

# Orangevale View

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## LOCAL RESIDENT BECOMES AMERICAN RIVER COLLEGE HALL OF FAMER

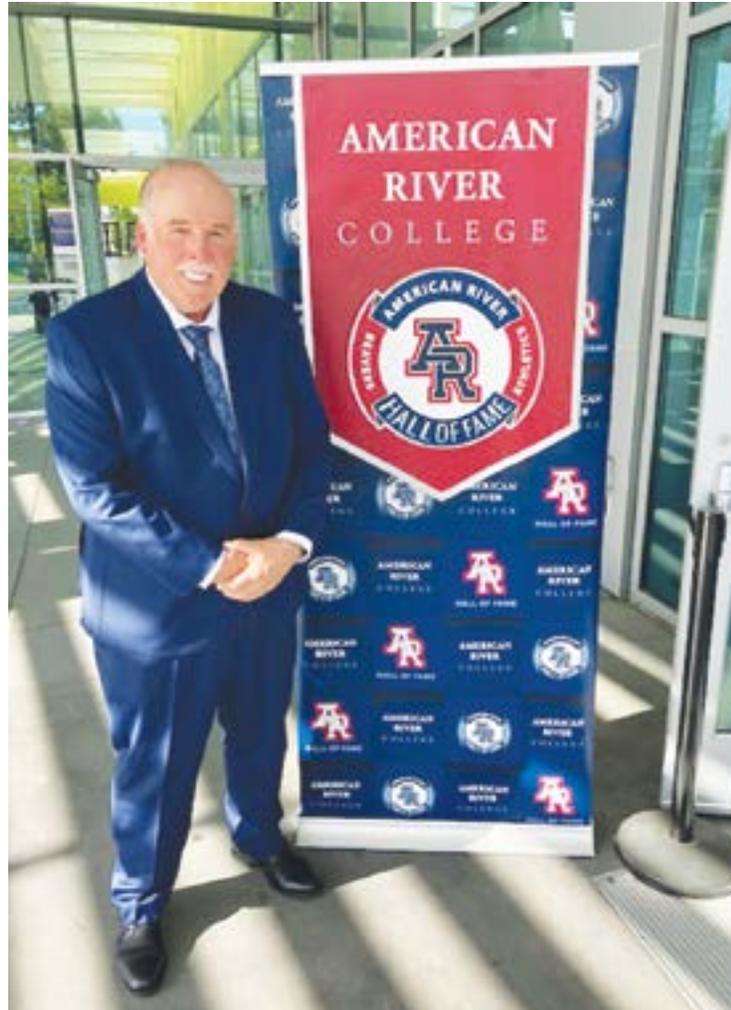
Former graduate of Casa Roble High School, 1972, Tim Bryan was inducted into the American River Athletics Hall of Fame for his record-breaking accomplishments in Track and Field. Running in the State Meet in 1974, he broke the school record in the 880-yard run with a time of 1:48.9! The previous long-standing record was set by Kay King of

1:50.6 in 1965. Born and raised in Citrus Heights, Tim attended Casa Roble High School where his

plan where he steadily improved and became successful. Should you ask Coach Baeta, he would say that it was all



Tim - Casa Roble 1970



Tim Bryan - American River Hall of Fame

track career started. Under the watchful eyes of his coaches, Dick Clausen and Earnest Gomes, Tim became a stand-out runner. He set school records in the 8:80-yard run and the 4:40 yard dash. The record in the 4:40 at 49.2 seconds still stands today.

Al Baeta, a future Olympic coach, started to refine Tim's running ability at American River College. He placed him in a controlled workout

his athlete's efforts and not his coaching however, everyone who has trained under Coach Baeta would highly disagree.

Looking back to 1974, Tim recalls the State Meet where he set the school record with great pride. The record of 1:48.9 from almost 52 years ago, still stands today.

Tim is a lifelong resident of the area, currently living in Orangevale.



Tim - Casa Roble 1974

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# ABOUT THE VIEW



## ABOUT THE ORANGEVALE VIEW

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

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

### SUBMISSION POLICIES:

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

Requirements are simple:

(1) Acknowledge that either you are the author or you have permission to publish from the original author;

(2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.

(3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF.

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

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

contributors, readers and advertisers who make the Orangevale View a newspaper you want to read.

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## DATES TO REMEMBER

### JANUARY 2026

**JAN 21 • Public Deadline**

**JAN 30 • OUT TO PUBLIC**

### FEBRUARY 2026

**FEB 4 • Public Deadline**

**FEB 13 • OUT TO PUBLIC**

**FEB 18 Public Deadline**

**FEB 27 • OUT TO PUBLIC**



Orangevale Open House, January 24, 9-11 a.m. at the Orangevale Grange.

BDOS Community Interest Meeting:  
January 29 | 5:30–6:30 PM | Sunrise Community Church great opportunity to learn more, ask questions, and submit project ideas.

Polar Bear Plunge Fundraiser: January 31 (supports OV Park Fund & scholarships)

Farm & Garden Club February 7 Orangevale Library (note location change from the Grange) 10:30 AM start Guest speaker Baldo Villegas, OVFGC member and Master Rosarian, will present on insects and mites of the home garden. Free to attend

Metro Fire CERT: Come learn how to prepare for emergencies like floods, high heat, or wildfire. Metro Fire CERT will be offering free training this spring. If you live or work in Metro Fire's response area you are eligible to attend. Deadline to register is February 18th 2026 [https://metrofire.ca.gov/community-emergency-response-team\\_cert.program@metrofire.ca.gov](https://metrofire.ca.gov/community-emergency-response-team_cert.program@metrofire.ca.gov)

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Best of Orangevale, 2025 is here!! It is TIME TO VOTE.

