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Page 9

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ORANGEVALE STAMPEDE 12U TEAM BRINGS HOME CHAMPIONSHIP

The Orangevale Stampede 12U baseball team made a name for themselves on the national stage last week, taking first place at the prestigious Big Orange Cal Ripken Experience tournament in Pigeon Forge, Tennessee.

Competing against 30 top teams from across the country, the Stampede played nine games in just five days, finishing with an outstanding 8–1 record. Their hard work, talent, and team spirit carried them all the way to the championship title.

“This group didn’t just play hard—they played with heart,” said a proud supporter. “They represented Orangevale with grit and class every step of the way.”

The team’s success has not only brought home a trophy but also put Orangevale firmly on the youth baseball map.

Congratulations to the Orangevale Stampede on an unforgettable run!

Submitted by
MaryAnne Poverly

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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.

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DATES TO REMEMBER

AUGUST 2025

JULY 30• Public Deadline

AUG 8• PUBLICATION

AUG 13 • Public Deadline

AUG 23• PUBLICATION

SEPTEMBER 2025

SEPT 3• Public Deadline

SEPT 12• PUBLICATION



SUMMER NIGHTS CONCERT @ THE GRANGE
AUG 8 6:30 PM, featuring Country Music Blackwater

KIWANIS CORNHOLE TOURNAMENT SAT AUG 9 2-6 PM @ Orangevale Grange <https://kiwanis-club-of-orangevale-fair-oaks.square.site/>

POLISH FESTIVAL Saturday, September 6th, 2025 12 noon to 5 pm 327 Main Street, Roseville CA Have Come celebrate and learn about the Polish culture through traditional food, drink and song.

NIGHT AT MUSEUM A BLACK AND WHITE THEMED FUNDRAISER. TICKETS \$35 PER PERSON, FOOD, ENTERTAINMENT AND HOST BAR INCLUDED. SEE PAGE 7 FOR DETAILS

CELEBRATE FURRY FRIENDS AND FOUR-LEGGED FUN AT BOW WOW DAYS ON SATURDAY, SEPTEMBER 27! Orangevale Community Park This tail-wagging community event brings together pet lovers of all ages for a day packed with entertainment, local vendors, agility demos, doggie costume contests, and adoptable pets. Whether you're showcasing your pup's talents or just soaking in the festive atmosphere, Bow Wow Days is the paw-fect outing for the whole family. Mark your calendars and join us in making this event pawsitively unforgettable!



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ILLEGAL FIREWORKS ARE OUT OF CONTROL.

Illegal Fireworks Are Out of Control. It's Time for a Smarter, Safer Plan

Every July, our community comes together to celebrate Independence Day. But for many Sacramento County residents, the holiday has become a night of anxiety and frustration. Not because of legal festivities like sparklers or fountains that shoot out colorful sparks, but because of the overwhelming use of illegal fireworks—the kind that explode high into the sky and often end up lighting things on fire.

This year's Fourth of July was no different, and it appeared to be worse than previous years, which were already bad. We received a huge volume of complaints from all over the district from residents frightened by the scale of illegal fireworks activity. The noise, the risk of fires, the danger to children and pets, and the general disruption to neighborhoods were all common concerns.

Every year, Sacramento County debates how to handle illegal fireworks. In the past, we have tried increasing fines, creating a social host ordinance to hold party hosts accountable, dedicating Code Enforcement teams to the task, and cracking down on illegal fireworks dealers. Despite these efforts, the problem persists and often worsens.

But year after year, these strategies fall short. Here's why:

- Fines don't work if no one is there to issue them.
- The social host ordinance fails when officers can't safely identify and cite violators in the moment.
- Code enforcement officers aren't sworn officers, and they rightly hesitate to walk into chaotic, often intoxicated crowds.
- Law enforcement is overwhelmed every Fourth of July—



Supervisor Rosario Rodriguez responding to a sharp uptick in calls for service, including violent crime often fueled by intoxicated individuals.

- Illegal fireworks are easy to get. They're legal just one state over, and there's no system to stop them from flooding into California.

This creates what feels like an impossible problem. Residents suffer from the noise, safety risks, and fear. Pets and children are scared. Neighborhoods are disrupted. Fire danger increases significantly, especially during our dry summer months. I want to take a moment to address this issue head-on. I have heard from countless community members who are frightened and fed up. While I understand past concerns about using Code Enforcement to break up large gatherings—and the safety risks involved—I believe we need a new approach that avoids direct confrontation.

