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GOAL SET FOR 8,000 HOMEMADE CARDS TO BRIGHTEN THE LIVES OF LOCAL SENIORS
PAGE 4



Give Back in Style - PAGE 19

FROM MAIN AVENUE TO YOKOHAMA



From Main Avenue to Yokohama: How I Embarked on a Life-Changing Journey to Japan (And how you can too)

By Deric Howard

In 2023, when I first applied to study abroad during my junior year at Sacramento State University, I thought I would be immediately rejected—or, if selected by the program coordinators, unable to participate due to financial constraints. I had no idea that a year and a half later, I would be playing shogi in the student union at Yokohama National University while explaining the deep meaning behind English onomatopoeias (they were fascinated by the expression "cock-a-doodle-doo") to Japanese students.

As someone who grew up in Orangevale, I never imagined my education journey would lead me halfway across the world. This experience was made possible through a year-and-a-half battle with Sac State bureaucracy and, more importantly, the Benjamin A. Gilman International Scholarship. Sponsored by the U.S. Department of State, the Gilman program enables students of limited financial means to study or intern abroad, equipping them with skills critical to national security and economic prosperity. The program also encourages students to study languages, offering additional awards to those pursuing "critical needs languages" such as Arabic, Chinese, Russian, and Japanese.

Thanks to the Gilman Scholarship, I was able to cover the costs of living abroad in Japan during my senior year and have a life-changing experience. If you're a college student considering studying abroad—wherever that may be—I strongly recommend applying for the Gilman International Scholarship. Even if you're not a college student but are studying a foreign language or know someone who is, I encourage you or them to apply. The program is especially committed to supporting veterans and first-generation college students. It may just change your life.

CELEBRATING THE BEST OF ORANGEVALE: A COMMUNITY UNITED

Orangevale is buzzing with excitement as the 9th annual "Best of Orangevale" competition kicks off, showcasing the incredible diversity and dedication of our small businesses and community members. This friendly competition is a wonderful opportunity for everyone—whether you're a customer, supporter, or business owner—to join in the fun and show your appreciation for the hard work of our local heroes.

This year, we have a record number of contenders, with over 500 participants vying for the top spots in various categories. Voting is open until January 31, and you can vote for one nominee per category, with a minimum of three category votes. Some of the categories include:

- Best Restaurant
- Best Retail Store
- Best Service Provider
- Best Non-Profit Organization
- Best School
- Volunteer of The Year
- Teacher of The

Year

The winners will be announced and celebrated at the Best of Orangevale Award Banquet on February 7. This event is not just about recognizing the achievements of our local businesses but also about connecting with other members of the Orangevale community. It's a chance to honor the dedication and hard work that make our town so special.

The goal of the Best of Orangevale is to raise awareness of the fantastic small businesses and organizations we have in our community. We want the competition to be enjoyable for everyone involved, fostering a sense of unity and pride in Orangevale.

Don't miss this chance to support and celebrate the best of what Orangevale has to offer. Visit <http://www.bestoforangevale.com> to cast your votes and learn more about the nominees. Let's come together to honor the achievements of our local businesses and community members!

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BEST OF ORANGEVALE
2024

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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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Community of Orangevale

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**DATES TO REMEMBER
OUT TO PUBLIC**

JAN 22• Public Deadline

JAN 31 • PUBLICATION

OUT TO PUBLIC

FEBRUARY 2025

FEB 5• Public Deadline

FEB 14 • PUBLICATION

OUT TO PUBLIC



Boy Scout Troop 217 of Fair Oaks invites the community to its annual Country Breakfast to be held on Sunday, February 9th, 8 am to 12pm, at the St. Mel Parish Center, 4745 Pennsylvania Ave., Fair Oaks. Cost is \$15 pp 12 yrs and up, \$8 child 6-11 yrs, below is free. All proceeds help support the troop's scouting adventures. In addition to the all-inclusive buffet of wonderful food and an amazing raffle, we will be honoring the selfless sacrifice and courage of the Four Chaplains of WWII who perished after their troop transport ship was torpedoed and sunk in the North Atlantic. After giving up their own life vests to others, these four Army chaplains of different Faiths locked arms and prayed together for others as they went down with the ship. Three of these men were also Boy Scout leaders back in their hometowns.