We want to say, "Thank You" for the opportunity to care for your vehicles this past year.

We would be honored if you would take a moment and vote Moore's Garage for "Best Automotive Repair" in Orangevale!

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# BRAIN HEALTH SUPPLEMENTS: DO THEY WORK?

Brain health supplements: Do they work? Top picks for adults

What are brain supplements?

Supplements come in many forms — pills, powders, chewables — and are made with specific vitamins, minerals, herbs, and probiotics. They're designed to support brain health, help reduce stress, and fill in gaps in your diet. But they aren't a magic fix.

Some supplements can interact with medications, which might lead to side effects. Labels don't always warn about these risks. Also, taking too much of certain nutrients, like vitamin A or iron, can be harmful or even toxic.

Do brain supplements work?

Many people want to keep their brains healthy as they get older, and some try using supplements to help. How well they work can depend on the type of supplement, how much you take, and your overall health. Supplements are not regulated for ef-

ficacy by the Food and Drug Administration, and quality can vary widely between brands. People with health problems or vitamin deficiencies may see more benefits from supplements than those who are already healthy and eat well. Before taking supplements of any kind, talk to your doctor.

What are some supplement-free brain boosters?

Nothing can replace a healthy lifestyle. Before exploring pills and powders, make sure you're:

- Eating well. Nutrients from fresh foods are much often more effective than those in supplements. Plus whole foods are usually less expensive — and tastier.

- Exercising. A daily workout gets blood pumping throughout your body and your brain, making it a healthy, efficient way to circulate nutrients. It also helps your brain grow new cells — which can improve memory.

- Getting enough sleep. Studies suggest that sleep helps flush

out potential waste that builds up in your brain.\* That's why you feel restored after a peaceful night's rest.

- Training your brain. Daily memory exercises, puzzles, or a new hobby can challenge and flex your mental muscles.

- Socializing. Social interaction with other people provides new perspectives and experiences. It stretches your brain's ability to organize ideas and relay them clearly.

Essential nutrients for brain health

Some nutrients support better memory, alertness, and creativity. Others slow down the development of health conditions. No single nutrient can do it all, but these nutrients — available through both food and supplements — may help improve your mental sharpness.

Omega-3 fatty acids

For big-time benefits to your brain health, start with omega-3 fatty acids. They bring a bit of everything to the table. Omega-

3s support a stronger immune system. They can also support your health by preventing inflammation and lowering blood pressure, while reducing the risk for heart disease. Babies benefit, too. In fact, omega-3s promote brain health both during the parent's pregnancy and the baby's early life.

Fatty fish like salmon, trout, and herring are excellent sources of omega-3s. If you're pregnant, nursing, or feeding young children, then avoid fish high in mercury. Consider trying a low-mercury choice like sardines instead. Not a fish fan? Flaxseed, soybeans, and nuts also are dependable sources.

Vitamin B12

Like omega-3s, vitamin B12 has many mental benefits. It has a role in nerve function and brain function, including memory. If your B12 levels are low, you could experience fatigue and trouble with thinking.

You might be getting all the vitamin B12 you need from foods

like meat, fish, poultry, eggs, and dairy. But if you're an older adult, vegetarian or vegan, or have trouble absorbing nutrients, you can ask your doctor about adding the supplement form to your diet.

Want more health tips? Visit our healthy lifestyle resource center on kp.org.

Current as of: November 17, 2025

Author: Kaiser Permanente



Susan Kenyon  
Kaiser Permanente Medicare  
Specialist 1-916-947-1851

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# COYOTE CREEK SOLAR PROJECT

## My Vote on the Coyote Creek Solar Project

By Supervisor Rosario Rodriguez

I've heard from some of you about the Coyote Creek solar project, and I want to clearly explain what this project is, why the Board of Supervisors voted to approve the applications, and how I am responding to the concerns that have been raised.

The Coyote Creek project is a privately proposed large solar facility on rural land in southern Sacramento County. The County did not design the project, select the site, or set California's energy rules.

The proposal came to the County after years of required environmental review, and the Board's role was limited to considering the environmental review and deciding whether or not to approve the project. Our job was to decide whether this proposal met the legal standards required to move forward.

The legal context is important, because California has imposed strict energy source requirements on utilities and regions, including Sacramento County. If they are not met, the consequences fall on ratepayers in the form of higher electricity costs. As your Supervisor, my responsibility is not only to consider private property rights and environmental goals, but also to protect families who are already paying electricity rates that are roughly double the national average.

No one wants to see higher power bills. California electricity costs are the highest in the country. We want electricity that is reliable and affordable. The reality is that the state has set the rules, and counties are left to meet those requirements in ways that do the least harm and keep costs as contained as possible. This vote was about complying with those mandates in a practical way, not about making a symbolic statement about en-



Supervisor Rosario Rodriguez

ergy policy.

