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CHRISTMAS POEM

The Gifts You Have Given

You came as a Babe
With plans of a Man,
And why You have come
Was a 'long-ago' plan.

You and Your Father
knew at creation,
that we, Your chosen
would need affirmation.

You gave us a need
No other could fill,
and because of that need
we sought Your will.

So You gave Your Word
and Holy Spirit;
That as we were searching
You'd let us hear it.

You live within us
Leading each day,
to find hope for tomorrow
As You show the way.

Romans 15:13 Now may the
God of hope fill you
with all joy and peace in
believing, that you may
abound in hope by the power of
the Holy Spirit.

Written/Submitted by
Jerri Farmer



The Air Force Junior ROTC instructors and cadets of Casa Roble Fundamental High School in Orangevale, CA earned an overall unit assessment score of "Exceeds Standards"...the highest rating attainable...during their evaluation on 15-Nov-2017. Lt Col Kevin R. Houdek, SMSgt John L. DeVenere created a dynamic and supportive learning environment coupled with an excellent community outreach. The instructors provided outstanding leadership in administering the cadet centered citizenship program. The Casa Roble Fundamental High School cadets performed

exceptionally well and took great pride in leading and accomplishing their unit goals. One of the areas the unit excelled in was Community Service to the local area, donating 2,788 this school year alone! The Casa Roble Fundamental High School Air Force ROTC citizenship program is making a positive impact on the cadets, the school and the community.

Article & Photo Submitted by Senior Master Sergeant John DeVenere

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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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Your One-Stop Shopping Delight

Well, we know who the guy in red is, don't we? And, by golly, he looks pretty pleased with his volunteers, Judy Nissila (sitting) and Betts Flores (standing). Both of them and many more volunteers of the Friends of the Orangevale Library will showcase recommendations for Santa's sleigh to sparkle up the annual Bookfair December 11-17. Sponsored by Friends of the Orangevale Library in partnership with Barnes & Noble (Sunrise), the highlight of this event occurs on Saturday, December 16, when we will offer complimentary gift-wrapping, making your shopping a one-stop delight.

Make your shopping selections easier by picking up an exciting, well-thought out list of recommended books for all ages prepared by the library staff and the Friends of the Orangevale Library. You will find the top five recommendations for adults (hot ones like Origin by Dan Brown, for example), for teens, for children, as well as picture books for toddlers. Find your free lists at the gift-wrapping table. Nothing

like the perfect gift.

What's more, your "giving" becomes even more generous because all purchases apply, not just books, when you trigger a donation to the Orangevale Library, and there is no cost to you. All you have to do is mention the Orangevale Library or show your voucher (available at the library), Bookfair ID #12152559. The donation, a percentage of the patron's purchase, includes everything—e-readers, calendars, quality toys, puzzles, games, boutique items, even Godiva chocolates! You must pop in to Barnes & Noble because this season's wares are displayed beautifully, like a winter wonderland.

If you prefer to do your purchases online, the time period for purchases extends from December 11-22. See BN.COM/bookfairs for more details and to shop online.

Merry Christmas, folks. And 'tis the season again.

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The Guttenbergs & The Headricks have been residents of Orangevale since the 1950's. If you went to either Casa Robles or Bella Vista in the 60's or 70's there is a good chance you went to school with one of them, Larry, Annie, John, Ralph, and Mike Guttenberg or Launay, Moni, Mimi, Kevin, and Kym Headrick. In the early 80's Ralph Guttenberg and Kym Headrick were married and started their very own family right here in Orangevale. Together they had 3 children and worked very hard to provide a great life for their little family. Unfortunately, no amount of hard work could have prevented the tragic events of November 28th, 2003. Their oldest son Wyatt was attending a party with his friends. The events of that evening would forever alter the course of not just Wyatt's life, but the entire family. Towards the end of the evening an altercation occurred and while protecting his friends Wyatt was stabbed in the back of the neck, unbeknownst to him, cutting a ligament in his spine. Moments later as he fled to a friends truck, he unfortunately didn't make it all the way in before his friend accelerated, Wyatt fell out, hit his head and broke his neck. It was at that moment he realized he couldn't move. His friends immediately picked him up and rushed him to the hospital where he stayed for 5 months. That year he spent his 21st birthday, Christmas, and New Years in the hospital. Wyatt is now quadriplegic, but his injury is complex. It is considered an "incomplete injury" meaning his legs are typically numb and he has no control of them but every once in a while he has a little bit of feeling and/or a little bit of movement. Unfortunately neither are consistent or functional enough for him to take advantage of. The backside of his arms are numb including his hands but his biceps and the tops of his forearms function normally. Thankfully no brain damage occurred and Wyatt has learned to live with his new disabilities. He has earned



