NOTICE OF ROAD CLOSURE PERMIT #25-010

On Saturday, June 7, from 8:00 AM to 10:30 AM, Main Ave will be closed to traffic between Greenback Lane & Madison and Greenback Lane from Main Ave. to Filbert Ave. for the Annual Red White Blue Parade.

To be a part of the parade or if you have questions contact Lisa Montes at 916.934.2207 or email Lisa@ovsummer-palooza.com.

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Poker Night Winners

KIWANIS CLUB HOSTS SUCCESSFUL POKER NIGHT FOR A CAUSE

By MaryAnne Povey

The Orangevale-Fair Oaks Kiwanis Club is proud to celebrate the overwhelming success of their recent Texas Hold'em Poker Tournament at Scotty's Hideaway! It was an unforgettable evening filled with fun, community spirit, and plenty of action at the tables—all in support of local kids and families.

A huge thank you goes out to all the players, volunteers, and supporters who showed up and made this night one to remember. And big congratulations to our tournament winners—well played!

Event coordinator Dave Houghten shared his gratitude, saying, "I was so grateful for the tremendous support from our community and thrilled to announce that we raised nearly \$4,800. Every dollar will go back into supporting kids in need right here in our community."

None of it would have been possible without

the tireless work of Dave and the dedicated Kiwanis team. Their behind-the-scenes efforts made the tournament smooth, professional, and full of positive energy.

We're especially grateful to our incredible sponsors who stepped up to support the cause: Total Landscape Concepts, Miller's Ace Hardware, Studio Oxeye, Ben's Barketplace, Orangevale Chamber, Orangevale View, Taco Bell, Codigo Tequila, and Absolut.

A special thank you to Scott Lacy and the team at Scotty's Hideaway for not only hosting the tournament but going above and beyond with their generous support.

And let's not forget our amazing raffle basket donors, volunteer dealers, and club members who helped run the event like pros.

Want to learn more about Kiwanis and how to get involved? We'd love to meet you! Join us at El Balcon in Fair Oaks on the second Tuesday of every month at 6 PM.

Together, we're making a difference—one kid at a time!

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ABOUT THE VIEW



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
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MaryAnne Povey
Community of Orangevale

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MAY 2025

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Get ready for a peachy adventure! CYT Sacramento presents James and the Giant Peach Jr. at Radiant Church (7801 Hazel Ave) from May 16–24. Don't miss this whimsical journey filled with larger-than-life characters and unforget-table fun! Various showtimes available. Get tickets at cytsacramento.org

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SAFETY MUST BE PRIORITY

'I worry about these streets': Orangevale residents concerned about speeding in the area

SACRAMENTO, Calif. — Pam Brown has lived in Orangevale for over three decades. She's concerned about speeding along her street, Main Avenue, and all over the Orangevale area.

"I'm tired. I'm really, really tired," said Brown. "Emotionally, I can't let it go. I worry about these streets."

She wants the community to work together more to identify traffic issues to create change on Orangevale streets, including calling elected officials and reporting unsafe driving to law enforcement.

Brown says she also hopes drivers understand the impacts of speeding on the community. She named a few of the streets where she says speeding is a problem, like Greenback Lane, Madison, Hazel and Santa Juanita Avenues. California Highway Patrol Officer Trent Senter says they look at where crashes are happening and the spots where people report speeding or unsafe driving. Then, they do more enforcement in those spots.

"They tend to be larger, more arterial roadways that do connect different freeways. As a result, they tend to have sometimes more lanes and wider roads. So, unfortunately, it does lead to speeding and unsafe driving behaviors," said Senter.

Officer Senter says about 10 officers were positioned throughout Orangevale to focus on the busier roadways and hotspots for traffic complaints on March 27.

"We wrote a total of 95 citations that were issued. Approximately 2/3 of those, maybe a little bit more than 2/3 of those were for speeding, seatbelt violations and other unsafe driving violations such as unsafe lane changes, running stop signs and following too closely," said Senter.

You can report a traffic issue by calling your local CHP office during business hours or the CHP non-emergency phone number anytime at 916-861-1300. For the Sacramento area, you can send information or video to 201pop@chp.ca.gov.

Matt Robinson with Sacramento County says people who want to see neighborhood traffic management efforts in their area can work with the county to address issues.

"It's very important that the public works with us. They are our eyes and ears and we try to get as much done as we can. We can't be everywhere. So, if residents see they need something done in their neighborhood, call 311 and let us know," said Robinson.

