

# Orangevale View

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## ROTARY YOUTH EXCHANGE— AN OPPORTUNITY OF A LIFE TIME!

By Ann Hively



Rotary Exchange student, Gabrielle Hawkins, at the moment she learned from Rotarian Karen Cendro that she was going to Belgium.

Have you always dreamed of traveling the world? Living in another country? Being fluent in another language? On September 16 Orangevale Rotarian Ann Hively and former Casa Roble H.S. Rotary Youth Exchange student, Gabrielle Hawkins, look forward to giving a lunch time presentation on the Rotary Youth Exchange program to interested students. Gabrielle spent last year on a Rotary exchange in Belgium and describes the experience as life changing! She will share her personal experience of being truly immersed in a different culture and language for 1 school year.

We encourage Casa Roble students (and parents) to attend our Rotary Youth Exchange meeting on September 16 at lunch in F-9 to learn more about this very exciting, successful exchange program. The requirements and how to apply will be discussed and an informational packet will be distributed. Ann will be happy to schedule a home visit to further discuss the program with parents. Candidates for next year will be interviewed in late September to mid-October.

Questions? You may contact Ann Hively at: [achively@gmail.com](mailto:achively@gmail.com) Cell: 916-425-2406

## CALIFORNIA STATE OLD TIME FIDDLERS ASSOCIATION DISTRICT 5



The public is invited to the September 11, 2016 family fiddle jam and musical performances at the Orangevale Grange Hall from 1:00 to 4:00 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](mailto:rstandiford@att.net) [www.csotfa5.com](http://www.csotfa5.com)

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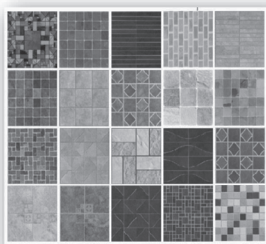
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### ORANGEVALE VIEW

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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](mailto: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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### 2016 Deadlines Dates

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**Deadline OCT 5 in  
homes OCT 14**

**Deadline OCT 19 in  
homes OCT 28**

#### STAFF:

Brad Tatum -  
Publisher/Advertising

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Reporter -Elizabeth Brown  
Suzanne Feblowitz - Recipes

Local Community  
Tom Paniagua -Photographer

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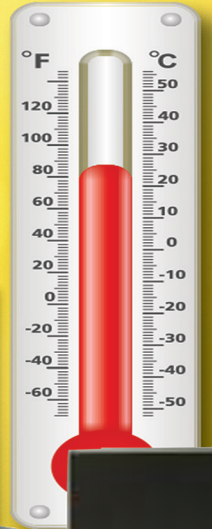
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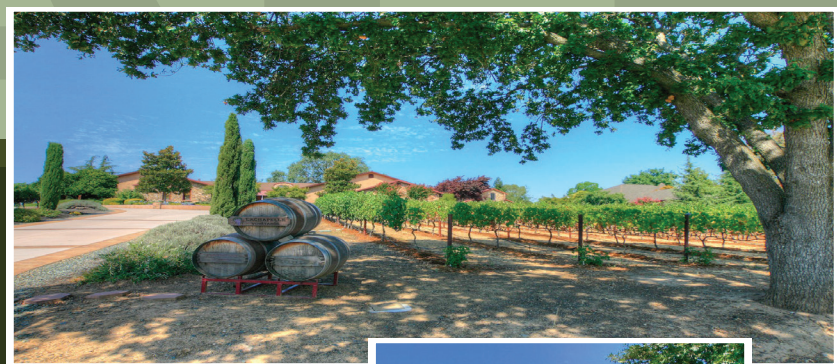
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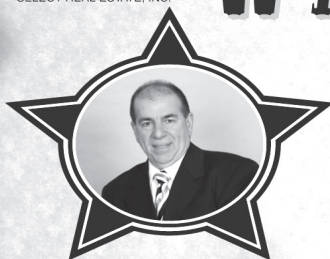


