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ORANGEVALE WOMAN'S CLUB MISSION TO SERVE



Wow -The Orangevale Woman's Club Ladies generosity again was unbelievable. They donated more than \$1090 to the club's annual education support for the children of our community. In past years the club has donated backpacks and school supplies to kids who attend elementary and middle schools in Orangevale. This year because of the uncertainty of whether kids would be attending school in person, the club decided to give \$10 Barnes & Noble gift cards directly to the kids. We will be using the Orangevale Food Bank as a distribution hub for the cards.

These are challenging times for us to stay healthy and still meet our commitment to serving our community's needs, especially the kids. Even in difficult times when our members are asked to help - they do not hesitate. Children are the future for us all



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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.

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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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NOV 2020

WED OCT 28, 2020 DEADLINE

FRI NOV 6, 2020 Out To Public

WED NOV 11, 2020 DEADLINE

FRI NOV 20, 2020 Out To Public

DEC 2020

WED NOV 25, 2020 DEADLINE

FRI DEC 4, 2020 Out To Public

WED DEC 9, 2020 DEADLINE

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THE LEGISLATURE MUST GET TO WORK FOR CALIFORNIANS

By Assemblyman Kevin Kiley

On August 31, the California Legislature adjourned for the year. While that timing is ordinary, this year is anything but: our state faces staggering challenges, and the Legislature already missed more than two months during the pandemic.

That's why I asked the Governor to call a Special Session of the Legislature. Twenty other lawmakers joined my letter, but there is still no word from the Governor. If anything, he has indicated he is leaning against the idea.

In a regular year, many may be thankful for a reprieve from some of the harmful policies coming our Legislature. But as things now stand, the people of California simply cannot be left without a voice in our government for four months as they cope with the harmful effects of school closures, business restrictions, and COVID-19.

Our regular Legislative Session was cut short by nine weeks, a 30 percent reduction to our traditional legislative calendar. This truncated calendar was used as a reason for not acting on legislation to protect the livelihoods of workers, provide relief to small businesses, and reform the Employment Development Department (EDD). This not only undermined the democratic process of the institution, but also deprived countless Californians of critical relief in a time of historic need.

A Special Session of the Legislature should focus on these unaddressed policy issues and provide oversight over the Executive Branch to make the Legislature a co-equal partner in decisions that impact the lives of 40 million Californians. Specifically, the session would be limited to:

First, evaluating the Governor's Executive Orders and providing oversight. Since the State of Emergency was declared in early March, Governor Newsom has signed 54 Executive Orders unilaterally changing over 400 laws. This is unprecedented. The Legislature must restore checks and balances and give Californians representa-



Assemblyman Kevin Kiley

tion in their own government.

Second, passing a real small business relief bill. While the Governor embraced one of my proposals to provide a tax exemption for small businesses who received PPP loans, he also signed legislation adding burdensome new regulations. Our state needs to provide regulatory relief to spur economic growth, not just minor new exemptions that barely scratch the surface.

Third, fixing the EDD. The agency has failed millions of Californians

and recently announced that it will stop accepting unemployment claims altogether while the Department "resets." This debacle has exposed our state's massive bureaucracy as archaic, rigid, and in the thrall of special interests. While I support an emergency audit of EDD, we must follow up the audit with real change. We need a whole new paradigm where government is modern, performance-based, and at the service of Californians.

Fourth, assessing the evidence on school and business closures and working towards a full and safe reopening and recovery. The rules and metrics for reopening have changed several times already. The Legislature must take a more active role in applying an evidence-based approach that is mindful of our state's diversity, so our communities are not needlessly held back.

The impact of our state's response to COVID-19 is not taking a break. The Legislative Branch of our government shouldn't either.

