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BUSINESS SPOTLIGHT PAGE 5. The Last Tangle -Owner Julie King

A GIRL WITH A DREAM

Let me tell you about a young girl with a dream.... Her name is Lily Bennett. She is a 13 year old junior handler for the American Kennel Club (AKC). What



is that you ask? Well a junior handler is between the ages of 9 and 18 years old and can compete on their skills of handling a dog, where sometimes they can earn a scholarship. The juniors are broken down into different age and skill groups and the 1st place winner from each class can compete for the title of Best Junior. With these wins they can qualify for what is called a Limited class, Orlando National and Westminster in New York are just these classes.

Lily has qualified her 3 years of showing for Orlando National, which she has to hold a 3.0 GPA to compete, and the past 2 years for Westminster! Last

year at Westminster she and her Cirneco Dell' Etna (Cheer-Neck-O), a Sicilian sight hound from Italy, placed select in the breed class which qualified



qualified within two and a half months for both Orlando National and Westminster 2020! Lily and Deagan finished the 2018 year by being #2 Owner Handled (NOHS), #6 in Hound

Deagan for Crufts in Europe!!! The Cirneco is a talented hound that has been used to hunt rabbits on volcanic rock in Italy, with a ferret. The breed goes all the way back to 400B.C. They get along well with all animals and love to cuddle with you and a blanket. Not only did they do this amazing feat, but also took Best of Breed at the Orlando National!!! This was with the biggest entry she had ever seen while competing against mostly professional handlers. This also qualified them for Crufts! So that is two major wins in one year to qualify them to compete in breed at Crufts. Just to make things more exciting... Lily just



CONTINUE PAGE 5

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DON'T FORGET TO VOTE ! PAGE 24

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ORANGEVALE VIEW**



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 APR 3, 2019 DEADLINE

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WED JUN 5, 2019 DEADLINE

FRI JUN 13, 2019 Out To Public

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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
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- 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)

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ANNOUNCEMENTS



loved to cook and was an aspiring chef. She has been the manager of Noddles World Kitchen in Folsom for the past 3 years. They were set to give her her own store in the spring. She was adored by her co-workers.

Our angel will be forever mourned by her loving parents, Don and Paula King and her brother Dalton King. As well, her grandmothers Pat King of Orangevale and Sue Carpenter of Roseville. She will also be missed by so many aunts and uncles, great aunts and uncles, cousins, friends and co-workers. She became engaged to Cameron Gomm in 2018. Cameron has set up a beautiful GoFundMe page with details about her service which will be at Lambert's Funeral Home in Roseville Saturday February 2. Please see the page for details and to read some lovely comments posted by friends and family.

Gofundme.com. Remembering An Angel

REMEMBERING AN ANGEL

It is with many tears and great pain that we must share the news of the passing of our dear daughter Rachael. Rachael left us totally unexpectedly, passing in her sleep at the age of 22. Although born in Roseville, she was a life long resident of Orangevale. She attended Christ the King Pre School and was home schooled through a local charter school where she earned her Certificate of Biliteracy and was named Class Valedictorian. She studied dance and played little league baseball for two years. Her favorite

sport was soccer and she played six years with her daddy as her coach. Her team was the Orangevale Stingers, always champions, and generally undefeated. She was active in The Brownies and The Girl Scouts and participated in many community activities from sending clothes to babies in Africa to sending care packages to deployed military members.

Rachael had a special way of touching so many people. She was beautiful, loving, and had a giving soul. She had a special affinity for animals and the elderly. Rachael went on to attend Humboldt State College. She

CONTINUE FROM FRONT PAGE

Juniors, #16 Overall in the country of Juniors and #5 in Breed and Grand Champion Standings.

