

Orangevale View

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OV COOKS SHARING MORE THAN RECIPES PAGE 14



Orangevale Recreation & Park District's 35th Anniversary Country Hoe Down

down and be a part of the celebration of our community parks right here in our town of Orangevale. This aint our first rodeo, so round up your cowboys and girls and dance on over to the

Country Hoe Down for a good ole time!"

Howdy Partner! Grab your boots and hats and mosey on over to the Orangevale Community Park (behind Green Oaks Elementary) on Saturday, August 11th from 10AM-2PM. The Orangevale Recreation & Park District is celebrating their 35th Anniversary serving the Orangevale community since 1983.

This is a family fun event you don't want to miss! Admission is FREE to all! Join us for live music including a cowboy poet and the Old Time Fiddlers, pie contests, pony rides, games and activities, food trucks and SO MUCH MORE! There will be entertainment and games for all ages.

The pie making contest winners will be determined by distinguished local judges. Be ready to show us your baking skills. If you are interested in signing up for the pie making contest, please call the District Office at 916-988-4373, or bring your homemade pie the day-of by 10am to enter. Winners will be announced at 11am.

To kick off this event, you can join us the night before at the Orangevale Community Pool on August 10th from 7:30-9:00pm for our annual Hot Dog Hoe Down as well!

Come on



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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

View a newspaper you want to read.

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REMEMBER:**

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WED AUG 15, 2018 DEADLINE

FRI AUG 24 2018 Out To Public

SEP 2018

WED AUG 29, 2018 DEADLINE

FRI SEP 6, 2018 Out To Public

WED SEP 12, 2018 DEADLINE

FRI SEP 21, 2018 Out To Public

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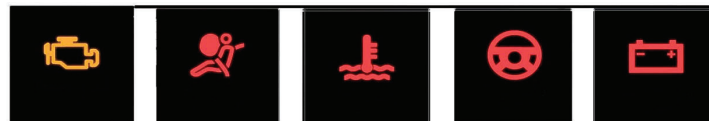
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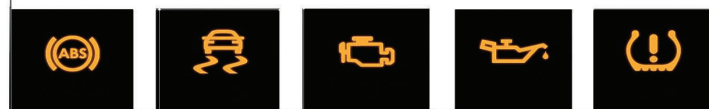
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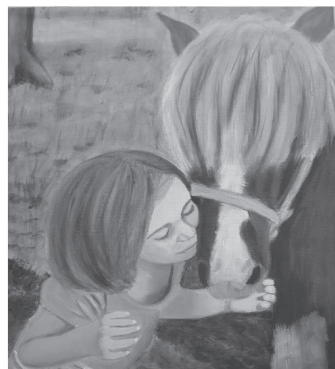
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(Orangevale Rec & Park
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Services/ReportCrime.aspx

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OTHER AGENCY CONTACTS

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COUNTY SUPERVISOR Susan Frost District 4
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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

PUBLIC NOTICE



Business Over Breakfast (BOB) is another way for businesses and business minded folks to get together and network. Provide an atmosphere to share referrals and business advice on a regular basis in an informal setting and at a reasonable cost. Hosted by the Orangevale Chamber of Commerce at Almond Heights 8685 Greenback Lane, Orangevale. Members \$5 and Non-Members \$10. Includes hot break

BOB will meet at 7:30AM on August 16, 8685 Greenback Lane, Orangevale. Members \$5 and Non-Members \$10. We network over an informal buffet breakfast, introduce ourselves with a brief description of our businesses, and hear a presentation from one of our members. We welcome members from multiple businesses in the same category. Call Today to RSVP -916.988.0175 or email info@orangevalechamber.com

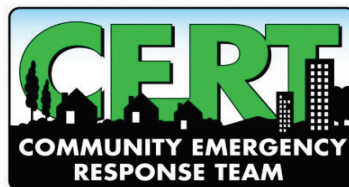
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PUBLIC HEARING FOR THE ORANGEVALE RECREATION & PARK DISTRICT 2018/19 FINAL BUDGET

Notice is hereby given that a public hearing to discuss the Orangevale Recreation & Park District final budget will be held on Thursday, August 16, 2018 at 6:30 p.m. at the Orangevale Community Center, 6826 Hazel Avenue. The public is invited to attend and speak about any item in the budget or regarding the addition of other items. The District adopted a preliminary budget for the 2018-19 fiscal year at the Board of Directors meeting on June 14, 2018. Copies of the budget are available for inspection at the District Office or on the District's website at www.ovparks.com.



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CASA ROBLE FOOTBALL COMING FAST!

It's hard to believe that summer is winding down and the 2018 Football season is just around the corner! Expectations are set high for the Casa Rams this season after a strong playoff showing in 2017 and a sizeable roster of returning players for the new season, not to mention a brand new field!!

