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In honor of their outstanding academic performance and dedication we presented Scholarships to the following seniors:



Ainsley Hughes - Casa Roble attend Boise State University With her proud Grandpa Bob Clouse & her beautiful DQ mural



Annika Mack - Casa Roble attend University of Colorado with Jerry Macklem at OV mural

“COVID-19 MAKES A POSITIVE IMPACT ON LOCAL FARMER’S MARKET”



“COVID-19 Makes A Positive Impact On Local Farmer’s Market”
By Liliana Millet

Since May of 2011, Orangevale has catered to a bustling seasonal farmer’s market that has proved to be a hub for our local community. From crops grown on local farms to handcrafted goods made by local citizens, the farmer’s market has always been a staple in the ever-growing community. Despite the farmer’s market continuing to run annually from May through October, the growing COVID-19 pandemic has placed some challenges and restrictions on both vendors and patrons of the market.

The farmer’s market houses many vendors including Susin Calabro and her daughter Jessica Calabro, two women working to supply masks for our commu-

nity. At the beginning of the COVID-19 pandemic, Susin Calabro decided that she wanted to make an impact with her free time and sewing skills. Working for hours on end, Susin donated a surplus of masks to the Sacramento Pet Vet in order for each employee to be able to continue their work during the new social distancing protocols. After supplying the Sacramento Pet Veterinarians with masks along with her family, Susin was asked to sell at the farmer’s market. Selling her masks with her daughter has proven to be an excellent experience for Calabro. Susin’s favorite part of being a vendor is the people she gets to meet along the way as, “... the people I meet through the market are always so respectful and friendly.”

For vendors the farmer’s market means more than making

money off of their goods, it’s also a way to connect with their community in a truly unique way. For second year vendor and farmer Greg Henry of Full Moon Farm, the farmer’s market is a way to improve his skills as a farmer and form new connections with a community he had yet to connect to. Greg sells starters for plants along with crops that he grows off of his own farm. Having experienced being a vendor at the farmer’s market the year before, Greg had already been exposed to the generosity of the Orangevale community. Nothing could prepare him for the rise in his sales in the face of the COVID-19 pandemic. “My crops had always done better than my starter plants,” said Greg, “... but during this pandemic, people have begun to want to grow their own food so my sales have skyrocketed!” Reflecting on his time as a vendor this season, Greg also said, “... seeing so many people turn out to support the farmer’s market and having the community come together shows that there are positive by-products to COVID-19.”

The Orangevale farmers market runs from 3:30 to 8 pm at 9295 Greenback Ln. Come out and support your local farmers and experience the beauty of the Orangevale community!

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

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WED SEP 16, 2020 DEADLINE

FRI SEP 25, 2020 Out To Public

OCT 2020

WED SEP 29, 2020 DEADLINE

FRI OCT 9, 2020 Out To Public

WED OCT 14 2020 DEADLINE

FRI OCT 23, 2020 Out To Public

NOV 2020

WED OCT 28, 2020 DEADLINE

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Editor,
 It was very disappointing to see the front page of the Orangevale View this week. I am assuming that these awards were given out after the Covid pandemic and yet most of the pictures showed people close together and not wearing masks. Same thing with the picture on p.14. Countries that chose to be truly patriotic and embraced wearing masks and keeping a social distance have been able to return to a more normal life.

To the extent that you are participating by highlighting the 'irresponsible' gatherings is what is prolonging our ability to beat this virus. Some of these same kids will not be able to return to school because people are ignoring what we know works and instead keep spreading the virus!

It would have been more helpful if you had highlighted those who were being social responsible and put their names on the 'copy' as you did with Elijah Mendoza on page 1. That way the correct message could be given and the participants rewarded.

P. Pinard



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Editor,
 A couple of items of interest:

1. COVID-19

The U.S. is 5% of the world population. It currently has 25% of the COVID-19 infections. That third world country, Thailand, recently reported a single case out of its population of 69 million--and yes, it tested a lot, it just handled the follow-up very much better than the U.S. As Matt Stoller tweeted: "American elite culture today is oriented around hostility to people who have unpopular but accurate observations. Our laws and rules incentivize cheaters, looters and superficial intellectual frauds. Of course we can't handle a public health crisis."