Lily had started out in 4-H with her Toy Miniature American Shepherd, Ginger. After working hard with her and earning several trick and obedience titles. She was wanting to advance into breed classes and was offered Deagan when he was 7 months old by Dr. Cheryl McDermott DVM of Ethel Washington, November 2015. By January 2016 (within 3 months) Lily had put Deagan's first Championship title on him. By January 2017 She had worked hard to get his Grand Championship. This last December she had earned his Grand Championship Bronze title and Canine Good Citizen, Canine Good Citizen Advance.

Being involved with Junior Handling has taught her to never give up on something that is a challenge, even more to go after what you want with all your heart. When you try to communicate with a dog who cannot really talk back to you, it is fun but quite the task. The amazing thing is, Lily is following in her Great Grandfather's footsteps. He did not tell her he was a professional handler until she had found her own path. But he was a huge influence in teaching her, no matter what you have, you can always improve the life of others or your community. With instilling this philosophy in her, Lily earned the Gold Presidential Volunteer Service Award at the age of 7. Today Lily loves helping to bring Wagon Angel's to children with cancer and

doing the Randal Legacy Children's Hospital Angel's on Wheels Toy drive. While having the opportunity to help out with these children's charities it has helped her to realize this is just not a fad but a career choice. She has yet to pick the direction in the animal world to focus on.

Lily is on her way to New York this February for Westminster. You can watch her on FOX Sports GO for breed of the Cirneco Dell' Etna on Monday the 11th and Juniors on Tuesday the 12th.

With all sports there are the costs... So if you would like to help Lily in achieving her dreams, you can donate to her Go Fund Me account: Lily Pads For Lily

<https://www.gofundme.com/lily-pads-for-lily>

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-Z.F. Thrimelj

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CASA ROBLE WRESTLING UPDATE

Congratulations to the 2018/19 Casa Roble Men's

Wrestling team for going undefeated and winning both the Golden Empire League (GEL) and Sac Joaquin Section titles, a first since 2008! The Casa Rams proved unstoppable at the recent Championship Dual Meet in Stockton with a first round score of 75 – 3 over the Natomas Nighthawks, a 41-33 win over Beyer High School and a 52-18 victory over Will C. Wood High School sealing the deal and winning the title! "The season started out a little rough, with injuries and key wrestlers out due to a late football season," said Head Coach Rene Delgado. "Once we got everyone healthy and back on track, the guys really

excelled. I'm extremely proud of their hard work and dedication." Besides capturing the league and section titles, the team had many season highlights including winning the Marty Manges Invitational for the first time ever, and great success in tournaments throughout Northern California and Nevada including the Sierra Nevada Classic in Reno, the Joe Rio Memorial in Chico, and the California Invitational Tournament in Morro Bay. Up next is the GEL individual tournament on January 31 at Pioneer High School, followed by the Division IV Sac Joaquin individual tourna-

ment on February 8 and 9 at Casa Roble. Come out and support your Rams!

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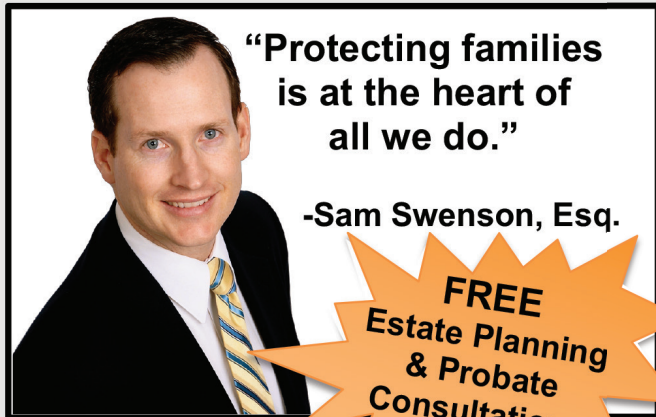
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COST OF HOMELESSNESS

TACKLING THE HIGH COST OF HOMELESSNESS

By Sacramento County Supervisor Sue Frost

At the beginning of 2018, Sacramento County launched an ambitious new program that attempted to prioritize getting the 250 homeless people who cost the most amount of money each year in taxpayer dollars, into permanent housing. Some of these homeless people are costing the county upwards of \$150,000 a year, so it made sense to me to focus our efforts on getting them off the streets. Now that it's been around a year since we launched that program, I wanted to explain to you how the program works, and share with you the exciting news regarding how successful it has been.