My plan is to use our Code Enforcement team to blanket the community documenting illegal fireworks activity in real time, especially at parties where the social host ordinance applies, and then issue hefty fines (upwards of \$10,000) through the mail after the fact. Just like a red-light camera ticket, people would receive a citation based on clear documentation of the violation. No direct confrontation is needed. This keeps everyone safer while still creating accountability.

At the same time, we will be engaging with the Sheriff's Department to identify targeted strategies for addressing large public gatherings—particularly in parks, parking lots, and, in some cases, intersections—where illegal fireworks are being launched openly. While Code Enforcement focuses on documenting activity at private residences, law enforcement can help address the most flagrant public displays in a coordinated and safe manner.

If we implement this, it is critical that we clearly advertise the enforcement effort well before next Fourth of July. People need to know that if they use illegal fireworks, they are very likely to receive a substantial fine in the mail afterward—and that we will follow through.

I want to be clear: we cannot just send out a few tickets and expect that to make a difference. This has to be a large-scale effort. We should aim to issue an extremely large number of citations next year. That is how we send the message that this kind of dangerous activity will not be ignored.

Illegal fireworks are not just a nuisance. They pose real risks to public safety and property. They create fear and disrupt communities. And they undermine the celebrations that so many of us want to enjoy safely and peacefully.

It is time to move beyond talk and ineffective enforcement efforts. We need a smarter, more strategic plan that protects our residents and holds offenders accountable.

I look forward to working with County staff and the community to develop and implement this plan. Please continue to share your thoughts and concerns with my office at 916-874-5491 or SupervisorRodriguez@saccounty.gov



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Annie Munsterman, Lady Farmer

By Margaret Tomich McAllister

It wouldn't occur to you at first glance, but Orangevale was an odd little crossroads. It was a farming community, and the people were mostly God-fearing Christians of one flavor or another, and that fact alone lumped us all in the same basket. But each person brought with them a unique and different story. While everyone was engaged in a

singular economic effort, we were all here for a different reason.

Annie Munsterman was a lady farmer. She had a little house that she shared with her mother and her own orchard. At the crack of dawn, Annie marched down to the orchard in her sunbonnet, long dress and sturdy shoes which were stitched Litke baseballs. We called them "Mammy Yoakum" shoes. If any woman was going to make it on her own, without a man, it was Annie Munsterman.

Annie brought to this pastoral life

the hard instincts of a pioneer. She was single-minded, self-sufficient and tough, enduring the hardships of physical labor thought well beyond a woman's capacity to accomplish. She cultivated and planted. She picked, sorted, and packed long after most others would have called it a day. She climbed up and down ladders and pruned with the best of them. She was a whirlwind of energy, constantly on the move. When she walked (and she walked everywhere), no one could keep up with her. Had she lived 100 years earlier in Indian territory on the Great Plains, she might not have stood out. Here and at this time, where gentility and social graciousness were the order of the day, Annie was an amusing, unpredictable oddity.

Annie didn't care a hoot about social conventions and so routinely broke the "rules" that cinched women into narrow roles. But the rules were changing. Women were becoming "loose" and bobbing their hair, which was quite scandalous. They were learning to drive and venturing out beyond their front gate and into areas where men traditionally had gone. Well, this suited Annie simply fine, and Daddy came home one evening and announced with

a laugh and a shake of his head that Annie Munsterman had "just bobbed her hair and bought a 'car.'" Well, you can bet, she didn't do it either because it was stylish; for Annie it was just plain practical.

But it was amusing to think that Annie Munsterman and*the most unflappable flapper now had something in common. Maybe it was just that Annie's values were timeless and came and went in popularity. And it was just coincidence that, in the 1920s, her independence was coming back in style.

Story written by Margaret Tomich and Nagel McAllister from book "Orangevale Reminiscence."

Note: According to news articles, she was active in the area from at least 1920 to 1944. In the early 1920's lived in Folsom and was badly burned while washing clothes which had previously been washed in gasoline. From 1929 a number of articles in Orangevale appear frequently with her attending many social events with Ella Landis, Vena Barthlomew, Betty Davies, Mrs. Charles Wilson, and Elsa Fox are just a few.

