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OVPARKS REC'ING CREW RECAP! PG 22



1 YR ANNIVERSARY CELEBRATION PG 24

Orangevale Chamber of Commerce
Business Spotlight:

About Kidz

By MaryAnne Povey

In 2008 a small group from New Life Church in Fair Oaks had a vision to help underserved kids get a good send off to the new school year. After the seeds were planted and the wheels started turning, enough donations were gathered to help over 100 kids. Since then, the vision has blossomed into a full fledged, non-profit organization dedicated to helping kids year round called "About Kidz". To their great joy, this years donations have flourished into helping a record 1000 + kids!

"The people at New Life have serving others in their DNA," said About Kidz Executive Director, Jeff Pitnikoff. "It's pretty amazing to see this all come together."

The back to school program called "First Day" is one of three major programs "About Kidz" focuses on providing support to kids and their families throughout the year.

"About Kidz' has become a steady, tangible resource for many," Jeff explained. "It never gets old helping these families."

Part of the organization's success is in forming key partnerships in the community like the San Juan Unified School District who target schools in the district with kids in the greatest need. With their help, applications are



Jeff Pitnikoff, About Kidz, Executive Director



distributed and collected by the end of the school year. Once the applications are in, that's when About Kidz staff get busy.

"Once we get the kids registered, we go to work figuring out what grade, what supplies and what size clothing and shoes they need," said Jeff. "Then we go to work collecting those supplies."

Over the years About Kidz has also partnered with Walmart to conduct one-day supply drives. This year they expanded that one-day drive to 10 Walmarts resulting in donations covering nearly 70% of the items needed. Other businesses like Apple jumped in to help by sponsoring 80 children completely. Where there were gaps in supplies, other groups filled in, organizing more supply drives.

The good fruits from About Kidz doesn't stop with their "First Day" program but has branched into "Grad Day" a free two-day a week tutoring program for kids needing some extra help in the classroom. About Kidz partners with local high school AVID students who

earn community service hours and if they complete the required amount of hours tutoring, earn a scholarship towards their own future education. A win win!

Speaking of winning, "Game Day" is another About Kidz program for kids who wouldn't normally have the funds or the support to play in youth after school sports.

"We take care of everything," Jeff beamed. "From forming teams, to organizing the coaches to buying uniforms to feeding them. We want them to feel special like VIPs."

Special is what it feels like seeing the preparations come together for the festivities of the big "pick up" day. About Kidz wants everyone to remember the day as being extra special.

This years recipients can look forward to personalized backpacks, supplies and clothing for each child registered (siblings included) and fun-filled festivities including 15 bounce houses, train rides, Texas Roundhouse BBQ, and 15 Great Clips hair stylists on hand all put together by over 150 volunteers who love to serve.

"It's our hope that they come to enjoy the day and remember how they feel," Jeff shared. "We want them to have a very special experience."

About Kidz is a non-profit organization that truly helps kids in many ways. If you are interested in learning more about how you can help, go to www.aboutkidz.org. Consider being a monthly sponsor or find other ways you can help. Check it out and go make a difference in a kid's life!

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REMEMBER:**

WED AUG 21, 2019 DEADLINE

FRI AUG 30, 2019 Out To Public

SEP 2019

WED SEP 4, 2019 DEADLINE

FRI SEP 13, 2019 Out To Public

WED SEP 18, 2019 DEADLINE

FRI SEP 27, 2019 Out To Public

OCT 2019

WED OCT 2, 2019 DEADLINE

FRI OCT 11, 2019 Out To Public

WED OCT 16, 2019 DEADLINE

FRI OCT 25, 2019 Out To Public

NOV 2019

WED OCT 30, 2019 DEADLINE

FRI NOV 8, 2019 Out To Public

WED NOV 13, 2019 DEADLINE

FRI NOV 22, 2019 Out To

DEC 2019

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Public

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ABOUT THE ORANGEVALE VIEW



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

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

SUBMISSION POLICIES:

Submissions from you, our readers, are always welcome, for this is YOUR newspaper. We await school, church, or sports team materials, anniversaries,

births, special occasions, memorials, or other items of interest. Donations are encouraged and accepted for anniversaries, births, and other special milestones and announcements. Publication is at the discretion of the Orangevale View staff.

Requirements are simple:

- (1) Acknowledge that either you are the author or you have permission to publish from the original author;
- (2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.
- (3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF. Please use this format so we do not have to send your work back to you for corrections.
- (4) The View does not verify the accuracy of your submissions, and in some cases, dates and information are subject to change.
- (5) Please email submissions, to YOUR newspaper. The email address is editor@ovview.com. It is you, our contributors, readers and advertisers who make the Orangevale View a newspaper you want to read.

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Emmeline Elizabeth Rice passed away peacefully in Fair Oaks, CA on July 23, 2019. Emmeline was born in Loyalton, CA on November 13, 1924.

As a young girl on the farm owned by her aunt and uncle she cooked for the farm crews, cleaned, and provided child care. As a young adult she worked at a small café in Rogue River, OR as a cook. In 1941, she married John E. Rice in Reno, NV. Emmeline and John moved to Sacramento in 1952 where she went to work for McClellan Air Force Base in the instrument department. Emmeline earned her high school equivalent degree and later advanced to a clerical position where she worked until 1980. During their retirement years Emmeline and her husband John were emergency foster parents. Many of the parents would come back and bring their children to visit them.



laws Sheila and Katie, her eight grandchildren, sixteen great grandchildren, and twelve great great grandchildren. As Bea became a grandmother, she was most often known as "Gramma" or "Gramma Rice." Her memory will be cherished by all those whose lives she touched.

