

Orangevale View

summer nights 2021



OV Summer Nights is BACK!!! We are so excited to launch our 2021 season beginning June 11th! Mark your calendars for the second Friday of each month this summer and join us outdoors for live music, good food, cold beverages and fun with friends! Be sure to follow <https://www.facebook.com/ovsummernights> for details, info on tickets and sponsorships and the big reveals on the bands we have booked!!!

DID YOU SAY BREAKFAST AT THE GRANGE?

Yes... The Orangevale Grange #354 would like to invite you to our Breakfast on Sunday, June 13th, 2021 from 8:00 to 10:30 a.m. We will be serving our Blueberry Pancakes, scrambled eggs, french toast, sausage and our famous biscuits and gravy. Instead of ham we are having sausage to kick off our breakfast and to celebrate Father's Day. We are happy to be back to our regularly scheduled breakfasts on the 2nd Sunday of each month and we hope to see you there.

LOYAL 2 LOCAL



The Orangevale Woman's Club's #Loyal2Local campaign has done it again. We are proud to highlight BADFISH COFFEE & TEA located at 9346 Greenback Lane, Suite 3 in Orangevale. It is borne of a love for the community and specialty coffee, combining hometown feel with high quality ingredients. They serve Chocolate Fish Coffee
CONTINUE ON PAGE 2

ON YOUR MARK. GET SET. GO HAVE FUN!



RED WHITE AND BLUE 5K RUN/WALK, STROLLERS, OR BIKES FUN RUN

There is a run, jog, walk, stroller push or roll with bikes FUN for everyone in the family at the 3rd Annual Red White and Blue Run/Walk, Roll or Ride Fun Run, and Expo with crafter and vendors, on Saturday, June 12 at the Orangevale Community Park (at Oak Avenue and Filbert Avenue). Registration opens at 8am. Run kicks off at 9am. Coast Guard Sacramento is scheduled to fly over at the beginning of the run. Event Beneficiaries

Proceeds from the Fun Run benefit Women Veterans Giving. A non-profit organization that helps women veterans connect with each other, find jobs, register for their benefits, transition from military to career, start her new business, and go to school. Proceeds from the Fun Run go to the Women

Veterans Giving Small Business Award program which is awarded annually to women veteran business owners.
 Course

You'll see some of the wonders that make Orangevale unique. The Fun Run will take you through an historical country side of Orchards, farms and ranches, new developments, older and newer neighborhoods, and back to our beautiful park. The 5K course will be a fast out-and-back loop. There are aid stations and a bathroom a mid-point. Timer available for the most serious of runners. Walkers and running



strollers, pet walkers, bike riders are also encouraged to join in. Categories are staggered for safety. The spectator-friendly finish area is located back at the beautiful Orangevale Community Park and will host an Expo area filled with vendors and crafters. So, your family and friends can cheer you on as you cruise across the finish line. The Orangevale Community Park is located at 7301 Filbert Avenue, Orangevale. Free parking all around the start / finish area. VIP parking for a \$10 donation.

Award will be given to Most Patriotic- Individual or Team, Cross Finish Line: First Stroller, First Person, First Dog, First Youth, First Woman Veteran

Entry Fees:

Participant Level 1 \$38 Registration includes Fun Run T-Shirt.

Participant Level 2 \$54 Registration includes Fun Run T-Shirt and Water Bottle.



Photos by Patrick Povey

Participant Level 3 \$106 Registration includes Fun Run T-Shirt, Water Bottle, and Face Mask.

Team (up to 10) \$750 Registration includes Registration includes Fun Run T-Shirt, Water Bottle, and Face Mask for each participant.

Virtual Individual For those who are not able to attend but would like to help raise funds. Raise money to receive:

\$35 - \$49 - Fun Run T-shirt

\$50 - \$99 - T-shirt & Water Bottle

\$100+ - T-shirt, Water Bottle and Face Mask

Prizes awarded after funds are received and will be mailed after event. Virtual Team For those who are not able to attend but would like to help raise funds. Up to 10 participants.

Raise a minimum of \$750* to receive: T-shirt, Water Bottle and Face Mask for all participants.