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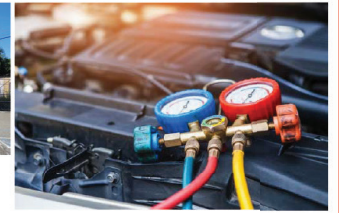
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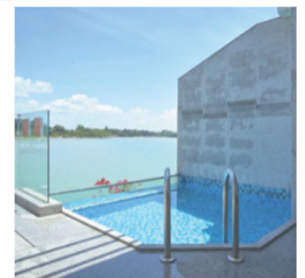
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ANNOUNCEMENTS

Jonita Lee VanScyoc Burns 1940-2024

Born September 13, 1940, Jonita died peacefully November 8, 2024, of congestive heart failure at her home in Orangevale, California.

Jonita was born in Willows, California the first child to Edward and Virginia VanScyoc and was succeeded by siblings Gary, Gail, and Michael, fourth generation Californians in our family.

Jonita lived most of her life here in Orangevale raising her two children, and her 50-year professional career as an educator. Most of



in 1998.

Jonita married Gary Burns in 1960 and remained married until his death in 2013. They were true sweethearts. She is survived by a small, but growing family Jordan Burns and his wife Sheryl, their daughters, Kaylene and Carson, their respective husband and fiancé, Andrew and Jordan and Kaylene and Andrew's daughter Hazel. Her daughter Jill McLeod and her children, Julia and Angus. She will be missed by many.

which she worked in the San Juan School District, including Barrett, Will Rogers and Carnegie where she retired

In lieu of flowers, please donate to either the American Heart Association or the Alzheimer's Association



ISAAC "IKE" H CORNELL JR.

The family of Isaac "Ike" H Cornell Jr. of Citrus Heights is saddened to announce his passing at the age of 73.

The United States Marine Corps Vietnam Veteran Corporal Cornell "Corny" served his country honorably.

Retired engineer for Intel (Chandler, Az; Folsom,

Ca) after many years of dedicated work. His hobby of driving stock cars brought him joy at Black Canyon Raceway, Az; Sacramento Raceway; Placer Speedway; (NAS-CAR Official) All American Speedway, Roseville.

He is survived by his loving wife of 45 years, Roberta, as well as his daughter, Barbara Donabedian (Ryan Donabedian); son, Chad Cornell (Madison Seaton); son, Rusty Cornell (Brittany Snelgrove); grandchildren, Tyler Ryan Donabedian, Logen Mead, Dakota Donabedian, Chad Aiden Isaac Cornell, PO3 Brody Donabedian (Allison Dunbar-Donabedian), Auriela Donabedian, Vincent Cornell; sister, Winifred Mansfield.

Preceded in death by father, Isaac H Cornell Sr.; mother, Marjorie Keller; sister, Susan Cornell.

Mecha Pilot Kit

Mecha Pilot Kit: a feline (in cockpit) is helming, well-equipped (like knights in science fict.), powered (like turbo ship) while prepped for what if things go off-script in a fight for catnip...

This poem's feline is imagined (like a droid that's operated). I hope this poem inspires folks to get creative...

-Z.F. Thrimej



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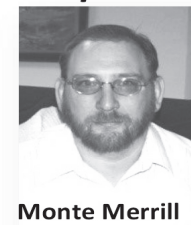
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A Reminiscence
From Interview with
Prosper Tomich Children
in 1978

By Margaret Tomich
McAllister

Orangevale was rather progressive in the 1920s, surprising for a community that was mostly farmlands and 30 miles from the hustle-bustle of Sacramento. We had piped water, electric lights and telephones!

Not even our downtown relatives had clean water all the time. When the river was running wild, the water was so full of sediment, you couldn't even take a bath! Out in Orangevale, you could go out to the orchard, drop down on your belly and drink right out of the irrigation ditch. It was that clean! Of course, it wasn't perfect all year round; an occasional pollywog in the middle of the winter was to be expected. But nobody ever got sick.

