

Orangevale View

Serving Orangevale, Citrus Heights, Fair Oaks and Folsom



OVparks HAPPENINGS Page 12



PET OF THE WEEK Page 15

IN THIS ISSUE
PG 14 OV Cooks
PG 22 COMMUNITY SPOTLIGHT

Volunteers NEEDED

ORANGEVALE WOMAN'S CLUB SEEKING VOLUNTEERS

"Alone we can do so little;
together we can do so much" ~
Helen Keller

Growing up I remember reading
about Helen Keller and being
thoroughly fascinated at all
she accomplished given her
disabilities and challenges.
I could only hope to one day
achieve just a fraction of the
accomplishments she made!

This quote by her always stuck
with me and I think it says so
much about how to live a life of
fulfillment by serving others!

After an early retirement I
found myself feeling lost and
without much purpose until
I was approached by a friend
of mine to join the Orangevale
Woman's Club.

The timing could not have been
better as I was actively looking
for some kind of volunteer
opportunity to get me back in
the game of life!

The experience has been so
rewarding and I have met
so many new friends as well
as feeling more connected to
community.

The Orangevale Woman's Club
is the second oldest community
organization in Orangevale,
established in 1913 by Mrs.

L.A. Calder as the "Country Life
Club" focusing on economy in
the home.

The club eventually became
a member of GFWC (General
Federation of Women's
Clubs) and today is serving
the community working on
projects such as: Education,
Conservation, Public Affairs,
International Affairs, Home
Life and Art's & Crafts.

Some of the specific projects
and charities we are involved
in include: Heifer International,
Children's Receiving Home,
Coupons for Military Families,
Local Food Banks, Eye Glasses
for Lion's Club, Penny Pines,

Stamps for Easter Seals, Loaves
& Fishes, and scholarships for
local High School Students.

We are actively seeking new
volunteers/members and would
love to invite you to come to a
meeting and learn all about our
organization!

Our next general meeting is
on: Tuesday September 6, 2016
at 11:00 am at the Community
Center.

Come on out, bring a friend and
enjoy a free lunch!

Visit our website to learn more:
www.orangevalewomansclub.org
or call Marilyn at 916-764-
6816.

By: Lisa Hall



Club members Shirley Baker & Jean Kelly at our recent
backpacks for kid's event

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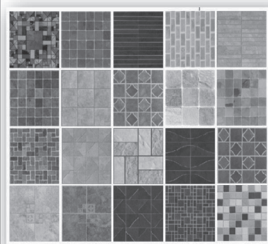
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Contents

6 Sports

14 Orangevale Cooks

15 Pets

16 Professional, Business &
Service Directory

20 Classified

21 Community
Groups & Calendar

22 Community Spotlight
Light

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ABOUT THE ORANGEVALE VIEW

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

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

SUBMISSION POLICIES:

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

Requirements are simple:

(1) Acknowledge that either you are the author or you have permission to publish from the original author;
(2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.
(3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF.
Please use this format so we do not have to send your work back to you

for corrections.

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

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DATES TO REMEMBER:

2016 Deadlines Dates

Deadline AUG 17 in

homes AUG 26

Deadline AUG 31 in

homes SEPT 9

Deadline SEPT 14 in

homes SEPT 23

STAFF:

Brad Tatum -
Publisher/Advertising

Lisa Montes -Editor

Reporter -Elizabeth Brown
Suzanne Feblowitz - Recipes

Local Community
Tom Paniagua -Photographer

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Editor - California Senate
Woman of the Year 2012

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Dental & Medical Health Clinic

August 21st 9 AM—3 PM

Orangevale SDA School Gymnasium

DENTAL

- Cleanings
- X-rays
- Fillings
- Extractions
- Some Restorative Dental Work

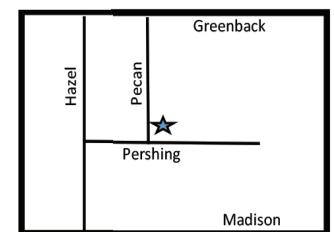
MEDICAL

- Health screening
- Blood pressure screening
- Medical Conditions Counseling
- Lifestyle counseling

Registration 8 AM — Noon

First come first served

- All services are FREE of charge
- No appointments
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Orangevale SDA Church & Community Services
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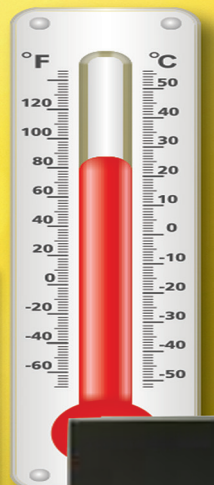
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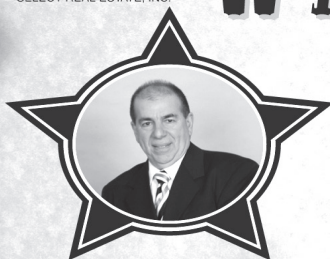


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ANNOUNCEMENT



**DOUGLAS (DUTCH / DQ)
QUINN WILLMON**

Douglas Willmon, of Orangevale, CA, passed June 26, 2016 at 11:06 PM at Kaiser Hospital in Roseville, California. Born July 26, 1930, he would have been 86 on his next birthday. He was preceded in death by his parents, Grant S. Pyle II and Lillian Ethel Beach, and his brother Ronald Pyle. He is survived by his wife, Beverley

Willmon, sons Kurt Willmon (Kari), Michael Willmon (Angela), Duane Luper, and Jeff Luper (Gwen), daughter Kelly Willmon, brothers Grant S. Pyle III (Shirley), twin brothers Larry Beach and Jon Beach (Sue), and sister Valerie Young, along with 10 grandchildren and 4 great grandchildren.

Douglas retired from the Southern Pacific Railroad in 1990 after 37 years of service. When he retired he took up candy making, his specialties being peanut brittle and the softest caramels, the best you ever tasted. He was an bike rider and racked up 50 to 100 miles a week with his biking buddies on the American River trail up until September of 2015 when health issues caused him to stop. He enjoyed a good game of cards, reminiscing with friends and family, and he always had a joke to tell. He loved music, especially the old standards. His early years were spent living in Texas and the San Francisco

Bay Area. One of his favorite memories was walking across the Golden Gate Bridge on its opening day in 1937. As a teen, living in Rio Linda, California, he worked at a chicken ranch. He spent some time working for PG&E before starting his career with the Southern Pacific Railroad where he worked as a Switchman, Brakeman, and occasionally as a Conductor. Because of a growing family to support, he also worked concurrently for Aerojet for a time during its early years of rocket production.

A Celebration of Life will be held August 20, 2016 at the Orangevale Grange Hall 5807 Walnut Ave., Orangevale, CA 95662 (cross street Madison Ave.) at noon with some of Douglas' favorite refreshments.

In lieu of flowers, remembrances may be sent in Douglas' name to the S.P.C.A or charity of your choice.

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Amanda McVey
Personal Insurance
Agent

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ANNOUNCEMENTS

SECOND ANNUAL DENTAL & MEDICAL CLINIC SCHEDULED FOR AUGUST 21, 2016.

