

# Orangevale View

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**DRIVE IN LIVE CONCERT PAGE 7**



**CURRIED CHICKPEA SALAD PAGE 10**



**Casa Roble Rams Senior Swimmers PAGE 14**

The Kiwanis Corner  
By Sal Arrigo, Jr.

## (PLEASE) BRING US FOOD OR MONEY!

I'll get right to the point – people in the Kiwanis Club of Orangevale – Fair Oaks area desperately need your food and monetary donations now!

There have been many community organizations that have been working hard to supply the Fair Oaks/Orangevale Food Bank with much needed food items and cash donations. Keith Wright, Executive Director of the Food Bank explained that, “the individuals we serve on a monthly basis have gone from 1,200 people a month to over 2,500!”

This is why your Kiwanis Club is joining the long list of community supporters and will sponsor a “food drive-by” on Saturday, June 27, 2020 from 9:00 a.m. until 12:00 noon. We will be joined by Assemblyman Kevin Kiley, who represents the 6th California District, and Supervisor Sue Frost who represents the 4th District, Sacramento County, and both represent the Orangevale area. They will be part of the volunteer crew, and in this case, handing over money to them, will be a huge benefit to our community!!



recently visited the Fair Oaks/Orangevale Food Bank, and Keith mentioned, it takes “a team of people to accomplish our mission.” I also met Andy, one of the many volunteers who said, “my feet hurt, but it’s a good hurt.” He had previously visited the food bank and was so impressed that he decided to start volunteering. He excitedly exclaimed that “I was overweight and had diabetes. I decided to volunteer my time and service and lost 70 pounds. It truly saved my life!” If Andy and so many others can contribute

to the cause, then I am guessing that many of us can give a little of our time to such a worthwhile organization.

The Fair Oaks/Orangevale Food Bank has been in operation since 2011. If you’ve never had the chance to visit it, I would encourage you to check it out. You will meet people who “have hearts that are contagious,” said Keith. He also said that right now the amount of food “leaving the premises is equal to the amount being donated.” I asked him to elaborate and he said, “I am concerned that

**CONTINUE PAGE 4**

\*\*\*\*\*ECRWSS\*\*\*\*\*

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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.

## ORANGEVALE VIEW

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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. It is you, our contributors, readers and advertisers who make the Orangevale View a newspaper you want to read.

### STAFF:

Brad Tatum -  
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Lisa Montes -**Editor**

### VOLUNTEER CONTRIBUTORS

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**MaryAnne Povey**

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FRI JUL 10, 2020 Out To Public

WED JUL 15, 2020 DEADLINE

FRI JUL 24, 2020 Out To Public

#### AUG 2020

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## ORANGEVALE Chamber Happy Hour

We also gather member organizations monthly after regular work hours. Meet your fellow community leaders and business people. The Chamber is active throughout the week, and these regular connecting points are a great way to stay informed as to what's happening in the Orangevale. Through these conversations, you can identify ways for your business to engage further into supporting the community and promoting what you do. These events are typically held 5:30 – 7:30 pm

Next mixer is July 23rd at 5:30 PM at Landscapes by Cochran located at 8974 Greenback Ln, Orangevale, CA 95662 - social distancing will be implemented accordingly and all are welcome.



Orangevale Chamber  
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welcomes the  
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- Must be at least 15 year or older.
- Must be able to use computer and email documents and photos.
- Must have transportation available on occasion

### Description

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### Description of Duties / Responsibilities:

- Report and write stories for publication describing background and detail of events adhering to professional writing standards.
- Review and evaluate copy for proper use of grammar, punctuation, etc.
- Build contacts to maintain a constant continuum of relevant facts.
- Interview individuals to gain additional insight and record information.
- Investigate media releases and/or stories related to the organization's interests.
- Work with publisher or editor to determine relevant material.
- Determine the appropriate emphasis, length, and format and organize material to complete assignments by deadline.
- Keep articles to 450 words or less

For articles submissions see page 2. Need more information contact the editor@ov-view.com

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# REOPENING OUR COMMUNITIES



Chick-fil-A Granite Bay Team Leaders commemorate the new drive-thru canopy with an official ribbon cutting! Photo courtesy of Emma Kenton

## CHICK-FIL-A GRANITE BAY ANNOUNCES NEW DRIVE THRU CANOPY!

By: MaryAnne Povey

After weeks of construction, and in the midst of a pandemic, Chick-fil-A of Granite Bay is happy to announce the completion of their new drive thru canopy, equipped with fans, misters, heaters and lights for all to enjoy!

