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Gold River Messenger

"Written by the people, for the people"

Volume 2 • Issue 4

Serving Gold River and Sacramento County

April, 2014

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is Simply Love**



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Local
Postal Customer

*****EGRWSS*****

A Lesson in Organic Gardening



Soil Born Farms is about so much: growing food, mentoring youth and future farmers, teaching people how to cook and garden, creating urban farms and preserving wild spaces. Developing partnerships and improving access to fresh produce throughout our community, and at the core, it is about making a difference. All photos by Guy Galante

By Jane S. Daly

SACRAMENTO REGION, CA (MPG) - Children from Robin Mitchum's fourth grade class didn't need a dictionary to learn the meaning of the word 'manure' at last week's field trip to Soil Born Farms. The children gathered around a large mound of compost. They were encouraged to reach in, grab a handful, and sniff. Afterward, Soil Born Farms' instructor told them what was in their hands. Groans of "eww, yuck" rose in the fragrant air.

Thanks to a partnership between the Rotary Club of Rancho Cordova Sunrise, and Guy Galante, Soil Born's Education Director, this class of eager fourth-graders got to learn how the best soil produces the best produce. After spending time helping prepare one of the raised beds for planting, the class walked down to the river. Many students, all from Rancho Cordova Elementary, saw the river for the first time.

Michele Ranieri, the Community Outreach

Coordinator, connects the community to the farm. Many Cordova High students work at the farm after school. After completing a two-day class on construction, students and community members helped build a chicken coop. Lumber and fencing for the coop was donated by local businesses. The Sunrise Rotary Club stepped up with a financial contribution, enough to feed the chickens for an entire year.

Soil Born Farms is about so much: growing food, mentoring youth and future farmers, teaching people how to cook and garden, creating urban farms and preserving wild spaces, developing partnerships and improving access to fresh produce throughout our community, and at the core, it is

about making a difference. It means transforming a shared vision of healthy food for all into a local reality.

The partnership between Soil Born Farms and Rotary's commitment to literacy is a way to help connect the community to over 2,500 children who visit the farm each year. For more information, contact soilborn.org. ★



County Launches 311 Connect One Number To Connect With County And Report Issues

SACRAMENTO, CA (MPG) - Where do I report an abandoned vehicle? Who fixes broken street lights? Who cleans up illegal dumping? These are just a few of the hundreds of questions coming to County operators every day. It's easy to be confused about where to start when you have a question or want to report a problem. Now there is one number to connect with Sacramento County service; on the web, by mobile app or by phone; the number is 311.

"We believe we are one of the few counties in California to bring 311 to an unincorporated area, and this service will enhance our efforts to revitalize some of Sacramento's core neighborhoods," said County Executive Bradley J. Hudson. "Residents can report concerns directly to 311 and representatives will do the rest."

Customer service representatives are available every day except holidays to answer questions, route calls, and manage cases for verification and resolution. Never remember another County number again... call 311!

Report issues in unincorporated area such as:

Abandoned vehicles or shopping carts

Animals, stray, deceased or dangerous

Code violations

Curb, gutter or sidewalk repair

Graffiti

Illegal Dumping

Potholes

Street light problems

To report an issue within the unincorporated Sacramento County, simply call 311 (or 875-4311 if calling from outside the area), visit www.311.saccounty.net, or download Sac County 311 Connect in the app store on your smartphone. ★

Two Historic Parks Unite To Host Shopping Weekend Sutter's Fort & State Indian Museum Present Traders' Faire and Indian Arts & Crafts Market

SACRAMENTO REGION, CA (MPG) - Sutter's Fort State Historic Park (SHP) and the State Indian Museum are teaming up to host their annual spring time artisan shopping events on the same weekend -- April 12 & 13, 2014. Sutter's Fort SHP will host its popular "Traders' Faire - California's First Mall" while the State Indian Museum will present its annual spring time "Indian Arts & Crafts Market," both open from 10 a.m. to 5 p.m. each day. While the available wares are different at each location and true to their respective histories, both offer unique, hand-crafted items that make for treasured gifts and collectibles.

Amid a fun and lively shopping atmosphere, Fort visitors can watch artisans create pioneer goods for sale such as clothing, housewares, toys, beads and knives. Guests will also have the opportunity to

make their own crafts, haggle with traders, hammer square nail and enjoy demonstrations of black powder weapons. And at nearby State Indian Museum, shoppers can peruse hand-crafted custom beaded jewelry, beautiful Native American artwork, intricately woven baskets, unique gourds, genuine soapstone and elk horn carvings, ceremonial drums and much, much more.

The special event "combo" ticket prices are \$8 for adults and \$6 for youths ages 6-17 (children five and under are free) and includes entrance into both the "Traders' Faire" and the "Indian Arts & Crafts Market." Visitors are encouraged to support and learn from artisan crafters while also exploring two historic parks. For more information, call 916-445-4422 (Sutter's Fort SHP) or 916-324-0971 (State Indian Museum) or visit www.suttersfort.org or www.parks.ca.gov/indianmuseum.

