

Orangevale View

LOYAL 2 LOCAL



The Orangevale Woman's Club is at it again! Our new "Loyal 2 Locals" promotion recently interviewed owner, Steve, at O'Connor's Wood Fire Grill and Bar. He has been at 9267 Greenback Lane, in Orangevale for 15 years. Steve had been in the catering business for years when an opportunity arose to move his catering business to Orangevale. There he could have a full-service lunch and dinner at a family run restaurant. In 2015, they shut down the restaurant for 6 weeks to refurbish the inside and add a brand-new bar. Steve likes the smaller feel in Orangevale and enjoys seeing the same familiar faces. O'Connor's is planning on enlarging the outside patio and adding a new cover and sides to help with lessening the noise. O'Connor's plan for the expanded area is due to be finished sometime in April. They also plan to add live music on the weekends. O'Connor's still has the authentic Santa Maria-style barbeque dishes that you have come to love from their family



restaurant, but now they also offer wood-fire pizzas, pasta dishes, such as Pesto Penne, Shrimp Scampi Linguini and Cajun Chicken Penne, gourmet burgers and a broad range of appetizers and salads. Customers have been raving about O'Connor's signature ribs and sauces for years! Come and experience the food and fun for yourself. Steve has asked all of Orangevale to remember that O'Connor's was originally known for its catering. Steve noted that with their business has suffered and wanted to remind everyone that if you need catering, please remember O'Connor's. O'Connor's is currently offering 10% off any catering order for 30 or more people. O'Connor's is also offering another special for outside and to-go orders: \$10 OFF Your Bill When You Order Two Dinner Entrees if you say where you saw this ad. Hours are Monday-Saturday, 11:30 a.m.-8:30 p.m., Sunday 11:30 a.m.-8:00 p.m. (916) 988-0112 or www.woodpit.com.

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CONTINUED ON PAGE 6

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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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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

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

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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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Do you still have a few lemons on your tree? My brother-in-law, Ryan Wilkerson, gave me this recipe to help me with my abundant lemons. His family likes this pie so much that they will never make a lemon meringue pie again! My husband thought that it was similar to a Key Lime pie, so it was a winner in my household, too!

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 ICEBOX PIE

- Crust**
 2 cups graham cracker crumbs (14 full-graham crackers)
 ¼ cup sugar
 6 TBSP butter, melted
- Filling**
 1 ¼ cup fresh lemon juice (6-8 lemons)
 24 ounces sweetened condensed milk
 8 egg yolks, large
 2 TBSP lemon zest

HOT COCOA BOMBS

HOT COCOA BOMBS: THEY WARM

AND THEY CALM, LOOKING LIKE BONBONS.

IN MUGS AND MOUTHS: THEY BELONG.

-Z.F. THRIMEJ

TUXEDOS

TUXEDOS SOUND LIKE SNACKS

OR CHIPS TUCKED IN A HIDING PLACE.

WHILE TUXEDOS ARE CLOTHES, THEY SOUND SUITABLE FOR TASTE.

-Z.F. THRIMEJ

1. Preheat oven to 325 degrees
2. In a bowl, mix together graham cracker crumbs and sugar
3. Add melted butter and mix thoroughly
4. Pat the graham cracker mixture into a greased pie pan making sure to go up the sides to create a nice crust.
5. Bake crust for 10 minutes; remove from oven and cool
6. While the crust is baking and cooling, mix the filling ingredients together in a bowl
7. Pour the mixture into the crust and bake for 25-30 minutes or until the edges are set and the

middle jiggles slightly

8. Once baked, remove the pie from the oven and let it cool completely before covering it with plastic wrap and placing it in the refrigerator for at least 6 hours or overnight.

9. Serve with homemade whipped cream and enjoy!

Notes:

- You can use a premade pie crust, but you will have extra filling.
- Ryan makes meringues with his left-over egg whites.
- You can use the extra egg whites for breakfast!

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Orangevale Home for Sale

Orangevale- According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you

read this report before you list your home. If you wait until the home inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

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ANNOUNCEMENTS

LET THEM PLAY

By: Supervisor Sue Frost

You may have seen on the news or outside your car window as you drive through town that a movement is growing in California. There is increasing support for the simple notion that children in California need to get outside and play. Since the onset of the COVID-19 pandemic, children have been denied access to youth sports, physical education classes, and even playgrounds. Like many drastic steps taken in the early days of the pandemic when much was unknown about the virus, such actions seemed like acceptable, short-term precautions. It is not March 2020 anymore. We have more information on which to make decisions about our citizenry's health and safety. The time has long passed for children to get back in the game.

