Robin Hooding for Homeless Holds Third Annual Collection Drive

David Dickstein: Don’t Make Alaska Your Personal Last Frontier

Gold River based chef Susan Farm (left) from night right prepared a pasta heart for Columbus Day celebrations in Carmichael. Volunteers at the Italian Cultural Center included Cinthia Henderson, left, Patricia Cirigliano-Carr, Giovanna Stanzi, Gabriella De Sil, and Patzy Peter.

Story and photos by Susan Maxwell Skinner

COLUMBUS DAY (CA MPU) - An eight-year-old tradition, the Columbus Day Olive Oil Celebration recently sold out at the Italian Cultural Center in Carmichael. Fragrant oils basked in bread, lunch was eaten al-fresco, and New World discoverer Christopher Columbus—the first Italian American—was recalled. To please puesno palates, Gold River-based Pasta Queen, Susan Kowce, served a feast of hand-made ravioli, linguini, and meat balls. Two authors presented a talk on olive growing in the California Gold Country.

“Olives are part of the Italian-American heritage,” explained Culture center Director Bill Corrati. Italian pioneers came with the gold rush and kept coming to the Gold Country and Northern California. The Rosca Bella olive farm in Calfornia County was planted 1888. Now, 95 percent of oil produced in the USA comes from Northern California, he noted. That olives featured in local history; groves flourished in Fair Oaks, Carmichael, Citrus Heights, Roseville, and Orangevale until the middle of the 1900s. “Like the wine industry, olive oil production is having a rebirth,” he said. “It’s one now fastest growing industries in California and one oil is considered among the best in the world. Our celebration brings together producers and the public it also celebrates Italian pride and the history of our families coming to America.”

The Italian Cultural Center is at 6021 Fair Oaks Boulevard, Carmichael. For more information, visit www.italiancenter.net

Continued on Page 8

Folsom Lake Bank Opens New Branch in Neighborhood

Story and photo by Bill Martin

RANCHO CORDOVA, CA (MPR) - The Rancho Cordova Chamber of Commerce was on hand, along with friends, clients, and members of the banking community, to celebrate a grand opening: the occasion of the newest location of Folsom Lake Bank. The new Rancho Cordova branch is located at 2685 Sunrise Boulevard. The grand opening festivities included refreshments, live music, a raffle, and a special proclamation welcoming Folsom Lake Bank to Rancho Cordova by its Honor Mayor Dan Skaglind. The new state-of-the-art facility is beautifully decorated and features 3,653 square feet of commercial banking services.

Folsom Lake Bank began in 2007 in the heart of downtown Folsom on Sutter Street with as many as 400 local businesses and individuals who provided the $15.9 million dollar working capital to open the first location.

By 2009, Folsom Lake Bank opened its second location on Douglas Blvd, in Roseville. As of December 2013, Folsom Lake Bank had reached nearly $139 million in commercial business.

Folsom Lake Bank is locally-owned and operated, and boasts that all banking decisions are made by a dedicated group of local banking professionals. Who else but a local banking professional could understand what your business requires? The message that unsightly signs once and for all, “This will help deter blind, revitalize area and convey the message that unsightly signage is not welcome here.”

Because the State designated such signs as a public nuisance, Cod Enforcement and the Department of Transportation have historically removed these signs on publicly owned property with no penalty to the violation. Olive oil violators are out-of-town businesses that drive through and post signs at night, often high up on poles that require extra equipment to remove, all at a cost to taxpayers.

“With this new ordinance, we’ll have the ability to pursue violators without street signs, cost, utility poles, and fences—through fines and administrative penalties,” said Carl Simpson, Chief of Code Enforcement.

PLUS: Sal Arrigo, Jr. It is a Grand Old Flag

SACRAMENTO COUNTY (CA MPU) - Ever been bothered by signs plastered on street corners or blocking your view of the road? With the approval of a new ordinance County departments will have a new tool to end the visual blight of illegal signage. The Code Enforcement Division of the Department of Community Development will start issuing citations for unapproved signs on private and public property to ensure that community standards of health, safety, and property preservation are met. The new regulation, effective September 25th, stems from concerns raised by residents and businesses about the proliferation of unsightly signs being a public nuisance and potential traffic hazard.

“Our goal is to stop the proliferation of these signs once and for all,” said County Executive Bradley J. Hudson. “This will help deter blind, revitalize area and convey the message that unsightly signage is not welcome here.”

Gold River Messenger Volume 45 • Issue 4 0               Proudly Serving Rancho Cordova & Sacramento County October 4, 2013

www.GoldRiverMessenger.com

This Holiday, Create a Colorful Feast

“Written by the people, for the people.”

