

Orangevale View

Serving Orangevale, Citrus Heights, Fair Oaks and Folsom



Bob Clouse, Jerry & Linda Macklem from the Orangevale Grange #354 handed out 100+ bags of school supplies for Elementary students during the Orangevale/Fair Oaks Food Bank hours due to COVID-19 and the schools doing Distance Learning. Thank you to TNT Fireworks for supplying clean bags that we put the school supplies in. Also, we would like to thank the Orangevale/Fair Oaks Food Bank for their hospitality for using their facility to pass out our school supplies. Come join the Orangevale Grange to help support our Orangevale/Fair Oaks Community.

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TWIN DRAGONS BAKING CO. A HEALTHY AND DELICIOUS FAMILY BUSINESS



"CEO and mother Van Truong stands with her daughters and co-presidents Ella and Emma Truong"

Twin Dragons Baking Co. – A Healthy and Delicious Family Business

By: Liliana Millet

In the United States, around 112 million people are either diabetic or prediabetic. What was once considered an irreversible progressive medical condition, diabetes is now being controlled, if not reversed, through diet changes eliminating sugar and digestible carbohydrates. Twin Dragons Baking Co. aims to make the battle against diabetes easier, and eating enjoyable again. Founder and CEO Van Vu explained the main mission of Twin Dragons Baking Co., "We want to help others become healthier by producing quality food that does not sig-

nificantly increase blood sugar or insulin levels." With items ranging from bread, confectionery and vegan meat substitutes, Twin Dragons has healthy and delicious versions of all of your favorite foods – foods diabetics couldn't eat until now

What was marked as a tragedy ultimately inspired Van and her husband Dr. Ban to use Twin Dragons Baking Co. as a way to slow and reverse chronic illnesses through dietary changes. While working as an emergency physician, Dr. Ban and his medical team were unable to resuscitate a young patient who had

Continue on page 5

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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.

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Woman of the Year 2012

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DATES TO REMEMBER:

SEP 2020

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

FRI NOV 6, 2020 Out To Public

WED NOV 11, 2020 DEADLINE

FRI NOV 20 , 2020 Out To Public

DEC 2020

WED NOV 25, 2020 DEADLINE

FRI DEC 4, 2020 Out To Public

WED DEC 9, 2020 DEADLINE

FRI DEC 18 , 2020 Out To Public

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**OVPARKS
NEW DISTRICT
ADMINISTRATOR**



The Orangevale Recreation & Park District is happy to welcome Barry Ross as the new District Administrator. He will begin employment on November 30, 2020. Barry has a long history of outstanding service in the Sacramento area and is currently the Recreation Superintendent for Mission Oaks Recreation and Park District.

Barry was born and raised in New Hampshire and graduated from the University of New Hampshire with a degree in Parks & Recreation Administration. He has lived in California for 33 years and in the Sacramento area for the past 20 years. Barry has been a full

time professional in the field of Recreation & Parks for 34 years. He has worked in therapeutic recreation, state parks, and corporate recreation, with most of his experience coming by serving communities through public recreation and parks. His experience includes successful grant writing, receiving awards for innovative programs, numerous community partnership projects, campaigning for and administering funding measures, and facilitating team building activities for his staff. In his spare time, Barry enjoys the outdoors, playing tennis, live entertainment (he really misses going to sporting events and concerts), and spending time with his fiancée Sharon, family and friends.

OVparks and the Orangevale community look forward to Barry's leadership and moving the District forward as the District embarks to navigate through the changing landscape and works to successfully carry out the recently completed park master plans.

Current District Administrator Greg Foell will be retiring at the end of the year after 11 years with the District.



**HAPPY 90th BIRTHDAY
BILL NEWTON**

Wishing Bill Newton a Happy 90th Birthday on Septetember 25, 2020. Bill and his family moved to Mississippi Bar Drive 43 years ago to become the Director of the Orangevale YMCA. Bill has been an active member of the Rotary and Redeemer Covenant Chruch. Bill will have quiet celebration with family at home due to COVID-19 Virus.



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LETTER TO EDITOR

An editorial of interest: Is "Defunding" the Police an Option?

(c) by Mark Dempsey

The law, in its majestic equality, forbids rich and poor alike sleeping under bridges, begging in the streets, and stealing bread. - Anatole France

A mailer from the Sacramento County Deputy Sheriff's Association arrived recently, reminding me that if we don't support fully funding the police, bad things will happen. On the cover, masked burglar pries open a door, next to "Do you feel safe?" in large letters. My question: Are these peace officers or the mafia, extorting money from the fearful?