All priorities being about protecting health right now; physical activity for our youth is becoming more important than ever. That simple notion is defensible with the common knowledge we know to be true that kids need exercise to protect their physical health. Cardiovascular health, body composition, strength, coordination are all things that are put at risk if children are not getting enough physical activity. Virtual learning is challenging enough, but I think we can agree that physical education has its own unique difficulties. Does the child live in a home with a large yard? Near a safe park? Does the child have access to an outdoor gym or online fitness class? Children with access to some or all the above may be having an easier time getting the exercise they need than children who do not. That is why the decision to restrict physical activities for youth so stringently is not only an issue of health



Supervisor Sue Frost

but also an issue of equity.

Then there is the importance of mental health. I have spoken before of the dangers of focusing too closely on one health crisis at the expense of creating others. Everyone receives mental benefits from exercise, none more so than children. Exercise is an excellent way to cope with stress, socialize with friends, and build confidence. There are also the benefits of participating in team sports like learning how to work together, responsibility, communication. Stripping away these critical outlets and opportunities for children is depriving them of some of the most important aspects of being a kid while preparing for a stable future. For some children, sports could determine their entire future as a pathway to college or even professional sports opportunities. State officials may consider what type of future California children will have with so much critical development time spent looking at a computer screen in isolation.

California stands among only around a dozen or so states holding on to the practice of restricting youth sports to such an extreme level. It is unnecessary. Models for the safe continuation of youth sports exist across the

country, and in every regard, they are successful. We know now that a lack of exercise has devastating effects on physical and mental health. We know that transmission among athletes is significantly lower than other forms of social contact. It is difficult to understand any reasoning at this point to keep kids from having adequate access to sports and exercise.

As I said, I do not want us to focus so narrowly on one threat to health that we become blind to others. The reality of children struggling more with mental health than ever before is beyond anecdotal. Studies and stories of increases in depression, eating disorders, anxiety, and suicidal tendencies are right there for all to see. Children need to get off of Zoom and on the field to be protected from these avoidable conditions. The future of our children is not something to think about tomorrow but today. For the sake of comprehensive well-being, California officials need to get together, listen to the pleas of desperate children and parents, and the research piling up from entities interested only in the facts. When the reality that has been created is looked at through a pragmatic lens, it is clear the need exists for our children and our state to let them play.

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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YOUTH VOLUNTEER OF THE YEAR (18 AND UNDER) JAYDEN VELASQUEZ