"We can't wait to get back on our home turf since the major field renovations," said Head Coach Chris Horner. "This team has worked extremely hard. I'm really proud of the effort they've made and can't wait to see the results!" he added.

Casa's Varsity team includes 18 returning starters from last year's playoff team. These seniors are poised to make a big impact on both sides of the ball. 2017 CAL All-League players returning to the lineup are Devin Carmona, linebacker; Ruben Voznyuk, linebacker/receiver; Conner Erickson, wide receiver; Elijah Johnson, wide receiver; Robbie Squire, offensive line; and Julien Fish, defensive line. Additionally, Casa is loaded with the following

seniors to watch: Jack Johnson, wide receiver/defensive back; Peter Povey, offensive line; Luke Triplett, linebacker; Ryan Engle, defensive back; Austin Ehinger, quarterback and Andrew Wyandt, defensive line. Check out the next issue for other featured Casa Rams. Fans can look forward to the season opener on August 17th at Neuman Field at Casa Roble High School in the second

"Cowbell Classic" against local rival Bella Vista. JV starts at 5:30 pm, and Varsity kicks off at 7:00 pm. A limited amount of "Casa Ram Pack" reserved season seats are available for sale. For more information, contact Head Coach Chris Horner at chorner@sanjuan.edu. Go Rams!!

Submitted by: MaryAnne Povey
Photos by: Tim Engle

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Casa Roble RAMS

2018 Football Schedule

8/17	vs. Bella Vista - Cowbell Classic
8/24	@ Rio Americano
8/31	@ Vista Del Lago
9/7	vs. Ponderosa
9/14	@ Oakmont
9/28	vs. Mira Loma - Homecoming
10/5	@ Pioneer
10/12	vs. Woodland
10/19	vs. Dixon - Senior Night
10/26	@ Mesa Verde

Kickoff: JV @ 5 pm Varsity @ 7:30 pm
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EVEN AMIDST RECORD REVENUES, SACRAMENTO CONTINUES TO PROPOSE NEW TAXES



Assemblyman Kevin Kiley

Our state government is collecting more money from Californians than ever before. At \$200 billion, this year's state budget set a new record, surpassing last year's budget by three times the rate of inflation, with a \$9 billion surplus. But legislative leaders in Sacramento are still demanding more.

In just the last few months, a flurry of new taxes and fees have been proposed, including on water, on cell phones, and even on fireworks. That's notwithstanding that the largest gas tax increase in California history was passed last year, or that the state already levies the country's highest income tax and sales tax. The disconnect is staggering, reflecting a governing mentality that interprets every crisis as an opportunity to tax, while failing to recognize that the state's real crisis is one of affordability.

Indicative of just how tone deaf Sacramento has become is the proposal to tax fireworks. Intended to provide funding for

contraband enforcement, the tax was announced several days before the 4th of July -- a holiday celebrating a Declaration of Independence triggered largely by excessive taxation. I opposed this measure when it came before one of my committees, and thankfully I was not alone: so severe was the backlash that its backers quickly withdrew it, lest it be defeated as soundly as the British at Saratoga.

Other proposals to raise taxes have met a similar fate this year. In parts of the Central Valley, decades of state neglect have led to a clean water crisis. Rather than pay for infrastructure improvements using money out of the General Fund, legislative leaders tried to exploit the Valley's predicament by pushing through California first-ever tax on water. I was one of several lawmakers who joined together to defeat this proposal, pointing out that clean water treatment is precisely what General Fund dollars are meant to pay for. The tax was shelved, and a compromise was reached to ensure that \$23.5 million would be made available for clean water projects.

That leaves the proposed \$60 million tax on cell phones. Once again, the ostensible cause is a worthy one: to raise money for 911 services. But as with the water tax, legislative leaders mislead when they claim no other source of funding is available, conveniently forgetting the state's multi-

billion dollar budget surplus.

The march toward ever greater taxation has incalculable costs. As one measure, the San Francisco Chronicle recently reported that California has become so expensive that, in many parts of the state, a six figure salary is now considered "low income." If California is to remain a place where middle class families can thrive, the Legislature must work not to make our government bigger, but to make our state more affordable.

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

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COLLEGE STUDENTS READY TO GO

Legal Considerations When Getting Your College Student Ready to Go

If you are preparing to send your son or daughter off to college, you may wonder how their first semester of school will go. This is an exciting new chapter in your family's life. The last thing you may be thinking about is estate planning for your college-aged child. Once he or she turns 18, your child is considered an adult in the eyes of the law.

Before your child is college

bound, you should consider talking with them about the following basic estate planning documents:

- **Healthcare Directive**—Most parents assume when their child is away to college and is in need of medical attention they will have full rights to make decisions. Once your child becomes 18, he or she is protected by HIPAA laws. Health care professionals cannot provide medical information without your child's signed consent. Without this signed Directive, you may need a court order to access your child's health information.