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# ANNOUNCEMENT

**Dear Local Community,**

I would like to introduce you to HealthQuest, your new Local Home Medical Supply Store. HealthQuest was designed with many of you in mind. Picture a bright, open, and inviting place filled with items that meet and exceeds your medical supply needs. When you first open the doors you will notice our Lift Chairs, proudly made in the USA by Golden Technology. They are made from kiln, dried maple wood and feature the inner spring technology developed by Serta. Let's not stop there, as you look around, across from the lift chairs, are your mobility scooters. These mobility items come in a range of sizes and are all battery operated, allowing you to travel up to 12miles or more around town on a

single charge. Aside from these products, there are a wide variety of items lining both sides of the store, including: sleep therapy, bath safety, orthopedics, and compression stockings. As you make a mental note of what items would help you or your loved ones, your eyes dart upon the wall behind the check-out counter. The signage reads "Diabetes Corner." "Why I know many people with this ailment," you mumble to the attentive staff. Perhaps it's Nancy, our assistant manager, who is well informed and has impeccable customer service.

So, what makes HealthQuest different from any other medical supply store? Aside from it being owned by two local pharmacists, it's our exceptional customer

service and wide selection of medical-grade products that distinguish us from the others. We believe that people come first. We offer customized service and years of healthcare knowledge to all our customers. As healthcare professionals, we want to make sure you have access to quality made products that will stand the test of time.

We are celebrating our Grand Opening on Saturday, September 10 from 10am to 5:30pm. Please take this opportunity to meet us in person and see the store for yourself. No need to read this article and dream about it, because we are local and ready to show you around!!

Sincerely,  
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Grenyion,  
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# ANNOUNCEMENTS

Dear Editor,

A graduation requirement for Casa Roble is the dreaded Senior Project. I wanted to take this opportunity to share why it was not horrible, in fact it was a great experience all because of Dr. Celeste Roseberry-McKibbin. One of the choices for the Senior Project is a job shadow. Dr. Roseberry-McKibbin is a professor in the Speech Pathology and Audiology department at Sac State. I am interested in becoming a speech pathologist. Dr. Roseberry-McKibbin agreed to be my mentor and to let me job shadow her as a professor. I had an amazing experience. I learned what it is like to be a professor, I was exposed to other speech students and I learned that this is a career I am excited to pursue. Part of Dr. Roseberry-McKibbin's responsibility as a professor is community service. Her passion is literacy for under privileged children. Her Love, Talk, Read <http://lovetalkread.com> program collects gently used and new

books for children around the world. As part of my project, I did a friends and family book drive. I collected 672 books and with Dr. Roseberry-McKibbin's help distributed them to children in the Sacramento area. Dr. Roseberry-McKibbin's passion for literacy is inspiring. I would like to thank Dr. Roseberry-McKibbin for helping me and helping others in our community and for her insight, passion and advice. She truly is a gem. Cassidy Peterson, freshman at San Diego State University majoring in Speech Language

**SHARE YOUR  
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MOMENTS**

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**SEPTEMBER 13**

## SHERIFF'S ORANGEVALE COMMUNITY MEETINGS

The Sheriff's Transient Enforcement Detail (TED) addressed resident's concerns and will continue to respond to the current locations where disturbances involving transients are occurring. TED Deputies work 4 days a week and check messages daily. To reach TED, call them at (916) 874-1025. At community meeting Deputies will discuss specific crimes and issues within each community and residents are asked to present their concerns and issues to deputies. Residents will vote on their top issues. Deputies will prioritize the issues based upon resident's choice. Deputies will update residents on in-progress or resolved issues in the community. Meetings are held at the Orangevale Recreation and Park District 6826 Hazel Ave., Orangevale (south of Oak)

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# Local SPORTS



## CASA'S SWEEPS IN COWBELL CLASSIC

Friends, family and fans jammed the stadium at Casa Roble for the season opener against nearby rivals Bella Vista for the inaugural Cowbell Classic. A big thanks to the teams and fans for a fun-filled night and standing room only turnout. Casa came out on top sweeping the BV Broncos: Freshman 26-13, JV 43-13 and Varsity 21-6. JV Cornerback Jack Johnson, snagged three interceptions early Friday night.

This one-handed pick, our play of the game, is brought to you by our Casa Ram sponsor Foothill Painting & Drywall. Submitted by MaryAnne Povey. Photo by Tim Engle.