Orangevale History Project Meeting -Wednesday, August 6 at 6 pm -Orangevale Library

Please join us for an enlightening presentation offering a unique perspective on the Donner Party tragedy—told through the eyes of its youngest survivors. Sisters Eliza and Georgia Donner experienced the infamous journey as young children and later shared their harrowing memories in letters and personal writings.

Author and historian Christina Richter will guide us through their stories, bringing depth and humanity to this well-known chapter of American history. Drawing from her own interviews with Roseville pioneer descendant David Fiddymont—a relative of Tamsen Donner—Richter offers a fresh and deeply personal angle on the events that unfolded in the Sierra Nevada during the winter of 1846–47.

Christina Richter is the author of "Walk With Me, I Want To Tell You Something," which tells the story of the Fiddymont family, one of Roseville's foundational pioneer families. Her second book, "Placer County: Past and Present," was published by Arcadia Publishing in 2023. She is currently under contract for her third work, "Hidden History of Placer County," scheduled for release in fall 2026.

Don't miss this opportunity to explore the Donner Party saga through a lens of family memory, survivor testimony, and local connection.

SPEEDING PASTOR CAN'T HIDE SINS

By Norries Burker

I want to caution you that if you're driving this summer, be careful out there. The roads aren't just filled with drunk drivers.

Sometimes they're filled with reckless pastors—as they were 25 years ago in Brentwood, Calif. During the late 1980s, I was the pastor of First Southern Baptist Church in town. No, this wasn't the Southern California Brentwood of O.J. Simpson fame. This was the sleepy, rural Brentwood in Northern California where strawberries were first bio-engineered.

As our town was somewhat secluded, I would often drive a few hours to attend ministers' conferences in one of the San Francisco area cities. It was on my return from one of those conferences that I

found myself on the wrong end of the law.

It was about 2 a.m. one Friday when I drove into the Brentwood city limits. There were no stoplights at the time and thus little to impede my return home. However, the town was full of stop signs.

Before I continue, let me hasten to add I was 27 years old, fresh out of seminary. With somewhat invincible thinking, I reasoned there are only Ten Commandments.

To me, everything else seemed more of a suggestion. Posted along the final half-mile homeward stretch of Walnut Boulevard was what seemed like three suggestions: stop signs about 100 yards apart.

And at 2 a.m., it certainly seemed as though a young minister, eager to return to his young bride, ought to be allowed passage through the signs at about 25 mph. Not exactly fast enough to be

reckless, but fast enough to draw the attention of a fairly sleepy police officer. In a red flash, the officer pulled me over and began to question my memory.

"Do you recall seeing the three stop signs you just blew through?" "Yes," I said, sheepishly producing my license.

For the next several minutes, we played 20 Questions, and he quickly discovered I was a pastor.

"What church?" he asked. "The Southern Baptist church—but probably not for long."

"Why is that?" he asked.

I reminded him the town newspaper usually published police reports, and it was difficult to imagine my parishioners reacting favorably to the news that their pastor had blown through half the stop signs in town.

He apparently heard my concern because he generously

reduced my infraction to running only one stop sign.

But as he did, he posed a question that has guided me much of my career.

"Do you suppose that your church members never been ticketed?"

His question implied that a church that doesn't realize it has a flesh-and-blood pastor would be a church that has long been asleep.

In the years since, I've come to realize that not only is it a sin to think of yourself as incapable of sinning, but it may be worse to think of yourself as someone who'd never want to be discovered sinning.

No, I'm not suggesting we display our sins in a way that makes us seem more human. I'm only suggesting we don't attempt to hide our sins in a way that makes us less than human.

Because, as my mom always said, echoing Numbers 32:23:

"Your sin will find you out." Not long after that, The Brentwood Press published a story about speeders with a picture of an unsuspecting car driving down Walnut Boulevard.

The story featured a car which very much resembled mine and was headlined "Walnut Boulevard Problem With Speeders."

Guilty, again.

Column excerpted from my book, "Thriving Beyond Surviving." All of my books can be ordered on Amazon. Autographed copies can be obtained on my website www.thechaplain.net by sending a check for \$20 for each book to 10566 Combie Rd. Suite 6643 Auburn, CA 95602.