his AA in IT and is passionate about music & sports. Due to the extent of his injury his treatment options have been very limited in our area. There are no doctors that specialize or treat his type of spinal cord injury in Sacramento but thanks to modern medicine there are a lot of options available in other areas and Wyatt has researched them all (if you know Wyatt you know how he is about research) and after literally years, he has decided to give stem cell therapy a shot. Unfortunately its not that easy though, not only is it not covered by insurance, but it's also not approved in the United States. There is an amazing facility in Panama City, Panama called Stem Cell Institute (<https://www.cellmedicine.com>) with an astonishing success rate. I think it is also important to note that this facility uses ethically harvested stem cells. The stem cells they will use will come from Wyatt's hip and from post birth umbilical cords. With treatment and travel expenses for the month it is going to be VERY expensive. Please consider helping this long time

Orangevale family in getting one of their own back on his feet. This treatment could very well give Wyatt a second chance at living the life he's always dreamt of. Since his injury his parents have cared for him every single day. As I mentioned before they are both hard working. Ralph started working for Tom Tomich when he was 15 and continued to help Tom around the orchard regularly until the day they closed the fruit stand. He was also a truck driver for UPS for many years until he retired this year. His mother worked a full time office job until Wyatt's injury and has since dedicated her life to caring for him. These are honest, hard working members of our community and hopefully we can rally around them and make this treatment a reality for their beloved son. A GoFundMe page has been started to help raise the money for this costly treatment. You can find it at <https://gofundme.com/wyatts-stem-cell-treatment> to donate, share, or even just keep up with the story of Wyatt.

ANNOUNCEMENTS

SCIENCE WORKSHOP

Date: 16th December, 2017
Time: 11 AM – 1 pm Pizza lunch will be served

Invitees: All Kids in the community up to 12 year old (free event), Please call ahead to make sure have a spot available.

Details: Guiding the abundant energy that kids brains got, Providing the Rocket fundamentals – Newton's principals Presentation Varieties of Rockets evolution Video: Moon launcher satellite Practical: Using Smithsonian's Rocket for kids, Launching the rocket and enjoy souring the rocket into sky about 20ft high

Conclusion: Answering kids' questions, distribution of free token gifts for attending, includes STEAM certificate signed by Aerospace Engineers.

Iconic Kids Child Care & Learning Center, 6035 Main Ave, Orangevale, CA - 95662. Phone - 916-225-2374(m); 916-542-7196 (O); Fax – 916-542-7213; Email contact@iconickidschildcare.com; iconickidschildcare@gmail.com www.iconickidschildcare.com

CALIFORNIA STATE OLD TIME FIDDLERS ASSOCIATION DISTRICT 5

The public is invited to attend the Fiddlers Jam and stage performances on Sunday December 10, 2017 from 1:00 to 4:30 p.m. at the Orangevale Grange Hall located at 5807 Walnut Avenue near Madison Avenue.

FREE ADMISSION, REFRESHMENTS AND PARKING

The Fiddle Kids go on stage at 2:00 p.m. which is always one of the highlights of the day.

Kids are provided free music lessons on stringed instruments. For more information call (530) 676-0836 or e-mail at r1standiford@att.net



Several San Juan Unified schools are launching a campaign to help support Sonoma County disaster relief. The campaign, called "Cents for Sonoma County," will benefit Sonoma County Fire Relief, a nonprofit created to support Sonoma County. The support will not only help with immediate disaster relief, but provide assistance over the next two years as the community rebuilds.

Led by the efforts of Trajan Elementary, eight additional San Juan Unified schools are supporting the effort, including Carriage Drive Elementary, Harry Dewey Fundamental Elementary, Ottomon Elementary, Pershing Elementary, Twin Lakes Elementary, Woodside K-8, Louis Pasteur Middle School and Casa Roble Fundamental High School. Each San Juan Unified school has adopted one (or more) sister school(s) in the Rincon Valley area.

The campaign will run through Wednesday, Dec. 13. During this time, participating schools will collect monetary and physical donations for their sister school.

