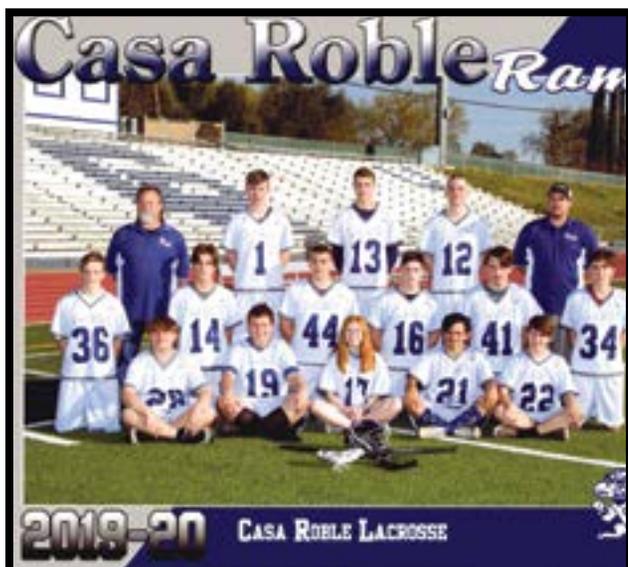


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## COMMUNICATION

### FAMILY AND CHILDREN COMMUNICATION TOOLS DURING COVID-19

We would all like a break from the constant anxiety and information overload that has been sparked from the growing Coronavirus Pandemic. Times like this can be stressful—for individuals, families, kids and entire communities. Fear and anxiety are common responses to uncertainty, feelings of isolation and disrupted daily routines, and can become overwhelming. However, if we take proactive steps to remain healthy, safe, and connected with one another we will be able to better manage our emotions and to re-establish some level of normalcy in our daily routines. So, as we all come to terms with the challenges we are experiencing, remember that providing support to our loved ones is crucial more now than ever. Here are some ways to provide support to family members and children.

#### Let them be heard

When dealing with anxious loved ones, the most important skill to learn is to listen. They want to know that you are listening to their concerns. Often, we go instantly into solution mode. Leave space for simply listening. When ready, it is ok to ask open-ended questions like “how are you feeling?” or “what can I do to make you feel better?” Listen to their answers and work together in processing their thoughts.

#### Provide Structure

Let family members know what to expect. Explain your schedule and routine for the day/night if you have one. People thrive when they have structure; provide that for your family if you can.

#### Explain the what and the why

Most people's fears come from being in an unfamiliar situation and not knowing what to expect. To help minimize anxiety, let them know what you are doing and why you are doing it.

#### Prepare yourself for stressful situations

Prepare yourself to “practice your patience.” Use this as an opportunity to train yourself to remain calm in stressful situations.

Also, know how negative emotional responses like anxiety or fear are activated in your body. Maybe it's a knot in your stomach, a fast heart rate, or tense muscles. Recognize these feelings and take a few deep breaths before heading into your next task.

#### Talking with children

If you're struggling with how to talk to your kids about the coronavirus, you're not alone. Here are some helpful tools to consider.



#### Don't Wait Too Long to Have the Conversation

As a parent, often our first thought is to protect, even if that means minimizing the situation. But in cases like this, being honest, and providing factual information is a parent's best defense. Teaching about COVID-19 is like teaching about anything; it has to be done in the context of their world.

#### Determine What your Child Knows

Ask your child to tell you what they know about the coronavirus. Encourage them to share everything they've heard or read, even if they think it's a rumor. The information you gather from this conversation can help you determine which facts you need to share first.

#### Be Empathic and Don't Dismiss Their Fears

Your child's fears may seem unreasonable or unrealistic to

CONTINUED ON PAGE 4

**MORE SPORTS ON PAGE 14**  
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## ABOUT THE 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.