Sign up to receive this weekly column by email at www.thechaplain.net/newsletter/ or send me your email address to comment@thechaplain.net. Norries Burkes

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Scout Troop 144 of Orangevale Backpacked into Showers Lake from Carson Pass in June, along a portion of the Pacific Crest Trail. The Scouts took in the beautiful Sierra vistas including Lake Tahoe, played in the snow, and fished at the lake. Come join the adventure. <https://bsatroup144.wordpress.com/>



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Have you ever made homemade granola? It is not that hard, and it is so much better than the store bought! I've shared Sally's great recipe before. This 4th of July, my other sister Jenny made an even better granola with just the right amount of sweetness and crunchiness that is perfect for breakfast over yogurt or just snacking!

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 anyony-

mous, just let us know and we will omit your name.

JENNY'S GRANOLA

- 2 ¾ cups old fashioned oats
- 1 cup shelled pistachios
- 1 cup unsweetened coconut (chips or shred)
- 1/3 cup pumpkin seeds
- 1 teaspoon salt
- ½ cup brown sugar
- 1/3 cup maple syrup
- 1/3 cup extra virgin olive oil
- ¾ cup dried cherries

Heat oven to 300 degrees. In a large bowl, mix the oats, pistachios, coconut, pumpkin seeds and salt.

In a small saucepan, warm

the sugar, syrup and olive oil over low heat just until the sugar has dissolved. Remove from heat and fold into the oat mixture. Make sure to coat all the ingredients in the bowl.

Line a baking sheet with parchment paper and spread the granola over it. Bake for 35-40 minutes, stir granola every 10 minutes or so. Bake until the granola is lightly golden.

Remove granola from the oven and mix in the dried cherries. Cool at room temperature. Store in an airtight container. Makes about 6 cups (12 servings).

NATIONAL NIGHT OUT FUN NIGHT 2025

Woodmore Oaks Neighborhood Watch proudly announces their 33rd. Annual National Night Out Fun Night on Tuesday Night, August 5, 2025, at 7 Eleven Parking Lot & Adjacent Field (6840 Woodmore Oaks Dr., Orangevale, CA 95662) from 5:30 PM-9:30 PM.

National Night Out is designed to build neighborhood camaraderie, enhance the relationships between neighborhoods and law enforcement, fire departments, etc. The night is a national event throughout the USA to send a message to criminals that neighborhoods are organized and aware. Woodmore Oaks Neigh-

borhood Watch originated in 1990 and the program includes over 100 streets, and 3000 Newsletters are distributed monthly as well as monthly neighborhood watch meetings.

All are welcome to join us that night. We are sponsored by 7 Eleven who will provide free food and drinks and many giveaways, Hula Hoop Contest, Bounce House for the kids and a opportunity to meet your neighbors as well as Sacramento County Sheriffs Department and Citrus Heights Police Department. We are always looking for volunteers to help us with this event as well as donations to help offset the cost of printing 3000 Newsletters each month. Come join us for the biggest party in Sacramento!

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OVparks: Making Recreation Inclusive

Clay Aiken once said, "Inclusion is extremely important for kids with and without disabilities." At OVparks, we believe in this, and the power of play. We are in the business of joy, laughter, learning, inclusion, and opportunities.

OVparks takes pride in the programs and events that we bring to the community. We see the community showing up daily for camps, swim lessons, sports programs, and more. What you may not know, is that we are also working with our instructors and staff to provide inclusive programs for all. This may include learning new strategies, creating different processes, and setting an environment that meets the diverse needs of our participants and communities. One way we do this is also through accommodation re-

quests.

Accommodation requests help us ensure that all participants have the support they need to access and participate in our events and programs with independence and without barriers to their participation.

Accommodations look different for everyone. For some it may mean the opportunity for quiet spaces to take a sensory break. For others it may mean extra support for field trips, or to participate in a sports program, or maybe a visual schedule. It can also look like a lower basketball hoop or help around the bases. These accommodations are not about changing the essence of a program — they're about removing barriers.

Why It Matters

Inclusion enriches everyone. When people with diverse abilities and experiences participate together, our programs become stronger,

more creative, and more connected. Communities grow when everyone is invited to the table — or onto the playing field, into the pool, or around the craft table.

So, if you or someone you know is unsure about joining a program because of a disability or support need, reach out. Inclusion isn't just possible — it's our priority.

How to Request an Accommodation

It's important to know that all conversations about accommodations are confidential and grounded in respect. We don't require diagnoses, just information that helps us support participation. Our accommodation request form can be found on our website at ovparks.com or call our office 916-988-4373. You can also call Kimberly Vickers, Recreation Coordinator with specific questions or assistance.

