

Orangevale View

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We are excited to host the 7th Annual Best of Orangevale. Showcasing and highlighting how local businesses, community groups, and individuals in Orangevale continues to play a role in solving our greatest challenges and supporting our communities amid the backdrop of the coronavirus pandemic, economic distress, and call for greater inclusion and equity.

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 spearhead 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. Voting in three (3) categories is required. 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. Nomination will not be accepted after January 20th. At which time rankings will "go dark" and no longer be visible. This provides the committee to validate all votes received. Voting end January 31st. Runner ups will be notified and Winners announced at the Best of Orangevale Award Banquet on February 11th at the Orangevale Community Center. For tickets visit <https://alleventstickets.net/BESTOV>

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BOV 2022 NOMINEES

4ABETTERU2 Wellness Resources	Betz Landscaping	Chris Robinson Construction	eHealthPlanPro.com - Jim Beilgard
7-Eleven	Bishop Pool Service and Repair	Christ the King Lutheran Church	Electric Connection
AboutKidz	Black Rose Tattoo & Body Piercing	Christine Lorca - Orangevale Open	Energy Electric
Action Day Learning Center	Blarney Stone Irish Pub	Citrus Heights Water District	Energy Savings Construction
Adalberto's Mexican Restaurant	Blinds of Sacramento	Clarks pool service	Erasing Pain
Adam, Tonnos	Bloomingdeals	Clay Oven	Eric Hocking's Tree Service
ADP, Inc.	Blossom Vale Senior Living	Clean and Sober Recovery Services	Erik Johnson Tile, Inc.
Advanced Conversions	Blue Lion Hardscapes	Clear Cut Landscaping	Erika Rudd-Trajan
Aguilar & Associates	Blue Nami Sushi & Sake House, Inc.	Clutch City Academy	Erin Bethune - California Montessori (OV)
Aguilar Fence	Boat MD	Color Box	Ertl's Automotive
Albano Dale Dunn & Lewis Insurance	Bob Clouse Insurance Agency	Common Kettle Farm	Essex Mortgage
Alexis Gemmell Crjr Cheer VP	Bow Wow Days - A PETacular Event	Coscto	Ever So Beautiful Spa
Alicia DeMerritt - DV Pony Baseball	Boyd's Plumbing	Creative Nature Playschool	E-waste Recovery Systems
Aliyah Wong	Bozzuto & Co. Insurance Services	Crystal Roark Hairstylist	Fair Oaks Presbyterian Church
Almond Heights Senior Living	Brandy Wade - Creative Nature Playschool	Cube Smart	Fair Oaks/Orangevale Little League
Almond Park - DVparks	Brann Plumbing Company	Cutting Edge Hair Design	Fairest Cleaning & Restoration
Almondale Academy	Brett Fullmer - Pershing Elementary	D.E.D. and Co.	Family Heritage
AM/PM	Brian Thomas Insurance Agency, Inc.	Dairy Queen	FAMILY TAEKWONDO PLUS
Amanda (Tonnos)	Bridges Tax Strategies	Dan Downey Window Cleaning	Fantasyscapes
AmeriCan Gas & Liquor	Bridgette - Palm Tree at The Boardwalk	Danny's Automotive	Farmers Insurance - Raymond McCauley
American Pacific Mortgage	BzB Fencing	David Garcia Casa Roble Softball	Final 9 Sports
American River Ace Hardware	Caitlin Nielsen Young Living Essential Oils	David Pooch Pucilowski	Finished Floors Inc.
American River Alano	Cali Kids Dental	Debbie Hehe, ACN Independent Business Owner	First Baptist Church of Orangevale
American River Girls Softball	Caliber Collision	Debbie Luce	First Citizens Bank
AmeriCan River Urgent Care	California Family Fitness	Delta Heating & Air	First Class Dental, Todd Johnson, DDS
America's Tire Company	California Montessori Project - Orangevale Campus	Dennis Orr, Jr Rams Coach & Casa Freshmen Basketball	Five Star Bank
Amy Bahm, DV Kiwanis	California Transmissions	Dezy's Beef, Bread and Beer	Five Star Bricks
Andre Ayala Casa Roble Cross Country	Campbell Apparel	Disconnect to Reconnect	Fix Auto Orangevale
Andrew Carnegie Middle School	Carey Financial & Tax Services	Divine Savior Catholic Church	Food Bank Farm
Andy's Bright Ideas	Carlos LandsCaping Services, Inc.	Domino's	Fort Rock Brewing
Ashley's Country Kitchen	Carlsen O'Connell Commercial Real Estate	Dovewood Court Christmas Lights	FosterHope Sacramento
Aspen - Jan's Lounge	Carlton Senior Living (formerly Eskaton)	Dr Binu Thomas	Fox & Hair
Aspen LandsCaping	Carrie Manriquez - Ottoman Elementary	Dr. Jyl, Mobile Vet Connection	Frances Lopez Hernandez- Scottie's Hideaway
Atlas Field Services, Inc.	Casa Roble FFA	Dr. Larry Cao	Freedom Insurance Services
Atticman Heating & Air Conditioning Insulation Inc	Casa Roble High School	Dr. Lloyd R Price	Gayle /Mode Brewing
Audrey Smith/ Wiberg State Farm insurance	Casa Roble High School Ramsmen, Inc. "Ram Booster"	Dr. Samir Alaswad (Orangevale Dental)	Geo Land, Inc.
Auto Care By Kenely	Casa Roble Jr Rams	Drysdale Property Management	George Sanchez -LEGACY BARBER LOUNGE
Autocraft Services, Inc.	Cathy Kurtz Photography	Ducky's Donuts	Golden I Credit Union
AutoSense	Chapman's Legacy Plumbing	Duet Dezign	Golden Aire Heating & Air Conditioning
Badfish Coffee & Tea	Chase Electrical	Dustan Droogmans eXp Realty	Golden Valley Charter School (orchard campus)
Bailey Boys Services	Chateau Senior Living	Dwelly Chiropractic	Goodwill Industries
Bank of America	Chestnut Childcare	Easystumps - Darren Lang	Green Oaks Fundamental Elementary
Barbara J Ford, CPA MBA	Chick-fil-A Granite Bay	Ed Tupper, Casa Roble Baseball	Grocery Outlet
Barber James	Chris Horner, Casa Head Football	Edward Jones - Alec Prinze	Grocery Outlet Turkey Bowl
Barbie's Birdies Eggs & Scones			CONTINUE ON PAGE 6
Belhaven Estate			