2. Defund the police?

U.S. population: 1981 - 229.5 million
 - 2017 - 325.1 million. That's a 42% increase.

Police funding: 1981 - \$40 billion

- 2017 - \$115 billion. That's a 187.5% increase.

For generations now, the U.S. has been de-funding the social safety net programs that would make police force less necessary. This includes closing asylums, reducing welfare and food stamps, and being miserly with Social Security Disability (you typically have to hire an attorney to navigate a disability application).

I have friends who are policemen (and women), and I want their jobs to be safer. Before the bipartisan moves to de-fund it, the social safety net used to be acknowledged as a cheap way to ensure social peace. Now, it's common for people to believe only frauds and cheats ("welfare queens") get such support. As billionaire investing genius Warren Buffet acknowledges, there's a class war going on, "And," says Buffet, "my class is winning."

--Regards,
 --Mark Dempsey

Live for a 30 minute interactive session that includes storytime, rapping/call and response, and hip hop dance/movement. This fun and engaging session is targeted to youth ages 3 to 5 years old every other Friday at 10:30 a.m. Check the calendar to see when the next one is.

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Dial-A-Tale Every three days, we upload a new reading in which a passage from essays, short stories, excerpts and poetry are read by library staff. Call (916) 575-4590.

Virtual Teen Programming We've created a

fun and energetic program for teens every Friday at 4 p.m. First Friday – Virtual Teen Space

Join us for friendship trivia games and a fun DIY craft. Please bring something to write with, a few pieces of blank paper, and some scissors. It's BYOS: bring your own snacks. Held via Zoom. Participants must email stab@saclibrary.org to receive Zoom information.

Second Friday – Tween Comic Book Club We'll discuss what we think is rad about this book, host a short trivia game and ask you for your questions, before and art activity inspired by the comic book. Copies of all books are available to borrow through Hoopla! Held on Facebook Live.

Third Friday – No Book Required Book Club What content is getting you through quarantine? Join us and chat about whatever

LINK THE CRIME BACK TO SERVING TIME

LINK THE CRIME BACK TO SERVING TIME

Written by Sacramento County Supervisor Sue Frost

A discussion taking place amidst the COVID-19 pandemic is the reduction of jail populations due to the high risk of spreading COVID-19 in the jails. Most recently, the Governor's office announced a further reduction of the state's prisoner population by 8,000. For many people in my District, these actions receive great concern for public safety implications. As an assurance, announcements about releases remind the public that prisoners being released are strictly non-violent offenders. But are they really?

California has a history of creating policies answering the call for criminal justice reform that reduces penalties and jail populations. On the surface, that sounds fine. Overcrowding in jails and prisons is a serious problem, and if we can reduce those populations by revisiting what society deems worthy of a stay in jail, why not do just that? The problem though, is that it is not exactly what has occurred in the past. Violent crimes have been redefined to omit actions I think most people would agree should merit some serious jail time.

Measures like Proposition 47, Proposition 57, and AB 109, have left crimes like domestic violence, rape of an unconscious person, and the trafficking of children out of what constitutes a violent crime when considering parole. To me and others, that is a ghastly omission. And since the implementation of those measures, California has seen a steady increase in violent crimes, particularly in the most populous cities. It is not difficult to draw a line from the release of violent criminals to an increase in violent crimes.



Supervisor Sue Frost

Fortunately, Californians will have the opportunity to rectify the situation moving forward. The Reducing Crime and Keeping California Safe Act of 2020 will be on the ballot as Proposition 20. Proposition 20 will restore violent crimes, such as felony assault with a deadly weapon, back to being considered violent crimes, and prevent the early release of some of California's most dangerous criminals.

Proposition 20 has other components to address rising crime rates in California, including theft. Many I have heard of and even witnessed individuals running out of stores with stolen goods with no fear of consequences because if they steal less than \$950, under Proposition 47, it is not a felony, and therefore more trouble to prosecute than it is worth. Proposition 20 will change that to make the 3rd time being caught stealing over \$250 worth of goods a felony. This will address the increase in theft seen since the implementation of the "criminal justice reforms."

