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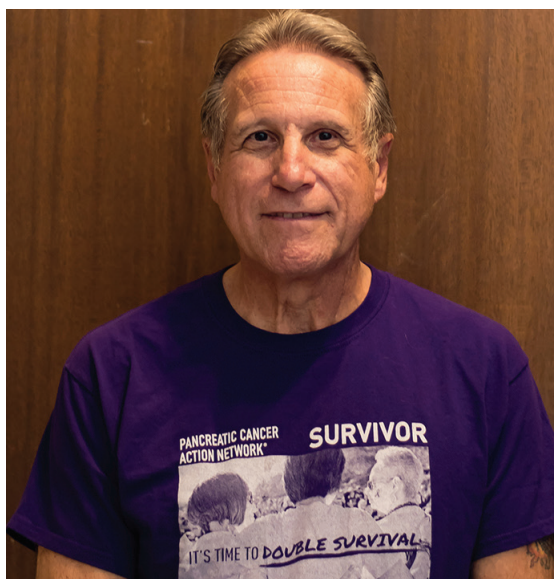
MADE OF 45 "EXTINCT" MUSICAL INSTRUMENTS



HARVEST FESTIVAL PROMISES A STOMPING GOOD TIME PAGE 9



6th ANNUAL WOLF FEST PAGE 11



MY STORY OF HOPE

By Ken Buono PAGE 22



Brassie is 7 feet 6 inches tall and 18 feet long. CHCMB includes 60 musicians, 9 flag carriers, and a drum major. Pictured on the left is 87-year-old Bob Martinez, the oldest member of the band. Pictured at the tail end of the dinosaur are flag carrier Elizabeth Stach; Mason Boyd (youngest member), bass drum; Carson Boyd, snare drum; Edward Stach, trumpet; Lynda Watson, clarinet; and Olivia Malone, clarinet.

CITRUS HEIGHTS MARCHING BAND ADDS DINOSAUR TO ITS FORMATION MADE OF 45 "EXTINCT" MUSICAL INSTRUMENTS

Brassie the Brassaurus, a 7+-foot tall by 18-foot long dinosaur, will make his musical debut when the Citrus Heights Community Marching Band (CHCMB) performs the theme song from the "Jurassic Park" movie at the Bella Vista Community Show at 7 p.m. on Saturday, September 30th, at Bella Vista High School that is located at 8301 Madison Avenue in Fair Oaks.

"Similar to the extinct Tyrannosaurus in shape, Brassie is made of 45 'extinct' musical instruments," said Kathy Cook, the band's Program Director and co-founder. "We

sometimes purchase or get donations of used musical instruments and some of them turn out to be broken and beyond repair. Those are what we used for Brassie."

The musical instrument dinosaur was designed and built by Bill Cook, CHCMB's other Program Director. Cook, now retired, was the construction superintendent for developer Robert Powell for 27 years. "We saw a picture of a dinosaur made out of tuba parts on Facebook and because we are using the Jurassic theme as our 2017 fanfare showpiece, I decided we should build one . . . only we used old trumpets, baritones, trombones, one clarinet, and one flute as well as an 1880's tuba for Brassie," he said. "Brassie turned out to be so large and heavy that we had to

CONTINUE PAGE 5

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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

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Wed Sep 20, 2017 DEADLINE

FRI Sep 29, 2017 Out To Public

OCT 2017

Wed Oct 4, 2017 DEADLINE

FRI Oct 13, 2017 Out To Public

Wed Oct 18, 2017 DEADLINE

Fri Oct 27 2017 Out To Public

NOV 2017

Wed Nov 1, 2017 DEADLINE

Thu Nov 9, 2017 Out To Public

Wed Nov 15, 2017 DEADLINE

Fri Nov 23, 2017 Out To Public

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SEPTEMBER & NOVEMBER 2017 ORANGEVALE SHERIFF COMMUNITY MEETINGS

As noted on the sign in front of the Orangevale Community Center on Hazel Avenue, the North Division decided to cancel all September 2017 Community Meetings as they honor the memory of Deputy Robert "Bob" French, a 21 year veteran of the Sheriff's Department who died in the line of duty on August 30, 2017.

Sacramento County Sheriff Community Meetings are scheduled to be held in Orangevale on the second Tuesday at 6:00pm at the Orangevale Community Center during the following months: January, March, May, September, and November.

The next meeting in Orangevale will be scheduled for Tuesday, November 14, 2017 at 6:00P.

Resources:
North Division September Community Meetings - POSTPONED
<https://nextdoor.com/city/post/62287395/>

Sacramento County Sheriff's Department North Division Public Information Directory (Updated April 2017)
<https://www.sacsheriff.com/Pages/Organization/NorthDivision/documents/North%20Division%20Brochure%20updated,%204-27-17.pdf>

SENATOR GAINES SEEKS ENTRIES FOR FALL STUDENT VIDEO CONTEST

SACRAMENTO — Senator Ted Gaines (R-El Dorado) announced that he is hosting a Fall 2017 video contest and is seeking entries from high school and college undergraduates that reside in the 1st Senate District. The short, entertaining and creative videos will focus on the theme "The Bill of Rights & You."