The San Juan Unified community can help support the campaign in three ways: Contribute coins for the coin drive contest at any of the participating schools Bring in gift cards, such as Amazon, Costco, Walmart and Safeway, to any of the participating schools. Bring in new donation items to participating schools, such as books, board games, holiday decorations and stockings and sports equipment. For more information about Sonoma County Fire Relief, visit www.sonomacountyfirerelief.org.

NEW TOY DRIVE FOR THE SACRAMENTO COUNTY SHERIFF Christ the King Lutheran Church

Through December 17, 2017, Christ the King Lutheran Church is asking the greater Orangevale/Sacramento community to donate new unwrapped toys in support of the Sacramento County Sheriff's Toy Project for kids in need! Drop off all toys at the church. If you have questions, please call church office @ (916) 988-2484. Let's make a child's Christmas joyous! Christ the King Lutheran Church 5811 Walnut Ave.

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Town and Country Service Center 2805 Marconi Avenue Suite 2 Sacramento, CA 95821
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Rio Linda Service Center 6730 Front Street Rio Linda, CA 95673
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Local SPORTS



A big shout out from the Casa Roble Rams Football program to the players and families, the fans, our loyal sponsors and especially

to our top donors for the 2017 season including: Chick Fil A of Granite Bay, Mountain Mikes of Orangevale, Buffalo Wild Wings of Citrus

Heights, Oil Stop of Fair Oaks, Foothill Painting & Drywall, Roof Doctors and Fahrenheit 250. Thank you all for your generosity and support in making this season a huge success. Go Rams! Photo by Tim Engle.

Article by Mary Anne Povey



MEET THE JV CASA RAMS SOCCER TEAM

Congratulations to the JV Casa Roble Rams girls soccer team for kicking off the season with an 8-0 victory against the Rio Linda Knights at Rio Linda High School in the season opener.

"It's an exciting start of the season," said JV coach Stacey Matteoli. "We have a nice variety

of talent and I look forward to seeing our team develop."

The JV girls travel for the next four games in December to Dixon, Granite Bay, Folsom and El Dorado. Casa's home games will be hosted at Vista Del Lago while field construction is still underway. For a season schedule, go to www.sanjuan.edu/casaroble. Go Rams!

Top row left to right:

Jessica Gowens, Samantha Perez, Jennifer Caratachea, Cambria Taylor, Lizzy Povey, Kylie Hildebrand, Lindsey Mackinnon,

2nd row Samantha Palombi, Emma Hill, Lindsey Duncan Maci Latorre

3rd row, Jazlyn Marshall, Makayla Moneybrake, Bailey Wilson, Felicity Ramos, Samantha Frey, Ashlyn Watson, Caitlyn Teeple

Submitted by MaryAnne Povey. Photo courtesy of: Stacey Matteoli.

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BODYCAMS FOR SACRAMENTO COUNTY SHERIFF'S DEPARTMENT



Supervisor Sue Frost

Bodycams for Sacramento County Sheriff's Department

By County Supervisor Sue Frost

It is a difficult time to be a police officer in the United States. While it may or may not be fair, incidents across the country have left many people feeling deeply negative towards how officers handle difficult situations. In response, many departments are equipping their officers with body cameras. I bring this up because it was recently announced that the Sacramento County Sheriff will soon be conducting research to identify possible vendors to supply the department with body cameras for officers to wear.

In a day and age where transparency, accountability, and building trust are more important than ever for departments across the country, I applaud our Sheriff for seriously looking at implementing this emerging technology. I have three main reasons for supporting body cameras.

First, the video collected by body cameras help juries paint an accurate picture of what happened in an incident. Whether that comes in the form of helping convict more criminals, or proving the innocence of the accused,

society is better off for it. It will also provide clarity in cases of suspected police misconduct, as corrupt police officers will be more likely to be caught, and the honorable ones will be more likely to be exonerated.

Speaking of police misconduct, my second reason for supporting body cameras is that it causes improved behavior by everyone involved. Officers tend to be on better behavior when they know they are being watched, and the likelihood of citizens acting aggressively towards officers also diminishes. It also allows officers to review their own footage and improve how they handle their interactions. Speaking personally, the first time I was interviewed on TV I cringed a little as I evaluated my performance, but it served as a great learning opportunity and helped me improve.