I also want to acknowledge that opposition to this project comes from several different perspectives, all of which I absolutely take seriously. Issues like rising electricity costs, skepticism of the effectiveness of solar power, removal of trees, impact on vernal pools, OVR recreation, and more. These concerns are not being dismissed. I will do everything in the power of my office to address these concerns and make changes where possible.

At the public hearing, there was a lot of confusion about what is actually happening on the land. Approximately 3,000 oak trees will be removed. But more than 13,000 oak trees on the property will remain, and large portions of the land will never be developed at all. All identified vernal pools are being avoided, and substantial acreage both within the project boundaries and surrounding the project is being permanently preserved. This is not a project that uses all of the land, and it is not accurate to suggest that everything is being cleared.

There has also been a lot of discussion about putting solar panels on rooftops or parking lots instead. While that idea sounds appealing, it does not address the scale of what is required. This project spans roughly 2,700 acres, which is more than half the size of the entire City of Citrus Heights.

Replacing something of that

magnitude with rooftop or parking lot solar would require thousands of separate installations across hundreds of properties, major grid reconstruction, and decades of disruption, at a cost that would make the project collapse instantly and drive electricity rates even higher. That is why no jurisdiction anywhere has ever replaced utility-scale solar with rooftop solar alone. Experts in this field agree that rooftop solar is a supplement, not a replacement, for large-scale generation tied directly into the grid.

It is also important to be honest about what denial would mean. This is private property. The owner has been clear that the land is not economically viable as it exists today and that he needs to sell it. He does not want to see the property turned into housing sprawl and believes this project, with extensive on-site and off-site preservation, is the best option for his family, the community, and the environment. Denying the project would not freeze the land in time. It would simply push it toward other outcomes, many of which would permanently eliminate far more open space.

This vote was not about ignoring concerns or choosing ideology over people. It was about complying with state mandates, protecting ratepayers from even higher costs, respecting private property rights, and requiring mitigation and accountability where impacts are unavoidable. I respect that not everyone will agree with this decision. But governing means making hard choices in the real world, where tradeoffs exist and the costs of inaction are borne by the public. That is the responsibility I take seriously, and that is how I will continue to approach this issue.

If you'd like to share your thoughts or concerns with me, you can always reach my office at 916-874-5491 or email me at SupervisorRodriguez@sacounty.gov.



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## School Days

### A Reminiscence From Interview with Prosper Tomich Children in 1978

By Margaret Tomich McAlister

The summers were long and hot. They smelled of peaches and plums, plowed dirt and cows, warm bare skin and freshly washed cotton. Though free from school, we weren't free to loaf, not completely anyway. There were plenty of chores. Feeding the chickens and collecting eggs, picking the fruit and packing it out in the shed which was as hot as the inside of a wood stove. We managed to find time to run bare-

footed through the cool silty dirt, pick an apricot fresh off a tree, dream, sit quietly on the porch at dusk, swatting mosquitos and sharing stories with a brother or sister.

When September came around with its one last blast of hot dry air, we were ready for a change. School maybe wasn't what we had in mind, but it was our destiny as the youngsters of an immigrant father to study, to learn, to better ourselves. Even if we someday become farmers like him, we should be learned ones.

So as day broke on the first day of school, we lay in our beds dreading the yoke, the hardness, the tether of the classroom and anticipating the challenge

to get smarter in the next nine months. With a bit of coolness still in the morning air, we marched off to Orangevale School to assemble at the flagpole and sing "America the Beautiful" or the "Star-Spangled Banner." Then it was inside to begin our lessons. Sometimes one of the teachers cranked up the old pho-

nograph with the morning glory horn and played marching music for our procession inside.

Orangevale School was bigger than the one-room Roberts School, but not much. There were two classrooms with four rows, each row a different grade. One room had the "babies" in it—the first through fourth graders. The other classroom had fifth to eighth graders. Fifth grade on the left side, eighth grade on the right with the sixth and seventh grades sandwiched in the middle. It was actually the little fifth graders who got the most out of this situation. Being in awe of the older kids, they tended to listen as much to their lessons as their own.

At the front of the room was the chalkboard, perhaps a world map or globe, the teacher's desk and, of course, the teacher. We had some wonderful teachers like Aunt Ruth Kristen who came from Roberts School where she was a virtuoso—teacher, surrogate mother and janitor. Before she walked home every day, she had to sweep up, all for about \$50 a month.

Sadie Cable was one of our most dedicated teachers. Oftentimes, she came rushing into the classroom after the school bell rang, a little breathless and always worried that the principal might call her into the office for a scolding as if she were one of us kids. But she had good reason for her tardiness. One of her chores was to deliver the milk her family bottled. Before sunup, she'd be out loading up the old Model T. Then she cranked it up and roared off down the road, milk bottles clanking and the sun lighting up the flying dust. She didn't always make it on time. But once she got there, her

teaching skills shone. She worked her way up to senior teacher for the upper grades and eventually became principal.

Mary Flaridon taught there too. Nick was in the fifth grade—the left row—when he encountered Mrs. Flaridon. She was very smart and the lessons she gave to the eighth graders—the right-hand row—were so much more interesting, Nick couldn't help but listen. She couldn't help but notice that his face was appropriately buried in his writing assignments, but his ears were perked up like a jack-rabbit's. "Nicholas, there's no point to you sitting over there. You may collect your things and move over one row," she said. Well, it wasn't the eighth grade, but it was the sixth. From that day on, what the "younger" ones were learning was of no concern to him. But he never studied physiology, which was a 5th grade subject.