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16 CLASSIFIED

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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.

STAFF:

Brad Tatum -
Publisher/Advertising
Lisa Montes -Editor

VOLUNTEER CONTRIBUTORS

Brandy Wade
Suzanne Febowitz
MaryAnne Povey

AWARD WINNING PAPER

Business of the Year 2013
Business Person of the Year 2010
Editor -
California Capital Women Business * Community Impact of The Year 2020*
California Senate Woman of the Year 2012

DEADLINE 2023
JANUARY 18TH FOR
JANUARY 27 ISSUE

FEBRUARY 1ST FOR
FEBRUARY 10 ISSUE

FEBRUARY 15TH
FOR FEBRUARY 24
ISSUE

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COMMUNITY OPEN
HOUSE scheduled for
Saturday, January 21st
from 9-11am.

Ever wanted to GET INVOLVED in your community? Just don't know WHERE TO START? Here's your chance to hear from and meet all of the service clubs and groups in Orangevale. Have you considered plugging in to help somewhere in the community, but just didn't know where to start? Kick off your 2023 by getting plugged into one of our community's great organizations.

UC Master Gardeners of Sacramento County present Backyard Composting and Organic Waste Basics Event Day and Date Saturday, January 28, 2023 Event Time 1:00 pm to 2:00 pm Event Location Folsom Public Library 411 Stafford Street Folsom, CA 95630 Library Meeting Room Event Description The UC Master Gardeners of Sacramento County will show you how to understand the new organic waste cart guidelines and what different household scraps apply. Learn how to build and manage a backyard compost pile using fruit and vegetable scraps, coffee grounds, and yard waste. Event Cost Free For More Info UC Co-operative Extension, (916) 875-6913, sacmg.ucanr.edu, facebook.com/sacmg

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*Pre-cooked weight

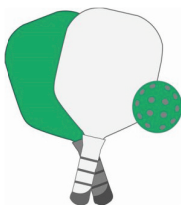
Happy New Year with OVparks!

NEW! Pickleball Clinic

Ages: 9-12

W 1/25-2/22 3:30-4:20pm

Fee: \$77 / \$80 NR



N.A. of A. All Sports Club

Jr. Academy

Ages: 4-6

9:00-9:50am

Fee: \$124 / \$127 NR

Su 1/22-2/12

Ages: 7-13

10:00-10:50am

Fee: \$124 / \$127 NR

Pee Wee Basketball

Grades: K-2nd

M 1/23-2/13 5:30-6:30pm

Fee: \$57 / \$60 NR



Track & Field

Ages: 6-12

M 1/23-2/20 4:20-5:20pm

Fee: \$81 / \$84 NR



*w/ parent participation

NEW! SoccerTots

Ages: 2-3.5*

F 1/27-2/24
10:00-10:45am



Ages: 3.5-5

M 1/23-2/20
3:30-4:15pm

Fee: \$77 / \$80 NR

Artist Studio

Ages: 35+

Th 1/12-5/18 11:30am-3:00pm

Fee: \$59 / \$62 NR



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OV Unplugged
By Brandy Wade
Happy New Year Orangevale and surrounding communities! Our CNP family sincerely hopes you had an opportunity to enjoy the Winter season so far! In this column we want to challenge families in our annual outside challenge: spend at least 1000 hours outside in 2023! Spending time outside in fresh air and sunlight is not only critical in early childhood development but throughout one's entire life. Some of the many benefits of spending time in nature include but are not limited to lowering blood pressure, reducing stress, improving mood, boosting energy, enhanc-