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

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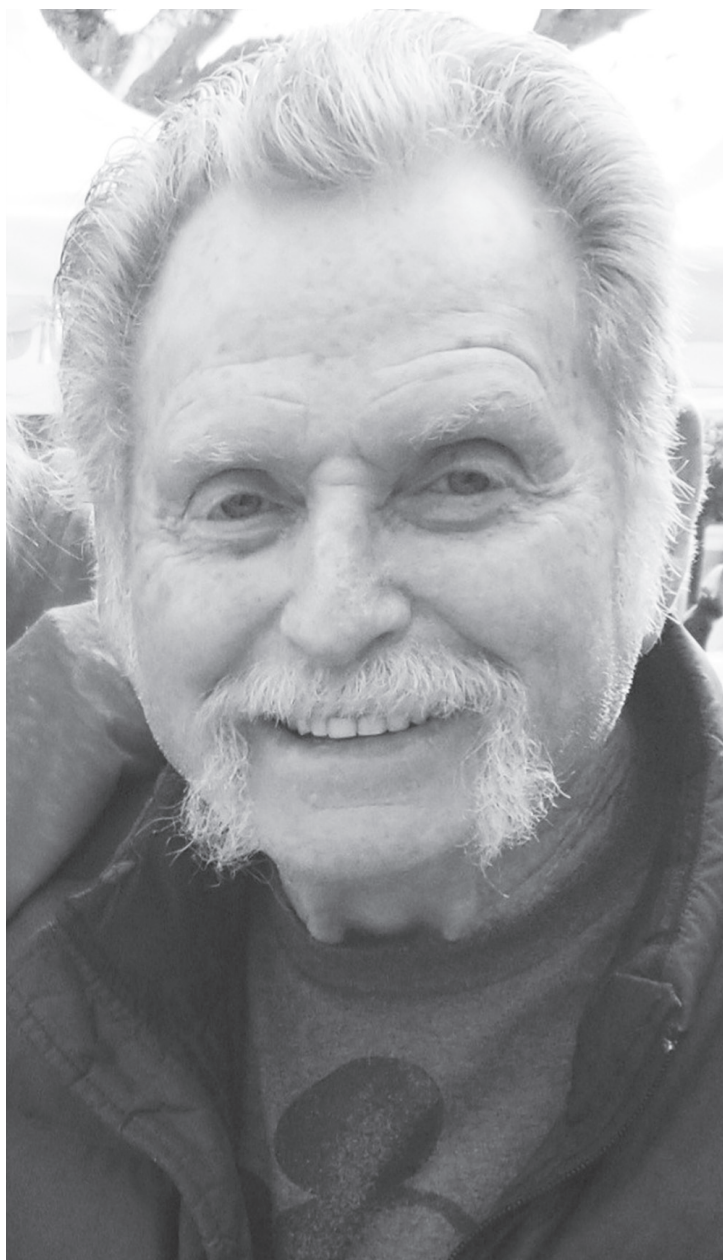
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ANNOUNCEMENT



say I love you to his family, or hesitant to say how proud he was of their accomplishments.

As a master carpenter, Lee left his mark on the world through the beautiful homes and buildings he'd worked on over the years. For those who knew him, they will remember his love of sports, especially baseball, basketball, and football. He shared that love as a Little League coach for many years. He was also a fan of classic cars, especially Corvettes and his old red pick-up truck, attending any and all car shows around. When he wasn't improving homes, working in his yard, or tinkering with his cars, you could find him watching *The View* or whatever old Western was on that day. His love of ice cream and Oreos is legendary. We could say more, but suffice it to say he was loved by many, and will be held in their hearts forever more.

A celebration of his life will be held on Saturday, October 24, 1pm at the family home.

Leroy (Lee) R. Kirkpatrick took his final leave on September 28, 2020, just a few months shy of his 80th birthday. Originally, from Denver, CO, later of Napa, CA, he finally called Orangevale, CA home.

Lee graduated from Napa High in 1959. Since then, he accomplished a great many things, but none so great as marrying the love of his life, Karen L. Crandall, being the dad to four (Richard, Gail, Shawn, & Dawn and their respected spouses, Lisa, Jim, Ivette, & Mike), grandpa/papa to six (Devin, Melissa,

Megan, Brenden, Connor, & Sara), and recently earned the title of great-grandpa. He also held the title of wonderful brother, uncle, and friend to many. Nothing mattered as much to him as his family and friends. These were his most precious possessions in life.