Nothing can be more debilitating than a toothache. If you've ever had one, the mind-numbing pain can be so bad it can bring tears to your eyes. But it's not always easy to get help when a toothache hits—especially if you don't have dental insurance.

In America, over 100 million people do not have dental insurance. Despite the increased coverage of Obamacare, over 15 million Americans still don't have adequate medical insurance.

To help the local Orangevale community, the Orangevale Seventh-day Adventist Church and Adventist Medical Evangelism Network are teaming up to host our second annual free dental and medical clinic at the Orangevale Adventist School gymnasium at 5810 Pecan Ave. on Sunday, August 21, 2016, from 9 a.m. to 3 p.m.

In 2015 during our first Dental and Medical clinic we helped 90+ people with more than 120 dental procedures. We would be honored to help this many people again in 2016.

Everyone is welcome to come for free dental or medical care. No ID is necessary, and all services are free. No strings attached.

The Orangevale church clinic will offer teeth cleanings, extractions, fillings, and perhaps some restorative work. (A lot depends on the dentist volunteers available that day.) All services will be free and on a first-come, first-served basis.

Medical doctors at the clinic will provide medical exams, lifestyle and disease counseling, and—depending on the specialties of the volunteers—they may be able to offer some medical treatments. When was the last time you were able to sit down and have a conversation with your doctor about your health? At the Orangevale church clinic, you will be able to do just that.

The Orangevale Adventist Church is hosting this clinic because we have a passion for health and for helping

our neighbors. Serving our community is one of our core values. This community is home to a lot of great people, and together we can make Orangevale a better place!

By Michael Brown

PUBLIC INVITED

The public is invited to the August 14, 2016 family fiddle jam and musical performances at the Orangevale Grange Hall from 1:00 to 4:30 p.m. at 5807 Walnut Ave. near Madison Ave. in Orangevale.

There is free parking as well as a snack bar on site serving soft drinks, coffee, hot dogs and desserts.

There is a \$1.00 donation for fiddle club members and \$3.00 donation for non members. This helps pay for rental of the hall. Kids are free.

The Fiddle Kids go on stage at 2:00 p.m. which is always the highlight of the day's performances. The club provides free music lessons for kids interested in learning to play a stringed instrument.

Enjoy the early American fiddle, folk and country musical performances in the hall or join the out door jam.

Bring your stringed instrument and join the fun.

Contact: Ralph Standiford, President Emeritus at (530) 676-0836 rstandiford@att.net www.csotfa5.com

PUBLIC NOTICE

Public Hearing for The Orangevale Recreation & Park District 2016/17 Final Budget

Notice is hereby given that a public hearing to discuss the Orangevale Recreation & Park District final budget will be held on Thursday, August 18, 2016 at 6:30 p.m. at the Orangevale Community Center, 6826 Hazel Avenue. The public is invited to attend and speak about any item in the budget or regarding the addition of other items. The District adopted a preliminary budget for the 2016-17 fiscal year at the Board of Directors meeting on June 9, 2016. Copies of the budget are available for inspection at the District Office or on the District's website at www.ovparks.com.

BIBLE COMMUNITY CHURCH

Invites YOU to join us Sunday!

It is our highest privilege to worship God together as we study His Word, sing His praises, and enjoy a time of fellowship in His presence. It is our desire to know God more fully and be equipped for service to His Glory.



"Growing in God's Word Together"

We meet at the Maidu Community Center
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9:30 am Fellowship and Coffee
10:00 am Worship Service



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Local SPORTS

OV PONY ALUM AND CASA ROBLE GRADUATE SET TO ATTEND OREGON COLLEGE

After two years at Folsom Lake College (FLC), 2014 Casa Grad and Orangevale Pony Alum, Kendall Menard, ended his baseball career with the Falcons. Menard, a pitcher for the Falcons, helped the new FLC baseball program reach the playoffs

two years in a row, a first for a startup Community College baseball program. In this year's playoffs, the 14th seeded Falcons beat number three seeded Sacramento City in two games to advance to a three game series against number one seed Santa Rosa Junior College. The Falcons took the first game but were unable to get past Santa Rosa, losing the next two games. After years of roaming the

fields as a youngster at Pershing, Pasteur and Casa Roble Schools, the FLC Falcon has given a verbal commitment to attend and play baseball for Oregon Institute of Technology in beautiful Klamath Falls, Oregon. With aspirations to obtain his degree in Entrepreneurship/Business Management, Kendall looks forward to helping the Oregon Tech Hustlin' Owls improve their baseball program, while making a playoff run a time or two, as well. Congratulations to Kendall. It goes to show that hard work and determination have paid off for a local Orangevale boy.



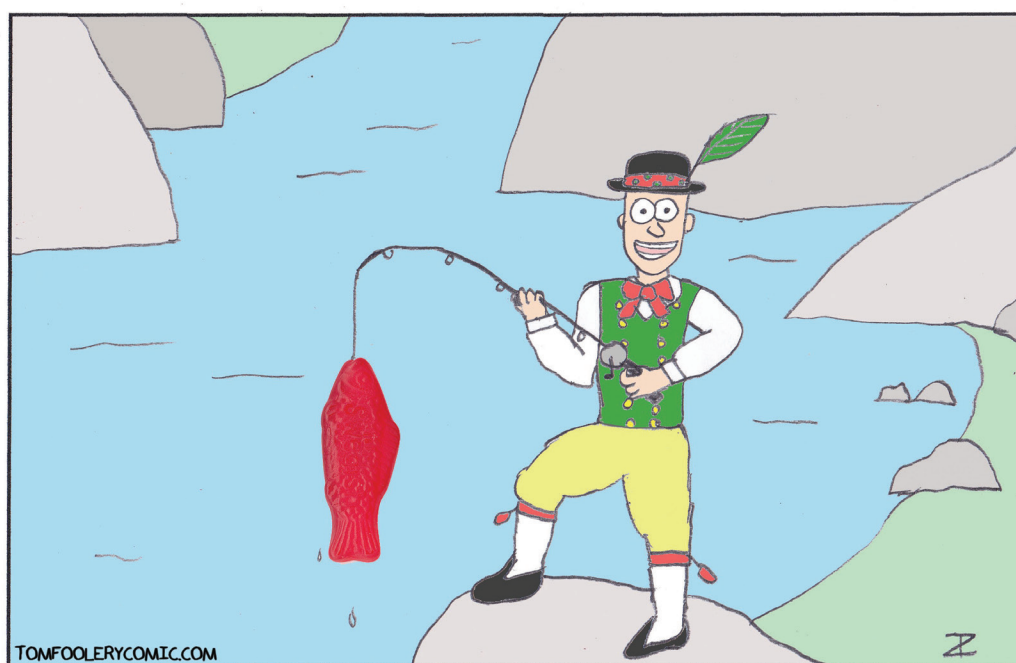
Kendall Menard



GBFC Attack Takes 2nd in ARFC Independence Cup First games of the season, weather in triple digits, 1 to no subs and these players pushed through to the very last minute of every game. Tied for 2nd in their bracket and had a shootout and won to go on. Won the 3rd game. Went to the Championship game and lost 2-1. Coach Jason and Coach Pam were proud. Outstanding job girls! Go Attack!