ing creativity, mitigating pain, improving focus, adding needed daily vitamin D, and strengthening the immune system. With all these amazing benefits of spending time outside in nature, its a no brainer to challenge your family to spend at least 1000 hours outside in 2023! Please use this 100 hours outside tracker sheet to jump start the 2023 year! One open space is equivalent to one hour spent outside, so try your best to fill at least 10 sheets. If your child attend CNP they have 4.5 hours outside! On behalf of our CNP family, I want to take a moment thank the Orangevale community for graciously nominating

our family owned and operated nature preschool program for Best of Orangevale the last four years, as well as recently nominating CNP for Best Child Care 2022 (home-based) and Brandy Wade for Best Teacher in 2022! We are honored to be nominated with so many other amazing businesses and professionals! We are so proud to be a small piece of such a great community. 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 preschool 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 100 Hour Outside Challenge

Use this 100 Hour Outside tracker sheet to track your first 100 hours. One opening is equivalent to one hour spent outside, with a goal of completing 10 tracker sheets in 2023; amounting to 1000 hours outside! For a PDF of this activity, as well as the other 25+ CNP activities, check out CreativeNaturePlayschool.com Tag adventures with #OVunplugged and #1000hoursoutside



BUILD A NEW JAIL OR LET IMMATES OUT

Should Sacramento County Build a New Jail or Let Inmates Out Early?

By: Supervisor Sue Frost

You may have seen some news recently about a controversial vote at the Board of Supervisors involving a debate between releasing more inmates and expanding the current jail facility. As we had an unprecedented amount of public input into this discussion, I feel compelled to use this opportunity in my monthly article to explain to you the details of what happened, and why I voted the way that I did.

Back in 2014, Sacramento County was notified by advocates about concerns regarding conditions of confinement in the jails. Then in 2019, a class action lawsuit against the County was filed to address those concerns. In 2020 a Federal Judge approved a court order (Consent Decree) resulting from the class action settlement. The concerns centered on medical care, mental health care, Americans with Disability Act (ADA) and Health Insurance Portability and Accountability Act (HIPAA) compliance. As a result of this, the County was left with an open ended question of how to proceed forward. The court order issued specific requirements within a timeline, but they allowed us flexibility in working within our budget and circumstances to satisfy the Consent Decree. They wanted to see that we were making a concerted effort, and our progress was monitored by Class Counsel to ensure progress.

Over the years, the board would routinely meet to discuss how we should proceed. I was regularly of the mindset that the best path forward was to make updates to the jail as opposed to simply releasing inmates - something



Supervisor Sue Frost

that I have very negative views on due to the State utilizing this method to disastrous effect locally. However, every time this came up for a vote, to my great frustration, the only people who would make public comments were those who did not want updates to the jail, and simply wanted inmates released - and a majority of the Board of Supervisors would vote to essentially kick the can down the road and defer action to a later meeting. Fast forward to 2022, and the plaintiffs are justifiably getting frustrated at our lack of specific actions to satisfy their complaints. County legal staff have told us that if we do not act immediately, that we could risk being out of compliance and the Federal Government could come in and take over our ability to manage this issue. That would mean they make decisions with local taxpayer dollars without any input from the Board of Supervisors. This is not something that any of the Board of Supervisors were willing to allow to happen, and it forced us to finally take action earlier in December. In the meeting on December 7th our Board was presented with a variety of options for ways to solve this problem. They ranged from building an entirely new jail, to adding a jail expansion building for mental health ser-

vices, to releasing inmates into a variety of community programs, or some combination of the above. While I would possibly be supportive of building a new jail, from a financial perspective we simply do not have the money needed to do this, and the impacts it would have on our budget to get a loan for the money we need would have extremely negative effects on other essential County services.

In the end, on December 8th the Board decided to do two main things. First, we agreed to build a jail expansion downtown specifically for mental health, medical services and inmate intake. And secondly, we agreed with county staff's recommendations that give alternatives to incarceration for some low level offenders. While I am not supportive of letting dangerous inmates out early, this was supported by the Sheriff's Department and the District Attorney's Office, and I believe these programs serve a community benefit.

I am overjoyed that the Board of Supervisors finally made progress on solving these issues so we could begin to satisfy the consent decree. While there is still more work to be done, this is real progress that until this point has seen nothing but delays. I will keep you updated in the future as more progress is made, but this is a great start that is extremely needed.

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



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 In Touch Telecommunications
 Independent Plumbing, Heating & Air
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 Issiah Mobile Auto Detailing
 J&J Salon
 Jan's Lounge
 Japan Auto Care
 Jason Prater - Options For Youth
 Jeff Williams JV softball coach Casa Roble
 Jenn Gustafson
 Jennifer Lawson @ Twin Lakes Elementary
 Jessica Riley Morris powered by Keller Williams
 Jim Wall Insurance Agency
 JMAC Pool & Spa
 Joe Duran
 John Williamson
 John's Pet Grooming
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 Ken Benedict
 Kendra Shelton - Pershing Elementary
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 Kidz Korner
 Kim Highsmith - Last Tangle Salon
 Kimberlee Meyer
 Kindred Spa & Clinic
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 Kristi O'Brien -Green Oaks Fundamental