My third reason is because it quantifiably reduces complaints and related expenses, as departments across the country are seeing positive results. In one study performed by the Rialto police department, it was found that there was a 60% reduction in use of force incidents and an 88% reduction in the number of citizen complaints. I also believe these cameras could present a fantastic opportunity for the Sheriff's Department to give the public a good idea of what the average day is like for an officer and potentially highlight the everyday good that officers do for our community.

But while there are numerous proven benefits to recording police interventions, there are also potential pitfalls, and this makes the careful approach the Sheriff is taking all the more important.

Like all new technology, there are large upfront costs associated with the cameras. This cost takes the form of the physical cost of the cameras themselves, and also the

cost of storing the evidence and public records requests. While agencies certainly save time collecting and managing digital photographic evidence - video evidence requires an investment in either cloud-based storage systems or physical storage hardware, both of which are expensive. I have concerns about personal privacy while officers are in private residences and how evidence that could impact the outcome of a trial would be managed. There's also the problem of doing too much too fast, as when you have been doing the same job for twenty or more years, it can be a challenge to suddenly change procedures.

THE GIFT: NATIVITY

**December 15, 16 &
17**

6:30, 7:15 & 8:00 pm

Christ the King Lutheran Church, Orangevale, is hosting a very special event called The Gift: Nativity. On December 15, 16 & 17, (6:30, 7:15 & 8:00 pm), come and join our faith community as we celebrate birth of Christ through words, drama, lights and music. During this FREE event there will be Holiday treats and Arts and Crafts with lots of free hot chocolate. For more information about Christ the King Lutheran Church's The Gift: Nativity, please contact the Church at (916) 988-2484 or go on-line to ChristTheKingOV.com

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TIME TO STOP THE HIGH SPEED RAIL BOONDOGGLE



Assemblyman Kevin Kiley

Time to Stop the High Speed Rail Boondoggle

Never in the history of California, and perhaps the United States, have we seen a project with as little upside at as much cost as High Speed Rail.

Inspired by the bullet trains of Europe and Japan, the project was always an odd fit for California. Most high-speed rail lines lose money, surviving off a blend of political patronage and creative accounting. In the few places worldwide where they do turn a profit, like the Tokyo-Osaka corridor, population density is roughly twice that of California. Factor in several additional challenges unique to our state – such as the rugged terrain, or environmental regulations that stymie even the most deserving projects – and you have the makings of a train wreck.

It should be no surprise that, after nearly a decade, only a few miles of track have been laid, and cost estimates have soared to a staggering \$68 billion.

And things keep getting worse. Just over the last few months, projected costs for construction in the Central Valley have risen by another \$1.7 billion;

engineers have cast doubt on the technical feasibility of blasting through California mountain ranges; and the Rail Authority has announced that, yet again, it would miss by two years the deadline to complete the project's environmental impact reports. Investors are fleeing. Exasperated executives are tendering their resignations. Yet legislative leaders continue pouring billions into a project that, if ever operational, would be both the world's slowest and its most expensive "high-speed" rail service.

Meanwhile, these same lawmakers have just imposed the largest gas tax increase in state history. All of the road work this massive tax is supposed to pay for could easily be funded, without new taxes, if the money for High Speed Rail were cut off and redirected. In fact, billions would be left over to either return to taxpayers or invest in real transportation improvements that could reduce local commute times, improve safety, and better integrate regional economies.

That's why I adamantly opposed the gas tax, why I fully support its repeal, and why I have co-authored legislation to instead fund desperately needed road repair by terminating High Speed Rail. With the mounting controversy surrounding the bullet train, and with Governor Brown, its chief advocate, nearing the end of his term, it is time for legislators from both parties to come together and finally get our state on the right track.

Assemblyman Kevin Kiley represents the California 6th Assembly District, which includes parts of El Dorado, Placer and Sacramento counties.

How to Share Family History and Heirlooms with Your Estate Plan

The best time to share your family history with loved ones is right now. During the holidays families get together and stories are exchanged. You may have special items that go along with your stories, such as yearbooks, a baptism dress, a silver comb, news articles, or photographs. As you share these stories, you may decide that you would like to give a special item to one of your loved ones. Heirlooms are a tangible way of connecting with ancestors. To pass on your heirlooms, you can use a personal property memorandum in your estate plan. The Memorandum allows you to list which personal property items you wish to leave to whom. Some examples of items are: jewelry, books, instruments, furniture, collections, letters, and photographs. A Personal Property Memorandum should be referenced in your Will or Trust. Once a Personal Property Memorandum is properly created, it is easily updated and the updates seldom have to be done with an attorney.

