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ENGINES ROAR FOR FINAN: A BIRTHDAY CELEBRATION FUELED BY LOVE AND COMMUNITY



FLYING HIGH AT CASA ROBLE!
PAGE 18



Recently, neighbors on Plantain Circle and Blue Oak Drive found a letter at their front door from Elizabeth and David Mower. It read in part: Dear Neighbors. We're writing to let you know about a very special car parade taking place in our neighborhood to celebrate the 4th birthday of our son Finan. He is battling leukemia and, due to his treatment schedule, his birthday party will have to wait. While this limits his ability to run and play like most 4-year-olds, we still want to give him a joyful and unforgettable celebration—one that shows him just how loved and supported he is. Finan is a lover of all cars, trucks, jeeps, motorcycles and trains.

So they came up with the idea of a parade to lift his spirits and remind us of the power of com-

munity and hope. Partnering with Dream Cars 4 Kids foundation, participants were to drive the loop around Plantain Circle and Blue Oak Drive. Neighbors were in their front yards clapping and cheering as the parade began. Participants from Cars & Coffee, 916 Exotics, Euro Sunday, Los Lobos Locos Car Club, and Golden State Mopars all showed up for Finan.

First came the thundering motorcycles with their engines roaring, then came vehicles of every make and model: Sedans, coupes, SUVs, pickups, jeeps, a vintage T-bird, and even a Tesla.

They were followed by a string of shiny bright blue, red, and orange cars; one of them had red and gold stripes painted on the sides making it look like a racing car. Then came the sports cars from the local Cars & Coffees groups with engines revved up – Lamborghini, Corvette, Mustang, Camaro,



and even a Bugatti. While there was no train, a big truck had a horn that sounded like a choo choo.

Then a big red fire truck from Sacramento Metro Fire came roaring around the corner, no siren, but with lights flashing, horn blaring, and firefighters waving and cheering. Sacramento Police Department also drove a SWAT vehicle to the event. Search Pros Staffing and OV Women's Club brought Finan a number of gifts, Chicago Fire donated pizzas for the event, and Dairy Queen made a special ice cream cake.

What a great event! Hope this made Finan's special surprise birthday a real celebration. So, hang in there, Finan. Your neighbors are all cheering for you. By Barbara Morgan



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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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Community of Orangevale

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DATES TO REMEMBER

SEPTEMBER 2025

SEPT 3• Public Deadline

SEPT 12• OUT TO PUBLIC

SEPT 17• Public Deadline

SEPT 26• OUT TO PUBLIC

OCTOBER 2025

OCT 1• Public Deadline

OCT 10• OUT TO PUBLIC



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.

SUMMER NIGHTS CONCERT @ THE GRANGE SEPT 19 6:30 PM, featuring SUNSET RIVER

SEPT 12 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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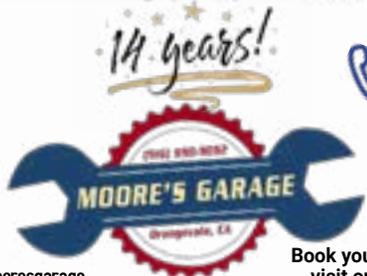
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FOOD CRAVINGS: WHAT THEY MEAN AND HOW TO CURB THEM

Chewy cookies. Creamy chocolate. Salty chips. Melted cheese.

Besides being delicious, these foods have something in common. They're the sugary, salty, or high-fat treats people can get strong urges to eat. It's OK to occasionally indulge in cravings for these types of foods. But intense food cravings can lead to eating more than what feels comfortable.

What causes food cravings?

There are a wide range of reasons to crave specific foods. Often, cravings can mean your hunger hormones are out of balance, says Candace Morgan, registered dietitian for Kaiser Permanente's regional center of healthy living in Pasadena, California. These gut hormones can increase or decrease your appetite. They're affected by lifestyle habits — diet, stress, sleep, and exercise. When your body isn't getting the right amount of sleep, for example, it can change how it releases your hormones. And that can throw off your hunger signals.