## American River College (ARC) head volleyball coach Carson Lowden has announced the team's schedule for the 2016 season.

The Beavers open the 2016 season at home with the ARC Classic Tournament on Friday, August 26. ARC will host Mission College, College of the Sequoias, & Lassen College in that tournament, then go on the road for a series of tournaments to open the season. ARC will play traditional state powers such as Cabrillo College before launching into another tough Big 8 Conference season.

"We have a very challenging schedule this year - and that's the way we want it," Lowden said. "We're fired up and ready for an exciting season!"

ARC is coming off a 21-9 season that saw the Beavers reach the playoffs for the 6th consecutive season while finishing 3rd in the perennially strong Big 8. The Beavers were co-league champs in 2014 and undefeated champions outright in 2013. ARC reached the 3rd round of the 2014 playoffs. In 2013 ARC reached the NorCal finals and were ranked #4 in the state at

the end of the season.

The Beavers will play 14 matches in Big 8 Conference play, with 7 home matches being played in the cozy confines of ARC's small gym - affectionately known by players as the "Beaver Den."

The Beavers return several starters from last year's squad, including All-Conference 1st-term picks Kaitlin Meyer (Outside Hitter, El Camino HS) and Emily Dzubak (Libero, Lincoln HS). A group of talented newcomers are scheduled to join ARC in 2016.

This year fans have the ability to purchase individual game tickets and discounted season packages online. For more information, go to <http://www.arcbeavers.com/sports/wvball/2016-17/releases/20160804ic5iok>

Fri Sep 16 Diablo Valley College ARC/Sacramento 6:30 PM

Sat Sep 17 Cabrillo Tournament (ARC, Cabrillo, LA Pierce) Cabrillo College/Aptos TBA

Wed Sep 21 Sacramento City College SCC/ Sacramento 6:30 PM

Fri Sep 23 Santa Rosa Junior College ARC/ Sacramento 6:30 PM

Wed Sep 28 Modesto Junior College ARC/ Sacramento 6:30 PM

Wed Oct 05 Sierra College Sierra/Rocklin 6:30 PM  
River College ARC/ Sacramento 6:30 PM

Fri Oct 07 San Joaquin Delta College SJDC/ Stockton 6:30 PM

Wed Oct 12 Folsom Lake College ARC/Sacramento 6:30 PM

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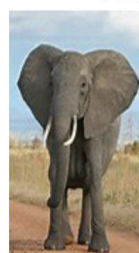
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## DID YOU KNOW?



**SUPERVISOR,  
ROBERTAMCGLASHAN**

On Tuesday, August 2, my staff and I were happy to join the Sacramento Sheriff's Department, California Highway Patrol, and Sacramento Metropolitan Fire District in celebrating National Night Out. This annual event presents an incredible opportunity for local neighborhoods to have direct contact with the public safety personnel who protect our communities every single day.

My staff and I attended over ten events, trying to stop by every neighborhood gathering brought to our attention within the Fourth District. At every one of these events, what we saw was the same: a community that embraces our public safety workers and is thankful for the sacrifices they make on our behalf.

While all of the events my staff and I attended were great, I was surprised that there were fewer registered events this year than in past years. I hope this is not an indication that people are less engaged in their neighborhoods and neighborhood watch groups than in the past. In an era in which the State has released thousands of prisoners onto the streets through AB 109 and Proposition 47, vigilance from the public is needed now more than ever.

If you don't currently have a neighborhood watch, or maybe you do but it has gone inactive, I strongly encourage you to log on

to [www.sacsheriff.com](http://www.sacsheriff.com) to find information about creating an active neighborhood watch.

Even beyond the need to be vigilant and proactive in protecting our neighborhoods from changes in State policy that have dramatically undercut the safety of our schools and communities, it is important to engage the Sheriff's Department for a more fundamental reason: our front line law enforcement officers and first responders need to know that you support them.

I know we all say we support law enforcement; few people do not. But it is not enough to talk among your friends and family to express your support for law enforcement. Events like National Night Out are important because they are an opportunity for the community to show their thanks and support in person, to thank our Sheriff's deputies for the work they do, and to show them that we want to take time out from our day to acknowledge their service to our community.