"This is a great opportunity for students to demonstrate their video directing and producing skills and have their work displayed on my website," said Senator Gaines. "This contest celebrates the creativity and originality of our future leaders and I look forward to seeing what they come up with."

Participants must choose a Constitutional Amendment within the Bill of Rights and create a two-to five-minute video illustrating how

it's benefitted them. The videos can feature live people, stills, animation — whatever best conveys the message.

Videos can be submitted now through November 20, 2017. Two winners — one high school and one college — living in or attending school within the 1st Senate District will be selected by Senator Gaines and will each receive a \$300 cash prize and be invited to the State Capitol in Sacramento for a meeting with Senator Gaines and a VIP tour of the historic building. The winning videos will also be posted to Senator Gaines' website.

All details about the contest, including the rules and entry form are available at: http://gaines.cssrc.us/sites/gaines.cssrc.us/files/170901_Fall2017_VideoContestRules.pdf

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.

OVPARKS VOLUNTEER ANNOUNCEMENT

All Seasons Café
Ongoing-every Tuesday, Wednesday, & Thursday
9am-1pm

Meals on Wheels Volunteer— Volunteering for All Seasons Café is a great way to make a huge impact in a short amount of time. Volunteers at All Season Café help facilitate lunch time meals and recreation activities for our participants. In addition to serving nutritious meals, café volunteers help seniors feel welcome and create an enjoyable social atmosphere. Volunteer applications can be obtained at Orangevale Recreation & Park District, 6826 Hazel Ave., Orangevale, or on the District website at OVParks.com. For more information please call us at 916-988-4373 or visit our District office.

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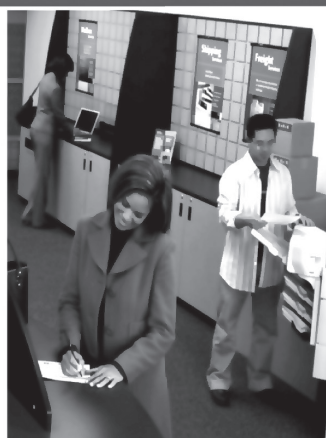
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BRASSIE THE BRASSAURUS

CITRUS HEIGHTS MARCHING BAND ADDS DINOSAUR TO ITS FORMATION MADE OF 45 "EXTINCT" MUSICAL INSTRUMENTS

Continued from Front page

created with "extinct" musical instruments. Always popular as raffle prizes at CHCMB's fundraisers are lamps, clocks, paper towel holders, flower pots, and a waterfall made with musical instruments.

CHCMB is made up of 70 members, ranging in age from 6 years to 87 years. In addition to 60 musicians, there are 9 flag carriers, and a drum major. Plus another 20 volunteers help behind the scenes with organization and at performances.

The band was organized in 2005 when the City of Citrus Heights parade committee wanted a marching band to perform in the annual Red, White, and Blue Parade.

"Having no success at attracting one, we decided to create our own marching band," said Kathy Cook. "With the help and support of City staff and Sunrise Recreation & Park District, we recruited 25 experienced adult musicians and an 8-year old baton twirler to march in the parade that year."

"Now we don't just do marching appearances, we also participate in concerts," said Kathy Cook. The band practices once a week in the San Juan High School cafeteria from November to May and in the Sunrise Mall parking lot from June to November.

"The band was named one of the top 20 accomplishments at the City of Citrus Heights 20th anniversary celebration two months ago and was the recipient of the 2013 Heroes and Human Services Award that was presented to us by



Kathy Cook watches her husband, Bill Cook, use a brazing torch to connect the musical dinosaur's teeth. After seeing a dinosaur made out of tubas on Facebook, Bill Cook decided to make a dinosaur to compliment the band's 2017 fanfare showpiece – the theme song from the "Jurassic Park" movie. Brassie, though, is made of 45 unusable trumpets, baritones, trombones, a clarinet, a flute, and a tuba.

former County Supervisor Roberta MacGlashan," said Kathy Cook. "We're good-will ambassadors, both in our City and in other communities, marching or performing at more than 20 events a year."

Staying true to its mission statement – "Keep music alive for all ages!" – the band welcomes beginning as well as experienced musicians and provides musical instruments and limited instruction when needed. "But potential band members should be able to read music," she cautioned.

A non-profit organization, the band raises funds with its annual Spaghetti Feed in March and Howl-O-Ween event in October, at two major yard sales, and from community donations. Major CHCMB sponsors are the City of Citrus Heights, Sunrise Recreation and Park District, Walmart, Citrus Heights Auburn Boulevard Store, Sacramento County Board of Supervisors, and business and community

members. For more information about Brassie, CHCMB membership and appearances, and fundraisers, contact Kathy Cook at (916) 725-0198 or at abusycocook@aol.com

Article and photos submitted by Helen Brewer

Orangevale 4-H is holding their first meeting of the new year on Monday, September 11th at the Orangevale Grange Hall at 6:30pm. The club meetings will be held the 2nd Monday of each month at the grange. Please be our guest! Talk with members, parents and leaders to find out what all 4-H can offer for you! You do not need to live in Orangevale or even Sacramento County to join the club. Non-animal projects available! New members are welcome to join year round. www.Orangevale4-H.weebly.com

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Local SPORTS



“Birdseye view of Casa stadium renovation.” Photo courtesy of Tim Engle of Engle Photography.”