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ABOUT THE VIEW



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DEADLINE WED. JUL 28
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NEW DATE
TEMPORARY
TRAFFIC
DELAYS ON
JUNE 12

Hello Orangevale resident
On the morning of June 12th, 2021 your street will be temporarily blocked for the 5K RED WHITE AND BLUE FUN Run.. The street closure will be from 8am – 10:30 am. Residents will have emergency access when needed. We appreciate your understanding and support of our women that have served our country.

We would love if you could come out and wave it along the 5k run which will begin at 9am at Orangevale Park and will proceed down Filbert Ave and return back to Orangevale Park. The women veterans and other participants I know would love that show of support.

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.

STAFF:
Brad Tatum -
Publisher/Advertising
Lisa Montes -Editor

VOLUNTEER CONTRIBUTORS
Brandy Wade

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From 8-12 noon we are having Fun in the Park where will have vendors, music and more. FREE Admission. For more information regarding this event visit: www.WomenVeteransFunRun.com.

Road Closure: Filbert Ave (Between Oak Ave and Nola Ave), Elm Ave (Between Pecan Ave and Filbert Ave), Pecan Ave (Between Central Ave and Elm Ave), Central Ave (Between Pecan Ave and Filbert Ave).

Very respectfully,
Melissa Washington, Navy Veteran
President and Founder of Women Veterans Alliance info@womensveteransalliance.org

CONTINUED FROM FRONT PAGE LOYAL 2 LOCAL

exclusively which has won several national awards for its consistent roasting quality! "It is a coffee that needs nothing, you can tell the difference." Badfish opened in June 2018. Pearl and Mark, the owners, had 8-9 years' experience working for others when they finally realized they wanted to open their own café. Pearl and Mark both grew up in Orangevale and love the community so it only made sense to open Badfish Coffee & Tea here. As always, Pearl found the community extremely supportive as she and Mark worked 90 hours a week. The café has turned into a welcoming spot where people love to gather inside or outside and talk about their day.

Badfish has survived the Covid drama by online orders which customers love, having terrific customer service, and having an immaculately clean cafe. Although they had to sell their home to keep the café going, Mark and Pearl say it has been worth it.

Along with their fabulous coffees, teas and smoothies they also offer great breakfast items like avocado toast, peanut butter toast with bananas, and delicious breakfast sandwiches.

BADFISH is offering a 25% percent off of a Spring Drink Special until June 18th. Please say where you saw the special to get the 25% off the Loyal 2 Local Special. Badfish is offering limited indoor seating and outdoor seating. For call in orders, the number is (916) 673-9819. Come join the fun today! #Badfish-Coffee, #Loyal2Local, #OrangevaleWomansClub, #ovwc, #Coffee, #Breakfast, #Lunch, <https://www.badfishcoffee.com> and look for them on FB @ <https://www.facebook.com/Badfishcoffee/>

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ALTERNATIVE TO 911 FOR MENTAL HEALTH CALLS

By: Sue Frost

As we approach the budget cycle for the 2021/2022 fiscal year, I thought I would introduce a budget item that some may already be familiar with. In September of last year, the Board of Supervisors directed county staff to begin exploring the development of a mental health crisis response system (MHCRS). The purpose of the MHCRS is to provide urgent mental health resources to individuals in the midst of a mental health crisis. For too long in Sacramento County, and in jurisdictions throughout the country, the only response for those in crisis has been law enforcement. There seems to be a consensus, even among law enforcement, that status quo for mental health response needs to change.

One of the main issues is that in a mental health crisis, law enforcement lacks the training for a safe assessment and intervention and a trained professional can have a better impact. In Sacramento County, we have seen many successes with our Mobile Crisis Support teams (MCSTs) which are composed of a mental health professional and a law enforcement officer. However, even MCSTs are not right for all situations as the presence of law enforcement may escalate the crisis already occurring in the individual's mind. In either scenario, the potential for harm to the person in crisis increases and any time it is possible, we want the risk to innocent lives reduced.