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 Lauraly's Hair Salon
 Learn Out Loud Preschool & Childcare
 Learning Patch Childrens Center
 Legacy Barber Lounge
 Les Schwab Tire Center
 LGB Notary
 Liam Quillin
 Liberty Electric
 Lindsay Surratt - Green Oaks Elementary
 Lisa Sampson Lyon Real Estate
 Little Foot Day Care - Breanna Burns
 LMS Garage Door
 Logo-It
 LoPresti Chiropractic
 Luci Lettau
 Lupita's MexiCan Reataurant
 Luxury Nails and Spa
 Luz Johnson - LPL Financial
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 Megan Hollis Lyon Real Estate
 Meghan Allen-Scotty's Hideway
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 Michele Horner - Oakview
 Mike Dolan - Pasteur Middle School
 Mike's Auto Repair
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 Minds At Play Preschool and Pre-K
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 Orangevale Rocks
 Orangevale Summer Nights Concert Series
 Orangevale Summer Palooza
 Orangevale Teen Council
 Orangevale Tiger Sharks Swim Team
 Orangevale Vet
 Orangevale Womans Club
 Orangevale Youth Soccer Club
 Orangevale-Fair Oaks Community Foundation
 Orangevale-Fair Oaks Food Bank
 Orbit Gas & Mini
 Orchard City Tattoo Company
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 Our House Preschool and Pre-K
 OV Goods
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 Palm Tree Brewing
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 Pampered Chef- Meredith Cameron
 Papa Murphy's Take 'n Bake Pizza
 Papparazzi with Taron Olivera
 Pappas Pools
 Paragon Hair Salon
 PARAMOUNT PAINT & DESIGN
 Pasteur Middle School
 Pathway Fellowship
 Peak Residential
 Pearl Spencer, Badfish Coffee & Tea
 Pecan Park - DVparks
 Pedersen cleaning

Perfect Nails
 Performance Powder Coating & Sandblasting
 Perry Air Heating & Air Conditioning
 Pershing Elementary
 Pete Construction
 Pi Electric and Solar
 Piedmont Family Preschool and Child Care
 Playtime Academy
 Paidmore Orthodontics
 Procession of Holiday Lights
 Professional Hair and Nail
 Professional Hair and Nails
 PS Apparel
 R&S Professional Cleaners Inc
 Ramirez tree service
 Raquel Quaid- Twin Lakes Elementary
 Rebel Rhythm Cycle
 Red Dog Shredz
 RED WOOD 45
 Redeemer Covenant Church
 Re-New Winter Sports
 Rental Guys, Inc.
 Rich Carlson - Ottoman Elementary
 Rollingwood Athletic Club
 Rose Acres Family Child Care
 Rose Senior Placement
 Roseanne Hall Insurance
 Rotary Club of Orangevale
 Ruby Made
 Ryan Marks (Pasteur)
 Sacramento Area Sewer District
 Sacramento County Supervisor Sue Frost
 Sacramento Metro Fire District
 Sacramento SUP Outlet
 Safari Chiropractic
 Safe Credit Union
 SALLAGDITY HEATING & AIR
 Samantha at the boardwalk
 San Juan Unified School District
 San Juan Water District
 Sandoval Stucco
 Schools First Federal Credit Union
 Sconce Electric
 Scotty's Automotive
 Scotty's Hideaway
 Screen It
 Senior Care Solutions
 Senior Helpers
 Sentry Storage
 Shadow Glen Riding Stables
 Shana Walters - Oakview Community
 Sharon's Preschool
 Shellee McAsey Of Legacy Properties
 Shelly Ellis Photography
 Sheppard & Neilson Insurance
 Sheri Shuteroff (Vargas)
 Sheri's Painted Goods
 Sichuan Spice House
 Sierra Shave Ice
 Sierra Valley Home Corp.
 Silvia Fernandez Insurance Agency
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 Streamline Power Inc
 Street Tech Auto
 Strobellis Pizza
 Summit Independent Insurance Services
 Sundance Nature Area
 Sunrise Community Church
 Susan Silva LandsCape
 Swain Health Insurance Solutions
 Sydnie Anderson - Helping Hands DV
 Taco Bell 3821 Madison Ave
 Taco Bell -Greenback Lane DV
 Tailpipes Smog Test Station
 Tanya Baker - Casa Roble High School
 Terry Hayes Insurance Agency
 The Canyon Grill and Alehouse
 The Church of Jesus Christ of Latter-Day Saints
 The Donut Spot
 The Glass Turtle Sports Bar
 The Howes Company Heating & Air
 The Insurance Liaison
 The Last Ministry Boutique
 The Last Tangle Salon
 The Life Center
 The Ogre's Den Gaming
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 The Paisley Cafe
 The Prancing Poodle All Breed Grooming
 The Socialite Girl
 The Swenson Law Firm
 The Tile Liquidators Folsom
 The UPS Store
 THRYV
 Tommy Chavez - Paisley Cafe
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COOKS

BY

Suzanne Feblowitz

This time of year many of you may be looking for a healthy recipe to start the year off right. If you have a healthy recipe, please send it in because in this issue I am sharing a fun holiday recipe from my friend, Mary Thomas. This recipe is originally from her grandmother and it is over 100 years old. She made it for the kids in the family who did not care for fruit cake. It is so good that I only got one piece of the loaf that Mary gave me because the rest of the family gobbled it up!

