my kids have older role models as well as younger kids that look up to them."

To find out more about EDMT and upcoming performances, visit www.edmt.info. Don't miss the next opportunity to see these talented kids shine on the stage.

Source: Jill Davis ★

Jan Scully's Retirement Celebration and Sacramento Regional Family Justice Center Serves as Fundraiser

SACRAMENTO COUNTY, CA (MPG) - Jan Scully began her career as a deputy district attorney in the Sacramento County District Attorney's Office in 1979, and she was first elected district attorney in 1994. Her fifth and final term as Sacramento County's district attorney will come to an end on December 31st, 2014.

To mark this momentous occasion, a retirement celebration will be held to honor Scully's 20-year tenure as the elected DA, and near 36-year career dedicated to serving justice and public safety.

The event will also serve as the first inaugural fundraiser for the Sacramento Regional Family Justice Center (SRFJC), a collaborative agency partnership benefiting local victims of domestic, family, and interpersonal violence. This inaugural event will set the foundation for what will become an annual fundraiser to continue garnering support for



Jan Scully

the SRFJC, raising awareness, and sharing the vision of "A Family Free of Violence is a Community Free of Violence." For more information about the SRFJC and to view the "I'm In" video, visit www.HopeThrivesHere.org. Attendees will enjoy wine

tasting and hors d'oeuvres, dinner, live music, special program presentations, video tributes from Scully's friends and colleagues, a "Made at Sac State" alumni profile video, and a display of memorabilia collected throughout her administration. Members of the community are encouraged to join the celebration and support the SRFJC.

The celebration and fundraiser will be held on Friday, December 12th, 2014, at Sacramento State University Ballroom, 6000 J Street, Sacramento, CA 95819. The event will begin at 5:30 p.m. with wine tasting and hors d'oeuvres, followed by dinner at 7 p.m. Individual tickets are \$150. All proceeds from the event will be donated to the SRFJC Foundation, a 501(c)(3) nonprofit organization, of which Jan Scully serves as chair.

Source: Sacramento County District Attorney's Office ★

CHP's 911 Call Centers Receive National Accreditation

SACRAMENTO REGION, CA (MPG) - On Tuesday, November 25th, the California Highway Patrol (CHP) announced that its communications centers, which answer approximately seven million 911 calls per year, were formally accredited by the Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA) under the Public Safety Communications Agencies Accreditation Program.

"The CHP received this prestigious award after ensuring our policies and procedures meet or exceed standards set by law enforcement professionals from across the nation," said CHP Commissioner Joe Farrow. "This accreditation demonstrates our commitment to public safety and means that CHP's 911 call centers meet national standards of

excellence."

To meet accreditation standards, the CHP implemented a state-wide quality assurance program for its 25 communication centers. Supervisors review audio tapes of 911 calls and analyze performance according to several performance measurements, including the dispatcher's speech, prioritizing of information, and accuracy in documenting calls. Dispatchers receive constructive feedback and are given an opportunity for self-assessment.

By receiving accreditation for its communications centers, the CHP became one of the first two agencies in California to receive the CALEA TRI-ARC Award, which recognizes concurrent accreditation for law enforcement, public safety communications, and public safety training activities.

The CHP was awarded initial accreditation in 2010 and was reaccredited in 2013, the same year the CHP Academy in West Sacramento was also accredited.

CALEA was established in 1979 as a law enforcement credentialing authority through the joint efforts of the International Association of Chiefs of Police, National Organization of Black Law Enforcement Executives, National Sheriffs' Association, and the Police Executive Research Forum. To maintain accreditation, CHP must undergo a comprehensive assessment every three years.

For more information on the accreditation process and the CALEA TRI-ARC Award, visit www.calea.org.

Source: California Highway Patrol ★

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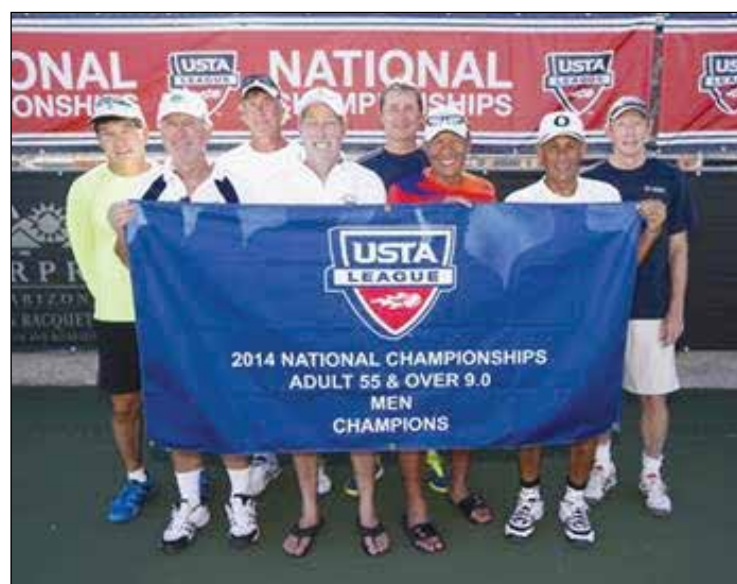
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Gold River Men's Tennis Team Crowned National Champions



The men's tennis team from Gold River captured the national title at the USTA League Adult 55 & Over 9.0 National Championships: (left to right) Arnie Dun, Clayton Beckwith, Donald Blessen, Jack Walker (Captain), Zoran Popazivanov, Kurt Chan, Kris Louis Duff, and Kendall Homer.

GOLD RIVER, CA (MPG) - The men's tennis team from Gold River, representing the United States Tennis Association (USTA) Northern California Section, captured the national title at the USTA League Adult 55 & Over 9.0 National Championships held at the Surprise Tennis & Racquet Complex in Surprise, AZ.

The Gold River team defeated a team from Houston, TX, 2-1 in the championship match. Earlier in the day, the Gold River team defeated a team from Laguna Hills, CA, 2-1 in the semifinals. The Gold River team advanced that far by

winning its round-robin flight contest.

