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CONTINUE PAGE 5

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The "Orangevale View" – the ultimate, award-winning community newspaper – serves Orangevale and surrounding areas, including Fair Oaks, Citrus Heights, and Folsom, CA. With a present estimated readership of more than 37,000, this FREE paper grows with every issue. It is delivered twice a month to at least 15,000 residents' homes and to more than 100 high traffic locations.

The views and opinions printed within are not necessarily those of Publisher Brad Tatum or the Orangevale View staff. Rather, the views and opinions expressed are those of each individual contributor.

SUBMISSION POLICIES:

Submissions from you, our readers, are always welcome, for this is YOUR newspaper. We await school, church, or sports team materials, anniversaries,

births, special occasions, memorials, or other items of interest. Donations are encouraged and accepted for anniversaries, births, and other special milestones and announcements. Publication is at the discretion of the Orangevale View staff.

Requirements are simple:

- (1) Acknowledge that either you are the author or you have permission to publish from the original author;
- (2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.
- (3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF. Please use this format so we do not have to send your work back to you for corrections.

(4) The View does not verify the accuracy of your submissions, and in some cases, dates and information are subject to change. (5) Please email submissions, to YOUR newspaper. The email address is editor@ovview.com. It is you, our contributors, readers and advertisers who make the Orangevale View a newspaper you want to read.

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WED FEB 13, 2019 DEADLINE

FRI FEB 21, 2019 Out To Public

MAR 2019

WED FEB 27, 2019 DEADLINE

FRI MAR 7, 2019 Out To Public

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Elger "Mike" Zenk
1931-2019

With broken hearts, we announce the passing of our dear dad. Elger Merlyn Zenk (Mike), aka Straw Hat Mike, went to Heaven on Thursday, January 10th, 2019, at the age of 87. He leaves behind his devoted daughters and son-in-laws, Linda Brown (Steve) and Laura Hawkins (Kevin); grandchildren, Anna Ha (Chris) and Chris Gates (Haley); great grandson, Edison Ha; and sister, Geneva. Dad was born November 14th, 1931 on the family

farm in Amboy, Minnesota, to Theodore and Ella Zenk. The youngest of 8 siblings, he graduated from Amboy High, and entered the Air Force at age 19. Friends made during that time remained lifelong. After his service he moved to California. Living in the Los Angeles area, he met our mom Dolores Braddock at a polka dance! They married in 1958 and were together for 52 years until Mom's death in 2010. Dad was a carpenter, millman, and hair salon owner in his working years. He moved his family from LA to northern CA in 1969. Residing in our Orangevale home from 1972 to present. Dad was the best dad EVER! There for us girls always. He taught us well. His love was unconditional. He never met a stranger. And he had quite the soft spot for animals. A truly good man through and through. Dad is greatly missed. Service will be at 1 pm on January 27th, 2019, at Mt. Vernon, 8201 Greenback Ln, Fair Oaks, CA. Reception to follow at 5743 Fairvale Way, Orangevale, CA

MOUNT VERNON MEMORIAL PARK HOSTS 17TH ANNUAL AMERICAN HERITAGE DAY

WHAT: The communities of Fair Oaks, Citrus Heights, Orangevale and Sacramento are invited to take a stroll through history at Mount Vernon Memorial Park's 17th Annual American Heritage Day event. Attendees will relive history as special guests George and Martha Washington, Abraham Lincoln and many more will make their way through Mount Vernon to discuss American history.

The 17th Annual American Heritage Day event will contain the following visuals:

- U.S. Army Huey Vietnam Helicopter
- Wells Fargo Stage Coach on display
- Motherlode Gold Hounds Nugget Panning
- US Navy Submarines Vets
- Music by the Consolidated Drum Band
- Delaware Regiment of the American Revolution
- Sierra Ghost Riders
- On the Brink Live Model Steam Trains
- Face Painting and Clown Balloons

This event is free and open to all ages. For more information, contact Ruthie Demakas at 916-969-1251.

WHERE: Mount Vernon Memorial Park
8201 Greenback Lane
Fair Oaks, CA

WHEN: Monday, February 18, 2019
10 a.m. – 2 p.m. (rain or shine)

About Mount Vernon Memorial Park
Built in 1965, Mount Vernon has been helping the community for over 50 years. With a beautiful cemetery and caring counselors, Mount Vernon provides the highest level of customer service. Mount Vernon Memorial Park is a proud Dignity Memorial provider in Fair Oaks. The Dignity Memorial network of more than 2,000 funeral, cremation and cemetery service providers is North America's most trusted resource for funeral and memorialization services. Dignity Memorial providers offer an unmatched combination of products and locations serving families with care, integrity, respect and service excellence. For more information, please visit www.mountvernonmemorialpark.com. Kick-Off to a Week Filled with Special Events, Activities & Activations

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Chad - Jan's Lounge
Jeff - Black Stallion
Nick - Tonno's

BEST SERVER OF THE YEAR

Maria Contreras -Ashely's Country Kitchen
Maria - Lupita's
Rene - Denny's

BEST SOCIAL MEDIA PAGE

Orangevale Happenings
Orangevale Crimewatch

BEST SPORTS COACH

Brendan Chase, Top Notch - OVparks Basketball
Chris Horner- Casa Roble High School

PRINCIPAL OF THE YEAR

Kendra Shelton - Pershing Elementary
Michele Lorenzo- Casa Roble High School
Shana Walters - Oakview Elementary

TEACHER OF THE YEAR

Jane Nosal - Casa Roble High School
Mr. Philips- GVCS

VOLUNTEER OF THE YEAR

Aaron Cochran
MaryAnne Povey
Skip Nance
Shirley Baker

YOUTH VOLUNTEER OF THE YEAR (18 AND UNDER)

Casa Roble Football
Dakota Donabedian
Kylee Oglethorpe

CITIZEN OF THE YEAR

Aaron Cochran
Janatha Shaw
Dale & Shirley Baker

Winners will be announce at the Best of Orangevale Award Banquet on February 9, 2019. For ticket information and details visit www.ovview.com or email editor@ovview.com

Local SPORTS



CASA ROBLE MEN'S SOCCER

The Casa Roble Men's Varsity team is off and running. The Varsity team graduated 11 seniors from last year's team making this season a

rebuilding year. With only five upperclassmen, this team has a lot of room from growth. "Every game the team shows growth and determination, never giving up and always fighting hard," said Assistant

Coach Jeff Sjolin.