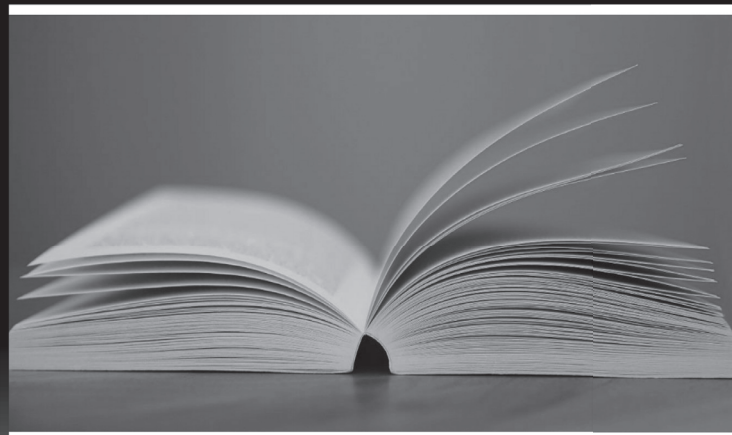
A **Healthcare Directive** appoints you as an agent that is able to make medical decisions on behalf of your child in the event he or she becomes ill or incapacitated.

- **Power of Attorney**—A durable power of attorney appoints an agent to make financial decisions on behalf of the individual. This can allow you to have access to your child's finances including bank accounts, scholarship funds, rental agreements, and insurance matters to name a few.

Turning 18 changes the legal landscape when it comes to your rights to address your child's needs. Preparing a legal plan for your college student ahead of time will greatly reduce any legal hurdles you may face as a family while he or she is attending college.

Samuel Swenson is the head attorney at The Swenson Law Firm located in Orangevale

How to Feed Your Parents With Author Ryan Miller



Saturday, August 18th 1:00pm - 2:30pm



How to Feed Your Parents with author Ryan Miller.

Please join local author and Orangevale resident, Ryan Miller, as he discusses his recently released children's book, How to Feed Your Parents.

How to Feed Your Parents is Ryan's first published book and features Matilda Macaroni, a young girl who is excited to try new foods. Since her parents plan to eat nothing but pizza and chicken nuggets for the rest of their lives, Matilda has to take the kitchen into her own hands. Matilda learns how to prepare delicious meals from around the world—and discovers a way to bring her own family closer together while encouraging more adventuresome eating.

*Book sales will follow the program

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Real Estate News

BENEFITS OF COMPOST

I am sure you have heard from backyard "farmers" throughout the Orangevale area about compost as a quick gardening solution to many different issues you run across when maintaining garden beds. There is much talk about "Compost is good!" but not nearly enough talk about "How does compost improve my garden?"

Compost helps with a variety of problems. It is important to first note that most compost is usable and therefore used before the decomposition process is complete. Quite often, compost will continue to decompose while in your garden space for several years after it is added to the soil. This poses no threat to your precious plants. In fact, it's quite the opposite- as the decomposition process continues, it will only become more valuable an asset to you and your soil.

The first and most obvious way compost helps your soil is through the addition of nutrients without using chemical fertilizers. When you add compost to the soil, you are nourishing your soil and plants simultaneously. Healthy soil leads to strong, healthy plants- isn't that what we all hope to achieve when gardening? As a bonus, when certain components of your compost fully break down, they become a storage vessel for nutrients which helps to keep nutrients where they belong- in the soil, not washed away with the first heavy rain.

Speaking of rain, compost has excellent water retention capabilities. Organic material in the soil acts like a sponge, soaking up as much water as it can hold in order to protect your soil and plants from drought-like conditions. On the flip side, organic content helps to create pores in the soil. Pores are the spaces between soil particles,

where air and water interact with your plants, the soil, and the microbes living in your soil. Soil is like an apartment building- keep the tenants happy and you'll have far fewer issues. The tenants of your soil include both plants and microbes. Adding additional pores in the soil helps your plants to grow roots with ease, allows microorganisms a cozy home, and assists with the drainage of excess water by simply giving it space to filter through.

Another benefit compost provides through the creation of additional pores, is the ability to combat compaction. Compaction occurs when soil particles get squished together & fill in the pore spaces usually present between the particles of soil. The addition of organic

material introduces new pore sizes and shapes, making it more difficult for soil to fill in every pore.

DON'T BE DISCOURAGED. Start small with a 5 gallon bucket with lid. Throw in vegetable peels, coffee grounds, dry leaves, grass clippings, egg shells & keep layering. Keep moist. Pop on the bucket lid each week & roll it around to mix it up. In time you will have your first compost.

Whether you choose to top-dress your garden bed, add compost as a soil amendment, or even just as a treasure trove of nutrients for new transplants, the benefit to you and your Orangevale garden is undeniable. Enjoy your gardens Orangevale backyard "farmers".