TOM FOOLERY

BY: TOMMY ZIMMERMANN



FISHING IN SWEDEN

CALIFORNIA CAPITAL AIRSHOW ANNOUNCES DISCOUNTED TICKETS TO SEE THE UNITED STATES NAVY BLUE ANGELS

Don't miss an epic show -- buy tickets early and save BIG!

The California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, today announced the launch of tickets for all Airshow fans. Discounted tickets will be available beginning July 16th at noon and can be easily purchased via the Airshow website. Prices will increase incrementally beginning August 1st until the event takes place on October 1-2 at Mather Airport, so buy early and SAVE BIG.

The 11th annual Airshow will feature spine-tingling performances by the world-famous U.S. Navy Blue Angels, U.S. Army Golden Knights, Royal Canadian Air Force CF-18 Hornet, U.S. Air Force F-16 Viper Demo, world-class aerobatics, theatrical WWII tribute performances flown by rare warbirds and bombers and



so much more! For a preview of the performer line-up click here.

"Wow, what a show we have planned this year -- we can't wait 'til gates open! But the annual Airshow is more than the excitement of aircraft flying overhead -- it's about telling a story. The story takes us from the ground to the sky and across a century of time in a thrilling, unique and patriotic way," said Darcy Brewer, executive director of the California Capital Airshow. "The performances, displays and exhibits will be EPIC and you won't want to miss the fun!"

Thank you to the following sponsors for their support

of the 2016 Airshow: Sacramento County, City of Rancho Cordova, Aerojet Rocketdyne, Lasher Auto Group, Sacramento Jet Center, Dr. Pepper Snapple Group, Budweiser, Fox 40 and iHeart Media.

Visit the California Capital Airshow website for news, attractions and to learn more about tickets and the NEW Ultimate Airshow Experience. Want to score even lower ticket prices before the public and get the inside scoop on the Airshow? Become an Airshow Insider here. Fans can follow the Airshow on Facebook and Twitter (@calcapairshow) and Instagram (capitalairshow).

About California Capital Airshow
Established in 2004, the California Capital Airshow 501(c)(3) is an exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information, please visit www.californiacapitalairshow.com.

Orangevale Recreation & Park District Job Announcement ADMINISTRATIVE CLERK - FULL-TIME Salary: \$2,293-\$2,926/mo. DOE

Application Deadline:
Thursday, August 18, 2016 at 5:00 p.m.

The Administrative Clerk -- Customer Service position is a full-time benefited position. The position is to perform a variety of general and specialized clerical duties related to customer service. These duties include but are not limited to processing participant registrations for various programs, facility reservation processing, filing, reception, form processing, record maintenance, mail, typing, and data entry; and performs related duties as assigned. For a formal job announcement and employment application please visit OVparks.com or our District Office at 6826 Hazel Avenue, Orangevale, CA 95662.

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DID YOU KNOW?



**SUPERVISOR,
ROBERTA MCGLASHAN**

For too long, the Sacramento region's economy has been almost entirely dependent on a single employer: the State of California. For years, regional leaders have talked about diversifying our economy so that our jobs market and local tax base are no longer so heavily reliant on the decision making of our State's elected leaders.

I am proud to announce that Sacramento County is leading the way to our region's new economy, not just by talking about it, but through actions that are bringing real, new, permanent jobs to our region.

The biggest highlight yet in this effort is Amazon.com's recently-announced decision to locate an 855,000 square foot fulfillment center in Metro Airpark, just east of Sacramento International Airport in the unincorporated area of Natomas. This fulfillment center will not only lead to more rapid deliveries for Amazon customers in the Sacramento region, it will employ over 1,000 people – good-paying,

permanent positions that will continue our region's recent economic recovery.

Other projects are in the works as well. It is our expectation that Amazon will be just the first in a number of successes at Metro Airpark, and that additional large-scale employers will locate there in coming years. As the infrastructure in the project area – including a new interchange with Highway 5 – is built, new jobs will come to our region rapidly.

Additionally, the County continues to lead the way to new jobs with the redevelopment of the closed Campbell's Soup Factory. While its closure was a significant blow to our hopes at regional growth, its redevelopment represents a renaissance for one of the largest industrial infill sites anywhere in the region. New projects are in the works that I hope will be announced soon.

Additional investments are being made in other areas as well. The Sacramento Jet Center is investing millions of dollars in a new general aviation facility at Mather Airport; the renewal of the Howe 'Bout Arden shopping center is well underway; and smaller shopping centers throughout the County are seeing new activity and investment.

All of these successes will

lead to a brighter future for the County, with a more stable economy. As we grow less reliant on the State of California, we will truly become what we have always known ourselves to be: a world-class region with that is an excellent place to live and raise a family.

As always, I look forward to meeting the people I represent. I hold regular Community Cabinet meetings with my constituents. In Orangevale, we meet on the first Friday of the month at 7:30am at Annie's Breakfasts and Steaks. In September, I will be hosting Sacramento County's Chief Probation Officer, Lee Seale. I look forward to seeing you there

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SUNNY DAYS, SICK PETS

Warm, dry weather is here to stay for the next few months. In addition to the browning lawns around town, our pets are also feeling the heat. It is important to keep your pets cool and well watered because it's even easier for them to suffer from heat stroke and dehydration. Mild cases can result in lethargy

and fever; but severe cases can cause coma or even death!

As humans, we're lucky to be able to sweat (and build air conditioning units!). Our furry family members are not as lucky! There is only so much that panting can do to cool off the body, especially in triple digit heat. If you are feeling hot, just remember your pet is feeling it worse!

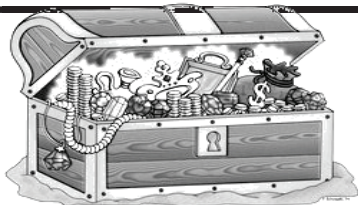
The biggest thing to avoid is

keeping your pet out of hot cars. The heat inside a car can very quickly rise to oven-like temperatures. Even if your car is in the shade, with the windows cracked, your pet can experience heat stroke in a few minutes. Don't risk the quick run into the market. Just say no!

Even just being outside can be deadly without adequate water supply and cool shade. You should also consider providing a small wading pool to help them cool off. Dogs that are flat faced (pugs, bulldogs, Boston terriers, boxers, etc.) have a narrowed airway compared to their body weight so they have an even more difficult time keeping cool. For them, even with shade and water, just being in 90 degree heat can kill.

If you think your pet is overheated, douse them in cool water (no ice) and call your veterinarian immediately. Alcohol on the feet does not remove enough heat to be effective. Like other things in life, the best treatment is prevention!

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If you are thinking of selling a Tenant Occupied property there are a few challenges you may face. The first thing you must decide is whether to put the house on the market with the tenants still living in the home, or waiting until they move out. There are pro's and con's to either decision. Not only will the lives of your tenants be affected, but your decision will also affect your income situation.