And while this year's young team has its work cut out for them, each and every game shows growing confidence, team work, and excitement. "With all the

talent we have to work with, we should see some exciting games in our future," Sjolin added.

Casa home games are on January 22nd, 24th, and February 5th. As this year

we only have a Varsity team, all games start at 6:00 pm. Go Rams!

Article and photos submitted by MaryAnne Povey

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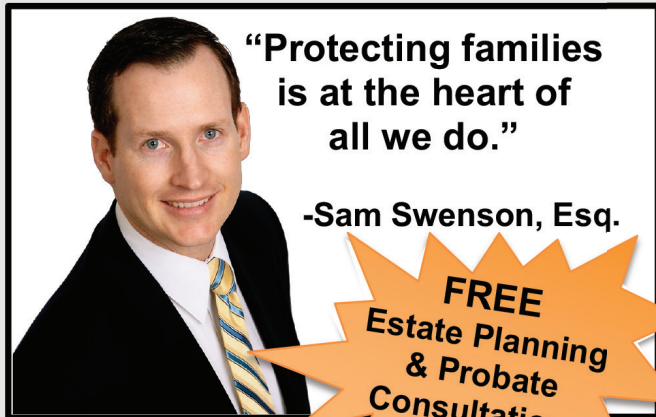
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TEXTING MUST BE TAX FREE

TEXTING MUST BE TAX FREE

by Assemblyman Kevin Kiley

In December, the California Public Utilities Commission’s (CPUC) proposed the first ever tax on text messages. Texting is integral to modern communication, with Americans sending 1.77 trillion texts every year. It is surely for that reason that the state bureaucrats behind the plan saw texting as such a ripe target, even contemplating applying the tax retroactively to your texts from the last 5 years.

This comes on the heels of perhaps the most tax-heavy session of the Legislature in California history. After passing the largest ever gas tax, legislators attempted to tax water, fireworks, and cell phones -- despite record state revenues. The text tax proposal is yet another example of the state choosing to prioritize the growth of government over affordability for California residents. Projections pegged the cost of a retroactive text tax at \$220 million in the first year and \$45 million annually moving forward, hitting low-income families hardest of all.



Assemblyman Kevin Kiley

To ensure that this misguided proposal cannot be revived, I have introduced Assembly Bill 162 to prohibit the state bureaucracy from taxing text messages now or in the future. While a recent ruling by the Federal Communications Commission (FCC) limited the CPUC’s regulatory authority over text messages, proponents of the tax are arguing that it can nonetheless still be brought back.

With historical super majorities in the Legislature and a new tenant in the Governor’s mansion, it is clear that more tax proposals are on the horizon. Already in the works are efforts to water down Proposition 13 property tax protections and extend the state sales tax to services. This is despite California already having the nation’s highest income tax rates and second highest gas tax-

es -- producing a record \$209 billion budget this year.

And what have Californians received in return? We consistently rank near the bottom nationally in education, infrastructure quality, housing costs, and business climate. It’s no wonder that more people have left the once Golden State annually than moved here for 15 consecutive years.

As I begin my second term in the Legislature, I will continue fighting to make our state more affordable and our state government more effective. And that starts with passing Assembly Bill 162 to keep texting tax-free.

Assemblyman Kevin Kiley represents the 6th Assembly District, which includes parts of El Dorado, Placer, and Sacramento counties.

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ROTARY CRAB FEED

ORANGEVALE ROTARY CRAB FEED FUNDRAISER

By Ann Hively

Orangevale Rotary's 5th annual crab feed fundraiser on January 26 is fast approaching and tickets are selling fast! Our major fundraiser at Divine Savior Church begins at 5:30. Upon entering the hall, guests will once again enjoy the Open Bar and appetizer buffet! What a delicious, all you can eat feast catered by O'Connor's Santa Maria Grill : caesar salad, garlic bread, minestrone soup, rigatoni with meat sauce, and most important --fresh crab and shrimp! The very popular "Dessert Dash" gourmet cake auction will certainly prove to be the "icing on the cake"! Or visit the Inner Wheel's bakery where a variety of desserts are sure to tempt you! Thanks to the 45+ volunteer servers from the Casa

Roble Interact Club, ROTC and AVID programs, most tables will have their own personal server for the evening!

Orangevale Rotarians are busy soliciting sponsors and a variety of silent and live auction items. The generously donated items and sponsorships provide funding for many community projects and programs such as the Orangevale Library, the Orangevale Food Bank and the Christmas Basket program for needy families. Crab feed profits will also fund classroom grants for teachers, dictionaries for all 3rd graders, senior scholarships, the Rotary Youth Exchange program, the RYLA summer leadership camp and the Interact Club at Casa Roble. Yes, supporting schools, teachers and students in our community is a top priority for Orangevale Rotary!

Besides enjoying a great meal and socializing with friends and neighbors, many guests will be drawn to the Silent Auction tables where a variety of creative gift baskets, gift certificates and prizes are on display. Many guests will bid on the wine and 50/50 raffles! A highlight of the evening will be the exciting live auction! Fox 40 Live morning show TV host, Paul Robbins, is once again returning to serve as our very lively auctioneer. How about a 7-day Holland America cruise for 2 to Alaska, Mexico, the Caribbean or New England? Or a weekend for 2 at the Seascapes Ranch Resort? Your family will certainly enjoy the one week rental of a Tahoe cabin on the West Shore! Flying Samaritan pilot, Chris Nelson, is again offering a 2 hour scenic flight for 2 over SF Bay, the Napa Valley, or Lake Tahoe! These are but a sampling of the many valuable, exciting live auction prizes to be won!

We hope you will join us for this very entertaining evening that funds so many important projects and programs in the community! Tickets are available for \$65 from Orangevale Rotarians and at Orangevale Copy, 9267 Greenback Lane. Contact Michelle at Orangevale Copy if you wish to purchase tickets or donate an auction item or sponsorship (987-1090).

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Real Estate News

HOW VOLUNTEERS IN YOUR COMMUNITY MAY BENEFIT YOU (and possibly your home value) MORE THAN YOU KNOW

Volunteering allows people to become directly involved in their communities. Some don't realize how important volunteers are to the country, communities, and to many organizations. But try to imagine if no volunteers showed up to work tomorrow. Can you imagine what would change?

