CONGRATULATIONS CASA ATHLETES



The Casa Roble Girls Wrestling Team won the SJS Girls Masters Tournament Page 14



LOYAL TO LOCAL - DAIRY QUEEN Celebrating huge milestones in 2022. Page 9





!CASA RAMS BASKETBALL SEASON UPDATE

What a way to end the season! Under the leadership of new Head Coach Nate Gilbert for Varsity boys and Mike Weight for Varsity girls, both teams advanced to the playoffs - a first in nearly 10 years! The boys played tough, but lost in the first round of playoffs against San Juan High School. Back at home, the girls played an exciting game against Florin High School finishing 36-29 and earning a trip to Fairfield to take on the Vanden Vikings. While their playoff journey ended there, they set a new record for the team, making it to the next round of playoffs which hadn't been done since 1998 – a most noteworthy accomplishment for the 2021/22 season! Congratulations to both teams for an outstanding job! Go Rams



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Photos by Heidi Lettau

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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

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.

STAFF: Brad Tatum -Publisher/Advertising Lisa Montes -Editor

VOLUNTEER CONTRIBUTORS Brandy Wade Suzanne Feblowitz MaryAnne Povey AWARD WINNING PAPER Business of the Year 2013 Business Person of the Year 2010 Editor -

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OUT TO PUBLIC FRI. APR 8
DEADLINE WED. APR 13
OUT TO PUBLIC FRI. APR 22

MAY 2022
DEADLINE WED. MAY 4
OUT TO PUBLIC FRI. MAY 13
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ANNOUNCEMENTS

PAUL K TIBBENS JUNE 16, 1938 – JANUARY 27, 2022

On January 27th 2022, Paul K. Tibbens passed from this life at 83 years young into eternal life. Paul resided in Sacramento County for 46 years, in Orangevale, California, with his wife Betty & their little dog Tippy. Paul retired in 1983 from the United States Air Force as a Chief Master Sergeant. Chief Of Job Control for the 940th Air Refueling Wing at Mather Air Force Base, California. In early 1984 Paul continued to serve our nation with Civil Service on Mc-Clellan Air Base California as a Project Manager for the Advanced Tactical Fighter Program. Paul served our great nation for over 50+ years. Paul loved to fly, he took many trips around the world seeing many countries and aviation was his passion in his professional life. Paul had many interests during his off time, he loved to fish and hunt and did this for many years. Paul also donated his time to Cub Scouts & Boy Scouts. Paul along with his wife Betty did take on the education of Scouting leaders for the Sonoma Mendocino Council of Boy Scouts of America for more than five years. Paul also donated time to Foothill Chapter Order of DeMolay as a Chapter Advisor for many years, he was asked to be the District Deputy for the Valley Division DeMolay Association for more than 25 years. Paul was also involved in Amateur HAM Radio for many years. Paul was very involved with the Charles F. Anderson Masonic Temple Board, responsible for the care and maintenance of the building and



resources. Paul loved to work in his woodshop in the backyard, he created many things for people such as clocks and outdoor bird houses, fixing of furniture and painting his great creations, many were gifts to people he met. Paul always had a kind word for everyone he met, he had the gift of never meeting a stranger. Paul is survived by his wife Betty of more than 61 years, his daughter Sandra and her husband Michael both of Orangevale, California, his grandsons Lawrence of Orangevale and Matthew and his wife Jennifer both of Orangevale his son Pete and his wife Lori both of Fernley Nevada, his two other grandsons Stephen and Kenneth both of Copperas Cove Texas, his sister Mary-Linda of Jenks, Oklahoma, his sister Pam of Broken Arrow, Oklahoma, & his youngest sister Patricia of Broken Arrow Oklahoma.

Services were held at Mount Vernon Mortuary on February 19th 2022 at Chapel Services, then a Graveside Service in the Garden of Memories at Mount Vernon, with full military honors being rendered. A reception followed with a Celebration of Life at the Natoma Lodge #64 in Folsom. In lieu of flowers please make a donation in the name of Paul K Tibbens to either Shriner's Hospital for Children or St.Jude's Children's Hospital. Thank



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LETTERS TO EDITOR

Twice we have seen 80,000 plus at SO-FI Stadium for playoff games which featured our maskless Governor in one and mayors and health services attendees and many celebrities.

Our Governor again extended the mask mandate for children in school which I find appalling. Our children are truly the victims in the political COVID constriction of being able to breathe freely and having to wear masks at school to stop the "Spread" while watching thousands of parents, teachers, mayors, entertainer's and the Governor of California blatantly be mask free at sporting events.