If you would like to share a favorite recipe or kitchen tip, 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.

GUM DROP FRUIT CAKE

4 cups flour
1 tsp cinnamon
¼ tsp cloves
¼ tsp nutmeg
¼ tsp salt

12 oz. golden raisins
2 lbs. gumdrops, cut in quarters (no black)
1 cup walnuts, chopped
1 cup butter
2 cups sugar
2 eggs, well beaten
1 ½ cups applesauce
1 tsp vanilla
1 tsp baking soda dissolved

in 1 TBSP hot water

Preheat oven 300 to 325 degrees. Sift dry ingredients together, using part to dredge raisins and gumdrops. Cream butter and sugar. Add well-beaten eggs. Add alternatively portions of flour mixture and applesauce to creamed mixture. Stir in soda and vanilla, then raisins, gumdrops and nuts. Spray small loaf pans with Pam or other non-stick spray and bake for 1 hour. Store in tightly covered container. This cake will improve with age.

Notes from Mary: Use scissors to cut up gumdrops. Use small disposable aluminum pans so you can give as gifts.

YOU ARE WHAT YOU EAT AND WHAT YOU DRINK...

by Ashanti Ngozi, Certified Holistic Nutritionist

The conventional saying 'You are what you eat' is the idea that to be healthy you need to eat nutritious foods. We all know that this saying is an indeed fact. Calories are available for combo meals because fast-food consumers were angry about gaining weight! I think it's safe to say the same about we drink. In a world of dirty sodas, energy drinks and drive-thru coffee spots every on every corner, and where premium drinking water is becoming harder to get, it's difficult to stay truly hydrated!

Water: an essential nutrient that we all need

to survive. Most bottled water available might be better than tap water but it isn't premium. You would think something of this importance would be available at premium quality for all, but that's not the case. You get what you pay for with food and with water. So, let me ask, what kind of foods do you eat and what kind of water do you drink? What do you nourish and hydrate your body with?

Just because its vegan doesn't mean it healthy for you and just because its bottled water doesn't mean it not polluted with BPA. In these times, it most important to treat yourself with care and kindness, inside and out! Self-care also includes nu-

trition and hydration, and unfortunately, some don't focus on their health until it's too late. Our bodies are awesome machines that are worthy of healing, if we take the time to do so. Prevention is what is missing in how we take care of ourselves, because we ignore the conventional saying and deny the nutrition facts.

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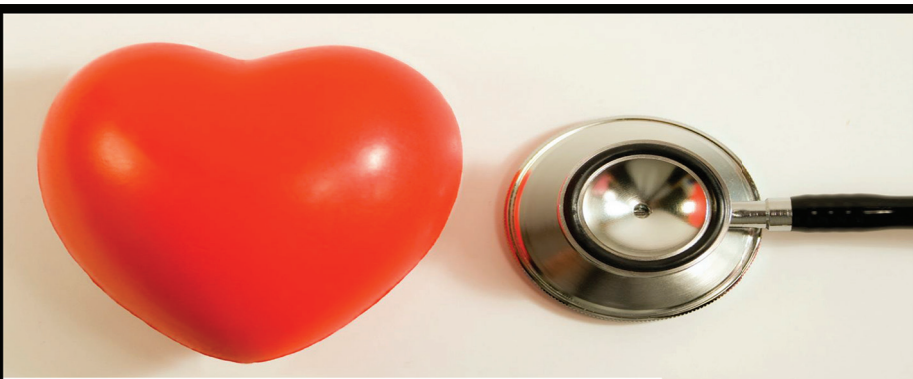
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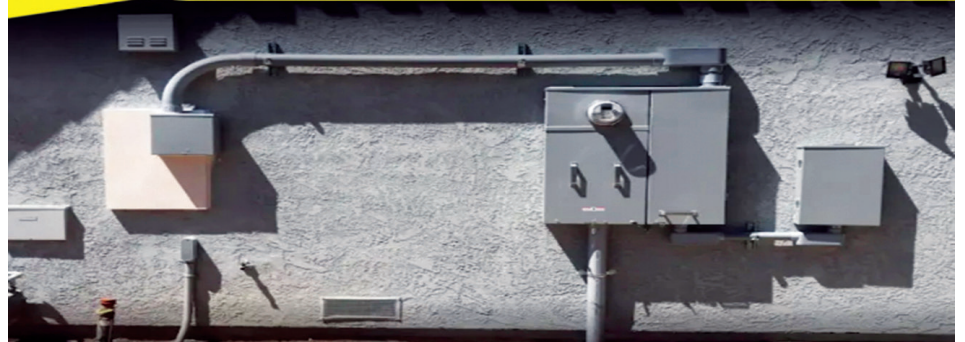
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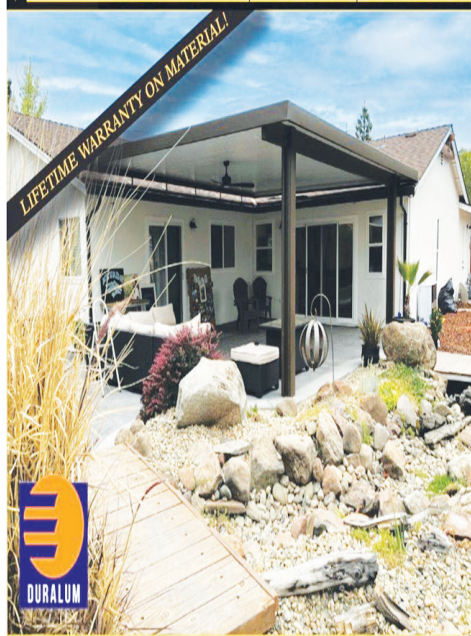
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Fresh cut grass, gypsum chalk, and dirt. I am talking about baseball. For a long time, Orangevale Pony Ball (OVPB) has been a staple in our community. We offer recreational and competitive baseball to our youth with the hopes of building comradery and fellowship. Pony Ball was established in 1951 in Washington, PA. They have relied on word of mouth to grow their organization. Some of our favorite major league players have participated in Pony Ball including but not limited to Mark McGuire, Tony Gwynn, Bobby Bonilla, Jeff Cirillo, Roger Clemens, Alex Fernandez, Tony Gwynn, Cal Ripken Jr., Brett Saberhagen, Alex Rodriguez, and J.T. Snow.