“We are so happy this project is finally complete and look forward to our guests coming to experience it for themselves!” said Drive Thru Director Lauren Scarletti, “We believe our new drive thru canopy completes the full experience of Chick-fil-A! In addition to our great food, our great people, we now have a great drive thru for our guests and our team members!”

Chick-fil-A Granite Bay is located at 4040 Douglas Boulevard and just a short drive from Orangevale. Besides drive-thru, mobile and curbside pick up, guests can now come inside to place orders to go. Stay tuned for the dining room to be opened in the near future. Hope to see you soon!

## CONTINUED FROM FRONT PAGE

### The Kiwanis Corner

Some facts: 1 out of 7 Californians experiences food insecurity; 1 in 4 children in California goes to bed hungry each night. Only \$25.00 will feed a family for one week and \$100.00 will feed a family for one month according to the Fair Oaks/Orangevale Food Bank informational brochure. I am personally appealing to those who are able to donate at least \$25.00 of their Economic Impact Payment (stimulus money). I would like to say a heartfelt “Thank You” to East Lawn Me-

morial Park for donating \$200.00 towards the efforts of Kiwanis in support of the Orangevale Food Bank!

Kiwanis members continue to do our part; we look forward to seeing many people “drive-by” and drop off food and/ or monetary donations at the Fair Oaks/Orangevale Food Bank on Saturday, June 27, 2020 from 9:00 a.m. until 12:00 noon. Nothing feels better than helping others!

When we can once again gather together – I urge you to come and visit Ki-

wanis at El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the 2nd Tuesday of every month. Meetings begin at 6:30 pm. We also have social gatherings on the 4th Tuesday of every month (the location varies). Find us at facebook.com/KiwanisclubofOFO or email us for more information at kiwanisclubofifo@gmail.com.

Sal Arrigo, Jr., is the president of the Kiwanis Club of Orangevale – Fair Oaks. The Kiwanis Corner is published monthly.



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# ORANGEVALE HOST FIRST DRIVE IN LIVE CONCERT PROCEEDS BENEFIT THE ORANGEVALE FOOD BANK



## DRIVE IN LIVE SUMMER NIGHT CONCERT

Most spring and summer tours and festivals have either been postponed or called off entirely, due to limits on mass gatherings and the issuing of social distancing guidelines. But a “Drive In Live” concert is a way to reunite an audience with a favorite summer past time – “Music in the Park” while sitting safely in their cars.

The audience will be able to experience a live performance on stage (with social distance of 6 ft) with the sights of a light show extravaganza while safe in their vehicles. A large visual LED Screen will make it possible for everyone who attends to see all the action as if they were at a tradition summer concert.

Guests are expected to follow the current restrictions. Failure to comply will result in removal of event.

- Avoid People outside of your household
- Wash your hands / or use hand sanitizer
- When outside wear a mask and stay 6 ft from those not in your household
- Attendees must stay in their vehicles or to the left of their vehicles keeping 6ft required distance

Tickets can be purchased at [DriveInLiveConcert.Eventbrite.com](http://DriveInLiveConcert.Eventbrite.com) – The ticket cost is used to cover the hard cost of the event and any proceeds will benefit the Orangevale Fair Oaks Food Bank to help with the strain of COVID-19 and providing food for those in needs.

By purchasing a ticket, you agree to adhere to all the conditions and restrictions

of the event. Eventbrite advance tickets will permit us to remind folks via email with conditions and restrictions of the event along with updates. Benefits- The purpose of the event is to get the community of Orangevale out into our parks and provide a safe atmosphere for safe recreation. Produce some Community Energy. To get things moving again! It has been proven music is good for personal health.

- Improves Mood
- Reduces Stress
- Lessens Anxiety
- Improves Memory
- Eases Pain
- Provides Comfort

## NEED TO KNOW F.A.Q DRIVE IN LIVE CONCERT

Q: How soon before the concert should we be there?

Answer

Please arrive 60 minutes prior so we can get everyone parked before the show.

Q: Can we get in late?

Answer

We will not allow entry 10 minutes after the show begins.

Q: Can I move my vehicle?

Answer

No. Vehicles will be assigned to a spot and must remain in that location until the show is over.