From there, people have to sign a petition for a road project in their neighborhood, and an engineer will come out to determine whether something can be done to address it. Then, those projects are presented to the Sacramento County Board of Supervisors to decide which projects get the green light. Find out more about that program here. Submitted by: Pam Brown Author: Jordan Tolbert Published: 10:19 AM PDT May 2, 2025

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8617 Reecemar Ave	3	3 (3 0)	1,856	\$539,000
8109 Highwood Way	3	2 (2 0)	1,394	\$545,000
5412 Beauregard Way	3	2 (2 0)	1,420	\$550,000
9210 Rock Canyon Way	4 (5)	2 (2 0)	1,755	\$620,000
5213 Dredger Way	4	3 (3 0)	2,555	\$705,000
7000 Berry Hill Ct	3	3 (3 0)	3,168	\$772,366
8630 Briarbrook Cir	4	4 (4 0)	2,569	\$825,000
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School Days A Reminiscence From Interview with Prosper Tomich Children in 1978

By Margaret Tomich McAllister

The summers were long and hot. They smelled of peaches and plums, plowed dirt and cows, warm bare skin and freshly washed cotton. Though free from school, we weren't free to loaf, not completely anyway. There were plenty of chores. Feeding the chickens and collecting eggs, picking the fruit and packing it out in the shed which was as hot as the inside of a wood stove. We managed to find time to run barefooted through the cool silty dirt, pick an apricot fresh off a tree, dream, sit quietly on the porch at dusk, swatting mosquitos and sharing stories with a brother or sister.

When September came around with its one last blast of hot dry air, we were ready for a change. School maybe wasn't what we had in mind, but it was our destiny as the youngsters of an immigrant father to study, to learn, to better ourselves. Even if we someday become farmers like him, we should be learned ones.

So as day broke on the first day of school, we laid in our beds dreading the yoke, the harness, the tether of the classroom and anticipating the challenge to get smarter in the next nine months. With a bit of coolness still in the morning air, we marched off to Orangevale School to assemble at the flagpole and sing "America the Beautiful" or the "Star-Spangled Banner." Then it was inside to begin our lessons. Sometimes one of the teachers cranked up the old phonograph with the morning glory horn and played marching music for our procession inside.

Orangevale School was bigger than the one-room Roberts School, but not much. There were two classrooms with four rows, each row a different grade. One room had the "babies" in it—the first through fourth graders. The other classroom had fifth to eighth graders. Fifth grade on the left side, eighth grade on the right with the sixth and seventh grades sandwiched in the middle. It was actually the little fifth graders who got the most out of this situation. Being in awe of the older kids, they tended to listen as much to their lessons as their own.

At the front of the room was the chalkboard, perhaps a world map or globe, the teacher's desk and, of course, the teacher. We had some wonderful teachers like Aunt Ruth Kristen who came from Roberts School where she was a virtuoso—teacher, surrogate mother and jani-

tor. Before she walked home every day, she had to sweep up, all for about \$50 a month. Sadie Cable was one of our most dedicated teachers. Oftentimes, she came rushing into the classroom after the school bell rang, a little breathless and always worried that the principal might call her into the office for a scolding as if she were one of us kids. But she had good reason for her tardiness. One of her chores was to deliver the milk her family bottled. Before sun up, she'd be out loading up the old Model T. Then she cranked it up and roared off down the road, milk bottles clanking and the sun lighting up the flying dust. She didn't always make it on time. But once she got there, her teaching skills shone. She worked her way up to senior teacher for the upper grades and eventually became principal.

Mary Flaridon taught there too. Nick was in the fifth grade—the left row—when he encountered Mrs. Flaridon. She was very smart and the lessons she gave to the eighth graders—the right hand row-were so much more interesting, Nick couldn't help but listen. She couldn't help but notice that his face was appropriately buried in his writing assignments, but his ears were perked up like a jackrabbit's. "Nicholas, there's no point to you sitting over there. You may collect your things and move over one row," she said. Well, it wasn't the eighth grade, but it was the sixth. From that day on, what the "younger" ones were learning was of no concern to him. But he never studied physiology, which was a 5th grade sub-

Men were an uncommon sight in the classroom in grammar school, even high school. There were a few exceptions, however, George Tyler being one of them. Teaching children was not. after all, an appropriate career for a man. But he did maintain one shred of masculine dignity by teaching only the upper grades where, by then, students had learned not to cry and to wipe their own noses and sit still and listen: most of the time, anyway. Later on, some of us had Mr. Goldsmith, who was quite different from Mr. Tyler. He taught physical education and health. But his most impressive skill was his ability to put his hands on top of his head and make his biceps dance. That made the older boys who had muscles chuckle and those that didn't vet, a little jealous. It was not a feat he performed in front of any girls, of course.