As soon as the program was established last year, the Sheriff's department in coordination with Sacramento County Behavioral Health Services and the Sacramento County Department of Technology established the list of the 250 people costing the most money. These costs primarily come in the form of emergency room visits, jail visits, and utilizing alcohol, drug, and mental health services — all of which can be quite costly.

Once the 250 people were chosen, they were assigned to individual case managers, who then had the job of physically locating them in the community. This is no easy task, and can often be one of the largest obstacles to getting them treatment. Once they are found, they are told that they are eligible for fast-tracked housing and services, but convincing them to take part in it can be its own challenge. On average, this



Supervisor Sue Frost

is the 7th housing program they have been affiliated with, and their level of trust with the government has often eroded. Many remain skeptical that they aren't going to just get put on another list where nothing happens.

Once they sign up for the program, the case manager helps to clear any obstacles that may prevent them from getting the assistance they need. They will ensure they have met all their court requirements, are taking the proper medications, have a valid identification card, have a social security card, etc. After all these obstacles are lifted, they are then placed straight into housing that is wrapped in social services on-site.

The housing currently available to them are apartment style units that are located in the Del Paso Heights area and in South Sacramento. We are using apartment style housing for a couple key reasons. First, it allows us to acquire the number of units we need in a much faster and more affordable way. Second, it allows us to save on staffing costs, since our social services staff stays on-site instead of travelling long distances between visits.

Many of my constituents were skeptical when this program was announced because they thought it would be a waste of time. They felt that these 250 homeless people would never accept county services. To be honest with you I had some doubts as well, but remained optimistic that even if we were able to house a small portion of this segment of the homeless population, it would be a successful program.

I am thrilled to be able to report to you that 196 of the 250 have signed up for the program (including the #1 most expensive person), and 109 of them have already been housed! This is an incredible feat, and I am thrilled with the result thus far.

I know it is easy to become frustrated and jaded when trying to tackle the growing problem of homelessness in our community. The problem is so large that it can sometimes feel overwhelming. But if we focus on prudent solutions to this problem that are mindful of protecting taxpayer dollars, we can make some positive strides in the right direction, and this program is evidence of just that.

Thank you for reading — and as always, if you want to contact me call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms, Fair Oaks, and Rancho Cordova

BUSINESS SPOTLIGHT

OV CHAMBER OF COMMERCE BUSINESS SPOTLIGHT

THE LAST TANGLE

Thirty years and going strong “keeping Orangevale beautiful” for this one stop full service salon, The Last Tangle, owned and operated by Julie King, located at 8820 Greenback Lane.

Through the encouragement of a friend in the beauty business, King became a nail technician in 2004 with the dream of owning her own salon someday. After working many years in the salon serving the community of Orangevale, her dreams became a reality when The Last Tangle came up for sale in 2015.

“I just had a great feeling about this place,” reflected King. “And when the opportunity came up, I knew it was the right thing to do.” Her love of people and the community shows in the loyal clientele and other supporters who voted the salon Best of OV in 2017. Depending on which day you go, you’ll find the salon bustling with the sounds of cheerful chatter, hair dryers blowing and a feeling of relaxation enjoyed by the diverse clientele.

The nearly filled to capacity business includes 23 hair stylists (with room for more), two barbers, color specialists, two nail technicians, a lash artist and a massage therapist.

“I believe everyone is committed to providing the best personalized service to their clients,” said King. “Each and every professional is highly invested – that reflects on them and the sa-



lon as a whole.”