If you want to feel more in control of what you eat, a few lifestyle changes may help.

Here are 4 tips to help balance your hormones — and curb your food cravings.

Eat earlier in the day

The most common cause of overindulging in cravings isn't a lack of willpower. Usually, it's not eating enough earlier in the day, Morgan says. Your body craves sugar when you don't consume enough calories. And that makes it hard to control what — and how much — you eat as the day goes on.

Most people can benefit from eating 3 healthy meals and 1 or 2 snacks each day. Aim to eat breakfast between 60 and 90 minutes after you wake up. Then, eat every 3 to 4 hours. Ideally, dinner should be the last thing you eat, so you're not going to bed with high blood sugar.

When planning your meals and snacks, balance whole-grain carbohydrates with lean protein, Morgan says. These nutrients fuel your body's cells and provide you with energy. Include a few servings of foods with healthy fats each day — like olive oil, salmon, flaxseeds, and avo-

cado. Healthy fats give you energy and help you feel fuller longer. Also try to include at least one high-fiber food with every meal. Fiber helps control your blood sugar and keep your gut healthy.

Try to find different healthy food options that you enjoy. Depending on what you're craving, Morgan recommends meals and snacks like:

Sweet foods

- Oatmeal with cinnamon, diced apple, walnuts, and shredded coconut
- Whole-grain waffles topped with peanut butter and sliced bananas
- Spinach salad with balsamic vinegar and roasted salmon, carrots, and sweet potato
- Greek yogurt with berries and cacao nibs
- Chocolate chip oat date cookies

Savory foods

- Whole-wheat tortilla with scrambled eggs, sliced avocado, and fresh salsa
- Smoked salmon and goat cheese on a slice of whole-wheat toast
- Baked potato with ground turkey, black beans, salsa, and corn
- Air-popped popcorn sprinkled with nutritional yeast
- Homemade kale chips

Reduce chronic stress

Chronic stress is one of the main factors affecting hunger hormones, Morgan says. Stress becomes chronic when you experience frustration or anxiety for a long period of time — like a difficult job or long-term illness. Stress releases the hormone cortisol, which fires up your appetite. It's part of your body's fight-or-flight response. Your brain thinks it needs fuel to fight off what's causing your stress. That increases cravings, especially for high-fat, high-calorie foods, Morgan says.

It's not always possible to remove stressors from your life, but you can try to manage stress better. Meditating and breathing exercises can help you stay calm.

Note: If you're stressed because you need help with essentials like housing or utilities, check out these community-based resources (<https://healthy.kaiserpermanente.org/southern-california/health-wellness/social-health>)

Get more sleep

If you sleep fewer than 6 hours a night, you'll likely crave sweet, high-calorie foods. When your body needs

sleep, eating sugar is another way for it to get energy, Morgan says. Lack of sleep can also affect your hormone levels and increase your appetite.

Aim to get between 7 and 9 hours of sleep a night. You'll want to go to bed 10 to 15 minutes earlier each night until you hit your target. And when you have time during the day, take a nap.

Increase your exercise

Exercise is beneficial for many reasons — the most important being that it can help you live longer. Research shows that it can also lower your appetite.¹ And in a recent study, strenuous exercise helped mice avoid weight gain.²

To get the most health benefits, adults should exercise at least 150 minutes a week at a moderate intensity. You may need to do more intense workouts, like strength training, to lower your appetite.

As you work on these lifestyle factors, you may notice how they're each connected. Exercise can lower stress levels and help you sleep. Being well-rested can help you stay calm in stressful situations — and give you more energy to move your body. And as your hormones balance, you may experience fewer food cravings.

Keep in mind that hunger is a normal feeling, and you should respond to it in a positive way. It's not healthy to ignore it — or to fill up on empty calories. So the next time an intense food craving strikes, check in with your body to see what it really needs — like a 20-minute nap or a healthy meal. And maybe a piece of chocolate.

