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LOCAL GIRL DOES GOOD SERVING OTHERS

LOCAL GIRL DOES GOOD SERVING OTHERS

By MaryAnne Povey

In this coming season when we all try our best to do for others, it's inspiring to hear about young people who dedicate their life in service to others - especially when it's one from our own community! One such person is Rachael Beilgard, a Bella Vista Class of 2015 graduate. Rachel, 24, daughter of Jim and Sarah Beilgard, grew up in Orangevale, and attended Folsom Lake College before transferring to Salve Regina University in Rhode Island to pursue a degree in social work. It was during those years she felt a calling to something greater - to dedicate her life in service to others. She learned about the "Mercy Tradition" and about the Sisters of Mercy and knew this was what she wanted to do. From there she started her journey as a volunteer with the Mercy Volunteer Corps. "What I found unique about the Sisters of Mercy was their vow of service and vows of poverty, chastity and obedience," said Rachel. "The sisters take action by going out into the community to create change focusing on social justice issues surrounding their five Critical Concerns of Mercy; Women, Non-violence, Immigration, Racism, and the Earth."



As a Mercy Volunteer, Rachel is working with an organization called Project HOME doing homeless outreach. This organization offers many services for individuals in Philadelphia who are experiencing homelessness. Rachel works in the Outreach Coordination Center with their 24-hour homeless services hotline. During her time at Project HOME, Rachel had a few opportunities to go out in the field. On those few visits she was able to shadow different outreach workers. "They truly are the ones that make a difference," she shared, "Its real boots-on-the-ground work. Homeless

outreach workers meet people where they are, building relationships, to help individuals get placed into shelters and get the resources they need."

When asked what the best parts of being in the Mercy Volunteer Corps are, Rachel said, their core tenets of compassionate service, simple living, spiritual growth, and communal living are what she loves.

"I live with three other Mercy Volunteers," Rachel shared, "They are such great support to me -- especially after a stressful day at work. We make dinner together most nights and just have a lot of fun together."

CONTINUED PAGE 2



LOYAL 2 LOCAL DEZY'S BEEF, BEER & BREAD PAGE 10



HOOP TO FEED THE HUNGRY PAGE 11

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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.

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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.

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CONTINUED FROM FRONT PAGE

Volunteers not only work together but support each other and Rachel admits the simple living aspect is challenging. They all receive small stipends for food/household supplies, personal expenses, and transportation. Rachel and her roommates collaborate on best to spend their communal food stipend. Although there are challenges in living "a life of simplicity", Rachel believes she may have found a place to call home. Rachel is grateful for finding the Mercy Volunteer Corp and the work they do in making a difference in the world.

"It is the small acts that bring hope to the people I work with, being present, listening to their stories, and treating them as a fellow human being."

May we all share this spirit of giving and caring for others in our community now and always. Happy Holidays! If you'd like to make a donation to the Mercy Volunteer Corps, go to <https://www.mercyvolunteers.org/rachel-beilgard/>

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2021 Legislative Recap: The Good, the Bad, and the Ugly
By Assemblyman Kevin Kiley

The 2021 legislative session officially came to end this month as the Governor's deadline to sign or veto bills passed on October 15. In total, this legislative year saw 836 bills land on Governor Newsom's desk and he signed 770 of them into law. Here is a list of the good, bad, and ugly legislative outcomes in 2021:

The Good

AB 272 (Kiley) - Protecting Students from Sexual Assault

I authored this bill to protect students from sexual assault by preserving their right to seek justice in court.

AB 319 (Valladares) - Curtailing Special Interest Influence

More than ever before, our current Legislature is putting special interests over the needs of the people of California. This bill moves us a modest step in the right direction by prohibiting candidates from soliciting or accepting campaign contributions from foreign governments or entities.

SB 303 (Borgeas) - Tax Relief for Fire Victims

Our state has been ravaged by wildfires and many homeowners need relief. This new law will allow victims of disasters such as wildfires more time to keep their Prop 13-protected tax base when rebuilding or buying new property while the state continues to impose COVID-19 restrictions.