On Friday, April 11, the Traders' Faire will be open at Sutter's Fort SHP with a focus on education. Special event cost for that one-day-only is \$7 for adults; \$5 for youth (free for children five and under) and does not include entrance to the State Indian Museum.

Sutter's Fort State Historic Park is operated by California State Parks with financial assistance from the nonprofit Friends of Sutter's Fort. Sutter's Fort State Historic Park is open daily from 10 a.m. to 5 p.m. Located in midtown Sacramento on L Street between 26th and 28th Streets, the Fort offers monthly "Hands on History" activities and special events throughout the year. Established in 1839 by Swiss immigrant John Augustus Sutter, Sutter's Fort was at the center of a flourishing agricultural empire named New Helvetia (New

Switzerland.) This empire established Sacramento's earliest settlement and the first European settlement in California's Central Valley. For more information, call (916) 445-4422 or visit www.suttersfort.org

The State Indian Museum is operated by California State Parks and supported by the California Indian Heritage Foundation. The Museum is open daily, 10 a.m. to 5 p.m. (except Thanksgiving, Christmas and New Year's Day) for self-guided tours and school group visits. The museum is located in midtown Sacramento at 2618 K Street. Current exhibits include traditional basketry, beadwork, ceremonial regalia and hunting & fishing items associated with many of the tribes of California, as well as contemporary artwork. For more information, please call (916) 324-0971 or visit www.parks.ca.gov/indianmuseum ★

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Folsom Cordova Staff Members Shave Heads for Childhood Cancer Research

From Zak Ford, Folsom Cordova School Board President

RANCHO CORDOVA, CA (MGP) - On March 10, I coordinated a "Folsom Cordova Community" team that shaved our heads to raise money for childhood cancer research at a local St. Baldrick's event. The team consisted of three Cordova High staff members - two teachers (Brian Botsford and Suzanne Borth) and vice principal Jonathan Johnson. It also consisted of a Mather Heights Elementary fourth grader, Pete Muniz, two friends from outside the area, and me.

I had considered participating in a St. Baldrick's event the past couple of years. In late February, I checked into it and noticed that there were a few Rancho Cordova children battling cancer in the Folsom Cordova Unified School District that were St. Baldrick's "honorees" this year. After seeing this, I realized I had to participate this year. I reached out to some district staff members and we created the "Folsom Cordova Community" team. Together, the seven of us raised nearly \$6,000.

We are hoping to put together a bigger team next year and have our own event somewhere within the school district. ★



Assemblyman Cooley Honors District Attorney Scully with 2014 Woman of the Year Award

SACRAMENTO, CA (MPG) - On March 17th Assemblyman Ken Cooley (D-Rancho Cordova) awarded Sacramento County District Attorney Jan Scully with the California State Assembly's 2014 Woman of the Year Award. Earlier this year, Assemblyman Cooley nominated Scully for the award for her work as Sacramento's chief criminal prosecutor and as a principal victim rights advocate in the region.

"20 years ago, in her first year as Sacramento County District Attorney, Jan was selected as "Woman of the Year" by the late Assemblywoman Barbara Alby. It is a great privilege to honor Jan as Woman of the Year on the Floor of the Assembly again as she closes out two decades of outstanding service to the people of Sacramento," said Cooley.

"Jan has spent her entire life in Sacramento, and has dedicated her career as a prosecutor to putting criminals behind bars and protecting her community," said Cooley. "Her more than 30 years of service has made Sacramento a truly safer place. From prosecuting child abusers and murderers to establishing greater ties with the community, this honor only touches on the outstanding work she has done for us."

After graduating from law school in 1979, Scully began working as a deputy district attorney in Sacramento County. During her career, she supervised various prosecution teams including sexual assault, child abuse, and felony trials. Scully was first elected as the Sacramento County District Attorney in November 1994, and over the past 20 years has led her office in building stronger ties with residents and community leaders, focusing to help solve quality-of-life issues.

"It is truly an honor to



Jan Scully has spent her entire life in Sacramento, and has dedicated her career as a prosecutor to putting criminals behind bars and protecting her community. Photo by Susan Skinner

receive this award and I thank Assemblyman Cooley for his nomination and ongoing support of my work as district attorney," said Scully. "I am proud to be among the many women who have broken new ground, forged new paths and served to inspire future women leaders across all sectors and segments of our society."

In 1995, Scully established a Citizens Cabinet, a group of community leaders who advised her on matters of policies and programs. In 2001, she established the District Attorney Multi-Cultural Community Council, with community leaders from the area's diverse ethnic, racial, and cultural communities, to help bridge the gap between their communities and the criminal justice system. In addition, Scully's leadership in community engagement received national attention for her Community Prosecution Unit's success in working with

local coalitions to reduce crime at the neighborhood-level.