Current as of: April 22, 2023



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



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HISTORY PROJECT

JOHN RODERICK VINCENT

By Chris Hicks

John R. Vincent was born in March 1863 on the Azore Islands in Portugal. He immigrated to the United States around 1883. He married Louisa Fagundes DeSilva Silvera in 1887. Louisa was born in 1862 in the Azores Islands, Portugal. Together they had seven children –

Mary (who died at age 6), Virginia, Joseph, Mathilda, John, Antone and Mary. There were two Mary's in the family. It was often practiced that when one child dies young, another child was named after them in their honor.

By 1910, John purchased 58 acres in the Mississippi Bar area along the bluffs of the American River. This unincorporated area was

sandwiched between Orangevale and Fair Oaks. Fair Oaks referred to the property as “the Bald Spot.” According to a newspaper article at the Fair Oaks Historical Society entitled “An Early Settler Gives Accurate Account of San Juan Early History” and written by the late Edwin Muldrow, the Bald Spot got its name because the land was bare. Clearings were small due to the abundance of oak trees and the land was thought to be unfit for the river bottoms. Also, squatters cut down many of the trees to sell the wood for firewood and left the trunks to rot. Over the years, John continued to purchase property in the same area and ended up with ownership of over 600 acres.

John built a house, erected a windmill and turned the property into a cattle ranch. Our family recalls that John's son, Joseph, using a pickaxe and a shovel, dug

out a reservoir by hand on the ranch. At one time John sold 60 acres of his property. This included the reservoir that provided drinking water to the house. However, the new owner had children and the children loved to go swimming in the reservoir. When John discovered this, he bought back the 60 acres and slept peacefully knowing that his drinking water was “pure”.

The family grew olive trees and grapes. The grapes were harvested and turned into wine. John, along with Joseph, hauled items to sell such as hay, wood, and vegetables to the cities like Stockton and Sacramento. They hauled their products in a wagon pulled by horses.

John continued to operate the ranch until his passing on January 1, 1950. Following his death, his children sold the property, which was subsequently developed into the Phoenix Field Airport

and the Phoenix Field Housing Development.

This article has been submitted to the Orangevale History Project Legacy Tree in remembrance of the Vincent family, whose grandchildren wish to honor his role in helping to settle Orangevale

Maryellen Burns will be the guest speaker for the Orangevale History Project, on Wednesday, September 3rd. Topic will be The Kitchen Table Archive: Food, Family & Local Memory. The meeting is held in the Jane Wise Community Room at the Orangevale Library at 8820 Greenback Lane.

The community is invited to attend. They will also be discussing the “Night at the Museum” fundraiser on Friday, September 12th at the History Museum at 6920 Hazel Avenue/



ORANGEVALE CHAMBER SPOTLIGHT – Message from President Anthony Garcia

Welcome back to school, Orangevale! As our students, parents, and teachers jump into a brand-new year, we're excited to see what this new season brings. Fall is always a special time in our community, and we've got plenty of opportunities to connect, celebrate, and support one another.

First up, mark your calendars for Thursday, September 12 for the very first Night at the Museum. This black-and-white themed event will be a special evening benefiting the Orangevale History Museum. We'd love for everyone to be a part of this

exciting fundraiser as we come together to celebrate our community's history and support the museum's important work.

Our Bands & Brews series is going strong and will continue every Thursday night through October. Great bands, community fun, and a big thank you to our amazing sponsors for making this possible.

And with Casa Roble football kicking off, we're thrilled to introduce the Cowbell Chamber Corral — an exclusive VIP gameday experience at the Cowbell Classic rivalry game between Casa Roble Rams and the Bella Vista Broncos on September 5. Join us in the south end zone where you'll enjoy:



Anthony Garcia President,
Orangevale Chamber of Commerce

- Entry to the game
- A delicious buffet, snacks, and non-alcoholic beverages
- Private seating under 600 sq. ft. of shade
- A large screen TV with the OV Live broadcast
- A separate side entrance to skip the long lines

Sponsorship opportunities are also available and include an event banner, social media and community recog-

ognition, plus 2 game tickets, VIP parking, and in-stadium acknowledgment.