The team is captained by Jack Walker (Loomis) and features Arnie Dun (Sacramento), Clayton Beckwith (Rancho Cordova), Donald Blessen (El Dorado Hills), Zoran Popazivanov (Mather), Kurt Chan (Loomis), Louis Carlin (Orangevale), Kris Louis Duff (Orangevale), and Kendall Homer (Sacramento). They play at the Spare Time Indoor Tennis Center.

The top four teams in order of finish are Northern California, Texas, Southern California, and Pacific Northwest.

Established in 1980, the USTA League has grown from 13,000 participants in a few parts of the country in its first year, to over 820,000 players across the nation today, making it the world's largest recreational tennis league.

The USTA League was established to provide adult recreational tennis players throughout the country with the opportunity to compete against players of similar ability levels. Players participate on teams in a league format, which is administered by the USTA through its 17 Sections. The league groups players by using six National Tennis Rating Program (NTRP) levels, ranging from 2.5 (entry) to 5.0 (advanced). USTA League is open to any USTA member 18 years of age or older.

Last year, the USTA League changed its structure and format. The change offers USTA League participants two divisions: Adult (18 & Over, 40 & Over, and 55 & Over) and Mixed (18 & Over) to better align participants with players their own age. In 2014, a Mixed 40 & Over division was added. The restructuring guarantees more frequency of play opportunities at more appropriate age groups.

For more information about the USTA League or the USTA, visit www.usta.com. ★

Area Residents Raise \$300k for Free Medical Services

SACRAMENTO, CA (MPG) - More than 650 local residents raised \$300,000 for the Sacramento Life Center's free medical care, counseling, and education services for pregnant women and teens at the organization's annual fundraising dinner on November 8th. The Salute to Life Dinner and Auction included a gourmet dinner, auction, raffle, and stories of people who have received help from the Sacramento Life Center. The keynote speaker was Abby Johnson, author and former Planned Parenthood director.

"We rely on this event for the funding to continue the work we are doing, and last year we saw nearly double the number of women and teens that we expected," said Marie Leatherby, executive director. "Thanks to this community's generosity, we can continue to reach even more women and teens who feel scared and alone and instead provide them with a support system and the care they need."

The Sacramento Life Center's mission is to offer compassion,



Author and former Planned Parenthood director Abby Johnson (center) speaks with guests at the Sacramento Life Center dinner that raised funds for the nonprofit's free medical care, counseling, and education for low-income pregnant women and teens.

support, resources, and free medical care to women and couples facing an unplanned or unsupported pregnancy. The center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two mobile clinics, all providing free services including well woman exams, pregnancy tests, STD tests, ultrasounds, counseling for men and women, education, and resource referrals. The Sacramento Life Center also

offers a school-based teen education program, a 24-hour hotline, and a program for women seeking support after having an abortion.

For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svplclinic.com. For more information about the Sacramento Life Center, visit www.saclife.org.

Source: Kristin Thébaud Communications ★

Hot Stove Baseball League Spaghetti Feed

RANCHO CORDOVA, CA (MPG) - The Cordova Lancers are hosting the 11th Annual Hot Stove Baseball League Spaghetti Feed on Tuesday, January 27th, 2015. The event will be held from 7 p.m. to 9:30 p.m. at Rancho Cordova Elks Lodge, 11440 Elks Circle (South Sunrise Blvd. to Refinement Rd., continue onto Elks Circle). They are asking for a \$30 donation per person, \$10 for children 12 and under. The event will feature raffle

prizes, and Pro Ball Players will be in attendance.

This will be a fun evening featuring the following VIP guests: Jalal Leach, San Francisco Giants/New York Yankee's Scout; Max Venable, San Francisco Giants; Jerry Manuel, Major League Manager of the year 2000 (Chicago White Sox 1998-2003); Jim Barr, San Francisco Giants; Ricky Jordan, Philadelphia Phillies; Larry Wolfe, Boston

Red Sox; and Ryan Knippschild, Cleveland Indians.

For tickets or more information, contact Coach Anderson at (916) 718-5279. You can also get tickets at Callen Pool Supply, 10343 Folsom Blvd. in Rancho Cordova. You can find out more about the Cordova Lancers at www.cordova-lancerbaseball.com.

Source: Guy Anderson, Cordova Lancers ★

Reduce and Reuse This Holiday Season

SACRAMENTO REGION, CA (MPG) - The holidays are the time we Americans create more paper and throw-away material than at any other time of the year. This year, take steps to reduce the amount of materials that get thrown away, and make this holiday a season of recycling.

You can recycle gift boxes, Christmas trees, wrapping paper, cards, junk mail, magazines, catalogs, plastic, glass, aluminum beverage containers, and more!

Did You Know? Americans throw away 25% more trash during the Thanksgiving to New Year's holiday season than any other time of year. This extra garbage amounts to 25 million tons of trash (Bob Lilienfeld, "The Use Less Stuff Report").

If every family in the U.S. reused

just two feet of holiday ribbon, the 38,000 miles of ribbon saved could tie a bow around the entire planet.

The 2.65 billion Christmas cards sold each year in the U.S. could fill a football field 10 stories high. If we each sent one card less, we'd save 50,000 cubic yards of paper.

How to Have a Greener Season:
Use reusable shopping bags.

Send your holiday greetings in electronic form.

If you use traditional gift wrapping, avoid wrapping gifts in materials that are not recyclable or reusable, such as foil or metallic papers. Always buy recycled-content wrapping paper.

If you send holiday cards, buy recycled-content cards and

envelopes, or make your own cards or gift tags out of last year's cards and the wrapping paper you saved.

Remove your name from the mailing list of any catalog you no longer wish to receive. Eliminate unwanted credit offers by calling 1-888-50ptOut (1-888-567-8688) or visiting www.optoutprescreen.com.

Reuse foam peanuts or use unbuttered popcorn for packing. Return unwanted Styrofoam packing peanuts to local UPS stores (please call before delivering).