Recess was a welcome break for teachers and students alike. What exactly they did while we were outside playing tag or "one-a-cat, two-a-cat" or "pom-pom, pull-away" we didn't know. They didn't have to supervise us. We had plenty of ideas about entertaining ourselves, though we really never thought about it. It just came naturally. Too soon the bell rang again, and recess was over.

About twice a year, the Showman came to our school, and we thought it was the greatest day of the year. He was a traveling teacher of sorts, a private entrepreneur, who visited all the schools, bringing silent movies on Alaska, the Spanish missions or whatever he could find. Suddenly geography seemed much more interesting.

Every Friday we got out early so we could go to the library and pick out a book to take home. The library was a tiny room in the back between the two classrooms with a couple of hundred books—the Oz books, the Westwind series, the Burgess books and other classics of the time. The Tomich kids rarely came home on Fridays without five or six new stories to mull over on the week-

end evenings.

Year after year, there was an undeniable constancy about school. But when you got to your eighth September at Orangevale, you knew things would be different. In just six months, you were expected to take the big eighth grade exam. It was long, taking a week or so to complete all the parts. It was terrifying. They test you on everything you ever learned at Orangevale School, even music. And if you didn't pass, you didn't graduate.

Nick, being the oldest, was the first of the Tomich clan to stand up and face the rigors of Orangevale academia. When he passed with flying colors, he set the standard for his younger brothers and sisters who, in turn, rose to the occasion and made the family proud.

Graduation Day was a high-spirited affair. On a clear warm day in June, the graduating students from Orangevale, Fair Oaks, Roberts, Sylvan and Carmichael Schools joined together for one large ceremony held at San Juan High School. The orchestras from each school also combined into one group and performed. Grandparents and parents with toddlers in tow congregated in the stuffy gymnasium to see this harvest of youth.

With hair slicked back, clothes starched and shoes pinching, these gangly youngsters approached their diplomas with pride and apprehension. They had risen through the rows at Orangevale school and had presided at the top of the pecking order for the past nine months. Now in just three short months, they would return here to San Juan High School to face their fate as freshmen. It was a glorious, terrifying moment of realization.



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THE BEST LEMON MERINGUE PIE

1 ¼ cups sugar ¼ cup flour ½ cup cornstarch 1/8 tsp salt 2 cups boiling water 3 eggs, separated-save whites for meringue Rind from 2 lemons 1/3 cup lemon juice 1TBSP butter

One baked 9-inch pastry shell 6 TBSP sugar Egg whites

salt into a double boiler. Gradually stir into the boiling water and cook over boiling water for 10 minutes or until thickened. In a small bowl. beat egg yolks, add grated lemon rind, lemon juice, and butter. Stir into cooked mixture and cook 5 more minutes, stir constantly. Let cool slightly and pour into the baked shell.

MERINGUE:

With a mixer, beat egg whites until stiff (slightly bend on mixer paddle), then add 6 TBSP sugar gradually, beating until egg whites are stiff (stand straight with slight bend). Pile over cooled filling so it reaches into edge of pastry. Bake in a 325 degree oven for 10 minutes or until lightly browned. You might want to cover the edges with a pie crust shield. Let cool and then enjoy!

Pie pastry (crust)

diced and chilled 1 ¼ cups all-purpose flour ½ tsp salt (omit if using salted butter) 2-4 TBSP ice water Combine salt and flour Mix the 1 ¼ cups sugar, first in a food processor,

½ cup unsalted butter

flour, cornstarch and but you can use a pastry blender or two forks, if don't have a food processor. Then add butter and process until it resembles coarse crumbs. Add 1 TBSP water at a time and mix or process before adding additional water. Mix until it is combined and forms a ball.