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The Woodmore Oaks Neighborhood Watch invites you join us for National Night Out. Turn on your porch lights, lock your doors, and come out to meet your neighbors and some of the law enforcements officers who work so hard to help us out.

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Mail To:

Tom DiGiacomo ATTN: Century 21 Select
 7919 Pebble Beach Dr. Citrus Heights, CA 95610
 Make checks payable to: Woodmore Oaks Neighborhood Watch

SPONSORS NEEDED

We are looking for item sponsors & raffle prizes. Raffle prizes can be gift certificates or items. If you have a raffle item you want to donate, please call Tom at 536-4222.

If your business would like the opportunity to sponsor an item for our events, please call Tom at 536-4222. All sponsors will be acknowledged at the event as well as mentioned in our next newsletter. Sponsors can be families/individuals too!

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Orangevale Cooks 

by Suzanne Feblowitz

Dear Suzanne,
 I am the newly minted Jessica Jurado, step-mom to Natalie, or as she calls



the batter, and even used local eggs from Rinkel Ranch on Main. Dad took tons of really cool pictures, but attached are a couple of my favorites. When asked her thoughts on Mrs. Feblowitz' recipe during the baking process, Natalie stated, "she never told our class she cooks and writes a newspaper!"

Thank you for blessing me with an extra special reason to bond with



me, her "Bonus Mom". Having just married in May and now residing in Orangevale, I've eagerly jumped into patronage at the Thursday Farmer's Market and regular visits to OV library. Community involvement is important to me, so when I grabbed OV News looking for fun summer activities, I shared it with my new family. Coincidentally, I'd been looking for a good banana bread recipe, and I showed yours to Natalie, at which point she exclaimed "THAT'S MRS. FEBLOWITZ!!! MY TEACHER!!!"

Well, we couldn't WAIT to try your recipe! We decided to mini-muffin

my "bonus daughter" in our kitchen. Yours will forever be the first recipe we baked together.

Much love,
 Jessica Jurado



This recipe is perfect for the hot days ahead! Take our your slow cooker, pick up some meat and a few spices and you will have an easy dinner. This was inspired by Ottomon Elementary teacher, Mary Jungles. Serve with tortillas and cheese. You can even use it for a taco salad. It makes great leftovers, too. I even put the leftovers in the freezer and saved it for another dinner! Enjoy!

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.

SLOW-COOKER GREEN CHILE PORK RECIPE

- 1 Sirloin Tip Pork Roast (get a 4 pack at Costco) or 1 pork loin
- 2 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp oregano
- 2 tsp salt
- 16 oz. Green Chile Salsa (Jar or Can)
- ¼ cup water

Mix all spices together in a small bowl, then sprinkle spices all over roast. Place roast in slow-cooker. Add green salsa and water. Place lid on slow-cooker and set 8 hours on low or 4 hours on high. Shred the pork with forks before serving.

Note: Costco has a great deal on the Sirloin Tip Roasts. You get 4 roasts for a great price!

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Fishin Time

Hello everyone, I hope this finds everyone well and happy. I got in another trip to Anchor Bay Ca. this weekend and the ocean was really calm with very little wind which made for easy boating and opened up a lot of the ocean to fish.

We dropped swimbaits on blade runner heads and caught our limits of Ling Cod with my partner catching his first, a nice 10 lb. one.(photo) I gotta share what could have been disastrous for a kayak fisherman. My partner spotted him out of his

kayak over a quarter mile from shore struggling to get back in. I immediately powered my boat to him and we managed to hold the opposite side of the kayak while he tried to pull himself back on it. With help we got him back on after some personal things were lost from the kayak being turned almost completely over. The guy only had shorts on not a wetsuit. Very thankful we came he immediately started paddling towards shore and safety. He was a very lucky kayaker for sure. My advice would be to never go alone and wear a wetsuit and life vest on any ocean trip.

Be safe, have fun, and share some time on the water with a friend.

Thanks, Danny Miller

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Summer Reading @ Sacramento Public Library - Sign up for Summer Reading starting May 15th and let "Reading Take you Everywhere". Summer Reading is a fun, free, all ages program that challenges you to read and complete activities to win awesome prizes and stay busy all summer long. Summer Reading is an entertaining and effective way for kids to maintain and grow their reading skills over the summer break, and a great opportunity for parents and caregivers to read with and do activities that prepare younger children for reading. For more details please visit <http://www.saclibrary.org/summerreading> or come into the Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale.