Game Day Info:

Gates open at 6:00 PM, kick-off at 7:00 PM. The Chamber Corral tent will be located at the South End Zone, with a dedicated player entrance gate for ticket holders. See the Chamber Facebook page to get ticket and sponsorship information.

This will prove to be an unforgettable gameday experience — we can't wait to see you there!

As always, if you'd like to be part of the Chamber or get more involved, send me a message at president@orangevalechamber.com or sign up for our weekly newsletter at www.orangevalechamber.com to stay up to date on what's happening!

Anthony Garcia, President

HONORING ORANGEVALE'S CENTENARIANS

The Orangevale History Museum has created a special display to honor residents who have reached the remarkable milestone of 100 years or more.

If you know a local centenarian, we would love to feature them in this tribute. All we need is a photo and a brief summary of their life story. Bring or mail to 6920 Hazel Ave, Orangevale, CA 95662 or call 916 800-4711 for additional information




UPCOMING EVENTS

- 6 September Parent's Night Out | 5:30 PM - 9:00 PM
- 20 September Fall Rummage Sale | 7:00 AM - 1:00 PM
- 10 October Family Fright Night | 5:30 PM - 9:00 PM

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Storytime



**Start Your Week with
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Join us Monday mornings from 9:30–10:00 AM, beginning September 8, for Storytime—a fun and interactive half-hour designed just for little ones and their moms or caregivers. Each week features engaging stories, lively music, and special theme days that will delight your child and spark their imagination.

When Storytime wraps up,

you can check your child into our loving childcare and enjoy “The Nest” our Women’s Group from 10:00 AM–12:00 PM. It’s the perfect blend of “Mommy & Me” time followed by some much-needed time to

connect with women of all ages, while enjoying our coffee house and a rotating schedule of topical workshops, and a spiritual moment that will encourage your heart.

It’s a morning that will refresh you, connect you, and bring joy to your little one. Mark your calendar and join us for the perfect start to your week with Sunrise Community Church in Fair Oaks. You can find more information about Storytime at sunrise.church/kids.



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Welcome to the 2025-2026 School Year! School has started and I wanted to let you know that Ottomon Elementary has amazing teachers, and talented cooks! This year we are pleased to welcome a new teacher, Mrs. Serrao, who prepared a delicious dish for the staff training before school started. She generously shared her recipe! The best part of the recipe is that it is cooked in the microwave so it will keep your kitchen cool in this weather!

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.

Cheesy Chicken Chilaquiles

1 ½ pounds boneless, skinless chicken breasts (Boneless, skinless chicken thighs can be substituted)

1 TBSP taco seasoning

1 ¼ cups salsa verde

1 cup reduced sodium chicken broth

¾ cup fresh cilantro, chopped

12 cups authentic restaurant-style tortilla chips

2 cups shredded Chihuahua cheese (Mozzarella or Monterey Jack can be used)

1 cup crumbled queso fresco
Sour cream or crema (optional)

Cut chicken into 1-inch pieces. Combine the chicken and taco seasoning mix in a microwave safe baking dish; mix well. Spread chicken evenly over the bottom of the

pan. Microwave, covered, on high for 4 minutes; stir to separate chicken. Microwave, covered, an additional 4 minutes or until the chicken is no longer pink. Drain. Remove chicken and set aside in a bowl.

Combine salsa and broth in a small bowl. Chop cilantro. Arrange half of the tortilla chips over bottom of the empty baking dish, breaking up chips; top with half of chicken, half salsa mixture and half of the cheeses. Sprinkle with ½ cup chopped cilantro. Repeat layers one time ending with the cheeses.

Microwave, covered, on high 5-7 minutes or until cheeses are melted and most of the liquid is absorbed. Let stand, covered, 5 minutes. Sprinkle with remaining ¼ cup chopped cilantro. Serve with sour cream if desired.