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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](mailto: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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FRI JUN 12, 2020 Out To Public

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FRI JUN 26, 2020 Out To Public

JUL 2020

WED JUL 1 2020 DEADLINE

FRI JUL 10, 2020 Out To Public

WED JUL 15, 2020 DEADLINE

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# ANNOUNCEMENT

## Communication Tools during COVID-19 Continued from Front Page

you, but that doesn't mean they don't see them as real or valid. Before you talk about facts, listen to their concerns, and don't dismiss their fears. By hearing them out, you will be able to determine how you should direct the conversation.

### Stick to the Facts

This may seem obvious, but the information you share with your children should come from one or two sources. This can help minimize confusion.

### Keep the Information Age-Appropriate

How you discuss it will differ depending on the age of the child. Younger children may need physical proximity while you talk to them. Consider sitting in a way so they are eye level with you.

For elementary-aged children, reinforce what to do: washing hands with soap and water while singing 'Happy Birthday' twice, not touching your face, and coughing and sneezing into the crook of your elbow.

If you have middle and high school kids, the best approach is to talk about the facts and avoid placing your frustration or fears upon your children. Also, stress the importance of practicing good hygiene and

staying home from school or sports if they're not feeling well.

### Be Aware of Their Behavior

Many kids struggle with expressing their fear and concerns verbally. Depending on your child's age, they may or may not have the communication skills to say how they are feeling, but most children and teens show their worries through their behavior. Signs of stress and anxiety to look for include headaches, stomach aches, or sleep problems.

One way to combat this is to be present and engaged (that means no phones) and see what your child is telling you. Are they expressing anger and frustration too easily? Or maybe they are withdrawing? Those behavioral signs give us clear indicators of how your child is feeling, and should be your alert that they need better support.

### Talk about your Work as an Essential Employee

As an essential employee, who travels to and from the prison environment on a daily basis, there is a high likelihood that both your children and adult family members are feeling increased levels of anxiety, worry, fear, and anger because you are working in a high-risk environment.

Take time to talk with your family about what your role at work is, why you are considered an essential employee, why it is so important for you to continue to go into work, and

the steps you are taking to ensure your personal health and safety before, during, and after your work shift. Share your feelings and allow your family members to ask questions and provide them with age-appropriate responses so that they can better understand the things about your job that are making them feel unsettled.

### Find a Balance with School and Work at Home

Part of our new normal is a home full of people trying to attend both school and work simultaneously. This is probably a huge change for everyone and can come with a lot of mixed feelings. For instance, some kids may be excited to stay home while others may be grieving the loss of milestone activities including sports, performances, proms, graduations, and even just the daily connections with their friends. While as parents, many are used to going into an office to start their day away from the distractions of cleaning, parenting, caregiving for other family members, and managing other household responsibilities. Additionally, leaving the home to go to work allows for social connections and personal independence which may feel lost when remaining at home.

To adjust to this kind of change be open to having candid conversations with everyone in the home.

- Sit down and talk about what this type of change means for each member of the household and acknowledge any feelings of fear or loss.
- Discuss the specific things that are needed to help make both the school day and the workday more successful for everyone.
- Consider designating specific school and workspaces in your home.
- Set boundaries around interruptions, breaks, and end of the day activities because it is likely that the school day will end prior to the workday.

Though it might be difficult at first to begin these conversations, keep in mind that afterward, both you and your child will likely feel better after discussing fears and concerns as well as identifying proactive measures we can all take.

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# FINDING OPPORTUNITY IN CRISIS

## FINDING OPPORTUNITY IN CRISIS

by Supervisor Sue Frost

Over the past couple of weeks, I have had a large number of people ask me what Sacramento County is doing or going to do to help reduce the spread of COVID in the homeless community. In early April, Sacramento County and Sacramento City unanimously approved a joint plan that allocated more than \$15 million for this purpose, so I want to take this opportunity to explain it to you so you can understand how we are addressing this important issue. The plan consists of three main parts:

First, we are keeping our existing emergency shelters safe and operational and expanding their capacity. For our existing shelters, we are providing guidance and supplies for how to keep facilities sanitized and properly implement social distancing. For six different providers, we have expanded or prioritized the highly vulnerable. In one instance, the North 5th Street shelter expanded to accommodate an additional 40 highly vulnerable homeless individuals.