The Orangevale History Project meets the first Tuesday each month at the Orangevale Library at 6 pm. The monthly presentations and community interviews can be viewed on Orangevale History YouTube channel. Be sure and visit the Orangevale History Museum at 6920 Hazel Ave which is open from 12 pm to 4 pm on Tuesdays, Thursdays and Saturdays.

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#### Of the Twelve

Of the twelve months' names,  
January is the only one to include  
the sound of the word new.  
Since January begins the new year,  
what if its nu can be a clue?  
While new and nu are homophones  
(differently spelled),  
January's nu (like deja vu)  
is ringing a bell.

New Year's Day and Ring a Bell Day  
being the 1st of January remind me of these thoughts  
(that I'm now sharing).  
The echoes in this poem might seem like coincidence,  
but if you listen, reflect, question,  
you may learn and find hints...

-Z.F. Thrimelj

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# IT'S BACK! POLAR PLUNGE.

NEW DATE  
JANUARY 31, 2025

What was meant to be a day of cold plunges and community fun took an unexpected turn during the Orangevale Parks District's Polar Bear Plunge on Thursday, January 1st. An incident on Dixon Oaks prompted an emergency pause of the Orangevale Recreation and Park District's Polar Bear Plunge event on New Year's Day. Shortly before the event was scheduled to begin, District officials were notified of a nearby law enforcement situation that required a shelter-in-place order along Hazel Avenue. District staff immediately implemented emergency procedures to ensure the safety of all participants, staff, and spectators.

As the situation progressed, law enforcement requested an evacuation of the fa-

cility. Staff coordinated a calm and orderly evacuation, and all individuals were able to exit the area safely. According to news reports, the situation concluded later in that day without injuries.

The Polar Bear Plunge of 2026 was planned to be the first fundraising event for the new OV Parks Fund, a non-profit partnership with the Orangevale Fair Oaks Community Foundation, committed to raising funds to support local youth. The Orangevale Recreation and Park District plans to reschedule the Polar Bear Plunge for Saturday, January 31st at 11:30am and will share updated information with the community once it becomes available. Visit [www.ovparks.com](http://www.ovparks.com) for all updated information on the event.

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JANUARY

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In the winter it is nice to have comfort food every now and then, so I thought you would enjoy this recipe for bread pudding. Normally, I would avoid bread pudding because it really didn't sound appetizing, but in the past few years, I have tasted the most wonderful bread puddings. One was at a restaurant and the other was from a teacher. The teacher's recipe was so delicious that I asked for the recipe and received it! I love when people share.

If you would like to share a favorite recipe, please send a copy to Suzanne Feblowitz at the Orangevale View ([editor@ovview.com](mailto: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.

### YUMMY BREAD PUDDING

3 tablespoons butter, softened  
1 loaf French or Italian bread – the one they sell warm at the check-out is best.  
¾ cup raisins, golden are a nice alternative, but use what you have  
3 large eggs  
4 cups whole milk  
2 cups sugar  
2 tablespoons vanilla  
1 teaspoon ground cinnamon

Spread butter over the bottom of a 13x9 inch baking dish-glass is best. Cut bread into ½- 1 inch slices. Mine were more like 1 inch slices. Arrange slices in tightly spaced rows in the dish. Tuck the raisins between the slices. Whisk the

remaining ingredients in a bowl until frothy. Pour the liquid over the bread and let stand for 1 hour, pressing down now and then with a spatula to wet the tops of the slices. Preheat the oven to 375°. Bake the pudding until the top is puffed and lightly browned, about 1 hour. Cover with Hot Brown Sugar Sauce. Let cool on a rack for 30-60 minutes, then cut into squares and serve. (Hint from my husband: serve with whipped cream to make even more delicious.) Store remainder in refrigerator.

Hot Brown Sugar Sauce  
½ cup (1 stick) butter  
1 cup brown sugar, packed  
1/3 cup water  
¼ teaspoon ground nutmeg  
1/8 teaspoon salt  
1 tablespoon vanilla

Melt butter in a saucepan over low heat. Stir in the sugar, water, nutmeg and salt. Cook, stirring until the sugar is dissolved. Remove from heat and stir in the vanilla.

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### New Year's Resolutions: Finding, and Keeping, the Community Con- nection for You Orangevale Open House Jan 24

By Patsy McGavock

Meeting up may seem like a small act. Yet, it may be the most powerful thing we can do for both our own well-being and the health of our communities. Face-to-face and regularly met is how people build trust in neighborhoods, find shared purpose, and learn how to live, and thrive, with others who think differently.

You might find a local group for you at the Orangevale Open House, January 24, 9-11 a.m. at the Orangevale Grange.

When we regularly connect around things we love and talk about what matters — even when we disagree — we tend to stay in relationship. As Robert Putnam, author of *Bowling Alone*, put it, “We’re still going to see each other at choir practice.” These relationships build trust and keep us accountable — hallmarks of healthy community. First steps of anything new, especially with people we don’t already know, can feel intimidating — yet those second and third steps, when taken regularly, settle into a feeling of home.

