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THE COMMUNITY IS INVITED TO JOIN US FOR THE AWARDS CEREMONY ON FEBRUARY 20TH AT 7PM. WATCH LIVE ON ORANGEVALE CHAMBER OR ORANGEVALE VIEW'S FACEBOOK

The Best of Orangevale Awards is an annual ceremony to recognize the most innovative and impactful businesses, citizens, and community programs that raise the bar on social responsibility and spearheading the transformation to a strong, healthy, and sustainable community. This year is no different.

To support and contribute to highlighting our local businesses, groups and individuals visit www.bestoforangevale.com. In partnership with the Orangevale Chamber of Commerce this website remains active until the following year's competition and acts as a local online directory for consumers and their needs.

Voting will continue until February 5th, 2021. This will determine the 2020 runners-up and winners. To find out who the winners are, join us on Saturday, February 20, 2021, at 7:00 pm for our first-ever virtual awards program. And although we can't be together in the same room, The Brads (OG and Farmer) will host an exciting evening of recognition with special appearances from Supervisor Frost, Assembly Kiley, and Congressman Bera. We promise - this is not an ordinary zoom. This LIVE FREE Broadcast will take place at the Orangevale Chamber with a full evening of dinner, reflection and celebration.

The cost of the program broadcast is FREE with a dinner option for \$20. Supporting local business - dinner is provided by O'Connor's Wood Fire Grill and includes tri-tip, chicken, chili, garlic bread, and mini cheesecakes. To purchase dinner visit www.allevvents.ticketspice.com/bestoforangevale2020

This event is made possible by the following sponsors L&M Liquor and Deli, Palmer Real Estate, Orangevale Chamber and Fix Auto. For sponsorship details and options visit www.allevvents.ticketspice.com/bestoforangevale2020 or email the Orangevale View at info@ovview.com

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LOYAL 2 LOCAL

The Orangevale Woman's Club (OVWC) is sponsoring a new project, called Loyal 2 Local. We will be highlighting businesses in our community twice a month in the View, the OVWC website (www.orangevalewomensclub.org), and the OVWC Facebook page. We know our Orangevale Community is the best in supporting local businesses. We are hoping that these articles will remind you of the local restaurants that you see every day but haven't been to lately. The first restaurant that we are featuring is Lupita's Mexican Restaurant, 9353 Greenback Lane.

We spoke with Lupita, the owner. She has been at the current location since 1996, 25 years! She originally wanted to be a singer but with 8 kids, that wasn't going to pay the bills, and cooking is what she loves to do. Lupita started cooking in the Eastern and Arcade area before moving to her present location on Greenback. Everything at Lupita's is homemade, the way her mother and grandmother did and which is why it is so good. When asked what her restaurant is known for, she talked about how people say they ate somewhere else and it wasn't as good as hers and she asks "why would you eat there when you can eat here?"

When asked about how business has been throughout the pandemic, she replied that she is down about 95% but is keeping a very positive outlook. Lupita's closed down for the first 3 months of the pandemic and then reopened for a week. She ended up having a gas leak that again closed her down for the next 4-5 months. Lupita's is back open and the kitchen back together. The restaurant right now is open for takeout only, Tuesday thru Sunday 4:00-9:00 p.m., closed Mondays. But beginning January 29th, she will be



open for lunch from 11:00 a.m. to 9:00 p.m. Lupita wants to thank the Orangevale Community for all the support and love that she has experienced from our Community. Please give her a call, (916) 988-0888, and order some fabulous Mexican food and support one of our longtime businesses. I highly recommend the Chili Rellenos! Lupita's will be offering an amazing Welcome Back

Special Combo Lunch which will include your choice of 2 tacos or 2 enchiladas with rice and beans. The regular cost is \$10.95 but the special is only for \$5.00. The special is available until February 28th. Also, when you go visit Lupita's, be sure and notice the beautiful plant on her counter, it was a grand opening gift 25 years ago!