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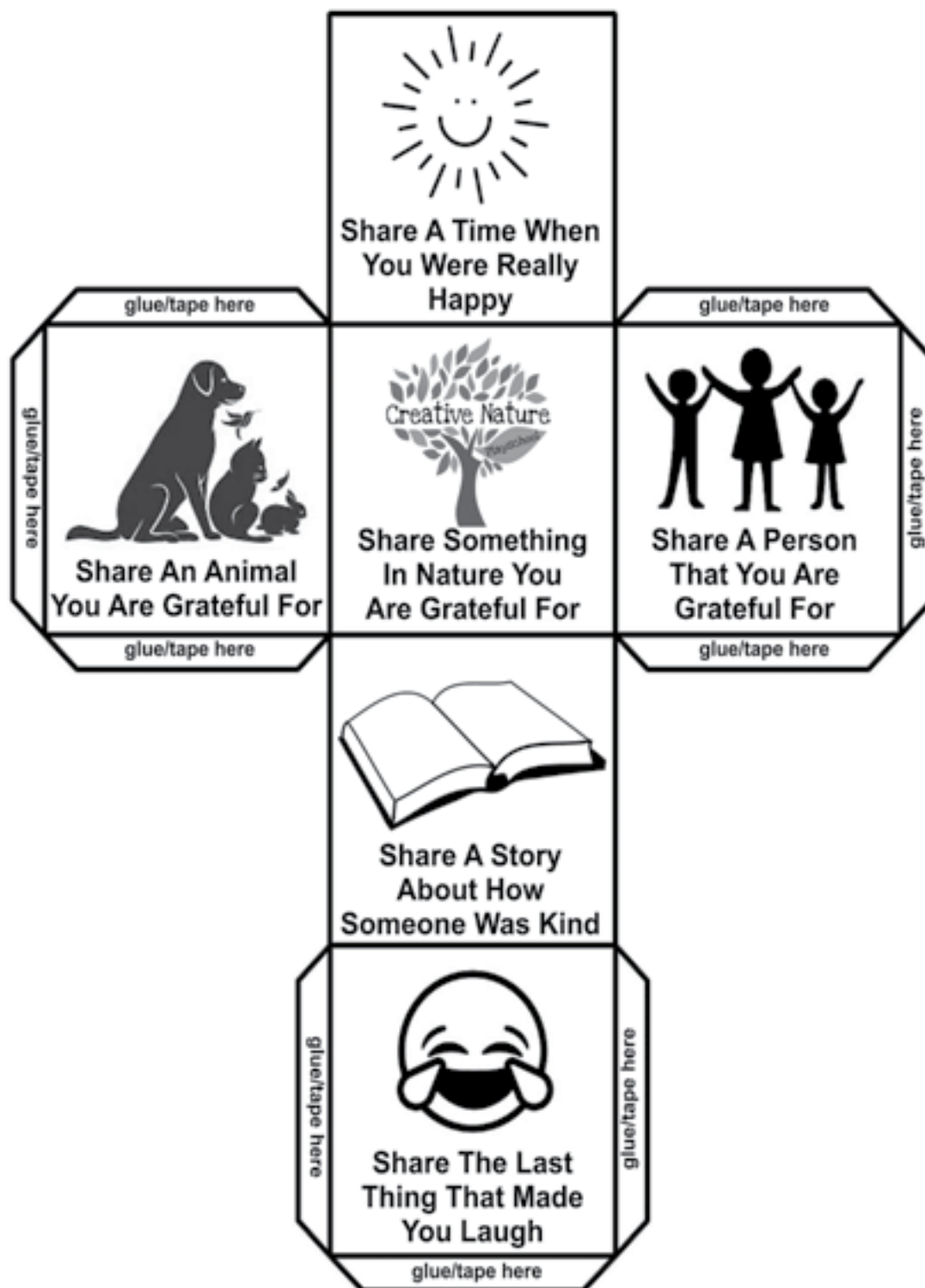
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CNP's Gratitude Dice

Cut along the perimeter of this dice, fold, and glue or tape together for a fun family activity. For a PDF of this activity, as well as 20+ other CNP activities, check out CreativeNaturePlayschool.com Tag any findings or activities with #OVunplugged on social media! Enjoy :-)



OV Unplugged By Brandy Wade

Hello Orangevale and surrounding communities! Our CNP family hopes everyone enjoyed our previous OVunplugged Winter Season Challenge! In this issue we challenge our readers to take time and recognize all all things you are grateful for! According to VeryWellMind.com, gratitude is linked to happiness in children by age 5. This means that instilling gratitude in children at a young age can help them grow up to be happier people. Start teaching gratitude by encouraging children to say "thank you", even if it doesn't seem like genuine appreciation. Encouraging children to verbally express appreciation can be an important step for learning genuine gratitude down the line. Once your child remembers to say "thank you" on a regular basis, dig a little deeper to ensure that they aren't just going through the motions.! There are actually four steps in practicing gratitude and those steps include noticing, thinking, feeling, and doing. Here are some suggestions on ways you can start discussions with your children about gratitude. Notice: What do you have in your life to be grateful for? Are there things to be grateful for beyond the actual gifts someone has given you? Are you grateful for any people in your life? Think: What

do you think about this present? Do you think you should give something to the person who gave it to you? Do you think you earned the gift? Feel: Does it make you feel happy to get this gift? What does it feel like inside? What about this gift makes you feel happy? Do: Is there a way to show how you feel about this gift? Does the feeling you have about this gift make you want to share this feeling by giving to someone else?

There are multiple benefits from practicing gratitude on a daily basis. A 2010 study, published in Clinical Psychology Review, linked gratitude to everything from improved psychological well-being to better physical health. Grateful people tend to sleep better and even live longer too! Use this Gratitude Dice to start sharing positive and grateful experiences with your family. Take it a step further by using your Gratitude Dice outdoors in the fresh air and sunshine!!