Second, we are working to ensure the health and safety of everyone living outdoors. We are doing this by providing portable toilets and wash stations to homeless camps with more than ten people living in them. We are also going to be providing daily support to meet the hygienic needs the homeless have, such as hygiene kits. I have had some people ask me why we aren't providing portable toilets and wash stations year-round, regardless of coronavirus. The reason is that portable toilets at homeless camps quickly turn into biohazard nightmares unless we provide heavy, daily upkeep. Doing so is extremely expensive, and the money can often put to better use elsewhere to help solve the problem.

Third, we are creating quarantine units for homeless people who have tested positive for



Supervisor Sue Frost

COVID, are symptomatic, or are otherwise highly vulnerable. We are housing these people mainly at a few existing motels who have signed contracts with the County. Since hotels/motels have virtually 100% vacancy right now, this is a good fit for both parties. We are allowing homeless people access to the quarantine units based on a ranking, with the top rank being someone who has tested positive for COVID (which we have the complete capacity for). The second rank is for someone pending a test or exposed to someone who tested positive, the third rank is for someone aged 65+ with pre-existing conditions with symptoms, and the ranks go on from there.

I would like to think that from this overwhelming situation

that has arisen, some good may be able to come out of it. For Sacramento County, we may be able to connect more homeless individuals with the services they need than we have in the past. We are getting our foot in the door to talk with them about long term housing and care, ways of getting them out of homelessness. Sometimes, that is how a crisis works. It comes along and throws us into chaos, but it also creates opportunities. Many people are struggling right now, but they are doing it from the comfort of their homes, while many people, including seniors and families, have no such luxuries. I hope we can capitalize on this opportunity and pull as many vulnerable people off the streets as we can, for as long as we can.

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@sacounty.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 Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks

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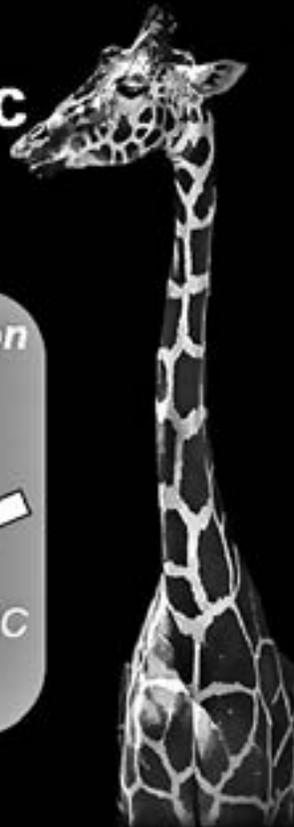
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# OV Unplugged

## OVUNPLUGGED

By Brandy Wade

As the owner of Creative Nature Playschool, our family hopes that our community is safe and well during this time. We would also like to take this moment to thank our community for their continued support of our nature preschool in the Best of Orangevale; we very much appreciate your support and are so proud to be a small piece of such a great community.

As a nature preschool program we strongly believe that being outdoors daily, with fresh air and sunlight, is not only critical in early childhood development but also throughout life. Of the many benefits nature plays in our health the most important one could be considered the strengthening of our immune system. Many studies have been conducted to support this conclusion; for example an article published in in 2016 by Georgetown University Medical Center researchers, found that sunlight, through a mechanism separate than vitamin D production, energizes T cells that play a central role in human immunity. In other words let's all make time to unplug and safely get some sunshine!

In an effort to give back to

our community we have offered to share creative ways to be screen-free and active both inside and outside; while also practicing safe social distancing. While technology is a necessity, at this time, it is important to find a balance between screen time and the outdoors. This can be increasingly difficult as schools are closed and parents, like ourselves, have been asked to put our children in front of a screen for online learning a large part of the day.