Orangevale Woman's Club

#LETTHEMPLAYCA PAGE 11



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ABOUT THE VIEW



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. 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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California Senate Woman of the Year 2012

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IMPORTANT DEADLINES AND PUBLICATON DATES

FEBRUARY 2021
DEADLINE WED. FEB 3
OUT TO PUBLIC FRI. FEB 12
DEADLINE WED. FEB 17
OUT TO PUBLIC FRI. FEB 26

MARCH 2021
DEADLINE WED. MAR 3
OUT TO PUBLIC FRI. MAR 12
DEADLINE WED. MAR 17
OUT TO PUBLIC FRI. MAR 26

APRIL 2021
DEADLINE WED. MAR 31
OUT TO PUBLIC FRI. APR 9
DEADLINE WED. APR 14
OUT TO PUBLIC FRI. APR 23

MAY 2021
DEADLINE WED. APR 28
OUT TO PUBLIC FRI. MAY 7
DEADLINE WED. MAY 12
OUT TO PUBLIC FRI. MAY 21

JUNE 2021
DEADLINE WED. MAY 26
OUT TO PUBLIC FRI. JUN 4
DEADLINE WED. JUN 9
OUT TO PUBLIC FRI. JUNE 18

JULY 2021
DEADLINE WED. JUL 7
OUT TO PUBLIC FRI. JUL 16
DEADLINE WED. JUL 21
OUT TO PUBLIC FRI. JUL 30

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AUG 2021
DEADLINE WED. AUG 4
OUT TO PUBLIC FRI. AUG 13
DEADLINE WED. AUG 18
OUT TO PUBLIC FRI. AUG 27

SEP 2021
DEADLINE WED. SEP 1
OUT TO PUBLIC FRI. SEP 10
DEADLINE WED.
OUT TO PUBLIC FRI. AUG 27

OCT 2021
DEADLINE WED. SEP 1
OUT TO PUBLIC FRI. SEP 10
DEADLINE WED.
OUT TO PUBLIC FRI. AUG 27

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In the comfort of his home, Bernard "Ben" Casalegno passed away on January 1, 2021 at the age of 100 from Congestive Heart Failure.

Ben was born in Fairbanks Alaska to George & Vera Casalegno and was the third of six children. Shortly thereafter, they moved to Soquel California where he was raised on the Casalegno Family Farm and Country Store.

Ben graduated from Santa Cruz High School and later went to work at McClellan Air Force Base as a civilian employee. While working at McClellan he was introduced to his sweetheart, Dorothy, by Dorothy's sister, Caroline, who worked with Ben at McClellan. In March 1943 Ben joined the United States Army Air Force. Ben and Dorothy were married ten months later in January 1944 and celebrated their 76th wedding anniversary together in 2020. About a year after their marriage, Ben was deployed overseas during WWII to US occupied Japanese Islands where he worked on P-47 Thunderbolt Airplanes. After his honorable discharge, he went back to work at McClellan until he retired. Ben and Dorothy remained in the Sacramento and surrounding area where they raised 3 sons and 1 daughter. He was a resident of Orangevale since 1965. Ben was dearly loved by all of his family and friends.

Ben was predeceased by his parents George and Vera, brothers Matthew, Frank, Bill and sister Loretta Szychowski. He is survived by his wife Dorothy Casalegno; sister Lucille Mogaard; 4 children - Dennis Casalegno (Sandy), Jim Casalegno, Bill Casalegno (Arleta) and Cheryl (Jeff); 8 Grandchildren - Lisa Myrick (Dale), Kim Daugherty, Chris Quandt (Emily), April

Garringer (Josh), Allison Genai (Bridger), Paige Casalegno, Michelle Voth (Aaron) and Amber Waltman (Ken); 9 Great Grandchildren and 6 Great-Great

Grandchildren.

He was laid to rest in the Court of Honor at Mt. Vernon Memorial Park and Mortuary in Fair Oaks, California on January 19, 2021.