Is police funding excessive?

U.S. population: 1981 - 229.5 million - 2017 - 325.1 million... a 42% increase...compared to...

Police funding: 1981 - \$40 billion - 2017 - \$115 billion....a 187.5% increase.

Hmmm, I wonder!

And, for generations, the U.S. has been defunding social safety net programs that would make police force unnecessary. This includes evicting mental patients from asylums, re-

ducing welfare, and being miserly with Social Security Disability.

Some policemen (and women) are genuine peace officers, not the army of occupation, and I want their jobs to be safer. We used to acknowledge that the social safety net was a cheap way to ensure peace. Now, people often believe only frauds get such support. As Warren Buffet acknowledges, there's a class war going on, "And," he says, "my class is winning."

Meanwhile, the police are left to face the desperate, with limited remedies, aside from force, for that desperation. For the Deputy Sheriff's Association, the beatings will continue until morale improves!

Locally, 71% of Sacramento County's General Fund goes to Law Enforcement, Jails and Courts. The County spends tens of millions settling cases of abuse by law enforcement.

Crime and arrests have been declining in recent years, too, but the County jail (pre-quarantine) was full! Sixty percent of its inmates were not convicted of anything except being unable to afford bail. That's right, it's illegal to be poor in Sacramento.

As with many problems, the com-

plete solution is simple.

1. Everyone has to use a public defender for all cases, civil and criminal.

2. Assign public defenders randomly. (Note: now prosecutors get roughly five times more money than public defenders.)

3. The penalty for (convicted) tampering is an automatic life sentence without parole.

4. Everyone has the right to a jury trial if they choose and juries are told about jury nullification.

5. No pleading, all cases get a trial.

6. End cash bail and monetary penalties for criminal cases, since they make some crimes not crimes for the rich.

No one should be able to use power or money to buy a better version of anything important: justice, health care, education, security, etc. The second elites have to use the same lawyers as everyone else, and can't game it, the system starts working. (from Ian Welsh)

The idea of defunding the police is a start, and certainly one whose time has arrived. Sure, the police will protest, but they serve us, not vice versa.

due to a dirth of food options available in stores and restaurants. "After asking our patients, we found the food they missed the most was bread, so I set out to make a version they could eat" Van said. Once she had successfully created a tasty bread recipe that did not significantly raise blood sugar or insulin levels, Van released it as the Twin Dragons' flagship product.

The true start of Twin Dragons Baking Co. didn't occur until the birth of Van and Dr. Ban's twin daughters, Ella and Emma Truong. Ella and Emma were born in 2012, the Year of the Dragon according to the Lunar Calendar. In their pursuit of better health, Van and Dr. Ban decided they also wanted to create a separate business that was dedi-

cated to their daughters and a healthy lifestyle. "We wanted to teach our girls what it means to be an entrepreneur and community leader" Van said. "We also found it difficult to find healthy food for children, so the focus of Twin Dragons was also to create kid-friendly food that would start children on the path of better health."

Twin Dragons radiates what it means to be a family business. "We are so excited to be located in Orangevale, the outpour of support from the community is amazing," Vu said. Located at 6131 Main Avenue, Twin Dragons Baking Co. will be running pop-ups to display all their products before their official opening later in 2020.

Twin Dragons Baking Co. continue from front page

had a heart attack. The patient did not have a history of medical problems and was considered "healthy" prior to his sudden death. The senseless death inspired Dr. Ban "and Van to study what it truly means to be "heathy.". "Ban and I wanted to change the paradigm of health" Van said. So, they co-opened clinic called Weightless Medical, and Van and Dr. Ban created nutrition programs to address obesity, the main driver of chronic health conditions. Through Weightless Medical, they began to work with many patients who suffered from diabetes. While highly successful helping patients to reverse their diabetes, it was difficult for their patients to maintain the necessary healthy lifestyle



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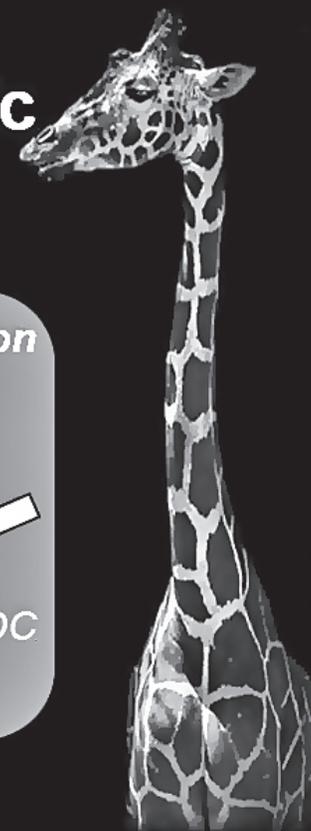
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S4 9/28-10/9
Disney Adventures