Written by: Kimberly Vickers



Wayfinder is a non-profit Foster Family Agency, with offices across the state. We were formerly Lilliput Family Services and have been serving the community for over 45 years. We merged in 2020 and our mission has remained the same... to provide children in foster care a safe, nurturing, lifelong family. Wayfinder is about building healthier families and finding loving homes for children. There is a great need for families open to helping children in foster care, especially children ages 8 and above, teenagers, and sets of siblings. Families of all kind are needed, including those open to respite care, emergency care, short term foster

care, and to permanency, which can sometimes lead to adoption. We invite you to learn more about becoming a Foster Parent, which is now called Resource Parent. The first step is to attend an online Orientation where we will go over this process, requirements, expectations, the children we serve, and our role as your agency. You could be the one to make the difference in a child's life!



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IN HONOR OF UV SAFETY MONTH

Signs of sun damage: How to protect your skin from UV rays

Make coffee. Eat breakfast. Brush your teeth. Take a shower.

This typical morning routine is missing an important step: Put on sunscreen.

Why should you wear it every day? Because sun-damaged skin can sneak up on you.

You know you and your family should wear sunscreen before spending a long time outdoors. But short periods of unprotected sun exposure can add up over time, leading to visible damage to your skin and a higher risk of skin cancer.

What is a sun damage?

Sun damage, or photoaging, is when ultraviolet (UV) light from the sun ages your skin. There are 2 kinds of UV light — UVA and UVB. UVA light damages skin at all levels, from its surface to its deepest layer. UVB light damages the outer layer of skin and your DNA, which can lead to cancer. A simplified way to remember the difference is that UVA rays are aging and UVB rays are burning. If you have darker skin, it's less likely to burn — but it can still be damaged by UVA rays.

Signs of sun-damaged skin include:

- Broken capillaries, usually around the nose
- Loss of skin elasticity
- Pigmentation changes, such as age spots and brown patches of discoloration (or melasma)
- Red blotches
- Uneven skin texture
- Wrinkles

Ways you may be getting sun damage

Direct sun exposure occurs anytime you're outdoors unprotected. Indirect sun ex-

posure is when something is partially protecting you from the sun, like a window. If you're not wearing adequate sunscreen, these exposures add up and lead to lasting sun damage.

"People are running errands — 5 minutes here, 10 minutes there — or walking their dog, and they're not taking into consideration the cumulative, short bursts that they're getting," says Sarah Adams, MD, a dermatologist at Kaiser Permanente in Southern California. "All of the sudden, they've been outside for an hour and a half and they haven't worn any sunscreen or any sun protection."

Examples of indirect sun exposure include:

- Short trips outdoors, like walking from a parking lot to a building
- Being under shade, like an umbrella
- Clouds covering the sun
- Sitting next to a window — like in your home or in a car, bus, or airplane

And yes, you read that last one right. So you should even wear sunscreen when you're home all day if you're near a window. Windows usually block UVB rays, but not UVA rays.

"When I see patients in clinic, I notice more photoaging — more dark marks, more pigmentation — often affecting the left side of their face," Dr. Adams says. "I can often tell that someone was a driver versus a passenger because of the amount of sun damage that there is on one side of their face versus the other."

Your skin can also become more sensitive to the sun with certain medicine or skin products. So, read the labels or check with your doctor if you're using:

- Acne medicine
- Antibiotics, particularly tetracyclines
- Some birth control pills
- Some heart medicine for arrhythmia

• Topical skin products such as retinols, glycolic acid, and other alpha hydroxy acids

How to protect your skin from damage

Use sunscreen and protective lip balm with SPF 30 or higher every day to prevent sun damage. Look for a broad-spectrum formula, which protects from both UVA and UVB light. Encourage your kids to use them daily, too.

Besides your face, apply sunscreen to other areas, like your ears, the sides and back of your neck, the V of your chest, and the backs of your hands. And you don't need to reapply sunscreen throughout the day if you're not sweating or swimming. Just make it part of your daily morning routine.

For extra protection, wear long-sleeved shirts and pants, a wide-brimmed hat, and sunglasses. Also invest in clothes with UPF (ultraviolet protection factor).