DEC HOME SALES

Date Sold	Price	Days on Market	Address	City	BD	BA (FP)	Sq Ft	Lot Sz
12/9/2020	\$274,950	32	9391 River Oaks Ln	Orangevale	3	3 (2 1)	1,436	0.03
12/8/2020	\$285,000	37	9388 River Oaks Ln	Orangevale	3	3 (2 1)	1,436	0.03
12/16/2020	\$290,000	9	9343 River Oaks Ln	Orangevale	3	3 (2 1)	1,436	0.04
12/7/2020	\$361,500	5	7200 Beech Ave	Orangevale	3	2 (2 0)	1,056	0.27
12/3/2020	\$365,000	60	6416 Cerromar Cir	Orangevale	3	2 (2 0)	1,008	0.21
12/11/2020	\$365,000	11	8624 Reetey Ave	Orangevale	3	1 (1 0)	864	0.23
12/3/2020	\$382,000	8	9258 Pershing Avenue	Orangevale	3	2 (2 0)	1,145	0.16
12/15/2020	\$385,000	19	6600 Mirwood Ct	Orangevale	3	2 (2 0)	1,294	0.16
12/11/2020	\$390,000	5	6512 Beech Ave	Orangevale	3	1 (1 0)	1,008	0.45
12/11/2020	\$390,000	3	9051 Madison Ave.	Orangevale	3	2 (2 0)	1,717	0.16
12/31/2020	\$390,000	5	9050 Pershing Ave	Orangevale	4	2 (2 0)	1,253	0.17
12/24/2020	\$395,000	23	5947 Deary Way	Orangevale	2	1 (1 0)	936	0.15
12/11/2020	\$400,000	4	6953 Woodmore Oaks Dr	Orangevale	4	2 (2 0)	1,285	0.18
12/16/2020	\$405,000	41	6912 Cross Dr	Orangevale	2	2 (2 0)	1,394	0.21
12/3/2020	\$405,000	4	6930 Escallonia Dr	Orangevale	3	2 (2 0)	1,296	0.17
12/11/2020	\$415,000	30	8912 Fortuna Way	Orangevale	3 (4)	1 (1 0)	1,207	0.29
12/8/2020	\$415,000	5	8425 Palmyra Way	Orangevale	4	2 (2 0)	1,236	0.14
12/10/2020	\$415,000	2	8361 Aurelius Way	Orangevale	4 (5)	3 (2 1)	1,452	
12/11/2020	\$415,000	5	6532 Almond Ave	Orangevale	3	2 (2 0)	1,296	
12/8/2020	\$417,000	4	6409 Bay Hill Way	Orangevale	3	2 (2 0)	1,419	0.16
12/25/2020	\$420,000	5	5521 Norway Dr	Orangevale	3	2 (2 0)	1,412	0.15
12/15/2020	\$421,250	12	6945 Kon Tiki Dr	Orangevale	3	2 (2 0)	1,289	0.29
12/9/2020	\$422,500	3	9196 Pershing Ave	Orangevale	3	2 (2 0)	1,248	0.14
12/10/2020	\$427,500	26	8145 Ramwood Way	Orangevale	4	2 (2 0)	1,285	0.16
12/11/2020	\$434,000	15	8883 Cerezo Dr	Orangevale	3	2 (2 0)	1,367	0.23
12/28/2020	\$435,000	37	6401 Innsbrook Way	Orangevale	3	2 (2 0)	1,512	0.15
12/22/2020	\$440,000	24	6906 Escallonia Dr	Orangevale	4	2 (2 0)	1,545	0.15
12/30/2020	\$440,000	4	9424 GOLDEN Dr	Orangevale	3	2 (2 0)	1,418	0.26
12/11/2020	\$443,000	11	6109 Via Presidio	Orangevale	3	3 (3 0)	1,471	0.07
12/11/2020	\$455,000	12	8304 Applewood Ct	Orangevale	3	2 (2 0)	1,419	0.3
12/14/2020	\$455,000	4	8882 Evening Star Ct	Orangevale	3	2 (2 0)	1,508	0.32
12/22/2020	\$455,000	4	8417 N Star Way	Orangevale	4	3 (2 1)	1,600	0.14
12/4/2020	\$460,000	4	5813 Pecan Ave	Orangevale	4	2 (2 0)	1,775	0.15
12/31/2020	\$470,000	19	6115 VIA PRESIDIO	Orangevale	3	3 (3 0)	1,548	0.12
12/23/2020	\$472,000	4	9507 Bullion Way	Orangevale	3	2 (2 0)	1,625	0.26
12/23/2020	\$475,000	8	8625 Quail Oak Way	Orangevale	4	2 (2 0)	1,826	0.26
12/28/2020	\$475,000	11	8379 Robina Ct	Orangevale	4	3 (3 0)	1,875	0.21
12/30/2020	\$475,000	5	5415 Norway Dr	Orangevale	5	2 (2 0)	2,709	0.22
12/28/2020	\$491,850	12	5237 Mississippi Bar Dr	Orangevale	3	3 (3 0)	2,083	0.25
12/29/2020	\$520,000	5	8744 Mellowdawn Way	Orangevale	3	2 (2 0)	1,925	0.21
12/18/2020	\$522,000	0	8600 Lady Jane Way	Orangevale	4	3 (2 1)	2,093	0.19
12/15/2020	\$537,000	28	8192 Roundup Ct	Orangevale	4	3 (2 1)	2,040	0.27
12/10/2020	\$575,000	68	8025 Peerless Ave	Orangevale	3	2 (2 0)	1,690	0.54
12/3/2020	\$620,000	5	7036 Kenneth Ave	Orangevale	4	2 (2 0)	2,225	0.31
12/17/2020	\$625,000	20	9040 Pecor Way	Orangevale	3	2 (2 0)	2,671	0.2
12/11/2020	\$770,000	25	6851 Almond Ave	Orangevale	5	3 (3 0)	3,169	0.61
12/18/2020	\$804,200	17	6735 Pecan Avenue	Orangevale	4 (6)	3 (3 0)	2,478	1.41
12/24/2020	\$890,000	3	9421 Wiltsire Way	Orangevale	4	2 (2 0)	3,010	0.47
12/4/2020	\$1,090,000	29	7943 Country Trail Dr	Orangevale	4	3 (3 0)	3,257	1.58
12/4/2020	\$1,180,000	9	6936 Heather Dawn Ln	Orangevale	4 (5)	4 (3 1)	3,276	1.44