In the spirit of our first screen-free and #OVunplugged challenge we would like to share CNP's Screen-Free Bingo; a fun game of various activities to play with your family both inside and outside. If you are on social media please feel free to use #OVunplugged and #OVstrong to share your activities with others. Although not screen-free we would also like to take a moment to share additional resources located on our website, under our resources tab. Some of these resources include a compiled list of free online programs; that are not only interesting for young minds but are also educational. Our family also created a YouTube channel that showcases some of our Playschoolers favorite stories, craft projects, observations of nature, sensory projects,

and more. While we may be amateurs when it comes to online videos we wanted to offer these resources to the community. Stay tuned for our next #OVunplugged challenge and follow us on Facebook and Instagram @creativenatureplayschool and if you have other ideas for screen-free and unplugged fun please contact us at [www.CreativeNaturePlayschool.com](http://www.CreativeNaturePlayschool.com). Stay well and safe Orangevale, we WILL get through this together!

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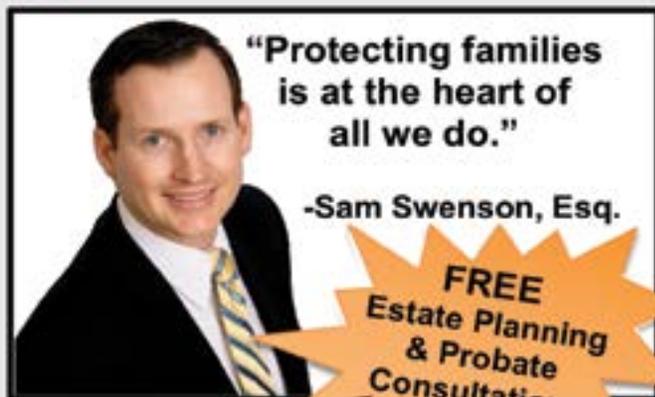
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**Orangevale Cooks**



by Suzanne Feblowitz

I am trying to find recipes that will help you during shelter in place. This recipe will replace all those pre-packaged tri-tips that you can find at the big box stores. You do not need to go there because you can make this at home! It is really easy and delicious!

We would love some new recipes, so if you have any recipes, please send them to Suzanne Feblowitz at the Orangevale View (editor@ov-view.com). Be sure to include

your phone number or email address in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit your name

**Jan's Tri-Tip Marinade**

Tri-tip roast (1 ½ to 2 lbs)

2/3 can of your favorite beer (I used Negra Modelo)

½ cup soy sauce

3 cloves garlic, minced

¾ cup onion, chopped

½ teaspoon sugar

Mix marinade ingredients together in bowl. Trim extra fat off the roast. Place the roast in a gallon zip baggie and pour the marinade over the roast. Put the baggie in a baking dish to prevent leakage into your refrigerator. Marinate for 1-2 days. Turn baggie over several times during the marinade time, so the liquid gets on all sides of the roast.

Grill until done. Enjoy!