After several months of preparation and



Supervisor Sue Frost

an outstanding amount of community input, county staff came to the board with a proposal in February. While the proposal that came forward was an excellent start, my colleagues and I had some concerns. For one thing, the pilot project proposed would only run five days a week between 9:00 am and 6:00 pm. Additionally, I had concerns that while there was ample community input, law enforcement did not appear to have been adequately consulted with. While we knew that the Sheriff had been involved, I wanted the various cities with individual police departments to provide input. Mostly, this was important because we wanted to know how these crisis calls would coexist with existing dispatch centers. We also needed to know if constituents would be able to access the MHCRS by calling a 3-digit number or a 10-digit number.

Staff returned to the board with an update and expanded proposal in March. The updated proposal addressed some of the Board's concerns and we were able to instruct staff on how we expected to prefer to move forward when the budget comes up in June. The reason this item is being discussed with the budget is, of course, the fact that it needs funding. What was presented to the board in March had a scale of three versions of the MHCRS ranging in initial cost from \$6.2 million to \$10.7 million. Given that the Board's preference is for a system that operates countywide, 24 hours a day and seven days a week with a standalone call center, the higher projected cost is what will have to be met. The \$10.7 million also includes the expansion of the mental health urgent care center to ensure that individuals contacted by the newly formed mobile response teams can be taken somewhere for safe treatment.

Fortunately, there may be some relief for the county to cover the cost. Funds the County receives from the American Rescue Plan via the Federal Government may allow the county to be reimbursed for the cost of the mobile response team composed of a mental health professional and a peer support specialist. Beyond funding, a few other specifics remain to be finalized. For instance, county staff will need to determine what phone number will connect calls to the MHCRS. Unfortunately, all the x11 (i.e. 311, 211, etc.) 3-digit numbers are in use and a 10-digit number seems too long for an emergency situation. What may happen is an initial triaging of calls through 911 dispatch centers until the county may secure the ability to use 988 for the system which is the line proposed at the federal level for these types of programs.

Sacramento County is not the first municipality to go down this path. Our county staff looked at programs like "CAHOOTS" in Eugene, Oregon and the STAR Program in Denver, Colorado. All of these programs have seen great success in reducing incarceration and other, more severe outcomes for people in crisis. What I ultimately want for this program is for our communities to be safe for those struggling with mental health issues, for the mental health professionals who sign up to respond to these calls, and for our communities as a whole. Sacramento County is on the path to achieving this and I look forward to finalizing this program during the budget process in June.

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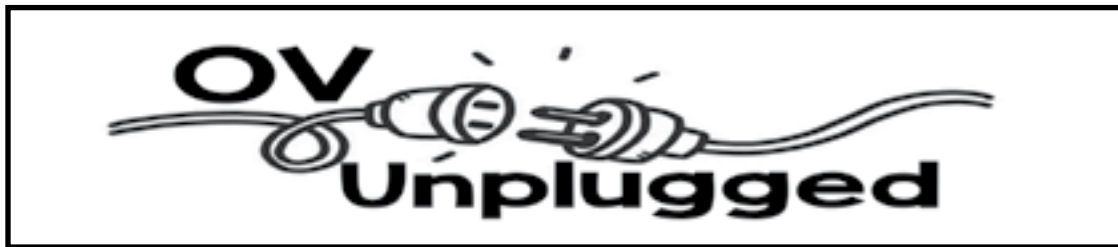
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OV Unplugged
By Brandy Wade

Hello Orangevale and surrounding communities! Our CNP family hopes everyone enjoyed our previous OVunplugged Move Like Challenge! In this issue we are challenging our readers to head outside and find as many stages of these four lifecycles as you can.

Nature experiences at an early age help foster a love of science and help develop the scientific leaders of the future. Life sciences provide excellent opportunities to explore and inquire about the world around us; all while instilling a love for learning. Teaching about life cycles is an important objective in the early childhood education; as it furthers the understanding about the cycle of life and its recurrence in the

world around them. By furthering children's knowledge about life cycles they begin to understand that these processes are not exclusive to mammals, but also occur in other animals, insects, and plants. Many children are able to identify adults and young of the same species when they look alike, such as young/adult elephant, however, there are a number of instances when connecting adults with their young is not an intuitive process because of metamorphosis (butterflies and ladybugs). While investigating the life cycles of different species, children will be able to see that this process is characteristic of all living things while also appreciating the uniqueness of individual organisms.