Running a successful business isn’t all that keeps King busy. She believes in giving back to the community and does so by participating in numerous activities like serving as an Ambassador for the Orangevale Chamber of Commerce, regularly donating to and attending community events, and most recently organizing an effort to provide free make overs for underserved individuals at the upcoming Big Day of Service on May 11th.

“We want to give back, and helping someone become the best version of themselves with the hope of getting them back on their feet is one way to do that,” she added.

The giving doesn’t stop there for King, who didn’t hesitate to help a fellow beauty professional who lost her nail business in the Paradise fires by offering her a place to rebuild her business at the salon.

“Losing my business was hard,” said Kim Mueggenburg, an 18 year nail technician who grew up and worked in Paradise. “When you grow up in a small town, you know everyone. Starting over was something I

never expected to do,” she said holding back tears. “I’m grateful for everyone here at the salon and the people of Orangevale for being so accepting.”

King and the staff have welcomed Mueggenburg with open arms and slowly but surely is building her business back. To her delight, a couple of loyal Paradise clients make the trip to Orangevale for an appointment with their favorite nail tech. New clients looking to give Kim a try will get \$10 off during the month of February. She specializes in nail services including manicures, pedicures, gel nails and gel polish.

When asked about the goals for The Last Tangle King replied, “this is the year of community. I want people to feel loved, and welcomed like you are part of our family,” she said. “Cheers to 30 years!”

To make appointment or to find out more about the many services offered at the Last Tangle, call (916) 988-7707. The salon is open Monday – Saturday. Check them out on Facebook too!

By MaryAnne Povey. Photos by Patrick Povey

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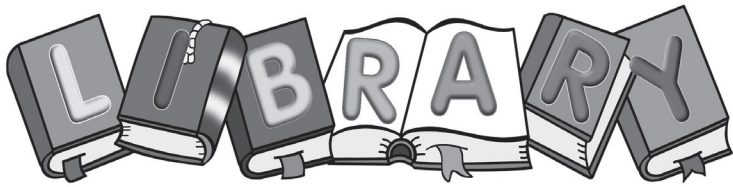
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are available at the Orangevale Library.
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STEM Lego Robotics*
Session 2 of 8 :
Saturday, Feb 9, 10:30 a.m.-12:30 pm
or
Tuesday Feb 12, 5:30 -7:30 pm

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.
Participants (ages 9-14) will learn to
design, build and program their creation
using the LEGO Mindstorms EV3 kit.
* Registration is required and opens 10
days prior to event. Funded by Friends
of the Orangevale Library.
Family Storytime
Every Thursday, 10:30—11:30 am
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.

Storymakers
Thursday, Feb 14, 3:30—4:30
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.

Read To A Dog
Friday, Feb 15, 3:00 p.m.—4:00 pm
Come read to some paw-esome
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.

Nature's Critters
Thursday, Feb 21, 3:30 pm
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.

Book Club @ Orangevale
Saturday, Feb 23, 1:30 pm-2:30 pm
"There are whispers of cyber-terror and
espionage and a traitor in the cabinet.
The President himself becomes a
suspect, and then goes missing." Join
us as we visit, make new friends, and
discuss "The President is Missing" by
Bill Clinton & James Patterson. Pick up
your copy starting Jan 26.
Legos & More
Tuesday, Feb 26, 3:30 —5:30 pm
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!

Ami Bera Library Office Hours
Wednesday, Feb 27, 10 am—12 pm
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.

Tween Book Club
Thursday, Feb 28 3:30 —4:30 pm
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 Wild Robot Escapes* by
Peter Brown. Pick up your copy starting
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Sat, Feb. 23rd • 3:30pm

Orangevale Community Center



Nature's Critters

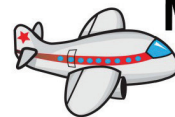
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Orangevale
Cooks



by Suzanne Feblowitz

This is the perfect Valentine's Day dinner recipe if you decide not to dine out for dinner. I have shared it before, but it is such an easy recipe that I think you should give it a try, so I am sharing it again. I am always looking for new recipes to try, so please look through your recipe files this week.