Rechargeable batteries and a battery charger are a great way to cut down on the consumption of batteries.

Recycle your tree and wreath. Source: Sacramento County ★



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Basic Home Modifications Allow "Ageing In Place"

By Mark J. Cimino, CEO CiminoCare

The stroke abruptly turned Anna's world upside down. Here in the twilight of her life, you'd think she should be set comfortable. In an instant, however she was faced with the stark reality of having to move from her home of so many years, so many memories, so many happy times. Why? Well, despite recovering well through receiving Occupational and Physical Therapy, she now needed a walker for balance, stability and distance.

Suddenly, what she had taken for granted all these years became obstacles: the five steps to her front porch; the narrow door to her bathroom which her walker could not fit through; the sliding doors into her tub shower with no grab bars for support; her raised bed that she now could not climb into.

Depressed, Anna was faced with moving. However, some-

one had referred her to my good friend James, a Certified Aging-in-Place Consultant and Occupational Therapist. James was able to visit Anna at her home and doing what he loves to do, he gave Anna some real hope of staying at home by conducting a Home Safety Assessment. Looking at all the obstacles mentioned above, he came up with several inexpensive recommendations and ideas that made it practical to live at home longer, comfortably and safely.

Her family had a ramp built so she could get into her house safely. She could not afford to remodel her entire bathroom, but was able to remove the shower doors in order to access the tub easier and put up a shower curtain. Anna had grab bars installed and James helped her get a customized tub transfer bench so she could slide into the tub. Anna also widened the bathroom door so she could fit her walker through. James recommended an inexpensive way to lower her bed and added a small handle so she could get into her bed safely. Anna can now stay in her home and live a full life without moving.

We love the work James does so much we wanted to give him an opportunity to help some of you family caregivers

out there this holiday season. The first three readers who can use a free Home Safety Assessment (generally a few hundred dollars) for their home or the home of a friend or loved one in the greater Sacramento area, email me, first come first served, at mark@ciminocare.com and I will arrange to have James come visit you. There is no cost or obligation, just friendly help for the needs of family caregivers.

As I mentioned, my good friend James Stacey has been in the Occupational Therapy line of work for over 20 years, including serving in the role of a Certified Aging-in-Place Specialist (CAPS). If anyone can figure out how someone can make simple modifications to their homes so they age in place better, it would be James.

Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark started in his caregiving profession at age six when he and his siblings would tag along as their mother visited her in home care clients. In addition to his job, Mark is actively involved in Rotary International. His interests include hiking and doing fun things with his three boys. Mark can be reached at mark@ciminocare.com

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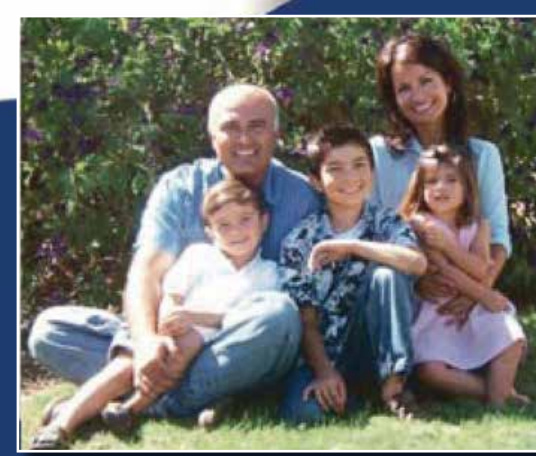


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By Gold River resident David Dickstein

I was recently driving on Coloma Rd., and the car in front of me had a license plate frame that read, "Sacramento" on the top and "Go Caps" on the bottom. For lousy reasons, the Sacramento Capitals' 28th and final season of pro tennis ended more than a year and a half ago, so the adornment on the green Kia Soul was a mournful sight for this sports-loving Gold Riverite.

But what I need to share with you good people is less a sports story than one about community, heartbreak, and doing the right thing.

The Capitals were in existence from 1986 to 2013; from the franchise's sophomore season through 2001, the erstwhile darling of World Team Tennis (WTT) called the Gold River Racquet Club home. It was a tennis match made in heaven. Former and future world No. 1s played on what we members know as Court #2, including Bjorn Borg, Jimmy Connors, Lindsey Davenport, Tracy Austin, and a 17-year-old Andy Roddick (as confirmed by Paul Bauman who covers Northern California tennis at norcaltennisczar.blogspot.com).

Adding to the Capitals' cachet, of the team's six WTT championships, four were won during the Gold River era. And if that's not prestigious enough, on several occasions tennis and human rights legend Billie Jean King

"Fool's Gold"

Capitals Deserve a Proper Burial

graced the Racquet Club as the face of WTT and its commissioner, the closest thing to tennis royalty in our own backyard!

You'd have thought even those not into tennis would recognize the fact that the Caps were a huge asset to the local economy, not to mention a source of neighborhood pride, right? Well, think again. A vocal minority

center parking lots were hindered off the court by a string of ownership changes, several sullied in legal troubles (e.g., a Ponzi scheme) and financial woes (e.g., a bankruptcy) that would prove more destructive than the NIMBYs (not in my backyard) of Gold River. No wonder the end result was game, set, match for the Capitals in Sacramento Valley.



The Sacramento Capitals played 15 of its 28 years in Gold River, but not even a single point as the Las Vegas Neon.

in support of Capitals' punishment ruined things for the rest of us after several years of squawking. Their beef was the added noise and traffic brought on by the handful or so of summertime matches each season. My family moved here only two years before the Caps left Gold River, so I might be off base, but I've always considered the Gold River Stingrays and their weekend swim meets to be an even bigger threat to our peaceful bedroom community existence. However, unlike the spoilsports who couldn't tolerate a few hours of suspended serenity per year with a pro tennis league, this Gold River resident has no desire to ban team swimming at the club.