Children are naturally curious about the world around them and are especially drawn to discrepant

events, such as metamorphosis. There is a magical quality to such unusual observations. Children love to hold, touch, and see the things they learn about out in the real world. It is easier to understand the concept of life cycles when you can see it unfold before your eyes. So in this week's challenge we ask that our readers head outside to get some sunshine and try to find some amazing examples of different life cycles. As always remember to balance your use of technology with the outdoors, sunshine, and fresh air :-)

Please feel free to email CNP your experiences and post them on social media using the #OVunplugged. Stay tuned for our next challenge and follow our preschool for other activities on our website (CreativeNaturePlayschool.com), Facebook, and Instagram.

CNP's Life Cycle Challenge

Nature is truly wonderful, so take time to notice all the amazing changes Spring brings. In this challenge try to find many different parts of these life cycles as you can. For this activity, as well as all 25+ other FREE CNP activities, visit www.CreativeNaturePlayschool.com :-)
Tag any challenge pictures with #OVunplugged on social media and you may win a prize!

Plant Life Cycle	Butterfly Life Cycle	Ladybug Life Cycle	Bird Life Cycle
Seed 	Butterfly Larva 	Ladybug Larva 	Nest/Egg 
Seedling 	Butterfly Pupa 	Ladybug Pupa 	Hatchling 
Full Grown Plant  Creative Nature	Adult Butterfly 	Adult Ladybug 	Adult Bird 

*Please note butterflies and ladybugs do hatch from an egg however for this challenge this stage was not included. There are several types of butterflies, plants, and birds; so some stages may look slightly different between species.



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"Don't worry about buying my child a present. But if you really want to get them something, please no more toys." Surely you've heard it before from the parent who has seen one too many times a toy get played with for a handful of minutes only to be tossed into the ever growing pile of things. I was asked to please not buy anymore toys twice in one week from two parents whose kids' birthdays were days apart from one another. Of course I still wanted to get their children something for their birthdays. What child doesn't love presents? But as a fellow parent who understands the issue of having too many unnecessary toys, I wanted to think outside the box and give a gift that would please both the parents and the children. Since the start of COVID-19, all the rage has been about monthly arts and crafts subscription boxes; such an amazing idea. However, I can understand the reluctance to commit to yet another monthly service. Seeing these subscription boxes as an excellent gift idea, I knew what I wanted to get these kids for their birthdays; arts and crafts kits based upon a theme from their birthday month. To my knowledge, individ-

ual arts and crafts kits were not available for purchase, so I got busy. I researched crafts that went with the month of October (their birthday month), I bought supplies, I prepped materials, and I wrote/printed instructions. I wanted to take care of all the hard stuff and leave nothing but fun for the parents and children. To my surprise, these gifts were well received and I had really enjoyed the process behind putting them together.

So Joyfully Made provides monthly theme-based arts and crafts kits that are engaging and fun while also fostering the development of important foundational skills. Arts and crafts are a great way for children to develop and strengthen their hand-eye coordination and fine motor skills, which will aid them later on when learning/practicing to read and write. However, arts and crafts go beyond just fostering crucial foundational skills. I believe it's about having that time to tune in with your child and spending quality time together getting creative and building memories. Such experiences are valuable for children's socio-emotional development. By taking care of the research on what crafts to do, buying and prepping all of the materials (which can sometimes take longer than the activity itself), we allow kids and adults to spend less time worrying about the logistics of arts and crafts and more time engaging together in the activities themselves.

For more information, you can visit our website at SandJArtsCrafts.square.site or find us on Facebook and Instagram @SandJArts-Crafts.



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WE CAN DO BETTER THAN A FIVE-YEAR RECOVERY

We Can Do Better Than a Five-Year Recovery
By Assemblyman Kevin Kiley

This month Governor Gavin Newsom has been touring the state to promote his "California Comeback Plan. It's a \$100 billion-dollar economic recovery package, which he calls the largest in state history. That's nothing to boast about.