"Jan Scully has an outstanding record of putting bad people behind bars and making the results of their actions less grievous for their victims. She has always spent the extra time needed to better work with and engage her community," said Cooley. "She is truly a role model for young women, and us all, to be more thoughtful in our roles as citizens, and act on issues that will make our neighborhoods and community better than they are."

Led by the California Legislative Women's Caucus, the Woman of the Year ceremony highlights the work of woman leaders in California, and continues the importance of recognizing their contributions during Women's History Month. ★

Source: Office of Ken Cooley

Assistance League of Sacramento Hosts Catch the Dream Community Event

Assistance League Of Sacramento, A 45-Year Old Nonprofit Organization Serving Children, Women And Families, Is Fundraising To Purchase Its First Building To House Its Philanthropic Programs And Thrift

SACRAMENTO REGION, CA (MPG) - Assistance League of Sacramento (2528 Yorktown Avenue) is thrilled to announce a major community fundraising event, Catch the Dream, at the Dante Club on April 24, 2014.

"The demand for our philanthropic services has grown over the past few years and we realize that we could clothe more children and homeless women with the revenues from a larger thrift shop," said Mary McPherson, president. "We currently operate our eight philanthropic programs and Assistance League Thrift Shop from leased premises. We

hope to double our space and expand our ability to serve local children, women and families. Our Catch the Dream capital campaign will enable us to do so."

The Catch the Dream Community Event will be a huge celebration of the power of the volunteer and the work of Assistance League of Sacramento. The event is open to the public and will take place on Thursday, April 24th from 6pm-9pm. The event will feature a live Auction with wonderful auction items and the entertaining style of Benefit Auction Specialist, David Sobon

In addition to the auction, the

evening will include a four-course dinner with wine and a special fundraising Wall of Wine. Some outstanding auction items include two Lake Tahoe Vacation homes, a Limo Wine Tour in Almador Wine Country, a Fishing Trip on the Sacramento River with professional guide, a Vacation Home at Lake Almanor including a sail boat, and one night at Donatello's in San Francisco including a \$75 gift certificate towards dinner.

Tickets for the event are \$75 and can be purchased or online at www.Sacramento.AssistanceLeague.org > Catch the Dream 2014. ★

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Gold River Messenger

"Written by the people and for the people"

Publisher, Paul V. Scholl

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MPG

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April Showers Bring ...



**By Gold River Resident
Jodie Barringer Myers**

I threw birdseed up into the clouds on those rare cloudy days. Nothing happened.

And now? Spring is literally upon us. The calendar even tells us so. It's glorious outside, right now. But face it, the chances of us having April showers are as slim as an asparagus stock, which means that the May flowers that the April showers have historically brought forth will be scant and short-lived, which means California, The Golden State, will really be deserving of that title way earlier, and much longer, than usual. I'm talkin' really golden... and dusty, and parched.

I am especially sorry and heartsick for my native Central Valley (I love you, Porterville!). While the great, tireless, hard-working farmers and ranchers of "America's fruit basket" struggle to water the crops and feed the livestock that feed, literally, more than a third of our nation, as a result of what will be historically rock-bottom crop yields, they will scramble mightily to feed their own families and fuel their own cars. Food grows where water flows. And the water just isn't flowing.

And don't get me started on the finger-pointing that pervades - well, okay, do get me started! Rush, don't you dare blame the liberals for Dust Bowl 2014. And CNN, it is not necessary or prudent to somehow castigate the Republicans, as you are wont to do, for the drought. We're all in this together, through absolutely no fault of any one person or group or religion or political party.

I fear by summer's end there will be a new addition to the California penal code: Grand Theft Bottled Water, that leaks will be the new status symbol, and that all kids will be encouraged to pee in the pool. (That was my attempt at humor.)

While we can still hope for divine intervention that will bring record amounts of April rainfall, now is the time to stage an intervention of our own.

Governor Brown has called on us to reduce water usage by 20 percent. Chuck installed a low-flow faucet -- I'm talking painfully low; think "mist" - in our shower. Our friends have buckets on the ready throughout their house to collect excess water (like, while I wait

for the "mist" in our shower to get warm enough?). The local nurseries are imploring us to buy succulents, lavender, salvia and rosemary this spring -- the more drought-tolerant, less thirsty flora among us. If we ask for water at the restaurant, we are urged to be hyper-vigilant about drinking it all, including the ice. We're advised to soak pots and pans rather than scrape off food while the water is running down the drain. We've been admonished to turn off the water while brushing our teeth and washing our wrinkles -- I mean, faces.

Speaking of aesthetics, perhaps the most dreaded water-conservation tip for this anomalous weather year is to let our lush, verdant, beautiful green lawns go. Oh, how I hope it doesn't come to that. But it may. Might brown, dead yards become the new status symbol?

And let us not moan too loudly, or at all, when the price of food - lettuce, tomatoes, raisins, almonds, oranges and beef -- that our beloved farmers, including all of the wonderful Farmers' Market farmers, have raised skyrocket to astronomical prices.