Even writing letters of support means a lot; my staff has told me about the countless notes of appreciation posted on the wall of the briefing room in the Sheriff's North Area Station. Your efforts are noticed, and they are meaningful; please keep them up!

I look forward to hearing from you about this and other issues. Please feel free to email me at [macglashanr@saccounty.net](mailto:macglashanr@saccounty.net), or call my office at (916)874-5491. I also hold regular community meetings. In September, we will meet at the Orangevale Community Center on September 13, immediately following the Sheriff's Department's 6pm community meeting. I will be hosting Chief Probation Officer Lee Seale as my guest speaker. I look forward to hearing from you.

## OVparks Happenings

OVparks has your next celebration location handled!

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Managed by the Orangevale Recreation and Park District, which has an office within the Orangevale Community Center, the searching party planner will find an easy process to rent one of our 6 rooms, 3 designated picnic places, swimming pool and many sports fields. The prices are competitive with other local venues and Orangevale residents receive an automatic discount.

So don't stress over the many guests you have coming to Uncle Ed's 95th birthday party! You can find out more by going to [www.ovparks.com](http://www.ovparks.com) or calling 916-988-4373 to get more information.

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Join the Polish American Club of Greater Sacramento in celebrating the music, food, and beer of Poland.

Featuring Lowiczanie Polish Folk Dance Group, Chet Chwalik Polka Band, Dave Chelini Duo, the Polish folk music of Kuzyni, and the Ukrainian folk dance of Sonechko & Veselka. Admission is free. Fill up on home-made Polish foods – over 3,000 pierogies (potato-cheese filled dumplings); 1,000 golabki (cabbage rolls); 700 pounds of Polish Kielbasa

(sausage), and hundreds of servings of potato pancakes and Polish pastries will be served.

Event Date: Saturday, September 10, 2016

Event Time: noon-6 p.m.

Location: Polish American Club of Greater Sacramento  
Address: 327 Main Street, Roseville, CA 95678

Phone: 916-425-7894

Website: <http://www.polish-club.org/>

## CITRUS HEIGHTS SDA CHURCH AND REACHING OUT TO THE COMMUNITY

We, the family of the Citrus Heights Seventh Day Adventist Church, are excited to be a part of the Orangevale and Citrus Heights Chambers of Commerce, and their communities. In addition, we are please to say that we have received recognition from Assemblywomen Beth Gaines, for outstanding community outreach. Along with being a part of the Orangevale Business Expo. As such, the church is looking forward to a larger, more active role in the community. Our church also received an award for being a part of the Citrus Heights Relay for Life, in support of the American Cancer Society. In July 2016, Lisa D & Associates hosted a Bikes & Bling, Sunday Funday, which was attended by Good Day Sacramento and Logan's Roadhouse of Citrus



Heights, CA. The success of Bikes & Bling allowed the church to assist six refugee families with much needed household items including, furniture, pots & pans,

lamps, books, shoes, dishes etc. Another way we are blessing our community is with a bread pantry. A church member has been taking bread donated to the church, to several families in her complex. They now call her the Bread-lady.

Through this act of kindness, the Bread-lady discovered that the manager in her complex speaks five languages. With the manager's help, the Bread-lady has been able to put up a bulletin board effectively communicating with the entire complex in their own tongue. Thus, the communication barrier among neighbors has improved, even without knowing each others language. And, our new neighbors are now asking for bibles. Praise God for universal love!! Thank you Jesus for remarkable baby steps!!

Submitted by Lisa Taylor



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# REAL ESTATE NEWS

## WHY DO I WANT TO AVOID THE PROBATE PROCESS?

One of the main reasons people create estate plans is to avoid the probate process. But, what does this really mean and how does it benefit your family?

Probate is the legal process used by courts to administer the estate of a deceased individual. During the probate process, all claims made against the estate are resolved and the deceased's assets are distributed according to the terms of the deceased's Will. So, what is the big deal? Why does everyone say you should avoid probate? Below are two of the most important reasons it is important to create an estate plan that allows your loved ones to avoid probate:

1 Probate is time-consuming. There is a significant amount

of paperwork required to complete a probate action. Even if there are no contested issues involved in the case, you are still required to attend hearings and submit a variety of forms as well as meet strict deadlines. During this time, the money and assets of the deceased is held in the probate case. This can take months, even years, depending upon how complex the case is, which means your loved ones do not have access to their inheritance during this time.