Limit how much time you and your family spend outdoors between 10 a.m. and 2 p.m., when the sun's rays are strongest. But remember, UV rays can be a concern anytime the sun is up. Use your smartphone's weather app to check the current UV index. If it's 3 or higher, you should protect your skin.

By taking these healthy steps, you can help prevent sun-damaged skin and reduce your risk of skin cancer. Current as of: January 26, 2025

Author: Kaiser Permanente Susan Kenyon
Kaiser Permanente Medicare specialist 1-916-947-1851



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ANNOUNCEMENT

Orangevale Library Supervisor Bruce Barber is Retiring! Special Celebration at the Orangevale Library

Please join us on Friday, August 22, 2025, to wish Bruce the best on his next adventure – retirement!

Many of us know Bruce from his welcoming presence when one walks through the doors of the Orangevale Library, but he is also known throughout the community. He has made a point to attend various community meetings to foster relationships with key organizations, including Orangevale Rotary, and the Orangevale Commu-



nity Council. In this way, he has helped advance the library's mission as well as be attuned to emerging needs that might benefit from library services. He has been a valuable resource and amazing collaborative partner to the Orangevale Friends in his role as Library Supervi-

sor. He will be missed!

Date: August 22, 2025
Time: 11:30am to 1:30pm
Jane Wise Community Room
Sacramento Public Library – Orangevale Branch

Light refreshments will be served

If you are unable to attend, you are welcome to leave a congratulatory note for Bruce!. Blank message cards will be available in the Friends' Bookstore during regular library hours.

Submitted by the Friends of the Orangevale Library

AT THE Y

Hello from the Rollingwood Y! August is packed with new ways to move, learn, and connect with our community. Here's what's happening this upcoming month at the YMCA:

Junior Golf Clinics – Game-Based Fun

Payne Stewart golf uses specialized equipment and game-based learning. These one-day clinics make golf fun and accessible for kids while building coordination and confidence.

- Next Session: Saturday, August 9th
 - 9:00–10:00 AM – Ages 4–7
 - 10:00–11:00 AM – Ages 8–11
 - Cost: \$17 Y-Members / \$21 Community
 - Learn More
- Held at the Rollingwood YMCA. More sessions coming in September & October!

Free 60-Day Nutrition Challenge

Kickstart healthy habits that stick!

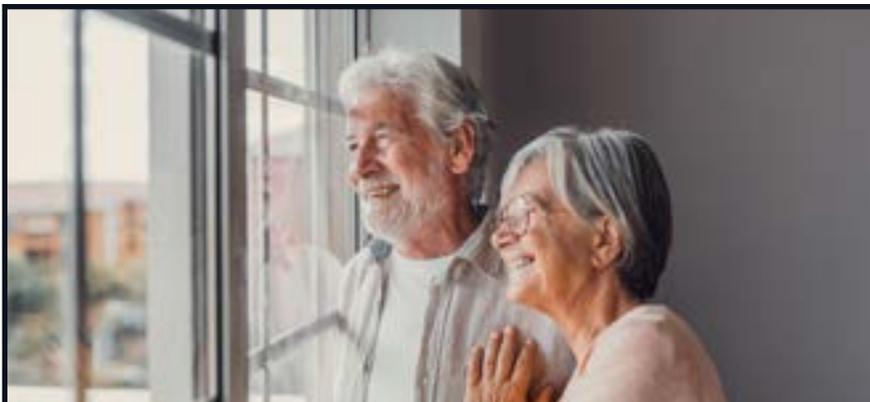
Led by certified nutritionist Crystal Hayes, this virtual challenge is delivered via email and text, helping you set SMART goals and stay on track with weekly motivation.

- Starts August 12th
- Open to all. Let's build sustainable wellness—together!
- Register Now

Ongoing Programs

Stay active and connected with group fitness classes, pickleball, personal training, and more! Check our website or stop by for the latest schedules and offerings.

Visit ymcasuperiorcal.org/Rollingwood-YMCA or call 916-988-1727 for more details and to register for any program.