Yes, 2014 will go down in history as the year of the puny precip, the overworked firefighters, the underfed cattle; where there was an over-abundance of umbrellas, at rock-bottom prices; where, when we said "Cry me a river," we meant it, literally. "The Green, Green Grass of Home" and "Raindrops Keep Falling On My Head" years from now will be known as our collective plea, our state anthem for the year 2014.

Do I sound like a fun-sucker? Am I coming across as a pessimistic doomsayer? I don't mean to be. But it is what it is.

For all of us Californians -city dwellers, suburbanites, rural inhabitants alike - 2014 promises to be a watershed (pun intended) moment in our state's history. We're all in this together. All we can do is all we can do. Let's each do our part.

Jodie Barringer Myers can be reached at jbthinmint@hotmail.com. Her blog is cottagecheeseandcrepepaper.com. ★

SCOE Accepting Entries for \$500 Scholarship Program

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Office of Education (SCOE) is accepting submissions for an essay contest designed to honor local military veterans. The winning high school student will receive a \$500 college scholarship courtesy of SAFE Credit Union.

Every year, SCOE honors the many contributions of local veterans who left high school to serve in the U.S. military during World War II, the Korean War or the Vietnam War through the Operation Recognition program.



Qualifying veterans who received an honorable discharge may contact SCOE to receive their high school diplomas. Diplomas are also presented to Japanese American citizens who were forced to leave high school due to WW II internment.

The 2014 Operation Recognition Scholarship essay theme is "How Our Veterans Exemplify Courage and Sacrifice."

Contestants must be high school juniors or seniors who are currently attending public high schools in Sacramento County. The completed 500 word essay, with a cover letter, must be received by the Sacramento County Office of Education by April 25, 2014.

Essays will be judged on how well the student understood, developed and presented the

theme. The winning entrant must be able to attend the Operation Recognition diploma ceremony at 6:30 p.m. on May 20, 2014 to read his or her essay, join in honoring the diploma recipients, and receive the scholarship award from a SAFE Credit Union representative.

Contestants must send submissions to:

Operation Recognition Scholarship Contest
c/o Sacramento County Office of Education
P.O. Box 269003
Sacramento, CA 95826-9003

For more information, contact Tim Herrera, SCOE Communications Director, at (916) 228-2713 or therrera@scoe.net. ★

Source: Sacramento County Office of Education (SCOE)

So the birds are chirping, my backyard is coming back to life, my eyes are puffy, and my nose is itchy. It's that time of year when the strawberries are plump and plentiful, and "Sunshine on My Shoulders Makes Me Happy" is more than a song. It's Spring -- when J Crew and Target beckon, and my Boden catalog yells at me to buy, buy, buy -- which I undoubtedly will. I can't wait for the smell of cut grass and grilled salmon, the sight of budding flowers and flitting butterflies, the taste of Girl Scout cookies and hollow chocolate bunnies.

It's Spring!
This year, though, Spring brings with it a sense of foreboding, because, sadly, we really haven't had a winter. While the Midwest, East and South bemoaned brutal bone-chilling temperatures and record snowfall, we here in California basked in the 68-degree days and the too-early blooms. While the other side of the country was collectively toasting their toes around the fire-place, we were toasting each other around the patio firepit.

We all did our part to try to bring on the snow in the mountains and the rain in the valley: rain-dancing, praying, fasting, yelling at Mark Finan and all of the other meteorologists. To no avail. I came this close (fingers squished together) to buying a cool "Rain Cloud" necklace that a friend designed. (Maybe that is the problem; I should have bought it.) I heard about cloud-seeding; so, being the unscientific person I am,

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Meet Hank the English Tank

By Kay Burton

Hank is a AKC registered pure breed English Bull Terrier. Better known as the Target dog, Spuds McKenzie and General Patton's dog "Willie." Hank is brindle and white in color. His full papered name is Cobb's Hank the English tank.

Owner, Kyle Cobb, assistant Manager, of Western Feed in Gold River tells us Hank likes to visit Dad at the Feed store and steal treats he can get to. Hank was born on September, 26th, 2013. He loves to go on walks, meet new people, and visit with family members and rough house with Callie (the family's Golden Retriever.) Hank

also likes to go on Four Wheel drive rides with his owner Kyle. Kyle says he really loves working with his dog to make him a



Hank is an AKC registered pure breed English Bull Terrier. Photo courtesy of Kay Burton.

great fit to his home. Like Kyle Hank is a bit hard headed but nothing love and good training and change...in Hanks world Kyle is the bomb. What better relationship could a happy dog ask for?

Hank is currently being

trained by Alpha K9. A disabled non-profit veteran owned organization that helps place dogs with PTSD victims.

Bull Terriers become very attached to their owners and families and do not thrive when left alone. The breed loves children, but obedience training is necessary and care must be taken that they don't get over stimulated around younger children. Their short coats are easy to care for, but the breed requires daily exercise.