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.

Lemon- Artichoke Chicken
4 boned, skinned chicken breast halves (about 8 oz. each), rinsed, dried, and pounded to an even thickness of ¼ to ½ inch
½ teaspoon salt
½ teaspoon pepper
2 tablespoons butter
1 can (14 oz) quartered artichoke hearts (not marinated), drained
2 tablespoons dry sherry
2 tablespoons grated lem-

on peel (just use 2 lemons and don't worry about the amount)

2 teaspoons lemon juice (juice of one lemon is best)
½ cup whipping cream
½ cup grated parmesan cheese

Preheat oven to 350 degrees. Sprinkle chicken on both sides with salt and pepper. In a 10 inch frying pan over medium heat, melt the butter. Add chicken in batches and cook, turning once, until browned on both sides, about 4 minutes on each side. Transfer chicken to a 9 x 13 inch baking dish and add artichoke hearts.

Add sherry, lemon peel, and lemon juice to the remaining butter in frying pan; stir over medium heat until well blended and hot, 2 to 3 minutes. Add cream and stir. Remove from heat and pour sauce over chicken. Sprinkle with cheese.

Bake until sauce is bubbling and golden brown on top, 20-25 minutes. Serve over a bed of rice.

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- Pet trusts
- Planning for your pets to be taken care of after you are gone
- How your advanced planning can enable the Sacramento SPCA to help other animals
- Retirement and tax planning strategies
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- How to take IRA distributions and pay little or no income tax on them

Guest Speaker: Mark Drobný, Attorney at Law, Master of Laws (L.L.M.) Taxation, of DROBNÝ LAW OFFICES, INC. Mr. Drobný is a California State Bar Certified Specialist, Estate Planning, Trust and Probate Law, The State Bar of California Board of Legal Specialization.

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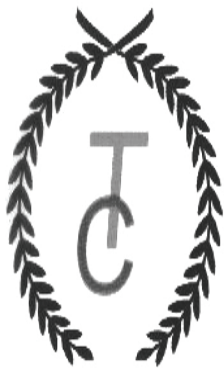
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Chamber President
Brad Squires

We're off to a great start to 2019 in Orangevale and there's a positive buzz in our community right now. The Best of Orangevale finalists were just announced and we're rallying toward our February 9th Awards Banquet. This 3rd annual and once again sold out event has become one of OV's highlights each year. It's amazing to celebrate the great businesses and the amazing individuals that make our community what it is. I hope you have your ticket to this event!

Over the holidays, we welcomed several new Chamber members. We had a record attendance at our year-end Chamber Christmas Party with over 75 people, and it was held at our new Greenback/Hazel offices. It was great to hear everyone's excitement about our efforts to "restore the eyesore". We are also excited about a few new businesses who've recently joined the OV community - The Paisley Cafe, Palm Tree Brewing Company, and Cricket Wireless - to

name a few.


Our 2019 community theme is "Grow Orangevale" where we're focused around growing community, growing our small farm identity, and growing local businesses. It's great to see progress being made on all three fronts. The Chamber is committed to leading the way in advancing the economic and community development in our town. We have a full board of directors for 2019 and a new Ambassador Team of 10 who are helping to lead the way.

We're kicking off our new Youth Ambassador program this quarter, which is a great new partnership with Casa Roble High School. More on that later in the year, but this will be a great opportunity to expose our students to local business and team them valuable skills in a professional business setting. Ambassadors will be joining us at our next monthly mixer, which is a joint mixer with Fair Oaks Chamber scheduled for February 12th 5:30 - 7:30pm at the Orangevale-Fair Oaks Food Bank. You don't want to miss this one!


We are five months in to our new Orangevale Community Council, which is a group of local community leaders who believe that a "community gets stronger when its leaders are connected". Each month, we discuss key topics around Orangevale's opportunities, challenges, big wins, events, and happenings. It has been a very fruitful conversation with some great people. In addition to the OCC, we will be re-igniting GLOVE (Greenback Lane Orangevale Envisions) in 2019 as a Chamber committee.