SB 660 (Newman) - Veto of Attack on Direct Democracy

Sometimes a good outcome is not what gets signed by the Governor, but what does not get signed. This bill sought to make it a criminal offense to pay initiative, referendum, or recall petition circulators on a per-signature basis, which would have been very damaging for our system of direct democracy. The Governor did the right thing and vetoed this legislation.

SB 675 (Ochoa-Bogh) - Tax Flexibility for Seniors

This bill makes it easier for seniors to pay property taxes. It authorizes counties to provide a program to permit senior citizens receiving supplemental security income for a disability to pay their taxes in monthly installments rather than in two



payments for the year.

The Bad

AB 14 (Aguilar-Curry)/SB 4 (Gonzalez) - Tax Increase on Phone Users

Despite \$4.4 billion in new spending on broadband in the most recent budget, this bill authorizes a two-fold increase in the state's phone user surcharge for funding broadband internet programs. According to the Tax Foundation, a typical wireless customer in California already pays more than 23% of their phone bill in taxes and surcharges like this have already quadrupled over the past decade.

AB 1084 (Low) - New Requirements on Private Businesses

In yet another example of government controlling private businesses, this new law requires large retail department stores to provide a gender-neutral section or area for childcare items and children's toys. Meanwhile, our state has the highest unemployment rate in the nation and companies like Tesla are leaving for Texas.

SB 81 (Skinner) - Harming Public Safety

While stores continue closing their doors in San Francisco due to rising property crime, this legislation places new limits on sentencing enhancements for serious crimes by requiring courts to dismiss them if it represents a "furtherance of justice."

The Ugly

AB 101 (Medina) - Critical Race Theory

After vowing that a model curriculum filled with anti-semitic content "would never see the light of day," Governor Newsom signed a law requiring every student to complete a one-semester course in ethnic studies in order to graduate from high school.

AB 1276 (Carrillo) - Banning Ketchup Packets

A contender for the most unneces-

sary bill of the year, this legislation prohibits food facilities and third-party delivery platforms from providing a single-use "food accessory" such as forks or ketchup packets unless it is specifically requested by the consumer. It was this year's bill to save the environment modeled after California's infamous straw "ban." Meanwhile, little is being done to put an end to our state's devastating wildfires that do more harm to our environment than anything.

AB 1346 (Berman) - Leaf Blower Ban

This bill bans the sale of new-gas powered leaf blowers, lawnmowers, and portable generators as soon as 2024. Not only will it have a minor environmental impact, it will be devastating to workers who rely on these products to do their jobs.

It is an honor to be your representative and I look forward to continuing the fight for policies in the Legislature that protect the interests of students, taxpayers, and small businesses.

Assemblyman Kevin Kiley represents the 6th Assembly District, which includes parts of El Dorado, Placer, and Sacramento counties. You can follow him on Twitter @KevinKileyCA

Roseville Better Gardens Club meets the 3rd Tuesday of each month Sept through May at Maidu Community Center, 1550 Maidu Drive, Roseville. Mtg: 12:30 - 2:30; doors open 12:15. Garden experts speak at each meeting. GUESTS WELCOME! Call 916-988-3850 or go to www.california-gardenclubs.com for information.

OV Unplugged

OV Unplugged
By Brandy Wade

Hello Orangevale and surrounding communities! Our CNP family hope everyone enjoyed our previous OVunplugged Fall Scavenger Hunt! In this column we challenge families to unplug from technology and take a walk around your neighborhood at night.

Every September, the Northern hemisphere officially enters Autumn/Fall, and from that point on, each day has one less minute of daylight. Therefore now that we are entering November, we have nearly one hour less of sunlight than we did during the Summer months. As we all adjust to the time change, later sunrises, earlier sunsets, and cooler weather;

why not challenge ourselves to explore what the nighttime has to offer. Nighttime is both an intriguing and unexplored time of the day for most children. It's a time when another part of the world wakes and so many new things can be learned, heard, and discovered during a walk in the dark.