**MARCH HOME SALES**

Date Sold	Price	Days on		Address	City	BRM	Bath	Sq Ft	Lot Sz
		Market							
3/27/2020	\$160,100	6		6412 Benning St #10	Orangevale	2	2 (2 0)	892	0.0406
3/19/2020	\$220,000	2		5637 Walnut Ave #34	Orangevale	2	1 (1 0)	1016	
3/18/2020	\$300,000	10		9409 Elm Ave	Orangevale	1 (2)	1 (1 0)	600	0.4
3/3/2020	\$325,000	29		8916 Custer Ave	Orangevale	3	2 (2 0)	1056	0.23
3/20/2020	\$326,000	44		8476 Milky Way	Orangevale	3	2 (2 0)	1297	0.14
3/6/2020	\$353,000	14		9337 Orangevale Ave	Orangevale	4	2 (2 0)	1391	0.33
3/9/2020	\$354,000	19		9412 Lake Natoma Dr	Orangevale	3	2 (2 0)	1164	0.19
3/24/2020	\$355,000	10		8948 Amerigo Ave	Orangevale	3	2 (2 0)	1130	0.23
3/23/2020	\$359,000	4		9085 Pecor Way	Orangevale	3	2 (2 0)	1128	0.1566
3/10/2020	\$370,000	41		8838 Lance Ave	Orangevale	4	2 (2 0)	1915	0.27
3/5/2020	\$370,000	4		5816 Rich Hill Dr	Orangevale	4	2 (2 0)	1625	0.19
3/11/2020	\$382,000	4		6806 Lakewood Way	Orangevale	3	2 (2 0)	1285	0.16
3/16/2020	\$385,000	6		9637 Tanglewood Cir	Orangevale	2	1 (1 0)	1064	0.16
3/6/2020	\$385,000	4		6006 Rich Hill Dr	Orangevale	3	2 (2 0)	1178	0.2
3/30/2020	\$392,500	1		8604 La Paenda Way	Orangevale	3	2 (2 0)	1117	0.16
3/27/2020	\$407,000	2		8666 Pardillo Ave	Orangevale	3	2 (2 0)	1316	0.18
3/24/2020	\$410,000	28		8752 Pershing Ave	Orangevale	3	2 (2 0)	1628	0.26
3/20/2020	\$423,000	6		6048 Almond Ave	Orangevale	3 (4)	2 (2 0)	1457	0.2
3/27/2020	\$435,000	7		8308 Applewood Ct	Orangevale	3	2 (2 0)	1331	0.24
3/12/2020	\$440,000	62		8389 Old Ranch Rd	Orangevale	4	3 (2 1)	1578	0.1492
3/18/2020	\$440,000	4		8080 Chipwood Way	Orangevale	4	4 (4 0)	1825	0.28
3/6/2020	\$451,000	3		6524 Pineburr Ct	Orangevale	3	2 (2 0)	1580	0.18
3/5/2020	\$455,000	10		5200 Main Ave	Orangevale	3	2 (2 0)	1678	0.33
3/13/2020	\$485,000	3		5244 Butterwood	Orangevale	4	3 (2 1)	1915	0.15
3/16/2020	\$495,000	2		6000 Walnut Ave	Orangevale	3	2 (2 0)	1939	0.22
3/2/2020	\$500,000	6		8732 Baxter Way	Orangevale	3	3 (3 0)	2214	0.37
3/13/2020	\$505,000	17		8833 Canarsie Ave	Orangevale	3	2 (2 0)	1650	0.23
3/3/2020	\$505,000	3		9391 Blue Oak Dr	Orangevale	4	3 (2 1)	1927	0.19
3/4/2020	\$535,000	6		7031 Kinney St	Orangevale	4	3 (2 1)	1856	0.24
3/25/2020	\$560,000	101		8637 E Briarbrook Cir	Orangevale	5	3 (3 0)	2530	0.28
3/11/2020	\$575,000	11		6039 Chestnut Ave	Orangevale	3	2 (2 0)	1866	0.66
3/12/2020	\$625,000	40		8974 Cape Windham Pl	Orangevale	4	3 (2 1)	2244	0.4601
3/16/2020	\$644,500	9		9359 Village Green Way	Orangevale	6	4 (4 0)	2800	0.25
3/18/2020	\$665,000	16		9101 Orangevale Ave	Orangevale	4	3 (3 0)	2496	0.45
3/17/2020	\$685,000	12		7724 Excelsior Ave	Orangevale	3	3 (3 0)	2062	0.35
3/9/2020	\$790,000	11		6746 Walnut Ave	Orangevale	4 (5)	3 (3 0)	3143	0.33

Above Information is based on data obtained at MetroList Services, Inc.  
Provided by Jim Naulty REALTOR BRE# 01383376 Newpoint Realty  
M 916.337.4969 O 916.535.0111

Orangevale Chamber of  
Commerce Business Spotlight  
**ENERGY SAVINGS  
CONSTRUCTION**

by: MaryAnne Povey

It's one thing to own a home but another thing to own a beautifully renovated, high performance home and that's exactly what you can achieve with longtime Orangevale resident Virgil McKenzie, owner of Energy Savings Construction. He's not just a home energy efficiency guru, but a longtime general contractor, specializing in an array of services like siding, windows, decks, fences, kitchen and bathroom remodels, as well as energy efficiency upgrades and solar systems.



remodeling to the mix in an effort to offer full service to his customers.