Volunteers are responsible for many things that we take for granted. Most think of volunteering when hurricanes hit the south coast or wildfires burn up California, when big catastrophic events occur as volunteers are critical in helping victims get re-settled, fed, and back to their "normal" lives as quickly as possible.

But what about the "smaller" volunteering throughout your own community. Without vol-

unteers, many of our country's elderly would not be able to get food. Our parks and bike paths would be much dirtier. Our children would struggle more without the help of volunteer tutors and mentors. Some hometown community events would not be possible.

Volunteering enhances the social connections between different sectors, builds relationships with governments, enterprises and employees. Volunteering helps build a more cohesive, safer, stronger community, increasing the social network between communities and neighborhood. It promotes people to be more active in civic engagement. It also has positive effects on volunteers as individuals, increasing self-esteem, enhancing various skills and capacities, and expanding career paths. The volunteer sector plays an important role in contributing to the society as a whole, where its unique position in society often gives it special insight into the needs of local community.

After reading this, do you think volunteering could have an impact on the value of your home? Do you think having nice looking parks, clean bike paths, a healthy business culture, and great clubs and organizations within the community around your home would have an effect on your home value? Having community citizens helping each other and the community for the better... we believe has an impact on home values and their future.

If you want more information on how to volunteer in your community, we recommend that you reach out to the Orangevale Chamber of Commerce and we are sure they would readily provide many organizations within the community looking for volunteers. Let's Grow Orangevale!

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Job Coach at Orangevale Library - Come and meet one-on-one with a volunteer job coach who will help you look for jobs, create an effective resume, and more! Each appointment lasts for approximately 60 minutes. Participants are encouraged to make a reservation online at www.saclibrary.org/events. You can find this program every Friday from 1:00 – 3:00 PM

Adult Book Club – Saturday January 26th, 1:30 – 2:30 PM Every month we'll pick a novel or non-fiction title to read and discuss. Join us for a great book conversation and make new friends! This month we'll be reading, *Before We Were Yours*, by Lisa Wingate. - New York Times, USA Today, Wall Street Journal, and Publishers Weekly Bestseller. For readers of Orphan Train and *The Nightingale* comes a "thought-provoking [and] complex tale about two families, two generations apart . . . based on a notorious true-life scandal." "Two families, generations apart, are forever changed by a heartbreaking injustice in this poignant novel, inspired by a true story. Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong"— Provided by publisher.

LEGOs and More - Do you love to build? Join us for unstructured play with our Legos, Lincoln Logs, and Citiblocks. Every last Tuesday of the month. Mark your calendar! Tuesday, January 29th from 3:30 - 5:30 PM

Early Childhood: Family Storytime (0-5) Toddlers, Preschoolers, and their caregivers are invited to join us for songs, rhymes, and stories designed to build early literacy skills! Stay for a play and craft time after Storytime. Thursdays, 10:30 – 11:00 AM

Tween Book Club: Join us at our monthly book club for 9-12 year olds. Eat snacks, chat about our book, participate in activities, and make new friends. This month we are reading "The War I Finally Won" by Kimberly Brubaker Bradley. As World War II creeps closer to home, Ada learns to manage life on the home front. . Pick up a copy of this book starting on December 22 at the Orangevale Library. Thursday, January 31st, 3:30-4:30 PM

Adult: Mixed Media Art Journaling - Use your imagination and all kinds of mixed media to create a free-style art journal. Both inexperience and lack of talent are welcome! The Friends of the Orangevale Library have graciously provided art journals and supplies to create a place for creativity to unfold. Please note, supplies are limited so feel free to bring your own too. First Saturdays monthly. Saturday

February 2, 10:30 AM – 12:30 PM
Teen: Minecraft Gaming - Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on our own library server and enjoy cubed snacks at the Orangevale Library! We will do two 45 minute shifts if there are more participants than PC laptops. This program is for students in middle and high school; registration is encouraged. Thursday, February 7th from 2:00 - 4:00 PM
Book A Genealogist: Need help with your family history? Not sure how to begin? Want to know where to look next? Root Cellar volunteers are ready to help you discover your roots! Free individual 60 minute help sessions are available at the Orangevale Library. Registration required. Saturday, Feb 9, 2:00 PM and 3:00 PM

Stem Lego Robotics: Session 2 of 8 Limited to ages 9-14. Join us for an exciting, free STEM program with an instructor-led STEM LEGO Robotics program. Participants will work in groups and learn to design, build and program their creation using the LEGO Mindstorms EV3 kit. Session #2 of 8 offered, each session is not dependent on prior attendance. The lesson from Saturday will repeat the following Tuesday, so please only register for 1 class each week. Registration available 10 days prior to the class at saclibrary.org/events. Generously funded by the Friends of the Orangevale Library.

Session 2 of 8: Saturday, Feb 9, 10:30 AM - 12:30 PM or Tuesday Feb 12, 5:30 -7:30 PM
Session 3 of 8: Saturday, Feb 23 10:30 AM— 12:30 PM or Tuesday Feb 26, 5:30—7:30 PM
Each session is not dependent on prior attendance.

School Age: Storymakers - Inspired by a book, children ages 5 & up are invited to a crafty afternoon of designing and making. This Valentine's Day, paint a kindness stone to share with neighbors and friends in your community at this month's Storymakers @ Orangevale. Thursday, Feb 14, 3:30 - 4:30 PM

Read To A Dog Come read to some pawesome pooches! School-age (6-12 years old) readers are invited to read to furry and friendly canine volunteers and their trainers. This is a great program for struggling or reluctant readers or for those who enjoy reading to others. Friday, February 15th from 3:00 – 4:00 PM
Nature's Critters: What comes to mind when you think of a scaly, stretched out serpent? Meet and pet common and not so common friendly animals that frequent our landscape, such as birds, snakes and lizards. This event is for the whole family. Thursday, Feb 21, 3:30 PM

Ami Bera Library Office Hours: Meet with staff from Ami Bera's office. Get help with backlogged veterans' benefits, assistance for seniors with Social Security and Medicare, stalled passports, and more. Wednesday, Feb 27, 10:00 - 12:00 PM