He will be remembered for many things, especially his love for all of us, his sense of humor, his hugs, and his support. When you needed advice, he was there. When you needed a hand, he was there. He wasn't afraid to

VOTE
People must vote especially when woke. It's a way to say nope to what's scarier than a ghost. To heal what got broke, to achieve what is hoped, folks from coast to coast devote their time to vote.
-Z.F. ThrimEJ



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OVparks FAMILY FRIGHT NIGHT

OVparks is thrilled to announce that we are holding our annual Family Fright Night Free Trunk or Treat event as a Spooky Drive-Through on Friday October 16th, at the Orangevale Community Center (6826 Hazel Ave.). Community organizations and households are welcome to sign up to decorate their cars/parking spaces and use innovative ways to give out the prepackaged goodies at a distance and marketing materials they bring to share with families driving through. Participants driving down our path of delights will vote for the most creative contraption for deliver-

ing goodies as well as the best decorated booth/car! Thank you to our wonderful Community Partners, Supervisor Sue Frost & Les Schwab Tire Center for supporting us for this event as well as our online costume & decorating contests! Check what time to come by based on your children's age group. Put on your costumes & masks, bring your candy bucket & hop in the car! Masks are required for the person collecting goodies from an open window. Contact nadia@ovparks.com or call the District Office 916-988-4373 to reserve a space. We can't wait for this Spooktacular event!



OV Unplugged
By Brandy Wade

Hello Orangevale and surrounding communities! Our CNP family hopes you enjoyed our previous OVunplugged sensory activities and that everyone had fun with messy play! In this column we challenge families to unplug from technology and take a walk, or drive, around your neighborhood. Use the attached Fall Scavenger Hunt to find as many season related items as you can.

Fall, sometimes referred to as Autumn, is a special time of year when nature and animals adapt

to the changes in our environment and weather. For example many tree leaves stop making food, change colors, and fall to the ground. Many animals are also busy collecting food for the upcoming Winter months and the long awaited rains hopefully begin. Help your children take time to notice all of nature's beautiful miracles; from the falling leaves, the end of numerous plant lifecycles, migrating birds, foraging squirrels, and changes in the weather. This is an amazing time of year to practice using all our senses to truly enjoy the Fall season. It's time to fall in love with Fall!

We hope families enjoy this fun activity with your children! As always, we hope you remember to put down the technology and spend time with loved ones. If the air quality is healthy in your area remember to head outside daily to get your dose of sunshine and fresh air :-)

Please feel free to email CNP your findings or post them on social media using the #OVunplugged. Stay tuned for our next challenge and follow our nature preschool on Facebook and Instagram. You can also visit www.CreativeNaturePlayschool.com for this activity and all previous activities.

MURER HOUSE TOUR



Our museum is located in Giuseppe's historic garage and includes photographs dating from 1906 to the 1950s, and covers the history of Italian immigration, the early formation of Folsom, major events in local and national history, all the way to the 1950s. Our museum provides a video tour of the inside of the house, including closed captions for the hearing impaired. We also have audio tours of the museum for the visually impaired. The historic house is being furnished now for tours, giving visitors

an idea of what homes in the 1920s provided in the way of convenience. The house is not ADA accessible.

The museum is open the first Saturday of every month from 10 am to 2 pm. We are also open by appointment and for private tours. Admission is free on tour day!