When water was piped into the kitchen, it made Mama's life easier. When the bathroom was put in, it was like a miracle! No more leaping out of bed in the dead of winter and running to the outhouse and back before your parts froze off. Nope, now we had a toilet, basin and bathtub in one room, right at the foot of the stairs. Of course, the best part was when the man came out to the house to build the septic tank. He showed up with a load of dynamite and proceeded to blast holes in the ground where the tank was supposed to go. Nick, Jack and Quentin hollered

and jumped up and down with each blast. Freddie's eyes got big before he buried his face in Mama's skirt. And little Tommie squealed with each enormous blast. It was a great day in Orangevale!

The following year, Daddy had a telephone put in. They installed it on the wall by the front door. It was an object of fascination for Frances who was just big enough to stretch up and touch it, anticipating the day when she would be allowed to use it. It was a source of irritation for Freddie who was just tall enough to bump his head regularly on the little writing shelf. And it was a matter of principle for Nick who was old enough to use it but couldn't understand why he'd want to. "When I want to talk to somebody, I can walk over and see them," he proclaimed just beginning to develop opinions about everything. Years of tromping over to the neighbors went by before he learned to use it. Thereafter, he spoke of its virtues and adopted a whole new attitude toward all the modern conveniences yet to come.

One day in 1923, Lyle Coan showed up to "wire the house." We had no idea what that meant, but Daddy did. So, there was Lyle asking Mama to borrow her broom. The whole family watched, engrossed, as he walked from room to room with his head toward the heavens and a broom in his hand. When he had come full circle back to the living room, he walked over to the corner and held the broom at the throat of its bristles and pointed it toward the opposite corner. Looking down its length with

one eye squeezed shut he announced, "that's the middle, that's where the light goes." So, Daddy put a mark on the ceiling. Then Lyle was inside and outside, boring holes and running wires. Pretty soon a wire was dangling from the hole in the living room ceiling with a socket at the end and a white globe screwed into it. He repeated this procedure in every room until the house was fully "wired." Then he added one push button switch near the front door that worked that light and the one in the living room. All the other lights had drop cords hanging like limp cattails next to the frosted white globes. When he was done, he flipped the switch and the white globes glowed, throwing light over each room like a sudden sunrise. That's when we knew we had a modern system. No question about it!

DEDICATION OF THE CALDER HOUSE

A historical plaque will be placed on the William and Mary Calder home built in 1907 on Saturday, January 25 at 2 pm by the Orangevale History Project. The house is now the Pathway Fellowship Church at 8999 Greenback Lane at corner of Pecan Avenue. The public is welcome at the event.

The plaque will be placed at the entrance to the home designated as an original Orangevale home. The building will be open after the dedication ceremony for the visitors to enjoy a visit inside and view pictures of the original house. Refreshments will be served.

Helping Hands OV Announces 4th Annual "Valentines for Seniors" Collection Drive GOAL SET FOR 8,000 HOMEMADE CARDS TO BRIGHTEN THE LIVES OF LOCAL SENIORS

Helping Hands OV is excited to announce its 4th Annual "Valentines for Seniors" campaign, a heartwarming community initiative aimed at spreading love and cheer to local senior citizens. This year's drive aims to surpass the 7,199 cards collected in 2024, continuing the tradition of touching the hearts of seniors in need of a little extra love. The goal for 2025 is to collect 8,000 homemade Valentine's Day cards, which will be distributed to senior care homes, assisted living facilities, independent living communities, and more throughout the Sacramento region.

Grab your paper, glitter, glue and paint! It's time to create! The card collection period will run from January 15 through February 6, to ensure volunteers have enough time to read, check, and prepare each card for distribution. There are 25 drop-off locations throughout Orangevale, Fair Oaks, and surrounding areas, making it easy for community members of all ages to participate.