“I wouldn’t have known I needed it,” one bowling league member reflected. “I had friends, and that felt like enough. But they weren’t totally different from me. I wouldn’t have come to the

place where I realized that’s a good thing.”

Start where people are. Whether it’s a formal club or informal meet-up, consistency matters most. I’ve seen family-like bonds form among regulars at restaurants, gym classes, farmers markets, or walkers at the same park. The key is showing up with intention — and the courage to act on the generous thought to say hello.

Places to look are almost endless. Attend annual community events like the Orangevale Open House (Jan 24) and the Fair Oaks Chicken Festival (Sept 19) for an in-person meet and greet with local organizations. Search websites like [JustServe.org](http://JustServe.org) or Facebook Groups for volunteer and interest-based groups, or visit library, park and recreation or faith-based calendars for regularly scheduled events.

You’ll know a group fits, is healthy and sustainable, when meetings happen regularly, members are engaged, and responsibilities are shared. Look for laughter, transparency, respect, and follow-through — signs that people don’t just show up, but want to.

Community does not require grand causes or complex structure.

Trust and belonging come from repeated, low-stakes interactions. Like any relationship, community grows not through one big moment — but through the next conversation. And the next. As one Odd Fellows Lodge member put it, “It’s not instant gratification. You have to go

do stuff. Just do something small. It adds up.”

Even in our busiest seasons, regular connection builds us up. That’s why making connection a habit - not just a hope - matters. And why doing so is vital. Not just for our own lives, but for our shared future.

Former U.S. Surgeon General Vivek Murthy calls this a moment of transformation: “We have to imagine being together differently... Not as an abstract idea, but here on the ground. A revival powered by individuals choosing to invest the time and attention.”

That might mean taking risks. Showing up when it’s awkward. Trying again when we feel unseen. And loving ourselves — and each other — into a different way of being together.

You don’t even need to pick a new resolution. You can build community around the one you already have. The most important resolution might be to show up, again and again, say hello — and grow better, together.

I’ll see you at the Orangevale Open House.

Patsy McGavock volunteers as a community advocate informing, empowering and engaging readers with their community. Contact: [PatsyMcGavock.JustServe@gmail.com](mailto:PatsyMcGavock.JustServe@gmail.com)

Quotes taken from the documentary “Join or Die: Why You Should Join a Club and the Fate of America Depends on It”

## RUBY BRIDGES

By Rigs Kay and  
Janice Oliver-Iraci

Ruby Bridges was born September 8, 1954. She is famously known as an equal rights activist, and as the first African American to desegregate American schools. On November 14, 1960, Ruby Bridges attended her school, William Frantz Elementary, which was previously an all-white school. Ruby was six years old when she started school, and was immediately met with racism due to her skin color. Parents even pulled their children out of the school, so they wouldn't interact with Ruby. Her teacher was one of the only people who would talk to her at school, and taught her all of 1st grade. Her teacher, Barbara Henry, was born May 1st, 1932, and still is alive to this day, but retired. When Ruby was six, she didn't quite understand the extent of the adults' hatred towards her, just due to her not being white. Yet, she prayed for

them just the same - asking god for their forgiveness; believing that they did not mean have been doing this for the past three years. On November 14th, grades one through



Ruby Bridges Walk 2024

to be so cruel.

We at Golden Valley Charter Schools believe it is important that schools teach about Ruby's story and have a "Walk With Ruby" day. We

eight walk together from our school to a local place where we can hear speakers. This year, Golden Valley Orchard students walked from our school at Filbert and Central

Avenues down to Dairy Queen on Greenback Blvd and Walnut Ave. Joe and Cynthia Ellering, owners of Dairy Queen were extremely supportive of our walk, allowing us to use the parking lot the morning of November 14th. In addition, they provided coupons for a free cone for every student who walked!

Students in sixth grade read essays about Ruby. There were three winners that were picked from their class contest. Two students from fourth grade also wrote a moving essay. We also heard some words from our Interim Executive Director, Jennifer Hoover, as well as Mrs. Page, our school Principal, and Mrs. Oi who initiated this walk for our school. She heard about it from AAA who sponsors it every year. Our keynote speaker was Mrs. Porsche Middleton, a former mayor and current member of the City Council for Citrus Heights.

At least 5 schools in the San Juan District attended this walk in 2025. The amount of schools in California that do

this walk yearly is slowly increasing, showing the awareness in this event is expanding.

Ruby Brides is still alive to this day, and is still protesting for equal rights. At age 71, she still attends protests, goes on talk shows, and talks about the day where she had to be escorted by state marshals to her school, at only six years old. Ruby will go to some schools and share with the children of the school about her experiences with the racism used against her. Ruby has written 8 books about her story; providing many for children to read and understand.

Ruby's story holds much importance in today's society, with racism still being an issue. "Racism is a grown-up disease, and we should stop using our kids to spread it," is the most famous quote from Ruby Bridges, and holds a deep message. It goes to show that racism is taught, and not something a person is born with.

# orangevale

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Hello! I hope this finds everyone well and happy.