One advantage to selling the property with tenants in it is that you will continue to receive income while your home is being marketed and is sold. That can also be an attractive selling point to buyers who are looking for 'income property'. The fact that there are tenants already in place can be

a positive selling item. Remember that selling a rental property is the same as selling an owner occupied home when it comes to curb appeal and maintenance. Be sure your tenants are keeping the home in good condition inside and out. If you determine that your tenants may not be open and cooperative in the sale of the property it may be a better decision, in the long run, to wait until the tenants have moved. In some cases a disgruntled tenant can do more damage than good to a property that's for sale. They can sabotage the sale in a variety of ways; this can include anything from not maintaining the property, refusing or declining a 'showing', or telling potential buyers everything that is WRONG with the property. This scenario may cost you more down the road than the rent you receive. The general

rule of thumb is: the longer a piece of property is on the market, the more value it loses. Also, if there are major repairs that need to be done, it may be easier to complete them while the property is vacant.

In either case be sure to weigh your options thoroughly before deciding. If you're not sure which avenue you should take, contact a Real Estate Professional for guidance. Be sure that he/she has experience in selling rental properties.

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AUGUST 2016

Exhibitions, Events, and Programs at the Crocker Art Museum

CONCERTS, FILMS, &
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Film Series: Adult Summer
CAMP! Thursday, August 4,
7 p.m. "Whatever Happened
to Baby Jane?"

ArtMix | Combust Thursday,
August 11, 5 – 9 p.m.

Educator Soiree Thursday,
August 11, 6 – 8 p.m. Free for
Educators

Classical Concert: Mobius
Trio, three guitars Sunday,
August 14, 3 p.m.

Jazz Night Thursday, August
18 Main Stage: 6:30 p.m. –
Anton Schwartz Quintet
Cafe Stage: 5:30 p.m. – The
Shawn Thwaites Rebel

Night at the Museum
Thursday, August 25, 6 – 9
p.m.

TOURS & TALKS
Lunch & Learn Tuesday,
August 2, 12 p.m.

New on View Tour
Thursdays, August 4 & 25,
6:30 p.m. Saturday, August
13, 3 p.m.

Highlight Tour Saturdays,
August 6, 13, 20, 27; 11 a.m.,
12, 1 & 2 p.m. Sundays,
August 7, 14, 21, 28; 11 a.m.,
12, 1 & 2 p.m.

Prelude Tour Sunday,
August 14, 1 & 2 p.m.

Meet Me at the Museum
Tuesday, August 16, 10:30
a.m. Free for Everyone

YOUTH & FAMILY

PROGRAMS

Artful Tot
Saturday, August 6, 10:30
a.m. – 12 p.m. (Drop In)

Kids & Company Gallery
Adventure Sundays, August
7 & 21, 10:30 – 11:30 a.m.

The Crocker Art Museum was the first public art museum in the Western U.S. and is one of the leading art museums in California today. The Museum offers a diverse spectrum of special exhibitions, events, and programs to augment its collections of Californian, European, Asian, African and Oceanic artworks, and international ceramics. The Crocker is located at 216 O Street in Downtown Sacramento. Museum hours are 10 a.m.–5 p.m., Tuesday–Sunday; 10 a.m.–9 p.m., Thursdays. Every third Sunday of the month is "Pay What You Wish Sunday" sponsored by Western Health Advantage. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

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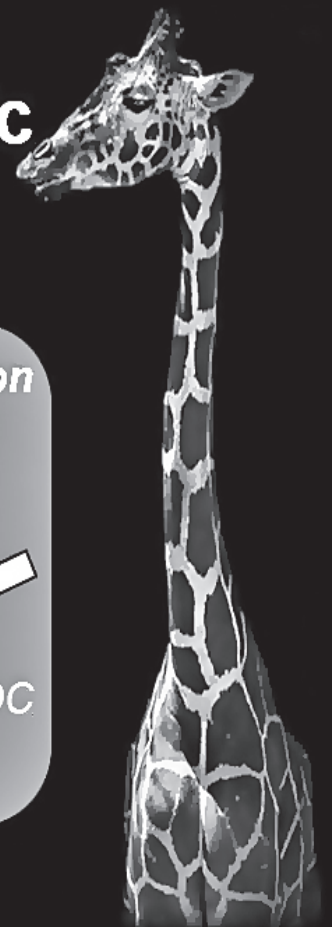
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Every Wednesday Rec'ing Crew puts on their teal shirts and heads on an adventure!

OVparks HAPPENINGS

Summer is coming to an end, but the fun is continuing at OVparks! Whether it's playing outdoors, swimming, or hanging out with friends, we've got what you're looking for.

Sign your camper up for the last two weeks of Rec'ing Crew. Tuesdays and Thursdays are swim days, Wednesdays are field trip days, and Fridays are dress up days! Session 9 (Aug. 1-5) we will be heading to Sunsplash Waterpark to beat the heat. Session 10 (Aug. 8-12) campers will skate their way back into the school year at Sunrise Rollerland. The last session of swim lessons runs from Aug. 1-11 (Mon-Thurs). Make sure your frogs, minnows, and otters are registered to improve

their swim ability at the OVparks pool! If your family wants to cool off in the pool together, come to our last three weeks of public swim, from 1:30-4 pm.

OVparks is ending the summer with two exciting events! Our Hot Dog Hoedown is Aug. 12 from 7:30-9 pm at the pool! Enjoy a hot dog meal, swimming, activities and more with the community! Summer swim pass holders get in for free! Saturday, Aug. 27 come to the pool again for the Dive-in movie. Starting at sunset (8 pm) we will be showing Kung Fu Panda 3. Bring your blankets, snacks, and flotation devices and enjoy the evening!

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Hot Dog Hoedown



Friday, Aug 12 • 7:30-9pm

Hot dog meal, swimming, and more at this annual event! Held at the OVparks Swimming Pool! **FEE:** \$4 per person or \$12 for a family of five or included with your Family Season Pool Pass

Dive In Movie Night

Saturday, August 27 • Sunset (8pm)

Kung Fu Panda 3! Enjoy a family movie on a big screen while you float in the pool or lounge on the deck. Bring blankets, snacks, and a floatation device (w/restrictions) to lounge on. Held at the OVparks Swimming Pool! **FEE:** \$4 per person or \$12 for a



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Orangevale Cooks 

by Suzanne Feblowitz

Have you ever been mesmerized by the electric pressure cooker infomercial? I have and I actually went out and bought a stovetop pressure cooker. It is amazing and it is not your grandmother's pressure cooker. The new ones have safety features that eliminate the past horrors of things exploding or flying off. Lynne Miles bought an electric pressure cooker called the Instant Pot in February and she LOVES it. Not only does it cook food fast, but it doesn't heat up the house for summer cooking.

Lynne uses this pressure cooker for numerous items and recipes. One of the first, most miraculous, things she made was the potato salad. This recipe calls for cooking the potatoes and eggs together. For summer it's a great time and heat saver.

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.