The political fear mongering on this type of abuse on our children (yes it's ABUSE in my opinion) must end.

In my opinion...The vaccines and booster don't stop the spread. Masks don't work and we know it if we're being honest. People and especially kids futz with the mask, take down the mask to eat, drink or be heard clearly. This exposing ourselves multiple times.

Free our children from this insanity and let them breathe. It's not their job to protect adults. This political BS is true LUNACY and is more about CONTROL.

END THE MANDATE NOW AND LET OUR CHILDREN BREATHE!

Respectfully submitted JS Orangevale, CA



A LITTLE OV HISTORY Twin Lakes Elementary

Twin Lakes Elementary, the third in the Orangevale School District, opened its doors to K-3rd grade students in Sep 1956.

Imagine Orangevale in Sep 1956. It was growing fast with over 10,000 residents and 1560 pupils. Superintendent of Orangevale School District, Dr William Manning, planned for three more elementary schools to follow by 1959 and plans for a high school had begun in 1955. Boundaries and bus routes changes were constant.

Around town Perry's Market offered Blue Chip stamps and advertised a metal lunch box with thermos for \$1.49. The Chamber of Commerce had committees looking at possible bank branches. The Youth Center Board of Directors was looking for ways to build a swimming pool, the State Fair would run through Sep 9th and Orangevale Drug opened on Main near Greenback.

Aerojet General Corp was building in Rancho and by 1958 had gotten the Minuteman Missile contract. Plans for 1200-1600 homes in a new subdivision, Arden Bluffs, across from Twin Lakes were in full swing, with homes selling from \$19,800. That same year, Lincoln Palisades, another nearby subdivision of 500 homes rolled out with

homes selling for \$16,250. By 1958 Twin Lakes had added classrooms to accommodate K-8th grade, a multipurpose room and Ralph Chmelka as principal. Mr Chmelka was 33, and a veteran of WWII and Korea. Student activities were varied and included coverage of office phones during the lunch break and the Safety Patrol program as well as sports... The Twin Lakes -Palisades PTA was very active raising money, providing First Aid classes, hosting talks by Civil Defense leaders, gathering volunteers and honoring and supporting teachers.

Fast forward sixty-six years. Twin Lakes Elementary now serves 500 students in grades K-6 and is one of 9 public elementary schools in Orangevale.

Watch for pictures from Twin Lakes on Orangevale History Project on Facebook..

Written by Cris Gerard

Come to the Orangevale church of Christ at 5915 Main Avenue in Orangevale for six sessions over two days as we talk about both the challenges and the beauty of God's design in marriage Friday & Saturday, March 25-26. visit https://ovchurch.org/aom/ for more information and to register





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My sister gave me this easy banana bread recipe. It is supposed to be healthier than most. Unfortunately, I decided to make it even more delicious by adding milk chocolate chips!

Please share a favorite recipe by sending 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

JENNY'S BANANA BREAD

- •2 cups all-purpose flour
- •3/4 teaspoon baking soda
- •1/2 teaspoon salt

- •1 cup sugar
- •1/4 cup butter, softened
- •2 large eggs
- •1 1/2 cups mashed ripe banana (about 3 bananas)
- 1/3 cup plain low-fat yogurt
- •1 teaspoon vanilla extract •34 to 1 cup milk chocolate chips (optional)
- Cooking spray

Preheat oven to 350°.

Prepare an 8 1/2 x 4 1/2-inch loaf pan by spraying with cooking spray and lightly coating with flour.

Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour, baking soda, and salt in a medium bowl stirring with a whisk.

Place sugar and butter in a large bowl, and beat with

a mixer at medium speed until well blended (about 1 minute). Add the eggs, 1 at a time, beating well after each addition. Add banana, vogurt, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist. With a spatula, fold the chips into the batter without stirring too much. Spoon batter into prepared loaf pan. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Note: I have forgotten about buying the yogurt for this recipe, so I had to substitute with vanilla flavored yogurt or sour cream and it worked!