DECEMBER HOME SALES

Address	BRM	BTH	Sq. Ft.	Lot Size	Sale Price
9200 Madison Ave #144	2	2	1017		\$176,500
8698 Char Ave	3	1	1055	0.24	\$241,000
9184 Madison Green Lane #50	2	3	1381	0.035	\$269,000
8437 Central Ave	3	2	1236	0.26	\$280,000
9509 Pershing Ave	3	2	1173	0.24	\$280,000
8710 Blythe Ave	3 (4)	1	980	0.23	\$295,000
6954 Woodmore Oaks Dr	3	2	1285	0.19	\$315,000
5832 Pecan Ave	3	2	1128	0.16	\$326,000
5623 Bretmoor Dr	3	1	1239	0.16	\$334,000
6212 Pecan Ave	3	2	1396	0.16	\$339,950
6755 Aurelius Way	3	2	1080	0.23	\$347,500
9428 Erwin Ave	4	2	1308	0.23	\$350,000
7016 Woodmore Oaks	4	2	1285	0.18	\$354,500
8632 El Sobrante Way	3	2	1117	0.17	\$360,000
6140 Passiflora Ln	3	3	1492	0.036	\$363,000
5946 Deary Way	3	2	1449	0.19	\$365,000
8524 Cloudcroft Way	3	2	1590	0.13	\$380,000
8878 GreenHalg Ln	3	2	1306	0.23	\$400,000
9309 Dovewood Court	4	2	1774	0.231	\$412,000
9169 Bobbeck Ct	4	2	1590	0.296	\$430,000
6245 Almond Ave	3	2	1499	0.43	\$430,000
9630 Tanglewood Cir	4	2	1810	0.2	\$434,000
6542 Saint Edgewood Ct	3	2	2100	0.201	\$479,900
9331 Rolling Glen Ct	4	3	2003	0.14	\$480,000
8575 Gaines Ave	3	3	1783	0.303	\$480,000
9807 Golden Dr	3	2	1765	0.35	\$485,000
7746 Hickory Ave	3	2	2500	1.86	\$525,000
7001 Chestnut	4	3	2464	0.259	\$560,000
8704 Taajanar Ct	4	3	2544	1.04	\$585,000
8685 HICKORY LEAF PLACE	3 (4)	2	2494	0.469	\$669,000
8515 Silver Maple Lane	5	4	2692	0.53	\$720,000
7801 Lazy Trail Ct	5	5	5314	2.29	\$1,530,000

Above Information is based on data obtained at MetroList Services, Inc.
Provided by Jim Naulty REALTOR BRE# 01383376 Newpoint Realty
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VOTING PROXY

The record holder of the membership certificates of the Company, whose name and signature appears below ("Member"), hereby revokes all previous Proxies and acknowledges receipt of the Notice of Company's Annual Meeting (the "Annual Meeting") to be held on Tuesday March 5, 2019, at 4:00 P.M. at Orange Vale Water Company, OrangeVale, CA. Member hereby appoints the Company's Board of Directors ("Proxy Holder") as Member's Proxy. Proxy Holder may represent Member at the Annual Meeting, including any adjournment of that meeting, and may substitute another to act as Proxy. This Proxy may be revoked at any time by written notice filed with the Secretary of the Company, by a subsequent Proxy, or by attendance at the meeting and voting in person.

Proxy Holder is directed to vote this Proxy as follows:

Election of Directors: For the purpose of electing the Directors, Proxy Holder is hereby directed to (Check only one of the following three numbered boxes):

1. Vote as Proxy Holder deems proper
2. Abstain from voting for any director
3. Vote as follows (If you have checked either Box 1 or 2 above, you may not also check Box 3. If you check Box 3, you may check up to two following choices):

Incumbent

___ Robert Hunter
 ___ Jim Lemley
 ___ Russell Castilone
 ___ Write In _____

Signing and returning this Voting Proxy without checking Box 1, 2, or 3 will be deemed as authority of Proxy Holder to vote on Member's behalf as Proxy Holder deems proper.

PROXIES MUST BE RECEIVED BY 3:00P.M. ON MARCH 5, 2019 FOR RECORDING AND ACCREDITATION

Signature: _____ Date: _____

Name: _____ (please print)

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Sat, Feb. 23rd • 3:30pm

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OVparks Classes

Natural Soap Making * Su * 2/3 * 1:15-2:15pm

TwirlSport Baton * Tu * 2/5-2/26 * 4:30-5:15pm

Tai Chi * Tu/Th * 2/5-2/28 * 7:00-8:00pm

Babysitting CPR * F * 2/8 * 5:00-7:00pm

Weight Loss Challenge * M/W * 2/11-3/4 * 5:30-6:30pm

Brain Connections * W * 3/6-3/27 * 6:30-7:30pm



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Orangevale
Cooks



by Suzanne Feblowitz

This recipe from Haydee Hegyesi is a favorite of her husband, Viktor. It's such a fun recipe to make as a couple and as a family. You can double the recipe and serve it with mashed potatoes or noodles. It is the perfect recipe for a heart-warming dinner!

If you would like to share a favorite recipe, please send a copy to Suzanne Feblowitz at the Orangevale View (editor@ovview.com). Be sure to include your phone number or email with your recipe in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit your name.

GERMAN BEEF ROULADEN ROLLS WITH GRAVY

- 4 Thin slices of flank steak or top round steak filets
- Brown stone ground German mustard
- Dill pickle spears
- Bacon (partially cooked)
- 1 large onion
- 3 Tbsp butter
- 1 tsp minced garlic
- 1 tsp tomato paste

- 2 cups beef broth
- Corn starch
- 1 Tbsp red wine
- Course ground black pepper
- 1 Tbsp cornstarch
- Parsley for garnishing

Season beef slices with salt and pepper. Spread stone ground German mustard.

Sprinkle with onions. Place pickle spears on edge. Roll up slices tightly and wrap with cooking string. Heat butter in medium pan, sauté beef roll until brown, turn as needed. Add garlic and sauté. Add broth, tomato paste, and pepper.

Cover and let simmer until tender, turn rolls. Combine cornstarch and red wine to thicken gravy, and stir into mixture. Continue to cook uncovered until sauce thickens. Remove rolls, place rolls on plate and remove strings, ladle gravy over rolls. Garnish with chopped parsley.

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PETACULAR

DASH INTO THE NEW YEAR! HOW TO PREPARE FOR THE BIGGEST WALK OF THE YEAR!

Doggy Dash is right around the corner and now is the perfect time for you and your dog to prepare for the big day! Follow our training tips below to make sure this is the best Dash yet!

Start small!