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

CONSISTENTLY INCONSISTENT

CONSISTENTLY INCONSISTENT: Sacramento Region Returns to Purple Tier

Supervisor Sue Frost

Like me, I am sure many of you are eagerly awaiting the day that I have something to write about other than the COVID-19 pandemic. Something happened just the other day that makes me feel the need to highlight the inconsistency in practices and what we should keep in mind should we ever find ourselves back in a pandemic situation. We all know the story so far. In March of last year, we went into a full stay-at-home order. Then, counties were placed on watch lists, and then the blueprint for a safer economy determined which tier of reopening we could enter. Then, in response to concerns that ICU capacities were dwindling, the state grouped counties and regions and declared that any region with less than 15% ICU capacity would go into a full shutdown for a minimum of three weeks.

The Greater Sacramento Region, consisting of 13 different counties, was ordered into the regional stay-at-home order on December 9th. We were anticipating remaining in the shutdown far beyond the minimum three-week requirement. On the morning of January 12th, our Public Health officials were briefing the Board of Supervisors on the status of the County's response to the pandemic. That briefing included that the regional ICU capacity remained at 9.4%, far below what was needed to reopen. Then, miraculously, our Public Health officials received a call from the state that the Sacramento region would be exiting



Supervisor Sue Frost

the stay-at-home order and returning to the purple tier of reopening, effective immediately.

I was elated to hear the news. It is no secret that I have been a strong advocate for safely reopening our economy. I have advocated for the zip code based system so that Orangevale does not see all of its customers flock to businesses in Roseville when they open first. I have consistently asked for contact tracing data that justifies the closing of various businesses without success. Much of my frustration and the frustration I hear from local business owners comes from the perspective that the state just seems to be making up the rules as they go along. This recent move to reopen the Greater Sacramento region, while a positive move, shows just how subjective the rules continue to be. The reason the Greater Sacramento region was able to return to the purple tier was based on a four-week projection that our ICU capacity would reach approximately 19%. As far as I know, reopening based on a projection of ICU capacity was never a metric we were told could be used to reopen.