All those who knew "Bea," a result of her childhood nickname "Beetles," knew that she loved and cherished the Lord and the church, her family, friends, children and animals. Over the years she had many cats and dogs and loved them all. She also fed the birds and put food out for stray cats or dogs and in one case for a pair of mallard ducks that arrived each spring. Sometimes she even caught sight of a raccoon couple who soon brought their young to feed on the offerings. There was also a skunk or opossum dropping by occasionally to check things out and have a bite of food too! All were welcome! When Gramma wasn't caring for children or animals, she could be found square dancing with John or attending Grace Baptist Church, where she was a member for 44 years.

Emmeline was preceded in death by her husband, John E. Rice who passed away July 6, 2008. She is survived by her two sons John E. Rice and Darrol L. Rice, and daughter in

PUBLIC NOTICE

Public Hearing for the Orangevale Recreation & Park District 2019/20 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 15, 2019 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 2019-20 fiscal year at the Board of Directors meeting on June 13, 2019. Copies of the budget are available for inspection at the District Office or on the District's website at www.ovparks.com.

Social Security Phone Scam

District Attorney Anne Marie Schubert is alerting Sacramento County residents about a Social Security number phone scam.

Many residents are receiving phone messages advising them that their social security number has been frozen, and if they want to learn more they need to press a number on their phone. **THIS IS NOT TRUE.**

If you receive this type of call you are urged to HANG UP immediately. DO NOT press the number or button requested to learn more information. Do not engage a caller as your voice may be recorded.

District Attorney Schubert recommends contacting the Social Security Administration webpage on security to learn what the administration will and won't do, and to learn how to report these impersonations at the link provided: <https://blog.ssa.gov/is-that-phone-call-from-us/>.

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ANNOUNCEMENTS

SCHOOL YEAR 2019-2020 FREE AND REDUCED- PRICE MEALS

The San Juan Unified School District's Nutrition Services Department is announcing its policy for providing free and reduced-price meals for children served under the National School Lunch Program and/or School Breakfast Program. Each school and/or the district's central office/Nutrition Services has a copy of the policy, which may be reviewed by any interested party on request.

Meal applications will be available to all households that do not receive a direct certification notification. To apply, complete one application for all children in the household and submit to the school cafeteria or Nutrition Services for processing. Copies are available in the school office, cafeteria or you may apply online at <https://mealapps.sanjuan.edu>. Households may submit an application at any time during the school year. Information provided on the application will be used for the purpose of determining eligibility and may be verified at any time during the school year by the San Juan Nutrition Services Department. Information for parents or guardians of the availability of free and reduced-price meals is available in the San Juan Unified School District Family Handbook as well as the San Juan Unified School District Public Website, Nutrition Services page.

Children are eligible for free or reduced-price meals if their house-

hold income is less than or equal to the Income Eligibility Guidelines identified below, which will be used to determine eligibility for meal benefits. These guidelines are effective July 1, 2019 through June 30, 2020.

San Juan Unified School District Nutrition Services will notify the household of their children's eligibility for free meals if any household member receives CalFresh, California Work Opportunity and Responsibility to Kids (CalWORKs) or Food Distribution Program Indian Reservations (FDPIR) benefits. Households will also be notified of any child's eligibility for free meals if the individual child is categorized as foster, homeless, migrant, runaway, enrolled in an eligible Head Start, or enrolled in an eligible pre-kindergarten class. An Application is not required if a household receives the eligibility notice from the San Juan Nutrition Services Department. Households should contact the Nutrition Services Department at 916-971-7035 immediately regarding any child in the household not included on the eligibility notice. The household must notify the San Juan Nutrition Services Department if they choose to decline meal benefits.

Households that did not receive the eligibility notice from the San Juan Nutrition Services Department and would like to apply for meal benefits must submit a complete free and reduced-price application for Nutrition Services to determine a child's eligibility.

Households receiving CalFresh, CalWORKs or FDPIR benefits must include the following on their meal application:

1. Names of all enrolled children
2. One case number from any household member
3. Signature of an adult household member

Households with foster, homeless, migrant, or runaway children must include:

1. Names of all enrolled children
2. Indication of individual child's categorical eligibility status
3. Signature of an adult household member

Foster children are eligible for free meals and may be included as a household member of a foster family if the foster family chooses to also apply for the non-foster children. Including foster children as a household member may help the non-foster children in the household qualify for free or reduced-price meal benefits. If the foster family is not eligible for meal benefits, this does not prevent foster children from receiving free meal benefits.

Children in households participating in Women, Infants and Children (WIC) may be eligible for free or reduced-price meals. Contact the San Juan Nutrition Services Department for further information or complete an application for processing.

Under the provisions of SJUSD Nutrition Services Free and Reduced-Price Meal Policy Statement, the designated determining

official(s) will review meal Applications and determine eligibility. Parents or guardians dissatisfied with the eligibility determination may discuss the decision with the determining official on an informal basis. Parents or guardians may also make a formal request for an appeal hearing of the decision and may do so orally or in writing with Sneh Nair of the San Juan Unified School District Nutrition Services. Contact the hearing official at (916) 971-7026 for information regarding the hearing procedures.

If a household member becomes unemployed or if the household size changes, the family should complete a new meal application. Such changes may make the household eligible for free or reduced-price meals if the household income falls at or below the levels shown above.