2 Probate is expensive. There are many fees associated with filing a probate action. Consider the following:

- Legal fees. The attorney fees paid in a probate case are typically what the court deems as "reasonable." There are some states that pay the lawyers a fee based upon a set percentage of the value of the estate.

- Executor fees. Executor fees can vary from nothing

to thousands of dollars, depending upon who is serving as the executor.

- Other fees and costs. A probate proceeding includes other expenses such as court costs, appraiser's fees, and a variety of other expenses.

The time and expense involved in probate aren't the only reasons you should avoid it, but they are definitely significant considerations. You can save money by handling your financial affairs while you are living rather than leaving the mess for your loved ones to deal with after you are gone. Additionally, creating an estate plan is one of the best ways you can make sure your loved ones are protected.

Sam Swenson is an attorney at The Swenson Law Firm and provides estate planning services.

## CAPITOL POPS CONCERT PART OF INAUGURAL MUSIC FESTIVAL

Capitol Pops concert part of inaugural music festival Sept. 10 at Christ the King Lutheran Church in Orangevale

The Capitol Pops Concert Band continues its 19th season with a free, public concert from 6:30 p.m. to 8 p.m. Saturday, Sept. 10, 2016, at Christ the King Lutheran Church, 5811 Walnut Ave., in Orangevale.

The band's performance is part of the church's inaugural "Songs of September: A Music Festival" event, which will be held outdoors on the church grounds, from 5 p.m. to 8 p.m.

Also scheduled to perform is the RC Swing Dance Band out of Rancho Cordova. The 16-piece swing band performs all the big band and swing standards, great dance music for multiple

generations. RC Swing's concert is scheduled from 5 p.m. to 6 p.m.

There is no admission charge to attend the event. Voluntary donations will be accepted on-site by both the CPCB and Christ the King Lutheran Church.

Hot dogs, chips and beverages will be available for purchase. Attendees are encouraged to bring lawn chairs and blankets to enjoy the show on the church green adjacent to CTK's recently refurbished patio area.

Under the baton of Director Kurt Pearsall, the CPCB performance will include some of the band's traditional American favorites that have entertained Northern California audiences for nearly 20 years. Voice and instrumental soloists will be

part of the show.

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. The Citrus Heights-based, self-supporting, nonprofit community band of about 65 musicians represents a wide cross-section of the Sacramento area. Christ the King Lutheran Church is the band's rehearsal site.

For more information on the Capitol Pops, visit [www.capitolpops.org](http://www.capitolpops.org) or its Facebook page.

More details on the Sept. 10 event can be obtained at [www.christthekingov.com](http://www.christthekingov.com), on the church's Facebook page, or by calling 916-988-2484.

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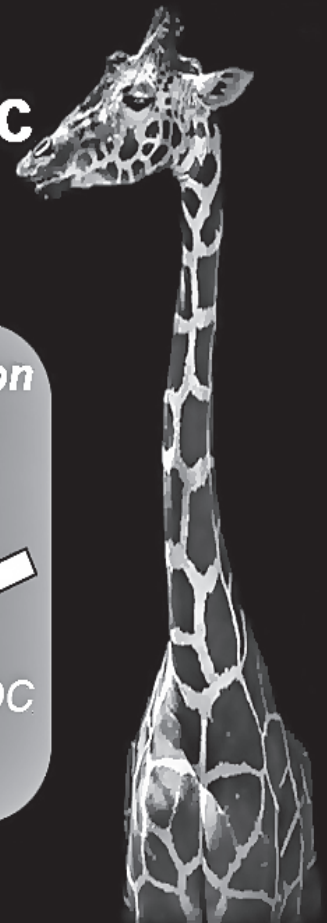
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## OVparks Class Highlight

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**Orangevale Cooks**

by Suzanne Feblowitz



There is still time for grilling. One of my favorite things to grill is skirt steak. I love to marinate my skirt steak for a few days and then cook on the grill. Skirt steak used to be cheap and easy to find, but now it is a bit pricy for the cut, but it is still worth the taste. This week we have a recipe for skirt steak from Lynne Miles and her daughter Allison. They happened to be watching a video of Alton Brown, a food show presenter, doing a BBQ technique that made their jaws drop.