Just like most people don't wake up one day to run a marathon, if your dog is more of a 'couch potato' than a 'dasher,' you'll need to start practicing! A 2K or 5K walk is longer than it seems, especially for a dog who hasn't had much exercise. So start small! A short walk around the neighborhood every morning or evening is a wonderful way to reacquaint your dog with an active lifestyle. Start with a block or two, then work up to a few more, and so on. Think of it as a "Dog Bed to 5K" plan for your dog.

The Doggy Dash is not a timed event or race, so for most of our participants, the "Dash" is more of a leisurely stroll. If you are hoping to train your dog to run the 2K or 5K, follow some of the tips located here!

Things to consider:

Your dog's age: Some dogs in their golden years may not be able to handle a walk as long as the Dash, so you may want to invest in a stroller or other option for them to take a break! Puppies under 4 months should stay at home due to Parvovirus concerns.

The weather: The weather is cool now, but as temperatures start to warm up, you will want to pick the most optimum time of the day for a long walk (especially for brachycephalic breeds like Bulldogs, Frenchies and Pugs). As the temperatures start rising, these breeds

require certain precautions.

It's just for fun: The Doggy Dash is meant to be a fun event! If your dog is a runner, that's great! If your dog poops out and can't finish, that's fine! No one will judge you, we are

with different harnesses, which can help make walks a little easier! If your dog needs a little more help, or is starting from scratch, there is plenty of time to sign up for some of our behavior classes. These classes

will not only help with leash manners, but assist with polite greetings, name recall and more.

Make sure your vaccines are up-to-date!

With so many other dogs in attendance at the Dash, we require dogs be current on vaccinations! Visit our Monday and Tuesday Low-Cost Vaccination Clinic to update the core vaccines (like the Distemper/Parvo vaccine, and Rabies), as well as others that may protect your dog from possible exposure (Bordetella for kennel cough, Leptospirosis, Canine Influenza and more).

Of course, it's also a great idea to get your dog spayed or neutered prior to the event if they are not already...we don't want our canine dashers getting too friendly out there on the course!

all out there to have a good time. If walking just isn't for you: Never fear, the Bark in the Park Festival has it all! From 10 am - 2:00 pm, enjoy food trucks, a beer garden, games, prizes and more. (We won't tell that you skipped the walking part!)

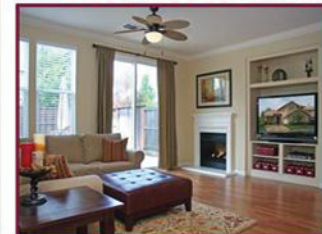
Brush up on your leash manners!

Not only does your dog need to be in shape to walk the Dash, but he or she will also need to brush up on leash manners! With over 5000 participants, Fido or Fluffy will be seeing MANY other dogs on leash. You may need to reacquaint them with seeing other people and dogs out in the community by visiting a local park for a walk or visiting a dog-friendly patio or business (or one of our monthly Yappy Hours!). This is a great time to experiment



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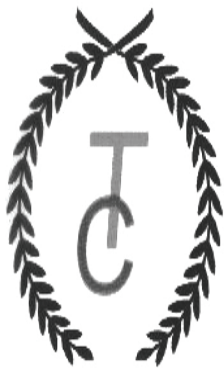
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COMMUNITY GROUPS & MEET UPS

MONTHLY EVENTS

American Legion Have Meeting at the 4th Tuesday of each month. Meeting Starts at 7:00PM. American Legion Have Meeting at the 4th Tuesday of each month.

GFWC ORANGEVALE WOMEN'S CLUB
Join area women dedicated to volunteer service and friendships. Lunch meeting monthly on 1st Tuesday at 11:00am (Sept-May). Orangevale Community Center 6826 Hazel Ave. More info at OrangevaleWoman'sClub.org or 988-1876.

Cub Scout Troop 310, 3rd Monday of the month, 6-8PM, Multipurpose Building, Divine Savior Catholic Church, 9079 Greenback.

Girl Scout Leaders (GSHCC) Almond Service Unit of Orangevale meet 2nd Monday of the month, 7 PM, Hall B, Multipurpose Building, Divine Savior Catholic Church, 9079 Greenback.

Girl Scout Service Team (GSHCC) Almond Service Unit of Orangevale, meets last Monday of the month, 7PM, Mater Salvatoris Room, Divine Savior Catholic Church, 9079 Greenback.

Orangevale 4-H is in full swing for the 2017-18 year. We still have projects that are open to new members, so check us out and see what we can offer for your family. 4-H is for area youth ages 5-19 that want to learn life skills through hands on activities! We meet the 2nd Monday of the month (except December) at the Orangevale Grange Hall at 6:30pm. www.orangevale4-H.weebly.com

Orangevale Grange #354 meets 3rd Wednesday every month. Grange Hall 5807 Walnut Ave, OV. Starts 7:00 p.m. Check us out. Serving free refreshments. Call 988-0806 or visit our website at OrangevaleGrange.org

Retired Public Employees Association (RPEA) Meetings-Roseville Chapter (#84) meets at The Sierra Regency, 1015 Madden Lane, Roseville, Ca. 95661. Meetings start at 10:00 A.M. On the fourth Thursday of Month. FEB; APRIL; JUNE; AUG; OCT; DEC. (In December there is a Christmas Luncheon Held on the first Thursday). It's always nice to see your co-workers, if not, meet new (retired) State Employees and have a good time participating. So, come join us!!! SEE YOU THERE! FOR MORE INFORMATION: CALL HELEN FIELD: (916)783-0325.

Roseville Better Gardens Club invites you to its meetings held at the Maidu Community Center, 1550 Maidu Drive (off Rocky Ridge) in Roseville. Interesting garden-related speakers and tours are planned for this year. Meetings are usually held on the 3rd Tuesday of each month from September to May. Doors open at 12:30; meeting 1-3 PM. GUESTS ARE ALWAYS WELCOME. For more information, go to: <http://californiagardenclubs.com/content/roseville-better-gardens-club> OR contact LORI at (916) 784-0418.

The Dementia Support Group is held at Eskaton Fountainwood Lodge the 2nd Tuesday of every month at 2:00 pm. You're not alone in this journey, so come join us and get the support you need. Please contact Sharon at 916-988-2200 or email her at Sharon.wold@eskaton.org

The VFW Have monthly Meeting on the 2nd Tuesday Of each Month. Post 6158. Meeting starts at 7:00PM Center Township Post 6158 is located at 8990 Kruithof Way Fair Oaks, Ca 95628

WEEKLY MEETS

Al-Anon meets on Thurs. @ 7:30 PM at the Church of Christ - 5915 Main St. Ov. Call 916-334-2970 or visit al-anon.alateen.org.

