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BEST OF ORANGEVALE AWARDS NIGHT: A CELEBRATION OF COMMUNITY EXCELLENCE

On February 7, Orangevale came together for an evening of celebration, recognizing the businesses, individuals, and community programs that make this town a fantastic place to live. Hosted by The Orangevale View in partnership with the Orangevale Chamber of Commerce, the 9th annual Best of Orangevale Awards honored the most innovative and impactful members of the community. This event highlighted

social responsibility, dedication, and contributions toward the well-being and sustainability of Orangevale.

A Tropical Celebration: Havana Nights

The night's theme, Havana Nights, brought a tropical flair to the festivities, with attendees dressed in fedora hats, party cigars and maracas, thanks to the sponsorship of Fix Auto of Orangevale. Pappas Pools, which swept the Best Pool Sales and Service category, kept guests refreshed with a festive "pool party" signature beverage.

With a total of 88 categories, the awards were presented by a lively trio of emcees: Brad Squires, Chuck West, and local media celebrity MaryAnne Povey. According to event organizer and Orangevale View editor Lisa Montes, "This year was a nail-biter. Many top contenders were separated by just one vote. We are incredibly grateful for VoterFly, the software that ensures a fair and

clean competition."

The competition was fierce, with over 550 contenders and more than 25,000 votes cast. Beyond the event, the Best of Orangevale website continues to serve as a digital directory, helping consumers connect with local businesses.

Recognizing Community Leaders

The event also recognized notable dignitaries and leaders who support the Orangevale community. Those in attendance or represented included:

- Congressman Kevin Kiley (represented by Peter Gemellaro), who sent a message from Washington, D.C.
- Senator Roger Niello (represented by Kosim Latipov)
- Assemblymember Josh Hoover (represented by Lane Gonic)
- Sacramento County Supervisor Rosario Rodriguez, who was also a GOLD sponsor of the festivities
- SMUD Board of Directors

Orangevale Recreation and Parks Board of Directors and District Administrator Hurtz

- Orangevale Chamber of Commerce President Anthony Garcia and Board of Directors

Hometown Heroes Honored

One of the night's most heartfelt moments was the presentation of the Hometown Hero Award. This year's honorees were:

- Marilyn Edwards, recognized for her passion for Orangevale's history and her contributions to the Orangevale Women's Club.
- Ken Benedict, affectionately known as the Wizard of OV. Like the Wizard of Oz, he works tirelessly behind the scenes, ensuring the success of sporting events, community meetings, band performances, and even roller derby show-downs. His dedication to lighting, cameras, and live streaming

makes him an invaluable asset to the community.

Business Excellence and Special Recognitions

The competition was fierce, with some businesses making a strong debut, while others continued their



Citizen of the Year - Teresa Anderson



Volunteer of the Year
Deanna Maddock

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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 OUT TO PUBLIC

FEBRUARY 2025

FEB 5 • Public Deadline

FEB 14 • PUBLICATION

OUT TO PUBLIC

FEB 19 • Public Deadline

FEB 28 • PUBLICATION

OUT TO PUBLIC



Almondale Academy is holding an open house on February 27th from 12 - 4 pm. Is your child slipping through the cracks? Not thriving in their current educational environment? Come hear from our Principal and Teacher about how your child could thrive here at Almondale, currently enrolling grades TK - 5th. Our curriculum, small class sizes, teacher/parent partnership, and beautiful 5-acre campus provide the best environment for student learning. Looking for more local extracurricular activities? You'll also meet our partners, Kovars Satori Academy Fair Oaks and Spotlight Stars Academy Performers. Want a fun and educational summer program? Hear all about our STEM?STEAM summer camp. Bring in this article for no enrollment fee when you pay the deposit!

We look forward to seeing you there!



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BEST OF ORANGEVALE AWARDS NIGHT CONTINUES

streak of excellence. Among the notable winners:

•New Business of the Year: K9 Fidel's (nominated in two categories)



*Youth Volunteer of the Year
Aliyah Wong*

•Best Specialty Services of 2024: Smalz Studios, a new addition to Orangevale

•Nine-Time Award Winners: Several businesses have maintained excellence for all nine years of the competition, including Bloomingdeals, Fix Auto of Orangevale, Sean Palmer, Moore's Garage, Tonno's Sports Bar and Grill, The Donut Spot, L&M Liquor and Deli, La Placita, and Black Rose Tattoo & Body Piercing.