> Heat oven to 425 degrees. Roll out onto a silicone baking mat and waxed paper or just waxed paper. Roll out to a few inches larger than your pie pan. in pan and press to fit. Tuck under extra and crimp to decorate edges. Line crust with foil and weights in bottom. Cook for 15 minutes at 475 degrees. Remove foil and weights and set oven to 375. Cook 5-7 minutes longer until crust looks cooked through. Sometimes I cover the edges with a pie crust shield to prevent edges from browning too much

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MAY IS VETERANS POPPY MONTH

For the American Legion Auxiliary, May is known as Veterans Poppy month, with this year's National Poppy Day falling on May 23, 2025.

Poppy Day is celebrated in countries around the world. The American Legion Family brought National Poppy Day to the United States by asking Congress to designate the Friday before Memorial Day, as National Poppy Day. *

The red poppy is a nationally recognized symbol of sacrifice worn by Americans since World War 1 to honor those who served and died for our country in all wars. It reminds Americans of the sacrifices made by our veterans while protecting our freedoms. *

During WW1, the poppy flourished on the battlefields of Flander's Field among the shelled buildings and bomb-scarred landscape. Like the blood that was shed there, its brilliant red bloom became a sign of hope and renewal. For those who would never leave, those who had given their lives, it is a perpetual memorial to their bravery. *

American Legion Auxiliary (ALA), Unit 383, Fair Oaks, CA, thank our veterans for their valor and sacrifices by distributing red poppies to wear as a symbol to honor the fallen and to support our nation's men and women in uniform who protect us.

Our veterans shed blood and tears protecting our democracy. They suffer wounds visible and invisible, and their families suffer along with them.

We thank our veterans for their sacrifices, patriotism, and love of

country.

American Legion Auxiliary booths have been set up all month in front of participating local businesses across our community for the distribution of red poppies.

Wear a poppy to honor the fallen and support the lives who have worn our nation's uniform.*

The red crepe paper poppies are given out free to the public, however, donations are accepted and are devoted to helping our veterans. The donations go directly to assist disabled and hospitalized veterans in our country.

The American Legion Auxiliary, Unit 383, Fair Oaks, CA, will have a Poppy booth distributing poppies at these locations:

May 10, 9:00 AM to 12:00 PM at the Grocery Outlet, 6059 Greenback Lane, Citrus Heights

May 17, 9:00 AM to 12:00 PM at Ace Hardware, 9500 Greenback Lane #10, Folsom

May 24,10, 10:00 AM to close at the Fair Oak Cemetery District 27th Annual Memorial Day Ceremony, 7780 Olive Street, Fair Oaks

For more info, call Poppy Chairperson, Janet Payne, 1st Vice, ALA Unit 383, (916) 532-2736.

To this day, the red poppy is a perpetual memorial to the sacrifices made by our fallen veterans for our freedom. We must never forget those who have given their all.

The blood and tears shed by our fallen heroes is symbolized in the red poppies immortalized in the wartime poem, "In Flanders Fields" by Lt. Col. John McCrae, Canadian Army WW1, while serving on the Frontlines.

In Flanders Fields
In Flanders Fields the poppies blow
Between the crosses row on

Between the crosses row on row,

That mark our place: and in the sky

The larks, still bravely singing, fly

Scarce heard amid the guns below.

We are the Dead. Short days ago

We lived, felt dawn, saw sunset glow,

Loved and were loved, and now we lie

In Flanders fields.

Take up our quarrel with the foe:

To you from failing hands we throw

The torch; be yours to hold it high.

If ye break faith with us who die

We shall not sleep, though
Poppies grow
In Flanders Fields.

By Lt. Col John McCrae, M.D.

* Source: American Legion Auxiliary National Headquarters Article written by: Sheila

LaPolla, Member ALA,

Unit 383, Fair Oaks, CA

For sale \$13,500: A stunning 2002 Ford Thunderbird, offering the best of both worlds—a sleek hardtop for cooler months and a convertible for sunny drives. This beauty has been lovingly cared for by its original owner, always garage-kept, and has under 62,000 miles. The striking teal blue exterior pairs perfectly with a black leather interior, and it comes equipped with a rack for the hardtop and a cover for when the convertible is down. It features an automatic transmission, like-new tires, gleaming chrome covers, and an AM/FM radio with a CD player. The air conditioner needs a recharge, but the car is in great shape overall. We'll gladly show the buyer how to remove and install the hardtop. Serious inquiries, call 916-837-8877—if I don't answer, please leave a message!







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Casa Roble Track and Field had a big weekend with athletes competing in two major meets last Saturday. Seven standout Rams represented the school at the prestigious Sacramento Meet of Champions, while the rest of the team traveled to Angel's Camp for the Bret Harte Invitational.