Please feel free to email CNP your experiences and post them on social media using the #OVunplugged. Stay tuned for our next challenge and follow our preschool for other 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 :-)

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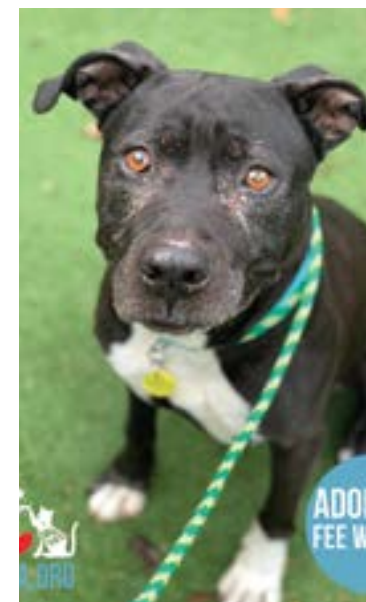
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Raja's adoption fee has been generously sponsored by Stephanie Brennan, Mortgage Evolution!

Adoption Process: At 9am each morning a link will go live at www.sspca.org/dogs where you can schedule an appointment to come down to the Sacramento SPCA that day to meet an available animal. Animals pictured on this page may be adopted prior to your appointment time. Shelter staff will let you know when you arrive what animals are still available to be adopted and any special considerations the animal might have. Only one animal may be met with per family, per day. Once you have finished a counsel and a meet-



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Are you one of the next Junior Leaders or do you know someone that might be? OVParks is actively searching for the next group of Rec'ing Crew Junior Leaders and the first round of applications are due soon! Our Junior Leaders program provides Summer Camp Counseling and Leadership training opportunities for youth ages 13-15. This year applications are due on March 8, followed by interviews that week. This program will include 2 additional training sessions in April and May to get to know your fellow leaders, learn camp games and group management techniques before the summer starts. In a fun and engaging way, Junior Leaders will gain valuable workplace skills such as communication, teamwork, conflict resolution and goal setting along with job preparedness when applying and interviewing for a position with OVParks. Staff training is June 10 & 11 and Rec'ing Crew Summer Camp will be held June 14 - August 6. Find the ap-

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Orangevale Chamber of Commerce Business Spotlight -
Moore's Garage
10th Anniversary!

By: MaryAnne Povey

Time flies when you're having fun, working hard or doing both! And that pretty much sums up how the past ten years has flown by for Jim and Maureena Moore, owners and operators of one of Orangevale's premier auto repair shops, Moore's Garage, located at 6326 Main Avenue, unit 52, Orangevale.

Having worked in the automotive industry for over 37 years, Jim Moore's dream was to open his own auto repair shop focusing on building and maintaining strong relationships with his clients and repairing vehicles to the highest level of integrity. With the help of the love of his life and wife of 36 years, Maureena, that dream has become a reality.

"We are so honored, and sometimes taken back, by the unwavering support of the amazing Orangevale community and the trust they put in us," said Maureena Moore. "Last spring we had more than a few customers, some brand new, call or walk in and say they wanted to use their stimulus funds to support us. That means so much!"

Thankfully, even through the uncertainty of the pandemic, Moore's Garage has successfully navigated through it keeping all their em-



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ployees working full schedules, hiring more staff and even expanding their facility into the vacant 1500 square feet next door. With this addition, Moore's Garage has grown to 6500 square feet - more than doubling their space from the early days of 2500 square feet back when they opened their doors in February 2011.

The Moore's say that what started out as a business has turned into a family. They live and work in Orangevale and are actively engaged

in the community - always serving others and giving back which is likely a big part of why they are so beloved by the community.

"It's so wonderful to have 'friends' aka customers that go out of their way to stop in and say hello," said Maureena, "It makes our job easy to serve such great people. Our ability to expand and grow is due all in part to you, our wonderful community.... customers that choose Moore's Garage to keep their vehicles safely moving about."

The Moore's are hosting a 10th Anniversary Customer Appreciation Day on February 27, 2021, from 9:30 am - 11:30 am. The community is invited to stop by for donuts, coffee, door prizes and more! (Please wear a mask.)

"There's been no better place to 'grow up', raise our kids, and start a business," Jim reflected, "Here's to the next ten years of taking the worry out of car maintenance and repairs for you, our OV family."

Call Moore's Garage for any of your automotive repair needs! They can be reached at 916.990.9900.

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