Outstanding Educators and Community Leaders

Andrew Carnegie Middle School made a strong showing in the education-related awards:

•Best Sports Coach Dana Smith (tied with Chris Horner)

Best Sports Organization: Carnegie Wrestling

•Teacher of the Year: Dr. Curtis Borton

•Principal of the Year: Aaron Wurtzer

Sacramento County Supervisor Rosario Rodriguez highlighted the importance of small businesses and community service, presenting awards to some of Orangevale's

most dedicated individuals:

•Citizen of the Year: Teresa Anderson

•Volunteer of the Year: Deann Maddock

•Youth Volunteer of the Year: Aliyah Wong

•Youth Entrepreneur of the Year: Kayleighann McCormack

Looking Ahead to the 10th



*Hometown Hero 2024 Ken Benedict and
OV Live MaryAnne Povey*

Anniversary

With another successful event in the books, The Orangevale View is already preparing for the milestone 10th anniversary of the awards in 2026. Themed "Orangevale Oscars," next year's event promises to be even bigger and better.

Residents and supporters can continue to check out the rankings and winners by visiting www.bestoforangevale.com.

The Best of Orangevale is more than just an awards night—it's a testament to the strength of the community. Supporting local businesses, volunteering, and donating are all ways to keep Orangevale strong.

Gratitude to the Sponsors

This year's event was made possible thanks to the generous support of:

•L&M Liquor and Deli, Supervisor Rosario Rodriguez, Fix Auto of Orangevale, Pappas Pools, Total Landscape Concepts. Learn Out Loud Preschool and Childcare, All Events Man-



*Hometown Hero -
Marilyn Edwards*

agement Group

As the community reflects on this special evening, the message is clear: Orangevale thrives when its residents support and uplift one another. Here's to another year of excellence in Orangevale!

**WINNERS ON PAGE
6&7**



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- MOLD ABATEMENT
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ANNOUNCEMENTS

Bill Clymer, aged 86, passed away on January 21, 2025, in Orangevale, CA. Born on January 10, 1939, Bill was known for his sharp intellect and mechanical prowess, often seen delving into various projects with a determination to solve and fix anything that came his way. Throughout his career at PMI, Bill was not only a dedicated worker but also a cherished colleague, frequently sharing stories of his professional achievements and the challenges he conquered. His work was not just a job; it was a significant part of his identity and joy.



**Bill Clymer
1939 -2025**

Bill's personal life was filled with the love and companionship of his beloved wife, Judy Clymer, who preceded him in death, along with his parents, Bertha Sears and Milton Clymer, Son, Terry Clymer and his treasured dog, Munchie. He

leaves behind a legacy through his daughter, Jody Behringer (Bill); grandchildren, Christopher Walsh and Amy Scrivani (Anthony); great-grandchildren, Adayla and Avelyn Scrivani; his brother, Larry Clymer (Sue); nephews, By-

ron Clymer (Darcy) and Shawn Clymer (Candy); Jon Sears (Carol), as well as great-nephews, Owen, Evan, and Jeff, and great-nieces, Kate and Heidi. Also, brother-in-law, Al Kukral (Susan, June - deceased).

An avid reader and a lover of nature, Bill spent many years enjoying books and tending to his lawn & garden, tasks that provided him with peace and fulfillment. His home was a hub of family activities, where meals were shared, stories told, and memories made, especially with visits from his children and grandchildren.

Bill Clymer's intelligence, wit, and kind heart touched many lives, and his presence will be deeply missed by his family, friends, and all who knew him.

A Memory of Junko Boyer Hall

By definition friendship means a relationship between friends. What I have discovered was a deep love and value for a person, not because of any financial giving or material things she could provide me, but only by the sheer love and joy we shared for each other.



My dear friend, Junko, was my across the street neighbor for ten years after I retired until she recently passed away. She had limited financial resources, plagued by numerous health problems, and always in pain. Junko's tenderhearted nature would fill our conversation as we drove around to eat, shop, and laugh together, never mindful of time. We discussed life situations and particularly God, our heavenly Father's love for us. Her spirit would be with me as I became her personal shopper on days she was unable to get out of bed. The exchange of photos, from our phones, of

items to purchase for her gave a boost to her day.

On our last outing I mentioned to her she looked like a "pink snowball" in cold weather. Every single item she worn was pink - hat, blouse, jacket, pants, and boots - her favorite color - a picture in my mind I will not forget.