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LOYAL TO LOCAL

The Orangevale Woman's Club Loyal to Local is pleased to spotlight the Dairy Queen Grill and Chill, a long time Orangevale establishment. In June of this vear owners Joe and Cynthia are celebrating the fortieth anniversary of the Dairy Queen in Orangevale. Joe began his restaurant career while a senior in high school with Foster's Freeze and went on to become a manager after graduation. In 1982 he purchased the Orangevale business which became a Dairy Queen in the late 1980s. While their sales were down

during the pandemic, they benefited from their association with third party delivery. Joe and Cynthia love Orangevale and are generous supporters of the community. At the recent Best of Orangevale awards banquet they were named "Best Community Sponsor" and "Best

Fast Food". The Dairy Queen Grill and Chill is located at 9265 Greenback Lane. Their business hours are Sunday-Thursday 10:30-10:30, Friday and Saturday 10:30-11:00. Drop by to enjoy their delicious soft



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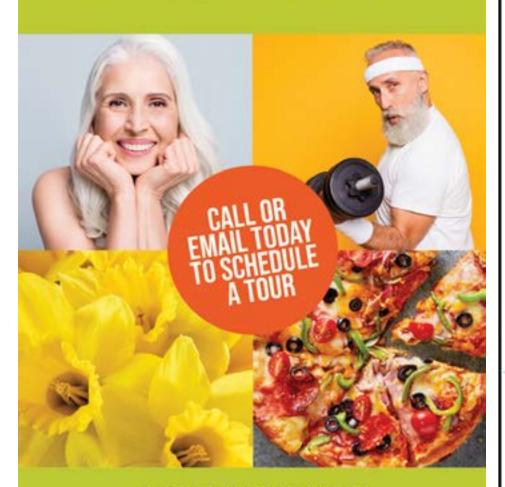
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CASA JR RAM CHEERLEADERS ARE HEADED TO ANAHEIM



The Casa Roble Jr Rams Comp Cheerleaders 14u & 10u teams are both headed to Anaheim at the end of February! Both teams qualified for the USA Spirit Jr Nationals comp after their stellar performances in the Bay Area in January. These girls spend 4 to 5 days a week preparing for this exciting opportunity and are led by some amazing coaches and ir coaches. Go Rams!!!



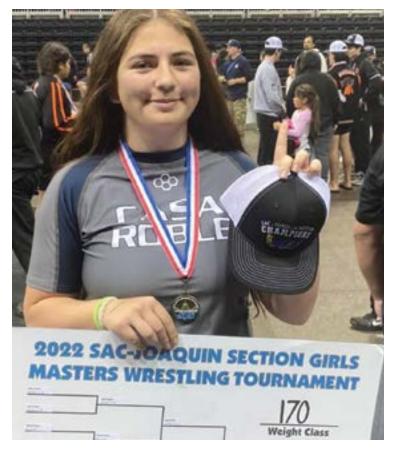
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CONGRATULATIONS! The Casa Roble Girls Wrestling Team won the SJS Girls Masters Tournament and made Casa Roble history. The small team of 3 girls pulled off a big win as they competed with a total of 96 teams! Individual 1st place titles for Casey Rankin and Haylie Gumpfer, and a 3rd place finish to Jourdan Gumpfer. The girls are heading to the State Tournament in Bakersfield on Thursday. Go Rams!







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additional or \$25 monthly

HELP KIDS IN NEED THIS EASTER

Putting a little "hop in the step" of kids in need this Easter season, Helping Hands OV is at it again for their second year. Are you in need of a little help, or wanting to help kids in need this spring? This is the perfect opportunity to bring a little cheer. Last year, this program allowed over 150 children to receive Easter baskets and you can help with the goal of 200 for this year.

Helping Hands OV's Valentine's for Seniors program was a great success, collecting over 4,900 cards this year thanks to YOU in our community, and now they are also continuing to put a little "HOP" in the step of a child in need this Easter.

HHOV is asking the community to make personalized Easter basket(s) for one child or more and to present them as if they came from the Easter Bunny. More information can be found on Helping Hands OV's Facebook page at facebook.com/ HelpingHandsOV or Instagram @ helpinghands_ov. Whether you are in need or want to donate, both options are there. Be sure to click or

scan the appropriate link and fill the form out to completion. Last day to sign up to either give or receive is March 20th.

Drop off and pick up of baskets will be occurring on Saturday, April 9th at the Orangevale-Fair Oaks Food Bank where HHOV will also be holding a food drive from 9am to 12pm. Donors and recipients of baskets will be told separate times. Whether you are participating in the Easter Basket drive or not. please feel free to stop by and bring your donation of non-perishable foods to help those in need in our community Last year HHOV collected over 2.300lbs of food and this year have a goal of 2,500. Every can counts!

Day of April 9th there will be festivities to enjoy including some extra special surprises. So stop on by, bring a donation or sign up whether you are in need or want to give back. This is a great opportunity to "hop" into spring!