Enroll by 10/7

S5 10/12-10/23
Buggin' Out



Enroll by 10/21

S6 10/26-11/6

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Monday - Friday

Grades: 1st-3rd & 4th-6th

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Half Day: \$232 / \$237 NR

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This is a recreation-based program that will provide children a safe place to interact with peers, enjoy age-appropriate activities, and time for distance learning. **Call the District Office at 916-988-4373 or visit OVparks.com to sign up!**

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SENIOR SPECIALS

2019
BEST OF ORANGEVALE
RANGEVALE

OV Unplugged

OV Unplugged
By Brandy Wade

Hello Orangevale and surrounding communities! Our CNP family hopes you enjoyed the previous OVunplugged Owl Process Art activity. Given all of life's challenges, at the present moment, we also hope that your family and friends are all safe and doing well.

In this column we would like to challenge our families to take a walk through your neighborhood and find as many items as you can listed on our Neighborhood Scavenger Hunt. Walking is not only a great way to get your body moving and exercising but it furthers brain development and helps build sensory perceptions that help a child reach their full potential. It may just be walk for an adult however a moving child is a learning child. At CNP we tend to think of it this way:

the more a child wants to know, the more a child needs to move. The more a child moves, the more a child knows, and thus the more a child knows, the more a child wants to know. Learning is a self-perpetuating dynamic that is both building the body and the brain simultaneously. The exciting part is that nature has created this move-to-learn process organically and it's FREE for all! Nature is a beautiful part of our environment and it gently coaxes a child to explore beyond their current boundaries toward their own curiosity to acquire new capabilities. So why not take your family outside to help further your child's development? Of course, given the current air quality, if your family is not comfortable going outside just yet, we would recommend heading outside in the early morning hours, as the air quality tends to be better. This scavenger hunt can also be done while driving your car around

the neighborhood. Just grab a writing utensil and this issue of the OV View and head outdoors! PS: don't forget to say hello to your neighbors along the way; you may make a new friend! As we say in our family we may need to physically distance ourselves however socializing should still be integral part one's daily life.

We hope families enjoy this fun Neighborhood Scavenger Hunt! As always, we hope you remember to put down the technology and head outside 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 #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.



ASSEMBLE AN EMERGENCY SUPPLY KIT

Put together your emergency supply kit long before a wild-fire or other disaster occurs and keep it easily accessible so you can take it with you when you have to evacuate. Plan to be away from your home for an extended period of time. Each person should have a readily accessible emergency supply kit. Backpacks work great for storing these items (except food and water) and are quick to grab. Storing food and water in a tub or chest on wheels will make it easier to transport. Keep it light enough to be able to lift it into your car. Ensure you plan with COVID-19 in mind.

Emergency Supply Kit Checklist

- Face masks or coverings
- Three-day supply of non-perishable food and three gallons of water per person
- Map marked with at least two evacuation routes
- Prescriptions or special medications
- Change of clothing
- Extra eyeglasses or contact lenses
- An extra set of car keys, credit cards, cash or traveler's checks
- First aid kit
- Flashlight
- Battery-powered radio and extra batteries
- Sanitation supplies
- Copies of important documents (birth certificates, passports, etc.)
- Don't forget pet food and water!
- Items to take if time allows:
 - Easily carried valuables
 - Family photos and other irreplaceable items
 - Personal computer information on hard drives and disks
 - Chargers for cell phones, laptops, etc.
- Always keep a sturdy pair of shoes and a flashlight near your bed and handy in case of a sudden evacuation at night.