With the kindest of spirits Junko blessed my life by being a friend enjoying the simple things in life, always gentle and considerate of people, and always a positive word about others. Her passing away is a great loss to me.

"God be with you in the Winter,
When the snow lies deep and white,
When the sleeping fields are silent
And the stars gleam cold and bright.
When the hand and heart are tired
With life's long and weary quest -
God be with you in the Winter
Just to guide you into rest."

"Come to Me, all you who labor and are heavy laden, and I will give you rest." Matthew 11:28

Affectionately your forever friend, Linda M Loverin



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Best of Orangevale 2024

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 Best Auto Repair
 Best Auto-Vehicle Sales/Service (not repairs)
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 Best Bar or Pub
 Best Barber Shop
 Best Beauty or Salon
 Best Breakfast
 Best Business Services
 Best Charity
 Best Child Care (Home-Based)
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 Best Church or Worship
 Best Cleaning Service- Residential/Commerical
 Best Community Improvement Project
 Best Community Organization or Service Club
 Best Community Sponsor
 Best Contractor - General
 Best Convenient Market
 Best Dental Services
 Best Dinner
 Best Electrical Contractor
 Best Entertainment Venue
 Best Event of The Year
 Best Farm/Agriculture
 Best Fast Food Restaurant
 Best Fencing Commerical/Residential
 Best Financial Advisor
 Best Firearms Sales & Services
 Best Glass - Sales/Service
 Best Grocery Store
 Best Hangout
 Best Hauling or Moving Services
 Best Health or Fitness (Non-Medical)
 Best Home Business / Direct Sales
 Best Home Decor/Improvement
 Best HVAC Contractor
 Best Insurance - Health
 Best Insurance Services (excluding health)
 Best Junk or Waste Removal Services
 Best Landscaping Service / Design
 Best Lunch

Winner

Merrill Bookkeeping & Income Tax
 Bloomingdeals
 The Swenson Law Firm
 Fix Auto Orangevale
 Moore's Garage
 Anthony's House of Sound
 The Donut Spot
 Schools First Federal Credit Union
 Tonno's Sport Bar & Grill
 United Barbering Co.
 The Last Tangle Salon
 Ashley's Country Kitchen
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 Bailey Boys Services
 Big Day of Service
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 Ashley Construction
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 Total Landscape Concepts
 La Placita Restaurant

Best Marketing/Promotions

Best Massage
 Best Medical/Wellness Services
 Best Mortgage / Lender
 Best Municipal Service
 Best Nail Salon

Best New Business of Year -1 yr. or less

Best Painting Contractor
 Best Park
 Best Pet Grooming / Services / Store
 Best Photographer / Videographer
 Best Pizza
 Best Plumbing Contractor
 Best Pool Sales/Services
 Best Printing & Promotional Items
 Best Property Management
 Best Realtor
 Best Rental Services (excludes property)
 Best Repair Services - Non-Automotive
 Best School
 Best Senior Living / Services
 Best Smog Services
 Best Social Media Page (Community/Public Service)
 Best Spa Services (non hair, nail, or massage)
 Best Specialty Retail (no category available)
 Best Specialty Services (no available category)
 Best Sports Organization
 Best Storage Facility
 Best Tattoo Parlor
 Best Tire Shop - Sales and Service

Best Tree Trimming Service

Best Vet or Veterinarian Hospital

Best Veteran's Support Services

Best of Orangevale 2024

Best of Orangevale 2024 Citizen of The Year
 Best of Orangevale 2024 Hairstylist/Barber of the Year
 Best of Orangevale 2024 Mixologist of the Year
 Best of Orangevale 2024 Principal of The Year
 Best of Orangevale 2024 Server of the Year

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 The Last Tangle Salon

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 Orangevale Live
 Kindred Spa & Clinic
 The Salsa Chick
 Smalz Studios
 Carnegie Middle School Wrestling
 Sentry Storage
 Black Rose Tattoo & Body Piercing
 America's Tire Company
 EasyStumps Tree Services Corp - Darren Lang

Greenback Hazel Animal Hospital

My Brother's House LLC

Individual Awards

Teresa Anderson
 James Maniscalco & Mike Cortez
 Missy Garibay
 Aaron Wurtzer
 Terry Angeles