CASA STADIUM RENOVATION UPDATE

Casa Roble teachers aren't the only ones grading a lot these days – construction crews are digging, leveling and moving mega mounds

of dirt in preparation for the new and improved turf field and amenities.

The huge load of dirt won't go to waste as plans include transferring it to Mira Loma High School for its stadium project. Other areas of progress include trenching

for irrigation and restrooms which are located near the front of the stadium.

According to Casa Principal Michelle Lorenzo the project is running smoothly and on track for completion in January.

Submitted by MaryAnne Povey



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WHAT IS YOUR SPORT?

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editor@ovview.com



The Orangevale Food Bank will host its first ever annual Neighbors Helping Neighbors Dinner, Auction and Art on September 30th.

“There's a deep satisfaction that comes from using your time to be part of the solution for the troubles you see in your community. The Orangevale Food Bank offers a tangible way to connect to the needs of our neighbors. The more people who are involved the richer the experience is for everyone. Together we use our gifts to improve lives,” Orangevale Food Bank Director Tom Carden said.

Doors open at 6:00 p.m. and dinner will be served at 7:00 p.m. Festivities will include live music, a catered dinner, a silent auction, art display, a raffle and a no-host bar. The Orangevale Food Bank assists hundreds of families each month in the Orangevale, Fair Oaks and surrounding areas. All proceeds will go to the Orangevale Food Bank in their mission to provide food, resources and hope to families in need.

Tickets are available now. Ticket prices are \$35 for an individual or \$300 for a reserved table of 10. Sponsorship opportunities are available, beginning at \$500 up to \$2,500. Deadline for Sponsorships is September 21st and September 22nd. Visit

<https://orangevalefoodbank.eventbrite.com> for tickets and additional information on the Neighbors Helping Neighbors Dinner, Auction and Art.

To learn more about the Orangevale Food Bank and their mission, their website is <http://www.orangevalefoodbank.org>.

For event questions regarding sponsorship, silent auction, raffle or art display email Lisa@alleventsplus.net or call 916.934.2207. For additional questions, please contact info@orangevalefoodbank.org The Orangevale Food Bank Tax ID is 47-3548647.

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NEW TO THE NEIGHBORHOOD

**Fair Oaks Luxury
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Now Taking Reservations**

Fair Oaks, Calif. (September 21, 2017): The marketing information center at Oakmont of Fair Oaks is now open to the public. Seniors and their families who are interested in learning more about this luxury retirement community are welcome to inquire at 8484 Madison Avenue 7 days a week. Oakmont of Fair Oaks is scheduled to open for resident move-in by late spring 2018.

Located on 3.65 acres near an abundance of shopping and dining options, Oakmont of Fair Oaks will be an 84,613 square foot community featuring 50 assisted living and 34 memory care apartment homes. Floor plans include studio, one and two bedroom options ranging from 400 to 1,306 square feet, all with 10-foot high ceilings and spacious bathrooms.

Just minutes from Lake Natomas, Folsom Lake and the American River Parkway, Oakmont of Fair Oaks will offer luxury options for active seniors in search of resort-style amenities and continuing care services. "It has been over a decade since a new full-service retirement community has been built in Fair Oaks," said Steve Weinroth, Executive Director of Oakmont of Fair Oaks. "We look forward to offering quality programming and amenities to local seniors as well as new employment

opportunities to the residents of Fair Oaks."

To meet the diverse demands of vibrant and refined seniors, the community's amenity package for all residents includes:

- Gourmet meals served anytime 7am to 7pm in a restaurant-style dining room, with a full menu designed and prepared by a five-star executive chef and culinary team
- On and off-site recreational and social activities
- A library, movie theater with plush seating, full-size fitness center with exercise classes and activity rooms with scheduled social events, games, arts and crafts
- An onsite salon, private dining room, flower and vegetable garden, walking paths, garages, covered parking and a pet park
- Chauffeur'd transportation and concierge services to make daily tasks even easier

Oakmont of Fair Oaks will offer specialized care services that promote continued wellness, including a nurse onsite 7-days a week, 24-hour care staff, and a Concierge Physician Program where participating residents can see their doctor without leaving the community. Additionally, Oakmont of Fair Oaks will provide comprehensive memory care services for individuals with

Alzheimer's and other forms of dementia.

Care options are customized to the needs of each resident and will include medication management, housekeeping, health monitoring and assessments, grooming assistance, dietary guidance, diabetic programs, escort services to offsite appointments and activities, appointment coordination and temporary in-home care. For more information, call 916-584-9499 or visit www.OakmontOfFairOaks.com.