That is just a taste of what's been happening in Orangevale the past few weeks and months. We're committed to monthly email communication and we're shooting for social media activity nearly every day. Our social media traffic has grown by 60% since September! We want to promote your businesses and your community activities through Facebook. Help us do that by letting us know what is going on in your world. We'd love to share that with the rest of the community!





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VOICE TEACHER: UNIVERSITY TRAINED BUT CURRENTLY SING IN A CLASSIC ROCK BAND, THUS ALLOWING STUDENTS PERFORMANCE VENUES. RATE IS \$35 FOR 40 MINUTES. CALL 916-985-2096 AND ASK FOR REBA.

RUMMAGE/ YARD SALE

RUMMAGE SALE Fair Oaks United Methodist Church 9849 Fair Oaks Blvd .Fair Oaks, Friday-Saturday February 1 & 2 8:00am-2:00pm

WANTED CAREGIVER

CAREGIVER needed in Orangevale. No experience necessary. Must have fingerprint clearance with DOJ. Please call 916-987-1843 for job details.

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FOOD DRIVES visit one of the local food drives or drop off items at any of our community partners.

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Orangevale Food Bank
6483 Main Ave., Orangevale, CA 95662
916-304-FOOD
www.OrangevaleFoodBank.org

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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.saintfranciscofairoaks.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!

SENIOR LUNCHES

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.

FOOD BANK

Orangevale Food Bank has new hours of operation! In addition to their existing hours of operation Monday 11:00 -1:00 Wednesday 4:30- 6:30 Thursday 10:00-12:30

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Warmers,
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Military Ball Decadently, our Military Ball Committee Chairman walked up onto stage announcing the start of the night's festivities. On January 18th, Casa Roble's AFJROTC hosted our 29th annual military ball, cadets and their families got to sit down and listen to the inspiring words of our guest speaker United States Marine Corps Colonel Mckay, and enjoy a delicious meal catered by the talented Chef Timothy. Afterwards, the kids got to expand to the dance floor and indulged in dancing for the rest of the night. Military Ball is an annual gathering, that gives cadets first hand experience of military customs.

This year cadets who ranked up, or received an award where honored in the first section of the night. Followed by



the crowning of prince and princess for each class, and Queen and King for senior class. The winners this year where Vanessa Creech and Devin Holmland for freshman class, Ryan Gerard and Megan Lange for sophomore class, Jessica Goudie and Tim Sauwich for Junior class, and finally Amberly Hackman and Kevin St. Cyr for Senior Queen and King.

Military Ball is a hard event to put together, from reserving the venue to have the ball in to setting up each and every table with elegance. I would like to thank the following people for all their dedication and hard work that they put towards making this event a night to remember, Military Ball Chairman Jessica Goudie, Cadet Chief Master Sergeant Lauren Cutts, Cadet Staff Sergeant Megan Lange, Cadet 2nd Lt Savannah Argo, Cadet 2nd Lt Natalie Ruben, and last but not least Senior Master Sergeant Devenere and Lt Colonel Houdek. The dedication these people put towards the event showed in every aspect. I would like to again, say thank you, this was truly a night to remember and by far my favourite military ball.

Written by Sara Blackard

HELP SUPPORT SENIOR/SOBER GRAD NIGHT!

The 2019 Casa Roble Senior/ Sober Grad night committee needs you! We are a group of parent volunteers working to raise funds to host a night of fun, safe and sober celebration at Sunsplash Golf and in Roseville on June 7th! Our students come from diverse economic backgrounds, so having a low or no cost event is our goal! We are looking for donations of all kinds including: sponsoring a student/s with a cash donation (\$100 or more), raffle prize donations and/or business sponsors underwriting food, entertainment etc. Businesses will be recognized in event signage and in the program. Thanks to Supervisor Sue Frost for donating \$1000 and to Landscapes by Cochran

for donating 50 percent of new landscape maintenance contracts towards our fund. We appreciate the community support and are open to creative ideas to help us make this a fun and affordable event for all.