Again, I am thrilled that we are taking positive steps in the direction of reopening our businesses. Our case rate appears to be hitting a plateau, and, obviously, our ICUs are starting to free up more space. The data around COVID-19 cases and deaths is essential, and it should be used to guide how we react to the pandemic. I can also accept that we continue to learn more about the virus and our own capacities to control it every day. That is why I am so opposed to knee-jerk reactions of the state every time they realize their plans aren't working. For more than a month, businesses that had been acting in good faith to comply with public health guidance invested their time and money and brought back the employees they care about were told to shut down completely, again. The time for the state to flex emergency powers to appear in control is over. We now need to focus on keeping businesses safely open and getting the vaccine to as many people as are willing to take it. The sooner we get back to normal, the sooner we can get back to fixing the 99 other problems we already had on our plate before the pandemic hit.

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

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



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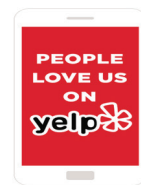
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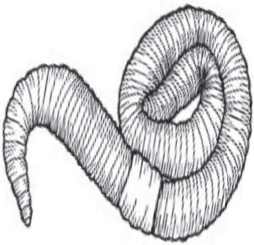
OV UNPLUGGED BY BRANDY WADE HELLO ORANGEVALE AND SURROUNDING COMMUNITIES! OUR CNP FAMILY HOPES EVERYONE HAS STARTED OUR PREVIOUS OVUNPLUGGED 1000 HOUR OUTSIDE CHALLENGE FOR 2021! IF YOU HAVE BEEN FOLLOWING OUR COLUMN, YOU HAVE ALREADY LEARNED THAT SPENDING TIME OUTSIDE HAS MANY BENEFITS BUT DID YOU KNOW THAT SPENDING TIME OUTSIDE IN THE EARLY MORNING IS ALSO IMPORTANT? THERE IS NOTHING BETTER THAN STARTING YOUR DAY WITH A MORNING WALK THROUGH YOUR NEIGHBORHOOD. AS YOU WALK, YOU CAN SMELL THE FRESH DEW ON THE GRASS, SEE AND FEEL THE FOG, NOTICE HOW THE AIR FEELS CRISPER AND CLEANER, HEAR THAT THE TRAFFIC SOUNDS ARE QUIETER, WITNESS MORE WILDLIFE, AND HEAR BIRDS CHIRPING. THESE TYPES OF SIGHTS, SOUNDS, AND SMELLS CAN BE BENEFICIAL TO BOTH ADULTS AND CHILDREN. ALLOWING CHILDREN TO EXPLORE AND EXPERIENCE THE EARLY MORNING CAN SPARK THE LEARNING PROCESS AND OPEN CONVERSATION TO NEW VOCABULARY AND CONCEPTS SUCH AS; DEW, WATER VAPOR, DIURNAL VS. NOCTURNAL, TYPES WEATHER AND MORE. IN ADDITION TO ENHANCING OVERALL HEALTH SPENDING TIME IN THE EARLY MORNING SUNSHINE ALSO AIDES IN MORE RESTFUL SLEEP AT NIGHT, ENHANCES ONE'S MOOD, AND AIDES IN

ONE'S REACTION TO STRESS THROUGHOUT THEIR DAY. APPROXIMATELY 100 OF OUR BODY SYSTEMS ARE TIED TO THE DAY AND NIGHT CYCLE AND HUMANS ARE DIURNAL CREATURES WHERE OUR RHYTHMS REVOLVE AROUND THE PATTERNS OF THE SUN AND THE MOON. BY STARTING OUR DAY WITH EXPOSURE TO EARLY MORNING SUNLIGHT WE INCREASE THESE BENEFITS AND HELP GUARANTEE A GREAT START TO OUR DAY. IN THIS COLUMN WE ARE CHALLENGING OUR READERS TO HEAD OUTSIDE IN THE EARLY MORNING HOURS, WITH YOUR CHILDREN. WHILE OUTSIDE, TAKE THE TIME TO CLOSE YOUR EYES AND BREATHE IN THE FRESH AIR AND FEEL THE SUNLIGHT ON YOUR SKIN. USE OUR EARLY MORNING SCAVENGER HUNT TO FIND, SEE, AND FEEL ALL SIX ITEMS. DISCUSS THESE ITEMS WITH YOUR CHILDREN, OR EVEN A FRIEND, AND NOTICE HOW THIS LITTLE MORNING EXERCISE ENHANCES THE REST OF YOUR DAY! PLEASE FEEL FREE TO EMAIL CNP YOUR OUTDOOR EXPERIENCES AND POST THEM ON SOCIAL MEDIA USING THE #OVUNPLUGGED. STAY TUNED FOR OUR NEXT CHALLENGE AND FOLLOW OUR PRE-SCHOOL FOR OTHER NATURE ACTIVITIES ON FACEBOOK AND INSTAGRAM. AS ALWAYS, WE HOPE YOU REMEMBER TO PUT DOWN THE TECHNOLOGY AND TO SPEND QUALITY TIME WITH LOVED ONES OUTSIDE DAILY :-)