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Kidz Korner Preschool Orange Blossoms Preschool – Fall Registration Now Open Calling all little explorers ages 3 to 5! Enroll your child in our fun-filled, play-based recreational preschool program designed to spark creativity, friendship, and learning. Fall Session: Sept 9-Oct 30 Late Fall Session: Nov 4-Jan 15

NEW! Little Sprouts – Fall Registration Now Open Calling all curious children ages 4 to 5! Join our new preschool program held Wednesdays from 9:00 to 11:30 AM. Designed for fully potty-trained kids ready to build independence and prepare for TK or Kindergarten through fun, engaging activities like art, science, early literacy, pre-math, calendar time, and more. Children may enroll in both Little Sprouts and Orange Blossoms if they meet the age requirements. Fall Session: Sept 10-Oct 29 Late Fall Session: Nov 5-Jan 14

Parents Night Out – Register Today! Drop the kids off for an evening full of fun games, ac-

tivities, and pizza. Perfect for a night off while they enjoy themselves! Join us on September 6th from 5:30 to 9:00 PM

Upcoming Fall Events:

Rummage Sale – Sept 20th Shoppers, get ready to find amazing bargains! Sellers, turn your unwanted household items into cash. Event held at Orangevale Community Center Parking Lot from 7:00am-1:00pm. Register by 8/29 to save \$5!

Family Fright Night- October 10th Join us for a fun-packed evening with a costume contest, food trucks, and more! Trunk or Treat starts at 5:30 PM & Movie starts at 7:00 PM



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911 Memorial Service
Thursday September 11, 2025
8:15 am

Sylvan Cemetery in Citrus Heights, started a 911 Memorial Service six years ago to honor those who lost their lives on September 11, 2001. We take time to salute the over 3,000 men and women that died in a terrorist attack on America.

This year the 911 Memorial Service will be held on Thursday, September 11, 2025, at Sylvan Cemetery, 7401 Auburn Blvd., Citrus Heights at 8:15 am in the gazebo. We will meet for 30 minutes.

Folding chairs will be provided for those that want to sit but there will be no mandatory seating arrangements. We would love to have you join us for a time of reflection and music.

OVparks Swimmers make a splash at Sacramento Valley Meet of Champions!

Each year, swimmers as young as 5 years old and as old as 18 join OVparks recreation Swim team, TigerSharks. This year just over 150 swimmers began training in May, competing in swim meets against other local teams, culminating in July with their Championship swim meet... but there is more. Swimmers who place in the top 10 of events at Championships qualify to participate in the Sacramento Valley Meet of Champions.

This year, the Meet of Champions, known to the swim community as MOC's, included 50 teams from the Northern California area, and a total of 1300 swimmers. The TigerSharks team, led by Head Coach James Coulter, and assistant coaches Isabella, Ayden, Leigh Ann, and Sophia, had 53 athletes qualify

for this swim meet! This is no small feat!

OVparks TigerSharks made their mark having 27 athletes attend MOC's, 6 athletes making finals in an event, with a combined 16 finalist. While they may have been small compared to other teams, the TigerSharks saw 68 best times, and impressive awards. Huge congratulations and shoutout to;

Josie Matista - 14th Place in 100 Free, 8th Place in 50 fly

Sarah Tran - 11th Place 100 Breast

Minh Truong - 13th Place 50 Breast

Daniel Anichshenko - 3rd Place 50 Free, 6th Place 100 Back, 3rd Place 100 Free

Tyler Campbell - 2nd Place 100 IM, 14th place 50 free, 50th Place 100 free, 4th Place 100 Breast, 8th Place 50 fly, AND 3rd place overall high point award for 15-18 boys Division.

Robert Turpen - 15th Place 50 Free, 9th Place 100 Back, 11th Place 100 Free

Boys 13-14 Freestyle relay placed 11th overall.

Girls 15-18 Medley Relay placed 7th overall.

Boys 15-18 Medley Relay placed 4th overall.

Boys 15-18 Freestyle Relay placed 2nd overall!!!