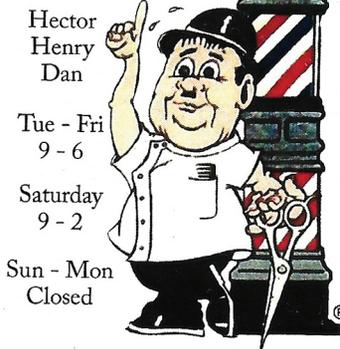
Among the reforms of Proposition 20, there are also changes to the parole process and acquisition of DNA from criminals. DNA continues to be invaluable in solving unsolvable crimes. In-

creased use of DNA can not only reveal the guilty but exonerate the innocent. What Proposition 20 does not do is put the pin back in the grenade. We cannot retroactively send people back to jail, and we do not need to do that in all cases. What we can do is make sure that California becomes safer moving forward. Keeping violent criminals off the streets for as long as possible seems to me like the best way to start.

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 Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks

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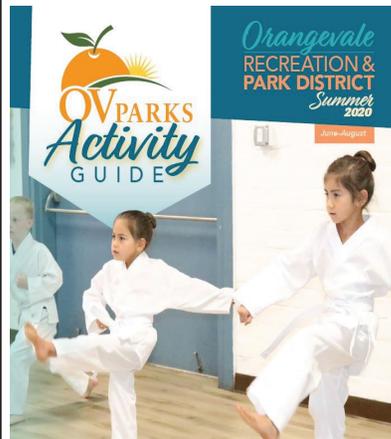
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OV Unplugged

OV Unplugged
By Brandy Wade

Hello Orangevale and surrounding communities! We hope you enjoyed our local Bird Scavenger Hunt from our last issue! In this issue of OV Unplugged we chal-

lenge our readers to use their senses to find items listed on our Senses Scavenger Hunt. Our senses are impeccably important as they help us figure out how we feel about certain situations and things. This

in turn helps us determine what we learn, think, and do in different situations. Did you know that there are actually four steps in digesting sensory information? For example as a child develops they digest sensory

information by turning it into workable knowledge through these steps; recognition, association, judgment, and response. As a young child any sense, or combination of senses, can be a starting point for learn-

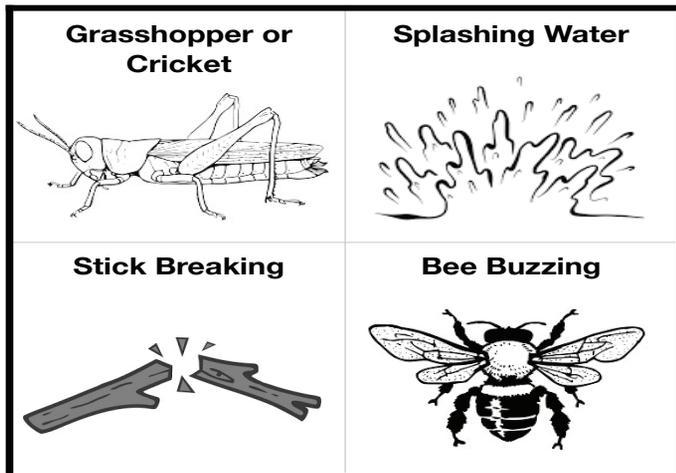
ing something new. In fact the more senses brought to bear, the better because the brain is so hungry for knowledge that it sends out as many sensory scouts as necessary to gather data and report back to the brain. Through this practice children's brains will learn to integrate this information to make a complete picture; just like a jigsaw puzzle.