A naughty thing Hank likes doing is to steal his mom's high heels shoes.

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. ★

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Donaldson, Gray, Sogard, Russell, Moss Announced as Home Grown Garden Gnomes

WEST SACRAMENTO, CA (MPG) - In keeping with the Sacramento River Cats 2014 "Home Grown" theme, the team will give away five Home Grown Garden Gnomes depicting different current and former River Cats players — Josh Donaldson, Sonny Gray, Eric Sogard, Addison Russell, and Brandon Moss — as chosen by a fan vote.

Voting began on Feb. 14 at rivercats.com, and allowed fans to choose which players they wanted to be made into garden gnomes. The give-away dates for all five Home Grown Garden Gnomes are as follows:

- Josh Donaldson – Friday, April 25
- Sonny Gray – Friday, May 16
- Eric Sogard

- Friday, June 23
- Brandon Moss – Friday, July 11
- Addison Russell – Friday, Aug. 1

2,500 of each gnome will be given away on their respective days. Fans who would like to ensure receipt of all five gnomes are encouraged to purchase our 2014 Super Pack, which guarantees the buyer all five Home Grown Garden Gnomes, and includes



tickets to the 13-best River Cats games of the season—Mother's Day, Father's Day, July 3 Independence Day Celebration, Fan Appreciation Day, and more.

River Cats Season Tickets, Mini-Plans, and Flex Plans can be purchased for the 2014 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). Single-game tickets can now be purchased at Raley Field's Round Table

Pizza Ticket Office or online at rivercats.com or ticketmaster.com. For more information about the River Cats, visit www.rivercats.com.

For information on other events at Raley Field, visit www.raleyfield.com. ★

LETTERS TO THE EDITOR

Coyotes Amongst Us

To the Grapevine Independent Editor;

Living by the American River Parkway was one of the deciding factors when we chose to move to Rancho Cordova. For many years we have enjoyed the nature that is just steps away from our residence. Recently we had a rude awakening that Nature and the Wild prevail. Our

cat was killed on our front yard by a coyote. Prior to the death of our cat we were not aware of coyotes coming into residential neighbors. Since we have learned that several cats were killed by coyotes over the last few months. I have made calls to a Federal Trapper and Animal control, the coyote is still being seen by neighbors. I was told that the feeding of feral cats maybe attracting the coyotes to

routine actives and a chance for the coyote to prey on feral cats. Coyotes are quick, move quietly, and are becoming comfortable with humans. Coyotes maybe be difficult to trap, and laws protect coyotes from relocation. A couple of things that we can do is keep our animals inside at night, and report coyote sightings to animal control.

R. Hunter
Rancho Cordova resident

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Truckee, California - One of the World's 25 Best Ski Towns

by Judy Zimmerman

WEST SACRAMENTO, CA (MPG) - National Geographic named Truckee, California one of the World's 25 Best Ski Towns, recognizing it as a "mountain community steeped in ski heritage, amenities and culture."

From its rough railway history as the main and only stop between San Francisco and Salt Lake City, Truckee has emerged as one of the most lively, upscale burbs in the Sierra.

The charming little town of downtown Truckee (with only about 16,000 locals) has plenty to offer visitors. As you stroll along the three blocks of its main street, you'll enjoy visiting a variety of eclectic shops and art galleries, all set in authentic historic buildings. Truckee also boasts some of the best restaurants in the entire Lake Tahoe region.

Along the river in downtown Truckee, you can warm yourself by the stove while sipping the award-winning pinot noirs of the family-owned Truckee River Winery.

Truckee is surrounded by the dramatic Sierra Nevada Mountains and is only 13 miles from Lake Tahoe. The 72-mile drive around magnificent Lake Tahoe, the largest alpine lake in North America is a must see. Its extraordinary blue water is set like a jewel in the mountains.



Truckee is also a conveniently short drive from four ski resorts, or you can take advantage of the free ski shuttle that departs Truckee's train station every hour for Squaw Valley, Northstar, Alpine Meadows, or Homewood ski resorts.

If you choose to leave your car at home, Lake Tahoe can easily be reached by a bargain day ticket on the Tahoe Area Regional Transport (TART) bus.

Truckee is also a conveniently short drive from four ski resorts, or you can take advantage of the free ski shuttle that departs Truckee's train station every hour for Squaw Valley, Northstar, Alpine Meadows, or Homewood ski resorts.

Rail history buffs can watch the present-day trains rumble past Truckee's downtown or stop by the Truckee Railroad Museum located in the caboose.

In addition, Truckee boasts some of California's most dramatic pioneer history. Just several miles from town, Donner Memorial State Park's Emigrant Trail museum is open year round. The members of the Donner Party were stranded at Donner

Lake in the winter of 1846-47. (I enjoyed snowshoeing on the state park's well-groomed trails during my last winter visit.)

A roundtrip Amtrak train trip to Truckee from Roseville begins at \$54.