For up to 30 operating days into the new school year, eligibility from the previous school year will continue within the same school/agency. When the carry-over period ends, unless the household is notified that their children are directly certified or the household submits an application that is approved, the children must pay full price for school meals and the school will not send a reminder or a notice of expired eligibility.

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FOR FREE AND REDUCED-PRICE MEALS OR FREE MILK (Effective from July 1, 2019 to June 30, 2020) Eligibility determination is based on household size and income. Total income must be at or below the amounts in this table.

Total Family Size	Free					Reduced-Price				
	Yearly	Monthly	Twice per month	Every 2 weeks	Weekly	Yearly	Monthly	Twice per month	Every 2 weeks	Weekly
1	\$16,237	\$1,354	\$677	\$625	\$313	\$23,107	\$1,926	\$963	\$889	\$445
2	\$21,983	\$1,832	\$916	\$846	\$423	\$31,284	\$2,607	\$1,304	\$1,204	\$602
3	\$27,729	\$2,311	\$1,156	\$1,067	\$534	\$39,461	\$3,289	\$1,645	\$1,518	\$759
4	\$33,475	\$2,790	\$1,395	\$1,288	\$644	\$47,638	\$3,970	\$1,985	\$1,833	\$917
5	\$39,221	\$4,652	\$1,635	\$1,509	\$755	\$55,815	\$4,652	\$2,326	\$2,147	\$1,074
6	\$44,967	\$3,748	\$1,874	\$1,730	\$865	\$63,992	\$5,333	\$2,667	\$2,462	\$1,231
7	\$50,713	\$4,227	\$2,114	\$1,951	\$976	\$72,169	\$6,015	\$3,008	\$2,776	\$1,388
8	\$56,459	\$4,705	\$2,353	\$2,172	\$1,086	\$80,346	\$6,969	\$3,488	\$3,091	\$1,546
For Each Additional Household Member Add	\$5,746	\$479	\$240	\$221	\$111	\$8,177	\$682	\$341	\$315	\$158

Monthly = 12 pays/per year Twice per month = 24 pays/year Every 2 weeks = 26 pays/year

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8/30	Rio Linda	@ Casa Roble
9/6	Vista Del Lago	@ Casa Roble
9/13	Ponderosa	@ Ponderosa
9/20	Oakmont	@ Oakmont
9/27		Bye Week
10/4	Mira Loma	@ Mira Loma
10/11	Pioneer	Homecoming
10/18	Woodland	@ Woodland
10/25	Dixon	@ Dixon
11/1	Mesa Verde	@ Casa Roble

JV starts at 5 pm
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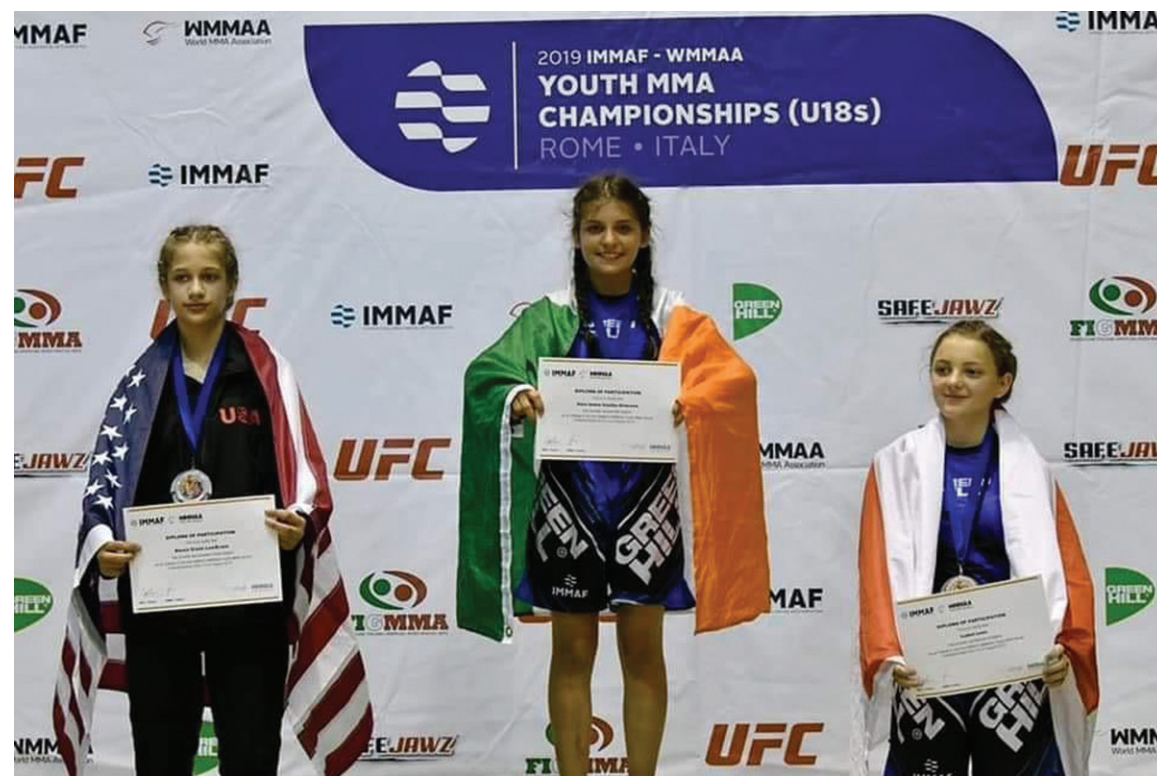
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WORLD CLASS MMA OV GIRLS DOMINATE IN COMPETITION!