CNP's Senses Scavenger Challenge

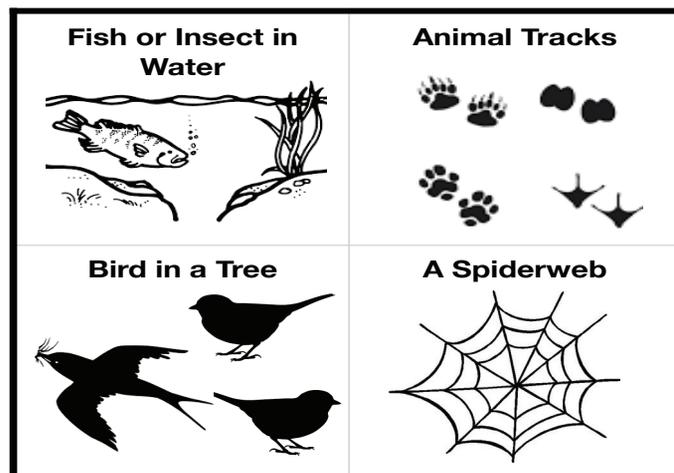
#OVunplugged

Use this Senses Scavenger Hunt to find as many items outdoors, using your senses. Remember to have your child take the time to describe each item using all their senses. This resource is also published at www.CreativeNaturePlayschool.com :-)

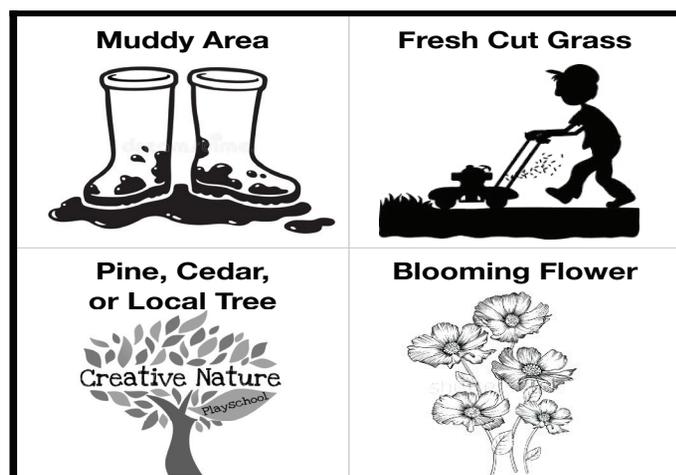
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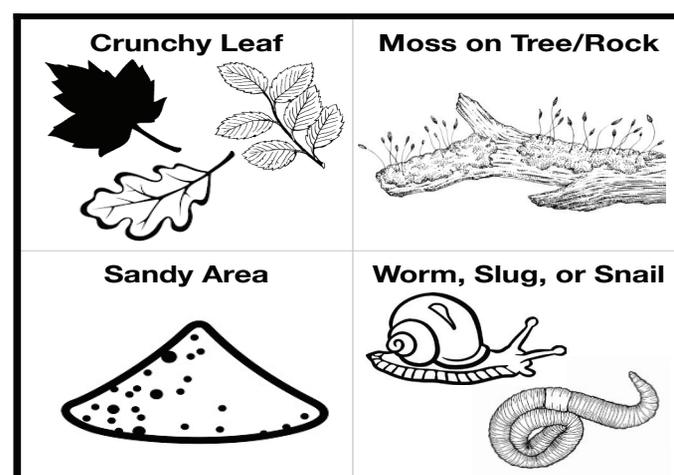
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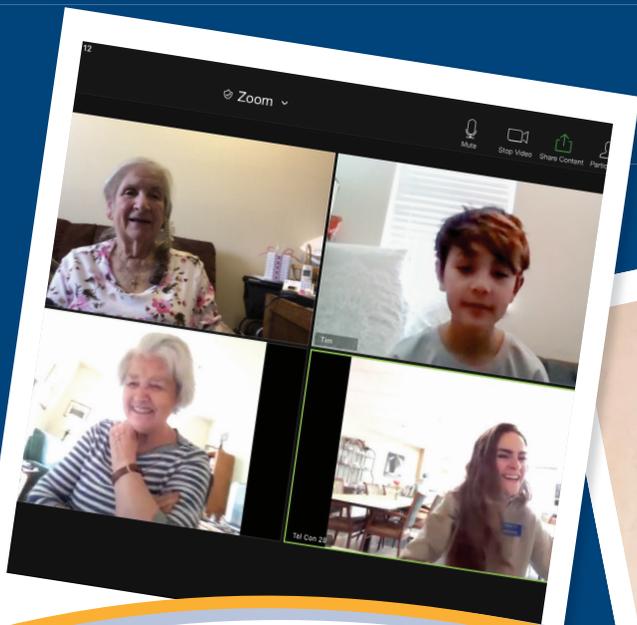
Touch It