At the Sacramento Meet of Champions, Brooklyn Rozumowicz delivered a remarkable performance in the 3200m, earning 4th place and setting a new personal record with a time of 11:17. Other Rams who qualified for this elite meet included Moses Oginni (High Jump), Siena Scott (Long Jump and Pole Vault), and the Girls 4x100m Relay team: Hannah Consolacion, Elizabeth Garcia, Angelina Gibbons, and Aubrey Franco.

Meanwhile at Bret Harte, the Rams continued to shine. Corbin Faircloth took 1st in the 1600m and 2nd in

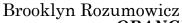


the 3200m. Micah Heberlein won the 800m and placed 3rd in the 1600m. Eric Eaton claimed 1st in the 300m hurdles. In the Frosh/Soph division, Rhyan Kestler took 1st in Long Jump, and Henry Pollock earned 3rd in the 3200m. Several athletes

also hit new personal bests across events.

Next up, the Rams will host the GEL Championships at Casa Roble on Saturday, May 10. Come out and support these incredible student-athletes. Go Rams!







Big shoutout to Casa Roble Boys Golf—your 2024 GEL Champions! The team came into the league tournament tied for first and walked away on top, finishing the season with an impressive overall record of 21-6 and a league record of 20-4.

Pictured left to right: Nate Stillman, Anthony Maher, Cruz Medrano, Ethan Horner, James Dasher, and Josh Harter—way to represent Casa with pride and focus all season long!

Next up the CIF-SJS Section IV Championship in Merced. Wishing the team the best of luck. Go Rams!



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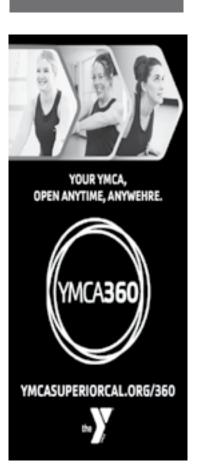
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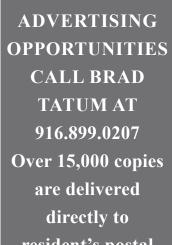
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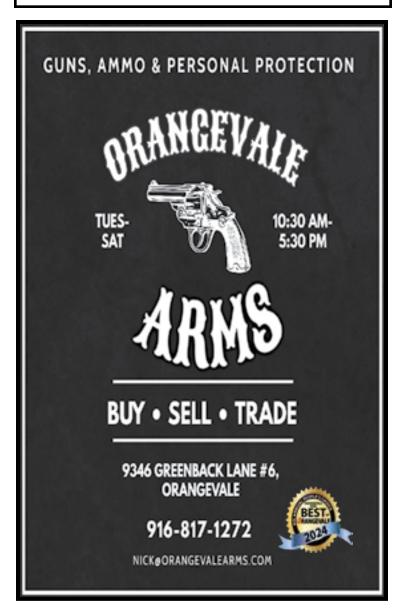
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Barley (A880184) – A 4-year-old Siberian Husky mix. Calm, friendly, and easy to walk. Great with people and may enjoy a female dog companion. Handsome and laid-back. 24petconnect.com/SacramentoCountyFoundPets/ Details/SACC/A880184



Amara (A881219) — A 1-year-old fawn and white Pit Bull Terrier mix. Sweet, soulful, and mellow. Loves kiddie pools, gentle walks, and making new friends—human and canine alike. 24petconnect.com/SacramentoCountyAdoptablePets/ Details/SACC/A881219

Visit BradshawShelter.
net to see all available dogs and see who you fall in love with or visit the shelter at 3839 Bradshaw Rd.!



Gisele (A877133) — A 3-yearold female German Shepherd mix. Shy at first but quickly transforms into a toy-tossing, zoomie-spinning party pup! 24petconnect.com/Sacramento-CountyAdoptablePets/Details/ SACC/A877133



Chase (A881952) – A 2-yearold fawn Pit Bull Terrier. Sweet, medium-sized boy who enjoys walks, playtime, and being with people. 24petconnect.com/SacramentoCounty-AdoptablePets/Details/SACC/ A881952



Rowena (A881018) — A 2-year-old brown and white Pit Bull Terrier. Rowena is a golden-and-white love rocket with sparkling amber eyes and energy to match! 24pet-connect.com/SacramentoCountyAdoptablePets/Details/SACC/A881018



Name: Trixie Animal ID: 57944987 Breed: Doberman Gender: Spayed Female Age: 5 years Adoption Fee: Sponsored!!