If you choose to make Truckee your home base for all the region's winter

sports activities, you'll find that an accommodation in town is an excellent

value when compared to the price of one of the nearby resorts. ★

If You Go

- www.truckee.com
- www.TruckeeHotel.com
- www.tahoetruckeesuites.hamp-toninn.com
- www.amtrak.com
- www.LakeTahoeTransit.com
- www.placer.ca.gov/tart

KVIE Hosts Arts Curated Exhibition: essential six

Tim Collom/Atelier 20 Gallery Tuesday-Sunday, April 11-26, 2014, 11AM-6PM

SACRAMENTO REGION, CA (MPG) - The Tim Collom/Atelier 20 Gallery will host a unique gallery installation "essential six - A KVIE Arts Curated Exhibition." The installation will open Friday, April 11 and run Tuesday through Sunday through April 26, 11am to 6pm. The exhibition features multiple works by each of three rising stars, Tim Collom, Micah Crandall-Bear, Kim Squaglia; two seasoned veterans, Gregory Kondos and Jian Wang; and legacy artist Laureen Landau—together for the first time. The focus of this exhibition is to feature never-before-seen works, including the unveiling of an unseen work by Gregory Kondos, and to juxtapose commonalities

shared by the artists' styles, techniques, and vision as they are in different stages of their careers.

KVIE Art Curator D. Oldham Neath, who selected each work of art says, "Together these works exemplify Sacramento's crown jewels for art buyers seeking a strong representative Sacramento art collection."

Each work of art is for sale to benefit KVIE Public Television in its pursuit to provide a world of ideas, arts, and adventures for the young and lifelong learners. For details call (916) 641-3663.

Broadcasting from California's capital, KVIE Public Television helps everyone explore the world through television experiences in history, current

events, drama, nature, and science. And for the natural-born explorer, KVIE serves as a trusted guide for children with the best educational programming. Established in 1959, KVIE serves more than 1.4 million households in the nation's 20th largest television market. With one of the largest geographic signals in the country, KVIE can be viewed in 28 of California's 58 counties. KVIE is one of the leading producers of public television programming in the country with series like America's Heartland and ViewFinder. For more information, visit KVIE's website at www.kvie.org. ★

Source: KVIE Public Television

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By Alona Thomas

Simply Recipes Is Simply Love

was incapable to continue in her chosen field. She returned to her parents' home to heal.

While struggling to get well, she started recording the family recipes. Her Mom and Dad were always in the kitchen and loved to share their insights from the holiday favorites to the "end of day - hurry up" recipes. With her background it was natural for her to begin this history on a blog. In 2003 most blogs were by men and dealt with technology and politics. She tried a couple of technology blogs, but got the best response to her Oxtail Stew Recipe. We have the beginning of Simplyrecipes.com.

The recipe influences where in two directions. Her Mom is the family classic intuitive cook. She is self-taught and uses the "it depends" method. It depends - what is on sale, on how fresh the product is and probably what is left in her refrigerator. Elise credits her Mom for teaching her how to balance flavors. Her Dad loves recipes. He is collecting all the time and loves to experiment. One Thanksgiving he cooked the whole dinner from Gourmet magazine.

Elise's blog and web site caught the attention of home cooks. It was revolutionary and

interactive with responses from readers with ideas and suggestions. As she learned to cook her family recipes, she related the techniques and history, developing her interest. Cooks from all over the country began their meal planning with a Simplyrecipes Bookmark.

As the web site grew in popularity so did Elise's love of cooking and her creativity. She has worked with Carmichael neighbor, Hank Snow, recognized as a top food blogger and now has Kathi Riley, longtime chef at Chez Panisse as part of her team. The preparation for the new recipes is all done in her kitchen and often with family and friends alongside.

I had fun following her Corned Beef and Cabbage recipe. There were two versions and each was similar to what I had prepared in the past. Elise does all the photography so it is easy to follow along. Each step is clearly described. I truly felt like I was cooking with a friend.

Alona's hobby is food and all the fun it brings. This includes discovering foodie gems in our area, sharing travel adventures and fun times. Contact grcommunityfoodie@gmail.com. ★

Sutter Medical Center, Sacramento's Breast Cancer Program Accredited by the NAPBC

SACRAMENTO REGION, CA (MPG) - Sutter Medical Center, Sacramento has been granted a three-year, full reaccreditation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons.

Accreditation by the NAPBC is only given to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance. During the survey process, the center must demonstrate compliance with standards established by the NAPBC for treating women who are diagnosed with the full spectrum of breast disease. The standards include proficiency in the areas of: center leadership, clinical management, research, community outreach, professional education, and quality improvement. A breast center that achieves NAPBC accreditation has demonstrated a firm commitment to offer its patients every significant advantage in their battle against breast disease.