You may ask aren't Pony Ball and Little League the same thing? The simple answer is no. The first major difference is the 2-year age bracket

system that Pony Ball uses. Shetland League - ages 5 and 6, Pinto League - ages 7 and 8, Mustang League - ages 9 and 10, Bronco League - ages 11 and 12, PONY League - ages 13 and 14, Colt League - ages 15 and 16, Palomino League - ages 17 and 18. Additionally, PONY teaches lead offs and base stealing starting at age 9 (Mustang Division), or earlier while pitchers learn pick off moves and to hold runners on base to counter the potential steals. In years prior to COVID Registration numbers exceeded 300 players annually. Since then we have struggled to meet those same registration goals. Regular season is now open for registration, if you have any registration questions, please contact our registrar, Jessica at registrar@ovpb.net

We have a fresh, motivated Board with members that are comprised of

passionate local community members and parents who volunteer their time to help plan our organization to expand. The trajectory of this organization and city is important to us and we are always looking for like-minded individuals to join us in our goal for the youth of our community. Our goal is to become more integrated within the region through our participation and outreach at local events. Coming up we will be seen in the Orangevale Procession of Holiday Lights, and we are also putting together seasonal baskets at the Roseville Eagles Hall. If you have any questions or would like to be involved, you may reach out to our Board Members at Orangevale Pony Baseball (ovpb.net)

Our regular recreation season starts March 11th with a huge opening day celebration from 8am-11am! There will be baseball games to follow. We will have a car show, hoping for over 50 cars to participate with awards given to the best in the prospective categories. It will be a great event for the whole family with face painting, bounce houses, a blood drive, silent auction, raffle prizes, food trucks, local vendor booths, and an appearance from Dinger the River Cat. This event is open to the public and we are still looking for vendors. If you would like to participate, please email Alicia at leaguecoordinator@ovpb.net

All home games will be held at Louis Pasteur Middle School at the Tim Anderson

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Memorial fields. Our previous late League President, Tim Anderson, was a firefighter, leader, and family man. He absolutely loved Orangevale Pony Ball and displayed that through the way he showed up for this league and community. His one wish

was to see this organization thrive. If you want to catch a local game, volunteer, or simply have questions, do not hesitate to reach out. Let's go OVPB!

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By Luci Lettau

Casa Roble Basketball league games are off and running, with both the Girls' and Boys' teams showing an excellent start to the season! League games began this week and the head coach of both teams are expecting a great season! "We have strong competition again this year from Dixon and Pioneer, but I'm confident that we can beat them and win the Golden Empire League championship," said girl's Coach Weight. Boy's Coach Gilbert commented, "The boys are really doing great, we have some work to do, but we are excited for the season!" Come watch the excitement at Casa or tune in to OV Live and watch the livestream from your own home. Dates listed below:
 Girls - 1/09 - 1/27 - 2/03
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Photos Credit: Heidi Lettau



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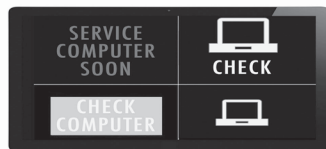
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Lady Bugs wanted. Top \$\$\$ paid for several gallons.. They are moving into their mountain nests along the creeks and springs this month. Please bring them to naturalpestcontrols.net in Orangevale Ca 95662. Phone 916-726-0855 and talk to Jeff for more info.