Trixie is a 5 year old dog who weighs 56 pounds. Like any good Dobie, she loves a good play, a good lean and a good chat! She has lived with dogs, cats and kids before which makes her a shelter dog unicorn who would do well in most homes!

Trixie has been sponsored in loving memory of Margo and Fritz. That means she is free to adopt!

I have a history of living with dogs, so may do well with a slow introduction.

I have a history of living with cats, so may do well with a slow introduction.

I have a history or living with children, so I may do well with other children.

If you are interested in this specific animal, please come to the shelter for walk-in adoptions Tuesday through Saturday from 10:30am to 5:30pm. We recommend coming in as early as possible, as adoptions are first-come, first-served.

Sacramento SPCA 6201 Florin-Perkins Rd Sacramento, CA 95828 Desk: 916-504-2834







PRACTICE RANDOM ACTS OF KINDNESS AND SENSELESS ACTS OF BEAUTY Anne Herbert



It's one thing for plastic to litter our streets and oceans, but another to learn that plastics are embedding in our bodies. Plastics don't disintegrate—they just fragment into smaller and smaller pieces—called microplastics and nanoplastics. The latter particles are too small to see with the naked eye, but are able to cross the gut barrier and enter our bloodstream. These particles are now found in our tissues, including the placenta, kidneys, brain, arteries and liver. As a physician, I'm very concerned.

How do they get there? We inhale, eat, and drink them. A liter-sized plastic water bottle, for example, can have as many as 240,000 plastic fragments. Exposing the plastic

containers to hot temperatures releases more fragments. Microwaving food in plastic containers also releases nanoplastics. Plastic fragments aren't harmless—the tiniest of particles can trigger cellular inflammation. Indeed, patients with high levels of plastic in their arteries are at higher risk of stroke and heart attacks.

Thousands of chemicals are used to make plastic products, and many of these chemicals can leach out of the plastic and into our bodies. In fact, just about all of us have detectable levels of these chemicals in our blood or urine. Many disturb our hormones—our chemical messengers and have been associated with increased risks of diabetes, can-

cer, heart disease, infertility, and even autism. Research is showing that brief exposures to even small amounts of these chemicals during critical periods of fetal development are likely to produce life-long harm.

I encourage readers to learn more about plastics and about how to stay safe from their harms by visiting https://psnap.org/ and https://www.beyondplastics.org/learn, two non-profit organizations devoted to protecting human health.

Howard Homler MD, FACP Orangevale, CA (editorial assistance Megan J. Wolff, PhD MPH)

LOOKING FOR STRESS RELIEF? HERE ARE 3 METHODS TO TRY TODAY.

Give yourself a fresh start this spring with complementary care. This type of care includes services, such as acupuncture, that are used in addition to conventional treatments. This whole-body approach can help manage chronic pain and relieve tension — and improve your mental and physical well-being.

Here are 3 methods that can help you stress less.

Aromatherapy

Aromatherapy, or essential oils therapy, uses a plant's aromaproducing oils to manage disease. Practitioners of aromatherapy believe that different fragrances from the oils interact with the body to help create changes in blood pressure, pulse, and other bodily functions. Depending on the type of oil, the response can be stimulating or calming.

Aromatherapy is most commonly used for relaxation. Essential oils are typically mixed with another substance, such as alcohol, oil, or lotion, and can be used by:

- · Dabbing onto your skin
- ·Spraying into the air
- •Inhaling (gently)

- · Massaging into your skin
- $\hbox{\bf \cdot} \hbox{ Pouring into a bath}$

Choose a fragrance you find soothing, such as lavender or peppermint, to see if aromatherapy can help you de-stress.

Hydro therapy

If taking a warm bath or shower helps you relax, you may find hydrotherapy soothing. Hydrotherapy uses water to help treat disease or maintain health and is considered to have healing properties. Other benefits include:

- ·Stores heat and energy
- · Helps dissolve minerals and salts
- · Improves blood flow
- Relieves joint pressure

Water is a gentle substance that can have a calming effect, whether you're in the bath, shower, or using a warm compress. So, if you want to feel more relaxed, try soaking in a bath or taking a shower to help relieve tension.

Massage therapy

Many people get massages to help them relax or relieve tension. Some people find touch to be healing, and that massages convey a sense of caring that helps them de-stress. With different types of massage to choose from, you can find the style that works best for you.