Back to the Caps: Frustrated and battle-weary, the franchise changed hands in 1999 and the new ownership gave the town killjoys a victory two years later by moving to temporary stadiums on the grounds of Sunrise Mall and Westfield Galleria at Roseville. The dozen seasons played on shopping

So why dig up this old horse now? Well, because last month marked a footnote in the Sacramento Capitals' roller-coaster history (more on that in a moment). Another reason is that after talking to friends who I used to see at Capitals matches, it's clear that many in Gold River don't know whatever became of the team. If you're among them, I bear the saddest news of all. After supposedly coming up empty in a search for a permanent home for the Caps in the Sacramento market, new owner Deepal Wannakuwatta held a press conference in February to announce the franchise's move to Las Vegas and a name change. Unfortunately for tennis fans of Sin City, it was lights out for the Neon before the opening serve. Just one month after the big announcement, WTT revoked and disbanded the club. Seems the league frowns on owners whose assets are frozen by the feds on charges of bilking investors and lenders out of tens of millions of dollars. Who knew a surgical gloves company

could be so contaminated?

On November 13th, a U.S. federal judge sentenced Wannakuwatta to 20 years in prison for what prosecutors say was perhaps the largest Ponzi case ever in the Sacramento region. Facing the music while wearing shades of prisoner orange and shame, the last in a line of Capitals owners was called a liar and an evil person by the judge and a sociopath and a serial thief by one of the victims. For what it's worth, the 64-year-old expressed remorse, saying he shamed his family and his Sri Lankan roots. He's up for parole in 2031.

As for court action of a different kind, the final match of the franchise was a road loss to the Texas Wild on July 24th, 2013. The Caps finished last in the same Western Conference it represented in the WTT Championship only one season earlier. That, too, was a loss, albeit to a Washington Kastles team that has now won four King Trophies in a row, a feat accomplished only once before—by the Capitals. Sacramento's streak came while they played at the Racquet Club, and two of those trophies were won on local soil. Clearly, the years at Gold River Racquet Club were the Capitals' golden era.

And because of that, I think a lot of us would like to see some sort of historical marker to honor the team. A plaque next to Court #2 at the Racquet Club seems appropriate, if not 13 years overdue. Up until this year, there was the excuse that the Sacramento Capitals were still alive and kicking away from Gold River. Now that the team is gone forever, it's time for the club to give fans like the driver of that green Kia Soul a physical place to pay their respects. The winningest team in Sacramento pro sports history deserves that, and not doing so is a Capital offense. ★



By Alona Thomas

Where can you find fruit that has been devotedly cared for from the time the tree was planted to when you feel the fullness and can smell the aroma of each piece? Hooverville Orchards is our destination.

The Hoover family has owned and operated this farm for 42 years, giving us year-round access to their wonderful, home-grown crops. In 1972, James and Barbara Hoover purchased a 50-acre dilapidated pear orchard and moved their 13 children from Chino, CA. The kids grew up working the various chores on the farm and in the process learned what was needed to produce excellent fruit: first, a favorable God Labor Force or Mother Nature; second, a studied grafting process and choosing top-quality trees to grow; and third, using the best products and procedures available. This is the pledge Chris Hoover, the farm manager, makes every day.

James Hoover was a prison guard and was appointed by Governor Reagan as Commissioner of the Board of Prison Terms. James and Barbara operated the farm, making improvements and expanding by adding 20 more acres. After James's death in 1991, Barbara and her son Chris continued making changes, making year-round varieties available at the farm and using the fruit for jams, jellies, and pies. The pies have become a renowned favorite by using Barbara's crust recipe: milk instead of water and half Crisco, half butter.

Barbara is now in her 80s and needs to rest from the everyday arduous duties. This farm, part of the El Dorado County agricultural history, also needed an infusion of cash or to be sold. The enterprising and effervescent Rachel Defwiler, seventh child of the Hoovers and retired Postmaster living on Fox Island in Washington State, answered her own call to keep

All in the Family

the farm in the family. She had a successful online business and has made a commitment to her mother and fellow siblings to carry on the high standards that have been set. She is now the proud owner of Hooverville Orchards and will be building a home on the property with her husband. Chris is leasing the farm from Rachel. Their sister, Connie Smith, will manage the bake shop where she makes the wonderful home-grown fruit jams,



Rachel Defwiler and Chris Hoover at Hooverville Orchards. Rachel's enthusiasm coupled with Chris's expertise and family support will ensure that we will be able to enjoy Hooverville Orchards for many years to come.

jellies, and marmalades. The Peach Jalapeno jam is a huge success.

If you have been to the Farmers Market by the Light Rail Station, you have probably met Chris with his 49er shirt, and he makes sure you know all about his fruit. Recently, his son, Devyn, has been behind the counter and is one terrific salesman. Three days a week, Hooverville Orchards sets up in San Francisco for customers waiting especially for those spicy jams and farm-fresh produce. We are lucky; we can visit Hooverville Orchards anytime as it is open year round. The farm is located at 1100 Wallace Road, and the journey to the farm is a beautiful drive along Hwy 49 with scenic views. Their driveway is lined with a Belgian fence made of 20 varieties of apple trees. Rachel's enthusiasm coupled with Chris's expertise and family support will ensure that we will be able to enjoy Hooverville Orchards for many years to come.

Alona's hobby is food and delicious times. Contact alonathomas@gmail.com ★

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What is it About Giving Thanks that Makes Us Healthy?

By Eric Nelson

In remarks made to a conference convened this summer by Cal Berkeley's Greater Good Science Center (GGSC), renowned gratitude expert Dr. Robert Emmons explained why giving thanks is so appealing to so many. "Gratitude has the power to heal, to energize and to change lives," he said. More specifically, gratitude increases our emotional well-being, improves our capacity to get along with others, decreases depression and increases our resilience after suffering emotional or physical harm. What's not to like?

Despite a slew of scientific studies on this topic, however, the jury is still out as to exactly why gratitude works so well, particularly when it comes to our health.