November, 2014

Serve your favorite turkey recipe with a side of reusable hand-crafted bowls. Since 2004, we have been pleased to support the valley’s artisans. We use these bowls to serve attractive sides for a variety of dinners. Visit www.ranchoartisans.com/ and call (530) 919-6062 for more information. For each hand-crafted bowl you purchase, Rancho Artisans will donate 10% to the Gold Country Giving Foundation.

Kevin Trimble, Executive Director


Folsom Lake Bank is also a member of many Chambers of Commerce including Folsom, Roseville, Rancho Cordova, and El Dorado Hills.

Stop by the newest branch of Folsom Lake Bank at 2685 Sutter Boulevard, suite 109, Rancho Cordova. You can learn more about the friendly staff from our website! www.FolsomLakeBank.com or call the new branch at (916) 235-4866. Vice President and Branch Manager Ryan Jamison is always happy to meet with new customers in person.
Robin Hooding for Homeless
Third Annual Collection Drive

SACRAMENTO REGION, CA (MPG) - Robin Hooding for Homeless of Sacramento, a 501 (c) (3) non-profit, is preparing to host its third annual collection drive to benefit the area homeless community. The drive will accept items such as toothbrushes, toothpaste, soap, deodorant, hand sanitizer, wet wipes, tissues, shampoo, lotions, and other travel-sized items. A pizza party. The event began October 26th and runs through Thanksgiving Day (November 27th) on its 3rd year serving the Northern California area.

The need for area residents to contribute to caring for our homeless community has been on the rise. Just check out the statistics based on reports posted in 2013: California currently has 22% of all America’s homeless population; 32% of homeless people who request shelter are being turned down due to lack of resources, statewide, the number of homeless people living in shelters and living on the streets increased by 1.89% people from 2010 to 2013. Out of all these people, very few are privileged enough to be given a warm, dry, and secluded area to call their own.

Among the items collected, Robin Hooding for Homeless of Sacramento and Shreve of WMEK Inc. Sacramento – five boxes! Robin Hooding for Homeless of Sacramento is partnering with the City of Sacramento for “R” Program beginning Tuesday, October 28th to accept donations of travel-sized toiletry items for the area homeless community. The drive will accept items such as toothbrushes, toothpaste, soap, deodorant, hand sanitizer, wet wipes, tissues, shampoo, lotions, and other travel-sized items. These items are available at nearly all grocery and convenience stores at a very low cost and can even be bought for free by signing up for various free samples online.

Nineteen Sacramento area elementary schools in three nearby districts are participating in the event, raising awareness of the overwhelming need in our area. The schools make the collection fun and even more fun for the children by creating a contest with the class obtaining the most items winning a grant from Robin Hooding for the Homeless.

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SACRAMENTO REGION, CA (MPG) - The 2013-2014 Robin Hooding for Homeless of Sacramento will step closer to receiving a funding initiative for projects that will help shore up the area’s water supply infrastructure. The Department of Water Resources (DWR) is proposing to allocate $57 million in state grants to the Regional Water Authority (RWA) for 17 projects designed to expand the ability to recharge, store, extract and manage water resources in the region to help reduce the region’s reliance on the Folsom Reservoir.

“Folsom is our biggest risk when it comes to water supply, because it serves statewide water supply and environments needs in addition to our own,” said RWA Executive Director John Wooding. “This funding will help us make resilience on Folsom during extremely dry times. Local agencies have been actively studying groundwater, our only water supply for areas with the organization’s growing administrative responsibilities.

Source: Robin Hooding for the Homeless.
SACRAMENTO CA (MPG) - Amounts adjusted for inflation are $187,399 in 2014 and equivalent in 2010. Veterans of the tax benefits that are rightfully theirs. “This new law will help those who bravely served our country,” said Runner. “Bureaucratic delays will never again rob veterans of the tax benefits that are rightfully theirs.” Under California law, veterans who receive a 100% disability rating from the U.S. Department of Veterans Affairs (VA) may be eligible for a property tax exemption on the value of their home up to $125,000 or $187,399 in 2010 and equivalent amounts adjusted for inflation in future years. The exemption starts on the date of disability and disabled veterans may claim a refund for up to four years back taxes paid. Unfortunately, due to VA backlogs, some veterans have had to wait more than four years to receive their disability rating certifications. As a result, they aren’t sure on amounts of dollars in property tax refunds to which they are entitled and anticipated receiving. SB 1113 increases the availability of refunds on taxes previously paid from four years to eight years, allowing veterans to receive the full benefit of their exemption, even if the rating process takes more than four years to complete. “Veterans who are disabled as a direct result of serving our country shouldn’t be harmed by delays over which they have no control,” said Knight. “Now disabled veterans who encounter bureaucratic delays can still claim this key property tax exemption to which they are entitled.” The Board of Equalization voted to support SB 1113 at its March 23 meeting, and the measure has also received support from the California Assessor’s Association, California Taxpayers Association, Howard Jarvis Taxpayers Association and a broad coalition of veteran’s organizations. Elected in November 2010, George Runner represents more than nine million Californians as a member of the State Board of Equalization. For more information, visit www.boe.ca.gov/Runner. Source: State Board of Equalization