Al-Anon in Spanish-en Español Valor para cambiar se reúne los sábados 5:30 p.m.-6:30p.m. en American River Alano, 9346 Greenback Ln. Ste 8 (entre Walnut y Main) Orangevale

Alcoholics Anonymous Meetings Mon-Sat at 7-8 am & Sun 8-9am, 12 noon every day. Call 454-1100 for evening meetings as the times vary. Meetings held at 9346 Greenback Ln. Ste 8 in Orangevale.

For Men Who Enjoy Singing We sing Barbershop Harmony every Wednesday 7:30 to 10 pm-Redeemer Covenant Church, 6800 Main St., OV

Boy Scout Troop 310, Mondays, 6:45-8 PM, Halls A and B in the Multipurpose Building, Divine Savior Catholic Church,

Bridge Player Group Every Tues OV Grange Hall (5807 Walnut Ave) 11:00 am to 3:00 p.m. \$2 donation For more details at 988-9474

Clean & Sober Concerned about a loved one's alcohol or drug use? Clean & Sober Recovery Services offers FREE and confidential family support every Sunday at our noon meetings led by a licensed family counselor. Call 916 990-0190 to learn more.

Folsom Bridge Center is a Mutual Benefit Non-Profit organization with ACBL sanctioned games daily; \$10 to play. Monday- Friday games are at 11 A.M., and on Saturday and Sunday, they begin at noon. No membership required; everyone is welcome. There

is a play of the hand lesson Friday mornings 9-10:30, \$5, and a free open forum lesson 10:15-10:45 before the game on Tuesdays. Folsombridge@gmail.com. 8680 Greenback Lane, Orangevale,

Like to Play Cribbage? Join the Gold Country Cribbers Contact Roy Martin (916) 402-0411 Or Jack Throne: (916) 989-1762 Or Van Ray: (916) 768-4452 We Play We Teach We Have Fun Classes for beginners and intermediate Thursdays 4 - 7 pm Club Play Wednesdays at 5:45 pm El Dorado Hills Senior Center 990 Lassen Lane, El Dorado Hills,

Determined Toastmasters meets on Tuesdays 7-8 p.m. at Eskaton 8773 Oak Ave. in the Mulberry Room. Learn how to sharpen your speaking skills & build your confidence in a friendly atmosphere. (916) 792-5561 FA (Food Addicts in Recovery Anonymous) meets Tuesdays at 7 pm, Sunrise Community Church, 8321 Greenback Ln Room B214, Fair Oaks. For meeting info call Karen J 916-812-6584 or Sandi N 916-780-3917, also visit www.foodaddicts.org.

MEET-UP The BBC, The Business Builders Club. A Professional Networking Group. Meeting Every Tuesday 9:15-10:30am. Our Mission: To Empower Entrepreneurs and Establish Long Lasting Relationships That Will Enrich Our Businesses and Our Communities. Every Tuesday 9:15-10:30 at Life Foods Nourish Café 7433 Greenback Ln. Citrus Heights

MomsRUs-group for women of all ages, raising or helping to raise children of all ages. Meets Tuesday morning's 9:45-11:45 thru May 14th, Orangevale church of Christ, 5915 Main Ave. Support, discussion, sharing on Christian family & parenting. Shared childcare. www.ovchurch.org/family ALL FREE

Narcotics Anonymous, Tuesdays and Thursdays, 6 PM, in Room 4, Divine Savior Catholic Church, 9079 Greenback.

Overalls Square Dance Club meet every Monday 6:30-9:00 pm at Royer Veterans Hall, 110 Park Dr, Roseville, CA.

Orangevale Rotary Club Meets every Friday (7-8:15 am) at La Placita 9272 Greenback Lane, Orangevale 916.425-2406

Orangevale Special Families This new Facebook group is for families walking the same walk to come together relieving isolation, frustration, and inspiring friendship, community, and creativity. Call 947-5234 for more information <https://www.facebook.com/groups/1033947523343437/>

Root Cellar - Sacramento Genealogy Society hosts a genealogy workshop from 1-3pm on the third Wednesday of each month at the Sylvan Community Center, 7521 Community Drive, Citrus Heights. The workshop is free and is open to all skill levels and ages. For more information, please visit our web site at www.rootcellar.org.

Senior Lunch Program Brought to you by OVparks and Meals on Wheels. Lunches are served every Tuesday, Wednesday, and Thursday at the Orangevale Community Center. Suggested donation of \$2, please call 916-988-4373 for more details

Senior Market Saint Francis Episcopal Church in Fair Oaks with Episcopal Senior Communities (ESC) EVERY TUESDAY offers the community a weekly Senior Produce Market (SPM) every Tuesday from 10-11 a.m. at St. Francis Episcopal Church, located

at 11430 Fair Oaks Blvd. SPM is geared for Seniors. Cash Only! For more information, call (916)966-2261 or visit our website: www.saintfranciscooaks.org and follow us on facebook

SERTOMA - SERvice TO MAnkind meets each Thursday at 7 am at Coco's Restaurant, Madison Ave near Sunrise. Call 966-1361

Sunrise Community Church Storytime is a great opportunity for parents, caregivers and children ages 1.5-5 to connect through a kid-centered experience in literacy, music, creativity and fun! Join us Mondays from 9:30a - 10:30a @ Sunrise Community Church - in THE BACKYARD (Rm D102) 8321 Greenback Lane, Fair Oaks. Visit our website for more details @ www.sunrisecommunity.church St Vincent De Paul provides food and clothing assistance to the needy on Tuesdays and Thursdays from 1 - 3PM at Divine Savior Catholic Church, 9079 Greenback.

TOPS (Take off Pounds Sensibly) meets every week on Mondays at 9:00 a.m. at the Church of Christ, 5915 Main Avenue, Orangevale, CA 95662. Visitors are always welcome (preteens, teens, adults, male and female. First meeting is free. Contact Mary at (916) 988-6827. We have a friendly group!