Job Coach at Orangevale Library - Come and meet one-on-one with a volunteer job coach who will help you look for jobs, create an effective resume, and more! Each appointment lasts for approximately 60 minutes. Participants are encouraged to make a reservation online at "www.saclibrary.org, Events/Orangevale". You can find this program every Friday from 1:00 - 3:00 PM Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale

Adult Book Club - Pick up your copy on July 28th! Join us for a discussion of August's book, An American Marriage by Tayari Jones. Newlyweds, Celestial and Roy, are the embodiment of both the American Dream and the New South. He is a young executive and she is artist on the brink of an exciting career. They are settling into the routine of their life together, when they are ripped apart by circumstances neither could have imagined. Roy is arrested and sentenced to twelve years for a crime Celestial knows he didn't commit. This stirring love story is a deeply insightful look into the hearts and minds of three people who are at once bound



and separated by forces beyond their control. An American Marriage is a masterpiece of storytelling, an intimate look into the souls of people who must reckon with the past while moving forward- with hope and pain- into the future. Saturday, August 25th from 1:30 PM - 2:30 PM Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale

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, August 31st from 3:30 PM to 5:30 PM Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale

Family/All Ages: Pixie Tribe - Celebrate the end of the summer at our Summer Reading wrap-up party at the Orangevale Library! Eat ice cream, take photos, play games, and have your face painted with Pixie Tribe Entertainment as a finale to our Summer Reading Challenge! Wednesday August 1st from 2:00 PM - 4:00 PM Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale

Early Childhood: Family Storytime (0-5) Toddlers, Preschoolers, and their caregivers are invited to join us for songs, rhymes, and stories designed to build early literacy skills! Stay for a play and craft time after Storytime. Thursdays, 10:30 AM - 11:00 AM Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale

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. First Saturdays monthly. Saturday August 4th from 10:30 - 12:30 at Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale

School Age: Minecraft Gaming -Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on our own library server and enjoy cubed snacks at the Orangevale Library! We will do two 45 minute shifts if there are more participants than PC laptops. This program is for students ages 6 - 18; registration is encouraged. Saturday, August 4th from 2:00 PM - 4:00 PM at Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale.

Energy Saving Tips to Save on Your Bill: Join SMUD experts as they explain simple ways to save energy and money while keeping your home comfortable. This seminar will discuss energy efficient technologies, SMUD programs and simple ways you can change your habits. Saturday August 11th from 1:00 - 2:00 PM at Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale.

Youth Art Journaling - Do you like getting crafty

COMMUNITY CALENDAR GROUPS & MEET UPS



and drawing? We're calling all middle school and high school students to join our teen facilitated art journaling program! Provided with generous support from the Friends of the Orangevale Library. Thursday August 16th from 3:15 – 4:30 PM at Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale.

School Age: 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 at Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale.

Adult: How to Feed Your Parents with Author Ryan Miller - Join us for the next installment in our 3rd Saturday author visit series featuring local author and Orangevale resident, Ryan Miller, as he discusses his recently released children's book, How to Feed Your Parents. How to Feed Your Parents is Ryan's first published book and features Matilda Macaroni, a young girl who is excited to try new foods. Since her parents plan to eat nothing but pizza and chicken nuggets for the rest of their lives, Matilda has to take the kitchen into her own hands. Matilda learns how to prepare delicious meals from around the world and discovers a way to bring her own family closer together while encouraging more adventuresome eating. *Book sales will follow the program Saturday, August 18th from 1:00 – 2:30 PM at Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale.

Adult: Third Tuesday Adult Painting (ages 18+) Join us the third Tuesdays of the month for art practice with acrylic paints. Create a painting you can keep with all materials provided. Instructor led acrylic painting with Ciara Cuminsky in Sept, and Dec. Space and supplies are limited- Registration required at www.saclibrary.org, Events/Orangevale. Generously funded by the Friends of the Orangevale Library Tuesday August 21st from 5:30 PM – 7:30 PM. at Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale.

Tween Book Club @ Orangevale Library Join us at our monthly book club for 9-12 year olds. Eat snacks, chat about our book, participate in activities, and make new friends. Pick up a copy of this book starting on July 31 at the Orangevale Library. This month we are reading "One Crazy Summer" about three girls who visit their mom in Oakland and learn a lot about themselves, their family and their community. Thursday August 30th from 3:30 – 4:30 PM at Orangevale Library, 8820 Greenback Lane, Suite L, Orangevale.

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 as our guest to its monthly meetings held usually on the 3rd Tuesday of each month at the Maidu Community Center, 1550 Maidu Drive in Roseville. The club meets from September to May with doors opening at 12:30; meeting from 1-3. Programs including garden-related speakers and gardening information. 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

The Dementia Support Group is held at Eskaton FountainWood Lodge the 2nd Tuesday of every month at 2:00 pm. You're not alone in this journey, so come join us and get the support you need. Please contact Sharon at 916-988-2200 or email her at Sharon.wold@eskaton.org

WEEKLY MEETS

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

Clean & Sober Concerned about a loved one's alcohol or drug use? Clean & Sober Recovery Services offers FREE and confidential family support every Sunday at our noon meetings led by a licensed family counselor. Call 916 990-0190 to learn more.