Governor Signs Runner-Sponsored Bill to Help Disabled Veterans

SACRAMENTO, CA (MPG) - Legislation sponsored by Governor Gavin Newsom to protect California’s disabled veterans has become a reality with the passage of the Live Your Dream Award, formally known as the Women’s Opportunity Award. The program provides grants for disabled veterans who encounter bureaucratic delays can still claim this key property tax exemption to which they are entitled. The Board of Equalization voted to support SB 1113 at its March 23 meeting, and the measure has also received support from the California Assessor’s Association, California Taxpayers Association, Howard Jarvis Taxpayers Association and a broad coalition of veteran’s organizations. Elected in November 2010, George Runner represents more than nine million Californians as a member of the State Board of Equalization. For more information, visit www.boe.ca.gov/Runner. Source: State Board of Equalization

SACRAMENTO, CA (MPG) - Governor Gavin Newsom signed a bill Thursday, December 9, 2014, that would help disabled veterans achieve their dreams of higher education or additional skills training. The award, to be used for tuition, books, childcare, carfare, or any other educational related expenses, is a program that begins on the day veteran’s status was created in 1972 to help women improve their ability to provide for their families. Applicants need not reside within Rancho Cordova or Gold River city limits. However, applicants can only submit an application to one club. Please email Sherry Longworth at sherryh663@yahoo.com or call (916) 833-1218 for more information. The name Soroptimist, means “best for women,” and that’s what the organization strives to achieve. Soroptimists are women at their best, working to help other women be the best. If you would like more information about Soroptimist International of Rancho Cordova or how to become a member, please visit the club’s website http://www.soroptimistranchocordova.org, contact Jodie Schaffer at 916-831-2856, or email jrschaffer@yahoo.com. If you aren’t ready to become a member but would like to volunteer for future projects, please sign up at www.LiveYourDream.org.

Source: Soroptimist International of Rancho Cordova and Gold River

Soroptimist International Seeks Award Applicants

Governor Signs Runner-Sponsored Bill to Help Disabled Veterans

SACRAMENTO County Launches Emergency Notification System

SACRAMENTO, CA (MPG) - Sacramento, Placer and Yolo County have partnered with the California Office of Emergency Services in using a state-of-the-art emergency alert system known as Citizen Alert. The system provides information to residents about emergency events quickly and through a variety of communication methods. Residents will receive alerts that are critical and need to be acted on immediately, flooding, levee failures, severe weather, disaster events, and more. The system has also been extended to include school districts, hospitals, and public works. Residents from all cities within the County and the unincorporated areas are urged to sign up at www.SacAlert.org.

The system, which uses Everbridge Alert and Notifications System, was made possible for all three counties by a grant from the California Department of Water Resources. Placer County, Yolo County and Sacramento-Alert.org.

Residents from all cities within the County and the unincorporated areas are urged to sign up at www.SacAlert.org.

Source: Soroptimist International of Rancho Cordova and Gold River

Get $50 back. Recycle your old fridge.

Old refrigerators can cost you up to $125 a year. If you have one that you want to get rid of, JACO, our recycling partner, will pick it up and haul it away for free—and we’ll send you a rebate check for $50. Call today.

JACO 1-800-299-7573

Schedule your pickup at smud.org/rebates

Count Your Calories

Fat, carbs, sugar, protein—there’s a lot to consider in managing your diet. Our fat analyser can help you decide how much of each you should be getting. The results are displayed in a series of colorful bars, making it easy to see where you need to cut back. Whether you’re trying to lose weight or build muscle, our fat analyser is the perfect tool for tracking your progress.
You are invited to come discover the newest in Sacramento area senior living. Resident-centered care is our way of life and we offer a rich environment that promotes community and individual health: body and mind.

The person who creates the most words will receive a prize. Send your entry to Jwillard@northstarsl.com or come by.

Our doors open August 18!