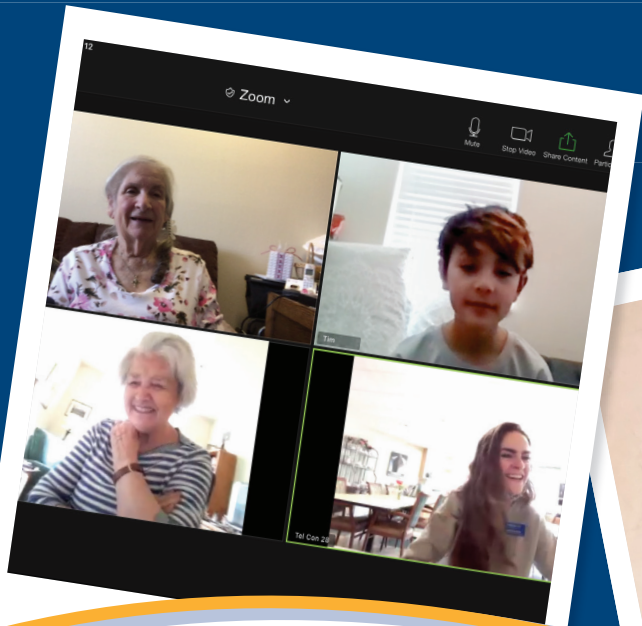
Note: In summer, if daytime highs are forecast to be above 100 degrees, the museum will close at noon. www.murerhouse.org for more information

CNP's Fall Scavenger Hunt

Celebrate the beginning of Fall with CNP's Fall Scavenger Hunt. Take time to discuss all the differences you see in your neighborhood and don't forget to jump in a leaf pile :-)
This is also published at www.CreativeNaturePlayschool.com :-)
#OVunplugged

<p>A Beetle</p>	<p>A Pinecone</p>	<p>A Brown Leaf</p>	<p>An Acorn or Seedpod</p>
<p>A Squirrel</p>	<p>A Yellow Leaf</p>	<p>A Stick</p>	<p>A Dried Flower</p>
<p>A Red Leaf</p>	<p>A tree starting to lose its leaves</p>	<p>A Bird</p>	<p>A Pumpkin</p>

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Orangevale Cooks



by Suzanne Feblowitz

Just today my college friend sent me a text message about how she just made a favorite family recipe of mine. Burrito Pie was a dish that my mother-in-law would make on a regular basis. I have not made this in several years and I am not sure why we neglect our favorites, but it seems to happen. I think we tend to get busy and make things that are quick and easy. This dish has a few more steps than just frying up tortillas for tacos, but the end result is worth the extra steps. I think the flour tortillas add a nice texture and flavor to the 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. If you wish to remain anonymous, just let us

know and we will omit your name.

EDNA'S "BURRITO" PIE

- ¼ cup oil
- 4 (8 inch) flour tortillas
- ½ lb. ground beef
- 1 medium onion, diced
- 1 small garlic clove, minced
- 1 (4 oz.) can chopped green chilies, drained
- 1 (8 oz.) can refried beans
- 1/3 cup hot taco sauce
- ¼ tsp. salt
- ½ lb. Monterey Jack cheese, shredded (2 cups)
- 1 cup shredded lettuce
- 1 medium tomato, diced
- 5 large, pitted ripe olives, sliced

In a 10 inch skillet, over medium heat, in hot oil, fry 1 tortilla at a time about 30 seconds on each side, until lightly browned and blistered. With tongs, remove tortilla to paper towels to drain. Discard oil after use.

Preheat oven to 350 degrees. In same skillet, over high heat, cook ground beef, onion, and garlic until all pan juices evaporate and meat is well browned, stirring occasionally. Remove skillet from heat. Stir in green chilies, refried beans, taco sauce, and salt.

In a 9-inch pie plate, place 1 tortilla; top with ¼ of the bean mixture and ¼ of the cheese. Repeat 3 times. Bake pie 30 minutes or until heated through. Sprinkle pie with lettuce, tomatoes, and olives. Makes 6 main dish servings.

My friend, Kathy, suggests sprinkling with chopped cilantro and slices of avocado. She also makes this a little lighter by toasting up the tortillas in a heavy cast iron pan instead of frying.

