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OV HOMETOWN RALLY KICKS OFF SEASON



BY MARYANNE POVEY

Fans, family and friends came together to kick off the Casa Roble Football and Cheer season with a good old-fashioned rally hosted by Dairy Queen! It was a perfect night for the large gathering where every level of the Rams organization came together to cheer and pump up the teams before the season opener Friday night at Casa against Placer High.

The festivities were emceed by MaryAnne and Michael Povey of Orangevale Live who introduced the



Casa Roble Junior ROTC to present the colors, Casa Senior Destiny Nagy, to sing the national anthem before introducing Head Cheer Coach Courtney Haas and Head Football Coach Chris Horner who both introduced the Varsity squads. Mike Jones, was also brought up to introduce the inaugural Casa girls flag football team. The crowd cheered, waved foam fingers, pom poms and cow bells that all were generously sponsored by local businesses.

"It was great to see everyone come together in support of our teams", said event coordinator Jenn Gustafson, "It not only motivated our football players and cheerleaders, but was a great opportunity for the younger Jr Rams teams to experience too." To make the night truly perfect, the Frosh team came excitedly to the rally right after decisively winning against Placer 28 - 8. A great start to the season!

According to Anabel Garcia, a 10u Jr Ram cheerleader, you could say the event achieved all expectations, "My cheeks hurt from smiling so much!"

This annual event would not be possible without the generous support of many local businesses. Special thanks to the evening's sponsors including: Tonnos, Scotty's Hideaway, Jan's Lounge, True Blue Auto Care, OV Teen Council, Authentic Street Taco, Orangevale Live, All Events and OV Copy & Print. And to Darren Lang of EasyStumps for flying the giant American flag!



For a schedule of upcoming games, see the schedule published in the Orangevale View or Orangevale Live Facebook. For those who cannot attend the games, watch the live stream of home games on Orangevale Live Facebook or Youtube channel. Go Rams!

Photos courtesy of Heidi Lettau, Jayden Velasquez, and MaryAnne Povey

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12/15 PROFESSIONAL, BUSINESS & SERVICE DIRECTORY

16 CLASSIFIED

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ABOUT THE ORANGEVALE VIEW

The "Orangevale View" – the ultimate, award-winning community newspaper – serves Orangevale and surrounding areas, including Fair Oaks, Citrus Heights, and Folsom, CA. With a present estimated readership of more than 37,000, this FREE paper grows with every issue. It is delivered twice a month to at least 15,000 residents' homes and to more than 100 high traffic locations.

The views and opinions printed within are not necessarily those of Publisher Brad Tatum or the Orangevale View staff. Rather, the views and opinions expressed are those of each individual contributor.

SUBMISSION POLICIES:

Submissions from you, our readers, are always welcome, for this is YOUR newspaper. We await school, church, or sports team materials, anniversaries, births, special occasions, memorials, or other items of interest. Donations are encouraged and accepted for anniversaries, births, and other special milestones and announcements. Publication is at the discretion of the Orangevale View staff.

Requirements are simple:

- (1) Acknowledge that either you are the author or you have permission to publish from the original author;
- (2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.
- (3) Format: Microsoft Word format with photos at

least 300 dpi JPEG or PDF.

Please use this format so we do not have to send your work back to you for corrections.

(4) The View does not verify the accuracy of your submissions, and in some cases, dates and information are subject to change. (5) Please email submissions, to YOUR newspaper. The email address is editor@ovview.com. It is you, our contributors, readers and advertisers who make the Orangevale View a newspaper you want to read.

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Suzanne Feblowitz
MaryAnne Povey

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Sep 13 • Public Deadline

Sep 22 • PUBLICATION OUT TO

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Sep 27 • Public Deadline

Oct 6 • PUBLICATION OUT TO

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Oct 11 • Public Deadline

Oct 20 • PUBLICATION OUT TO



Orangevale History Project
Monthly Meeting September 6
(New Venue) 6930 Hazel Ave
-enter driveway and 2nd Bldg
6:30 pm Presentation by Mark
Arlington "Rise and Fall of John
Cardwell.