It is important to put your wishes in writing. Verbal wishes can cause family disharmony after you are gone. Loved ones grieve in differing ways, and it is common for family members to want to cling to your things as a way to connect with you. It is not uncommon to have families torn apart as they disagree on what the wishes and desires were of their family member that has passed on. When your wishes are in writing it is clear to the Executor and to all involved how to distribute your items. This holiday season connect with your family by sharing stories. If there is an item that you would like to give to a family member contact an Estate Planning Attorney to properly document the gift.

Sam Swenson is the Managing Attorney at The Swenson Law Firm. He offers free consultations for Estate Planning. To find out more about Creating a Personal Property Memorandum call 916-333-0833.

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Tips For An Effective Open House

Open houses are a great way to attract potential buyers to your property. However, that is not the only reason to hold an open house. Anyone that walks through the door should be thought of as a potential buyer.

Here are some pointers for an effective open house event.

- Landscaping - When potential buyers arrive at the property, this is obviously the first thing they see. Set a good first impression by having the lawn manicured and the walkway clean.
- Repairs - This includes everything from broken light bulbs, to squeaky doors, to broken windows,

etc. Potential buyers want to feel like they won't have to make repairs from day one.

- Clear the clutter - While you may be excited to show off your collections, tons of family photos, or junk mail on the table are not things buyers want to see.

- Staging - Your home should feel bright, warm and comfortable. Open the drapes, turn lights on in dark rooms. Beds should always be made, as well furniture and flooring clutter free.

- Remove pets - Pets can be a big distraction and a turn off for potential buyers, even if they are contained in a room, outside, or in a crate. Try to take the pets to a friend's house or a pet sitter for the day. You'll also want to remove any pet items, like toys, beds, bowls, and litter box.

- Secure valuables - There will be people roaming around your house. Don't

be naïve. Even some otherwise trustworthy people may be tempted to grab something if it's out in the open. Not only that, but if there are kids around, they may not know any better and take something when mom or dad's back is turned.

- Research - Inevitably, you'll be faced with guests that have questions about the neighborhood, because they want to make sure this location is the right fit for them. Don't be caught off guard. Know the neighborhood, the schools, and what the competition is.

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Which of These Costly Homeseller Mistakes Will You Make When You Sell Your Orangevale Home?

Orangevale - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7

deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To order a FREE Special Report, visit www.SacramentoHousinInfo.com or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-844-709-7051 and enter 1000. You can call any time, 24 hours a day, 7 days a week.

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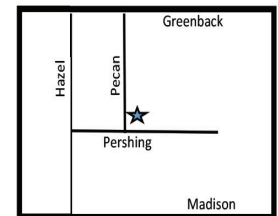
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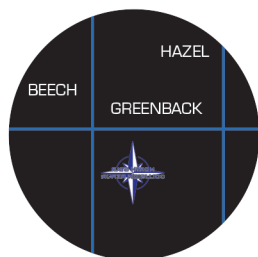


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Orangevale Cooks



by Suzanne Feblowitz

Phil in Orangevale shares how he uses up his leftover turkey. Every year after Thanksgiving, he finds that he has loads of leftover turkey. Even after a couple of days of sandwiches, he easily has three or four pounds of meat sitting in the fridge. And as each day passes, it gets harder and harder to convince people to eat turkey yet again. Phil needed to come up with something innovative that he could make that wouldn't send his kids running for the cold cereal.

As such, Phil created the following recipe for leftover turkey crepes. It might seem a bit intimidating at first (Crepes? Roux?), but once you give it a try, you'll find it's really pretty simple.

For the Crepes:

- 2 cups milk
- 1 1/3 cups all-purpose flour
- Pinch of salt
- 3 teaspoons butter, melted and cooled
- 2 whole eggs + two egg yolks
- Combine all ingredients and whisk until a thin batter forms.
- Refrigerate for one hour.