Congratulations to our Orangevale Mixed Martial Arts (MMA) youth competitors representing the United States at the World Meet in Italy this August. Both girls made it to the finals and brought home medals. Lea Bivins, 16, advanced to the final round and tied, earning a shared Championship title with another US competitor from Southern California. Alexis Erwin, 14, also competed strong and finished 2nd in her division. Both girls train at Carnage MMA studio in Orangevale. Great job girls!



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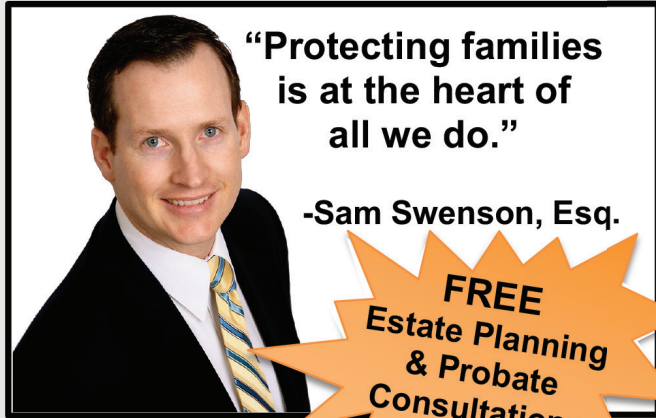
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SHOULD SACRAMENTO COUNTY BAN FLAVORED TOBACCO?

By County Supervisor Sue Frost

Earlier this year, in an attempt to curb teen smoking, the City of Sacramento voted to ban the sale of flavored tobacco products (including flavored e-cigarette cartridges), and soon the County of Sacramento will be facing a decision on whether or not to follow suit. Since this is a controversial issue that would directly impact Orangevale, I wanted to take the opportunity to explain to you my initial concerns with such a ban.

I want to say at the beginning that I am completely in agreement with the proponents of flavored tobacco bans in the goal of reducing teen smoking. We should be doing everything we can do keep teens from smoking, and educating them so that when they turn 21 they fully know the dangers associated with smoking. I recognize that teens are illegally obtaining and using flavored tobacco products in greater volume, and in many cases transitioning to traditional cigarettes.

But Sacramento County doesn't have a wall built around it, and anyone who wants to buy flavored tobacco products can easily obtain them from other nearby areas that have not banned them. Here in Orangevale, you won't have to travel far until you reach Citrus Heights, Folsom, or Placer County, which defeats much of the purpose. A statewide ban could be far more effective for an area like Sacramento, but even then, the widespread proliferation of marijuana prior to its legalization in California proves that even national bans can be largely ineffective.

The ban also doesn't come free. When the City of Sacramento enacted their ban, they expected that they would lose a couple million in yearly tax revenue as a result. And in the week following the city's decision, one of Sacramento's oldest tobacco shops had already announced they would be closing their doors due to the expected impact to their sales. While this may be manageable for the city, Sacramento County is struggling financially. This past budget we were forced to make reductions in services due to budgetary struggles (primarily brought on by a few large lawsuits against the County), and next year we will likely be doing the same.

I have also heard from many adults who legally use flavored tobacco products both because they recreationally enjoy it, and because they use it as an alternative to smoking. While these adults will still be able to access them in other communities, it will make it more difficult

for them to access something that is legal to use.

Instead of a ban, we could instead solve this problem by increasing the penalty for selling tobacco products to a minor from the current maximum of \$7,500, to a new minimum of \$7,500, accompanied by a ramped up undercover shopper program. This increase in penalties could potentially fully offset the cost of an improved undercover shopper program, but at the very least be substantially less than the loss in revenue we will now be facing under the ban.

Leading up to my vote on this issue, I will be meeting with stakeholders on both sides of the issue to understand their perspectives in more detail. But more than anything, I want to hear what you have to say. Please e-mail me your thoughts at Supervisor-Frost@sacounty.net. Thank you for reading!

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks.

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Orangevale, California September 2019 –Most do not realize that over 2 million women veterans have served our country and this number is rapidly growing. In addition, over 200,000 are currently defending our freedom at home and abroad. As a society, when Veterans are thought of women almost never come to mind. Thanks to Melissa Washington, founder of the Women Veterans Alliance, this situation is rapidly changing.

The organization that was established in Sacramento in 2015 is holding its inaugural Boots and Ball Gowns Gala on Saturday September 7th at The Grange in Orangevale.

The Beyond the Call of Duty Award will be presented to a local woman veteran. Proceeds from the event benefit Women Veterans Giving, who assist women veterans to start or expand their business and to fund their attendance at professional conferences.

A red-carpet welcome reception with hosted bar will star at 5pm. Followed by program and dinner, with Master of Ceremonies KFBK's Cristina Mendonsa. Event to include silent auction, raffle, desert raffle, wine raffle and dancing.

There is still an opportunity to purchase individual tickets and tables.

About Women Veterans Alliance- The Premier Network

To CONNECT over 2 million Women Veterans (and our supporters) globally for the PURPOSE of sharing our gifts, talents, resources and experience. To create a community to Equip Empower & Encourage each other with knowledge, resources, mentorship and career opportunities for women that have served our country to discover & fulfill their greatest potential.