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CLASSIFIED Call 899-0207 or e-mail editor@ovview.com. First 5 lines 30 -40 spaces per line. \$20.00 and \$3 for each additional or \$30 monthly

TAX TIME TIPS

Tax time! We all know it's here and most of us dread it as we have to write out a check to the IRS. These tips may not be helpful as you send in the check for 2022, but they can be useful if you're interested in reducing your tax liability moving forward.

1. Retirement Contributions - Maximize your IRA contributions for 2022. You have until the tax filing deadline to maximize your IRA. If you are self employed and need to save more than the IRA allowed amount, consider a 401k/Solo 401k, and if you still want to save more, consider a Defined

Benefit Plan. If you don't have one, you may still be able to set one up for 2022.

2. Withholdings - Make sure you are withholding enough from your paycheck. While this may not reduce your tax bill, it can reduce the amount of your check to the IRS.

3. Tax Loss Harvesting - Make sure you are benefiting from tax losses in your non-retirement accounts, or strategize making changes to your accounts before funds pay out capital gains. This is called "Tax-loss harvesting." The last few years have been hard on investments, but

you can use that as an opportunity to mitigate taxes.

4. Qualified Charitable Contributions - If you're retired and over 72, consider making "Qualified Charitable Contributions" with your Required Minimum Distributions (RMD). One hundred percent of your contribution goes directly to the qualified charity and is excluded from your taxable income.

If you have any questions, please feel free to reach out to my office at 916.860.7035 or via email at luz.johnson@lpl.com. Luz Johnson LPL Financial

Orangevale 2023 COMMUNITY OPEN HOUSE



SATURDAY
JAN 21st
9 - 11 am

Orangevale Grange
5807 Walnut Ave



COME ONE, COME ALL TO THE OV COMMUNITY OPEN HOUSE!

Is getting more involved in the community in 2023 on your list of things to do? Then you'll want to come to the 3rd Annual Community Open House, on January 21, 2023, 9 am -11 am at the Orangevale Grange, 5807 Walnut Avenue, Orangevale.

Over 20 clubs and organizations will be there to answer questions and share information about volunteering opportunities and how YOU can get involved!

"We are bringing together every club and community organization in Orangevale to provide a 'one stop shop' for those interested in getting more plugged in," said

organizer Brad Squires, "It's our volunteers and contributors who make our little town so great."

There will also be information about upcoming events and happenings in Orangevale. This is a great opportunity to find out about what each club offers and how to get involved brought to you by the Orangevale Chamber of Commerce and the Orangevale Community Council. And...as an incentive to those who come out to the open house, each person will receive a free raffle ticket for a chance at winning an EPIC raffle prize!

Bring a friend, join a club and help make a difference in our community. Hope to see you there!

Love is in the air for the 3rd Annual Valentine's for Seniors. Helping Hands OV – Orangevale-Fair Oaks and Rose Senior Placement have teamed up again to collect and distribute your home made valentines for senior citizens right here in our community. Last year 4,990 cards were collected and this year the goal is 5,100. With your help, it can be done! Get out your glitter, glue, paper, stickers, markers, paints and more and let out your inner Picasso. Write a kind message inside to make a senior smile. (if using envelopes, please do not seal them) Drop off your heart felt creation by January 28th at any of the Orangevale/Fair Oaks participating locations. More information including drop off locations at helpinghands.ov.square.site or [facebook.com/HelpingHandsOV](https://www.facebook.com/HelpingHandsOV)



Helping Hands OV
CONNECTING OUR COMMUNITY
ONE HAND AT A TIME

Rose
Senior
Placement



Valentines for Seniors

Make a senior citizen smile this Valentine's Day!

**Drop off your hand made Valentine
between NOW and January 28th.**



Scan the QR code for a list of all participating drop off locations or visit helpinghands.ov.square.site

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LIBRARY NEWS

ORANGEVALE LIBRARY
8820 Greenback Ln L,
Orangevale, CA 95662

HOURS

Sunday Closed
Monday Closed
Tuesday 10AM–6PM
Wednesday 10AM–6PM
Thursday 10AM–6PM
Friday 10AM–6PM
Saturday 10AM–6PM

KIDS

Family Storytime Every Thursday, 10:30 a.m. - 11:00 a.m. Jane Wise Community Room Join us for songs, rhymes, and stories designed to build the early literacy skills of young children. This program is for parents and caregivers with young (0-5) children; older siblings are welcome to attend. This event is presented in English.

Read to a Dog Friday, January 13, 3:00 p.m. - 4:00 p.m. Jane Wise Community Room Come read to some PAW-some pooches! School-age readers are invited to read to furry and friendly canine volunteers and their trainers. This is a great program for struggling and reluctant readers or for those who enjoy practice. The dogs are wonderful listeners. Woof!

STEAM: LEGO® Robotics Saturday, January 21, 10:30 a.m. - 12:30 p.m. Jane Wise Community Room Design, build and program a robot using the LEGO® MINDSTORMS® EV3 kit. Led by a team of student instructors, kids ages 9 to 14 will work in groups to create a robot and learn STEAM skills with this fun, hands-on project.