There's plenty of evidence, anecdotal and otherwise, indicating that maintaining an attitude of gratitude is a good call. "Every day, I get to see the powerful effects of gratitude on people in the cardiology wards and on people in our psychiatric units," said Jeff Huffman, a psychiatrist and panelist at the GGSC conference. It's likely, though, that a complete answer can't be had without a careful consideration – some might say reconsideration – of gratitude's spiritual roots.

Religious texts of every stripe are chock full of encouragement to be grateful. "Tell God what you need, and thank him for all he has done," said the apostle Paul. "Then you will experience God's peace, which exceeds anything we can understand." Years later it was Persian theologian Mevlana



Rumi who said, "Giving thanks for abundance is sweeter than the abundance itself."

But what were these guys really getting at? Was the idea to send a mental thank you note to the Divine in order to ensure you'd be invited the next party, or at least be spared eternal damnation? Possibly. A more reasonable answer might have to do with the fact that gratitude of this sort tends to draw thought closer to God, keeping it in tune with what many consider to be the source of all goodness, including our health.

A few years back, a close friend found herself hiking to the top of a nearly 18,000-foot summit in the Himalayas. When her companion began experiencing symptoms of altitude sickness, the first thing that came to mind was gratitude. She knew that being thankful to God for blessings large and small could be relied on for physical relief, so she began sharing all that she had to be grateful for. Her friend soon joined in on the conversation and, before

long, was hiking more comfortably and feeling much better.

While this may not be what most would consider scientific proof that a particular flavor of gratitude leads to improved health, the story does align with what Emmons describes as the three foundational stones of gratitude: looking for the good, receiving the good and sharing this good with others. This third aspect is perhaps the most interesting and even essential in that it counteracts what Emmons sees as the strongest barrier to gratitude, that is, when gratitude becomes little more than a "self-development project."

For Mary Baker Eddy, a religious leader and gratitude researcher in her own right, it was this sense of valuing God's blessings that was key to ensuring continued health and happiness, not simply for one's own but for everyone's benefit. "Are we really grateful for the good already received?" she writes in *Science and Health*. "Then we shall avail ourselves of the blessings we have, and thus be fitted to receive more" – a more consistent sense of health, a deeper feeling of satisfaction, a closer connection with our fellowman.

No wonder giving thanks is so appealing to so many.

Eric Nelson's columns on the link between consciousness and health appear regularly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California. Follow him on Twitter @norcalcs. ★

Game Plots

Competitive Gaming: What are "ESports?"

By Noah Howard

Unless you're an extravagant Kinect player, or jump around a lot while playing tennis on your

Wii, you likely don't think of video games as being in the same category as competitive sports. True, when it comes to burning calories, video games aren't the same as competing in track and field, no matter how much you jump around while playing.

But, when it comes to professional level competition, playing video games is on a path to

becoming just as popular as professional sports.

The term is "esports," and it covers a lot of territory. Though it applies to competitive shooters such as Call of Duty and Halo, it most often implies more strategic games like Starcraft II, Dota 2 or League of Legends. Most often played through the MLG (MajorLeague

Gaming), esports is the organized competition of video game "athletes", the best of the best at the games that they play. These competitors participate in tournaments where hundreds of thousands, or even sometimes millions, of dollars are at stake. These



Protagonist diversity is a major problem facing gaming today, with big games typically featuring white male leads. Photo courtesy Noah Howard.

tournaments attract millions of viewers worldwide whenever they are broadcasted over online streaming services such as Twitch.

Esports are much bigger than a lot of people believe. Starcraft II has been called South Korea's national sport, and the game has similar levels of popularity in many other Asian countries. That being said, esports has had trouble catching on in the U.S. Just recently competitive video game players celebrated another wall knocked down when the U.S. decided to grant them the same rights to go in and out of the country as any athletic competitor. League of Legends is one of the most popular games (video or not) ever. Cam Robinson, in his show Reality Check on Gamespot.com, calculated that enough hours are put into playing LoL every month to build another Great Pyramid of Egypt, with plenty of hours left over

But being an esports competitor isn't all fun and games. Pro gamers take their trade seriously, playing their game of choice for hours a day in order

to keep up with the competition. They receive their income from sponsors and from tournament winnings, so they have serious incentives to play well in tournaments. The competitors play scrimmages against other pro gamers or pro gaming teams, or host LAN (Local Area Network) matches with their friends and teammates. The LAN matches simulate a tournament environment, where your opponents are nearby instead of miles away.

Esports is on the rise. It's a booming competitive market that's only getting bigger, and it wouldn't be a surprise to see esports broadcast on live TV in the near future. Whether it be Halo, Call of Duty, or Starcraft, professional gamers work hard to make sure that they're the best at what they do. As the years have gone by, they've gained more respect for their "sport," and hopefully, esports will soon be viewed by the public as comparably prestigious to any athletic competition.

To respond to Noah's articles email him at digitalartsnoah@yahoo.com ★

Small Businesses Beware: Phone Directory Scam Returns

SACRAMENTO, CA (MPG) - An invoice scam that targets small business owners is cropping up once more in the Sacramento region. Solicited offers are being sent from Open Business Directory Ltd., believed to be located in Boston, MA. They have an "F" rating with the Better Business Bureau (BBB) and 1,636 complaints and 64 negative reviews.

Businesses receive a fax with an offer to list their company name in an online directory. All they have to do is fill out their contact information and return the form. A few days later, the business receives an invoice with an outstanding balance of \$1,238 for a two-year subscription to a website that closely resembles the Yellow Pages. When businesses do not respond to the invoice, they are threatened with being sent to collections.

The law is clear: Title 39 of the United States Code, Section 3001 requires that solicitations such as these include a conspicuous disclaimer, in 30-point font, stating, in part, that it is a mere solicitation. BBB reviewed a copy of the solicitation sent to a business in Vacaville, and the legally required disclaimer was present, but not up to size.

How to Avoid the Scam:

Do not respond: If you receive a fax or phone call from a company asking for your business information for an online directory, hang up and do not respond.

The Yellow Pages name and logo: Scammers often use the name and "walking fingers" icon to lend credibility to their scam. However, they are not affiliated with the popular phone directory in any way.