Folsom Bridge Center is a Mutual Benefit Non-Profit organization with ACBL sanctioned games daily; \$10 to play. Monday- Friday games are at 11 A.M., and on Saturday and Sunday, they begin at noon. No membership required; 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. Follsombridge@gmail.com. 8680 Greenback Lane, Orangevale,

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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- Begins our Summertime Bible Study in the Park on Tuesday @10AM from June 12th-August 7th @ Lew Howard Park, 7200 Baldwin Dam Rd., Folsom. Fellowship with friends & meet new ones while your children/grandchildren play. Bring chair, water, snack and Bible. Questions call: 916-798-229

Narcotics

Over 20 vendors confirmed for our 9th annual Orangevale market. Make sure to mark your calendar for EVERY THURSDAY



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

Overalls Square Dance Club meet every Monday 6:30-9:00 pm at Royer Veterans Hall, 110 Park Dr, Roseville, CA

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 Mellowclawn 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/>

Root Cellar - Sacramento Genealogy Society hosts a genealogy workshop from 1-3pm on the third Wednesday of each month at the Sylvan Community Center, 7521 Community Drive, Citrus Heights. The workshop is free and is open to all skill levels and ages. For more information, please visit our web site at www.rootcellar.org.

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.saintfrancisco.org and follow us on facebook

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

Sunrise Community Church Storytime is a great opportunity for parents, caregivers and children ages 1.5-5 to connect through a kid-centered experience in literacy, music, creativity and fun! Join us Mondays from 9:30a – 10:30a @ Sunrise Community Church – in THE BACKYARD (Rm D102) 8321 Greenback Lane, Fair Oaks. Visit our website for more details @ www.sunrisecommunity.church

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.

TOPS (Take off Pounds Sensibly) meets every week on Mondays at 9:00 a.m. at the Church of Christ, 5915 Main Avenue, Orangevale, CA 95662. Visitors are always welcome (preteens, teens, adults, male and female. First meeting is free. Contact Mary at (916) 988-6827. We have a friendly group!

Saturday August 4th Relay For Life 2018 Serving Orangevale, Fair Oaks, Folsom, Citrus Heights, Carmichael, Rancho Cordova, Sacramento, West Sacramento, Woodland And Surrounding Communities Will Be Held Saturday August 4th At Hagen Community Park; Rancho Cordova. Free Family Event Dedicated To Finding A Cure For All Cancers.

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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.

FAIR OAKS

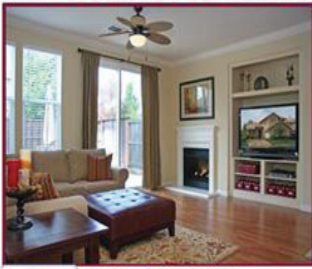
Comedy Under the Stars Veteran's Memorial Amphitheatre (7997 California Ave.) Fridays, August 10 | October 5 Doors open at 7:00pm | Show starts at 8:00pm Ages 18+ Tickets: \$15 presale per show, \$20 per person per show (cash only) at the door. At the door ticket sales from 7:00pm-8:00pm only. Online ticket sales end at 6:30pm. Join the Fair Oaks Recreation & Park District and Sacramento's "Laughs Unlimited" for a night full of laughs! Food and spirits are available for purchase in the Theatre. For more information or to purchase tickets, call (916) 966-1036 or visit www.fordp.org

FREE Movies in the Park Village Park (4238 Main St.) | August 17 Coco Pre-Event activities begin at 7:00 PM | Movie begins shortly after sunset The Fair Oaks Recreation & Park District and Spanda Industrial General Contractors are excited to announce our FREE summer Movies in the Park series. Come out early to get a good seat and let your kids experience the Wonderful Outdoor World (W.O.W.) Bus before the movie begins. Concessions will be available for purchase (cash only) from the Fair Oaks Host Lions Club and the Fair Oaks Youth Advisory Board (FOYAB). For more information, call (916) 966-1036 or visit www.fordp.org

FREE Concerts in the Park Village Park (4238 Main St.) Thursdays, June 14th-August 16th 6:30 PM-9:00 PM Concerts in the Park is a FREE concert series organized by the Concerts Committee, which is represented by the Fair Oaks Recreation & Park District, the Fair Oaks Chamber of Commerce, and the Fair Oaks Foundation for Leisure Arts. Concerts in the Park is dedicated in memory of Kathy Jones. Summer Schedule: JOaks Recreation & Park District and Fair Oaks Water District July 19- Robby James & The Streets of Bakersfield July 26- Jake Gill August 2- Moonlight Swing Band August 9- Lincoln Highway Band August 16- On Air (Sponsors Night) For more information, call (916) 966-1036 or visit www.fordp.org