"We are pleased to be

recognized for our efforts to improve the quality of care we give patients," said Nitin Rohatgi, M.D., medical director of the Breast Cancer Program. "We are proud to share with them a multidisciplinary Breast Tumor Site Team, innovative treatment options, clinical trials, a dedicated patient navigator and comprehensive support including education and complementary therapies."

The NAPBC is a consortium of professional organizations dedicated to the improvement of the quality of care and monitoring of outcomes of patients with diseases of the breast. This mission is pursued through standard-setting, scientific validation, and patient and professional education. Its board membership includes professionals from 20 national organizations that reflect the full spectrum of breast care.

The American Cancer Society estimated that there would be 232,340 patients diagnosed with invasive breast cancer in the United States in 2013. In addition, hundreds of thousands of women who will deal with benign breast

disease this year will require medical evaluation for treatment options.

Receiving care at a NAPBC-accredited center ensures that a patient will have access to comprehensive care, including a full range of state-of-the-art services; a multidisciplinary team approach to coordinate the best treatment options; information about ongoing clinical trials and new treatment options, and, most importantly, quality breast care close to home.

"We treat patients with the most current, scientifically proven strategies in a kind and compassionate manner," added Dr. Rohatgi. "The recognition from the NAPBC is evidence of our commitment."

For more information about the National Accreditation Program for Breast Centers, visit <http://www.accredited-breastcenters.org/>.

For more information about Sutter Medical Center, Sacramento and its cancer care services, visit <http://www.suttermedicalcenter.org/> and <http://www.suttercancer.org/>. ★

Hometown Heros



Terrell J. Kisting-Fisher

Air Force Airman Terrell J. Kisting-Fisher graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Kisting-Fisher is the grandson of Cora Williams of Rancho Cordova, Calif., and Roger Fisher of Dubuque, Iowa.

He is a 2011 graduate of Rosemont High School, Sacramento, California.

Army Pvt. Shalondra J. Cooper has graduated from Basic Combat Training at Fort Leonard Wood, Waynesville, Mo.

During the nine weeks of training, the soldier received instruction in drill and ceremony, weapons, rifle marksmanship qualification, bayonet combat, chemical warfare, field training and tactical exercises, marches, military courtesy, military justice,

physical fitness, first aid, and Army history, traditions, and core values.

Cooper is the daughter of Christina Cooper-Lewis of Rancho Cordova, Calif., and Willie Cooper of Daytona Beach, Fla.

She is a 2003 graduate of Roseville High School, California.

(Photo Not Available)

Source: Defense Media Activity

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POPPOFF!

with Mary Jane Popp

Younger Than Springtime

The search for the fountain of youth has gone on forever. Do we give up? An emphatic NO! We hold on to the possibility that it does exist somewhere somehow. Since I wasn't going to travel the world like Ponce De Leon, I went in search of the nation's most prominent Fashion, Health, and Beauty expert featured in print and TV. She even has her own Radio Show and does the "Beauty Minutes" on XM Satellite Radio. She is Juanita Dillard who recently provided services to the White house. If they listen to her, I sure will too. I wasted no time on my POPPOFF Radio Show. I asked her to get right to it and she certainly did with these ten simple tips to reach for the fountain of youth. Soooooo ladies listen up:

1) Facial primers: They do what the name implies. They prime the skin to make it smooth, almost wrinkle free and

the newest way to achieve skin perfection.

2) AQUAPHOR: This healing ointment does everything from taming eyebrows to de-chapping lips. But the best anti-aging secret is to use a dab at night on the smile lines to smooth them away when you wake up.

3) FACIAL OILS: These oils have come a long way from supercharging brightness and moisture to your face to hydrating the skin for a more supple, younger looking appearance.

4) WHITENING TEETH: Not only will you look younger, but you present a better first impression.

5) HAIR COLOR: Did you know that grey hair always makes you look old? A good coloring can take ten years off!

6) BRIGHTENERS: Skin brighteners will take the dull out of your skin and present a more youthful healthy glow.

7) CLARISONIC: Using the Clarisonic battery-powered facial cleansing system has proven to change and transform your skin. It reduces the appearance of fine lines and will make your skin appear healthier.

8) A GOOD BRA: Need I say more. Wearing the right bra can make the girls look perky, and yes, make you look five pounds thinner.

9) EYE CREAM: They can temporarily get rid of fine lines, wrinkles, and the dreaded darkness around the eye area.

10) FOUNDATION: Choosing the right foundation can make the difference between looking healthy and young to old and pasty. Skip the heavy pancake formulas unless you plan on being buried.

Juanita told me, if your aim is to be lively and robust in your 80's and 90's, you'll need to learn to use some anti-aging secrets that focus not only on the skin, but the mind, body, and spirit. She added that we are an integrated model. There are many aspects of a healthy life that rely on each other. "The Beauty Files with Juanita" address many aspects of what life is all about. So, if you want the juice on the latest Hollywood trends from diets to the latest fashions for men and women, check out www.imakeup.com for the latest on all that makes us "Younger than Springtime." ★

Bera speaks Out on Hobby Lobby Birth Control Case

SACRAMENTO COUNTY, CA (MPG) - Congressman Ami Bera, M.D. spoke out on March 13th about the Hobby Lobby Supreme Court case that will be heard later this month. The case will determine whether corporate CEOs can deny women their right to insurance coverage for birth control.