In this Nighttime Scavenger Hunt we challenge friends to head outside in the dark, with their parents, looking and hearing for the many items shown on our list. This challenge introduces children and friends to nocturnal activities; things that take place after the sun sets, as well as tests their sense of sight and hearing. This list also opens up several conversations about science, such as astronomy, changes in weather, and about

















many nocturnal animals and insects that are not typically seen or heard during the day light.

So grab your jacket, flashlight, a knit hat, scavenger hunt, your children, and start exploring your neighborhood in the moonlight! As always, we hope you remember to put down the technology, spend time with loved ones, and head outside daily :-)

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 for other nature activities on Facebook and Instagram. You can also visit CreativeNaturePlayschool.com for this activity and all previous activities.

CNP's Nighttime Scavenger Hunt

Under the moonlight or streetlights use this Nighttime Scavenger Hunt to find/hear as many items as you can. This activity, as well as all other CNP activities, are published on www.CreativeNaturePlayschool.com :-)
Tag any findings or activities with #OVunplugged on social media!

A Spider 	A Raccon 	Moving Branches Creative Nature 	Animal Howling 
A Bat 	Sound Car Driving By 	The Moon 	Streetlight 
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THE PREDATOR NEXT DOOR

The Predator Next Door
By: Supervisor Sue Frost

The rush to release prisoners from our jails and prisons was initially a response to court orders to reduce prison overcrowding, but lately it's become a radical effort to recast criminals as victims and abandoning actual victims and their families. Now we are facing the placement of sexually violent predators (SVPs) that some bureaucrats decided are fit to rejoin society.

Other than the primary risk of creating more victims to sexual violence, there are additional concerns that counties have no input in whether or not an SVP can be placed in their communities. Recently, the San Diego County Board of Supervisors took a definitive position on the state's policy for how SVPs are placed. Knowing that Sacramento County has faced its own battles to keep SVPs out, I intend to join San Diego's example and bring an item before the Sacramento County Board of Supervisors to demand more say in the dangerous practice of placing violent sexual predators in our neighborhoods. Many Sacramento County communities have had to fight to keep an SVP out of their neighborhoods. In 2019, an SVP convicted of multiple sexual acts with minors was being considered for placement in Del Paso Heights. That same SVP was nearly relocated to Wilton earlier this year. That SVP had no connection to Sacramento County, but the courts were considering placing him here anyway. When such risky placements are proposed, community members can, and thankfully did, voice their opposition to having an SVP dropped in their neighborhood, but no formal avenue exists for the County to influence such decisions. What San Diego County proposed, and what I will be proposing, is a change in the state law that dictates how SVPs are placed that gives the counties a formal role in the process.

Currently, an SVP is a person that has been convicted of one or more violent sex crimes, has a diagnosed mental disorder, and is likely to engage in violent, criminal behavior. At the discretion of the courts and California Department of



Supervisor Sue Frost

State Hospitals, SVPs can qualify for conditional release (CONREP). CONREP allows SVPs to live in a community with supervising and treatment requirements dictated by the court. They have daily contact with a Liberty Healthcare regional coordinator and must wear a GPS bracelet at all times. After a year of CONREP, SVPs can then petition the court for unconditional release. While the protocols of CONREP seem thorough, and I am sure Liberty Healthcare and all involved agencies want to keep communities safe, how can any community or parent feel safe knowing that an SVP is down the street? How do the courts, especially courts in other counties, know which communities are best to locate their SVPs?

The current code says that counties will provide assistance and consultation for the placement of SVPs but it does not create a formal avenue for input on their placement. There is also the perception that the courts tend to place SVPs in communities with high minority populations or in rural areas. In all things, the County leaders can make better decisions about their communities than someone from a completely different county. Especially when that decision is where to place an SVP with no ties to the area. For that reason, I am joining San Diego in asking our County Chief Executive Officer (CEO), to oppose the placement of any SVPs in Sacramento County until the welfare and institutions code (WIC) is amended to give local jurisdiction a formal role in release and placement of SVPs. That includes the

authority to veto their placement in our county entirely.