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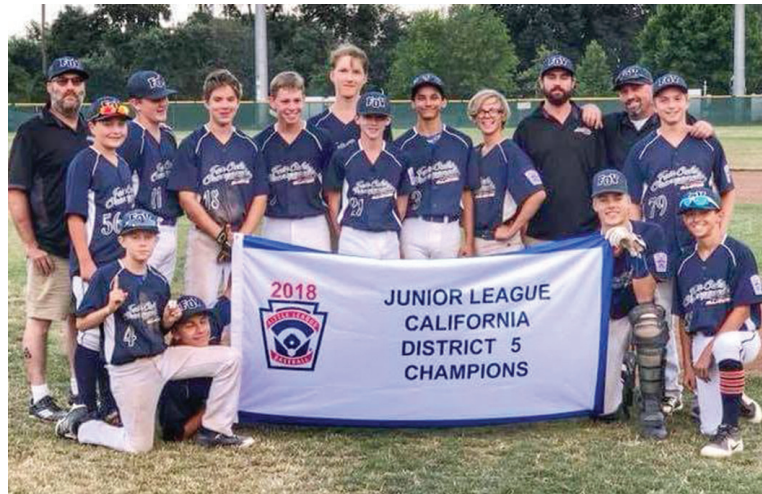


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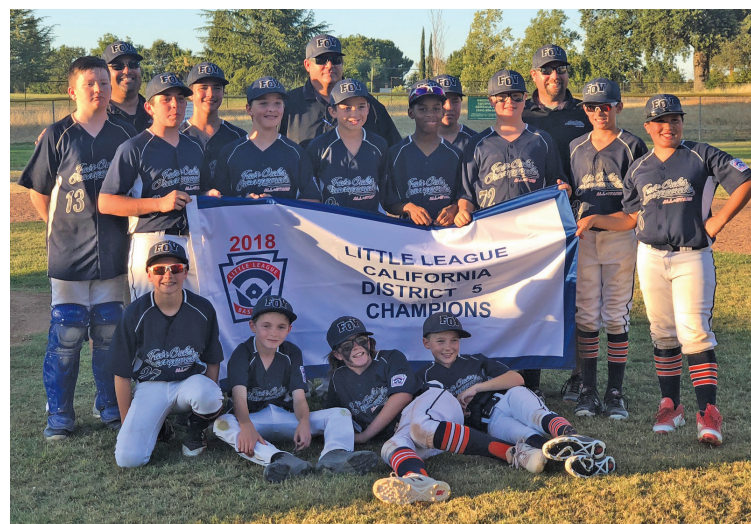
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The Junior All Star Team took on an undefeated Citrus Heights team in the championship game.

FOVLL CHAMPIONSHIPS

It's been a record year for the Fair Oaks/Orangevale Little League All Star teams. FOVLL brought home three District 5 Championship banners! The Junior All Star Team took on an undefeated Citrus Heights team in the championship game. They battled back to give Citrus Heights their first two losses of the year and bring home the first District 5 banner on July 3rd. The Fair Oaks /Orangevale 8-10 Year Old Minor A team went undefeated through the District Tournament finishing off in an 8-0 victory over Northridge Little League on July 7th. The 11-12 year old Major All Star Team moved through the District tournament only allowing 3 earned runs. They beat Arden Little League All Stars 14-1 to bring home the third District 5 Championship banner. All three teams moved on to the Section 4 tournaments.



The 11-12 year old Major All Star Team

The Fair Oaks/Orangevale Little League 8-10 Year Old All Star A Team went on to win the Section 4 Championship July 15th in Nevada City in a close game against Land Park Little League All Stars. Led by Manager Steve Reynolds and coaches Mike Ashley and Brian Singley, this team remained undefeated through both the District 5 Tournament and the Section 4 Tournament in Nevada City. They earned their nickname the #heartattackkids after scoring 12 runs in one inning in a close tournament game.



The Fair Oaks/Orangevale Little League 8-10 Year Old All Star A Team

The team has earned their spot as one of the top seven teams in Northern California and will play in the Northern California Championships July 21-27 in Palo Alto, CA. The first game was played on Saturday, July 21st at Middlefield Ballpark. Down 9-1 at the bottom of the 3rd they kept chipping away. By the end of 6 innings they won 13-10. Moving on for Sunday's game on July 23.

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WORSHIP INFORMATION



TOMATO CANNING WORKSHOP AT THE ORANGEVALE GRANGE

Garden overflowing with too many delicious tomatoes to eat at dinner? Learn how to can them from a UCCE Master Food Preserver. There will be an overview and demonstration of two tomato canning processes. One is the Water Bath Method and the other is a Steam Canning Method.

Attendees will be given delicious recipes for making salsa.