Orangevale History Museum
Change to Fall Hours effective
8/28

Tuesday – 10 am – 2pm

Thursday – 1 pm – 5 pm

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ANNOUNCEMENTS

Tips for Trade School, Community, Four-Year College and Financial Aid

Ensuring Success for Your High School Senior: Tips for Trade School, Community, Four-Year College and Financial Aid

By, Kate Swinney

The Class of 2024 is facing many challenges as they graduate: inflation, high tuition, a struggling economy, the list goes on. After five years of college and career advising at Del Campo high school, here's what you need to know.

Higher education is a wonderful opportunity, and California offers your choice of public and private four year schools. California also offers free community college to full-time* (12 units+) but you must apply for FAFSA/CA Dream Act** (financial aid), regardless of your income to qualify. The greater Sacramento area has several quality community colleges, American River College, Folsom Lake, Cosumnes River, Sacramento City, and Sierra College - the first four are part of the Los Rios Community College District and Sierra is separate. They all offer many great two-year career training options such as nursing, culinary arts, welding, automotive technology, computer science, cosmetology, interior design, and dozens more. You can also get an associates degree and transfer on to the four year school year of your choice.

The key to success at community college, or a four year college college, outside paying attention to your studies, is meeting with an academic counselor once every semester to be sure you're taking the correct courses to transfer or graduate on time. Unlike high school, your counselors do not assign you the

correct courses, this burden is on the student. Another important factor students let fall to the wayside is deadlines for financial aid, which for Class of 2024 will open December 1, 2023, and close March 1, 2024. You must re-apply every year.

Best of luck, seniors, and all of others furthering your education.

*First-time community college students only.

**CA Dream Act is similar to the FAFSA but for non-residents/ with no SSN

On September 17, 2023, from 10 am to 2 pm, the Citrus Heights Seventh-day Adventist Church is hosting a FREE community health fair. At the "Catch the Wellness Wave" event, you can come talk with health and wellness experts including dental, vital sign and blood pressure checks, and AETNA, plus more. Enjoy freshly roasted corn, Smoothie samples (recipes provided), homemade vegan cheese and crackers, and homegrown sprouts. Other activities include free chair massages, a yard sale, motorcycle ministries, and much more. Visit every vendor at the health fair to complete a bingo card and be entered to win a raffle prize (must be present to win). Join us at 7610 Wachtel Way (extension of Kenneth, North of Oak), Citrus Heights, on September 17 starting at 10 am. We can't wait to see you there!

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Orangevale Farm & Garden Club meets the 1st Saturday of each month Sept through June at Orangevale Grange, 5807 Walnut Avenue, Orangevale. Doors open at 8:45 am; meetings 9:00 - 10:30 am. Meetings feature garden experts. Guests welcome! Contact Jim Beilgard at ovfgc2021@gmail.



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**GROCERY STORES OF ORANGEVALE - PART 3
6231 MAIN AVENUE
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Written by Peggy Ginther

In late March of 1952, it was announced that H. M. Hamilton was about to open a new and modern market on Main Avenue in Orangevale. At the time, he wouldn't say what H. M. stands for, but later records show it stood for Horace Millard. The area was referred to as "the Damsite Area". With the addition of this market, competition among groceries in Orangevale was about to get stiffer. Hamilton's Market did open in April and included modern installations throughout, featuring a huge walk-in beverage cooler and

complete meat department. The Cryovac process of sealing frozen foods was also available at the market. The new method combined an exclusive vacuumizing, sealing and shrinking process, in airtight plastic bags.

Specials at the opening were Fresh-Killed Chicken Fricassee for 33c per pound, Betty Crocker Cake Mix - 2 for 49c, C&H Sugar - 89c for 10 lbs, and Skippy Dog Food - 6 cans for 49c.