They tried the recipe and it was wonderful!!

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.

**Alton Brown's**  
**Steak on Coals**

1 1/2 lbs. skirt steak  
 Kosher salt  
 Place steak on a rack

above a pan and sprinkle liberally with salt. Let sit for 60 minutes at room temperature.

Meanwhile, start enough charcoal to cover bottom of BBQ with a heavy layer.

Evenly distribute coals across bottom of BBQ. Lay meat directly on coals.

Leave on coals for 35-45 seconds. Flip and cook an additional 35-45 seconds. Remove meat to a large piece of heavy duty aluminum foil. Fold into a large airtight pouch. Let sit for 15 minutes.

Stack steak strips and cut into 1/3's. Then rotate pieces and cut against the grain. You can cut on the bias for wider slices.

(Allison said that getting the meat to the plate was the hardest part of this recipe!)

Note: Make sure that you get the strips of skirt steak, not the round ones they sell at a certain grocery store. Also, it can be fatty, so trim a bit of the fat off before cooking. Sometimes, skirt steak is hard to find, but Lynne and Allison have found it at Whole Foods, Raley's, Costco and WinCo.

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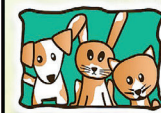


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# CHAMBER NEWS

About 25 guests were in attendance for the Tuesday August 23rd Orangevale Chamber of Commerce monthly MIXER that was also a ribbon cutting. Among the guests were Orangevale Chamber President Sam Swenson, Vice President Jim Beilgard, Board Member Sofia Gutierrez, Office Administrator Tamara Barbu, Queen Alexa Mills, OV Princess Amiya Farias, other area Queens and Jr. Mayors Lelia Swenson and Corbin Farias. WELCOME New Namaste Nepal Restaurant to the Orangevale Chamber of Commerce. New Namaste Nepal Restaurant is owned and operated by husband



and wife team Govinda & Sarita Dhakal and is located at 8807 Greenback Lane (in the Cable Shopping Center) 916-

989-1482. Thank You for a wonderful evening of great Indian cuisine food and gracious hospitality during our Chamber Mixer.

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**Part time, entry level, QuickBooks data entry job, 3 to 4 hours 2 days per week. Perfect for accounting student or some one who just wants to work up to 8 hours per week. \$12.00/hr, call 916-987-1311**

**Painter's Helper:** Minimum 5 years experience. Energetic, results driven. \$12 - \$15 / hour (916) 987-1311

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Yard maintenance help needed, weed eating, pruning, planting, mulching, drip repair etc. No lawn. Salary negotiable. Call 916-717-5517"



## WANTED

**Amateur Singer who loves the old songs is searching for someone to accompany with keyboard, accordion or guitar. Back up singing a plus, but not required. Entertainment at local retirement communities for little or no money. Interested? Contact Chaz 916.599.0461 (9am-8pm)**

**WANTED: Old POLICE and FIRE badges, patches and other old police and fire memorabilia. All for public display and education. Contact: Jim Casey 916-539-4613**

**DEAD OR ALIVE Old VW & PORSCHE** Other Collectibles Coke, Car Advertising Signs, Old Pedals Cars, and VW Parts. CASH PAID & WILL TOW - Call Eric 916.600.3423

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# COMMUNITY CALENDAR

September 9 8 am - 2 pm Sept 10  
8 am - 12 noon Huge annual Rummage  
Sale PINEBROOK VILLAGE 7900  
Folsom-Auburn Road, Folsom Furniture,  
housewares, home decor, tools, sporting  
goods, toys, books, holiday, crafts,  
clothing & more. Everything priced to sell!