CNP's Early Morning Scavenger Hunt

Bundle up and head outside to explore the early morning in your neighborhood. Take time to smell the fresh crisp air, feel the fog on your skin, and to look and listen for early morning treasures.

For this activity, as well as all other CNP activities, are published on www.CreativeNaturePlayschool.com :-)

<p>Find a Slug</p> 	<p>Listen for Birds Chirping</p> 	<p>Experience Fog</p> 
<p>Breathe Deep and Slowly Release to See Your Exhale</p> 	<p>Find Leaves Wet with Dew</p> 	<p>Spot Long Shadows</p> 
<p>Find a Snail</p> 	<p>Look for Steam Rising</p> 	<p>Find a Worm</p> 

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**New! Top Notch
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Fee: \$137 / \$140 NR



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New! Park Pals

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Grades: K-1st 3:20-4:05pm
Grades: 2nd-6th 4:20-5:20pm
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THE BENEFITS OF LAUGHING

THE BENEFITS OF LAUGHING

We all need to find a way to cope with the dangers and limitations we are facing both at and away from work or risk serious mental health consequences. For some, the answer may be laughter. Laughter activates important feel-good hormones in the brain that reduces stress-related hormones like cortisol. Which is a good thing because cortisol can make your blood sugar drop, which will make you crave fatty, sugary foods. Laughter also increases the number of antibody-producing cells we have working in our bodies and enhances our T-cells, which are at the core of adaptive immunity and help tailor our immune response. All of this equates to a stronger immune system.

Research indicates that humor benefits both a person's physical and psychological state. In fact, studies show that humor has the ability to provide pain relief, improve positive emotions, regulate stress, disengage from distress, and improve interpersonal communications. According to the Association of Applied and Therapeutic Humor, people experience a 39% reduction in stress just by anticipating humor and have a 23% increase in memory recall after watching a funny video. Most people feel really good after laughing. In fact, people have reported that they feel like a weight has been lifted. And, at a time when so much is weighing us down, it can be very therapeutic to engage in some good-natured (emphasis on "good natured") humor.

Ways to Add Humor to Your Life

The following are some easy ways to add a little humor into your life during this challenging time. Subscribe to Funny YouTube Channels - If you are feeling a little down and want a good laugh, log onto YouTube at home and search "popular comedy" or "funny videos." You are bound to find something that will make you laugh. You may even discover a YouTube channel whose content you enjoy and choose to subscribe to it so that you can receive alerts whenever they upload a new video. If you are wondering where to start, try searching Good Mythical Morning, Holderness Family, Dude Dad, Heather Land's "I Ain't Doin It," or even NFL bad lip reading.

Watch Stand Up Comedy Online - Many comedians are still putting out new material. Just head over to the comedy section on Hulu, HBO, Netflix, or any streaming platform and laugh until your sides hurt.

Share Old Stories - Whether you're on Skype, Zoom or FaceTime, it is fun to reminisce about the old days and laugh about the silly things you did. Do you have some old high school, college or military misadventures? Share them! Sharing

these stories with others, may help strengthen bonds and can remind you of how much you have to be thankful for.