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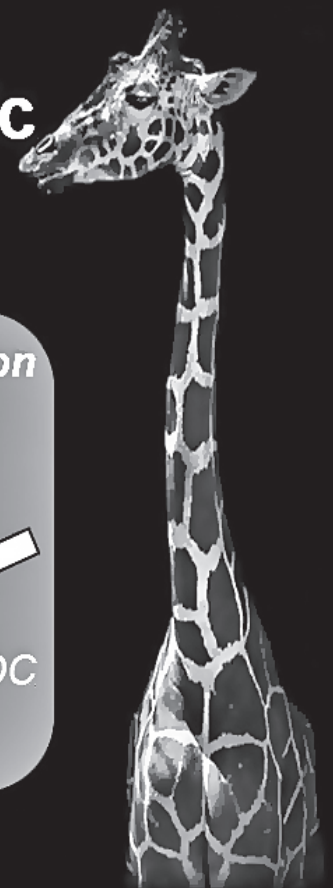
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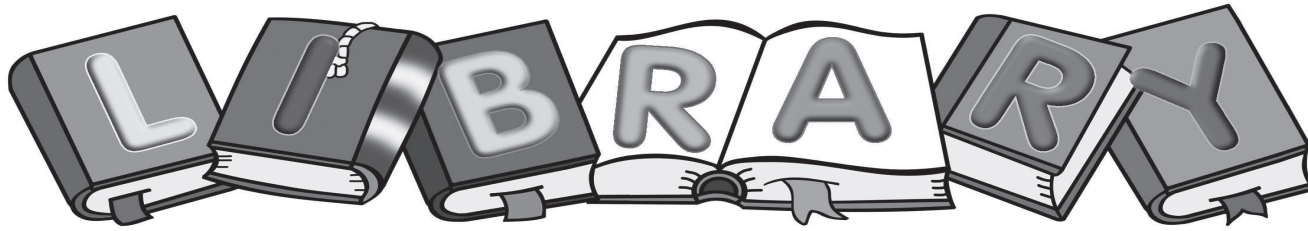
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News

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KIDS

Family Storytime Every Thursday, 10:30-11:30 a.m.

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.

Read to a Dog Friday, August 16, 3:00-4:00 p.m. Come read to some paw-esome pooches! School-age (6 to 12 years old) readers are invited to read to furry and friendly canine volunteers and their trainers. This is a great program for struggling or reluctant readers or for those who enjoy reading to others.

STEM Lego Robotics (registration encouraged) Tuesday, August 20, 5:30-7:30 p.m. & Saturday, August 24, 10:30 a.m.-12:30 p.m. & Tuesday, September 10, 5:30-7:30 p.m. Kids ages 9 to 14 learn to build and program Lego Mindstorm EV3 robots in this instructor-led program. Register online at www.saclibrary.org/events.

Legos & More Tuesday, August 27, 3:30-5:30 p.m. Do you love to build? Join us for unstructured play with our Legos, Lincoln Logs, and Citi-blocs. Every last Tuesday of the month. Mark your calendar!

Tween Book Club Thursday, August 29, 3:30-4:30 p.m. Join us at our monthly book club for 9- to 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 25 at the Orangevale Library. This month we're reading "Be Prepared" by Vera Brosgol about the antics at Russian summer camp. Mine-craft Gaming (registration encouraged)

Thursday, September 5, 2:00-4:00 p.m. Participants ages 6 to 18 can enjoy this computer game filled with mining, crafting, and exploring!

ADULTS

Author Joanna Rowland "Stay Through the Storm" Saturday, August 17, 1 p.m.

Join the Orangevale Library as we host award-winning local author Joanna Rowland. Joanna grew up in Sacramento and is passionate about writing for children on the difficult situations they face. Joanna's previous books, "The Memory Box" and "Always Mom, Forever Dad," dealt with the difficult topics of death, grief, divorce, and separation. Joanna's recently released book, "Stay Through the Storm," is a story to bring hope in times of trouble. "Stay Through the Storm" is a moving reminder that we're never alone even when things seem darkest. It is a deeply moving meditation on the power of friendship to carry us through difficult times. Through it all, two friends come back to a consistent plea: Stay. Stay through the storm. Copies of "Stay Through the Storm" will be available for purchase and signing.

Book Club: "Wonder" & "Wild Things: The Joy of Reading Children's Literature as an Adult" Saturday, August 24, 1:30 pm-2:30 pm

Every month we pick a novel or a non-fiction title to read and discuss. Join us for a great book conversation and make

new friends! This month we'll be reading "Wonder" by R.J. Palacio and "Wild Things: The Joy of Reading Children's Literature as an Adult" by Bruce Handy. Pick up copies beginning July 27.

Mixed Media Art Journaling Saturday, September 7, 10:30 a.m.-12:30 p.m. Use your imagination and all kinds of mixed media to create a free-style art journal. Materials provided by Friends of the Orangevale Library, or bring your own.

Book Club: Keeping It Real Non-Fiction Wednesday, September 11, 1:00 p.m.-2:00 p.m. Each month we offer two non-fiction titles. This month we're offering "The Glass Castle" by Jeannette Walls and "A Piece of Cake" by Cupcake Brown. Choose to read one or both books! Join us as we meet and discuss the underlying theme of resiliency in the face of adversity.

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Orangevale Cooks



by Suzanne Feblowitz

Are you looking for a healthy meal that the whole family will enjoy? Well, I was listening to the radio a few weeks ago and this person mentioned that her favorite recipe for the summer was an Indonesian dish called Gado Gado. I went on the internet and searched for the recipe that I thought sounded the best. I really liked the Minimalist Baker's Recipe, so I started with that. The best part of this recipe is that the vegetables can include any favorites or in season. This is just a base to what you can do. Also, I was thinking, if you want to add meat to it, you could add some left over chicken or steak or even grill some shrimp! Without the meat, it is a vegan recipe! If you would like to share a favorite summer 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.