In September of 1952, Jim Miller bought Hamilton's Market. Miller, who just moved to Orangevale, had been associated with his father in the grocery business for the past 10 years. He changed the name to Miller's Market in 1953, signed a contract between the market and the AFL retail food clerk's

union and became a telegraph dealer for his customers. The market advertised delicious eating at tempting prices such as Boneless Beef Roast - 64c per pound, Stokeley's Canned Pineapple 4 for \$1 and Bell Peppers - 8c per lb.

Based on a legal notice dated December 8, 1955, a one-half interest in the market was sold by Horace Millard Hamilton to Roy Paul Munyer. So, it is assumed that Jim Miller did a similar buy-in with Mr. Hamilton back in 1952. Unfortunately, the ownership and involvement of Miller faded when the new Grand Opening, under new management, was announced and the market's name was returned to "Hamilton's Market". Previously, Munyer operated his own market in Yolo County before it was destroyed by fire. The Munyer family was planning to make Orangevale their new home.

During the Christmas week grand opening of Hamilton's Market, which was now under new management, they gave a free basket of groceries away every hour and had a grand prize drawing for a 9-piece Sheffield Steel carving set. Rump roast was being sold at 39c per pound, Yams - 3 lbs. for 35c, Libby's Canned Pumpkin - 2 for 29c, and Pillsbury White Frosting Mix for 25c.

The business continued to change and will be covered in the next article.

The public is invited to Orangevale History Project monthly meeting is Wednesday, September 6 at 6:30 pm at 6930 Hazel Ave (enter driveway to 2nd bldg.). Presentation is the Rise & Fall of John Cardwell by Mark Aring.

Change of Hours effective 8/28 to Tuesday - 10 am - 2pm, Thursday - 1 pm - 5pm and Saturday - 11 am - 3 pm.



WHAT IS HART OF ORANGEVALE-FAIR OAKS?

HART of OV/FO was formed by the Orangevale-Fair Oaks Community Foundation in 2021, with the mission to have compassion and an opportunity to serve those that are unhoused in our community.

HART focuses on growing our program to raise community awareness and support our local unhoused neighbors.

HART accomplishes this through our programs. We have a mid-week meal program at Fair Oaks Park every Wednesday where we serve free lunch as well as provide resources for housing and mental health.

Another program we offer is a shower program Saturdays at

noon at Pathway Fellowship. Last Ministry has graciously allowed us to use their mobile showers to provide a way for our unhoused to get showers. In addition, they provide food, clothes, toiletries, and resources.

HART also works with the McKinney-Vento program for children in our area experiencing homelessness or unstable living conditions. We support them in obtaining school supplies/backpacks, food, gift cards, and YMCA memberships.

HART is made up of passionate volunteers who want to make a difference and touch the lives of those around them. If you'd like to volunteer or get more info on HART please contact Yvette@hartoforangevalefair-oaks.org

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I was on Facebook yesterday and a friend, Otomom Elementary's art teacher, Margaret Munger, had posted a photo of a recipe! I contacted her and she gave me permission to print her late mother's recipe for Nectarine Cobbler. Her mother, Vesta Voigt, used tree ripened nectarines from their garden. The batter rises up through the fruit and the cobbler has crispy edges and a delightful crunch on the top from the sugar. Peaches also work well with this recipe.

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.

NECTARINE COBBLER

Peel and slice about 10-12 nectarines. Add 1 ½ cups sugar. Cook just a little.

Mix 1 cup flour, 1 cup

sugar, 3 TBSP butter, 2 tsp baking powder, dash of salt, and ¾ cup milk. Pour in a buttered 9x12 baking dish.

Ladle hot fruit on top. It should be very juicy.

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Local SPORTS



CASA ROBLE RAMS DEFEAT PLACER IN SEASON OPENER

By MaryAnne Povey

In a much-anticipated rematch of last year's nail-biter, the Casa Roble Rams triumphed over the Placer

Hillmen, winning 21-7 in a game marked by defensive strength and a well-executed ground attack.

A year ago, it was a shoot-out to the end, but in Friday night's game, the Rams displayed a strong defense,

forcing five turnovers and allowing just seven points. The defensive line shined, stopping Placer in their tracks repeatedly.