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8100 Ramwood Way	3	2	1285	\$465,000
6905 Drywood Way	4	2	1385	\$475,000
6213 Dark Star Way	3	2	1279	\$499,000
8158 Sundance Dr	3	2	1440	\$530,000
9521 Pershing Ave	3	2	1319	\$545,000
9463 Dalton Way	3	3	1325	\$565,000
8296 Central Ave	3	2	1316	\$565,000
9217 Rock Canyon Way	3	2	1409	\$625,000
8455 Elam Creek Ct	4 (5)	3	2872	\$665,000
6092 McNeely Way	4	3	1917	\$705,000
7846 Excelsior Ave	3	2	1512	\$710,000
8782 Steven Ave	4	3	3000	\$715,000
9512 Central Ave	3	2	1692	\$725,000
8958 Augustine Ct	3	2	1690	\$725,000
8566 Briarbrook Ct	4	2	2116	\$750,000
8570 Almond Bluff Ct	3	2	2035	\$755,000
8544 Gaines Ave	3	3	2416	\$785,000
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Fritz (A893199) – A 3-year-old neutered male black and tan German Shepherd. Fritz is a fun-loving, toy-chasing, water-splashing kind of guy who brings sunshine wherever he goes. He walks well on leash, loves outdoor adventures, and thrives on attention and companionship. 24petconnect.com/SacramentoCountyAdoptablePets/Details/SACC/A893199



Biscuit (A732654) – A 7-year-old neutered male black Australian Cattle Dog mix. Biscuit is a social guy who has participated in shelter playgroups and may enjoy a compatible canine friend in his new home. He's ready to meet his match—bring your pup to the shelter for a meet and greet! 24petconnect.com/SacramentoCountyAdoptablePets/Details/SACC/A732654



Rollie (A895940) – A 3-year-old male gray and white Pit Bull Terrier. Rollie is a sweet, slightly shy boy who loves affection. He recently met some social dogs at the shelter and did well—while he wasn't quite ready to play, he's gaining confidence and may soon show off his silly side in playgroups. 24petconnect.com/SacramentoCountyAdoptablePets/Details/SACC/A895940



Nyla (A894777) – A 6-year-old female brown and black Belgian Malinois. Nyla is a gentle and sweet girl who already knows "sit" and walks politely on leash. She's eager to please, easy to handle, and has a calm, loving presence. 24petconnect.com/SacramentoCountyAdoptablePets/Details/SACC/A894777



Apollo (A893967) – A 5-year-old male black and white Labrador Retriever and Siberian Husky mix. Apollo is a calm, well-behaved sweetheart who walks nicely on leash and already knows "sit," "down," and "shake." He's treat-motivated, loves plush toys, and enjoys soaking up affection. A gentle, loyal companion who's come out of his shell and is ready for a forever home. 24petconnect.com/SacramentoCountyAdoptablePets/Details/SACC/A893967



Etta (A896470) – A 1-year-old female gray and white Pit Bull Terrier. Etta is a petite and playful pup who has participated in shelter playgroups and may enjoy a compatible canine friend in her new home. Bring your dog by for a meet and greet to see if it's a match! 24petconnect.com/SacramentoCountyAdoptablePets/Details/SACC/A896470

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HELPING HANDS OV TURNS UP THE HEAT FOR HOPE AT 4TH ANNUAL SALSA COOK OFF

Helping Hands OV is bringing the flavor and inviting you to the fun with their 4th Annual Salsa Cook Off, happening Saturday, August 16, from 10 a.m. to 2 p.m. at the Orangevale Grange located at 5807 Walnut Ave.. The event promises a lively day of community connection, delicious salsa tastings, music, local vendors, beer and margarita garden, and more—all to support a great cause. Proceeds from the event will directly benefit Helping Hands OV's newest program—Scholarships for Trade School—as well as several of the nonprofit's long-standing efforts serving low-income, elderly, and disabled residents in the Orangevale-Fair Oaks area. "This isn't just a cook off, it's a

chance to gather with neighbors, celebrate local talent, and support the next generation of skilled workers," said Sydnie Anderson, president of Helping Hands OV. "We believe there's no better way to lend a helping hand than empowering people to use theirs—especially in high-demand trades that keep our communities running." In addition to raising funds for scholarships, the event will highlight Helping Hands OV's other impactful programs, including: Valentines for Seniors, which distributed over 10,400 handmade cards to care homes across the region; Easter Baskets for Kids in Need, where 157 local children received personalized baskets from community donors; Spring Food Drive, collecting over 4,000 pounds of food for the Orangevale-Fair Oaks Food Bank; And ongoing household help for elderly and low-income