We can't forget there were also some TigerSharks records broken:

The Girls 11-12 50 fly record was broken by Josie Matista

The Boys 15-18 100 Breast was broken by Tyler Campbell

Way to Go TigerSharks! We are looking forward to our 2026 season!

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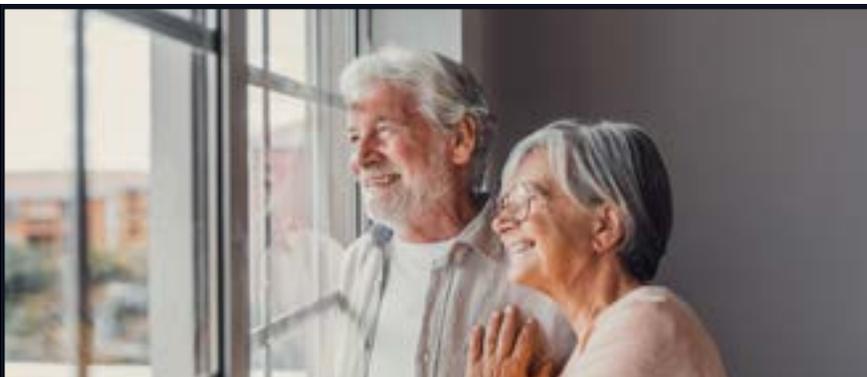
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The Pending Deportation of Roger Williams

By Jeffery Jones and Norris Burkes

With all the recent swarm of INS arrests, I feel fortunate they aren't deporting any white male Baptists such as myself.

I can hear you saying, "Oh Norris, don't be ridiculous. You're 'America's Favorite Chaplain' – a National Treasure."

Trustfully, I felt safe until my new friend, Professor Jeffrey Jones shared a story he wrote called, "The Attempted Deportation of Roger Williams."

Jones is a Baptist like me, so Roger Williams is our main guy.

According to Jones, Williams arrived February 5, 1631 in the Boston harbor on the Lyon. He came with other migrants seeking to escape the religious and political oppression of English Puritans. He had feared his unorthodox religious views would get him arrested in England.

He hoped to find greater freedoms in Boston but was soon forced to migrate again, this time to Salem. Even there, however, he encountered religious restrictions imposed by both church and state.

That summer he migrated to Plymouth. He spent a year there before his growing family found bigger accommodations back in Salem, Massachusetts.

At first, the town welcomed his return. A local church asked him to be their teacher and the Williams family settled into a comfortable house.

While Roger served the church, he simultaneously sought to develop relationships with local Native Americans. However, political leaders back in Boston Massachusetts expressed concern over Williams' unorthodox beliefs and most especially on his view of Native American land ownership.

Town leaders met with him on several occasions demanding his silence on these controversial topics. At first, Williams agreed to accommodate their wishes. but it wasn't long before he found that silence in the face of oppression is not a viable option.

Most significantly, he opposed the government's attempt to enforce the first four of the Ten Commandments. Williams believed that government had no role to play in one's personal faith.

Williams objected with succinct clarity, "Forced worship stinks in God's nostrils."

His protest threatened the puritan arrangement of joining the church with the state, an essential part of the Puritan vision of the "City on the hill."

Williams would not go unchallenged.

Religious and civic leaders saw him as a threat to colony unity and demanded Williams' banishment. The magistrates agreed. And on a frigid November day, Williams received a removal order telling him to self-deport within six weeks.

Williams happened to be very ill at the time, so the magistrates permitted him to stay until spring, provided he did not speak publicly. With no official church position, he wisely agreed to silence.

However, Williams continued to meet with a small group of friends in his home. The magistrates saw those meetings as a clear violation of their agreement and immediately sent agents to deport Williams on the next ship.

Warned of his pending arrest and near certain death if he remained in Salem, Williams risked life and limb as a fugitive in the wilderness.

Nearly dead, he stumbled into sanctuary with the Native Americans he had befriended and whose language he knew. The food and shelter they provided enabled him to regain his strength.

He then established a colony in Providence Rhode Island where his religious freedom became a reality with the creation of the first Baptist church in America.