The Rams' offensive line came through in a big way, grinding down Placer's front defense and averaging an

impressive six yards per run. This not only helped in gaining yardage but was key in managing the game's clock.

Connor Campbell, the second-year starting quarterback for the varsity program led the team with poise and confidence.

Head Coach Chris Horner, now in his seventh year, continues to lead the Casa Roble program with determination

and vision, fostering growth and community spirit within the team.

"I'm really proud of our first performance of the season," said Head Coach Chris Horner, "We knew we had to keep mistakes to a minimum because Placer is a quality competitor."

The crowd was pumped up by the impressive cheer team and energized by the "Blue Crew," student section adding to the electric atmosphere at Casa's home opener.

The Casa Roble Rams' victory against Placer sets the tone for a season filled with promise and excitement.

Next up the Rams take on West Park away on August 25 and then play Lincoln back home on September 1. Orangevale Live will be live streaming all home games. Be sure to like and follow them on Facebook and YouTube. Go Rams!

Photos courtesy of Tim Engle

CASA ROBLE FOOTBALL 2023 SCHEDULE	
Friday, August 18 Placer (Home)	Friday, September 29 Mesa Verde (Home)
Friday, August 25 West Park (Away)	Friday, October 6 Rio Linda (Away)
Friday, September 1 Lincoln (Home)	Friday, October 13 Woodland (Away)
Friday, September 15 Del Oro (Home)	Friday, October 20 Pioneer (Home)
Friday, September 22 Ponderosa (Away)	Friday, October 27 Dixon (Away)





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BAGPIPER REMINDS STUDENTS OF MASCOT'S SCOTTISH ROOTS



Carnegie Middle School had a great first day back to school, complete with a bagpiper to remind our students of the mascot's Scottish roots. Our Leadership students, who wore bright pink shirts to be visible for new students, were in the hallways during every passing period to help new Scots find their way to class. Having six classes is a new experience for many middle schoolers and our leadership students, led by Activities Director Dr. Borton, are always up for helping out

Submitted by Gina Berry

LET'S MAKE ORANGEVALE THE MAJOR STOPOVER SPOT FOR THE MONARCH MIGRATION!

Have you noticed the Monarch Butterflies this year? They are all over Orangevale and surrounding towns. This is the first time I have seen this many in the 25 years I have lived here. These butterflies have appeared late in the year based on "first flight" studies. "First Flight" is the date that butterflies are tracked in flight for their migration. Since 1972, the date first flight has gotten earlier and earlier in the

year. Of the 23 species of butterflies that are tracked by California OEHHA, nine species have appeared one month earlier than normal, where another 12 species have appeared later than their normal time. In either case, their migration dates are changing now and probably have been changing for centuries. I don't know,,, but what I do know is that YOU can help to increase the butterfly population in the state

by planting the right plants. This is where YOU come in. There are a host of plants that Butterflies prefer. They are: Verbena, Lavender and Milkweed. Milkweed being a favorite for the Yellow and Black Monarch! Lilac, Clematis and Black Knight Butterfly Bush are also favorites. Starting with Milkweed can really grow the Monarch population in your neighborhood. Start now by purchasing seeds locally or online. Fold them into a wet paper towel. Place this towel into a ziploc bag and place in the fridge for three weeks. This is called "Vernalizing" BTW.. (Write "Plant Date of xx/xx/xx on the bag so you don't forget what they are...") After three weeks, plant the seeds in fertile soil in a pot. Place the pot in a window sill that gets plenty of sun. After the plants grow their fourth leaf, you can move them to your garden. They prefer full sun.

When they bloom in spring, ON COME THE MONARCHS!!