GADO GADO

Crispy Tofu (recipe follows)
¾ cup quinoa -rinsed and drained
1 ½ cup water
1 ½ cup green beans-trimmed
medium bell pepper-sliced thinly
1 cup bean sprouts or micro greens
1 cup cabbage- thinly sliced or shredded
1 cucumber -sliced
3 whole carrots-cut into 4 inch thin strips
Any other favorite vegetable

SPICY PEANUT SAUCE –

½ cup creamy peanut butter
2 Tbsp soy sauce
1 Tbsp maple syrup
4 Tbsp lime juice
2 tsp chili garlic sauce
2-5 Tbsp water to thin- add last!
Lime wedges and cilantro for serving

First prepare the tofu, then start on rest of recipe.

Crispy Tofu
16 ounces firm tofu
1 pinch sea salt
Dash of soy sauce
1 Tbsp oil (grapeseed or coconut is best)

Preheat oven to 375 degrees and wrap the tofu in paper towel to absorb the excess water. Put something on top that is heavy to help get the water out. Do this for 5 minutes. Then unwrap and cut the tofu into small squares. Put the tofu into a bowl and add salt and soy sauce and mix gently. Preheat a pan with the oil. Make sure it is hot before adding the tofu so it will brown on all side. Saute gently. Once mostly browned on all sides, add to a pan lined with parchment paper and bake for 15 minutes. After 15 minutes, turn off oven and leave in the oven until the rest of the meal is ready.

While the tofu is cooking:

1. Heat a small saucepan over medium heat and add the rinsed, drained quinoa and cook for 4 minutes until water is absorbed and quinoa develops a nutty flavor, then add the water. Let it come to a low boil and then cover and turn down to simmer and cook for 18-20 minutes or until all liquid is absorbed. Fluff with a fork and remove cover and set aside.
 2. While the quinoa is cooking, steam the green beans until just tender.
 3. Make the peanut sauce by whisking all ingredients except the water. Add water to thin so it is pourable. Adjust the seasonings to your taste.
 4. To serve, set all veggies and tofu out on a large serving tray. Serve each person a bed of quinoa and they add the items they want over the quinoa. Then top with peanut sauce, lime and cilantro.
 5. This serves approximately 4 people. Left-overs keep well. Separate the veggies from the quinoa and tofu.
- Enjoy



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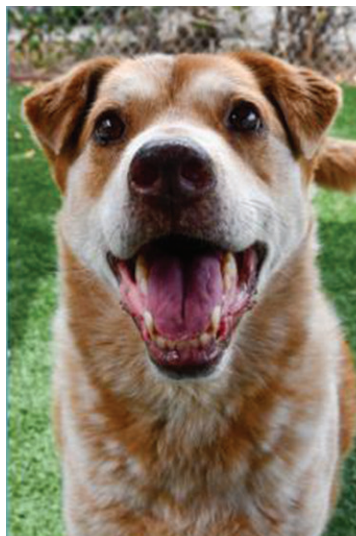
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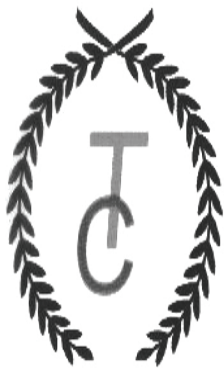
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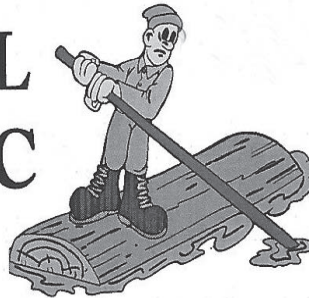
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ORANGEVALE Chamber of Commerce

GROWTH IS GOOD!

The Orangevale Chamber desires to be a CONVENER of local leaders, a CATALYST for business growth, and a CHAMPION for a stronger community!

There has been a lot of conversation over the past many months about the new gas station planned for the old Wild Sports building at Main & Greenback. I thought I would offer some perspective on this topic, and encourage us to think about what that might mean for Orangevale.

Orangevale is a community that had significant growth in the 70s and 80s when several large



Chamber President
Brad Squires

employers attracted people to the area. Many of the homes and businesses in our town were built in this time, and Orangevale was thriving. Fast forward 40 years, and there are several other communities surrounding us that have advanced more quickly and are now vibrant like Orangevale once was.

I read an interesting Sacramento Bee article this week which talks about the various communities in the area, Orangevale being one of them. Here is a link in case you're interested.

<https://www.sacbee.com/news/local/sacramento-tipping-point/article231905958.html>

There is a natural cycle for communities to grow, then decline, and ultimately change and grow again. I believe Orangevale is positioned for another season of healthy growth. And growth doesn't necessarily mean in size. We can grow in quality by having more new local businesses set up shop, residents who are engaged in community events, a thriving Chamber of Commerce, and an overall positive sentiment about our town.

With that, I want to encourage our community to be open to change and be supportive when developers want to make large-scale investments into our

business district. As it stands, driving down Greenback Lane leaves much to be desired as there are numerous vacancies, and several properties that are very run down. This is a result of lack of investment and attention. We need to make our commercial district a more desirable place to own property and do business.

Having new investors and developers show an interest in our commercial district is a good thing. And it is likely to be a catalyst for other improvements and investments in the area along Greenback Lane.