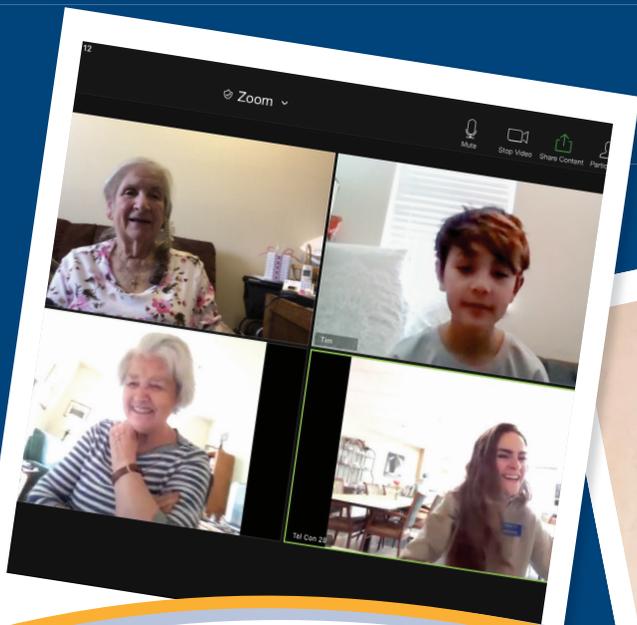
For more information on emergency supplies, visit www.ready.gov

CNP's Neighborhood Scavenger Hunt

Use this Neighborhood Scavenger Hunt to find as many items as you can outdoors. This activity, as well as all other published activities, are published at www.CreativeNaturePlayschool.com :-)
Tag any findings or activities with #OVunplugged on social media!

American Flag 	A Mailbox 	1 Tall & 1 Short Tree 	Bicycle
A Tree Stump 	A Blue Car/Truck 	A Stick 	Basketball Hoop
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Orangevale Cooks



by Suzanne Feblowitz

My husband keeps finding delicious recipes online for his Instant Pot. His recipe for Beef Tips is amazing! He found this recipe at simplyhappyfoodie.com. The tips are tender delicious tips of beef, braised and pressure cooked in a rich gravy. Serve over mashed potatoes or rice for a delicious meal. If you would like to share a favorite recipe, please send a copy to Suzanne Feblowitz at the Orangevale View (editor@ov-view.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.

DON'S BEEF TIPS IN THE INSTANT POT

1. Make the Seasoning Rub:

- 3 Tbsp Flour
- 2 tsp Steak Seasoning
- 2 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 1/4 tsp Kosher Salt
- 1/2 tsp Pepper

-In a gallon sized baggie, mix together the seasoning ingredients. Set aside.

2. Brown the Meat

• 2 lbs Beef Sirloin Roast, cut in 2" cubes (This was on sale at Raleys a few weeks ago!)

• 2 Tbsp Olive Oil

-Turn on the pot's Sauté setting (high temperature).

-Cut the roast into 2 inch cubes and put them into the baggie with the sea-

soning mixture. Shake the baggie to coat all of the meat with the seasoning.

-When the pot is hot, add the oil. Then add half of the steak cubes in one layer. Brown both sides, but don't cook through, and remove to a plate. Repeat with the second half of the meat.

3. Make the Gravy

- 2 Tbsp Butter
- 1 Onion, chopped
- 2 lg cloves Garlic, minced
- 1/3 cup Red Wine (or use beef broth)-wine is best!
- 1 tsp beef base mixed with 1 cup water
- 1 Tbsp Worcestershire Sauce
- 1 tsp Thyme Leaves (not ground)-fresh or dried

-Add the butter and onion to the pot. Stir and scrape the bottom of the pot, getting up all of the browned bits.

-Add the garlic, stir. Cook about 20 seconds, then add the red wine.

-Add the bouillon, consommé, Worcestershire sauce, and thyme leaves. Mix well to dissolve the bouillon.

Cancel the Sauté setting.

4. Cook the Beef Tips

-Add the beef tips back into the pot. Close the lid and seal it.

-Set the cook time for 25 minutes. High pressure.

-When the cook time finishes, let the pot sit undisturbed for a 10 minute natural release.

-Turn the steam release knob to Venting and re-

lease the remaining pressure.

-Stir, taste the gravy and adjust salt, if necessary.

-Serve over mashed potatoes, rice, or cauliflower rice

If the gravy isn't thick enough, then whisk together 2 TBSP cornstarch and 2 TBSP water until dissolved. Then turn on sauté and when the sauce simmers, stir in the cornstarch mixture. Stir until thickened and turn off the pot.

Serve with a salad and dinner rolls for a complete meal for 4

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A clean dog really is a happy dog. Just ask your favorite pet! Ok, I know you cannot really ask him or her, but some simple observation on your part can tell you their answer. Regular grooming has different advantages, both for your pet and you. It gives you an up-close view of your pet allowing you to notice symptoms and problems your pet may be having and you might otherwise miss. Your personal bond with your dog is strengthened. In addition, think of the money you will save by not having to pay a professional groomer for things that you can learn to do yourself, not to mention possible savings at the veterinarian by heading off costly illnesses.