Let's make Orangevale THE major stopover spot for the Monarch Migration! The Yard Guy



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ANNUAL SALSA COOK OFF WINNERS! Art Valdez, Jordy Burns, Ken Glass, and Joel Garcia

A HOT NIGHT FOR A GOOD CAUSE

On Tuesday, August 8th, Helping Hands OV – Orangevale-Fair Oaks hosted their 2nd Annual Salsa Cook Off and oh, was it HOT! People came from far and wide to taste the local, homemade flavors. 13 salsas were devoured by over 100 attendees in less than two hours. Art Valdez stated in his interview with channel 10's Mark S Allen "(my salsa) has a lot of love". The night was filled with dancing from OG Salsa Academy. The community was in awe watching them glide across the blacktop in front of Rebel Rhythm Cycle as they ate away on chips from La Placita. The evening was captured with a selfie station and more by Cathy Kurtz Photography, and winners received prizes

from La Placita and L&M Liquor and Deli. Children smiled as they walked around with their fiesta crafts and laughs were heard from afar as people sauntered with sombreros on their heads packed with balloons and prizes. The raffle table was filled to the brim thanks to many local businesses and winners shrieked with delight. But who won the competition, you ask?

HOT: 1st - Art Valdez (#8). 2nd - Clark Marckwordt (#11)
MILD: 1st - Jordy Burns (#16). 2nd - Anita Cooney (#13)
BLENDED: 1st - Ken Glass (#9). 2nd - Jessica Lampela (#2)
CHUNKY: 1st - Joel Garcia (#6). 2nd - Sandra (#12)

While your mouth is watering for next year's competition, what is

next for Helping Hands OV – Orangevale-Fair Oaks? Well, Bow Wow Days of course! With All Events Management group, the most PETacular event of the year is coming once again with rescues, crafters, vendors, food trucks, live music, contests and so much more! Bring your donation of pet food that will go to the rescues and our local food bank, to be entered to win a \$100 gift card. September 23rd is going to be PAWsome! You can find more at bowwowdays.com To learn more about Helping Hands OV, you can follow them on Facebook or Instagram, or send them a message at helpinghandsov@yahoo.com to begin Lending a Helping Hand in our community! Sydnie Anderson Helping Hands OV – Orangevale- Fair Oaks

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Sacramento Public Library Community Survey Sacramento Public Library is conducting a community survey through August 29. Please share your thoughts in this online survey to help shape the library's future direction. Your feedback will help the library continue to meet the needs and aspirations of our community. Take the survey at <https://bit.ly/SPLsurvey2023>

Heirloom Seeds Available at the Orangevale Library! Are you planning to plant a garden this fall? Our seeds for cooler weather will be arriving soon. The Orangevale Library has heirloom seeds to start your own garden. Grow a variety of herbs, ornamentals, and edible plants. Save money and reduce your carbon footprint by growing nutritious food at home. The seed library is completely free of charge and available to anyone. The seed library is available daily.

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.

Minecraft Gaming Thursday, Sept 7, 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

Read to a Dog Friday, Sept 8, 3:30 p.m. - 4:30 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, Sept 16, 10:30 a.m. - 12:00 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.

Family Art Jam Saturday, Sept 23, 3:00 p.m. – 5:00 p.m. Jane Wise Community Room Families with children are invited to join us in an art jam! We bring the supplies, you bring the creativity. We'll lay out art supplies from different mediums and you can make whatever you want with them.

ADULTS

Genealogy: Getting to Know You Saturday, Sept 2, 1:30 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. This month our Root Cellar genealogists will discuss how to use four of the top genealogy websites in your search. There's always something new to learn on a genealogy adventure! This program is for adults.

Genealogy: Book a Genealogist Saturday, Sept 2, 3:00 p.m. - 4:00 p.m. Jane Wise Community Room 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.

Mixed Media Art Journaling Saturday, Sept 9, 10:00 a.m. - 1:00 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.

Orangevale Adult Book Group – The Appeal Saturday, Sept 16, 2:00 p.m. - 3:00 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 Appeal* by Janice Hallett. 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.

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vital sign and blood pressure checks, dental care, hemoglobin test (\$25), AETNA, Smoothie tasting, **roasted corn**, growing sprouts, **massage chair**, motorcycle ministries, **a yard sale**, a raffle, and more!

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