See how many 3- to 6-letter words you can make from the word NORTHSTAR

1. __ A __
2. __ O __
3. T __ __ __
4. __ N __

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By Sal Arrigo, Jr.

There are moments in life when we think about what our timing is perfect. Thinking along those lines, the Sacramento State University campus early one morning heading to my office, I noticed fog had blanketed the area. It also seemed the fog was acting as a sound barrier and campus was eerily quiet. As I approached my destination, I realized that my timing was perfect. A short distance from a me, a bright light was about to shine.

Each school day, members of the Army and Air Force ROTC program practice the proper way to raise the flag under the guidance of a supervisor. Second Lieutenant Mark Ishizu, United States Air Force, is the flag officer for the Sacramento State campus. Lieutenant Ishizu said, “there are many people who do not know about the flag of the United States of America?”

We probably will not know. We do, however, have a good idea about who originated its design. Credit for that achievement goes to Francis Hopkinson, a New Jersey representative to the Continental Congress and signer of the Declaration of Independence.

It was not until 1923, how-ever, that a Flag Code was officially adopted. Although it is not an enforceable law, the code is the guide to flag protocol. The Flag Code contains questions regarding the flag, how does one properly dispose of a worn flag properly, preferably by burning it.” To learn more about the Code, you can go to www.americanflag.org.

The flag of the United States is the fourth oldest national flag in the world (Denmark was first in 1219). The blue field on the U.S. flag is called the “union.” There are 50 stars on the flag that rep- resent our 50 United States; there are 13 horizontal stripes, seven red alternating with six white. The stripes represent the original 13 colonies, and the colors of the flag are symbolic as well: red symbolizes hardness and valor, white symbolizes purity and innocence, and blue represen-tations, perseverance and justice. The actual name of the American flag is the Stars and Stripes.

November 14, 1777, in order to standardize the flag of the new nation, the Continental Congress passed the first flag Act. The U.S. flag is the fourth oldest national flag in the world (Denmark was first in 1219). The blue field on the U.S. flag is called the “union.” There are 50 stars on the flag that represent our 50 United States; there are 13 horizontal stripes, seven red alternating with six white. The stripes represent the original 13 colonies, and the colors of the flag are symbolic as well: red symbolizes hardness and valor, white symbolizes purity and innocence, and blue represents vigilance, perseverance and justice. The actual name of the American flag is the Stars and Stripes.

Now I ask you, did Betsy Ross saw the first U.S. flag? There is much debate by histori-calians, did not blanket this area! -

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Grant Allows Artist to Continue 35-Year Project

Local visual artist Kurt Edward Fishback (above right) was awarded $6,000 from the Sacramento Region Community Foundation through the Leff-Davis Fund for Visual Artists, allowing him to continue the black and white portrait series he has been adding to for over 30 years. Fishback is a longtime ambition because of their essential contribution to our culture and also help them financially.

Because of this grant, Fishback now has a portrait show slated at Blue Line Gallery in Roseville in 2016 as part of Placer Arts. There will be 30 framed prints in the exhibition, all portraits of women artists consistent with the current project. These will be a mix of older and newer images to show the breadth of his overall project, and each print will be accompanied by a short story.

In addition, Fishback's "Truthfully, there weren't the monetary award for the creation of the project. These will be a mix of older and newer images to show the breadth of his overall project, and each print will be accompanied by a short story.

In addition, Fishback's "Truthfully, there weren't the monetary award for the creation of the project. These will be a mix of older and newer images to show the breadth of his overall project, and each print will be accompanied by a short story. But with the Leff-Davis grant, I now have the capability to follow my passion and continue the series."
By Alona Thomas

November 2014

By Kay Burton

November 2014

By Kay Burton

November 2014

By Kay Burton

November 2014

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November 2014

By Alona Thomas

November 2014

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By Alona Thomas

November 2014

By Alona Thomas

November 2014

By Alona Thomas
By Gold River Resident, David Dickstein

GOLD RIVER, CA (MPG) - a dime for every time some working the graveyard shift who

The community patrol officers Station 65 and their apprecia-

year after year.

• The community patrol officers Station 65 and their apprecia-

The inventor of brown.

• My good sense to never do that

boards.

in Gold River.

• The enviable lifestyle of living well, nothing. But that's cool

in Gold River.

• The landlord of Gold River

viable option.

• The Gold River Racquet Club

Thank a Veteran Today

Chick-fil-a will be located closer

month just five minutes away.

main competition in the growing

player Michael. And, yes, its

there is actually Pieology, slated

Scooter's, what's being built
to rumors that it's a Chick-fil-a

Thanksgiving message to bring

Thanksgiving:

to not be a troll.