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24 MUSEUMS TO PARTICIPATE IN FREE MUSEUM DAY ON SATURDAY, FEBRUARY 2, 2019

New This Year, Free Museum Day is Kick-Off to a Week Filled with Special Events, Activities & Activations Happening at Various Local Museums

With 24 museums participating by offering complimentary admission, the 21st Annual Free Museum Day takes place on Saturday, February 2, 2019, from 10 a.m. to 5 p.m. New this year, the popular day is also the kick-off to Sacramento Museum Week (February 2-8, 2019) filled with special events, activities and activations at various museums. While admission is complimentary to everyone on Free Museum Day only, regular admission applies at all museums during Sacramento Museum Week. Coordinated by Sacramento Area Museums (SAM) with the support of Visit Sacramento, Free Museum Day and Sacramento Museum Week in 2019 are proudly presented by Sutter Health and sponsored by California Family Fitness.

Free Museum Day is a popular cultural tradition

designed to encourage all members of the community to experience the Capital City's incredible wealth of art, history, science and wildlife, free of charge. Many of the museums are within walking distance of each other and easily accessible via public transportation.

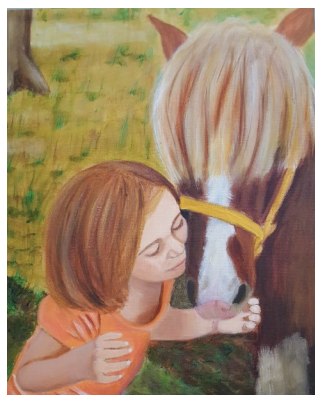
And, to help easily and conveniently transport guests who wish to visit multiple museums in Sacramento's urban core, Sacramento Regional Transit (SacRT) is offering free rides on all buses and light rail trains on Saturday, February 2 only with a printed SacRT Museum Day flyer (only one flyer needed per family or group). A screen shot of the flyer from a smartphone is also acceptable. To print or display the flyer, please visit www.sacrt.com. For more information specifically about SacRT park-and-ride stations and schedules, visit sacrt.com/services.

On Free Museum Day, event coordinators suggest that guests plan to visit no more than two or three different museums on this day in order to allow adequate time to enjoy the experience and to travel between individual sites. Due to the popularity of Free Museum

Day, some locations must limit the number of admissions for safety reasons. The event is scheduled from 10 a.m. to 5 p.m. but note the last guests will be admitted at 4 p.m.

New in 2019, Free Museum Day is the kick-off to a week filled with special activities presented by various museums and popular destinations. While a comprehensive listing will be available on the website (www.SacMuseums.org), a sampling of the special activities follows:

- Saturday, 2/2 (10 a.m. to



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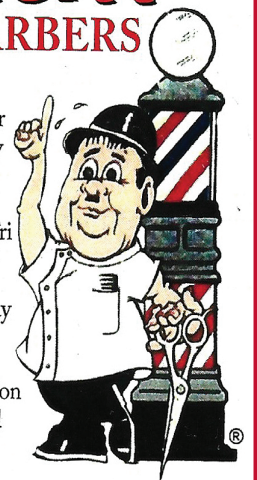
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WORSHIP INFORMATION

Free Museums Day Continued From Page 22

5 p.m.) – 24 local museums and popular destinations offer free admission along with some that will present special activities for guests;

- Sunday, 2/3 (11 a.m. to 2 p.m.) – the California Automobile Museum offers “Downtown Sunday Drives” in vintage cars;

- Monday, 2/4 (11 to 11:30 a.m.) – the California State Railroad Museum presents an “All Aboard for Story Time” children’s reading activity;

- Tuesday, 2/5 (6 to 8:30 p.m.) – Verge Center for the Arts offers a real-life Adult Drop-In Figure Drawing class;

- Wednesday, 2/6 (10 a.m.) – the California State Library will conduct special guided tours on this day and during Museum Week Tuesday and Thursday. Museum Day tours will be on request.

- Thursday, 2/7 (11 a.m. to 3 p.m.) – Locke Art Studio will offer a free Joy Kuo Master silk screen printing demonstration;

- Friday, 2/8 (10 a.m. to 3 p.m.) – Cemetery volunteers will be available to answer questions about the Cemetery, help visitors find specific graves or assist with their genealogical research.

In addition to Sutter Health and California Family Fitness, Free Museum Day & Sacramento Museum Week are proudly supported by active and engaged media partners including FOX40 & Studio40 Live, KSEG 96.9 FM, 106.5FM The End, ESPN Radio 1320AM, 102.5 KSFM & 94.7FM, Outword Media and Sacramento365.com.

More detailed information about participating museums, addresses, limitations, suggested parking and public transit options is available at www.sacmuseums.org (click on “News & Events”), or by calling Visit Sacramento at 916-808-7777.

Participating Museums for Free Museum Day on February 2, 2019

Aerospace Museum of California – California Automobile Museum – California State Capitol Museum – California State Library – California State Railroad Museum – Don & June Salvatori California Pharmacy Museum – Folsom History Museum – Leland Stanford Mansion State Historic Park – Locke Boarding House Museum – Maidu Museum & Historic Site – SSVMS Museum of Medical History – Old Sacramento Schoolhouse Museum – Powerhouse Science Center – Roseville Utility Exploration Center – Sacramento Children’s Museum – Sacramento Historic City Cemetery – Sacramento History Museum – Sojourner Truth African American Museum – State Indian Museum – Sutter’s Fort State Historic Park – Verge Center for the Arts – Wells Fargo History Museum (Capitol Mall) – Wells Fargo History Museum (Old Sacramento)

About the Folsom Historical Society

The Folsom History Museum is part of the Folsom Historical Society Family of Museums, which also includes our living history museum, Pioneer Village. The Folsom Historical Society was founded in 1960 as an educational, non-profit organization with a core mission to preserve, protect, and promote the history of Folsom.

Bible Community Church Sunday Worship 10:00 am Fellowship starts 9:30 am Located at the Maidu Community Center 1550 Maidu Dr., Roseville, CA 95661 Bible Community Church 916-832-8973

Calvary Chapel Folsom-Orangevale 6021 Walnut Ave. Orangevale, CA 95662 Sunday Service 10:00am. All are welcome! Sunday school for PreK, K-5th & 6th-12th. Thursday Night Bible Study 6:30pm (No Childcare) Pastor Mike Flanders (916) 989-2133, calvaryfo@comcast.net www.calvarychapelfo.com

Christ the King Lutheran Church 5811 Walnut Avenue, Orangevale (916) 988-2484 www.ChristTheKingOV.com Sunday Worship 9:30am,

Church of Jesus Christ of Latter-Day Saints Hazel Ave. Chapel, 7950 Hazel Ave, Orangevale Ward: Sacrament Meeting 10am Sunday School/Primary 11:20am PH/Relief Society/Young Women 12:10am. Young Single Adult Ward: Sacrament Meeting 1:00pm Sunday School 2:20pm PH/Relief Society 3:10pm 916 792-2556.