Whether or not a gas station is the best use of that corner is certainly a good conversation. There is certainly a long list of pros and cons. However, that property was for sale for some time without any other development proposals. The proposed gas station is a nice, new, fresh design that will indeed look better than an old, vacant building. And with the millions of dollars being invested into that corner and into Orangevale's business district, we should expect to see additional attention and investment into the area.

While this has been a big conversation in our town, I hope that we can look at the big picture here and see that investment into Orangevale is positive & promising. Growth and change is a good thing. Ultimately, we all share the desire of a healthy, thriving community. None of us enjoy vacant, run-down commercial buildings that become transient hotbeds. So let's embrace what is here in front of us, and hope that it will lead to additional developments & improvements for our town.

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COMMUNITY GROUPS & MEET UPS

MONTHLY EVENTS

American Legion Have Meeting at the 4th Tuesday of each month. Meeting Starts at 7:00PM. American Legion Have Meeting at the 4th Tuesday of each month. located at 8990 Kruithof Way Fair Oaks, Ca 95628

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 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. Wwww. orangevale4-H.weebly.com

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

Retired Public Employees Association (RPEA) Meetings-Roseville Chapter (#84) meets at The Sierra Regency, 1015 Madden Lane, Roseville, Ca. 95661. Meetings start at 10:00 A.M. On the fourth Thursday of Month. FEB; APRIL; JUNE; AUG; OCT; DEC. (In December there is a Christmas Luncheon Held on the first Thursday). It's always nice to see your co-workers, if not, meet new (retired) State Employees and have a good time participating. So, come join us!!! SEE YOU THERE FOR MORE INFORMATION: CALL HELEN FIELD: (916)783-0325.

Roseville Better Gardens Club invites you to its meetings held at the Maidu Community Center, 1550 Maidu Drive (off Rocky Ridge) in Roseville. Interesting garden-related speakers and tours are planned for this year. Meetings are usually held on the 3rd Tuesday of each month from September to May. Doors open at 12:30; meeting 1-3 PM. GUESTS ARE ALWAYS WELCOME. For more information, go to: <http://californiagardenclubs.com/content/roseville-better-gardens-club> OR contact LORI at (916) 784-0418.

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

The VFW Have monthly Meeting on the 2nd Tuesday Of each Month. Post 6158. Meeting starts at 7:00PM Center Township Post 6158 is located at 8990 Kruithof Way Fair Oaks, Ca 95628

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 Club meets 1st and 3rd Tuesdays from 7:00 p.m.- 8:00 p.m. at Eskaton Fountainwood, 8773 Oak Ave., Orangevale. Contact Amy Comellier at (916) 792-5561 for more information.

WEEKLY MEET-UPS The BBC. The Business Builders Club. A Professional Networking Group. Mission- To Empower Entrepreneurs Establish Long Lasting Relationships That Will Enrich Our Businesses and Our Community. Every Tuesday 9:15-10:30 am at Brookfields Restaurant 4343 Madison Ave, Sacramento Every Wednesday 9:15-10:30 am at La Bou Bakery & Cafe 1730 Santa Clara Roseville

MomsRUs Ladies Study & Visit while kids play @ Lew Howard Park, Folsom Tuesdays from 9:30-11:30 thru Aug 13th. Call 916-798-2297 for more info. See www.ovchurch.org

Narcotics 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 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."

"Scout Troop 144 meets Tuesdays at 7 PM at Christ the King Lutheran Church -5811 Walnut Ave, Orangevale. Boys and Girls between 11 and 18 years of age are welcome to attend to learn more about the Scouting program and upcoming adventures.. Please call Jeremy at 916-826-1497 with any questions or additional details

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

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.

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!

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SENIOR LUNCHES

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FOOD BANK

Orangevale Food Bank has new hours of operation! In addition to their existing hours of operation Monday 11:00 -1:00 Wednesday 4:30- 6:30 Thursday 10:00-12:30

UPCOMING EVENTS

**FARMERS'S MARKET
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9295 Greenback Lane,
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Dairy Queen at the corner
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August 10th 9am-1pm Community Picnic and Yard Sale at Oak Avenue Church 8790 Oak Avenue.

Sacramento Suburban Writers Club, the long-standing club for everyone, welcomes new people August 12, 2019 at its regularly scheduled meeting from 7:00 to 9:00 p.m. Noted author Mort Rumberg will do the workshop presentation, and an outside speaker will share writing insights. Find us at www.SactoWriters.org.

Please join the Camellia Chapter, Embroiderers' Guild of America, at their monthly meeting Tuesday, August 20, 7:00 p.m., at the Arden-Dimick Library, 891 Watt Avenue, Sacramento. Guests are welcome to attend. No charge. 916-223-2751.

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OVParks had our first "Tropical Escape", a Senior Social Luncheon. We had 50 in attendance plus our entertainers. Two wonderful groups donated their time with amazing entertainment. The Orangevale Ukulele Fretters played their ukuleles while singing island songs. The Fretters even took requests from the group, bringing back fond memories to some of our participants. Auntie Amy's

Hula Dancers performed an array of lovely dances. Auntie Amy also brought two special guests from Juno who played music and sang for us. What an amazing treat that was. Auntie Amy even got our attendees up and moving in a dance. Jamba Juice donated and delivered smoothies which added an extra special treat. We had a wonderful lunch, refreshments, desert and a few lucky people

walked away with fun raffle prizes donated by a few community business. If you missed out on this fun filled time, you will have another chance to join us in the fall. We will be starting off the holiday season with the another senior social "Carving Memories". You will find this event and so much more in our Fall Activity Guide, which will be in your mailbox towards the end of August.

OVPARKS REC'ING CREW RECAP!