Don't trust Caller ID: Scammers have the ability to spoof a phone number, which means it may look

like you are receiving a call from a trusted organization or business.

Contact your BBB: If you have questions or think you have been the victim of a scam, contact your local BBB at www.bbb.org.

For more information, please contact Danielle Spang at dspang@necal.bbb.org. For reports on businesses and for information about BBB services, please visit the website at www.bbb.org or call (916) 443-6843.

Source: Better Business Bureau serving Northeast California ★



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Annual Holiday Bus Painting Party Regional Transit Charity Tradition Continues

By Michael Young,
RT Marketing
Representative

SACRAMENTO REGION, CA (MPG) - Each year as the holidays approach, the Regional Transit Bus Maintenance body shop bays are transformed from a gritty work space to a festive locale for the annual Holiday Bus Painting Party. Colored lights and holiday decorations adorn the workshop and surround a 40-foot bus wrapped in white vinyl and marked with outlines of lights, candy canes, and other fanciful creations of the season in preparation for the annual gathering.

On November 15th, RT employees and their families became Santa's helpers; more than 100 people used a paint-by-numbers technique to bring the decorative bus to life. "It's all about tradition, and this one has brought RT employees and their families together to kick off the Holiday Season for the past 21 years," said Rick Sloan, Retired RT Graphic Designer and artist who has designed every Holiday bus. "I love watching people of all ages as they paint the bus with such pride and enthusiasm." The Holiday Bus serves as a festive means to thank passengers who use the RT

system and to give back to the community as a whole. Free to passengers, the Holiday Bus operates on different routes in the Sacramento region from December 1, 2014 through January 4, 2015. The schedule can be found at sacrt.com/holidaybus14.stm. In lieu of fare, monetary donations and non-perishable food items will be collected on the bus to benefit River City Food Bank, a non-profit organization that provides emergency food and housing assistance in Sacramento County. For more information about the food bank, visit rivercityfoodbank.org. ★



Each year as the holidays approach, the Regional Transit Bus Maintenance body shop bays are transformed from a gritty work space to a festive locale for the annual Holiday Bus Painting Party. Clockwise from top: More than 100 people used a paint-by-numbers technique to bring the decorative bus to life; Rick Sloan with son, Zach, now a senior at Cordova High, painting the bus in 1999 and 2014; This year's Holiday Bus; Sam Sloan paints the bus that serves as a festive means to thank passengers who use the RT system. Photos by Rick Sloan and Michael Young



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Event Designed To Help Businesses, Government, and Non-Profits



The conference will provide information about some of the most impactful environmental issues such as climate change, greenhouse gas reduction, water management, energy management, waste stream reduction and transportation fuels.

YOSEMITE NATIONAL PARK, CA (MPG)

- Yosemite Gateway Partners is hosting the first Yosemite Sustainability Conference in Yosemite National Park December 8-10, 2014. The conference is a three-day learning and networking forum dedicated to helping local and state businesses, government agencies, and non-profit

organizations transition to economic, environmental, and social sustainability through best practices.

The conference will provide information about some of the most impactful environmental issues such as climate change, greenhouse gas reduction, water management, energy management, waste stream reduction and transportation fuels. Attendees will learn about implementable solutions, tools, resources, and best practices from experts in the fields of water, energy, waste

management and air resources.

The event will provide information and demonstrations of existing Yosemite sustainable systems and processes. Attendees will also have the opportunity to interact with industry professionals and hear from experts on some of the world's most intriguing environmental concerns and sustainability practices, as well as emerging technologies to deal with these concerns.

Among the keynote speakers is Tim Carey, Senior Director for Sustainability and

Recycling at PepsiCo. Other speakers include Debbie Freidel, Director of Sustainability for Delaware North Companies Parks & Resorts; Dan Jensen, President of Delaware North Companies Parks & Resorts at

Yosemite; Don Neubacher, Yosemite National Park Superintendent, National Park Service; Ann Krcik, Director,

Brand Communication & Outdoor Exploration, The North Face; Dorene D'Adamo Member of the State Water Resources Control Board.

The Yosemite Sustainability Conference is designed for individuals who manage sustainability as part of their job or have an interest in sustainable practices. Anyone from governmental agencies, public land management agencies, private business, tribes and those wishing to learn better sustainable and environmentally friendly practices will benefit from this conference.

The event cost is \$395 (includes meals). Discounted lodging rates are available. For registration and more information, visit www.yosemitegatewaypartners.org/email info@yosemitegatewaypartners.org or call (209) 962-7990.

Source: *Sierra Business Council* ★

Make Foster Kids Smile This Holiday Season

SACRAMENTO REGION, CA (MPG)

- The Smile Generation® and My Kid's Dentist and Orthodontics® are teaming with Sleep Train Arena and the Sacramento Kings to bring holiday cheer to children in foster care. New, unwrapped toys may be brought to the Folsom Ice Rink on December 6th from 10 a.m. until 3 p.m. in exchange for free skate rentals. Santa will be on hand to accept the toy donations and take complimentary photos.

The Smile Generation® is a referral service that connects patients with dentists dedicated to providing an exceptional patient experience and advanced clinical care. The Smile Generation network is made up of 400 dental offices throughout Arizona, California, Colorado, Georgia, Idaho, Kansas, Minnesota, Missouri, New Mexico, Nevada, Oregon, Texas, Utah, and Washington. Smile Generation-trusted offices

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For more information, please visit www.smilegeneration.com or visit their blog at www.blog.smilegeneration.com. You can also follow them on Twitter at www.twitter.com/smilegen or on Facebook at www.facebook.com/smilegen.

Source: *Pacific Dental Services* ★

DMV Extends Office Hours and Adds Appointments for First-Time Driver License Applicants

SACRAMENTO REGION, CA (MPG)

- The California Department of Motor Vehicles (DMV) announced that it is extending office hours and adding appointment opportunities to support the issuance of all original driver licenses, including licenses that will be issued under Assembly Bill (AB) 60 starting on January 2nd, 2015.