• The 16.4 percent of members

outs to Suzanne, Drew, Doug, Andrew, Austin and Kelly.)

to not be a troll.

• The landlord of Gold River

pounds, and hopefully keep them

• The 16.4 percent of members

“Fool’s Gold”
A Gold River Thanksgiving

and not in a good way, inside the Prospect Park rocket

The once-fourth largest dog pariah from the park before a child did.

Red Rock Casino, for being 21

yards away from Gold River and

• The landlord of Gold River Town Centre for appealing all

lawfully punishable by putting Blue Peace Street on a few short blocks.

Papa Murphy’s and Ill Fono Classico.

• The landlord of rinsed Riverfront Center across Suisun for signing even more exciting icons.

we interrupt David's Thanksgiving message to bring you an update on what's happen-

ing in Riverport? ...Contrary to rumors that it's a Chick-A-Doo now under construction next to Scooter's, what's being built there actually is Pizza Hut, slated to open early next year. What's Pizza Hut you ask? It's a fast-
casual pizza chain founded in 2011 by Carl Chang, the older brother of former pro tennis player Michael. And, yes, its

• The landlord of Gold River

Share the many reasons I am

because I have another way to

• The landlord of Gold River

• B e l - A i r  f o r  b e i n g  s o

• Red Hawk Casino, for being 21

miles away from Gold River and

• The unknown sculptors of

• Dog owners who pick up after

their pets.

• The Gold River Racquet Club

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**This Holiday, Create a COLORFUL FEAST**

### Raw Vegetable and Grape Salad

**Servings:** 4

**Salad:**
- 2 cups thinly sliced red cabbage
- 1 cup thinly sliced carrots
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced green bell pepper
- 1/2 cup sliced green onions
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

**Dressing:**
- 1 tablespoon balsamic vinegar
- 1 tablespoon extra virgin olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

In medium bowl, stir together yogurt, vinegar, olive oil and garlic. Add remaining ingredients and toss to coat. Serve immediately or refrigerate overnight to bake flavor.

### Peanut Butter and Grape Trifle

**Servings:** 14

- (16-ounce) container unsweetened vanilla Greek yogurt
- 1 tablespoon creamy peanut butter
- 1 tablespoon honey

**Grape Layer:**
- 1 (16-ounce) store-bought pound cake, sliced into 1-inch cubes
- 1 (8-ounce) container lite vanilla Greek yogurt
- 1/4 cup honey-roasted peanuts, if desired
- 1/4 cup sliced green grapes, plus more for garnish

**Chocolate Peanut Butter Mixture:**
- 1/2 cup sliced green grapes
- 1/2 cup peanut butter
- 1/4 cup honey

In medium bowl, stir together yogurt, peanut butter and honey until well combined. Gently fold in half of grapes. Gently fold in 1/4 cup peanut butter mixture, remaining grapes and remaining yogurt mixture. Taste and adjust seasoning. If desired, fold in peanuts.

Nutrition information per serving:
- 226 calories; 14 g fat

### Cornbread Dressing with Roasted Grapes, Walnuts and Pancetta

**Servings:** 12

- 2 cups red seedless California grapes
- 1 cup chopped walnuts, toasted
- 1 cup chopped pancetta

**Dressing:**
- 3/4 cup sliced celery
- 2 cups finely chopped carrots
- 2 cups finely chopped onions
- 1 cup finely chopped pancetta
- 1/2 cup chopped California grapes
- 1/4 cup honey-roasted peanuts, if desired
- 1/4 cup honey

In large bowl, combine cornbread crumbs, chopped walnuts and pancetta. Add California grapes, plus more for garnish. Gently stir in dressing. Taste and adjust seasoning. If desired, fold in peanuts.

Nutrition information per serving:
- 442 calories; 18 g fat (4 g saturated fat)

### 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, brush 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 165°F in the thickest part.** Remove from heat.
- **In large bowl, combine cornbread crumbs, chopped walnuts, pancetta, squash, salt and pepper to taste, if desired.**
- **In medium bowl, whisk together buttermilk, 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 for another 20 minutes.)
- **Bake, covered with foil, at 350°F for 20 minutes. Uncover and bake another 20 minutes, or until browned.**

Nutrition information per serving:
- 422 calories; 3 g fat (0 g saturated fat)

For more ways to increase the freshness and flavor of your holiday meals, visit CaliforniaGrapes.com, Facebook.com/GrapesfromCalifornia and Pinterest.com/GrapesfromCalifornia.

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