Other states don't need historic comeback plans. They have been "back" for some time. Florida, which long ago ended COVID restrictions, continues to vastly outperform California by any measure: education, the economy, and public health.

Across our state, anyone who walks around their community can't help but notice the restaurants and storefronts that have shuttered their doors permanently over the past year. In fact, a third of our restaurants permanently closed and two-thirds of workers were displaced, according to a recent report. California is undoubtedly in need of a recovery.

Yet a true recovery is not what the Governor has in mind. In January, he fore-



cast that unemployment would remain at a dismal 8.5 percent for the year, and that jobs would not recover to "prepandemic" levels until 2025. Even with his \$100 billion package, the Governor says we will need to wait until mid-2023 for a full recovery.

There is a better path forward. Even with the incalculable costs of Governor Newsom's harshest-in-the-nation lockdowns, we can bring about a swift economic recovery simply by changing counterproductive policies.

One way California can immediately help jumpstart our economy is by removing disincentives to work. A recent survey of small businesses in our community found that nearly 80 percent of local employers are having difficulty filling open positions and are struggling to compete with the current level of un-

employment benefits being provided. Job postings and demand for services are on the rise, while the unemployment rate remains stagnant. That's why over 20 states have made the decision to phase out supplemental federal benefits.

Another way to get our economy moving is by following the science on masks and other health recommendations. Despite new guidance from the CDC that masks are no longer required for vaccinated individuals in most circumstances, the Governor has decided to arbitrarily keep restrictions in place until at least June 15.

Choosing politics and special interest groups over the public health consensus has become a pattern for this Administration. While science has supported the reopening of schools for months, California continues to lag behind every other state in getting kids back to the classroom. This not only hurts the mental health and educational outcomes of students, but also makes it more difficult for parents to get back into the workforce.

Finally, as Governor Newsom claims we have a \$76 billion surplus and as vast majorities of Californians say we are overtaxed and overregulated, it's past time to reduce the tax burden on small businesses and get government out of the way. That's how California will truly come "roaring back."

Assemblyman Kevin Kiley represents the 6th Assembly District, which includes parts of El Dorado, Placer, and Sacramento counties. You can follow him on Twitter @KevinKileyCA



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Swim Lessons

Session 1 – June 14-24

Session 3 – July 12-22

Session 2 – June 28-July 8

Session 4 – July 26-August 5

Lessons meet Mon-Thu for eight 30-minute classes.

Advance registration is required, as space is limited.

Private & Semi-private lessons available, call to register now!

Rec'ing Crew Summer Day Camp

Ages: 5-12

June 14-18 Astronomical Adventures

July 12-16 Mythical Mysteries

June 21-25 Treasure Quest

July 19-23 Amazing Race

June 28-July 2 To Infinity & Beyond

July 26-30 Rec'ing & Rockin' it

July 5-9 Radical Riptides

August 2-6 Farmer's Olympics



	4 Days	5 Days
9:00am-4:00pm	\$145 / \$148 NR	\$175 / \$178 NR
7:30am-5:30pm	\$205 / \$208 NR	\$243 / \$246 NR



Upcoming Sports Camps



Camp	Ages	Fee
Jr. Academy Soccer Summer Camp	Ages: 4-6	Fee: \$150 / \$153 NR
In the Net Soccer Summer Camp	Ages: 7-12	Fee: \$150 / \$153 NR
Track & Field Camp	Ages: 6-12	Fee: \$171 / \$174 NR
High Spirit Cheer & Dance Camp	Ages: 7-12	Fee: \$150 / \$153 NR



New! Summer Art Series



Ages: 6-15 Sa, 6/26, 7/10, 7/24, or 8/7 Fee: \$20 / \$23 NR

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Kid's Beginning

Ages: 8-11

9:30am-12:00pm

Junior Beginning

Ages: 10-14

1:30-5:30pm



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ORANGEVALE COOKS BY *Suzanne Feblowitz*



My book club is called CLASS (Coleman Literary and Social Society) and our members are former staff of Coleman Elementary School. We normally meet each month to discuss the book of the month and at each meeting there is always food. Because of the pandemic, we had to put a hold on our meetings. We finally met last month and now we will look forward to discussing our book and eating some delicious food. This yummy salad is from Bobbie King.