BEST OF ORANGEVALE AWARDS 2024 WINNERS

Best of Orangevale 2024 Sports Coach of the Year	Dana Smith and Chris Horner
Best of Orangevale 2024 Teacher of The Year	Dr. Curtis Borton
Best of Orangevale 2024 Volunteer of the Year	Deanna Maddock
Best of Orangevale 2024 Youth Entrepreneur of the Year	Kayleighann McCormack
Best of Orangevale 2024 Youth Volunteer of The Year	Aliyah Wong
BEST OF ORANGEVALE HOMETOWN HERO 2024	Ken Benedict and Marilyn Edwards
BEST OF ORANGEVALE SUNSHINE AWARD 2024	Suzanne Febowitz and Deann Wren



Youth Entrepreneur of the Year: Kayleighann McCormack

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 HISTORY PROJECT

Leona and Earl Vincent

By Cris Gerard for Legacy Orange at the Orangevale History Museum

The Vincent family history begins in Portugal and connects with Mississippi Bar in 1910 when two families, one headed by Frank and the other by John, appear in the census. Earl is not quite two years old. He, Ernest, Walter and John are sons of Frank, they are farmers who live in Fair Oaks and tend to fruit trees from his early years until the 1940s.

Earl married Leona Clydesdale in 1940, The Clydesdale family came from Ireland. They traveled to San Francisco, EL Dorado settling in Rocklin. In mid-1860. Leona's family, the Hulls are direct descendent of John Alden and the Mayflower. They left Rocklin and Fair Oaks, moved to 40 acres at the corner of Folsom Auburn Road and Joe Rogers Road where he raised cattle for over 15 years.

In 1957, they bought the home at 6540 Hazel Avenue - just at the corner of Hazel and Central Avenue. This in town ranch of just a couple of acres, wasn't good for cattle but worked just fine for fruit trees. There were a few fruit trees but in no time that grew to a full mixed fruit orchard with something ripe

from cherries in May to oranges in December. The soil was deep and dark and could grow anything - helped along each year with fertilizer from the chicken ranch.

They were farm to fork table many years before it was in fashionable. Long term residents will remember the fruit stand signs out front, buying fruits and vegetables from the back porch, especially the oranges.

They moved to Orangevale in part because their daughter Lorna had just purchased Judge Diestel large parcel across the street and was expecting a baby boy to their existing family of one - me Cristie.

They stayed in that house until the traffic on Hazel got the better of Leona. On the time before cell phones, accident victims with various injuries, would knock on the door and ask to use the telephone. There was also the time a boat came off its trailer and ran through their camp trailer the logging truck hit the mailbox and just missed the front porch. The car that ran into the 30 ft flag pole and others I do not recall. They moved to a mobile home park on Almond Avenue as their last home. My husband, Ken and I purchased the home and orchard from them. Earl continued to attend to the orchard during the day,



Happy Valentine's Day, Nancy! You'll always be my Valentine. Love, Tom



To my Superman Sean, You lift me up when I'm down, my favorite person to be around.

Love you! - Colette



To my favorite Cousin Dom... Happy Valentine's Day, Cupid!

Love ya BUNCHES



Dear Raymond, Thank You For Being Such An Amazing, Kind, Loving And Supportive Husband, Father And Grandfather. I Am So Blessed To Be Married To You, And I Love You So Much. Big Hugs, Much Love & God Bless, Nancy

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A walk and a wok?
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-Z.F. Thriemej

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Local SPORTS



CASA ROBLE JR RAMS CHEER TEAMS DOMINATE AT NATIONALS

What a season for the Casa Roble Jr Rams Cheer program. Both the 10u and 13u teams brought home national championships, proving that all their hard work, long hours, and sacrifices were absolutely worth it. These girls

showed up, gave it everything they had, and made history.

The 10U team, coached by Jenna Sweeney and Chelsea Beall, with support from junior coaches Gabby Santos and Madi Marks, was unstoppable all season long. They hit zero deductions in Santa Clara, took first place, and then headed to Las Vegas, where they outscored every other team by six points.

“It was a lot of hard work, long hours in the gym, sweat, tears, and missed family time,” said Sweeney and Beall. “But let us tell you, it was worth it. We are so incredibly proud of these girls. The coaches can push them, the crowd can cheer them on, but at the end of the day, their own desire for success made them champions.”

The 13u team, led by head coach Madi Clark and assistant coach Tonya Ramacher, set their goal from day one to win a national championship. They worked tirelessly, adjusted routines when needed, and pushed through injuries and sickness to make it happen.