EAT UP! Your Immune System Will Thank You

Your diet can make a big difference in how well your immune system functions. Preventing infection and disease is an urgent concern today as well as for future generations. Keeping our complex immune system healthy is no more complicated than paying attention to both health boosters as well as health thieves in your daily food intake. What is missing in the following chart are pre-packaged meals many of which are high in fat, sugars and salt and low in nutrient value. Untold dietary damage can occur with a diet void of all carbohydrates, our key energy supplier, or one with less mindfulness of nutrient value and caloric count in snacks.

Some Health Boosters	Often Found In	Can Provide/	To Help Protect
GREEN VEGETABLES (aim for min.2.5 c/day)	Spinach, kale, Swiss chard, broccoli, arugula, cabbage	A, C/Antioxidant germ fighters	against inflammation/oxidation
(all color vegetables) NUTS AND SEEDS	Peppers, potatoes, carrots Brazil nuts, Sunflower seed	A/C Zinc, copper, magnesium, selenium, folate, fiber, protein, healthy fats, E (antioxidants), B6	skin, healthy GI tract lower respiratory system
MORE ALKALINE FRUITS 2c/day	Apples, Pears	Fiber	intestinal tract
Citrus + other fruits	tomatoes, strawberries, kiwi	C	
BEANS, WHOLE GRAINS	Barley, bulgur, oats, quinoa Lentils, Cranberry beans Garbanzos, black beans	B vitamins copper folate, iron, magnesium zinc	
HEALTHY OILS	olive/flax oil, organic canola tuna, salmon, mackerel	omega 3 fats B vitamins, selenium vitamin D	against inflammation, regulate immune activity, absorb antioxidants protect upper respiratory tract
PROTEIN	Lean meats, fish, poultry, eggs, legumes	B12+ B vitamins Zinc best absorbed from seafood/meat	
	Shellfish	zinc, copper, selenium	
FORTIFIED DAIRY	milk, plain yogurt	probiotics, Vit. A/D, zinc magnesium, selenium	Intestinal system /bone/skin health

Betty Albert, N.D. is a retired Natural Health Practitioner and free lance writer in El Dorado County.



ORANGEVALE Chamber of Commerce

THANK YOU COMMUNITY!

THANK YOU BLOSSOM VALE!

THANK YOU LA PLACITA!

Two days of Tamale Dinner deliveries and almost 60 orders is beyond what I would have thought possible. I appreciate the community in helping me raise over \$2,000 with this fundraiser as well as Blossom Vale Senior Living for sponsoring this event with La Placita making most of the meal! Each dinner included homemade tamales, rice, beans, chips, salsa, and a drink.



The proceeds of this dinner are helping me reach my goal of \$8,000 for the Orangevale Honorary Mayor Fundraising Race. It was a lot of work but worth it! Blossom Vale Senior Living is a local Retirement Community that has become very involved in Orangevale and supportive of our efforts as a Chamber as well as the community in general. One thing I learned during our deliveries is that they are pet friendly, with no weight limit and will help care for your pets when you can't!



What's next? My next fundraiser is a "Mini School Portraits session and Book Fair"! With so many kids having to do distance learning there may not be an opportunity to have your Fall school pictures taken so I wanted to offer this to the community as well as raise funds for my campaign. Receive the sitting and 3 digital photos for only \$40. And, you can purchase more photos directly from the photographer too! This event will take place on Saturday, October 17th. Please contact me at 916-397-9490 for more information, or go directly to my Facebook Page: Luz Johnson - Orangevale Honorary Mayor Candidate.

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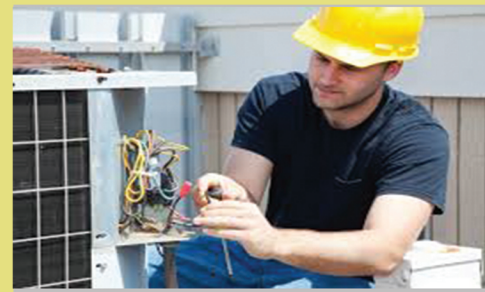
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