I've lived in Orangevale for about 26 years and absolutely love our small community. I've written a few articles for Brad in the past, but over time I let my writing fall by the wayside — sorry, Brad. If you enjoyed those earlier pieces, I hope you'll find these new stories just as fun to read. I only like to write about fresh experiences, so let's go! I feel blessed to be able to walk out my door and step right onto the Orangevale Park trails for a hike. Today, I set



out to visit the lower large pine tree where I've occasionally seen the eagles roost. Some of you may have already heard that on Sunday, December 4, 2026, the nest tree of approximately ten years blew down the cliff during a severe windstorm — a truly tragic loss. After about a 20-minute hike,

I reached the small ridge near the lower pine tree, and to my surprise, one of the eagles was there. I spent the next hour taking about 100 photos, hoping he might take off, but he stayed put. Eventually, I saw his partner do a fly-by, heading toward the old nesting tree. So I packed up

my camera and continued up the trail, hoping for another chance at some good photos.

On my way, I came across something very disturbing. A mother and her three young children were standing by the fence near the old nesting tree area, and she was lifting them over the fence to get a closer look at the fallen tree. If you don't know, that cliff has claimed lives — it is extremely dangerous. I'm very thankful nothing happened to them, aside from a very stern warning from me.

At that moment, one of the eagles flew by and landed about a hundred yards away. After a quick walk, I found both of them together. Enjoy the photo.

Please be very careful along our trails — some areas are dangerous. Keep pets on a leash, keep children close, and enjoy your hikes.

Thanks, and God bless.  
Danny Miller

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## Placer SPCA Announces Grand Opening of New Veterinary and Foster Care Center

Roseville, CA — Placer SPCA is proud to announce the official Grand Opening of its new Veterinary and Foster Care Center, marking a transformative new chapter in animal care for Placer County. The community is invited to celebrate this milestone with a ribbon-cutting ceremony and open house on Saturday, January 31, 2026, at 200 Tahoe Avenue in Roseville, adjacent to the organization's Adoption and Education Center.

The day's events will begin with a public ribbon-cutting ceremony at 10:30 a.m., followed by a community open house until 1:00

p.m., offering guests the opportunity to tour the new facility, learn more about the lifesaving work made possible within its walls, and celebrate this exciting new chapter alongside fellow supporters, staff, and community members.

The 8,800-square-foot Veterinary and Foster Care Center represents the realization of a long-held vision shared by the Placer SPCA community—one rooted in compassion, access to care, and a commitment to saving more lives. Designed to expand lifesaving medical services and foster care support, the facility will significantly expand Placer SPCA's ability to serve both shelter animals and pets in the community.

"This building represents far more than bricks and

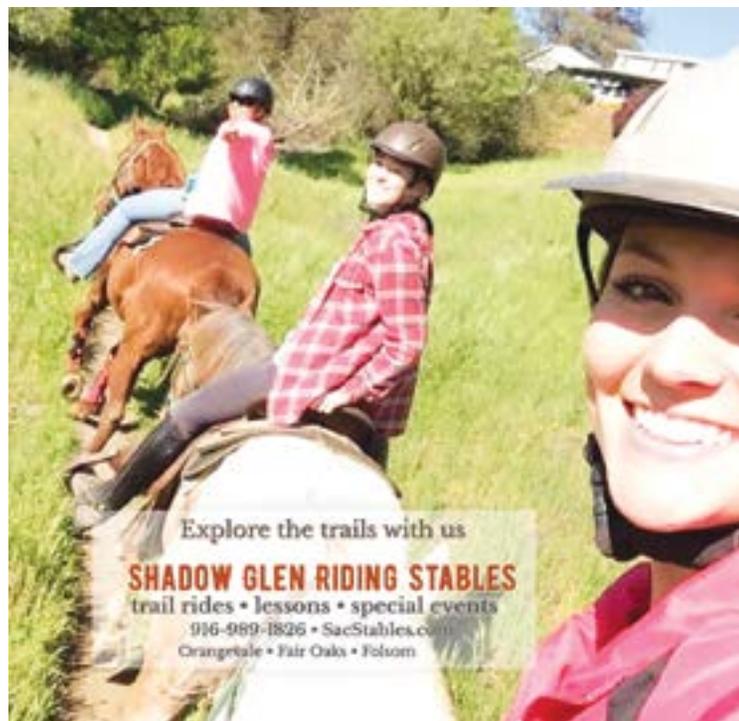
mortar—it represents hope," said Leilani Fratis, Chief Executive Officer of Placer SPCA. "Because of the generosity and belief of our supporters, we now have a space that allows our veterinary and foster teams to do their very best work and reach more animals and families than ever before."

The completion of this center was made possible entirely through philanthropic support from donors, partners, and the broader community, reflecting a shared belief that every animal deserves access to compassionate, high-quality care.

As Placer SPCA opens the doors to this new facility, it also opens the door to a future where more animals receive lifesaving treatment, more families receive support, and more second chances are possible.

For more information about Placer SPCA, visit [placerspca.org](http://placerspca.org), or follow Placer SPCA on social media.

About Placer SPCA  
Founded in 1973, the Placer SPCA is a 501(c)(3) non-profit organization dedicated to enhancing the lives of companion animals and supporting the human-animal bond. Today, we are the largest and most comprehensive nonprofit animal welfare



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provider in Placer County. In 2018 the Placer SPCA opened a best in animal welfare practices Adoption & Education Center and can house up to 4,000 animals annually. On January 31, 2026, Placer SPCA will celebrate the opening of the new 8,800 square foot Veterinary and Foster Care Center, elevating our care for the medical needs of shelter and community animals. The Placer SPCA continues to grow and provide many innovative pro-

grams to enhance animal well-being and improve adoptability, such as: environmental enrichment and socialization strategies, behavior modification counseling and training, foster care, and mobile adoption. We also work closely with the community to provide adoption counseling, pet retention services, spay/neuter assistance and education, pet lost and found, humane education, collaborative rescue efforts, and volunteer opportunities.