Minecraft Gaming Thursday, February 2, 2:00 p.m. - 4:00 p.m. Jane Wise Community Room Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on our own library server at the Orangevale Library! We will do two 45-minute shifts if there are more participants than PC laptops. This program is for students aged 6-17. Registration is encouraged at www.saclibrary.org/events.

ADULTS

Mixed Media Art Journaling Saturday, January 14, 10:30 a.m. - 12:30 p.m. Jane Wise Community Room Use your imagination and all kinds of mixed media to create a free-style art journal. Both inexperienced and lack of talent are welcome! The Friends of the Orangevale Library have graciously provided art journals and supplies to create a place for creativity to unfold. Please note, supplies are limited so feel free to bring your own too.

Blood Pressure Drop-in Clinic Tuesday, January 17, 10:00 a.m. - 11:30 a.m. Jane Wise Community Room Join us at the Orangevale Library to have your blood pressure taken and learn tips for how to improve your heart health. *Have your blood pressure checked for free *No appointment necessary *Staffed by Registered Nurses *Receive heart health resources

Orangevale Book Club – The Violin Conspiracy Saturday, January 21, 1:30 p.m. - 2:30 p.m. Jane Wise Community Room Join us in-person for a lively and engaging discussion and make new friends! This month we will be reading The Violin Conspiracy by Brendan Slocumb. Starting one month before the meeting you can pick up a copy of the book from the front desk of the Orangevale Library or check our library catalog for available copies of the books and ebooks.

Genealogy: Getting To Know You Saturday, February 4, 1:00 p.m. - 3:00 p.m. Jane Wise Community Room Do you need help researching your family history? Learn the basics, try new resources, and share discoveries with a group of Time Detectives. There's always something new to learn on a genealogy adventure! This program is for adults.

Genealogy: Book a Genealogist Saturday, February 4, 3:00 p.m. - 4:00 p.m. Orangevale Library Study Rooms Need help with your family history? Not sure how to begin? Want to know where to look next? Root Cellar volunteers are ready to help you discover your roots! Free individual 30-minute help sessions are available at the Orangevale Library. Reserve your sessions online at www.saclibrary.org/events.



NAMING OF ORANGEVALE

We are often asked "When did Orange Vale become Orangevale?" and this question does not have a simple answer! Most people have the opinion that it was "Orange Vale" from the beginning and then gradually got merged into a single word. We gave our History Detectives a mission to find out the truth behind the matter once and for all. Just in case you did not know, the History Detectives are the volunteer crew of researchers that help the Orangevale History Project dig up all the data that authors our articles and fills our presentations. We are always looking for more help if that is up your alley!

Back to the name, the company that was formed in 1887 to develop the property was named the Orange Vale Colonization Company and so we have a basis for the two words split. Also, in 1896 when they formed the water company, we ended up with the Orange Vale Water Company which is still in existence today. So where did this notion of merging orange and vale come from?

Taking a look at the newspapers of the time and reviewing how Orangevale was printed gives another observation. The early years with the San Francisco Examiner and the Sacramento Bee it appears to be two words. However, The Record-Union has advertisements and articles from the very beginning with "Orangevale" clearly stated and very consistently with a smattering of "Orange Vale" for confusion. In the Folsom Telegraph there were mostly two words with the occasional usage of both forms at times in the same article! Perhaps the authors of various articles and advertisements had their preferences, but eventually by the early 1900s the split form of the name had mostly dissipated into the fading annals of history. However, for those that call the 'Vale home, we'll always fondly remember Orange and Vale dancing together in our memories.

Written by Mark Aring

The OHP next meeting at 6:30 pm Chamber of Commerce at Hazel Avenue and Greenback Lane with Mary Ellen Burns speaking on "Orangevale A to Z". See us also on Facebook, YouTube and Instagram under Orangevale History Project



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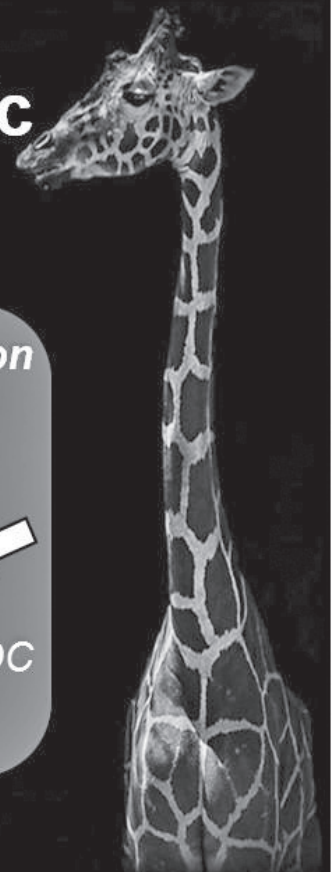
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The logo for Orangevale Pony Baseball (OVPB) is located on the left side of the tag. It features a horse's head in profile, facing right, with a baseball and two crossed bats below it. The text "ORANGEVALE" is at the top, "OVPB" is in a large font in the center, and "PONY BASEBALL" is at the bottom. The tag itself is orange with a white ring at the bottom right.

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