A few examples of massage styles:

- Swedish massage uses long, gentle strokes to soothe the top layer of muscles and promote relaxation.
- •Deep tissue massage uses slow strokes and intense pressure to help reach deep muscles and relieve pain.
- •Trigger point massage uses firm pressure to relax overused muscles. Talk to your massage therapist about what feels best for you.

You can also use self-massage to unwind after work or school. Get comfortable and then focus on massaging your feet, hands, neck, or other parts of your body while you relax. And remember, talk to your doctor before beginning any new therapies or treatments.

Current as of: April 20, 2023 Author: Kaiser Permanente Susan Kenyon

Kaiser Permanente Medicare specialist 1-916-947-1851



LIBRARY NEWS & PROGRAMS





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Monday Closed
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Friday 10AM-6PM
Saturday 10AM-6PM

KIDS

Family Storytime Every Thursday, 10:30 a.m. - 11:30 a.m. Jane Wise Community Room Families with young children (0-5) are invited to join us for songs, rhymes, and stories designed to build early literacy skills. Older siblings are welcome to attend. After the storytime we will put out toys and activities for a stay and play session where children can play and communicate with each other.

Read to a Dog Friday, May 9, 3:30 p.m. - 4:30 p.m. Jane Wise Community Room Kids are invited to practice their skills by reading aloud to a certified therapy dog (and their handler). Attendees may bring a book to read or choose one at the Library.

STEAM - LEGO® Robotics Saturday, May 17, 10:30 a.m. - 12:00 p.m. Jane Wise Community Room Led by a team of student instructors, kids ages 9 to 14 will work in groups to create and program a robot and learn STEAM skills with this fun, hands-on project.

Family Art Lab Saturday, May 24, 3:00 p.m. - 5:00 p.m. Jane Wise Community Room We bring the art supplies, you bring the creativity! Families, kids and teens are welcome to join us as the library puts out a variety of art supplies and let everyone make whatever art they want! Paints, modelling clay, markers, air brushing, and more are available for us to make pictures, sculptures, and mixed media projects!

Minecraft Gaming Thursday, June 12, 2:00 p.m. - 4:00 p.m. Jane Wise Community Room Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on our own library server at the Orangevale Library! We will do two 45-minute shifts if there are more participant than PC laptops. This program is for students aged 6 – 17; registration is encouraged at www.saclibrary.org/events

TEENS

Teen Space Thursday, May 15, 3:00 p.m. - 5:00 p.m. Thursday, May 22, 3:00 p.m. - 5:00 p.m. Thursday, May 29, 3:00 p.m. - 5:00 p.m. Meet other teens, and hang out in a space dedicated to you.

ADULTS

Mixed Media Art Journaling Saturday, May 10, 10:00 a.m. - 1:00 p.m. Jane Wise Community Room Use your imagination and all kinds of mixed media to create a free-style art journal. Both inexperienced 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.

Orangevale Adult Book Group — The Great Believers Saturday, May 17, 2:00 p.m. - 3:00 p.m. Jane Wise Community Room Join us inperson for a lively and engaging discussion and make new friends! This month we will be reading The Great Believers by Rebecca Makkai. Starting one month before the meeting you can pick up a copy of the book from the front desk of the Orangevale Library or check our library catalog for available copies of the books and ebooks

Genealogy: Getting To Know You Saturday, June 7, 1:30 p.m. - 3:00

p.m. Jane Wise Community Room Do you need help researching your family history? Learn the basics, try new resources, and share discoveries with a group of Time Detectives. There's always something new to learn on a genealogy adventure! This program is for adults

Genealogy: Book a Genealogist Saturday, June 7, 3:00 p.m. - 4:00 p.m. Jane Wise Community Room Need help with your family history? Not sure how to begin? Want to know where to look next? Root Cellar volunteers are ready to help you discover your roots! Free individual 30-minute help sessions are available at the Orangevale Library. Reserve your session online at www.saclibrary.org/events

Growing Shore

A growing shore looks like it's got lakes, bays, islands (with shapes and moods wilder than diamonds). Humbling while hopeful are Gaia's horizons. Mother Nature inspires, enlightens... Mother's Day (2nd Sunday of May) reminds me of these thoughts that I'm sharing today. The details of this poem were observed along a shore (where one may clear their mind and feel a rapport)...

-Z.F. Thrimej

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