In this issue of OV Unplugged we challenge our readers to use their senses to find as many items on our scavenger hunt as they can. While looking for these items with your family encourage your child to pause for a moment, taking the time to touch, feel, smell, and see these items. Ask your child to describe the items to you as well as possibly how they might relate to another item listed or sense. As always remember to get a daily dose of sunshine and fresh air, by putting down your family's technology and heading outside :-)

Please feel free to email CNP your findings or post them on social media using the #OVunplugged. Stay tuned for our next challenge and follow our nature preschool on Facebook and Instagram. You can also visit www.CreativeNaturePlayschool.com for this activity and all previous activities.

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Orangevale Cooks

by Suzanne Feblowitz



Summer is in full swing and maybe you might need a quick recipe that everyone will enjoy! My friend, Dana Wurster, served this last year at our Stamping event and everyone enjoyed it so much they asked for the recipe. Afterwards, I made it for my family and all of them enjoyed it. You can add or subtract ingredients to suit the likes of your family! If you would like to share a favorite summer 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.

CHICKEN SALAD

4 cups shredded chicken- Here's the key: use the rotisserie chicken from Costco

1 stalk celery, cut in half and then slice

4 green onions, thinly sliced or 1/4 red onion, chopped

1 1/2 tsp finely chopped fresh tarragon or dill or basil (dried dill works, too!)

2 TBSP finely chopped parsley

3/4 cup mayonnaise

2 tsp freshly squeezed lemon juice or balsamic vinegar

1 tsp Dijon mustard or yellow mustard

2 tsp kosher salt

Freshy ground pepper

Optional: sprinkle of garlic powder

Toss together the chicken, celery, onion, dill (or tarragon) and parsley in a large bowl. In a separate bowl, whisk together the mayonnaise, lemon juice, mustard, salt and pepper (to taste). Add to the chicken and mix together. Refrigerate until ready to use. Serve on a bed of lettuce or sliced bread or croissant rolls. Enjoy! Notes: This is a very versatile recipe. The rotisserie chicken gives so much flavor, so not much seasoning is needed! Season to taste.



CONTINUED FROM PAGE 4

you are watching/ listening to/ reading/ creating/ thinking/ eating. No book required! Held on Instagram Live and Zoom. Participants must email stab@saclibrary.org to receive Zoom information.

Fourth Friday – Teen Anime Trivia Learn new and interesting facts about anime, discover our online manga collection and test your trivia knowledge. Held on Facebook Live and Instagram Live.

Monthly programs Quarantainment Book Club The Adult Book Group invites you the first Tuesday of each month at 5 p.m. Travel to a different time and place through the pages of a good book. We will meet on Zoom.

BYOB Book Club Section Join us on the last Tuesday of each month at 5 p.m. for a themed virtual book club. Get ready to share what books you're loving and get some new ideas to add to your must-read list. Join us on June 30 as we talk about our favorite mysteries, thrillers and suspense books. On July 25, we'll be sharing our favorite books written by BIPOC authors. This virtual book club will meet on Zoom.

Reading Recommendations Join us on Facebook and Twitter every second Wednesday of

each month from 4 to 6 p.m. We'll be hosting a live reading recommendation where you can post titles of your favorite reads and we'll give you recommendations in real time.

Library AF Book Club Enjoy monthly book club discussions for young adult readers (and those young at heart), including lively pop-culture banter and enjoyable, non-traditional topics. This virtual book club will meet on Zoom on the second and last Saturday of each month at 11 a.m.

Between the Covers: A Romance Book Club Join us on Zoom to discuss a delightfully diverse collection of romance novels on the second Saturday of the month at 1 p.m. We'll also be discussing what romance novels are making you happy while staying safe at home.

One-time events Stories of Suffrage: Fiction and Non-Fiction about the Women's Suffrage Movement In this presentation, local writer Carrie Sessarego will discuss some of the many books written about Women's Suffrage - from first-person accounts, to histories, to romance novels and literary fiction! Feel free to bring questions and your own reading suggestions to share with the group. Join us on Zoom, facilitated by the Sacramento Room on August 2, from 1 to 2:30 p.m.