"DMV is committed to providing excellent customer service to all Californians," said DMV Director Jean Shiomoto. "Customers with appointments have much shorter wait times, and now all customers seeking new driver licenses will have extra appointment opportunities."

DMV anticipates processing approximately 1.4 million additional driver license applications during the first three years after implementation of AB 60. The DMV will be offering the following additional services:

Extended Saturday office hours by appointment for all new driver license applicants at up to 60 DMV field offices across California starting Saturday, January 3rd, 2015.

Increased number of available appointments in many field offices that will hire additional staff.

New driver license applicants will be able to schedule

appointments with the DMV up to 90 days in advance, double the current 45-day window.

Starting December 1st, 2014, all first-time driver license applicants must make an appointment to visit their local DMV office. However, four new driver license processing centers will continue to offer both walk-in and appointment services: Lompoc, Stanton, Granada Hills (all opened November 17th, 2014) and San Jose (opening December 1st, 2014). Appointments are recommended.

These additional services will be available to all customers seeking an original driver license, the applicant's first license received in California, whether under AB 60 or otherwise. Customers applying for an original driver license will need to do the following:

Make an appointment to visit a DMV field office up to 90 days in advance (or walk-in or appointment at the temporary driver license processing centers in Lompoc, Stanton, Granada Hills, or San Jose).

Study for the driver license exam

Complete a driver license application form (DL 44) available at the DMV office

Provide DMV with either (1) social security number and

proof of identity and legal presence, or (2) proof of identity and California residency under AB 60. (Last week, DMV posted the list of documents that applicants will need to bring to DMV to obtain a new driver license under AB 60. Details regarding these documents are available on the AB 60 webpage at www.apps.dmv.ca.gov/ab60/index.html.)

Pass a vision test, TouchScreen knowledge (written) test, and if applicable, a road sign test

Give a thumb print

Have a picture taken

Schedule a future appointment for the behind-the-wheel driving test

Applicants under 18 applying for an original driver license will also need to submit proof of driver education completion. For further information about obtaining a new driver license, refer to the California Driver Handbook or visit www.dmv.ca.gov/portal/dmv/dmv/dl/driverhandbooks.

It is easy to make an appointment to go into a DMV field office; you can make an appointment online, use the DMV now app, or call 1-800-777-0133. Appointments are available up to 90 days in advance for new driver licenses and 45 days in advance for other services.

Source: *California Department of Motor Vehicles* ★



By Kay Burton

Joey was wandering the streets of Monterey when he was brought into the vet hospital where Nancy Jobst worked. He was cleaned up and brought to Gold River with Don and Bobbie Weisner 12 years ago. Joey is part Border terrier, weighs 16 lbs., and has the stubbornness associated with his breed. He doesn't shed and barks only at the UPS drivers and very large dogs.

Joey knows about 25 words but very few commands. Terriers rule their worlds. He can open ladies' handbags by unzipping or unsnapping them to get to the treats inside. He has discovered cough drops, candy bars, and his all-time favorite: Kleenex. Guests are trained to put their purses on high counters when they come to visit.

The Border terrier, an uncomplicated terrier, is built small enough to follow a fox down a narrow hole but with enough leg to keep up with riders on horseback. It has never achieved the show-ring popularity of other

Meet Joey of Gold River



Joey is part Border terrier, weighs 16 lbs., and has the stubbornness associated with his breed. He doesn't shed and barks only at the UPS drivers and very large dogs. Photo courtesy Kay Burton.

terriers and has remained true to its original form and function. Its durable coat protects it from adverse weather conditions, and its long legs and stamina enable it to keep up with the most demanding activity. Its amenable personality make it a superb family dog.

Joey was recently in the Bow-Wow Beauties Fundraiser in Gold River. This annual event is held

to benefit the Sacramento Society for the Prevention of Cruelty to Animals (SSPCA). Joey did very well in the show-ring.

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups.

To share your family pet story with our readers, Email: KayBurton1@comcast.net ★

Assemblyman Ken Cooley Sworn Into Office

Introduces First Bill Increasing Accountability of Government Agencies' Regulations

SACRAMENTO COUNTY, CA (MPG)

- On December 1st, Assemblyman Ken Cooley was sworn in after being re-elected to the 8th Assembly District, which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton, and other portions of unincorporated Sacramento County.

As a longtime community leader in Rancho Cordova and as the incumbent Assemblyman, Mr. Cooley has fought to create jobs, increase government accountability, and reduce the regulatory impact of governmental agencies. "As an Assemblymember, I will continue my work representing the people of the 8th District. My door is open, and I look forward to partnering actively with the community and representing them in both my Capitol and district offices," said Assemblyman



Senator Ken Cooley

which the agency is charged with administering and a review of the key features of each program. Additionally, this bill would require more frequent reports to the Legislature on how regulatory agencies are complying with new rules to ease unduly burdensome regulations.

"I understand the trust placed in elected officials to be good stewards of the people's money. To that end, I aim to use the power of this office and the power of the Assembly to shed light on government programs to ensure that regulations are not unduly burdensome [and] to create cost-savings and higher accountability. An efficient government means a better performing government," said Assemblyman Cooley.

For more information, please visit www.asmdc.org/members/a08/.

Source: *The Office of Assemblyman Ken Cooley* ★

Cooley.

Immediately after the swearing-in proceedings concluded, Assemblyman Cooley introduced AB 12, which proposes a top-to-bottom review of existing regulations to eliminate any inconsistent, duplicative, or outdated provisions. The aim is to reduce unnecessary regulatory burdens. The bill will also require each agency to compile an overview of all legislative authority

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This Holiday, Create a COLORFUL FEAST

FAMILY FEATURES

As you prepare for this season of celebrations, consider recipes that offer a fresh approach to the traditional holiday menu.

With its sweet simplicity and vibrant color, a garnish featuring California grapes can make your meal presentation even more enticing. Keep those mealtimes traditions intact by serving favorites like Brussels sprouts, but pair them with sweet California grapes in a salad for the perfect balance of flavor and crunchy texture.