According to Coach Clark, on the first day of practice, when the team was asked

if they wanted to be national champions, they all answered a resounding “yes!” That’s when she knew had something special. Some of these girls have been working toward this for years, and seeing them achieve it was everything, she added.

Even after hitting zero in Santa Clara, they placed third, which only motivated them more. Coaches tweaked the routine for a higher start value, and the girls had just three weeks to perfect it. They put in the work, went up against eight fierce competitors, and came out on top.

“This group of girls gave it everything they had,” said Coach

Ramacher. “Even through adversity, their dedication and heart pulled them through. I couldn’t be prouder.”

As Alexis Gemmell, VP of Cheer, wraps up her time in this role, she reflects on the journey with pride.

“I’m filled with gratitude knowing every ounce of effort from these girls, coaches, and parents has paid off,” she said.

The Casa Roble Jr Rams Cheer teams have set the bar high, proving that with heart, hustle, and teamwork, anything is possible. What an unforgettable season.

CASA ROBLE HIGH SCHOOL BASEBALL 2025 SCHEDULE	
FEBRUARY	
FEB 7 LIBERTY BUNCH	5:00 PM
FEB 14 RIO AMERICANO	7:00
FEB 20 BROWER	7:00
FEB 27 WEST PARK	3:00 PM
FEB 28 TWELVE BRIDGES	3:00
MARCH	
MAR 10 DESTINY CHRISTIAN	3:00
MAR 12 DESTINY CHRISTIAN	4:00
MAR 14 DESTINY CHRISTIAN	3:00
MAR 17 NATOWAS	4:00
MAR 19 NATOWAS	4:15
MAR 21 NATOWAS	4:15
MAR 24 SUTTER	4:15
MAR 26 SUTTER	4:15
MAR 29 SUTTER	4:15
MAR 31 WOODLAND	4:15
APRIL	
APR 2 WOODLAND	4:15
APR 4 WOODLAND	4:15
APR 7 DIXON	4:15
APR 9 DIXON	4:15
APR 11 DIXON	4:15
APR 14 DIXON	9:30 AM
APR 16 JASON WAIN	4:30
APR 18 THE	4:30
APR 21 THE	4:30
APR 23 RIO LINDA	4:30
APR 25 RIO LINDA	4:30
APR 28 EL CAMINO	4:30
APR 30 EL CAMINO	4:30
MAY	
MAY 7 EL CAMINO	4:15

RAMS 2025 SOFTBALL	
FEBRUARY	
13 WEST PARK 3:30	21 BELLA VISTA 3:30
15 INDERKUM TBD	25 FOLSOM 7:30
19 GRANITE BAY 3:30	27 TWELVE BRIDGES 3:30
MARCH	
4 WOODCREEK 3:30	18 RIO LINDA 4:30
6 DEL CAMPO - FLC 6:00	20 EL CAMINO 4:30
11 DEL ORD 4:30	25 DIXON 4:30
13 DESTINY CHRISTIAN 4:30	27 WOODLAND 4:30
14 INDERKUM 4:30	
APRIL	
1 SUTTER 4:30	22 EL CAMINO 4:30
3 NATOMAS 4:30	24 DIXON 4:30
8 DESTINY CHRISTIAN 4:30	29 WOODLAND 4:30
10 RIO LINDA 4:30	
MAY	
1 SUTTER 4:30	6 NATOMAS 4:30



This recipe is a traditional teriyaki recipe from my great aunt. She wrote a Japanese cookbook in the 1960's and this is our favorite recipe and the flavor is amazing! We have been using this for wings for years because they are perfect for special occasions, vacations, or regular dinners.

If you would like to share a favorite recipe or kitchen tip, please send a copy to Suzanne Feblowitz at the Orangevale View (editor@ovview.com). Be sure to include your phone number or email with your recipe in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit your name.

GREAT AUNT HOSHI'S TERIYAKI CHICKEN

1 cup soy sauce
 1 cup sake (Look for Kikkoman Aji-Mirin-sweet cooking rice seasoning in the Asian section of the grocery store)
 1/3 cup sugar

1 garlic, crushed
 ½ tsp fresh ginger, grated
 1 package wings- approximately 3 lbs
 Mix ingredients, except wings, together in a large glass or plastic bowl. Do not use a metal bowl when marinating. Add chicken wings to the bowl and make sure to coat with marinade and marinate overnight or if you do it early in the morning, you can marinate all day and cook the same day! It is good to turn the wings once during the marinating. Preheat oven to 250 degrees. Line pan(s) with parchment paper. We used cookie sheet pans. Spread out the wings on the pan(s) and bake at 250 for 45 minutes. Turn once during baking. Then turn on the broiler to crisp them up for a few minutes. Watch carefully so they do not burn.
 These have a very traditional flavor that you will enjoy! These taste good cold, too. You can double the marinade if you need more wings.