About Oakmont Senior Living
Headquartered in Windsor, CA, Oakmont Senior Living is an award-winning developer of luxury, resort-style senior communities, recognized for quality of craftsmanship and excellence of amenities and services. Family owned and operated, Oakmont is dedicated to creating high-quality communities that enhance the world of retirement living. With a focus on customer service and attention to detail, Oakmont leads the senior housing industry in providing innovative programs and services that enrich resident experiences and offer peace of mind for families. For more information about Oakmont, visit www.oakmontseniorliving.com.



HOLLYWOOD INVADES QUARRY PARK WITH THE CITY OF ROCKLIN'S FINAL EVENT IN THE 2017 SEASON

The Hollywood Square's center and Adam Sandler movie regular take over the Platinum Living Amphitheater stage this fall.

The Platinum Living Amphitheater may have found a new niche with comedy. While people come in droves

from all parts of the region to attend a concert in the intimate, serene setting of Rocklin's Quarry Park, the engaging, theatrical aspect of a comedy show has also proven to be just as exciting to concert goers.

"This season, we wanted to bring a wider variety of events into our series. With the success of this summer's Shakespeare in the Park, we decided to also to try our hand at comedy," said Karen Garner, Director of the

Rocklin Parks and Recreation Department and head of the City's Special Events team. "With our first comedy event in July, we found that the Platinum Living Amphitheater at Quarry Park is an excellent venue to relax under the stars and laugh with friends."

After pairing with Sacramento's Laughs Unlimited in July to host a trio of regionally local comedians, the City reached out to previously local funnyman Tom McClain who

had taken his career to the next level when he moved down to Los Angeles in 2008. Tom had made a name for himself in the regional market, appearing at comedy clubs, hosting events and producing comedy shows on the local scene. His decision to move to the Los Angeles area was rewarded when, in only a short time, he was making appearances on shows like "Dr. Phil", "The Doctors" and "Fox Sports". In 2016 Tom's natural talent towards the humorous, took him from self-employed comedian to morning talk show host on the KVTM Morning Show in Ventura, Ca.

"I'm thrilled to be joining comedy legends Bruce Baum and Blake Clark in Rocklin." Says McClain. "Bruce had been one of my favorites since I saw him as the center square on "Hollywood Squares", from my Sacramento home. Blake is an amazing comic that went from serving our country in war time to movie star. I first remember seeing him on Home Improvement as "Harry" the

Hardware store owner. Next thing I know, he's starring in huge movies like being the most memorable Cajun coach in "The Waterboy", Drew Barrymore's Dad on "50 First Dates", and just about every other Adam Sandler movie. Rocklin captures my heart as a young kid as I watched my 49ers train at Sierra College every season. "He continues. "I remember the signs "Summer Home of the 49ers". For as long as I can remember, I thought Rocklin would be the perfect place to call home.

With gates opening at 5:30 pm, attendees can look forward to the versatile, songwriting stylings of Rocklin music man Quinn Hedges. Then the show starts as the stars come to a twinkle and the crowd readies for some raucous laughter.

Tickets are on sale now for the Sunday, October 1st showcase at rocklin.ca.us/concerts and feature a limited amount of early bird discounts and friendly-four pack option. Early Bird tickets start at just \$20.

AMADOR COUNTY HARVEST FESTIVAL PROMISES A STOMPING GOOD TIME FOR GROWNUPS

By Susan Laird
Arts & Entertainment columnist

Autumn is here, and that means trips to pumpkin patches with the little ones and decorating the house for Halloween and Thanksgiving. It's an opportunity to get outdoors while the weather is still good, savor the crispness of the air, and enjoy the bounty of the land before the winter holidays are upon us.

If you are an empty nester, or simply want a daytrip away from the kids, one of the more spectacular events of the season is in Amador County this October: the 25th

annual Big Crush Harvest Festival, Oct. 7-8.

In addition to enjoying the wine and food pairings and live music at the participating wineries of the Amador Vintners Association, you will be welcomed to the scenic foothills by members of the entire Amador County wine community.

Visitors will see the Crush in full swing. Each wristband ticket includes a complimentary wine glass, scenes of teeming vineyards, trudging tractors, and bustling crush pads accompanied by incomparable Amador wine region hospitality.

This annual wine event is held in the beautiful Shenandoah Valley just to

the south of El Dorado Hills.

Take Latrobe Road to Highway 16, hang a left and you are in the little hamlet of Plymouth before you know it. Purchase your tickets online (www.amadorwine.com) or at the Amador Vintner's Visitor's Center on Pacific Street in Plymouth – you pick up your wine glass there as well.

Big Crush is a grand time to see the harvest in action and this year will be no exception. The event is Saturday, Oct. 7 and Sunday, Oct. 8, from 11 a.m. to 4 p.m.

Visit www.amadorwine.com for tickets, directions, and more. Got questions? Call the friendly folks at the Vintner's Association, toll free, at (888) 655-8614.