"We are so grateful for the overwhelming support we've received from the community in past years, and we're thrilled to see that this tradition is growing stronger," said Sydnie Anderson, President and Founder of Helping Hands OV. Cyndi Rose of Rose Senior Placement continued, "These homemade cards not only brighten the days of seniors, but they also serve as a reminder that they are not forgotten. It's truly a special way for our community to come together and show

love during the season of giving."

CARD GUIDELINES:

To ensure the cards are suitable for distribution to senior care facilities, there are a few guidelines for those creating cards:

- Size: Cards should be at least 5.5" x 8.5" or larger. Bigger is better, as it allows for more room for colorful designs and heartfelt messages.

- Content: Cards should be homemade, filled with love, and free from sharp glitter or any other materials that could be harmful to seniors.

- No Personal Information: Please do not include personal contact information or identifying details. The cards should only include a first name, or "from your neighbor".

- No Envelopes Needed: Envelopes are not required as cards will be distributed in bulk to various facilities, but they are much appreciated as a donation for our Easter program.

The drop-off locations for "Valentines for Seniors" are listed on Helping Hands OV's Facebook page, as well as on their website at helpinghandsov.wixsite.com/helpinghandsov.

About Helping Hands OV
Helping Hands OV is a nonprofit organization based in Orangevale and Fair Oaks, CA, dedicated to assisting low income, elderly, and disabled with small household tasks they cannot do or afford on their own. Through various volunteer-driven initiatives, Helping Hands OV strives to foster connection, compassion, and care for our community, ensuring they feel loved and supported year-round.

For more information and volunteer opportunities, please email helpinghandsov@yahoo.com, call them at (916)426-8583 or find us on Facebook at @HelpingHandsOV

**ROSARIO RODRIGUEZ
SWORN IN AS
SACRAMENTO COUN-
TY SUPERVISOR**

Sacramento, CA — On January 7th, Rosario Rodriguez took the oath of office, officially beginning her tenure as the Sacramento County Supervisor for District 4. During the Board of Supervisors' organizational meeting,

repairs and improvements to our roads. I look forward to the work ahead and the positive impacts that can be achieved."

Rodriguez's election marks a new chapter for District 4, which encompasses Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands,



Rodriguez was also unanimously selected to serve as Vice Chair for the upcoming term. She was sworn in by her mother, Concepcion "Connie" Rodriguez, in Spanish, and by her son, Yovanny Chamberlain, and grandson, Antonio Velasquez, in English.

"I am deeply honored to take the oath of office and officially begin serving as a member of the Sacramento County Board of Supervisors. Being chosen by my colleagues to serve as Vice Chair adds to this privilege, and I am committed to helping lead efforts to address the challenges facing our county," said Rodriguez. "This is a pivotal opportunity to work collaboratively to take real action to reduce the impact of homelessness, keep our neighborhoods safe, and focus on

Carmichael, Foothill Farms, and Fair Oaks. A longtime public servant, Rodriguez previously served on the Folsom City Council. As Supervisor, Rodriguez aims to bring her results-driven leadership to Sacramento County by prioritizing key issues such as homelessness, public safety, and infrastructure improvements. Her collaborative approach emphasizes working with community members, local governments, and stakeholders to create meaningful and lasting change.

Rosario Rodriguez represents Sacramento County Supervisorial District 4, which includes the cities of Citrus Heights and Folsom, and the unincorporated communities of Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta.

**Orangevale Live's
Ken Benedict
Receives Best of
Orangevale
Nomination**

By Katy Day



Since 2019, the Orangevale Live program, particularly known for its live streams of local sports and events, has become a staple within the Orangevale community. One community member, however, has been working behind the scenes to make these livestreams possible. Now, he's in the running to be awarded the title of Best Photographer/Videographer of Orangevale.

Ken Benedict has been working in videography for decades. Benedict said, "Years ago, back in the early 80s, I was the only one with a video camera. I did a lot of videos for shows, dance recitals, and so on."

However, as years went by, a new need came along; sports streaming. "I got into video streaming about eight years ago. A few years ago, MaryAnne Povey came to me and said, 'Let's get together and see if we can put something together for this'. So there I was, we combined resources. MaryAnne did some stuff, I did some stuff, we split things up into different pieces and that worked out really well. Then we added some still photography and some advertising," Benedict stated.