Tell Jokes - There's nothing better than a corny joke. You know the ones, all the adults laugh but the kids roll their eyes and pretend they don't know you. They are so silly and cringe-worthy that you really can't help but laugh. So, if you want to embarrass the kids or your spouse or make your friend giggle during the next Zoom get together, do a quick search of corny jokes and see what you find. Need pointers? Check out this article outlining the secrets to telling a great joke.

Play Games - If you are staying at home with your family, try playing fun board games together. Even strategy games like Monopoly and Sequence can lighten a dull mood and bring a little laughter into your home. Check out the list of the most popular family board games here. Laugh at Yourself - You do many things that if you stepped back and really looked at them, you would find that they are actually quite funny. Maybe it's the way your face mask makes your ears stick out. Or, it could be the fact that you sat through a Zoom meeting for work without realizing you left a pile of dirty laundry in the back-

ground. Everyone does silly things. The key is to be able to laugh at about them. Being able to laugh at one self has been proven to help with physical and mental health and can help manage pain.

Humor is humankind's built-in coping mechanism that distracts us from the difficulty of the situation we are living and allows us to release some built-up tension. It's a type of mental armor that allows us to manage the often unmanageable. So, go ahead and laugh at those funny pet videos and memes or turn on a rerun of your favorite comedy. A good, solid belly laugh may be exactly what you need to lighten the mood, relieve some stress, lower anxiety and feel better overall.

"Humor can make a serious difference. In the workplace, at home, in all areas of life - looking for a reason to laugh is necessary. A sense of humor helps us to get through the dull times, cope with the difficult times, enjoy the good times and manage the scary times."

- Steve Goodier

Resource: EHW Resources for Staff and Family



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ORANGEVALE COOKS

BY Suzanne Feblowitz

If you still have lemons left from this year's harvest, you probably need to use them up or juice them and freeze the juice. Lemon Meringue pie is a yummy way to put them to good use, but I am sharing a few recipes that are a bit easier.

If you would like to share a favorite recipe, please send a copy to Suzanne Feblowitz at the Orangevale View (editor@ovview.com). Be sure to include your phone number or email with your recipe in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit your name.

LEMON JELLO CAKE

1 package yellow cake mix
1 small box lemon Jell-O
4 eggs
¾ cup water
2/3 cup oil

Preheat oven to 350 degrees. Combine all ingredients; beat 5 minutes. Pour batter in a 9x13 baking pan or glass baking dish. Bake 30 minutes or until cake

tester comes out clean. While still warm poke cake with a chop stick or similar object and pour on glaze.

Glaze

1/3 cup lemon juice
2 cups powdered sugar

Make while the cake is baking. Mix together thoroughly.

MY FAVORITE LEMON BARS

Crust:

¾ cup butter
1/3 cup powdered sugar
1 ½ cup flour

Mix together until crumbly. Pat into a 13 x 9-inch pan. (I previously used a glass pan, but the bars cook more evenly in a metal pan!) Bake in a 350° oven for 15 minutes.

Topping:

4 large eggs, slightly beaten
2 cups sugar
4 TBSP lemon juice
Zest of 2 lemons
¼ cup flour

Mix ingredients together and pour over hot crust. Bake 25 minutes or more until topping is firm. Sift powdered sugar over top while still warm. Cool overnight or in refrigerator. Cut into small squares when cool. Store in the refrigerator.

BLANKET FORT

TO BUILD A BLANKET FORT UNITES PEOPLE (LIKE IT'S SPORT).

FOR KIDS: IT'S A RESORT, MORE COZY THAN AIRPORTS.

A BED, CHAIRS, TABLE MAY BE USED FOR ITS SUPPORT. CUSHIONS, PILLOWS, BLANKETS ARE PARTS OF IT (OF COURSE).

-Z.F. THRIMEJ

#LETTHEMPLAY

JOIN THE MOVEMENT
"LET THEM PLAY" AND
HELP GET KIDS PLAYING
SPORTS AGAIN!

By MaryAnne Povey

There's a new movement in California and it's spreading like wildfire! After almost a year of no youth sports, parents, coaches, and student athletes have come together to push back. "Let Them Play CA" is an effort to educate and advocate for letting our youth play sports for their physical and mental wellbeing.