For the Filling:

- 2-3 lbs leftover turkey (dark or light meat), finely chopped
- 3 tablespoons extra virgin olive

- oil
- 2 small shallots, minced
- 4-5 cloves of garlic, minced
- 3 stalks of celery, minced
- 2 tablespoons finely chopped fresh rosemary
- 2 tablespoons finely chopped fresh thyme
- 3 cups turkey stock (chicken stock can be used if turkey stock is not readily available)
- Basic roux (see recipe below)
- Salt and pepper to taste

1. Heat the olive oil in a large skillet over medium heat.
2. Add the turkey and cook for 2 minutes.
3. Add the shallots, garlic, celery, rosemary, thyme and salt/pepper. Stir and cook for 4 minutes.
4. Add the turkey stock. Bring to a light boil and simmer for 7 minutes.
5. Add the roux and stir to combine. Simmer for 5 minutes, then reduce heat to low.
6. On another burner, place a small saucepan over low heat.
7. Once the turkey mixture thickens, spoon it through a strainer into the saucepan. The idea is to separate the mixture from the "sauce."
8. Keep the sauce warm in the saucepan and return the turkey mixture to the skillet. Keep

warm over low heat.

To make the crepes:

Heat a large pan over medium heat. Spray the pan with cooking spray.

Pour 1/4 cup of the crepe batter into the pan, tilting the skillet back and forth to form the crepe. Make sure not to use too much batter, the crepe should be thin. Cook 2-5 minutes, flipping once, until golden on both sides. Repeat with remaining batter.

To assemble: Lay a crepe out on a plate and spoon 1/2 cup of the turkey filling into the center. Fold the crepe in half over the turkey mixture (taco shape), then fold in half again. Top with an additional 1/4 cup of the mixture, then spoon the desired amount of reserved sauce over the top.

Serve with leftover stuffing, cranberry sauce, green bean casserole, etc. and enjoy!

Basic Roux Recipe

Melt 4 tablespoons butter in a skillet over medium heat. Add 6 tablespoons all-purpose flour and stir to combine. Toast mixture until mostly solid and lightly browned, remove from heat.

NOTE: Roux can be made in advance and refrigerated for several weeks.

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.



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PETACULAR

We all want to keep our family and pets healthy to keep the holidays happy. Here are some potential home hazards to avoid that will help keep your pet out of danger this coming season.

Decorations/Wrapping

This is supposed to be a fun time of year with decorations around the house and commonly wrapping paper and ribbon within easy reach of your pet. Any solid material ingested by your pet cause lead to a trip to the emergency room and possibly surgery. Especially dangerous are string or ribbon, so be sure supervise your pet playing with these tantalizing toys.

Plants

Many species of bulbs

(iris, lilies, daffodils) that add some color during the fall and winter months are toxic to your pet's kidneys. Any part of the plant can be toxic so be wary of allowing your pet to even chew on the leaves. Poinsettias are actually not toxic, as commonly believed, but can cause stomach upset. Some types of mistletoe are very toxic to the liver so it is best to keep these out of your pet's reach.

Food

The holidays are a tempting time to indulge your pet with some scraps from the table. Be very cautious with grease or heavy foods (even turkey) as they can cause anything from diarrhea to life-threatening pancreatitis. It is safest get special

treats made for pets if you want to spoil your pet this year.

One common sugar replacer found in foods, gum and candies is xylitol. It is highly toxic, even in low amounts. It is also best to avoid allowing access to macadamia nuts or grapes/raisins.

Chocolate is by far the most common offender on the list of holiday toxins to your pet. It acts as a stimulant that can, in low levels, cause stomach upset. Higher levels can cause rapid heart rate, tremors, seizures, or even death. As different types of chocolate can be more toxic than others, it is best to consult your veterinarian if you suspect your pet has eaten any amount.

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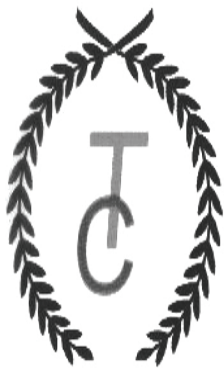
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HELLO!
New Members!

New and Renewing Member Orientation will be held on December 8th at 9:00 am and December 12th at 5:00 pm. Orientation will be held at the Chamber Office 9267 Greenback Lane B91 Orangevale, CA 95662. We'll show you how your membership will work for you. Space very limited. Call 916-988-0175 or email info@orangevalechamber.com to RSVP!



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Family Storytime - Babies, toddlers, preschoolers from 0-5 years along with their caregivers are invited to join us for songs, rhymes, and stories designed to build early literacy skills. You can find this program every Thursday through December 14th@ 10:30 AM. Storytime is taking a short break beginning December 21st and will return on January 18th.