September 9-11, 2016 The Semi-annual  
Friends of the Folsom Library Book  
Sale will be held Friday through Sunday  
at the Library's Meeting Room. Wide  
assortment gently used books including  
history, children's, science fiction,  
romance, westerns, fiction, cookbooks,  
and more. For additional information  
please go to FOFLIB.ORG or call (916)  
608-8743. Friday – Preview Day – 4  
PM TO 7 PM — \$5 entry Saturday  
and Sunday 9 AM TO 4 PM – FREE  
ADMISSION Sunday is also \$5/bag day

September 10, 2016 10 am - 5:30 Pm  
GRAND OPENING HealthQuest Medical

Supply Store 8141 Greenback Lane Fair  
Oaks, Ca 95628 916-238-1700

September 13th from 1-3pm Roseville  
Genealogical Society will meet Tuesday,  
at Maidu Community Center, Roseville.  
Speaker, Glenda Lloyd will discuss the  
researching of court records. Everyone  
welcome.

September 13, 2016 at 9:45 am Moms R  
Us resumes Tuesday, at the Orangevale  
church of Christ, 5915 Main Avenue.  
Virginia McPeak facilitates a DVD series  
featuring Chip Ingram teaching timeless  
truths about parenting while offering  
a wealth of personal experience and  
practical help. With courage, tenacity  
and focus, this series has the potential  
to forever change the trajectory of your  
family life and how you relate with your  
children. Contact Virginia McPeak at  
vmpeak@gmail.com or 916-988-2011

September 14 7-10pm Champions  
Workshop – Leadership and Personal  
Development Seminar Crowne Plaza  
Hotel, 5321 Date Ave, Sacramento;  
Cost \$20 in advance, \$59 at the door.  
Contact: Sherri & Lance McMahan at  
lance.mcmahan@sbcglobal.net or 916-  
316-0572. Or register on-line at: www.  
klemmer.com/self-development

September 14, 2016 11AM-12:30PM  
FOLSOM WOMEN'S CONNECTION  
Bacchus House Bistro \$17 104 E.  
Bidwell St., Folsom "CHECK OUT YOUR  
LOCAL LIBRARY" Lori Esterwood, will tell  
about the variety of programs offered at  
Folsom Public Library. INSPIRATIONAL  
SPEAKER: Wilma Pickrell Reservations  
- Call DOREEN 934-0869

September. 21st & 22nd, 9am - 7pm  
and Sept. 23rd 9am-4pm. Candy Cane  
Lane: handmade only craft show. At  
the Crawford Barn 2715 Tiber Drive,

Sacramento. Free admission. Sale room  
and door prizes. Many unique gifts. www.  
craftytreasures.com.

September 24 at 11:00 am Citrus  
Heights/American River branch American  
Association of University Women invites  
women with an associate degree or  
higher to the Membership Luncheon.  
Carmichael Presbyterian Church, 5646  
Marconi Ave. Featuring TechTrek for  
middle school girls. RSVP Therese Favro  
916-296-2731 theresefavro@gmail.com

September 24, 2016 10:00 am to 2:00  
pm DOG DAYS OF SUMMER Christ the  
King Lutheran Church invites you and  
your family to our Dog Days of Summer.  
Come and enjoy an end of summer  
festival celebrating our beloved canine  
companions. Entrance Fee: One Dog  
Toy to donate to a local shelter. Some  
of our festival participants include Golden  
State German Shepherd Rescue,

Sacramento Sheriff K-9 Unit, Sierra  
Sniffing Canines, Inc., Bow Wow Bed  
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Boutique. Bring your Dog on a Leash!  
For more information, please contact  
Pastor Scott Guemmer at (916) 988-2484  
or go on-line to ChristTheKingOV.com

**2016 SHERIFF'S  
ORANGEVALE  
COMMUNITY  
MEETING  
SCHEDULE  
Meetings Held  
September 13,  
November  
2nd Tuesday, 6:00pm  
Orangevale  
Recreation and Park  
District  
6826 Hazel Ave.,  
Orangevale**

## 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-group for women of all ages, raising  
or helping to raise children of all ages. Meets  
Tuesday morning's starting 9/13@9:45-11:45  
at the Orangevale church of Christ, 5915 Main  
Ave. Series: House or Home by Chip Ingram.  
Free childcare & Preschool 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 for more details at 988-9474

Support Group Sessions Diabetic - Arthritis -  
ibromyalgia 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 B214, Fair  
Oaks. For meeting info call Karen J 916-812-  
6584 or Sandi N 916-780-3917, 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.saintfrancisco.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.