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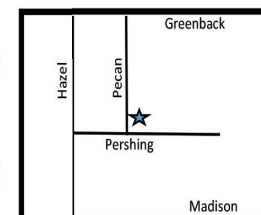
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Orangevale Cooks

by Suzanne Feblowitz

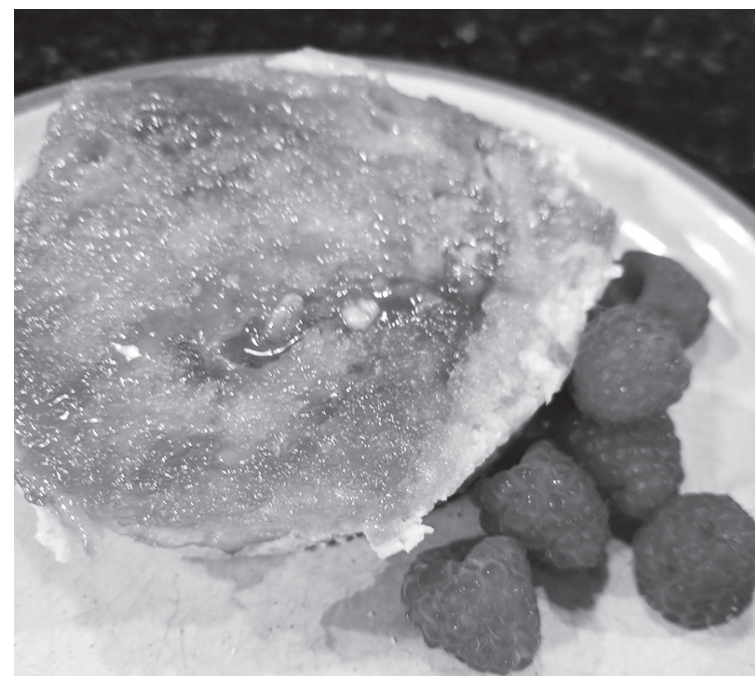


The weather is finally changing so that we can get back to baking things in the kitchen. Fall is so fun because there are so many things to make and bake this time of year. This week I have a delicious brunch recipe that you can serve on the weekend for family and then you can use it again during the holidays when you have visitors. You prepare this the night before so that all you have to do is put it in the oven in the morning.

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.

JENNY'S CRÈME BRULÉE FRENCH TOAST

½ cup unsalted butter
 1 cup brown sugar, packed
 2 TBSP corn syrup
 6 French bread slices (buy an inexpensive unsliced loaf of



French bread and trim off the crust, then slice the bread into slices of about 1 ½ inches thick)
 5 eggs
 1 ½ cups half-and-half cream
 1 tsp vanilla extract
 1 tsp brandy-based orange liqueur (like a Grand Marnier-type)-optional
 ¼ tsp salt

Melt butter in a small pan over medium heat. Mix in sugar and corn syrup, stirring until sugar is dissolved. Pour into a

9 x 13 inch baking dish.

Arrange the sliced, crust less bread in the baking dish in a single layer. In a small bowl, whisk together eggs, cream, vanilla, brandy, and salt. Pour over the bread. Cover and chill at least 8 hours or overnight.

In the morning, preheat the oven to 350 degrees. Remove the French toast from the refrigerator and bring to room temperature.

Bake uncovered 35-40 minutes until puffed and lightly browned.

Serve immediately. This is delicious with a side of fresh raspberries. Serves 6

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The first things we see are bright colors, pictures, and statements to draw us to the quality and taste of the food with a large focus on ingredients. It is a common mistake to use the ingredient list as a tool to determine the quality of a diet. We need to understand that the ingredient list is just that,

simply a list of ingredients in descending order by weight (including water). It says nothing about the quality or nutritional value of the ingredients. What we should be using this list for is to look for any ingredients that we should not be feeding to our pets. Some ingredients are on the label purely because they look good, but may offer no nutritional benefit.

Probably the most important piece of information on pet food labels is the Association of American Feed Control Officials (AAFCO) nutritional adequacy statement. This statement will answer the important questions regarding whether or not the diet is complete and balanced for the life stage it is being fed for, and how this was determined. If an AAFCO nutritional adequacy statement is absent, or if a

diet is inappropriate for a pet's life stage, then this is the wrong diet to be feeding. Ultimately the discussion of which diet to feed should involve your veterinarian. The opinions of online reviewers or the employees at the pet food store are often biased and their recommendations tend to be based on anecdotal information and testimonials rather than scientific facts.

For the savvy pet owner looking for great information on how to select the best diet and what questions to ask the food manufactures please visit: <http://www.wsava.org/sites/default/files/Recommendations%20on%20Selecting%20Pet%20Foods.pdf>

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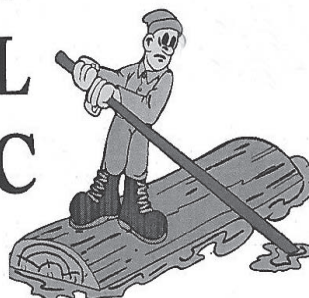
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On Tuesday September 12, 2017 UNITY NETWORKING celebrated their business anniversary with a ribbon cutting ceremony. UNITY Networking expanded their service to helping the everyday consumers with IT and repair needs. An Orangevale Chamber Member they are located at 6216 Main Ave. Ste. 1A (916) 496-3190 with Principal Owner, Sol Lopez and his family at the helm. UNITY NETWORKING specializes in I.T. services to help you with your computer tech problems, issues, questions and cloud base services.