Quick Potato Salad in the Pressure Cooker

Yield: about 8 servings

- * 6 medium russet potatoes, peeled and cubed
- * 1 1/2 cups water
- * 4 large eggs (Lynne uses 5)
- * 1/4 cup finely chopped onion
- * 1 cup mayonnaise
- * 2 tablespoons finely chopped fresh parsley
- * 1 tablespoon dill pickle juice
- * 1 tablespoon mustard
- * Salt and pepper to taste

1. Put the steamer basket in the pressure cooker pot. Add the water, potatoes, and the eggs. Lock lid in place, select High Pressure, 4 minutes cook time and press start.

2. When timer beeps, turn off pressure cooker and do a quick pressure release. When the pressure is released, carefully remove the lid. Remove the steamer basket from the pressure cooking pot. Put eggs into ice cold water to cool.

3. In a large bowl, combine the onion, mayo, parsley, pickle juice, and mustard. Add cooled potatoes and gently mix the mayonnaise mixture into the potatoes. Peel and dice three of the cooled eggs and stir into

potato salad. Add salt and pepper to taste. If needed, add more mayonnaise to achieve desired consistency.

4. Chill at least one hour before serving. Top with slices of remaining hard-boiled egg.

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So I spoke with several veterinarians to get their input. I spoke with one that said all the very high priced foods are hype. He stated the major manufacturers i.e. Purina, Iam, Pedigree etc. all perform research and clinical trials and if their food was inferior there would be lawsuits and sick animals. I see that point. It is important to consider age, breed, activity, and food allergies, and whether you choose moist or dry pet food. Sometimes it is a good idea to change up the food a bit but again consult your Professional Veterinarian on this issue.

We all want the best for our pets so check out the information on



Pet MD and other sites on the internet. I have also spoken with other "experts" in the pet industry that feel raw is the best way to go with pets as you are getting "back to nature". Again, it is best to discuss your pets diet with your vet to find out what they think is the best course of action. It is pretty easy to get information that will be helpful for your pets' diet since we all want the best for our furry friends.

Rose Connolly is a free-lance writer and the owner of Always Available Pet Sitting, Citrus Heights, CA

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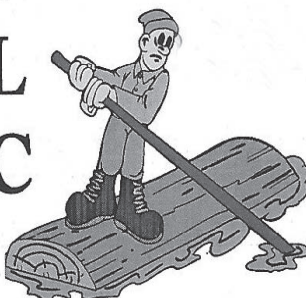
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FIRST DAY!

FIRST DAY

Saturday July 9th was the opening day for the About Kids First Day back pack drive at the Orangevale Walmart. Helping out this day were Miss Orangevale 2016 Alexa Mills and her Court Ambassador Sienna Carnahan. Other local queens from the CLASS of Queens Team were there helping New Life Community Church Pastor and About Kidz Administrator Jeff Pitnikoff get donations for kids clothing, back packs, school supplies and food for lunch boxes for the first day of school. One thousand school children grades 2nd-12th from the San Juan Unified School District will be chosen for the gifted donations. Photos by Tamara Barbu~Brown, Queens Director, Facebook Miss Orangevale



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CRIME LOG

PC 459 Burglary Residential 07/21/2016 04:30 AM 8800 Block GREENHALGH LN 2016-0218669 PC 459 Burglary Residential Sacramento County Sheriff's Department

PC 459 Burglary Residential 07/15/2016 11:00 PM 6800 Block DUGGAN WAY 2016-0207868 PC 459 Burglary Residential Sacramento County Sheriff's Department

PC 273.5 Aggravated Assault 07/15/2016 05:20 AM 8500 Block LE PARC CT 2016-0206517 PC 273.5 Aggravated Assault Sacramento County Sheriff's Department

PC 459 Burglary From Vehicle 07/11/2016 12:01 AM 6500 Block SKYVIEW DR 2016-8007539 PC 459 Burglary From Vehicle Sacramento County Sheriff's Department

PC 484 Larceny/Theft 07/07/2016 10:30 AM 8900 Block FORTUNA WAY 2 0 1 6 - 8007411 PC 484 Larceny/Theft Sacramento County Sheriff's Department

PC 459 Burglary From Vehicle 07/06/2016 06:00 PM 6900 Block BALI CT 2 0 1 6 - 8007424 PC 459 Burglary From Vehicle Sacramento County Sheriff's Department

PC 594(A) Vandalism 07/05/2016 10:20 PM 6900 Block MURICATIA DR 2 0 1 6 - 8007387 PC 594(A) Vandalism Sacramento County Sheriff's Department

PC 484 Larceny/Theft 07/05/2016 05:00 PM 9200 Block ELM AVE 2016-0199110 P C 484 Larceny/Theft Sacramento County Sheriff's Department

PC 484 Larceny/Theft 07/05/2016 05:15 AM 6000 Block HAZEL AVE 2 0 1 6 -

OV LIBRARY PROGRAMS EVENTS

Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale Sunday & Monday: Closed; Tuesday: Noon - 8 p.m.; Wednesday: 10 a.m. - 6 p.m.; Thursday: 10 a.m. - 6 p.m.; Friday: 1 p.m. - 6 p.m.; Saturday: 10 a.m. - 5 p.m. For details, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

Magic of Timothy James August 3, Wednesday, 3:30 p.m. Magic of Timothy James | Summer Reading @ Orangevale Community Center (Family/All Ages) Join us for weekly Summer Reading performances at the Orangevale Community Center every Wednesday! This week, we are featuring Magic of Timothy James who does magic and comedy featuring audience participation for the whole family! This event brought to you with the generous support of the Friends of the Orangevale Public Library and sponsored by the Orangevale Public Library. Orangevale Community Center Address: 6826 Hazel Ave Orangevale, CA 95662

Family Storytime Family Storytime Thursday, 10:30 a.m., August 11, Thursday, 10:30 a.m., August 18, Thursday, 10:30 a.m. Family Storytime Family Storytime @ Orangevale (Early Childhood (0-5) Toddlers, Preschoolers, and their caregivers are invited to join us for songs, rhymes, and

stories designed to build early literacy skills.

Coloring Zen Tuesday, August 9, Sept 13, Oct 11, Nov 8 and Dec 13 6:30-7:30pm Unwind with coloring fun and music @ the Orangevale Library. Coloring pages, pencils, and pens provided or feel free to bring your own supplies. Adults only please

Summer Reading performances August 10, Wednesday, 3:30 p.m. Join us for weekly Summer Reading performances at the Orangevale Community Center every Wednesday! This week, we are featuring Wild things with a live wildlife educational programs, with wild animals from around the world! This event brought to you with the generous support of the Friends of the Orangevale Public Library and sponsored by the Orangevale Public Library. Orangevale Community Center Address: 6826 Hazel Ave Orangevale, CA 95662

Orangevale Library Book Club (Book Club) August 27, Saturday, 1:30 p.m. Every month we'll pick a novel or a non-fiction title to read and discuss! Join us for good book conversation and make new friends!

COMMUNITY CALENDAR

Aug. 4th and 5th, 8 AM to 8 PM; Aug. 6th, 8 AM to 2 PM. 23rd Annual Treasure Fest Rummage Sale, Divine Savior Catholic Church, 9079 Greenback.