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The completed shed mural and farmstand art in the forefront by local artist Alika Rogers-Crooks

Local Artist Inspires at the Food Bank Farm

Amid the vibrant rows of vegetables at the Orangevale-Fair Oaks Food Bank Farm, stunning murals by local artist Alika Rogers-Crooks breathe life into the space.

Alika started her career as a paramedic, but it was a stressful and demanding job. She sought a career change and pursued a commercial pilot's license. Tragically, a helicopter malfunction led to a crash that left her with life-altering injuries and trauma.

During her recovery, Alika turned to art, teaching herself to draw and paint. Living on permanent disability, she began selling her artwork after others expressed interest.

Alika also discovered the Orangevale-Fair Oaks Food Bank, which her family relied on when funds were tight. The art and community support started her healing journey and transformed her life.

"I began donating back to the Food Bank, and I worked with my neighbors who had an orchard to provide fresh produce," said Alika. "When the farm started, I believed whole-

heartedly in good food to help people's health."

The Orangevale-Fair Oaks Community Foundation oversees these programs and wanted to brighten the farm. The team invited Alika to create the first mural, "We Grow Community."

Thanks to a \$250,000 grant, the farm expanded in 2024, and Alika returned to add her touch. She painted a vibrant mural on the shed, blending her creativity with the Foundation's vision, and also adorned the farmstand, set to open in the spring.

"I know what it's like to struggle," said Alika. "I hope my art will be why someone smiles or is inspired to keep going when they feel like giving up. To know that change is possible."

Stay connected with the Food Bank Farm! Sign up for our newsletter at foodbank.farm and follow us on

Facebook and Instagram to see how you can help make a difference.

Article Credit: Orangevale-Fair Oaks Food Bank Farm

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Orangevale Chamber Celebrates Grand Opening of Kindred Play Collective

The Orangevale Chamber of Commerce, along with family, friends, and community members, gathered for a ribbon-cutting ceremony to officially welcome Kindred Play Collective – A Play Café

to the community. The new indoor “play café” is located at 9267 Greenback Lane, Orangevale and is open daily except for Wednesday.

This exciting new business provides a safe and stimulating indoor play space for children ages 0-7 while offering parents a comfortable place to relax and connect.

During the celebration, kids enjoyed the fun atmosphere while parents explored the cozy café and co-working lounge, designed with zero blind spots for maximum safety.

Kindred Play Collective is a place where parents of all stages can connect, creativity is encouraged, and families can enjoy quality time together.

Congratulations to Kindred Play Collective on their grand opening! Be sure to stop by, check out their upcoming events, and experience this fantastic new addition to Orangevale. For more information, call 279-246-1747 or visit www.kindred-playcollective.org

Submitted by M. Povey
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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 warm 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.

Grow Orangevale Saturday, Feb 22, 10:00 a.m. - 1:00 p.m. Jane Wise Community Room
Grow Orangevale Gardening event - Learn how to turn the Heirloom seeds from the Orangevale Seed Library into great produce to feed your family and friends.

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.

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!

Lego Robotics Saturday, Feb 15, 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, Feb 22, 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, March 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

Teens

Teen Space Thursday, Feb 13, 3:00 p.m. - 5:00 p.m. Thursday, Feb 20, 3:00 p.m. - 5:00 p.m. Thursday, Feb 27, 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 - Ducks: Two Years in the Oil Sands Saturday, Feb 15, 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 Ducks: Two Years in the Oil Sands by Kate Beaton.

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, March 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, March 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, March 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.