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## VALENTINES FOR SENIORS RETURNS, COMMUNITY INVITED TO SHARE 10,500 SMILES

Helping Hands OV announced the return of its annual Valentines for Seniors program, inviting the community to create and donate handmade Valentine's Day cards for local seniors. Now in its sixth year, the program will accept card donations now through Feb. 4 at participating businesses throughout the area.

Last year, the community collected more than 10,400 Valentine's cards for seniors. Organizers are hopeful to exceed that number this year and are asking residents to help reach the goal of sharing 10,500 smiles.



For many senior citizens, especially those who are isolated, homebound or living in care communities, holidays can be particularly lonely. A handmade Valentine's card is a simple but powerful gesture that reminds seniors they are

remembered, valued and loved. These cards often become meaningful keepsakes that bring comfort, spark connection and brighten an entire day.

Homemade cards may be dropped off in pink collection boxes at participating community locations, including:

Katie Yount State Farm; Rose Senior Placement; Dairy Queen; Dwelly Chiropractic; Rod Works Folsom; OV Grocery Outlet; OsteoStrong; Scotty's Hideaway; Fix Auto Orangevale; Moore's Garage; Total Landscape Concepts; Donut Spot; Mode Brewing + Kitchen; Greenback Hazel Animal Hospital; Ashley's Country Kitchen; Miss Rancho Cordova Pageant Inc.; Greenback Treasures; BrainyZoo Toys; Vision Tax; The Moth Hole; Hot Off The Griddle; La Placita and more.

Community members are encouraged to keep an eye on participating businesses throughout the campaign. Some locations may host card-making events, raffles or special discounts as a thank-you to those who drop off Valentine's cards.

Helping Hands OV is a local nonprofit organization that assists low-income, elderly and disabled neighbors with small household tasks and offers a wide range of community programs, including Valentines for Seniors.

For more information, visit [helpinghandsov.org](http://helpinghandsov.org) under the Programs tab or contact Helping Hands OV at [helpinghandsov@yahoo.com](mailto:helpinghandsov@yahoo.com).



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**ORANGEVALE WOMANS CLUB - THE PAST, THE PRESENT, AND THE VERY BRIGHT FUTURE.**

By Gail Kenney, Orangevale Woman's Club

Did you enjoy hot chocolate and cookies at the Orangevale Tree Lighting? Thank you to the Orangevale Woman's Club for donating cookies, time, and holiday cheer to make the event extra special. How do they accomplish so much? Through members who live the motto Service Unlimited and believe "many hands make light work." For over a century, the Orangevale Woman's Club has quietly shaped the heart of our community.

Established in 1913 as The Country Life Club, with a focus on home economics, the club became the Orangevale Woman's Club in 1928, adopting their motto, Service Unlimited. That spirit of service has guided and continues to inspire members to make meaningful contributions to the community—supporting the arts, preserving natural resources, promoting education and healthy lifestyles, encouraging civic engagement, and working toward world peace and understanding.

Members—women of all ages and talents from Orangevale and surrounding communities—share a common goal: creating positive change locally.

The club's long history of service is a source of pride. In 1953, members furnished a room at the then-new Roseville Community Hospital. In 1960, they launched a scholarship program (still active today) for local high school seniors pursuing trade school or college. They've supported El Dorado Forest reforestation through the Penny



Pines Plantations, maintain Madison Ave. through the Adopt-a-Street program, and are active with Orangevale-Fair Oaks Food Bank; selecting focuses in our community each year.

In 2022, members helped found the Orangevale History Project (Society) and continue to support the Orangevale History Museum today.

Five years ago, the club began its annual Menstrual Product Drive, an ongoing effort to meet a continual need. Details on how to help and where to donate will be available before the end of February.

Many other projects, big and small, have also shaped the club's legacy—Serve Our Seniors, Public Affairs, support for the Orangevale Community Center, Conservation, Friends of the Library, and more.

As part of the clubs culture, the Board of Directors and committee chairs embraced change, recognizing the need to evolve with the times and adapt the club's focus accordingly. President-Elect for 2026, Mary Witcraft, says she "hopes to guide the Orangevale Woman's Club in continuing to thrive as a place where each woman can be confident, connected, and encouraged to share her gifts of service."

Women interested in stretching their wings in service to the community are invited to attend a meeting at the Orangevale Grange, held the first Thursday of each month at 11 a.m., September through May. Learn more at [www.orangevalewomanclub.org](http://www.orangevalewomanclub.org) or email [orangevalewomanclub@gmail.com](mailto:orangevalewomanclub@gmail.com) for details.

# ORANGEVALE LIBRARY

ORANGEVALE LIBRARY  
8820 Greenback Ln L,  
Orangevale, CA 95662

## HOURS

Tuesday 10AM–6PM  
Wednesday 10AM–6PM  
Thursday 10AM–6PM  
Friday 10AM–6PM  
Saturday 10AM–6PM

Heirloom Seeds Available at the Orangevale Library 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.