Q: Can we bring our own food?

Answer

Yes, please do. We can't guarantee any food or drinks will be available.

Q: Are there restrooms?

Answer

Yes, we have restrooms that are sanitized by a dedicated staff member between every use. One person in the restroom at a time, except an adult with a child. You must

wear mask.

Q: Can we bring chairs and sit outside of the car.

Answer

Yes. Under current social distancing guidelines, you can bring chairs and sit to the left of your vehicle only. This will still provide more than 6 ft. between and the next vehicle. Vehicles are NOT to have more than 6 people per vehicle. As social distancing guidelines are updated, we will keep ticket holders informed via email. We will keep up on all social distancing guidelines and keep all tickets holders informed

Q: Can I get a refund?

Answer

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**Orangevale Cooks** 

by Suzanne Feblowitz

This week we have the perfect hot weather sandwich from Jessica Jurado. It is just in time for summer and it is vegan, too! This recipe is a great way to use up those canned garbanzo beans you have in the back of your pantry and fresh spring veggies! It's packed with vibrant flavor and texture.

- ½ c. finely chopped red bell pepper
- 1-2 stalks of celery (the tender interiors, minced)
- ¼-1/2 c. raisins
- ¼ c. fresh cilantro leaves, finely chopped
- 5 tbsp vegan mayo
- 1 clove garlic, minced
- 1/2 tsp grated fresh ginger
- 1/2 tsp ground turmeric
- 1/4 tsp curry powder, or more to taste
- 1 to 1 and 1/2 tsp fresh lemon juice, to taste
- 1 / 4 tsp plus 1/8 teaspoon fine sea salt, or to taste
- Freshly ground black pepper
- Mash up chickpeas with po-

tato masher or pastry cutter in medium sized mixing bowl. Dump all ingredients into a bowl and mix well. Serve on your favorite toasted bread. Absolutely delicious with bread and butter pickles and mixed greens. If you want some heat, spike it with cayenne or pile jalapeños onto your sandwich.

Note from Suzanne: We didn't have vegan mayo, so we used regular and cut down on the mayo, so ours wasn't vegan. It was delicious and easy to make! (I thought it would be great as a dip or over a bed of lettuce!)

**CURRIED CHICKPEA SALAD**

(Modified recipe based on Angela Liddon's Oh She Glows Every Day cookbook.)

- 1 14-oz. can chickpeas, drained and rinsed
- 3 green onions, thinly sliced

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# OV Unplugged

OV Unplugged  
By Brandy Wade

Spring flowers are still in bloom, pollinators are traveling and working hard, tree leaves are glistening green, flower bulbs are still sprouting, gardens are bursting with life, and birds are singing their sweet melodies. As we near the end of Spring, with high temperatures of Summer upon us, let's celebrate the end of a season and the beginning of another. Our next OV Unplugged screen-free challenge is a fun Color Scavenger Hunt. Families can use

this fun scavenger hunt and their sense of sight to find items of various colors in nature. Examples could be leaves, pebbles, flower petals, feathers, grass, bark, garden items, seeds, etc. Don't worry if the items you find do not fit in the box, as a check mark or a drawn picture would work too. Friends could also count insects as items; such as a Painted Lady Butterfly's orange and black wings or even the common house fly which has shades of green. As we enter the Summer season please remember to be kind to your bodies and drink plenty of water; preferably from a reusable water bottle. Our envi-

ronment is precious and the more we enjoy the outdoors the more we learn to see the value of nature. Stay safe friends and remember to get a daily dose of sunshine and fresh air. Please feel free to email CNP your findings or post them on social media using the hashtags #OVunplugged and #OVstrong. Stay tuned for our next challenge and follow us on Facebook and Instagram. You can also visit [www.CreativeNaturePlayschool.com](http://www.CreativeNaturePlayschool.com) for any of these resources. As always remember to put the technology down and enjoy the outdoors daily!