In attendance at the ribbon cutting from the Orangevale Chamber office were Chamber President- Lisa Montes, Chamber Director- Lisa Sampson, Chamber Volunteer -Linda Ervin and Tamara Barbu-Brown, Chamber Office Administrator. If you would like the Orangevale Chamber to bring their BIG scissors and ribbon to celebrate your business milestone call the Chamber today at (916) 988-0175.

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Mariette Lasley
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CRIME LOG

Crime Date / Time Location Agency

487(a) PC: Grnd Thft:prop/Etc \$950+ Sep 22, 2017 8:00 AM *Theft from Vehicle* Citrus Heights Police Department

484(A) PC: Petty Theft Sep 19, 2017 8:00 PM Parking Lot Citrus Heights Police Department

487(a) PC: Grnd Thft:prop/Etc \$950+ Sep 18, 2017 3:55 PM Parking Lot Citrus Heights Police Department
PC 459: Burglary-Residential Sep 18, 2017 6:00 AM Residence/home Sacramento County Sheriff Department

PC 459: Burglary-Residential Sep 17, 2017 3:00 PM Residence/home Sacramento County Sheriff Department

10851(A) VC: Vehicle Theft Sep 16, 2017 1:46 AM House (includes driveway) Citrus Heights Police Department

10851(A) VC: Vehicle Theft Sep 15, 2017 11:00 PM Parking Lot Citrus Heights Police Department

459 PC: Burglary - Residential Sep 15, 2017 3:09 PM House (includes driveway) Citrus Heights Police Department

PC 459: Burglary-Residential Sep 14, 2017 1:30 PM Residence/home Sacramento County Sheriff Department

487(a) PC: Grnd Thft:prop/Etc \$950+ Sep 14, 2017 6:16 AM *Theft from Vehicle* Citrus Heights Police Department

212.5(A) PC: Rob:1st Deg: cab/Etc/Dwell Sep 13, 2017 8:30 PM House (includes driveway) Citrus Heights Police Department

487(a) PC: Grnd Thft:prop/Etc \$950+ Sep 12, 2017 7:46 PM Parking Lot Citrus Heights Police Department

PC 487: Theft from Motor Vehicle Sep 12, 2017 12:40 PM Vehicle Sacramento County Sheriff Department

466 PC: Possess Burglary Tools Sep 12, 2017 8:11 AM Street/Highway Citrus Heights Police Department

PC 484: All Other Larceny Sep 11, 2017 9:30 AM Grocery/supermarket Sacramento County Sheriff Department

466 PC: Possess Burglary Tools Sep 11, 2017 3:26 AM Street/Highway Citrus Heights Police Department

484(A) PC: Petty Theft Sep 09, 2017 11:00 PM Parking Lot Citrus Heights Police Department

PC 245(A)(1): Force/Assault With A Deadly Weapon-Not Firearm: Gbi Likely Sep 09, 2017 6:00 PM Residence/home Sacramento County Sheriff Department

487(a) PC: Grnd Thft:prop/Etc \$950+ Sep 09, 2017 1:55 PM Parking Lot Citrus Heights Police Department



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COMMUNITY CALENDAR GROUPS & MEET UPS

WEEKLY MEETS

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

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 9:45-11:45 beginning Sept. 19th, Orangevale church of Christ, 5915 Main Ave. Support, discussion, sharing on Christian parenting. 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 Mellowdawn 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 sábados 5:30 p.m.-6:30p.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

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.saintfranciscofairoaks.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/

MEET-UP The BBC, The Business Builders Club. A Professional Networking Group. Meeting Every Tuesday 9:15-10:30am. Our Mission: To Empower Entrepreneurs and Establish Long Lasting Relationships That Will Enrich Our Businesses and Our Communities. Every Tuesday 9:15-10:30 at Life Foods Nourish Café 7433 Greenback Ln. Citrus Heights

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

Determined Toastmasters meets on Tuesdays 7-8 p.m. at Eskaton 8773 Oak Ave. in the Mulberry Room. Learn how to sharpen your speaking skills & build your confidence in a friendly atmosphere. (916) 792-5561

SENIOR LUNCHES

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MONTHLY EVENTS

GFVC ORANGEVALE WOMEN'S CLUB
Join area women dedicated to volunteer service and friendships. Lunch meeting monthly on 1st Tuesday at 11:00am (Sept-May). Orangevale Community Center 6826 Hazel Ave. More info at OrangevaleWoman'sClub.org or 988-1876.

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 Club invites you to its meetings held at the Maidu Community Center, 1550 Maidu Drive in Roseville. Meetings feature garden related speakers and are held the 3rd Tuesday each month from September to May. Doors open 12:30; meeting 1-3. Contact Lori at 916-784-0418. Guests welcome.