Partnered with MaryAnne Povey and the Orangevale Live team, Benedict has become known throughout Orangevale for his dedication

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Ken Benedict Receives Best of Orangevale Nomination

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Orangevale Grange
Orangevale Community Garden
Helping Hands OV
Plus Many More...



Here's your chance to hear from and meet all of the service clubs and community 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 2025 by getting plugged into one of these great organizations.

ORANGEVALE GRANGE DOING BIG THINGS IN ORANGEVALE



Back row left to right: Susan Hanks - State Grange, YK Chalamcherla, David Dill, Christina Webster, Jerry Macklem, Debbie Luce, Stan Newbold, and Paul Hanks - State Grange. Front Row left to right: Aliyah Wong, Sarah VonderDhe, Luke VonderDhe, Amy Wong, and Lisa Montes

We at the Orangevale Grange are taking the start of this new year to reflect on what has been done in the last one, and what we can look forward to in the next!

Last year, the Orangevale Grange hosted the Summer Nights Concert series, Pumpkin Palooza, FFA spaghetti

dinner fundraiser, Friendsgiving, Craft and Sewing Supplies Garage Sale, and countless other public and private events.

If there is something going on in Orangevale, there is a very good chance it is located at the Grange!

CONTINUED FROM PAGE 9

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COOKS

BY

Suzanne Feblowitz

Happy New Year! It is the football playoff time of year, and I am sharing a recipe for the perfect dish to serve with friends. Don't just serve frozen items or deli items, try these yummy sandwiches. I received this recipe from Janice Urke, who like me is a Stampin' Up! Demonstrator! We had these at a meeting many years ago and I still make this dish for special gatherings. Recently, I made it for our potluck Christmas dinner and the entire dish disappeared in a few minutes!! If you would like to share a favorite recipe or kitchen

tip, please send a copy to Suzanne Feblowitz at the Orangevale View (editor@ov-view.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.

OVEN BAKED HAM AND SWISS SLIDERS

1-12 count package Kings Hawaiian Rolls
1/2 cup butter melted
1/2 tsp ground mustard
1 tsp poppy seeds
1 tsp Worcestershire sauce
1 package Swiss cheese
12-16oz thin sliced ham (or

leftover ham from the holidays!)

Slice the rolls in half, horizontally. Place bottom half in a 9 x13 pan and put ham and cheese on sliced rolls. Cover the ham and cheese with the top half of the rolls. Mix all other ingredients together and spoon over sandwiches. Cover with foil and refrigerate overnight or for several hours. Bake at 350 for 15 minutes before serving.

Note from Suzanne: Caution! These are so delicious you might want to eat the entire pan. The flavor is so delicious and unique! Enjoy.

GRANGE

CONTINUED FROM PAGE 8

Our 2nd Sunday breakfast is more popular than ever, and the reports we hear of this being the place family and friends can get together and catch up are heartwarming.

We are blessed to have a beautiful property and hall, and in the past year, we have caught up on the landscaping, added flowering plants, painted the exterior of the hall and house, restored our old sign with a new look, made improvements to the stage area, installed new lights inside and out, and many more.

Our community garden looks amazing and is quickly becoming a showcase of what a beautiful community garden can be.

We are now hosting speakers before our regular meeting time, for Grange members and the public to learn and be involved- from financial advice to

gardening to youth programs, we will have it all! Last month our local FFA club gave a fascinating presentation on their trip to the National FFA conference in Indianapolis.

In this next year we want to become a more active sponsor of youth agricultural programs- these programs excel at preparing the next generation for a well-rounded life that can pursue opportunities and overcome challenges. But these programs need our support, whether that is financial, cleaning up a barn, volunteering to run a program, or just showing up and being there for the students.

If you are interested in being part of a thriving and active community service organization, come join us and get involved! There is a place for everyone!