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.

Bobbie's Chopped Summer Salad

- Salad:**
- 1 can corn, drained
 - 1 can black beans, drained and rinsed
 - 3 green onion, chopped
 - 1 cucumber, chopped
 - ½ bunch cilantro, chopped
 - 1 tomato, chopped or cherry tomatoes, halved
 - 2 avocados, diced gently

- Dressing:**
- ¼ cup olive oil
 - ¼ cup red wine vinegar
 - 1 tsp cumin
 - 2 tsp garlic, minced
 - ½ tsp salt, or to taste
 - ½ tsp pepper, or to taste

Place salad ingredients in a large bowl. Mix ingredients for dressing in a small bowl. Add dressing to salad ingredients and gently toss together.

You can eat this as a salad or you can serve it with tortilla chips as a dip.

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We Have Dinners on Monday & Thursdays From 5:30P-7:30P Prices Vary From \$8.00-\$12.00. The Public is invited



SUMMER SOLSTICE

A summer solstice that's so hot could be called solstfire since the ice within solstice might somehow inspire folks to imagine or ask questions like what if that ice got switched into its opposite?

Or what if we think deeper about what we sense or see?

Asking questions can lead to new possibilities.

-Z.F. Thrimej



Food Truck Friday's are back!!!
Friday JUNE 4, 2021
5:30 PM - 7:30 PM PDT

LOCATION
9346 Greenback Lane
Orangevale, CA 95662

Come on out and enjoy some great food, a dessert truck and LIVE music!!! Bring a lawn chair if you want or pop open your trunk and enjoy the evening tailgate style.

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Local SPORTS



American River Girls' Softball 8u Covid Killers are wrapping up a successful season. Lead by Head Coach Terry with Assistance Coach Ryan and Gina the Covid Killers (8u team) had spent a short but productive Spring Season learning pitching, effective base running, game strategies and most importantly developing friendship and sportsmanship.

COVID KILLERS Teammates celebrate being selected for All Stars 2021. Photo left to right; Belle, Scarlet, Mya, Kayleighann, and (front) Bailey

ORANGEVALE YOUTH SOCCER CLUB

ONLINE REGISTRATION:

Due to concerns associated with the Corona Virus, OYSC is only offering On-line. Registration at this point of the year.

Registration Dates:
April 16-June 30, 2021

Registration link:
https://system.gotsport.com/ms/73910x227?reg_role=player



REGISTRATION FEES:

U-6 & U-8 → \$90 per player

U10 through U-19 → \$105 per player

\$20 charge will be deducted from registration fees for refunds requested before Aug. 1, 2021

NO REFUNDS WILL BE ISSUED AFTER August 1st

ALL PLAYERS

- One (1) digital copy (i.e., scanned) of State-Certified Certificate of Live Birth (hospital or baptismal certificates are not legal documents and cannot be accepted. California Youth Soccer Association regulations require Certificate of Live Birth for registration).
- One (1) digital photo of the player that shows only the head/face without sunglasses or hats.

- A credit or debit card to pay registration fees.

Uniform Costs: \$45 (tax included) purchased at Soccer Pro, 11726 Fair Oaks Blvd., Fair Oaks.

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QUESTION
 IN A TEST, ONE QUESTION SHOULD NOT GET TOO MUCH ATTENTION. IF IT STUMPS OR CAUSES TENSION, YOU COULD MOVE ON TO THE NEXT ONE. FOR LATER, A SKIPPED QUESTION MAY BE ANSWERED WITH GUESSIN'. ITS TOUGHNESS MIGHT LESSEN WHEN IT'S MET WITH REFLECTION.

-Z.F. THRIMEJ

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Creative Nature Playschool families and students, a local Orangevale nature preschool, spent their Saturday morning celebrating Earth Day by cleaning up Pecan Park. Families collected several bags of trash and discussed the importance of taking care of our natural environment.

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