"I found out about #Letthemplay CA about two days before the last rally at Sunrise Mall," said Jeff Pitnikoff, parent/coach, "It's awesome to see such a great turnout and momentum in such a short time. It's almost been a full year, and when this pandemic is all over, we don't want our kids to say why didn't you speak up for us? Why didn't you fight for us?"

The Let Them Play movement originally launched in Southern California and has steadily spread throughout California. Moving quickly to survey the damage, a group of 600 coaches formed the Golden State Coaches Community, and decided to get some real data on the impact the sports ban has had on our children. After surveying 105 football programs from their region, these are the alarming results they found:

- 1087 ruled ineligible (below required grade point average)
- 253 dropped out
- 64 incarcerated



- 85 joined gangs
- 38 new fathers

Not to mention climbing statistics on youth suicide, depression and other unreported consequences to our youth.

How can you help? Want to get involved? Please join us for the next rally scheduled for January 29, 2021, from 4 - 5 pm, rain or

shine, at the corner of Sunrise and Greenback Lane in Citrus Heights. Bring your signs, wear a mask and hear the compelling stories coaches, community leaders, and students have to share!

Follow them on facebook @letthemplayca for ongoing updates!
#LETTHEMPLAYCA



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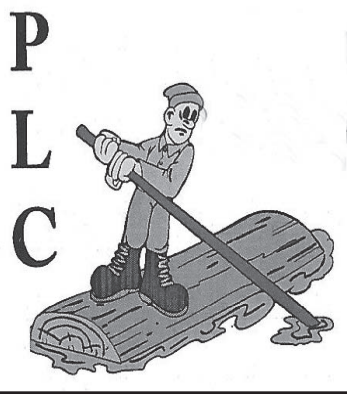
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Orangevale Chamber of
 Commerce Business Spotlight
LPL FINANCIAL
LUZ JOHNSON

BY MARYANNE POVEY

This month we are shining the spotlight on a name you may already know, Luz Johnson! We know Luz (pronounced like Lucy without the y) from countless community activities and volunteer projects she's involved in, most recently running for the Honorary Mayor of Orangevale. But, besides all of the great things she does for our community, what exactly is her profession? I recently sat down to find out, so here we go...

Luz is a financial planner/advisor and a good person to know when it comes to making your financial investment decisions and planning for your future or for a family member. Luz has a passion for people, and a heart for seniors. She has a knack for simplifying and explaining the complexities of financial planning, investments with a great eye towards the future.

"The education part of investing is so important," Luz shared, "I wish I had someone talk to me in my 20's about the things I know now." Her motto "better to plan now, than in a crisis" is how she helps clients make their finances work for them, including seniors who have concerns about if their



long term investments will last as long as they do.

"I think people trust me. If they come in with something that is not right for them, I tell them. I encourage lots of questions so that everyone is on the same page."

Luz moved her business to Orangevale after realizing it didn't make sense not to be part of the community in which she's lived with her family for the past 20 years. "I really wanted to live, work and worship in my community. Plus, you can't beat the commute!" she laughed.

Since making that move, Luz quickly became a community leader by joining the Orangevale Chamber of Commerce Board of

Directors, the Orangevale Women's Club, and the Kiwanis Club of OV-FO to name a few. She is a regular volunteer at the OV-FO Foodbank and shares her expertise by hosting symposiums to bring businesses and guest speakers together on topics including what seniors should know about future planning and a women's symposium.

With a focus on senior care and planning, Luz is very helpful when it comes to the dollars and cents of placing a loved one in care. "I know the costs for the array of services, whether it's DIY, in-home, or a full care facility, I like to help figure out what you can afford to do."

Besides the people she loves to serve, when I asked Luz what else makes Orangevale special to her, she replied, "I love how people that live here love the community. And, besides that seeing posts on Facebook about a lost horse just cracks me up".

If you are in need of some financial planning, advice, or just want to talk to someone you can trust, give Luz a call at 916.860.7035. Her office is located at 8856 Greenback Lane, Orangevale. She'd love to hear from you! LPL Financial, member FINRA/SIPC.

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