Respectfully,
Luke VonderOhe-President
and Amy Wong-Vice President

Orangevale Live's Ken Benedict

CONTINUED FROM PAGE 7

to live streaming local sports and events. Benedict said, "I do mostly sports, but I've done band concerts and choir concerts as well. I stream more besides Casa stuff, like roller derby. They have a lot of fun!". Benedict also noted that his live streams create accessibility for all, stating "Some people have family watching some of these live streams in other countries. That makes me very happy."

Benedict's work in streaming has also provided opportunities for youths within the Casa community. Past and present students with an interest in journalism and broadcasting are able to intern for Orangevale Live and work hands-on with Benedict, gaining experience with career-applicable skills. "Ken is great to work with, he teaches you in such a kind way. He is inspiring to work with because he cares so much about everyone and



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helps the community constantly," stated current Casa Roble student and intern Summer Frosh.

Although Benedict has been committed to videography for years, he finds enjoyment and motivation in live streaming through the happiness of the community. Benedict said, "I'm having a lot of fun, I like the challenge! All the 'thank yous' that I get from people, I appreciate it when they tell me they like it. I get a little busy at times, but as long as I can work out the schedules and make everybody happy, then

I'm happy."

Recently, Ken Benedict has received a nomination for Best Photographer/Videographer for the Best of Orangevale awards. "It's always very humbling, that people want to put my name out there to be eligible for some kind of award," Benedict stated. Voting for Best of Orangevale is open until January 31st. Winners will be announced on February 7th, during the awards ceremony at the Orangevale Community Center. You can vote now at <https://www.bestoforangevale.com/>



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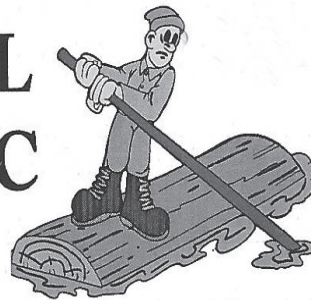
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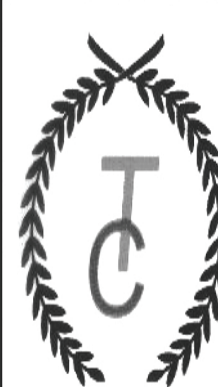
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Orangevale Chamber of Commerce
Business Spotlight:

FOX FITNESS BRINGS

Personalized Training to Orangevale
By MaryAnne Povey

Local officials along with the Orangevale Chamber of Commerce, and community members, recently celebrated the expansion of Fox Fitness with a ribbon cutting/grand opening and recognized Matthew Fox, owner and personal trainer, for his dedication in helping the community achieve its fitness goals.

Fox Fitness, located at 8934 Greenback Ln., Suite 120 and 140, Orangevale, is a private gym designed for those seeking a personalized and welcoming alternative to big-box gyms.

With the recent expansion, Fox Fitness now offers everything from individual

training to group classes. Matthew's team of trainers conducts sessions ranging from balance and mobility to strength training and pilates, available at a variety of times to accommodate busy schedules.

As an incentive for anyone interested in giving it a try, Matthew is offering two free group classes for beginners and 50% off an 8 class pack.

Matthew has been helping clients achieve their personal fitness goals since 2019, from those recovering from injuries to athletes focused on sports performance. With a deep commitment to meeting clients where they are in their fitness journey, Matthew provides tailored training programs in a supportive, no-pressure environment.

As a certified personal trainer and nutrition coach, Matthew brings expertise and passion to each session, ensuring clients feel confident and empowered to reach their full potential.

"Whether your goal is to rehab, gain mobility, or improve athletic performance, I'd love to help anyone achieve their fitness goals," said Matthew, "We meet you where you're at, and build slowly so that anyone can move towards better fitness."

Photos by: Cathy Kurtz Photography



Photo left to right: Matthew Fox-Fox Fitness Owner, Jack Thompson - Congressman Kiley's Office and Anthony Garcia President of Orangevale Chamber



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Local SPORTS

Casa Roble Athlete Moses Oginni Celebrates Major Milestone in Basketball Career

By Katy Day

With a preseason record of 7-1 and winning streak of six games, the Casa Roble Varsity Boys Basketball team had a very successful run leading up to their home game against Galt on December 18th. Much anticipation built up around this game, not only due to their standing success, but due to one athlete in particular.