Aug 9 Roseville Genealogical Society will meet August 09, at Maidu Community Center, from 1-3pm. Topic-What Family Tree Maker can do for your genealogy research September 13 - October 18, 2016

Tuesdays, Fair Oaks Presbyterian Church Grief Recovery 7 to 9 PM Fair Oaks Presbyterian Church - Wells Chapel 11427 Fair Oaks Blvd. Fair Oaks, CA 95628 Sherry Brockmyer Sbrockmyer@fopc.org (916) 967-4784, ext. 876 www.fopc.org Whether the death of a loved one was recent, or some time ago, this very special course may be for you or someone you know. This class is strictly confidential, and held in a caring, Christian environment. Topics include: What Is Normal Grief? Staying Healthy, Family Dynamics, Being Alone, Returning to the Mainstream, Spiritual Concerns, Church and Community Resources. Class is closed after the first week

MONTHLY MILITARY RETIREES/SPOUSES MEETING: Our next meeting is scheduled for 11 Aug 2016 at the North Highlands Park and Recreation District, 6040 Watt Ave, North Highlands. Meeting starts promptly at 1030 hrs. Our speakers are Dale Klug and Sylvia Hegelein from the Retiree Activities Office who will discuss the Casualty Assistance that our office provides. You do not want to miss this event. Coffee and Cookies will be available. Questions can be referred to our volunteer staff at 916-640-8446, Mon thru Thurs from 0900 to 1500 hrs.

Aug 14 Hot August Breakfast, ~ with Red Hot Sweet Pancakes! We make everything from scratch, every 2nd Sunday monthly, including Our award winning Biscuits & Gravy, Scrambled Eggs, Grange Cinnamon French Toast and All you can eat regular Pancakes along with fresh juicy Ham from the All for just \$6. Large parties are always welcome. We invite You and your Family into our newly remodeled Grange for our famous Breakfast, wonderful Service and Community gathering! It's so nice to have a homemade meal made to order, and not have to do the dishes! Our 4-H Servers are waiting to serve YOU!! The Grange offers you Coffee, Hot Chocolate, Hot Tea, OJ, Milk, and Water, with every meal. Breakfast featured every 2nd SUNDAY monthly, with your choice of:

2016 SHERIFF'S ORANGEVALE COMMUNITY MEETING SCHEDULE
Meetings Held
September,
November
2nd Tuesday, 6:00pm
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SENIOR LUNCHES

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COMMUNITY GROUPS & MEET UPS

WEEKLY EVENTS

Senior Lunch Program Brought to you by OVparks and Meals on Wheels. Lunches are served every Tuesday, Wednesday, and Thursday at the Orangevale Community Center. Suggested donation of \$2, please call 916-988-4373 for more details.

Orangevale Overalls Square Dance Club Meet every Monday 7-9pm at THoly Family Parish 7817 Old Auburn Rd, Citrus Heights

TOPS (Take Off Pounds Sensibly) meets Weekly Church of Christ, 5915 Main Ave, Orangevale. Info call 988-6827

TOPS on Wed mornings at 6900 Almond Ave Orangevale. Info call Debi at 989-1278.

For Men Who Enjoy Singing We sing Barbershop Harmony every Wednesday 7:30 to 10 pm- Redeemer Covenant Church, 6800 Main St., OV

SERTOMA - SERVICE TO MANKIND meets each Thursday at 7 am at Coco's Restaurant, Madison Ave near Sunrise. Call 966-1361

MomsRUs a support group for women of all ages, raising or helping to raise children of all ages. Meets Tuesday's beginning September 8th, from 9:45-11:45 at the Orangevale church of Christ. All welcome. Free to all. Free childcare & Pre-school program. Go to ovchurch.org/family

Orangevale Prayer in the Square meets every Tuesday morning at 6:30 a.m. for 40 minutes for Prayer & Coffee. It is never too early to reach out for answered prayers. 8786 Mellowdown Way Orangevale, Please call for details at 968- 1039 or 988-4810 Everyone is welcome

Alcoholics Anonymous Meetings Mon-Sat at 7-8 am & Sun 8-9am, 12 noon every day. Call 454-1100 for evening meetings as the times vary. Meetings held at 9346 Greenback Ln. Ste 8 in Orangevale.

Al-Anon meets on Thurs. @ 7:30 PM at the Church of Christ - 5915 Main St. Ov. Call 916-334-2970 or visit al-anon.alateen.org.

Al-Anon in Spanish-en Español Valor para cambiar se reúne los martes 6:00 p.m.-7:15 p.m. en American River Alano, 9346 Greenback Ln. Ste 8, (entre Walnut y Main) Orangevale

Bridge Player Group Every Tues. OVGrange Hall (5807 Walnut Ave) 11:00 am to 3:00 p.m. \$2 donation For more details at 988-9474

Support Group Sessions Diabetic - Arthritis - fibromyalgia Every Tuesday 10AM-12PM & 2PM -4PM 9198 Greenback Ln #208 916-989-9922

St Vincent De Paul provides food and clothing assistance to the needy on Tuesdays and Thursdays from 1-3PM at Divine Savior Catholic Church, 9079 Greenback.

Narcotics Anonymous, Tuesdays and Thursdays, 6 PM, in Room 4, Divine Savior Catholic Church, 9079 Greenback.

Boy Scout Troop 310, Mondays, 6:45-8 PM, Halls A and B in the Multipurpose Building, Divine Savior Catholic Church,

FA (Food Addicts in Recovery Anonymous) meets Tuesdays at 7 pm, Sunrise Community Church, 8321 Greenback Ln, Room D101, Fair Oaks. For meeting info call: Karen J 916-812-6584 or Robbi F 916-726-6986, also visit www.foodaddicts.org.

Senior Market Saint Francis Episcopal Church in Fair Oaks with Episcopal Senior Communities (ESC) EVERY TUESDAY offers the community a weekly Senior Produce Market (SPM) every Tuesday from 10-11 a.m. at St. Francis Episcopal Church, located at 11430 Fair Oaks Blvd. SPM is geared for Seniors. Cash Only! For more information, call (916) 966-2261 or visit our website: www.saintfranciscoaks.org and follow us on facebook

Orangevale Special Families This new Facebook group is for families walking the same walk to come together relieving isolation, frustration, and inspiring friendship, community, and creativity. Call 947-5234 for more information <https://www.facebook.com/groups/1033947523343437/>

MONTHLY EVENTS

Orangevale Woman's Club 1st Tuesday every month. (Expect June-Aug) Orangevale Community Center, 6826 Hazel Ave, OV. Meeting starts at 11 am. Come Check Us Out. Free Lunch. Call 905-0319 or visit website at OrangevaleWomansClub.com

Parkinson's Support Group -First Thurs. of the month 10:00 AM. The mission is to help people and families who are affected by Parkinson's disease and related conditions. Eskaton Fountainwood Lodge is located at 8773 Oak Avenue, Orangevale 916-988-2200. The meeting is free.