A Matter of Balance Wednesdays starting March 12th going through April 30th 1:00 p.m. - 3:00 p.m. Jane Wise Community Room Agency on Aging Area 4 is offering this fun, socially engaging educational workshop for older adults at the Orangevale Library for FREE! Registration opens Monday, February 10th at 1:00pm

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by Gail Young

Directed by Jenny Krack, and presented by Stage Right Productions

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March 9, 16 and 23. 2:00 pm Curtain (Matinee Performances)

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For Tickets: www.stagerightproductions.net Special Ticket Pricing for Caregivers and Groups of 6 or more For More Information: (916) 281-6372

Taking Care of Caregivers (by Jenny Krack, OTR/L)

As our medical knowledge advances and our population of those over the age of 60 continues to grow, so does the number of families who will deal with a loved one who has dementia and requires assistive care. It is said that "caregiving for a loved one with dementia is leaning into love you didn't know you had." For many this love and caregiving spiral into a series of complex feelings and logistical challenges. The desire to care for our loved ones involves time, patience, money and a great deal of coordination. Doctor visits, home health support, meal shopping and prep, and other activities of daily living (i.e., dressing, bathing, medication management) can overtake the time and mental capacity of the caregiver. Often these caregiving responsibilities are added to already busy lives, work schedules, child rearing, home management and simply managing one's own life. For many, this yoke is taken on because they love their family members and want to see them cared for, but at what price? According to the National Institute of Health (NIH) studies show that the average caregiver sleeps 5-6 hours a night (rather than the recommended 7-8 hours), is age 49.4, and is 34-58 % more likely to have symptoms of depression, anxiety and cognitive decline. Additional studies show that the average family caring for a loved one with dementia spends an average of 24.4 hours per week providing care with

nearly 1 in 4 caregivers spending up to 41 hours or more per week, which often results in days off from work. The lost productivity adds up to a big cost to companies — to the tune of \$17 to \$33 billion annually. Study after study reveals the toll dementia takes not just on those afflicted with the condition, but also on the families and friends who love and care for them. So how do we as a community of caregivers begin to address such a challenge? Researchers suggest the following:

- Be active. Find something active that you enjoy. This might include walking, dancing, gardening, or playing with a pet. Even short periods of exercise can be beneficial.
- Eat well. Work on having a well-balanced diet that includes a variety of healthy foods. Drink plenty of water every day.
- Prioritize your sleep. Aim to get seven to nine hours of sleep each night. Develop a relaxing bedtime routine to make it easier to fall asleep. Try to go to sleep and get up at the same time each day.
- Reduce stress. Experiment with relaxation techniques like meditation, tai chi, or yoga. Download a smartphone app with guided meditations or relaxing music. Many of these apps are free.
- Make time to relax. Carve out time each week to do something you enjoy that has nothing to do with caregiv-

ing. It can be as simple as watching a favorite TV show, reading a magazine, or working on a hobby. Take a break if you need it. Ask another family member or friend to step in, hire an aide to come for a few hours a week, or sign up the older person for an adult day care program.

• Keep up with your own health. Make that doctor's appointment you've been putting off.

But most of all:

Be kind to yourself. You don't have to pretend to be cheerful all the time. Feelings of sadness, frustration, and guilt are normal and understandable. Find a friend or support group to share your journey with where you can laugh, complain, cry and know that you are not alone.

Two local resources include:

- Sacramento Support Groups — Del Oro Caregiver Resource Center 8421 Auburn Blvd., Suite 265 Citrus Heights, CA 95610 Office: (916) 728-9333
- Eskaton Support Center/online support groups available Phone: 866-375-2866

*Jenny Krack OTR/L has worked in the field of occupational therapy for 33 years. She has lived the life of a caregiver with her own parents and is the director of Bothered and Bewildered, presented this spring by Stage Right Productions.

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STRIKING THE RIGHT BALANCE



Striking the Right Balance: Supporting Sidewalk Vendors While Keeping Our Community Safe

By Supervisor Rosario Rodriguez

Last week, the Sacramento County Board of Supervisors took a big step forward—we unanimously passed new regulations for sidewalk vendors. It wasn't an easy decision, but it was an important one. These rules are all about finding that sweet spot: supporting the hardworking folks who run these small businesses while making sure our neighborhoods stay safe, clean, and fair for everyone.

This new ordinance directly applies to communities like Orangevale, where residents have raised concerns about sidewalk accessibility, food safety, and fairness for all businesses.

This is an issue that hits me close to home. As the owner of a taqueria in Folsom, I've seen both sides of the coin. I know what it's like to pour your heart into a small business, trying to make ends meet. And I also know how tough it can be for brick-and-mortar shops when the rules aren't applied evenly. That's why I've worked so hard to make sure this ordinance works for everyone.

So, what's changing? Starting soon, sidewalk vendors will need to get a county permit, follow health and safety rules, and stick to guidelines about where and when they can operate. If someone breaks the rules, we're starting with warnings—because everyone deserves a chance to fix a mistake. But if it keeps happening, there will be consequences. It's all about creating a system that's fair and works for everyone.