Walking into the game, Casa Roble's Moses Oginni was just 11 points short of scoring 1000 career points. Given his average of 15.2 points per game, it was expected that he would hit the milestone on this night. The Orangevale and Casa Roble community came together on this special night with a lively crowd and palpable energy to celebrate Oginni's achievement. Athletes, students, and community members alike shared their support for the varsity athlete.

"I've never had a kid work so hard at practice, and at games. He puts in 120% effort and always has a positive attitude. Moses has a Division 1 work ethic," stated coach Nathan Gilbert.

Suspense grew as the game progressed, Oginni inching closer and closer to his milestone. With less than two minutes left in the second quarter, he was allowed two foul shots. The crowd roared as Oginni successfully scored both, completing his 1000th career point.

"I'm on cloud nine, I feel so happy. This is something I've always looked forward to, I just have so many emotions," Oginni stated after the game.

Upkeeping this strong pace, Moses scored 17 points in total for the game. "It was a proud moment to see all his hard work that he's put into his basketball career and joining his teammate Benny Ambriz in the 1000 point club," Coach Gilbert stated. The Rams had even more to celebrate as they ended the night in victory against Galt, with a final score of 84-23.



Excitement continued for the Rams as they won the first two games of the season against Sutter and Twelve Bridges, with final scores of 69-52 and 73-60, respectively.

Looking forward, the Rams hope to continue their winning streak on January tenth, playing against Rio Linda at their home court. Oginni stated, "My goal for the season is to get a ring, to bring one home for the banner!"

Photo by Heidi Lettau

Casa Boys Soccer on the Move: New Coaches, New Energy, and New Wins

By MaryAnne Povey

The Casa Roble High School boys soccer team is turning heads this season with a fresh perspective, renewed energy, and a commitment to success. Under the leadership of new Head Coach Brad Smith and Assistant Coach Jay Stare, the team has embraced a new era of growth and development, and the results are showing on the field.

"It's all about the boys," says Coach Smith. "They sought us out, they've been working hard, and it's paying off." Coach Stare echoes this sentiment, highlighting the team's focus on fundamentals, chemistry, and confidence. "From the first game to every practice, they've improved. Getting our first league win was a big step, and we're looking forward to building on that momentum."

The team's captains—Mauricio Rosas, Ethan Horner, and Jose

Chavez—all seniors, have played a key role in driving this transformation. Mauricio reflects on the journey, saying, "I've always believed everything happens for a reason. I'm so glad this team came together my senior year. It's through our hard work and dedication that we've achieved this."

Ethan praises the unique dynamic of this year's team: "A lot of us have played together for years, but something's different this season. Everyone stays positive, even when we're down, and there's no finger-pointing."

Jose, a four-year team member, has noticed a shift in energy. "We've faced a lot of challenges over the years, but this year feels different. We're clicking and playing for each other like never before. I'm excited to see what the future holds for this team."

With a strong foundation, passionate leadership, and a unified team, Casa Roble boys soccer is making its mark. This is just the beginning of a bright future. Go Rams!

Photo by Heidi Lettau



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Every Wednesday at 10 AM at Redeemer Covenant Church, Orangevale. As we age, we all know the importance of maintaining strength, flexibility, and balance—but let's face it, traditional exercise can be boring. However, an engaging and fun solution is available right here in Orangevale! Every Wednesday at 10 AM, everyone is invited to a free exercise class in Swenson Hall, at Redeemer Covenant Church, located at 6800 Main Ave.

The class, led by local instructor Mitzi King, provides a unique combination of fitness and fellowship. Mitzi, a long-time Orangevale resident and a Registered Nurse, brings both expertise and enthusiasm to the class. Each session includes a brief devotion, a time of connection with others, and an exercise routine designed to improve balance.

The focus of the class is on building balance by strengthening important muscles that support good posture and stability. Mitzi explains how each exercise targets specific muscle groups, offering helpful guidance throughout. Her positive attitude and warm encouragement inspire participants, making the session both enjoyable and benefi-



cial.