## CNP's Color Scavenger Hunt

### #OVunplugged #OVstrong

Your screen-free challenge is to find as many items in nature that match these colors for the empty box on the right. Examples could be leaves, pebbles, flower petals, feathers, grass, bark, garden items, seeds, etc.  
This is also published at [www.CreativeNaturePlayschool.com](http://www.CreativeNaturePlayschool.com) :-)



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RED		YELLOW	
BROWN		PINK	
GREEN		ORANGE	
BLACK		PURPLE	

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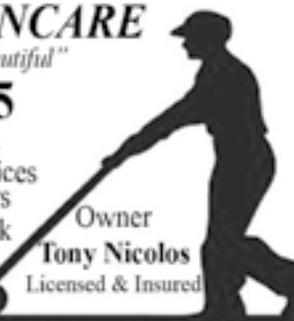
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# Local SPORTS

As you know our season was cut short but our goal was to be league champs for both boys and girls and both were undefeated 2-0 when the stay at home order was put into place. Our seniors were section qualifiers by relays and Evan Kliewer qualified individually so we had a promising and memorable finish to the season in store.

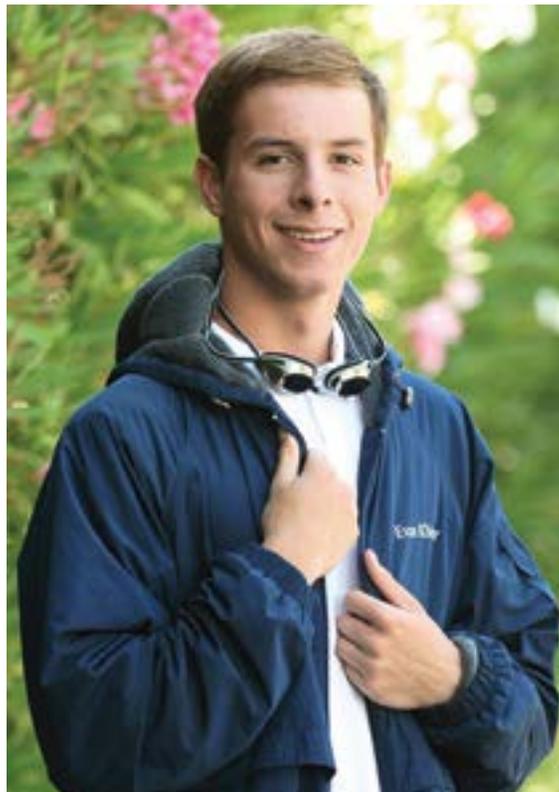
Michael Chavez

## Casa Roble Rams Senior Swimmers Spring 2020



### Kyle Bedford

Kyle is downright one of the nicest and helpful young men I have ever had the privilege to work with. If he is not busy with school or work, he will drop what he is doing to work on the pool deck or be the technology support. He is the youngest of 6 that was graduating from Casa Roble HS, so he knows and cares about the aquatic programs deeply. He always has that comforting temper that everything is going to be okay because he has been through it all and has insight that a graduating senior is going to make a difference in the real world. Once someone gives him a chance, he will make an impact like he did at his alma mater. Kyle was a combo athlete for us with diving and swimming. He made his impact in the dives he did and we were able to put him in any swim race and he would contribute in a big way. Thanks Kyle



### Evan Kliewer

Evan is a very funny young man. When you are preaching swim sets, he will make a comment or a joke that will stop you mid sentence and laugh. He will be swimming in a set and when you are watching for technique, you will hear a sound that will draw your attention. That sound would be coming from Evan. Every team needs a guy like Evan to lighten the mood because at the end of the day, it is about having a good laugh. A good laugh means you are having a great time. Evan was having a great time swimming. He was our Most Valuable Swimmer, could put him in any race and all eyes were on him. Very fun to watch!!!! I hope he swims at the next level because he could contribute to a team right away. Thanks Evan



### Bret Ragagli

Bret was the natural athlete that could pick something up Day 1 and dominate. I had the privilege of working with Bret his Senior year with water polo and swim. He was a force in the pool with both sports but that was not who defined Bret. Sports was a passion but not his character. He focused tremendously on his all-around game. He put in countless hours of community service, work and study time to boost his resume for the next level, college. I know he will achieve tremendous accolades in whatever he does and he knows that we at Casa Roble, we will be his biggest fans. Bret enjoyed butterfly and freestyle events, his best race was the 50 yard freestyle going 23.74 like we preached all season! Biggest smile I have seen from him to this day!! Thanks Bret

Our seniors: Kyle, Evan and Bret have been incredible leaders on the team. They have shown such character and leadership among their peers, and it has truly been an honor coaching them. I know they have great things in store in their futures and I look forward to seeing that unfold. Thank you Seniors for being who you are, you will be missed!

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