Gingerbread House Decorating - Join us in making Gingerbread Houses for the winter season! You can display your gingerbread house in the children's section or take it home to enjoy. Provided by with generous support from the Friends of the Orangevale Library! Thursday, December 7th from 2:30 PM to 4:30.

Bubbles! Bubbles! Bubbles! - Bubbles and more bubbles! Rebecca the Bubble Lady puts on a show that really pops with excitement. It includes dancing bubbles, bubble haircuts, bubble brains, and people in bubbles! It's interactive and fun for the whole family. Provided by with generous support from the Friends of the Orangevale Library! Tuesday, December 12th from 4:00 PM to 5:00 PM.

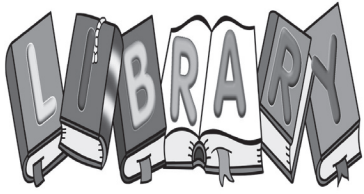
Read to a Dog - Come read to some paw-esome pooches! School-age readers are invited to read to furry and friendly canine volunteers and their trainers. You can find this program on the 3rd Friday of every month from 3 PM to 4 PM.

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COMMUNITY CALENDAR GROUPS & MEET UPS

WEEKLY MEETS

LEGOs and More - Build it! Join us for free play with Legos, Lincoln Logs and Citiblocks. Whether you are a building expert or a building novice we've got you covered. Tuesday, December 26th from 3:30 PM to 5:30 PM.

Adult Book Club - Join us for a discussion of this month's book: "Beartown" by Fredrik Backman. Every month we'll pick a novel or a non-fiction title to read and discuss. Join us for a great book conversation and make new friends! The #1 New York Times bestselling author of A Man Called Ove returns with a dazzling, profound novel about a small town with a big dream—and the price required to make it come true. New members are always welcome! Pick up your copy of the book today. Saturday, December 30th from 1:30 PM – 2:30 PM.

Mixed Media Art Journaling - Use your imagination and all kinds of mixed media to create a free-style art journal. Both inexperience and lack of talent are welcome! The Friends of the Orangevale Library have graciously provided art journals and supplies to create a place for creativity to unfold. Please note, supplies are limited so feel free to bring your own too. You can find this program on the first Saturday of every month @ 10:30 AM.

Getting To Know You: A Genealogy Program @ Orangevale - Do you need help with researching your family's history? Orangevale Library's volunteer genealogists are available to assist you. Learn the basics, try new resources, and share discoveries with a group of time detectives. There's always something new to learn on a genealogy adventure. This program is for adults. January 13, Saturday, 2 p.m. to 4 p.m.

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

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.

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

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

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

Folsom Bridge Center is a Mutual Benefit Non-Profit organization with ACBL (American Contract Bridge League) sanctioned games daily; \$10 to play. Monday through Friday games are at 11 A.M., and on Saturday and Sunday, they begin at noon. There is no membership required to play; everyone is welcome. There is a play of the hand lesson Friday mornings 9-10:30, \$5, and a free open forum lesson 10:15-10:45 before the game on Tuesdays. Other lessons resume after the holidays. Check the website for the current calendar and information: www.bridgewebs.com/folsombridge. Call or email for partners: 916-353-1139; folsombridge@gmail.com. Our address is 8680 Greenback Lane, Orangevale, inside the California Family Fitness Center, first floor.

Do You like to Play Cribbage? Join the Gold Country Cribbers Contact: Roy Martin (916) 402-0411 Or Jack Throne: (916) 989-1762 Or Van Ray: (916) 768-4452 We Play We Teach We Have Fun Classes for beginners and intermediate Thursdays 4 – 7 pm Club Play Wednesdays at 5:45 pm El Dorado Hills Senior Center 990 Lassen Lane, El Dorado Hills, CA

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

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.

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

MomsRUs-group for women of all ages, raising or helping to raise children of all ages. Meets Tuesday morning's 9:45-11:45 thru December 12th, Orangevale church of Christ, 5915 Main Ave. Support, discussion, sharing on Christian parenting. Shared childcare. Go to ovchurch.org/family. All FREE

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

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

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

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/>

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

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.saintfrancisfairoaks.org and follow us on facebook

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

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.

MONTHLY EVENTS

GFWC 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 usually on the 3rd Tuesday of each month from Sept - May at the Maidu Community Center, 1550 Maidu Drive in Roseville, except for November 2017 (held 2nd Tuesday). Guests are welcome. Doors open 12:30; meeting from 1-3. Programs include gardening information and garden-related speakers. Contact Lori at 916.784.0418.