When the crash of 2008 hit, business took a downturn, so when a buddy called to ask if he'd like to work with him at his energy efficiency home improvement business, he said yes! That is when Virgil honed his skills at "building performance testing" learning how to evaluate and fix up homes to achieve their "best performance."

Virgil's philosophy is to educate the customer to understand how to "fix" things to make their home more beautiful and efficient. Just like a car, it makes sense to tune up your home inside and out so it is at its peak performance and beautiful for years to come.

Virgil installs solar systems however he urges customers to keep this in mind, "It's important you consider tuning up your home to make sure it's performing at its peak before purchasing solar."

Today, Virgil is focusing on providing top quality construction

services as well as energy efficiency upgrades using all of his 31 years of experience in construction and energy efficiency. He considers himself an expert in the field and prides himself in "being one of the best."

"We are definitely high end, but you get what you pay for," he shared.

An Orangevale resident since 1998, Virgil serves Orangevale and surrounding communities within a 50-mile radius.

Although business has slowed as a result of the COVID-19 situation, he is still working and he stated, "We are taking precautions and maintaining social distance and focusing mostly on outside work."

If you are looking for any home improvement or a home energy evaluation on bringing your home up to its peak performance, give them a call. Virgil and his staff would be happy to come give you an evaluation. Call 916-947-7990 or visit their website [www.energysavingsconstruction.com](http://www.energysavingsconstruction.com)

Sitting miles away, (observing social distancing), I interviewed Virgil about his business and how things were going during these unusual times. I quickly learned that Virgil has a love for home improvement and is a wealth of knowledge when it comes to evaluating a home's energy efficiency.

Virgil started doing construction over 31 years ago in high school doing work in a variety of fields including carpet and flooring installation, dry wall, fences, windows, and siding to name a few.

After years of working in the trades for other companies, he decided to get his own contractor's license since, "nothing seemed out of my realm to do."

"At that time, I also got my real estate license and started buying and flipping homes," he said "Anything to do with home improvement is definitely my thing!"

He originally bought a window company, then added siding and

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## CASA ROBLE HIGH SCHOOL SOFTBALL 2020