The workshop will be held on Saturday, August 25, 2018 at the Orangevale Grange Hall from 10 am to Noon. The Grange is located at 5807 Walnut Avenue, Orangevale. Space is limited, please contact Judy Long at 916 863-5915. FREE - Donation are appreciated

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! Sunday school for PreK, K-5th & 6th-12th. Thursday Night Bible Study 6:30pm (No Childcare) Pastor Mike Flanders (916) 989-2133, calvaryfo@comcast.net www.calvarychapelfo.com

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: Sacramento Meeting 10am Sunday School/Primary 11:20am PH/Relief Society/Young Women 12:10am. Young Single Adult Ward: Sacramento 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

Divine Savior Catholic Church, 9079 Greenback, (916) 989-7400. Daily Mass 8:30AM 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. Free Community Meal every Thursday night from 6-6:45pm. Everyone is welcome www.divnesavior.com

Fair Oaks Presbyterian Church 11427 Fair Oaks Blvd, Fair Oaks 95628 Sunday worship: Classic 9 & 10:30 AM, Contemporary 9 & 10:30 AM 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 Temporarily meets at Madison Mall Bingo 8830 Madison Ave. at 9am for Classic Service and 10:30am for Modern Service & KidZone. New location at 8999 Greenback is coming soon. 916-988-2390, 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.


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

Valley Redemptive Church 11430 Fair Oaks Blvd, Fair Oaks Pastor D.W. Bryant Sunday School 9:40 am Sunday Worship 11 am Tuesday 11:30 am Bible Study Wednesday 6:45 pm Bible Study 916.579.5077 Valleyredempchurch@att.net Family Centered Atmosphere All Are Welcome Church Vision "Go Reach Redemptive Needs of All People, Ages, and Conditions"

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)

Orangevale Series
Caregiver Workshops







Each workshop is unique and offers valuable building blocks and helpful tools for caregivers and individuals who would like to learn more about memory loss and dementia-related conditions.

Tuesday, August 21, 2018 | Supporting the Parkinson's Care Partner & Community Resources Available
Lisa Mooney, LCSW, Social Worker, Department of Neurology, UC Davis Health
Michelle Coleman, Executive Director, Parkinson Association of Northern California (PANC)

The diagnosis of a progressive disease like Parkinson's Disease (PD) has physical, emotional, financial and spiritual impacts on not only the PD patient, but their family and care partners as well. Family and/or Care Partners are an integral part of a PD person's successful treatment, wellbeing and quality of life. This presentation will explore how families can be involved with the treatment plan of care for PD patients by working with medical professionals and connecting with beneficial resources and support throughout the disease process. This presentation will also provide an overview of the services the Parkinson Association provides in our community.

TIME: 6:00—7:30 P.M. LOCATION: Divine Savior Catholic Church 9079 Greenback Lane, Orangevale, CA 95662	All workshops are FREE! For info and to RSVP, please call Senior Care Solutions: (916) 965-5565
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FARMERS' 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

Too Hot Outside? Cool off with OVparks!

Aquatics Events

For only \$5 per person or \$17 for a family of five, you can enjoy an evening of swimming and great refreshments. **All events included in your Season Family Pool Pass \$160 (\$175 NR)**

Hot Dog Hoedown

Friday, Aug 10, 7:30 to 9pm

Hot dog meal, swimming, and more at this annual event!

Dive-In Movie Night - Sherlock Gnomes

Saturday, Aug 25, 8pm (Sunset)

Family movie night on a 16 foot screen in OVparks Pool!



Picnic & Pool Rentals

Have a party planned but no location? No Worries!

OVparks has several outside rental options available from picnic areas to our very own pool! Picnic rentals start at \$66 for the day and Pool Party Places are \$75 during public swim or rent the ENTIRE Pool for a Private Party!

FOR RENT



Mature Orange Vale Explorers

OVparks has active adult programs for 50+

Visit OVparks.com for more information on senior programming like our Mid-Day Movie Days, Senior Nutrition lunch program, several types of classes, and numerous day trips and cross country excursions.



Rec'ing Crew Day Camp

For Campers Ages 5 to 12 with 3, 4, and 5 day options

Camp Hours: 9am to 4pm/Extended Camp: 7am to 6pm
Fees range from \$117-\$235 per child

Session 8 - Skatetown

Session 9 - Gold Bug Mine

Crafts 4 times a week! Field trips every Wednesday!
Swimming 2-3 times a week! Games & activities every day, all day! Sibling Discounts! Friday Movie Days!

Kidz Korner Preschool

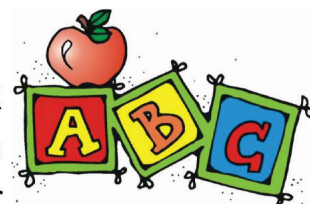
Orange Blossoms - Fall Session

Ages 3 & 4 Fall Session: Sept 11-Nov 1

Tue & Thu • 9:00-11:30am

•Session Fee: \$227/ \$232 NR

The focus of the program is on developing the social and peer interaction skills of your young child.



O.R.P.D's 35th Anniversary Country Hoe Down

Saturday, August 11

10AM-2PM

Orangevale Community Park
7301 Filbert Avenue



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