"As a doctor, I took an oath to provide my patients with the best options available to them and to explain the risks and benefits of these choices," said Bera.

"Women should be free to make health care decisions that work best for them, and respect their own faith, family and personal circumstances. Bosses and out-of-touch politicians have no right to impose their religious views on others, and they have no place in the exam room."

Congressman Ami Bera, M.D. represents Sacramento County. For more updates on Rep. Bera visit <http://www.bera.house.gov> ★



Congressman Ami Bera

Ose Wins RRC Endorsement Again

SACRAMENTO COUNTY, CA (MPG) - Carl Burton, Chairman of the largest Republican volunteer club in Sacramento County, released the results of the club's February mail-in ballot poll. Former Congressman Doug Ose, who is running for congress in the 7th Congressional District, won with 88% of the vote.

Burton said it was no surprise to him when the members of RRC once again voted to endorse Doug in his effort to return to Congress.

He also reminded members that Ose was one of the few members of Congress to honor his pledge of serving no more than three terms and didn't run for reelection in 2006.

Burton, Past Executive Director of the Sacramento County Taxpayer League told the members of RRC that Ose voted for a \$1.35 trillion tax reform package that ended the marriage penalty tax, lowered the estate tax and increased child tax credits for American families.

And while in Congress Ose voted to use new technology and additional agents to secure America's borders, and fought



Doug Ose

the Democrats efforts to block construction of a border fence. Ose also authored a resolution in keeping the phrase "under God" in the Pledge of Allegiance and he supported legislation against defiling the American flag.

Ose told the members of RRC that his first action if elected this time will be to protect our local water supply by slowing the discharge of water from Lake Folsom to the ocean and secondly to help stop Governor Browns big pipe dream to send more of our water to the LA

area. Ose said we need to protect local water for future generations of California's and build more water storage.

Ose said, "If Obamacare truly provided better healthcare at a lower cost, big business, big labor and all members of Congress would not demand exemptions that treat them differently than average American citizens." And "the laws Congress passes should also apply to members of Congress too."

Ose was born and raised in Sacramento. He attended Rio Americano High School and received a degree in Business Administration from the University of California at Berkeley. He is a developer and businessman in Sacramento.

RRC is the largest volunteer membership organization in the county; we are a year-round Republican organization focused on registering Republicans to vote, recruiting and endorsing candidates, helping grass roots volunteers and actively communicating our endorsed list of candidates to RRC membership and fellow Republicans <http://www.rrcgop.org> ★

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Suggested donation is \$8 for one item and \$35 for 5 items.

Proceeds to benefit Welcome Home Housing: A non profit



Photo courtesy Welcome Home Housing.

housing program for adults with mental illness. Website: www.welcomehomehousing.org
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Ruth Redd, RDHAP, Owner of Healthy Glo Mobile Dental Hygiene Practice saw a need that was not being met. "I noticed that several of my patients had difficulty coming in for their regular Dental Hygiene Care. Due to aging, mobility issues, Dementia, vision problems and other medical conditions, many of my patients were not getting the regular care they needed. When they did manage to come in, I noticed the rapid decline of their oral health. I was worried about the lack of care, so I decided to go to them! I am very proud of the wonderful quality of care we provide to our patients and their families! It is so nice to be able to go to them and provide a positive and stress free experience."

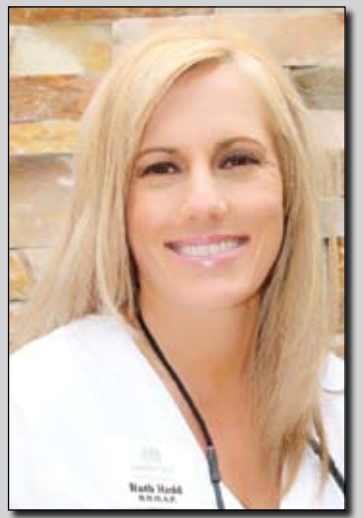
Ruth is licensed as an RDHAP, a Registered Dental Hygienist in Alternative Practice. What is an RDHAP? A Registered Dental Hygienist in Alternative Practice (RDHAP) has completed additional specialized education and training. RDHAP's hold a special California license which allows them to practice independently, providing preventive and therapeutic Dental Hygiene services.

Ruth earned her Bachelors Degree in Dental Hygiene and continued her education and training at University of the Pacific, Arthur A. Dugoni School of Dentistry-Center for Special Care in San Francisco. After successfully completing an additional state licensing exam, she received her RDHAP licensure. Ruth has over 15 years of dental experience.

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Ruth Redd, RDHAP Owner,
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