"Orangevale Recreation & Park District is winding down for the summer after another successful year of Rec'ing Crew Summer Day Camp. Each of the eight weeks had a theme with a dress up day in line with the theme. Campers aged 5 to 12 enjoyed days packed full of activities, games, and crafts. Campers enjoyed swimming twice a week, a movie day and a field trip once a week. Some of this summer's field trips included the California Automobile Museum, Goffland Laser Tag & Arcade, Wacky Tacky, Sunrise Rollerland, Movie Theater, Sun-splash Water Park, John's Incredible Pizza, and Rockin' Jump. We are so glad we got to share these memories with the campers; we have had a blast and can't wait for next year's Rec'ing Crew Summer



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DO YOU KNOW WHAT A COW IS?

Hello Orangevale!!

My name is Lauri Lish and I am the new PTSSO President at Casa Roble High School. I met with Principal Michele Lorenzo about the needs of the students at Casa. It became overwhelmingly apparent during our discussion, that the students need new technology.

Do you know what a COW is? I thought I did. At Casa a COW is... Computers on Wheels. Basically it's a cart that carries and charges Chrome Books. Many classes rely on these COWs for writing and researching as well as taking tests. The COWs are in need of some upgrades and parts to keep them running. We'd also like to add a couple COWs to our herd.

We will be having a fundraiser with a Cow you might be familiar with... Chic-Fil-A! Stay tuned for more info regarding that. We'd love to have the community's support by eating out and raising some MOOlah!

With Casa Roble needing some major technology upgrades, the PTSSO is on an quest to raise \$45,000. Casa has always had outstanding community/family support for Sports. We'd like to extend that to encompass all the students at Casa. Our students are using old tech-

nology and we'd like to join the 21st century along with all the other schools out there. It's not just about the COWs. We hope to get our Broadcast Journalism/Newspaper classes all new equipment. Currently we are having to borrow from Mesa Verde. As nice as that is, we need our own! We'd also like to get cameras for each student in our Photography classes. No more sharing cameras with 2 other kids.

We need to have current equipment that is used in the real world so our students can be successful after they leave Casa and join society as an adult. Please consider joining us on this quest to \$45,000 by being a community sponsor. We have different sponsor levels with different rewards. Any and all donations are tax deductible. You will receive a receipt with our tax id #. More info is available online on the Casa Roble website.

The PTSSO also supports different events throughout the year, and supports teachers and students with classroom needs. We also award Scholarships to student members who are going off to College. We would love to have as much support as possible. Any interest in volunteering or donating is greatly appreciated and welcome!!

WORSHIP 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! 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,

The Church of Jesus Christ of Latter-day Saints Oak Ave Chapel: 8056 Oak Ave., Orangevale Ward: Sacrament meeting 11:30am Sunday School/Phd/RS/YM/YW: 12:40pm

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 8:30 AM on Mon-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 8998 Central Avenue, 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.gbcfo.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) 988-2011Web: 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, Adult Sunday School at 9:00am, Sunday Worship at 10:00am, Sunday Coffee and Fellowship at 11:15am, Every Tuesday Night Free Community Dinner at 6pm - open to everyone, Thursday Night Youth

Programs at 7pm. Small Wonders Christian Preschool, 3-yr-olds on T/Th & PreK on M/W/F - call 916.988.0998, smallwondersorangevale.org.& PreK on M/W/F - call 916.988.0998, smallwondersorangevale.org.

Sacramento Center for Spiritual Living 6035 Main Ave, Orangevale, 95662. Sunday service & Youth program 10:30am. Classes, events & activities on our website: www.SacCSL.org. We honor all paths and people.

Sunrise Community Church - 8321 Greenback Lane, Fair Oaks. Sunday Worship Services - Classic Service @ 9 am, Modern Service @ 10:50 am, both in the Sanctuary. Sunday Evening Chapel @ 6 pm (B-209). 916.726.4642 - sunrisecommunity.church

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

The Net Church has the answer if you have to work on Sunday's. Our worship experience is on Saturday night at 5:30pm. The cafe with free coffee opens at 5 pm. 801 Riverside Ave #Z, Roseville, CA 95678. We are located in the Calvary Chapel Building behind the Roller Skating bld. Pastor's Randy & Debbie Robertson. 916-801-4208 / randy_thenet@live.com

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)

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OrangevaleGroceryOutlet



Austin with Wife, Chioma
Independent Owner-Operator
Orangevale@groceryoutlet.com

1 Year Anniversary Celebration!

SATURDAY, AUGUST 24, 2019

8835 GREENBACK LANE, ORANGEVALE, CA 95662

9am

Anniversary Ceremony Savings & Fun Begins

First 100 customers

FREE Reusable Bags

(for any New E-Mail Sign-up)

10am – Noon

FREE Spin & Win on the Wheels of Bargain

1pm – 2pm

FREE Face Painting for Kids

2:30pm- 3:30pm

VALID 08/24/2019 - 08/24/2019 ONLY

GROCERYOUTLET
bargain market

\$5 OFF \$20

Minimum \$20 purchase.
Excludes alcohol, dairy, and gift card purchases.

valid only at your Orangevale Grocery
Outlet. One coupon per person. Not valid
with any other offers.



VALID 08/15/2019 - 08/29/2019 ONLY

GROCERYOUTLET
bargain market

\$5 OFF \$30

Minimum \$30 purchase.
Excludes alcohol, dairy, and gift card purchases.

Valid only at your Orangevale grocery
outlet. One coupon per person. Not valid
with any other offers.