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Orangevale Rotary Club Meets every Friday (7-8:15 am) at La Placita 9272 Greenback Lane, Orangevale 916.425-2406

Cub Scout Troop 310, 3rd Monday of the month, 6-8PM, Multipurpose Building, Divine Savior Catholic Church, 9079 Greenback.
Girl Scout Leaders (GSHCC) Almond

Service Unit of Orangevale meet 2nd Monday of the month, 7 PM, Hall B, Multipurpose Building, Divine Savior Catholic Church, 9079 Greenback.

Girl Scout Service Team (GSHCC) Almond Service Unit of Orangevale, meets last Monday of the month, 7PM, Mater Salvatoris Room, Divine Savior Catholic Church, 9079 Greenback.

Orangevale Grange #354 meets 3rd Wednesday every month. Grange Hall 5807 Walnut Ave, OV. Starts 7:00 p.m. Check us out. Serving free refreshments. Call 988-0806 or visit our website at OrangevaleGrange.org

Roseville Better Gardens s Club meets the 3rd Tuesday of each month Sept. through May Maidu Community Center, 1550 Maidu Drive, Roseville. Doors open 12:30. Garden experts speak at each meeting. GUESTS WELCOME! Call 784.0418 for information.

Folsom Stroke Survivors and Caregivers Group. We meet the 2nd Wednesday of each month at 11:30 for lunch. The 4th Wednesday of each month we meet at 11:00. We have Open discussion or a Speaker. Address- 1301 E Bidwell, Folsom. For more information contact Sue 916-988-4010 or Jim 916 983-0596.

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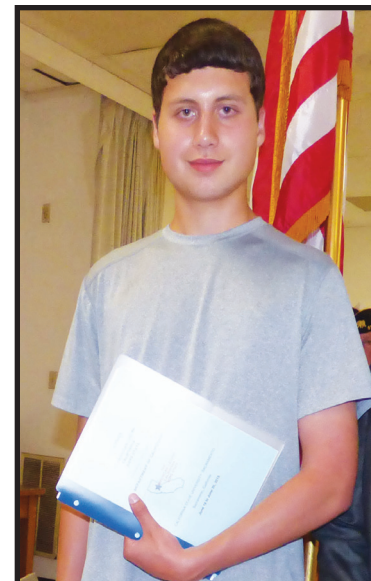
The American Legion Boys State is a unique educational program of government instruction for U.S. high school students completing their junior year. Each state has its own Boys State. It is a program in which students experience the operation of local, county and state government. Boys State activities include participation in legislative sessions, court proceedings and law enforcement presentations among others. In 2016, American Legion Posts statewide sponsored 984 delegates where they gained practical experience in State Government. For one week this summer, the California Boys State delegates convened at California State University, Sacramento, for this experiential learning opportunity.

American Legion Post 383, Fair

Oaks, sponsored two outstanding delegates to California Boys State 2016: Paul Boucher from Casa Roble High School, Orangevale, and Sam Spinner from Belle Vista High School, Fair Oaks.

Sam achieved the ultimate success at California Boys State being elected by his peers to the office of California Boys State Governor, an astounding achievement for any delegate. Sam then went on to be one of two delegates selected by a committee of counselors to represent California at Boys Nation in Washington, D.C., where he once again participated in a hands-on learning experience receiving an education on the structure and function of federal government.

Boys Nation graduates, as well as Boys State graduates, have been elected to public office, including presidents, congressmen, state governors and state legislators. We may one day see Sam Spinner or Paul Boucher in public office



Paul Boucher at Boys State Orientation

representing the American people in one way or another. Kudos is well deserved for their outstanding achievement and love of country. We are proud of you!

After only a few days at Boys Nation, when asked to comment on his experience, Sam responded in part: "Boys Nation is going extremely well... Aside from the legislative experience ... I have also gained a deeper appreciation regarding service and what it means to be a veteran.... The most influential monument in my opinion was the black reflective wall that honors the troops lost in Vietnam. Ultimately, this experience is fostering a broadened knowledge of government and its role in citizenship... Please convey to the people of Post 383 my immense gratitude. The motto of Boys Nation is, "A week that shapes a lifetime." It has truly been one of the most formative experiences of my life, and I will not take for granted the continued sacrifice the American Legion undergoes to provide young men like me with the gift of opportunity and drastic personal growth...."

His response clearly shows the caliber of students we have representing American Legion Post 383 and District 6 at Boys State and Boys Nation. Ben LaPolla, Past Commander Boys State Chairman 2016 American Legion Post 383 Fair Oaks, California



CALIFORNIA

Sam Spinner at Boys Nation

LOCAL INFORMATION

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NORTH DIVISION

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Transient Enforcement Team (TED) northTED@sacsheriff.com 874-1025

District Attorney Community Prosecutors- Joy Smiley 874-5877 smileyj@sacda.org Ron Linthicum 874-3064 linthicumr@sacda.org

North Crime Prevention Specialist Sherrie Carhart 876-5717 scarhart@sacsheriff.com

Service Centers Office Manager Francie Fitzsimmons mfitzsimmons@sacsheriff.com

CALIFORNIA HIGHWAY PATROL (Dispatch) 861-1300

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Gun Permit Information 874-5864

Identification Bureau 874-8093

Office of Information/Media Bureau 874-5021

Parking Enforcement Detail 876-6642

Property Bureau Information 875-5650

Records Bureau 874-5383

Recruitment Information 875-0085

Red Light Enforcement Program 876-6643

Towing Detail 876-6641

Adult Protective Services 874-9377

Animal Control push 2, for 24hr assistance 875-5232

Child Protective Services 875-5437

Restraining Orders 875-3400

Graffiti Abatement on public property (DOT) 875-5171

Graffiti Abatement on SMUD property 732-6043

Graffiti on private property or abatement 875-5656

North Division Detectives

Burglary and property crimes 875-5388

Crimes against Persons 874-5070

North Division Information 874-1021

SAC COUNTY 311 CONNECT Neighborhood

Nuisance Complaints

(Abandoned shopping carts, vehicles, illegal

dumping, missed garbage pickups, potholes, street

light problems

and vacant or dangerous buildings, animal Care,

environmental health, building permits, planning,

code compliance).

http://www.311.saccounty.net/ 311

CORRECTIONAL FACILITIES

Sacramento County Main Jail 874-6752

Rio Cosumnes Correctional Center 874-1827

Juvenile Hall 875-6996

INVESTIGATIVE SERVICES

Centralized Investigations Division 874-5041

Child Abuse Bureau 874-5191

Civil Division 875-2665

Hi-Tech Crimes Task Force 874-3002

Homicide Detail 874-5057

Identity Theft Task Force/Real Estate Fraud 874-3000

Robbery Detail 874-5051

Sexual and Elder Abuse Bureau/Crimes Against People 874-5070

Sex Offender Registration Detail (Recording) 874-5090

For burglary, vandalism, and assault report follow-up contact Detectives.