residents, like lawn care, minor repairs, and safety tasks. Celebrity Judges, ABC 10's Mark S Allen, Mix 96/ Now 100.5 radio host Doug Lazy, Pro MMA Fighter Max "Pain" Griffin, Fair Oaks Honorary Mayor Katie Yount, Orangevale Live's ParyAnne Povey and Lane Gonick from the office of Josh Hoover will vote for their favorite salsas in categories of Hot, Mild, Blended, and Chunky, BUT all attendees will choose the Community Choice Award—the best in town. The day will also include live music, performances, activities for kids, and a wide variety of local makers and food vendors. Helping Hands OV extends special thanks to its Fiesta Sponsors: Creative Corner Preschool, El Tapatio Citrus Heights, and The Rubitsky Family, in loving memory of Lisa Rubitsky for bringing the party to this beloved community event.

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HELPING HANDS OV-ORANGEVALE-FAIR OAKS' 4TH ANNUAL SALSA COOK OFF

Salsa Judges

Mark S Allen
ABC 10

Doug Lazy
Mix 96/ NOW 100.5

Max "Pain" Griffin
MMA Fighter

Katie Yount
FO Honorary Mayor

MaryAnne Povey
Orangevale Live

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Soccer

If soccer and a film with dinosaurs were mashed up, the result could be called Jurassic World Cup. Jurassic World Cup sounds like a movie with lots of running, chasing, kicks, saves, nets, bloody red cards, wild game, and sudden death...

FIFA Club World Cup happening in July and Jurassic World Rebirth being released in July remind me of these thoughts (they're how I reply). If you can imagine two things being combined, something new or amusing is what you might find...

-Z.F. Thrimej

LIBRARY NEWS & PROGRAMS

ORANGEVALE LIBRARY
8820 Greenback Ln L,
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HOURS

Sunday Closed
Monday Closed
Tuesday 10AM-6PM
Wednesday 10AM-6PM
Thursday 10AM-6PM
Friday 10AM-6PM
Saturday 10AM-6PM

Heirloom Seeds Available at the Orangevale Library The Orangevale Library has heirloom seeds to start your own garden and our cool weather seeds have arrived! Grow a variety of herbs, ornamentals, and edible plants. Save money and reduce your carbon footprint by growing nutritious food at home. The seed library is completely free of charge and available to anyone. The seed library is available daily.

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 story time we will put out toys and activities for a stay and play session where children can play and communicate with each other.

Explore and Learn Tuesdays, June 3 - Aug 26, 11:00 a.m. - 12:00 p.m. Jane Wise Community Room Join us for Explore and Learn, a program with fun learning activities for young children and their caregivers to meet others and play together. There will be no Explore and Learn on July 8, 2025.

Family Art Lab Saturday, July 26, 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, mark-

ers, air brushing, and more are available for us to make pictures, sculptures, and mixed media projects!

Fratello Marionettes: Vaudeville Folies Tuesday, August 5, 3:00 p.m. - 3:30 p.m. Jane Wise Community Room The Vaudeville Folies is a marionette variety show presented in the spirit of the old-time music hall.

Minecraft Gaming Thursday, August 7, 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! This program is for students aged 6 - 17. Registration is encouraged at www.saclibrary.org/events. There is a 15-minute grace period for checking in to this program. If you have not arrived by then, we cannot guarantee a spot will be available.

Read to a Dog Friday, August 8, 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, August 16, 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 design, create and program a Lego robot and learn STEAM skills with this fun, hands-on project.

TEENS

Teen Space Thursday, July 31, 3:00 p.m. - 5:00 p.m. Thursday, August 14, 3:00 p.m. - 5:00 p.m. Thursday, August 21, 3:00 p.m. - 5:00 p.m. Meet other teens, and hang out in a space dedicated to you.

ADULTS

Tai Chi for Beginners Wednesday, June 18 - July 30, 10:30 a.m.

- 11:30 a.m. Jane Wise Community Room Join us for a 6-week series of the low-impact, gentle martial art known as Tai Chi. REGISTRATION REQUIRED. There will be no Tai Chi on July 2, 2025.

Genealogy: Getting To Know You Saturday, August 2, 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, August 2, 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 Cellular 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

Mixed Media Art Journaling Saturday, August 9, 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 - Many Lives of Mama Love Saturday, August 16, 2:00 p.m. - 3:00 p.m. Jane Wise Community Room Join us in-person for a lively and engaging discussion and make new friends! This month we will be reading The Many Lives of Mama Love by Lara Love Hardin. 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

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