Sacramento Suffrage: The Fight for Voting

Rights in the Capital City Archivist Amanda DeWilde will be sharing the extraordinary stories of the Sacramento women and men who fought a decades long battle for equal voting rights, culminating in ratification of the Nineteenth Amendment 100 years ago. I'll be talking about how local clubs used creative approaches to change perceptions of women as voters, fighting against liquor interests and deeply entrenched myths about women and their place in politics. Join us on Zoom, facilitated by the Sacramento Room on August 16, from 1 to 2:30 p.m.

A Global History of the 19th Amendment Drawing from her new book, Peace on Our Terms: The Global Battle for Women's Rights After the First World War, Sacramento State history professor Mona Siegel will probe the ways that American women's final push for suffrage was shaped by global events. Her talk will highlight how female activists in Europe and the Middle East aided American women in the fight for the 19th Amendment, and it will explore why African-American, labor, and pacifist suffragists from the United States chose to advocate for women's rights abroad even as the 19th Amendment was reaching a perilous climax at home. Join us on Zoom, facilitated by the Sacramento Room on August 23, from 1 to 2:30 p.m.

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To submit non-emergency service requests, you can go to 311 Connect or call 3-1-1 (outside unincorporated county, call: 916-875-4311). If there is no immediate danger, you may also report a problem using the resources below.

<https://311.saccounty.net/> (311 Connect): We are here to help! Sacramento County 311 is a simple, three-digit number to call for help with almost any non-emergency issue in Unincorporated Sacramento County. Sac County 311 Customer Service Representatives are available 24 hours a day, 7 days a week to assist with submitting any of the available service request types offered by the County. Sac County 311 also maintains a Knowledge database that helps citizens locate information about County Departments, Offices and services. Contact us by phone,

email, mobile application or by using the links on this web page. We look forward to assisting you!

<https://www.saccounty.net/ReportaProblem/Pages/default.aspx> (Report a Problem Resource Page)

MAYOR CANDIDATE INFORMATION:

Orangevale Honorary Mayor Candidates for 2020-2021 are:

Sean Palmer - charity is Orangevale-Fair Oaks Food Bank

Luz Johnson - charity is the Orangevale Women's Club and the Del Oro Caregiver Resource Center

Jonathan Spangler - charity is the Rotary Foundation

Cliff Wylie - charity is American River Alano Club

And here are the PayPal do-



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nation links to include for each of them:

Jonathan: paypal.me/spangler2021

Cliff: paypal.me/Wylie2021

Luz: paypal.me/LuzJohnson2021

Sean: paypal.me/SeanPalmer2021

Check out their Honorary Mayor Facebook pages and follow what they're up to with their campaigns!

ABOUT THE CANDIDATE

Jonathan Spangler is a local business owner with Freedom Insurance Services. Born and raised in Vacaville, CA, he moved to this area after graduating high school. Orangevale reminds him a lot of growing up in Vacaville, with a small town feel that continues to grow and prosper. Jonathan is an active member of the Orangevale Rotary Club and sits on the Board of Directors with the Orangevale Chamber of Commerce. You can always find him supporting local small businesses in the area so don't be surprised running into him at a local coffee shop, restaurant or event. Jonathan has been married to his amazing wife Jennifer, an executive with CalSTRS, for six years. They have two wonderful, energetic young boys, Finnegan(4)



& Kincade(3), both having the same red-orange hair as their ginger parents. Jonathan enjoys spending time outdoors with the kids, playing disc-golf at the great local courses with friends and he is a lifelong fan of Football, Baseball and Basketball,

having played all three growing up. His family looks forward to growing with the Orangevale/Citrus Heights/Fair Oaks community as his boys grow and experience all the area has to offer. Jonathan loves Orangevale and wishes to be involved in helping it and the surrounding areas continue to grow and maintain the close-knit community. His charity of choice during this campaign is The Orangevale Rotary Charitable Fund which supports all of Orangevale by giving to multiple local nonprofits and provides several youth scholarships. The fund's ability to positively impact the community in multiple ways is why Jonathan has chosen them to be the recipient charity for his campaign for Orangevale Honorary Mayor.