A beloved side dish, such as cornbread dressing, will exceed all expectations with ingredients like red and green grapes, butternut squash, walnuts and pancetta. Complete the meal with a new twist on a trifle that results in a rich dessert worthy of any gathering for the holidays and beyond.

For more ways to increase the freshness and flavor of your holiday meals, visit GrapesfromCalifornia.com, [Facebook.com/GrapesfromCalifornia](https://www.facebook.com/GrapesfromCalifornia) and [Pinterest.com/GrapesfromCA](https://www.pinterest.com/GrapesfromCA).

Helpful Tips for the Perfect Holiday Turkey

- When shopping for your turkey, look for one with a pop-up timer.
- To thaw your turkey, keep it in the refrigerator based on its weight. For example, it should remain in the refrigerator for 24 hours for every 5 pounds. To thaw quickly, place it in the sink and cover with cold water, changing the water every half hour per pound.
- Once the turkey has thawed, always refrigerate or cook immediately.
- When you're ready to cook, baste the bird with extra virgin olive oil. Place turkey with the breast up on a rack in a shallow roasting pan in an oven preheated to 325°F. Loosely cover turkey with foil to prevent over-browning.
- The turkey is done cooking when the meat thermometer reads 180°F, or if the red stem on the pop-up timer is up and the drumstick feels soft or moves easily.
- Always allow the bird to rest for at least 20 minutes for easy carving.
- Present your turkey on a platter with a fresh and colorful garnish, such as California grapes.

A Tasty Tradition

A Spanish custom spanning back to 1895, those who practice "the twelve grapes of luck" are said to be provided with a year of prosperity. Add this festive ritual to your celebration by eating a grape with the ringing of each bell at midnight on New Year's Eve.



Raw Vegetable and Grape Salad

Servings: 6

- Salad:**
- 2 cups shredded or very thinly sliced Brussels sprouts
 - 1 cup shredded carrots
 - 1 cup thinly sliced fennel
 - 1/2 cup cooked, chopped bacon (6 slices)
 - 4 cups green and red seedless California grapes, halved
 - 1/2 cup sliced green onions
- Dressing:**
- 3 tablespoons balsamic vinegar
 - 2 tablespoons extra virgin olive oil
 - 1 teaspoon minced garlic
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper

Toss all salad ingredients together in large bowl. Whisk together all dressing ingredients in medium bowl and drizzle over salad. Toss until ingredients are well coated with dressing.

Nutrition information per serving: 226 calories; 14 g fat (4 g saturated fat); 55% calories from fat; 8 g protein; 19 g carbohydrate; 3 g fiber; 17 mg cholesterol; 516 mg sodium; 471 mg potassium.

Peanut Butter and Grape Trifle

Servings: 14

- 1 (16-ounce) container nonfat vanilla Greek yogurt
- 8 tablespoons creamy peanut butter
- 2 tablespoons honey
- 1 (8-ounce) container lite whipped topping, divided
- 1 (16-ounce) store-bought pound cake, sliced into 1-inch cubes
- 3 cups red seedless California grapes, plus more for garnish
- 3 cups green seedless California grapes, plus more for garnish
- 1/4 cup honey-roasted peanuts, chopped (optional garnish)

In medium bowl, stir together yogurt, peanut butter and honey until well combined. Gently fold in half of whipped topping. Set aside.

In clear glass trifle dish or bowl, layer half each of pound cake cubes, peanut butter mixture, red grapes and green grapes. Repeat layers a second time and top with remaining whipped topping. Garnish with additional grapes (sliced in half) if desired, and chopped peanuts, if desired.

Nutrition information per serving (with peanuts): 313 calories; 15 g fat (5 g saturated fat); 42% calories from fat; 8 g protein; 38 g carbohydrate; 1 g fiber; 73 mg cholesterol; 197 mg sodium; 206 mg potassium.



Cornbread Dressing with Roasted Grapes, Walnuts and Pancetta

Servings: 12

- 2 cups red seedless California grapes
- 2 cups green seedless California grapes
- 2 cups cubed butternut squash
- 1 1/2 tablespoons olive oil
- Salt and pepper, to taste
- 6 ounces diced pancetta
- 3/4 cup sliced celery
- 1 large onion, chopped
- 2 cloves garlic, minced
- 5 cups coarsely crumbled cornbread (either store-bought or prepared from a mix), toasted
- 3/4 cup coarsely chopped walnuts, toasted
- 2 tablespoons chopped fresh sage
- 1 cup reduced-sodium chicken broth
- 3 tablespoons butter, melted
- 3 tablespoons white balsamic vinegar
- 1 egg, beaten

Preheat oven to 400°F. Toss grapes and squash cubes together in large bowl with oil, salt and pepper, to taste. Spread in single layer on baking sheet and roast for about 20–30 minutes, until grapes have begun to slightly shrivel and squash is tender. Set aside.

Heat large nonstick skillet over medium-high heat and cook pancetta until it begins to brown slightly. Add celery and onions and cook until tender and onions are translucent, about 5–6 minutes. Add garlic and cook for one minute more. Remove from heat.

In large bowl, combine cornbread, pancetta mixture, grapes, squash, walnuts, sage and salt and pepper to taste, if desired. Set aside.

In medium bowl, whisk together broth, butter, vinegar and egg. Pour over cornbread mixture and toss well to combine.

Spray 9-by-13-inch baking dish with cooking spray. Spoon dressing evenly into dish. (At this point, you can either bake immediately or cover and refrigerate overnight to bake the next day.)

Bake, covered with foil, at 350°F for 20 minutes. Uncover and bake another 20 minutes, or until warmed through and golden brown.

Nutrition information per serving: 442 calories; 18 g fat (4 g saturated fat); 37% calories from fat; 14 g protein; 54 g carbohydrate; 2 g fiber; 75 mg cholesterol; 1103 mg sodium; 475 mg potassium.

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