Orangevale 4-H is holding their first meeting of the new year on Monday, September 11th at the Orangevale Grange Hall at 6:30pm. The club meetings will be held the 2nd Monday of each month at the grange. Please be our guest! Talk with members, parents and leaders to find out what all 4-H can offer for you! You do not need to live in Orangevale or even Sacramento County to join the club. Non-animal projects available! New members are welcome to join year round. www.Orangevale4H.weebly.com

CALENDAR OF EVENTS

OCTOBER 8 CALIFORNIA STATE OLD TIME FIDDLERS ASSOCIATION DISTRICT 5 The public is invited to attend the Family Fiddle Fun jam and performances on Sunday October 8, 2017 from 1:00 to 4:30 p.m. at the Grange Hall in Orangevale located at 5807 Walnut Avenue near Madison Avenue. Free admission, refreshments and parking. This is a family friendly monthly gathering of fiddle, country and folk music fans who enjoy early American roots music. The fiddle Kids go on stage at 2:00 p.m. which is always one of the highlights of the day. There is also jamming all afternoon under the oak trees in front of the Grange Hall. For more information call (530) 676-0836 or e-mail rstandford@att.net

October 12 MONTHLY MEETING OF MILITARY RETIREES/SPOUSES: Our next monthly meeting is scheduled for 12 Oct 2017 at the North Highlands Park and Recreation District, 6040 Watt Ave, North Highlands 95660. Meeting starts at 1030 hrs and we have a speaker from the Bureau of Automotive Repair. Come on out and enjoy a cup of coffee and meet new friends. Questions can be referred to our volunteer staff at 916-640-8446, Monday thru Thursday, 0900 to 1500 hrs

October 17, 7:00 p.m Join the Camellia Chapter, Embroiderers' Guild of America, at their monthly meeting on Tuesday, ., at the Arden Dimick Library, 891 Watt Avenue (near cross street of Northrop Avenue), Sacramento. Guests welcome. Free. 916-223-2751

Oct. 20th 10-6:30 & Oct. 21st. 9:30-4. Fall Faire - at the Springview Hall 5480 - 5th St. Rocklin. Handmade only boutique style craft show. Many holiday decorations and unique gifts. Sale Room. Centralized checkout. www.craftytresures.com.

Nov. 2nd, 3-7, Nov. 3rd. 9-7 & Nov. 4th 9-4. Christmas to Remember - at the Serbian Hall - 7777 Sunset Avenue, Fair Oaks. Handmade only boutique style craft show. Many unique gifts and holiday decorations. Sale Room Centralized checkout. Ladies of the Church will provide Greek Food and pastries for sale. www.craftytresures.com.

November 10 - BUNKO NIGHT Doors open 6:30pm Round Table Pizza 9500 Greenback Lane (Ace Hardware Shopping Center) Everyone over 16 welcome. Tickets \$20 per person. Includes 2 pieces of Pizza and non-alcoholic beverage, Prizes for most Bunkos, Most Wins and Most Losses. Space is limited. Last event sold out. Call 916.308.0520 to RSVP. Benefits local outreach programs.

FARMERS'S MARKET

Thursday 4-8 pm

9295 Greenback Lane,

Orangevale 95662 (Next to Dairy Queen at the corner of Greenback & Walnut) Phone: 916.989.8779

Email: OVdqEvents@yahoo.com

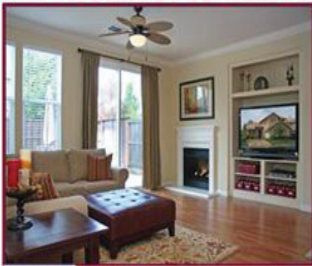
FOOD BANK

Orangevale Food Bank has new hours of operation! In addition to their existing hours of operation (Wednesdays 4:30pm-6:30pm & Thursdays 9:00am-12:30pm), they will now be open Mondays 11:00am-1:00pm.

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MY STORY OF HOPE

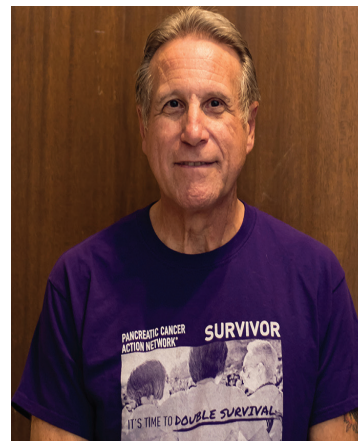
By Ken Buono

Finding Hope at PurpleStride Sacramento, the Walk to End Pancreatic Cancer

On Oct. 21, 2015, I was diagnosed with pancreatic cancer. I lost a friend to this disease two years prior and I fully understood how deadly the cancer was. Pancreatic cancer has a five-year survival rate of just 9% and is the third leading cause of cancer-related death in America - making it the nation's toughest cancer.

I accepted my diagnosis as a death sentence and went home to prepare for my passing. However, family and friends would not let me give up. They filled me hope that allowed me to begin my journey to recovery.

I followed an integrated approach to treatment which included nutrition, supplements, staying active and keeping a positive mind set. After 11 chemotherapy treatments, my tumor shrank



and I was eligible for a complex surgery called the Whipple procedure with a vein resection. On Aug. 18, 2016, I underwent a ten-hour surgery to remove my tumor. Today, I am cancer free. November is Pancreatic Cancer Awareness Month, and I will celebrate my health by participating at PurpleStride Sacramento, the walk to end pancreatic cancer, on November 11 at William Land Park. The community event is hosted by the Pancreatic Cancer Action Network (PanCAN) and provides

an opportunity for survivors, family and friends to pay tribute to those who have been touched by the disease and includes kid-friendly activities such as a purple play zone.