It is unfair that any of our residents should have to fear the placement of known sexually violent, mentally ill criminals with no mechanism for their local officials to stop it. I will bring this before our board before the end of the year so that Sacramento County, and hopefully other counties to follow, can join the effort to formalize our authority in this process and we can protect our communities.

Rehabilitation and redemption are important values, but support for crime victims and protecting our communities should be our top priority.

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

The next meeting of the new Orangevale Farm & Garden Club is Sat, Nov 6th at 9:00am. Meetings are held at the Grange hall at 5807 Walnut Ave. Kathy Morrison will speak about garden planting schedules. Refreshments will be provided along with a free raffle.



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COOKS
 BY
Suzanne Feblowitz

I asked my friend, Tisha Rugg, for a recipe and she gave me her Empanada recipe! My husband and I made this recipe the other night and it was delicious! It is not difficult to make and if you want to cut corners, you can buy pre-made pie crust! Her crust was delicious though and I suggest that you make it. Tisha says you can add any filling and you can even make them sweet with any kind of pie filling! They make great left-overs, 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.

Empanada Dough
 (7-12 empanadas)

1/3 cup ice water
 1 large egg
 2 ¼ cups flour
 ½ cup (1 cube) unsalted butter (cut into ½ inch cubes)
 1 ½ tsp salt
 1 tablespoon distilled white vinegar

In large bowl, sift the flour with salt with a sieve
 Knead in the butter with your hands until mixture is crumbly
 In a small bowl, beat the egg with vinegar and water
 Add egg mixture to flour, mix with a fork just until incorporated. Not too much!

Put mixture on a floured surface
 Knead with the heel of your hand just enough to make it into a quick dough
 Shape into a rectangle and wrap in plastic
 Let chill for at least an hour. (Make the filling during this time)
 Split the dough into 7-12 balls
 With a lightly floured rolling pin, roll out a ball on a floured surface into a 5 inch disc
 Keep other balls covered with a damp towel while rolling out the

others.

Fill each disc with about ¼ -1/3 cup filling fold over, crimp with a fork and brush with beaten egg and water.

Bake at 375 for 20 minutes

Tisha's Filling for Empanadas

(Make while dough is chilling)
 ½ lb ground turkey sausage
 ½ lb ground pork sausage
 Small onion, chopped
 10 mushrooms, chopped
 3-4 eggs, beaten
 ¼ tsp red chili pepper
 ½ tsp salt
 ½ tsp pepper
 ¼ tsp ground sage
 Shredded Cheese (add about 1 TBSP over meat mixture to each empanada before folding over and crimping)

Cook the meat, add the onion and cook until transparent, add the spices and then add the beaten egg.

Or use any meat or veggies or seasonings of your choice!

Makes 7 to 12 Empanadas

Note: Ground turkey and ground pork worked, too! I added some Italian seasoning and Cajun seasoning to it.

LOYAL 2 LOCAL

Orangevale Woman's Club Loyal 2 Local program is highlighting another great Orangevale business, Dezy's Beef, Beer & Bread. Dezy is a native of Iran where he was a member of the national Jiu-Jitsu team which allowed him to immigrate to the US under an extraordinary ability visa. Within 2 months of arriving, he joined the army and in 5 months he proudly became a US citizen. He retired from the Department of Defense and decided to follow his dream of opening a business in the food industry. He remembered the delicious Sangak bread he enjoyed as a child and decided to share it with us. He purchased a special oven for baking the bread, one of only 20 in the entire US and the only one in northern California. Dezy loves the Orangevale community, the friendly people and feels very welcome here. His previous business Dezy Market closed due to the COVID 19 pandemic. His decision to open his current business was based on what he feels he is good at and loves; kabobs, bread and beer. His menu offers beef steak, ground beef and chicken kabobs, local beers and of course his delicious, all natural Dezy (Sangak) bread. Dezy's Beef, Beer and Bread is located at 9346 Greenback Lane #4. He is open for take-out and patio dining Monday-Thursday 11AM-6PM, Friday 11AM-7:30PM, Saturday 11AM-4PM and closed on Sunday. He features a Happy Hour special Monday -Thursday, 3PM-6PM with \$5.00 Beers, Dezy's sampler \$8.99, Ground beef kabob \$9.99 and Family pack dinner special for \$35.99. Give Dezy a call at 916-633-980 or drop in to order his delicious food and beverages.