Some may question the need for this ordinance. The truth is, unregulated vending has caused some real headaches—blocked sidewalks, trash piling up, and even safety concerns in crowded areas. This ordinance tackles those problems while making sure vendors can still thrive. We've also made sure the permitting process is straightforward and affordable.

No one should be shut out because of red tape or high fees.

Throughout this process, we received valuable feedback from community members. While some worried the regulations might not go far enough, others expressed concerns about unintended impacts on small businesses. By approving this ordinance, we found a balance that maintains public safety while fostering opportunity for local entrepreneurs.

I want to take a moment to say thank you to everyone who shared their thoughts, because your input made a difference. If you have more questions or ideas, I'm always here to listen. You can reach me at 916-874-5491 or email supervisorrodriguez@saccounty.gov. Let's keep working together to make Sacramento County safe, fair, and full of opportunity for everyone.

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 Murietta.

EDITORIAL

Newly-elected Sacramento County Supervisor Rodriguez recently announced a "New Chapter" in her newsletter, saying she will champion "Addressing Homelessness with Real Solutions." Unfortunately, she also implies that "substance abuse and mental health issues" are the causes of homelessness. Recent studies disagree, saying the problem is predominantly poverty. Rents have been rising faster than incomes, and a monthly rental subsidy of \$300 - \$500 would keep most of the homeless off the street.

Homeless advocates say homelessness itself creates a kind of PTSD, so just providing rent subsidies, never mind rent control, would cure a lot of those mental illnesses.

Saying the homeless are crazy or addicted is a distraction. Building a billion-dollar expanded County Jail—something Supervisors are considering—is similarly misguided. Poverty isn't a crime. County resources are best spent addressing the problem, not the symptoms.

--Mark Dempsey

Disclaimer:The views and opinions expressed in this article are those of the author and do not necessarily reflect the official policy or position of the Orangevale View.


DECEMBER HOME SALES

The below information is based on data obtained at MetroList Services, Inc. Frank Crandall eXp Realty of California, Inc. Phone: 916-756-6042 www.FrankCrandall.exp Realty.com

Address	BDRMS	BATHRMS	SQ. FT.	Closed Price
5148 Main Ave	1	1	800	\$340,000
9460 Tonkin Dr	3	2	1169	\$340,000
9065 Terramore Dr	4	2	1294	\$467,500
8126 Dart Way	4	2	1285	\$490,000
5757 Filbert Ave	3	2	1030	\$490,000
6104 Rolkingham Ln	3	3	1526	\$495,000
9120 Sutton Way	4	2	1302	\$509,900
6405 Big Bear Ct	4	2	1748	\$510,000
5649 Nostaw St	3	2	1392	\$514,000
8244 Oakenshaw Way	3	2	1434	\$520,000
9855 Beachwood Dr	3	2	1075	\$529,000
8278 Central Ave	3	2	1678	\$550,000
6821 Lonicera Dr	3	2	1721	\$555,000
8341 Crestshire Cir	4	2	1862	\$580,000
9369 Blue Oak Dr	4	3	2025	\$690,000
6020 Filbert Ave	3	2	1428	\$705,000
5717 Eugenia Ct	4	3	2946	\$738,000
6617 Central Park Ct	6	4	2870	\$881,000
8925 Van Moore Ln	6	4	3783	\$935,000
8645 Country Creek Dr	4	3	3000	\$1,411,000

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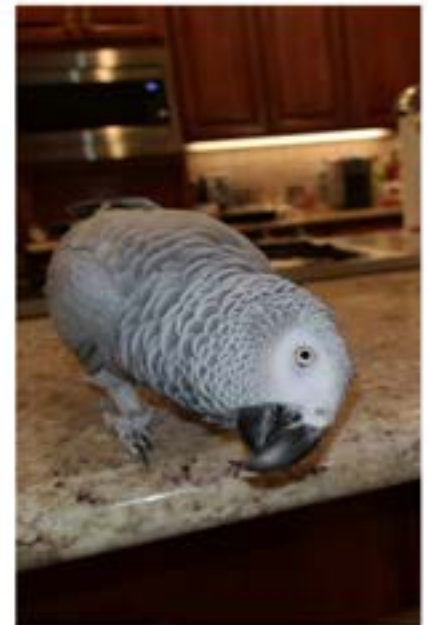
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