## KIDS

Family Storytime Thursdays, 10:30 a.m. - 11:30 a.m. Jane Wise Community Room Join

us for songs, rhymes, movement activities and stories all designed to support the early learning skills of young children.

Explore and Learn Tuesdays, 11:00 a.m. - 12:00 p.m. Jane Wise Community Room Join us for Explore and Learn, a program with fun learning activities for young children and their caregivers to meet others and play together.

STEAM - LEGO® Robotics Saturday, January 17, 10:30 a.m. - 12:00 p.m. Jane Wise Community Room Led by a team of student instructors, kids ages 9 to 14 will work in groups to design, build and program a LEGO® robot and learn STEAM skills with this fun, hands-on project.

Family Art Lab Saturday, January 24, 3:00 p.m. - 5:00

in OVparks recreational programs. Location: Orangevale Community Pool

Best Friend's Bash Friday, February 13th – 10:45am-12:00pm Ages 50+ come out by yourself or with your friends! Play fund games and win prizes. A fun filled morning with pastries, snack, coffee, refreshments, games, and conversation. Register by 1/27/26 to receive an extra door prize ticket!

Ties and Tiaras Saturday, February 28th- 6:00-8:00pm Dinner, DJ, Photo ops, and Fun! Bring your special kiddo and dance the night away. Location: Orangevale Community Center

Youth Programs: Baby Ballet (Ages: Walking- 3y) Mondays at 9:00am Pre-Ballet (Ages 3-6y) Mondays at 9:30am Zumbini (Ages 2 Months-4years) Wednesdays at 10:00am Winter Youth Basketball (2nd- 6th Grade) Adventure Crew Day Camp (Ages 5-12) Feb 16th - 20th Mini Ninja (ages 3-6) Mondays at 3:15pm or Tuesdays at 9:15am Kids Ninja (ages 6-12) Mondays or Wednesdays at 4:45pm Parents Night out February 6th at 6pm Robthink and Robthink Jr. Thursdays at

p.m. Jane Wise Community Room We bring the art supplies, you bring the creativity! Families, kids and teens are welcome to join us as the library puts out a variety of art supplies and let everyone make whatever art they want!

Minecraft Gaming Thursday, February 5, 2:00 p.m. - 4:00 p.m. Jane Wise Community Room Enjoy this computer game on our own library server! Participants should be aged 6 - 17; Registration is encouraged at [www.saclibrary.org/events](http://www.saclibrary.org/events).

Read to a Dog Friday, February 13, 3:30 p.m. - 4:30 p.m. Jane Wise Community Room Kids are invited to practice their skills by reading aloud to a certified therapy dog (and their handler). Attendees may bring a book to read or choose one from the library.

4:30pm Amazing Athletes and Amazing Athletes Tots Tuesdays at 4:30pm Skyhawks Soccer (ages 6-12) Mondays at 4:45 Skyhawks Track and Field (ages 6-13) Fridays at 3:50pm Skyhawks Beach Volleyball (ages 7-13) Tuesdays at 3:50pm Skyhawks Pickleball (ages 6-13) Wednesdays at 3:50pm Skyhawks Tennis (ages 6-13) Wednesdays at 5:00pm OVparks Top Notch Basketball Camp Grades 2nd-8th February 17th-19th

Adult Programs: Chen Tai Chi (ages 17 and up) Tuesday and Thursday at 7:00pm NEW! Cardio Kickboxing (ages 18 and up) Tuesday, Thursday & Saturday at 9:15am Jazzercise (ages 18 and up) Mondays, Wednesdays, Fridays & Saturdays Orangevale Ukelele Fretters (ages 18 and up) Mondays at 1:00pm Artist Studio (ages 35 and up) Mondays at 11:30am Men's 3 on 3 Hoops (ages 35 and up) Wednesdays at 7:00pm

Keep an eye out—our New Winter Activity Guide is coming soon!

Follow us on Instagram, Facebook, and TikTok or subscribe to our E-Newsletter for the latest updates & more program information! @ovparks

## ADULTS

Orangevale Adult Book Group – West with Giraffes Saturday, January 17, 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 West with Giraffes by Lynda Rutledge. 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 7, 1:30 p.m. - 3:00 p.m. Jane Wise Community Room Learn more about genealogy with our volunteers from the Root Cellar Genealogical Society. Age group: Adults

Genealogy: Book a Genealogist Saturday, February 7, 3:00 p.m. - 4:00 p.m. Jane Wise Community Room

Need help with your family history? Root Cellar volunteers are ready to help with free individual 30-minute sessions at the Orangevale Library. Reserve your session at [www.saclibrary.org/events](http://www.saclibrary.org/events) Age group: Adults

Mixed Media Art Journaling Saturday, February 14, 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. Age group: Adults



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6826 Hazel Avenue  
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Office Hours:

Monday-Friday - 8:30am-4:30pm  
Phone Number: (916) 988-4373

## Upcoming Event:

Polar Bear Plunge RESCHEDULED- Saturday, January 31st Check in begins at 11:00am | Plunge is at 11:30am SHARP Jump into the new year with a quick plunge into the 48-degree water at Orangevale Community Pool, or take a trip down the slide if you dare. Cost is \$5 per person to support our new non-profit: the Orangevale Parks Fund! All money raised will go to provide youth with financial assistance to participate

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