"I love seeing the progress our group makes each week. It's not just about getting stronger physically but also building relationships and supporting one another," says Mitzi.

Whether you're looking to improve your balance, posture, or simply want to enjoy some time with others in a supportive environment, this class is the perfect opportunity. Join the fun every Wednesday at 10 AM at Redeemer Covenant Church and make your health a priority—all while connecting with your community!

Submitted by Charlotte Bellisle

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HOURS

Sunday Closed
Monday Closed
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 and our cool weather seeds are available now! 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. - 11:30 a.m. Jane Wise Community Room Families with young children (0-5) are invited to join us for songs, rhymes, and stories designed to build early literacy skills. Older siblings are welcome to attend. After the storytime we will put out toys and activities for a stay and play session where children can play and communicate with each other.

Lego Robotics Saturday, Jan 18, 10:30 a.m. - 12:00 p.m. Family Art Lab Led by a team of student instructors, kids ages 9 to 14 will work in groups to create and program a robot and learn STEAM skills with this fun, hands-on project.

Family Art Lab Saturday, Jan 25, 3:00 p.m. - 5:00 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! Paints, modelling clay, markers, air brushing, and more are available for us to make pictures, sculptures, and mixed media projects!

Minecraft Gaming Thursday, Feb 6, 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 participant than PC laptops. This program is for students aged 6 - 17; registration is encouraged at www.saclibrary.org/events

Read to a Dog Friday, Feb 14, 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!

TEENS

Teen Space Thursday, Jan 23, 3:00 p.m. - 5:00 p.m. Thursday, Jan 30, 3:00 p.m. - 5:00 p.m. Meet other teens, and hang out in a space dedicated to you.

ADULTS

Orangevale Adult Book Group - How to Solve Your Own Murder Saturday, Jan 18, 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 How to Solve Your Own Murder by Kristen Perrin. 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.

Small Business Workshop Tuesday, Jan 21, 10:30 a.m. - 12:00 p.m. Jane Wise Community Room Small Business Workshop featuring SiewYee Lee-Alix from the SBDC (Small Business Development Corporation)

Genealogy: Getting To Know You Saturday, Feb 1, 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. There's always something new to learn on a genealogy adventure! This program is for adults.

Genealogy: Book a Genealogist Saturday, Feb 1, 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 session online at www.saclibrary.org/events

Mixed Media Art Journaling Saturday, Feb 8, 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.

Give Back in Style: Donate Your Formal Wear to the Library's Annual Prom Drive Sacramento Public Library will accept donations of gently worn clothing and accessories from January 21 to February 1

Ready to retire formal wear collecting dust in your closet? Give your glam a new home. Starting January 21, Sacramento Public Library (SPL) will accept donations of jackets, ties, dresses, shoes, and accessories for its annual Prom Drive. Visit www.saclibrary.org/prom for full details.

Drop off gently used formalwear for him, her, and them from January 21 through February 1 at any library location* during regular hours of operations. Donated clothing, shoes, jewelry, and accessories should be free of holes, stains, rips, and tears. A variety of styles and sizes including extended and plus are needed.

The library will host a series of Prom Giveaway events in the spring. Teens can browse the free collection and take home the perfect outfit for their special night. Last year, more than 900 teens shopped free Prom Giveaway events at the library.

"Prom should be a celebration, not a financial burden. Our Prom Drive ensures that every teen has the chance to shine without worrying about the cost," said Christie Hamm, SPL Youth Services Manager. "This initiative, created by teens for teens, allows them to express themselves through the perfect outfit and make lasting memories."

Sacramento Public Library is committed to removing barriers and expanding access for all in our community. From free access to information and technology to a range of learning opportunities and experiences, SPL strives to meet the community's needs.

The Prom Drive is one of many programs for youth. Teens are invited to a free night of fun at the Tsakopoulos Library Galleria on January 25 from 8 p.m. to 11 p.m. Library After Hours: Teen Takeover will feature video games, a live DJ, board games, food, and drinks.

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