Orangevale 4-H is in full swing for the 2017-18 year. We still have projects that are open to new members, so check us out and see what we can offer for your family. 4-H is for area youth ages 5-19 that want to learn life skills through hands on activities! We meet the 2nd Monday of the month (except December) at the Orangevale Grange Hall at 6:30pm. www.orangevale4-H.weebly.com

CALENDAR OF EVENTS

December 15, 16 & 17, 2017 6:30, 7:15 & 8:00 pm Christ the King Lutheran Church, Orangevale, is hosting a very special event called The Gift: Nativity. On December 15, 16 & 17, (6:30, 7:15 & 8:00 pm), come and join our faith community as we celebrate birth of Christ through words, drama, lights and music. During this FREE event there will be Holiday treats and Arts and Crafts with lots of free hot chocolate. For more information about Christ the King Lutheran Church's The Gift: Nativity, please contact the Church at (916) 988-2484 or go on-line to ChristTheKingOV.com

Saturday, December 16 @ 7 PM Sunday, December 17 @ 4 PM Fair Oaks Presbyterian Church CHRISTMAS CONCERT nd the Word Became Flesh Admission: Free Fair Oaks Presbyterian Church 11427 Fair Oaks Blvd. Fair Oaks, CA 95628 (916) 967-4784 Email: info@fopc.org Website: fopc.org A beautiful Christmas concert featuring the Festival Choir and Orchestra that will take the audience from creation, to the manger, and into eternity telling the greatest story ever told!

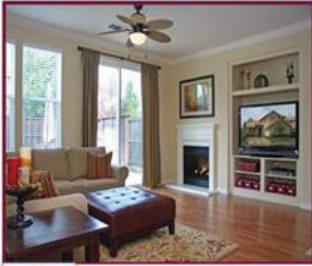
Sunday, December 24 Fair Oaks Presbyterian Church 2017 Christmas Eve Services 9 AM, 10:30 AM, & 4 PM Fair Oaks Presbyterian Church 11427 Fair Oaks Blvd. Fair Oaks, CA 95628 (916) 967-4784 info@fopc.org fopc.org We will have six candlelight Christmas Eve services—three classic services and three contemporary services. Choose a time that works best for you and your friends/family and bring them to worship with us on Christmas Eve! Classic Services in the Worship Center and Contemporary Services in the Family Life Center

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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WOODMORE OAKS HOLIDAY LIGHTS

The judges are out in the neighborhood from December 1-15 so keep your lights on until 10 PM each night. Tom DiGiacomo Will be out from December 16-24 presenting the beautiful frame certificates to the

winners on each of their 150 streets involved in the program Tom had started this contest back in 1992 and each year it has become bigger and better. You better watch out Tom might be knocking on your door!



Meet Kayleighann she is 4 years old and is hoping you will help her help others! She is collecting socks, mittens, beanies and toys for our local homeless men, women and children. Donations can be dropped off at the Orangevale Chamber of Commerce Monday- Thursday from 9:00am -2:00pm

SANTA IS COMING TO THE ORANGEVALE GRANGE!

Sunday, DECEMBER 10th
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www.OrangevaleGrange.org
 916 988-8871

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Our 4-H Servers are waiting to serve YOU!! All this for just \$6 adults and \$3 children

Bring Family and Friends to join in with the fun. Holiday magic, Breakfast and pictures with Santa! Bring your camera and from 9-10:30am you'll be able to take a picture with our Jolly Santa Claus that you'll treasure for a lifetime! Plan to come early

because, Santa is waiting for YOU!

Orangevale Grange 354 is making memories happen for you for a lifetime! We will also have our Grange Woman's Holiday craft tables for those of you that love shopping! These activities do sell out, so make sure to arrive early!

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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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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
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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
KEVIN KILEY District Office-8799 Auburn Folsom Rd, Ste A, Granite Bay 95746 916-774-4430
https://ad06.asmc.org/

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@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 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, 2nd & 4th Tuesday Nights 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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18 Pack Tecate	\$10.99
18 Pack Miller Genuine Draft	\$12.99
18 Pack Natural & Keystone.....	\$11.99
12 Pack Coors & Coors Light.....	\$8.99
12 Pack Bud & Bud Light	\$8.99
12 Pack Tecate	\$9.99
12 Pack Rolling Rock	\$7.99
12 Pack Blue Moon/Shocktop	\$12.99
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