Citrus Heights Seventh-day Adventist Church 7610 Wachtel Way, Orangevale 916 723-7777 Services at 9:30 am Sabbath School 11am church www.chsda.comcast.com

Divine Savior Catholic Church, 9079 Greenback, (916) 989-7400. Daily Mass 8:30 AM on Mon-Sat. Vigil Mass at 4:30 PM; Sunday Masses 7:45 AM, 9:30 AM, 11:30 AM. Free Community Meal every Thursday night from 6-6:45pm. Everyone is welcome www.divinesavior.com

Fair Oaks Presbyterian Church 11427 Fair Oaks Blvd, Fair Oaks 95628 Sunday worship: Classic 9 & 10:30 AM, Contemporary 9 & 10:30 AM Children’s programs at both times. 967-4784, www.fopc.org

Fairvale Baptist Church 8660 Madison Ave, Fair Oaks 916-967-4624 Pastor Richard Marshall. Bible Centered, Traditional Sunday Worship 10:45am and 6pm. Bible Study Wednesday 6:30pm. Christ is coming.

First Baptist Church of Orangevale 8898 Central Ave, Orangevale (916) 988-1139 www.firstbaptistov.org Sundays 9:00 AM Traditional Service and Sunday School classes; 10:15 AM Coffee & Donuts; 10:45 AM Contemporary Service and Sunday School classes; Wednesdays 6:00 PM Community Dinner & Bible study groups for all ages

Grace Bible Church 5010 Hazel Ave, Fair Oaks Sunday Schedule: Worship Service 9 AM, Fellowship Groups 10:40 AM, Evening Service 6 PM Information: 967-6500 or www.gbco.org

New Beginnings Christian Church 7535 Hickory Ave, Orangevale Sunday Service 10:30am Wednesday Family Night Service 7:00pm Live, Modern Worship with Real, Relevant Preaching Youth and Children Ministries We genuinely care for and root for each other! A great family atmosphere. Everybody is welcome

Orangevale Church of Christ 5915 Main Avenue, Orangevale Sunday Morning Bible Classes for All Ages 9:45am; Worship 11:00am, 6:00pm Tuesday Moms R Us 9:30-11:30 am Wednesday Dinner 6:00pm, Bible Classes for All Ages 7:00pm Thursday Bible Study 10:30-11:30 am Phone: (916) 988-2011Web: www.ovchurch.org

Orangevale Seventh-day Adventist 5810 Pecan Avenue, 916/967-2838, www.ovsda.org / office@ovsda.org. Join us Saturday’s 9:30 am Sabbath School class / 10:40 am is Sabbath Worship. Community Food & Clothes closet open Tue 9am-Noon. Orangevale SDA School grades K-8th, 916/988-4310, www.ovschool.org

Pathway Fellowship Temporarily meets at Madison Mall Bingo 8830 Madison Ave. at 9am for Classic Service and 10:30am for Modern Service & KidZone. New location at 8999 Greenback is coming soon. 916-988-2390, hispathway.org

Redeemer Covenant Church – 6800 Main Ave, Orangevale, 916.988.3124, redeemercov.com, Adult Sunday School at 9:00am, Sunday Worship at 10:00am, Sunday Coffee and Fellowship at 11:15am, 2nd & 4th Tuesday Nights

Free Community Dinner at 6pm – open to everyone, Thursday Night Youth programs at 7pm. Small Wonders Christian Preschool, 3-yr-olds on T/Th & PreK on M/W/F – call 916.988.0998, smallwondersorangevale.org.

Sacramento Center for Spiritual Living 6035 Main Ave, Orangevale, 95662. Sunday service & Youth program 10:30am. Classes, events & activities on our website: www.SacCSL.org. We honor all paths and people.

Sunrise Community Church – 8321 Greenback Lane, Fair Oaks. Sunday Worship Services – Classic Service @ 9 am, Modern Service @ 10:50 am, both in the Sanctuary. Sunday Evening Chapel @ 6 pm (B-209). 916.726.4642 - sunrisecommunity.church

The Life Center - 7801 Hazel Avenue, Orangevale, CA 95662 916-988-1717 // info@lifecenter.church Sunday Services at 9 & 11am, free childcare provided

The Net Church has the answer if you have to work on Sunday’s. Our worship experience is on Saturday night at 5:30pm. The cafe with free coffee opens at 5 pm. 801 Riverside Ave #Z, Roseville, CA 95678. We are located in the Calvary Chapel Building behind the Roller Skating bld. Pastor’s Randy & Debbie Robertson. 916-801-4208 / randy_thenet@live.com

Valley Redemptive Church 11430 Fair Oaks Blvd, Fair Oaks Pastor D.W. Bryant Sunday School 9:40 am Sunday Worship 11 am Tuesday 11:30 am Bible Study Wednesday 6:45 pm Bible Study 916.579.5077 Valleyredempchurch@att.net Family Centered Atmosphere All Are Welcome Church Vision “Go Reach Redemptive Needs of All People, Ages, and Conditions”

World Fellowship Church of Foursquare International 7412 Van Maren Lane, Citrus Heights, CA (916) 745 4751 Morning Service -8.00 -9.30AM (English Service) Afternoon Service -2.00 -4.00pm (Fijian Service) Food Bank -9.00 -10.30AM (Thursdays)

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Call 899-0207 or

e-mail_editor@ovview.com.

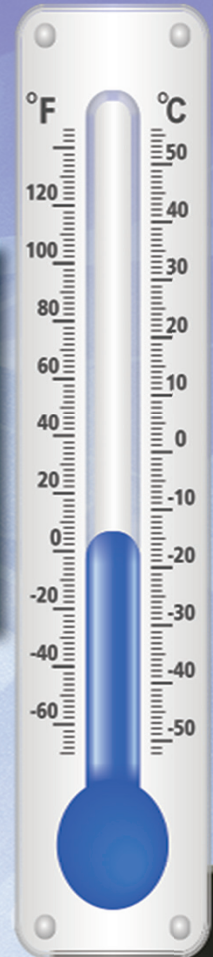
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