BATHING YOUR PET

Only when necessary! That's right; only bathe your dog when it is absolutely necessary. A dog's skin can dry out very easily. Use only a shampoo specially formulated for a dog. This will help keep his coat shiny and his skin moisturized. There are many 'dry' bathing products on the market also. What about the actual bathing? Think safety! A dog that again, is started when he is just a puppy will become accustomed to this and not react with fear. If you have a walk-in shower, this is ideal. Walk right in with your pet and scrub away. This is especially helpful if your dog is on the large side. For smaller pets, a regular tub can be used. With either, make sure the bottom of the tub or shower has a non-slip surface. Avoid your dog's ears and eyes the same as you would on an infant. Finally, rinse well, as soap left on the skin will irritate and do more harm than the original bath did good.

EARS AND EYES

If your dog is destined to have 'goopy' eyes, get in the habit of wiping gently with a warm wash cloth. Nothing else should be done unless a veterinarian advises. Some dogs have allergies just like us and your vet may prescribe drops to help alleviate red or sore eyes. Puppy's ears should be

checked regularly, but do no more than clip long hairs that seem to irritate him or her. By checking regularly though, you will notice



if anything abnormal is cropping up. If redness or an odor occurs, or they get touchy about you touching the ears, this could signal a problem and you should direct this to your veterinarian immediately.

CLIPPING TOENAILS

In our house, the words 'It's time to clip Manta's nails' sends everyone running...as far away as possible. Manta is a sweet, gentle, older dog. By the time she came to be part of our family, she was well on her way to being a year old. She never had her nails clipped as a young puppy, and did not acquire the habit that some dogs do of 'chewing' their own. If she had been having her nails clipped from early puppy on, she would probably just take it in stride as part of her normal routine. Even at the age we started, she should have become accustomed to it. She has not! She sees the clippers from across the yard and runs as fast as she can away from them. The whole time we are clipping them, she acts as if we are killing her; full moans and whines echoing across the room. As soon as we are finished, she retreats to her corner to sulk. Because of all this, we try to make this as quick a process, but as safe as possible at the same time. Make sure and purchase a pair of clippers made especially for this. They are not very expensive, and when they become dull, a new pair should be purchased to replace the old. Dull clippers will do more damage than good, cracking the nail

and possibly leading to infection. Clip short, but not so short that it hurts. Some dogs will stand and obediently let you pick up one paw at a time. Others can be coaxed to lie down on their side giving you easy access to the paws.

Remember that any time spent grooming your pet is time not wasted. It will lead to a healthier, longer living animal, and that means you will have your best friend around that much longer!

BRUSHING AND CARING FOR YOUR DOG'S COAT

Again, start when the dog is just a puppy and they will become so accustomed to it, it will not be a problem or big deal. Depending on whether your pet is short or long hair will determine the amount of brushing required. Shorthaired dogs need to be brushed two to three times a week. Longhaired pets should be brushed daily. Look at it as time spent relating to your dog and the time will be spent doing double duty. Different brushes are made for different hair types. Choose an appropriate one depending on length and type of coat. For dogs with extremely wiry or a coat that mats easily, look for a mat comb.

DENTAL CARE

Dog's teeth can build up plaque and tartar the same as ours. Chips can occur and periodontal disease is a common problem. Teeth can become loose and fall out due to receding gums caused by this. What can you do? Brush his teeth! Start when the dog is just a puppy and he will become so accustomed to it, it will be just a regular part of his or her routine. The best way to start is to use soft cotton the first few days, then slowly progress to a regular dog toothbrush. A child's soft brush can also be used. These can be purchased at your local pet store or through your veterinarian. Do not forget the toothpaste either. Special made brands for your pets are available also. As with our own brushes, watch for wear and replace as necessary.

Article by Pam Tobin, President & Rescue Chair Sierra Pacific Great Pyrenees Club, Inc. ID #94-3305590

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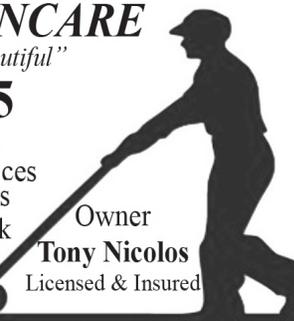
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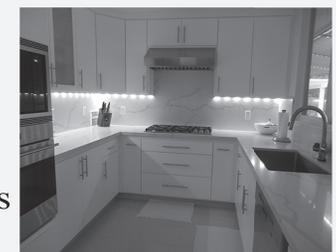
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