God has given me a second chance, and I will use it as an opportunity to Wage Hope in the fight against pancreatic cancer. I encourage you to join us at PurpleStride so that together, we can save lives and double survival by 2020. I have recently been appointed Corporate Ambassador for PanCAN, Sacramento. If a corporation or business is interested in partnering with PanCAN, you can contact me at 916-955-9413 or kbuono@pancanvolunteer.org. I am also available for people going through this journey who want to talk.

To register for the event or donate, please visit www.purplestride.org/sacramento. To learn more about PanCAN, please visit www.pancan.org.

PUTTING PEOPLE BEFORE PROFITS- THAT'S JUST WHAT I DO!

I just spent the last week in Houston on the front line taking furniture out of homes, cutting out sheetrock and insulation, tearing out complete bathrooms and bleaching studs- 4 Houses in 3 Days. I met the owners of these homes and it was an honor to give them hugs and moral support. There was a disturbing take away that I would like to share. The owners were telling me that this was the third disaster on these homes and at that point FEMA takes them over only to bulldoze them all down and rebuild. I am ok with that but the insurance companies are wanting all the homeowners to make an effort to take out all their belongings including tearing

out the wet sheetrock-five feet from floor. Thousands of Realtors from all over the country took on this mission which I was grateful to be

struggling to understand. I felt our resources could have been used in other areas so please take this to your insurance agents and maybe



part of. With all this work only to find out they are going to bulldoze the home has me

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Tom DiGiacomo

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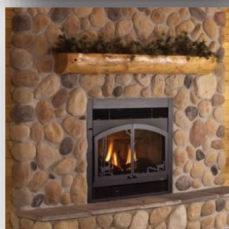
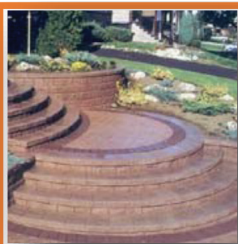
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Assistant Commander; Lieutenant Matthew Petersen 874-1013
Operations Lieutenant; Lieutenant Todd Henry 874-1013
Problem Oriented Policing Sergeant Michael Haynes 876-5729
Ongoing Law enforcement issues northPOP@sacsheriff.com
Deputy Jason Gillock is 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
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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
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<http://www.311.saccounty.net/> 311
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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

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COUNTY SUPERVISOR Susan Frost District 4
700 H Street, # 2450 Sacramento, CA 95814 (916) 874-5491;

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

G.L.O.V.E. (Greenback Lane OrangeVale Envisions) Meets 4th Wednesday of the month 6:00 pm Location will vary. For more information email glove@surrewest.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 Service 10:00am. All are welcome! We have Sunday School for Toddlers, K-5th & 6th-12th. Adult Bible Study 9:00am. Thursday Night Bible study 6:30pm (No Childcare). Pastor Mike Flanders (916) 989-2133, calvaryfo@comcast.net, <http://www.calvaryfo.org>

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 Ave. Chapel, 7950 Hazel Ave, Orangevale Ward: Sacrament Meeting 10am Sunday School/Primary 11:20am PH/Relief Society/Young Women 12:10am. Young Single Adult Ward: Sacrament Meeting 1:00pm Sunday School 2:20pm PH/Relief Society 3:10pm 916 792-2556.

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.divinesavior.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 Pastor Richard Marshall. Bible Centered, Traditional Sunday Worship 10:45am and 6pm. Bible Study Wednesday 6:30pm . Christ is coming.

First Baptist Church of Orangevale 8898 Central Ave, Orangevale (916) 988-1139 www.firstbaptistov.org Sundays 9:00 AM Traditional Service and Sunday School classes; 10:15 AM Coffee & Donuts; 10:45 AM Contemporary Service and Sunday School classes; Wednesdays 6:00 PM Community Dinner & Bible study groups for all ages

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, redeemercov.com, Sunday School at 9:00am, Sunday Worship at 10:00am, Sunday Coffee and Fellowship at 11:15am, Tuesday Night Free Community Dinner at 6pm – open to everyone, Thursday Night Youth programs at 7pm. Small Wonders Christian Preschool, 3-yr-olds on T/Th & PreK on M/W/F – call 916.988.0998,

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)

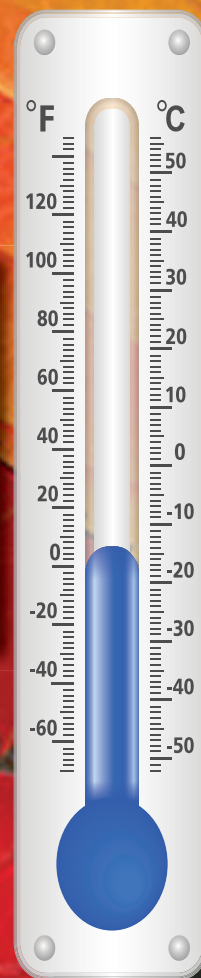
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