If you have any questions, please email helpinghandsov@yahoo.com









Name: Laila Animal ID: 49363649 **Breed: Boxer mix** Age: 10 years Sex: Spayed Female

Adoption Fee: Sponsored! Sweet, sugar-face Laila is waiting for her new people to meet and fall in love! Laila is a 10 year old 88 pound Boxer mix and a great couch buddy. She loves being around people and would do awesome in a home where she can get short play sessions and walks with lots of time for relaxation in-between. Laila loves pats and will lean into you or "awoowoo" at you for more. She has been an office assistant to many employees during her stay here and has gotten outstanding reviews with everyone for her help. She would like to be the only pet in the home, but we think might enjoy the company of older kids. She is a great leash walker and loves treats!

Her adoption fee has been fully sponsored by TheLux-PropTeam. Our friends at NorCal Boxer Rescue also have a grant available for her adopter to receive financial support for any veterinary care that she requires in the next year, up to a total of \$1,000.

Adoption Process: At 9:00 am each morning a link will go live at sspca.org/dogs above where you can schedule an appointment to come down to the shelter 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 two animals may be met with per family, per day. Once you have finished a counsel and a meet-and-greet, you will be able to adopt!

Sacramento SPCA 6201 Florin Perkins Road, Sacramento, CA 95828 (916) 504-2834

Pink Anagram

An anagram for pink? kind.

P turned upside down is d (you'll find).

Both pink and kind can describe emotion

or feelings between folks or friends who closen.

Pink (a hybrid of red and white) can be calming, gentle,

kind (something to like).

-Z.F. Thrimej









8946 Greenback Lane

Community NEWS







ORANGEVALE FARM & GARDEN CLUB ANNOUNCEMENT:

It's official. Effective February 8th, 2022. The Orangevale Farm & Garden Club was ratified an official member of the California Garden Club, Inc and Golden Foothills Garden Club District 8.

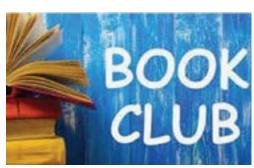
The Orangevale Farm & Garden Club meets the 1st Saturday of each month, September through June 9:00am - 10:30am, at the Orangevale Grange 5807 Walnut Ave, Orangevale CA.

It's a fun atmosphere of lo-



cal farm and gardeners interested in learning from monthly master speakers and from each other. All are welcome to come as a visitor and learn how to become a member.

Our next meeting is March 5. Our expert speaker will be discussing proper planting of citrus and fruit trees. This will be a live tree planting event. Come visit us along with County Supervisor Sue Frost responsible for the purchase of our awesome trees.



SACARAMENTO PUBLIC LIBRARY UPCOMING EVENTS

Orangevale Branch Virtual Book Club: February 26, 2022 1:30 PM - 2:30 PM Virtual Registration is open

Join us for lively and engaging virtual discussion of the New York Times Best Seller

"The Secrets We Kept" by Lara Prescott. You can pick up a copy of the title from the front desk at the Orangevale library, or download a copy of the eAudiobook on Overdrive/Libby using your library card & PIN number. Please register with your name and email address so

that we can send you a link to the ZOOM meeting. Event Type(s): Reading/ Writing Age Group(s): Adult

March 26, 2022 1:30 PM – 2:30 PM Virtual Registration begins on February 26, 2022 at 8:00 AM

Join us for lively and engaging virtual discussion of "The Color of Bee Larkham's Murder" by Sarah J. Harris. You can download a copy of the eAudiobook on Overdrive/ Libby and Hoopla using your library card & PIN number and starting on February 26th you can pick up a copy of the book from the front desk of the Orangevale Library. Please register with your name and email address so that we can send you a link to the ZOOM meeting.

Event Type(s): Reading/Writing

Age Group(s): Adults





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"

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:-)

A PATTERN OF INCONSISTENCY

on a regular basis, dig a little deeper

By: Supervisor Sue Frost

It may be hard to realize this, but we are already well into 2022. I say this because I find myself reading headlines that make me feel like I am still living in late 2020. As has been the case throughout the COVID-19 pandemic, the rules are made up and the data does not matter. After months of a reinstated, statewide mask mandate, Governor Newsom announced the mandate would be lifted on February 15th. Shortly after, I was elated to see the county's public health officer would follow the state's lead and lift our mask mandate as well. The vexing thing about these decisions however, is that the originally stated thresholds for freedom from such mandates have again been irrelevant to the process.