#### DETERMINED TOASTMASTERS

Become the leader and speaker you want  
to be! Meetings every Tuesday, 6:30-8:00  
pm. Eskaton Fountainwood Lodge, 8773  
Oak Ave., Orangevale. Call 792-5561 for  
more info

**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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REMIT CHECK OR MONEY ORDER **BY SEPTEMBER 19, To**  
Black Widows, Inc. P.O. Box 214412, Sacramento, CA, 95821  
Register online at: [www.blackwidowspokerrun.org](http://www.blackwidowspokerrun.org)  
Additional Info. Contact Jamey Ray (916) 649-2240

### Ride Tickets

**\$30.00 ticket**  
donation in advance  
advance!  
Pre-register by  
9/19/16  
(\$40.00 Day of  
Ride)

Each ride ticket  
includes:

T-Shirt, Dinner,  
Poker Hand &  
entry into the  
Grand Prize  
Drawing!

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an embroidered "sponsor shirt"  
Premier Sponsorship also  
includes your logo printed on  
the rider's T-shirt.

Start point 8:00 to 10:30 a.m.

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# 916.988.0187



16241407N330

Join us Friday, October 14th, 2016 at the  
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**Grange Hall for  
Bunco Night!!**  
**5807 Walnut  
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**Everyone over  
the age of 18 is  
welcome!**



Prizes for the most Bunco's, Most Wins, &  
Most Losses.

Door prizes, lots of Raffle Prizes including a 50/50  
Split. Yep, we split the Pot of \$\$ with YOU

**Cost: \$20 advance & \$25 at the door. Paid admission  
includes: pizza, salad, dessert, & a beverage. Plus a  
ton of Fun!**

Doors open at 6:00pm, Games start at 7:00pm

For ticket information call: 916 849-5261

Hosted by:

**The Orangevale Woman's Club and the Orangevale  
Grange**  
**(all proceeds go back to the OV community!)**



# LOCAL INFORMATION

## NORTH DIVISION

### NORTH DIVISION

Dewey Service Center  
5484 Dewey Dr. #235 (916) 875-5484 8:00am-5:00pm Mon - Fri 9:00am-4:00pm Tues/Thurs  
Commander; Captain Kristofor Palmer 874-1013  
Assistant Commander; Lieutenant Matthew Petersen 874-1013  
Operations Lieutenant; Lieutenant Todd Henry 874-1013  
Problem Oriented Policing Sergeant Michael Haynes 876-5729  
Ongoing Law enforcement issues northPOP@sacsheriff.com  
Deputy Jason Gillock is responsible for: Carmichael, Orangevale, Old Foothill Farms and Fair Oaks  
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  
CHP -North of Amer Rvr 250pop@chp.ca.gov 348-2300  
CHP -East of Sunrise 260pop@chp.ca.gov 464-

1450  
PARK POLICE POP@fecrecpark.com 874-5115  
Park Police handle districts except:  
DEPARTMENT SERVICES  
Alarm Bureau 874-4616  
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](http://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@surewest.net](mailto:glove@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](mailto:calvaryfo@comcast.net)

Christ the King Lutheran Church 5811 Walnut Avenue, Orangevale (916) 988-2484 [www.ChristTheKingOV.com](http://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](http://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](http://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](http://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](http://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](http://www.ovchurch.org)

Orangevale Seventh-day Adventist 5810 Pecan Avenue, 916/967-2838, [www.ovsda.org](http://www.ovsda.org) / [office@ovsda.org](mailto: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](http://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](http://www.hispathway.org)

Redeemer Covenant Church - 6800 Main Ave, Orangevale, 916.988.3124, [rcc@redeemercov.com](mailto:rcc@redeemercov.com), [www.redeemercov.com](http://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](http://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](mailto:church@sunrisecommunitychurch.org)

The Life Center - 7801 Hazel Avenue, Orangevale, CA 95662 916-988-1717 // [info@lifecenter.church](mailto: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](mailto: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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