For more information or to make a donation, contact Katie at karrasdixon@yahoo.com, or MaryAnne at aloy-sius17@aol.com. Thanks for supporting this very important night!

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Who could give a love so
true,
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And we will never see
A love that sets us free
As Your love shown on that
tree
Only You can

There is nothing so real
As this Power we feel
With Your Life as we 'kneel.
Before YOU

Philippians 2:9-11
Jerri Farmer
Written on January 29,
2019

Orangevale Series Caregiver Workshops



Each workshop is unique and offers valuable building blocks and helpful tools for caregivers and individuals who would like to learn more about memory loss and dementia-related conditions.

Tuesday, February 19, 2019 | Understanding Alzheimer's and Dementia

Denise Davis, Program Coordinator, Alzheimer's Association

Alzheimer's is not a normal part of aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about: the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risks factors, current research and treatments available to address some symptoms, and Alzheimer's Association Resources.

Tuesday, March 19, 2019 | Legal and Financial Planning for Alzheimer's Disease

Matthew Crider, Elder Law Attorney

This is an interactive program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia. The topics covered will include: making legal plans that fit your needs, legal documents you'll need and what they mean, and practical strategies for making a long-term plan of care.

TIME: 6:00—7:30 P.M.

**LOCATION: Divine Savior Catholic Church
9079 Greenback Lane, Orangevale, CA 95662**

All workshops are FREE!

**For info and to RSVP, please call
Senior Care Solutions: (916) 965-5565**

alzheimer's association®



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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
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Redemptive Needs of All People, Ages,
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International 7412 Van Maren Lane,
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Service) Afternoon Service -2.00 -4.00pm
(Fijian Service) Food Bank -9.00
-10.30AM (Thursdays)

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ORANGE VALE WATER COMPANY NEEDS YOUR POXY! MAIL IN TODAY!



Orange Vale Water Company
Interested Candidates for a seat on the Board of Directors

ROBERT HUNTER - INCUMBENT

I am Rob Hunter and I have lived in Orangevale for over 35 years. My wife, Rhonda and I have been married for 38 years. We have raised 2 children and we have 3 grandchildren. I coached baseball and soccer when my kids were younger.

I am retired and now enjoy all my grandkids, wood working, home made wine, gardening and traveling in our 5th wheel.

I look forward to serving my community, and eagerly anticipate serving on the Orange Vale Water Board.

JIM LEMLEY - INCUMBENT

I have been a resident of Orangevale since 1986, relocating from Fair Oaks. My wife and I raised our three children here and love the community.

I was an owner/operator in the trucking business for many years and after retiring worked in the RV industry and at our local Ace Hardware.

I have served on the Orange Vale Water Board since December of 2017 and would like to continue serving our residents with the many upcoming and challenging changes that are taking place.

RUSSELL CASTILONE - INCUMBENT

I have served on the Board of Directors of the Orange Vale Water Company for many years. I am a long-time resident and business owner in Orangevale.

The goal of this Board is to maintain strong leadership and management of our most valuable resource our water supply. We face many challenges that have the potential to threaten the security of the water rights and reasonable cost of water that is so crucial to this region. We must protect the unprecedented quality of our water supply that this area has come to rely on and enjoy. I would like to continue serving in this capacity to meet the needs of our customers and to provide the service you have come to expect from this Company.



Orange Vale Water Company
A California Non-Profit Mutual Benefit Corporation
9031 Central Avenue - Post Office Box 620800
OrangeVale, California 95662-0800
Phone: 916-988-1693

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):

- Vote as Proxy Holder deems proper
- Abstain from voting for any director
- 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)

Address: _____

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