GOVERNMENT OFFICIALS

CONGRESSMAN Ami Bera

P.O. Box 582496, Elk Grove, California 95758 Call toll

free 877-750-2372

SENATOR Ted Gaines

Roseville Office 4359 Town Center Blvd. Ste 112 El

Dorado Hills CA 95762 1Phone: 916-783-8232 Fax:

916-783-5487 senator.gaines@senate.ca.gov

ASSEMBLY MEMBER

Beth Gaines District Office-8799 Auburn Folsom Rd,

Ste A, Granite Bay 95746 916-774-4430 arc.asm.

ca.gov/member/AD6/

COUNTY SUPERVISOR

Roberta MacGlashan District 4 700 H Street, # 2450

Sacramento, CA 95814 macglashanr@saccounty.net

(916) 874-5491; FAX (916) 874-7593

Orangevale CPAC (Community Planning

Advisory Council) Meets the 1st Tuesday of every

month at the Orangevale Community Center, 6826

Hazel Ave. Meeting Room B at 6:30 pm. For more

information visit planning.saccounty.net for agenda.

GLOVE (Greenback Lane Orangevale Envisions)

Meets 4th Wednesday of the month 6:00 pm

Location will vary. For more information email [glove@](mailto:glove@surewest.net)

surewest.net

The Sheriff's Dewey

Service Center

Located at 5484

Dewey Drive is in the

Safeway Shopping

Center Volunteers can

help you in filing crime

reports and answering

questions. The office is

open: Monday 10-5, Wed

10-7 Fri 10-5

CHURCH INFORMATION

Bible Community Church Sunday Worship 10:00 am Fellowship starts 9:30 am Located at the Maidu Community Center 1550 Maidu Dr., Roseville, CA 95661 Bible Community Church 916-832-8973

Calvary Chapel Folsom/Orangevale 6021 Walnut Ave. Orangevale, CA 95662 Sunday Services 10:00 am (Sunday School available for Toddlers through 6th grade), Adult Bible Study 9:00 am. Pastor Mike Flanders (916) 989-2133 calvaryfo@comcast.net

Christ the King Lutheran Church 5811 Walnut Avenue, Orangevale (916) 988-2484 www.ChristTheKingOV.com Sunday Worship 9:30am,

Church of Jesus Christ of Latter-Day Saints Hazel Avenue Chapel, 7950 Hazel Ave, OV Ward: Sacrament Meeting 9am Sunday School/Primary 10:20am PH/Relief Society/Young Women 11:10am Young Single Adult Ward Sacrament Meeting 1:00pm Sunday School/Primary 2:20pm PH/Relief Society 3:10pm 916-987-7479

Citrus Heights Seventh-day Adventist Church 7610 Wachtel Way, Orangevale 916 723-7777 Services at 9:30 am Sabbath School 11am church www.chsda.comcast.com

Citrus Heights United Methodist Church 7833 Highland Ave., (725-6363 Traditional worship Sundays 10:00 am.

Divine Savior Catholic Church, 9079 Greenback, (916) 989-7400. Daily Mass 8:30 AM on M, T, W, F, Sat., Thurs. at 6:30 PM. Sat. Vigil Mass at 4:30 PM; Sunday Masses 7:45 AM, 9:30 AM, 11:30 AM. www.divnesavior.com

Fair Oaks Presbyterian Church 11427 Fair Oaks Blvd, Fair Oaks 95628 Sunday Worship: 9am Classic, 9am 10:40 Modern Casual. Children's programs at both times. 967-4784, www.fopc.org

Fairvale Baptist Church 8660 Madison Ave, Fair Oaks 916-967-4624 Sunday Worship 10:45am and 6pm

First Baptist Church of Orangevale 8898 Central Ave, Orangevale 988-1139 Sunday Traditional Service 8:30am Sunday School (all ages) 9:45am Contemporary Service - Sunday 11am

Grace Bible Church 5010 Hazel Ave, Fair Oaks Sunday Schedule: Worship Service 9 AM, Fellowship Groups 10:40 AM, Evening Service 6 PM Information: 967-6500 or www.gbco.org

New Beginnings Christian Church 7535 Hickory Ave, Orangevale Sunday Service 10:30am Wednesday Family Night Service 7:00pm Live, Modern Worship with Real, Relevant Preaching Youth and Children Ministries We genuinely care for and root for each other! A great family atmosphere. Everybody is welcome

Orangevale Church of Christ 5915 Main Avenue, Orangevale Sunday Morning Bible Classes for All Ages 9:45am; Worship 11:00am, 6:00pm Tuesday Moms R Us 9:30-11:30 am Wednesday Dinner 6:00pm, Bible Classes for All Ages 7:00pm Thursday Bible Study 10:30-11:30 am Phone: (916) 988-2011 Web: www.ovchurch.org

Orangevale Seventh-day Adventist 5810 Pecan Avenue, 916/967-2838, www.ovsda.org / office@ovsda.org. Join us Saturday's 9:30 am Sabbath School class / 10:40 am is Sabbath Worship. Community Food & Clothes closet open Tue 9am-Noon. Orangevale SDA School grades K-8th, 916/988-4310, www.ovschool.org

Pathway Fellowship Corner of Kenneth & Madison in Fair Oaks 9am Classic Service 10:30am Modern Service 916.988.2390 www.hispathway.org

Redeemer Covenant Church - 6800 Main Ave, Orangevale, 916.988.3124, rcc@redeemercov.com, www.redeemercov.com, Sunday School at 9am, Sunday Coffee and Fellowship at 10am, Sunday Worship at 10:30am, Tuesday Night Free Community Dinner at 6pm - open to everyone, Tuesday Night Youth programs at 6:45pm. Small Wonders Christian Preschool, 3's-T/Th 8:30-11:30am & PreK-M/ W/F 8:30-11:30am - 916.988.0998, www.smallwondersorangevale.org.

St. Francis Episcopal Church 11430 Fair Oaks Blvd. Fair Oaks, CA 95628 Sunday Services: 9-10 A.M. Rev. Joe Duggan 966-2261

Sunrise Community Church 8321 Greenback Lane, Fair Oaks Sunday Worship Services Blended Service 9:00 am (Main Sanctuary) Contemporary 10:45 am (Main Sanctuary) Christian fellowship 6:00 pm (B-209) (916) 726-4642 church@sunrisecommunitychurch.org

The Life Center - 7801 Hazel Avenue, Orangevale, CA 95662 916-988-1717 // info@lifecenter.church Sunday Services at 9 & 11am, free childcare provided

World Fellowship Church of Foursquare International 7412 Van Maren Lane, Citrus Heights, CA (916) 745 4751 Morning Service -8.00 -9.30AM (English Service) Afternoon Service -2.00 -4.00pm (Fijian Service) Food Bank -9.00 -10.30AM (Thursdays)

Want to see your school, church, or team in the paper? It's easy - send us your photos and stories. That's it. Really, that's it. Articles must be 250 or less in a doc file. Must include author's name. Please send us high resolution photos (at least 260 dpi), JPG or TIFF files. Please don't send photos in a doc file. E-mail to editor@ovview.com. We try to print as much community news as possible. Some editing might be necessary. Please keep it family friendly.

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