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Local SPORTS

Clutch City Academy's Hoop to Feed the Hungry Basketball Camp

Clutch City Academy is excited to announce the 2nd annual Hoop to Feed the Hungry youth basketball camp taking place November 20th at Casa Roble High School from 9:00am to 12:00pm. Athletes grades 4th-12th from the Sacramento region are welcome to attend for free. Clutch City asks that each athlete bring one bag of non-perishable food to be donated to the Orangevale Food Bank. Space is limited to 50 athletes and we expect spots to fill up very quickly. Pre-registration is required at www.clutchcity-academy.com.

Last year's Hoop to Feed the Hungry had 50+ athletes attend and raised 600+lbs of groceries for local food banks! Clutch City Academy hosts this camp annually in the Orangevale community with the intention of teaching the next generation of athletes the vir-



tue of gratitude and providing food and financial resources to local food banks to ensure needs are met in time for the Thanksgiving Holiday.

Hoop to Feed the Hungry is an incredible opportunity for local youth during their Thanksgiving break from school to get outside and exercise and learn about having an "Attitude of Gratitude" through every season of life and discovering things to be thankful for each and every day.

THREE TIMES LEAGUE CHAMPS FOR CASA CROSS COUNTRY!

Congrats to the Casa boys Cross Country Team for winning the Golden Empire League (GEL) for the third year in a row!

The Casa Roble Varsity Boys Cross Country team defended their league championship at Sierra College in their final meet of the season in October. Special All-League recognition went to

Zachary Heberlein, Aaron Heberlein, Josue Rojo and Sergio Vivar. The girls team had two All-League selections, Dakota Gibson and Amiya Farias.

Congrats to all the Casa Cross Country athletes and to Head Coach Andre Ayala for this outstanding achievement

Photo provided by Andre Ayala

Troop 144 hosted their Annual Cub Scout Adventure at Christ the King Lutheran Church in September. Cubs from Pack 144 and 310 enjoyed learning a variety of life skills while having a blast playing GaGa ball relentlessly. The monkey bridge was the huge hit of the event!! The Cubs and their families set up their tents and enjoyed a delicious meal before participating in a campfire. The next morning they awoke to the smell of sizzling sausages, pancakes, and fresh fruit. Everyone went home in anticipation of the next opportunity for fun as is typical of the Troop's events. Submitted by Nancy Wilkerson



CASA FOOTBALL UPDATE

Casa suffer a heartbreaking loss 14-13 at Dixon at the last league game of the season. The Casa Rams finished league play 3-2. They still eligible for the playoffs and will find out where they are seeded soon. Stay tuned for updates! Go Rams!

PHOTOS COURTESY OF TIM ENGLE

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SACRAMENTO PUBLIC LIBRARY TO BRING FAMILY STORYTIME PROGRAMS TO COMMUNITY PARKS

Sacramento, CA (October 21, 2021) – Starting October 27, Sacramento Public Library (SPL) will host weekly in-person storytime events for families at parks throughout the Sacramento region. Outdoor Family Storytime is a live 30-minute program with songs, rhymes and stories designed for young children, infants to 6 years of age, and their caregivers.

"Storytimes are fun way for the entire family to encourage early learning and help build the foundation for pre-reading skills," said Library Early Learning and Development Manager Donna Zick.

"We're thrilled to be able to safely return to in-person family programming through this series of outdoor events."

Outdoor Family Storytimes are scheduled at the following community parks: Brock Park, Carmichael Park, Elk Grove Regional Park, Howe Community Park, Kunsting Family Park, Robla Community Park, and Woody Hampton Park. Weekly events will also take place in the green spaces adjacent to local libraries including Belle Cooleedge Library, Colonial Heights Library, Fair Oaks Library, McKinley Library, and Rio Linda Library.

For more information about this program, including the schedule of events, visit www.saclibrary.org/OutdoorStorytime.

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