I think it is great that the requirement of masks indoors is being lifted ahead of schedule but it just goes to show how subjective all of the benchmarks are. At the time the county's mask mandate was reinstated, we were told that it would be lifted when we dropped below a case rate of five per 100,000. When the announcement came that the mask mandate would be lifted, we sat at 63.8 cases per 100,000 which is obviously significantly higher than the previous goal. Again, these guidelines and benchmarks are clearly subjective, and it makes me wonder why any of these false goal lines have continued to be identified – especially when the science we are all supposed to be following continues to change.

Case in point, Sacramento County's most



Supervisor Sue Frost

recent mask mandate was put in place to help slow the spread as cases spiked. While the mask mandate was in place however, we saw our highest case rates of the entire pandemic. At the same time, the death rate remained far below what we saw at its peak. With numbers like those, it would seem the mask mandate achieved esceptible participe.

On March 8, 2020, Dr. Fauci made a comment on 60 Minutes, "There's no reason to be walking around with a mask..." – then on April 3, 2020, he and the CDC directed us to wear a mask. As time progressed, we were told to wear 2 masks, that children must mask while playing sports outdoors, and that doth masks don't work but N95 masks do. We were told that if we get the shot, we can take off the mask and travel, then we

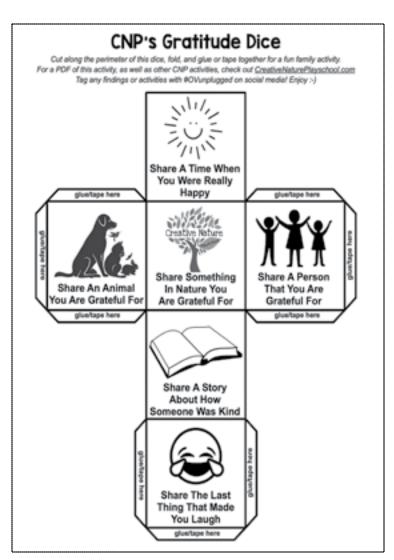
were told to put back the mask because it turns out the vaccine does not prevent contracting or transmitting the disease. We've been told we must wear a mask indoors, but if we are sitting at a table in a restaurant, we can take the mask off. Children who are not at-risk are required to wear a mask, while adults who are at-risk can go without a mask.

We clearly have a long way to go to regaining common sense and normalcy. Lifting mask mandates only for the vaccinated did not work last time but that is what we are doing again. As the virus changes and we watch case rates of both the vaccinated and unvaccinated rise and fall together, it is becoming more evident that the need for emergency declarations and knee jerk mandates need to be left behind. Instead, we need to do as we have with all other viruses that mutate too often to be eradicated – we must learn to live with the virus while minimizing its impact on society.

At this point, the only things we should be hearing about mask mandates is when we are discussing studies of how they have impacted our health, the total well-being of students, and how we can better respond to similar outbreaks in the future.

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.

Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta.







VOTING PROXY

The record holder of the membership certificates of the Company, whose name and signature appears below ("Member"), hereby revokes all previous Proxies and acknowledges receipt of the Notice of Company's Annual Meeting (the "Annual Meeting") to be held on Tuesday March 1, 2022, at 4:00 P.M. at Orange Vale Water Company, Orangevale, CA. Member hereby appoints the Company's Board of Directors ("Proxy Holder") as Member's Proxy. Proxy Holder may represent Member at the Annual Meeting, including any adjournment of that meeting, and may substitute another to act as Proxy. This Proxy may be revoked at any time by written notice filed with the Secretary of the Company, by a subsequent Proxy, or by attendance at the meeting and voting in person.

Proxy Holder is directed to vote this Proxy as follows:

Election of Directors: For the purpose of electing only one of the following three numbered boxes):	the Directors, Proxy Holder is hereby directed to (Check
Vote as Proxy Holder deems proper	
Abstain from voting for any director	
Vote as follows (If you have checked either Box i you may check up to two following choices):	or 2 above, you may not also check Box 3. If you check Box 3,
INCUMBENT	
John Wingerter, Incumbent	Write In
Craig Davis, Incumbent	
Signing and returning this Voting Proxy without checking to vote on Member's behalf as Proxy Holder deems pro	ng Box 1, 2, or 3 will be deemed as authority of Proxy Holder per.
Proxies must be received by 3:00 P.M. or	March 1, 2022 for recording and accreditation
Signature:	Date:
Name:	(please print)
Address:	

Orange Vale Water Company | A California Non-Profit Mutual Benefit Corporation 9031 Central Avenue | PO Box 620800 | Orangevale, CA 95662-0800 | 916,988,1693