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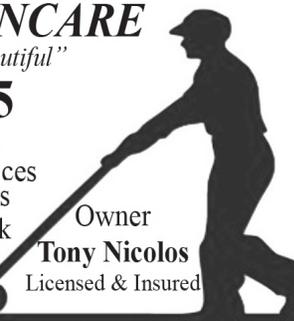
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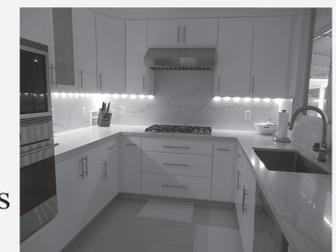
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COMMUNITY NEWS

ABOUT THE CANDIDATE

HELLO ORANGEVALE AND COMMUNITY,

The race is on. I am running for the Orangevale Honorary Mayor. Essentially it is a fundraiser raising money for each candidate's charity of choice I have picked Clean & Sober, www.candsrecovery.com

The other candidates are great people to work with and I am enjoying the adventure with them. We all want to raise as much as we can for the charities. Each dollar raised is a vote for the candidate.

Running for the Orangevale Honorary Mayor has allowed me an amazing opportunity to raise money for a charity or organization that I am passionate about. I immedi-



ately knew that I wanted to raise funds to help those battling addiction. I have chosen two organizations here in Orangevale that have not only helped my family but many others in our community. As some may know, I won the battle myself over ten years ago. In the past ten years I

have turned my life around and built a successful company. My company, Ware House Interiors has helped get men and women into the sober living house here in the Orangevale area and helped with the 1st months rent many times. My dream would be to help every single person I can. This is where you can help me help them. The funds raised will aid in housing, counseling, intervention and many other aspects on the road to recovery.

Vote/Donate at: paypal.me/Wylie2021
 Thank you and God bless!
 Cliff Wylie
 Owner Ware House Interiors Inc.

Say It Ain't So Joe . . .

Have you seen that infamous commercial where Joe Namath is offered his Medicare benefits? I have to say that he is very convincing. Unfortunately, many of the benefits in these plans are not offered in the Northern Ca. Sacramento, Placer and El Dorado county region. Like rides to and from doctor appointments or free meals. These types of plans are called Medicare Part C Plans. They are coupled together with Part D and referred to as Medicare Advantage & Prescription Drug Plans.

Would Joe enroll in any of these plans? I do not know. These plans are mostly HMO (Health Maintenance Organization) or EPO (Exclusive Provider Organization) plans. This means you are tied to a specific doctor group in the local area. Any services outside that area are only covered for Emergency Services. Once you become stabilized you must seek services back inside your area. Service areas are typically 35 miles within your elected medical group.

Premiums for Medicare Advantage & Prescription Drug Plans are inexpensive to you the insured. Typical monthly premiums cost \$0 - \$125 month. Although that is not your only cost. These plans include Co-Pays, Deductibles and Co-insurance costs. Although you will be capped with annual maximum out-of-pocket costs no more than \$6700.

The good news is every year Medicare requires an Annual Enrollment Period (AEP) which begins October 15 and closes on November 7th. In this enrollment period you can switch from one plan to another without medical questions. Most are not aware that if you are new to Medicare Part B or are first time to a Medicare Advantage plan you have a 12-month trial period. If you do not like the plan, then you are eligible to disenroll and go back into Original Medicare. We always recommend you get professional guidance when making your Medicare elections. This includes becoming eligible for Social Security Disability Medicare

(pre-age 65). Aging into Medicare (turning 65). Retiring after the age of 65. Medicare Advantage plans are only one option offered. There are other options that may be better suited based on your lifestyle and provide freedom of choice of doctors and eliminate co-pays, deductibles, and maximum out-of-pocket expenses.



Jim Beilgard, licensed and certified Medicare specialist since 1982. He resides in Orangevale CA and is licensed to represent most CA insurance carriers in Medicare, CoveredCa and Group Medical and supplemental plans. He can be contacted at jim@ehp-pro.com, www.eHealthPlanPro.com, 916-990-0136.

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