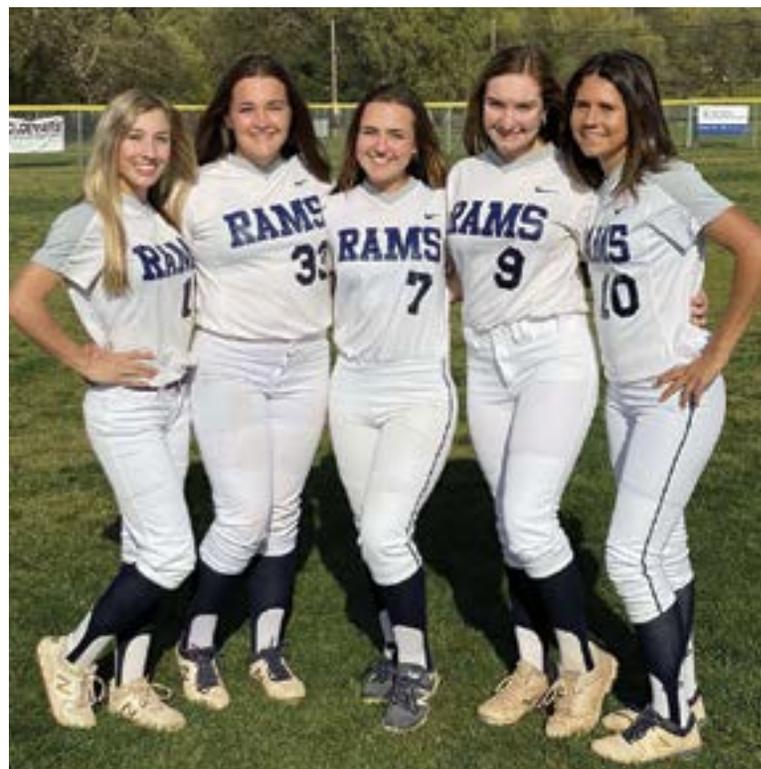


By mid-November, Casa Roble Softball was putting in the work on the field and creating bonds with one another. December hits and the annual conditioning starts up, this year focusing on strength and cardio to prepare for the upcoming season. February rolls around and teams are set in place. Just as the season is getting ready started, we are faced with a pandemic that canceled our season. This was the senior's last year and the freshmen's beginning. This season was going to be a fun one! Many team bonding events planned, keeping up with senior traditions, and building stronger unity within the girls. I am sad to see the season end and a lot of great girls not get to see out the bond that was to come for Casa Roble softball. I love and appreciate you all and wishing the best for everyone!" -written by a senior, Alexandria Allen.

Getting to know the seniors!  
 Isabella Feeney played on varsity for two years. She will be continuing her education at California State University, Chico and will be majoring in Nursing. Bella is Casa Robles' fabulous Senior Class President. Cadee Cooper played varsity for three years. An injury early in the Sophomore year caused an abrupt end to her season. All-League as a Junior. She will be continuing her education and softball career at Southern Illinois University Edwardsville, majoring in sociology.

Cadee loves to bake and she's a pretty fantastic baker. Alexis Aguado played varsity for three years. All-League as a Sophomore and GEL league MVP as a Junior. She will be continuing her education and softball career at California State University, San Bernardino, majoring in kinesiology. Lexi loves to paint in her free time. Ainsley Hughes played varsity for two years. She will be continuing her education at Boise State Uni-

versity. Ainsley's painting a mural for DQ and would love for you to come to check it out in May! Alex Allen played varsity for three years. All-League as a Sophomore and Junior. She will be continuing her education and softball career at California State University, Chico, majoring in biological sciences. Alex has been kept sane because of bike rides with her brother



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# ORANGEVALE YOUTH SOCCER CLUB

## REGISTRATION:

**Mail-In Registration:** Due to concerns associated with the Corona Virus, Walk-in Registration will not be offered this year. OYSC will honor the discounted fee structure offered during our Walk-in Registration during the Mail-in Registration period listed below

**April 1-May 16, 2020**

Mail to: OYSC

9535 ELM Ave., Orangevale CA 95662



## REGISTRATION FEES:

### Mail-in Registration:

U-6 & U-8 → \$75 per player (\$85 per player after May 16, 2020)  
U-10 through U-19 → \$105 per player (\$115 after May 16, 2020)

### Online Registration:

U-6 & U-8 → \$85 per player  
U10 through U-19 → \$115 per player  
\$20 charge will be deducted from registration fees for refunds requested before Aug. 1.

**NO REFUNDS WILL BE ISSUED AFTER August 31<sup>st</sup>**

### What to Bring:

#### ALL PLAYERS

- 2 printed copies of CYSA registration form (downloadable on ovalessoccer.org) incomplete registrations will NOT be accepted
- 1 copy of OYSC team preference/volunteer form (downloadable on ovalessoccer.org)
- **Small un-laminated photo of player ages 8 and up only (1"x 1" face only no hats or sunglasses)**
- Registration fee as check or money order (payable to Orangevale Youth Soccer Club), or credit card (small additional charge)

- A signed copy of the CYSA Parents Concussion Fact Sheet (downloadable on ovalessoccer.org)

#### PLAYERS NEW TO OYSC ALSO NEED

Copy of State-Certified Certificate of Live Birth (non-returnable). Hospital or baptismal certificates are not legal documents and cannot be accepted. California Youth Soccer Association regulations require a certificate of live birth for registration.

**Uniform Costs:** \$45 (tax included) purchased at Soccer Pro, 11726 Fair Oaks Blvd., Fair Oaks.

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