Jones and I see how Williams' story offers challenging insights about oppression and freedom, brutality and compassion. Today, few can really say they aren't next, even a Baptist dude such as myself.

Disclaimer: Roger Williams was an "American Treasure." I'm not. But there is talk about sending me back to Texas.

Send comments to comment@thechaplain.net

Jeffrey Jones is retired pastor who has served on the faculty of Andover Newton Theological School and the American Baptist national staff. His most recent book is *Being Church in a Liminal Time: Remembering, Letting Go, Resurrecting*.

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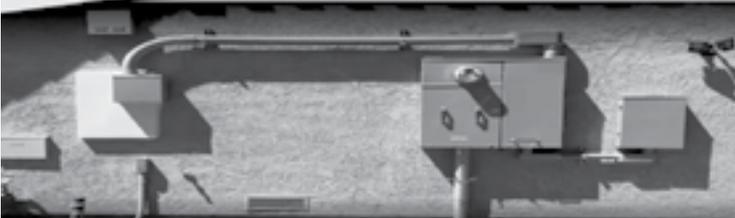
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9105 Echo Point Pl	3	3	1620	\$442,500
8113 Donnawood Way	3	2	1472	\$480,000
7241 Main Ave	3	2	1222	\$485,000
8339 Foxfire Dr	4	2	1536	\$490,000
5618 Beech Ave	3	2	1080	\$490,000
8565 Cloudcroft Way	4	2	1617	\$520,000
6630 Thunderhead Cir	3	2	1440	\$540,000
6146 Amani Pl	3-4	3	2032	\$543,000
9266 Ultra Ct	3	2	1769	\$544,000
5540 Norway Dr	3	2	1285	\$555,000
8404 N Star Way	3-4	2	1603	\$578,500
5501 Chamise Ct	3	2	1616	\$580,000
8524 Cloudcroft Way	3	2	1590	\$582,000
5258 Butterwood Cir	4	3 (2 1)	1961	\$615,000
9279 Ultra Ct	3	2	1524	\$631,500
6449 Lucky Lindy Ct	4	2	1925	\$660,000
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Meet Pichu! Pichu is a very special pup looking for a very special home. Pichu is a 5-year-old Longhaired Dachshund mix who weighs about 11lbs. He came to the



SacSPCA after losing the use of his hind legs--likely due to IVDD or an injury). Pichu has spent the last few months in foster care and while he has not regained use of his hind legs, he has been a rockstar at learning to navigate his wheelchair!

Pichu's foster mom says he "is just the sweetest angel baby!" Overall, he's very calm and not very barky unless the doorbell rings. He loves getting out and about in his wheels or a stroller, and he's very well behaved in social settings. He does beautifully in his stroller or a carrier on the patio at coffee shops and restaurants for 2-3 hours at a time. He's very social with humans, enjoys being petted by anyone (gentle tiny dog pets), and loves being doted on with special treats. He'll roll over for belly rubs--his absolute favorite form of affection. Pichu's favorite activity is snuggling on the sofa or in the big bed with his humans. He also does well

being left alone at home for a few hours at a time in his pen.

Pichu's paralysis is likely caused by IVDD. You can learn more about the condition here: <https://vcahospitals.com/know-your-pet/degenerative-disc-disease-in-dogs>

While Pichu enjoys getting his wheels on for his walkies, he also enjoys outings in a stroller or carrier. At home Pichu will either partially use his hind legs (when more enjoying a more stationary activity) or will drag his legs if zipping around! Pichu does not have control of his bladder or bowels and does need his bladder expressed multiple times a day; he does well wearing doggy diapers to prevent any leaks. Pichu LOVES food, but should be kept on a healthy diet to avoid getting overweight and causing more strain on his back. Pichu will need assistance navigating stairs and furniture in the home.

Pichu's very dog-friendly with other relaxed, easygoing dogs. He's not very playful with toys and doesn't really instigate play with his foster brothers, but he's very comfortable interacting with them (two dachshunds). He's very much a follower--he snuffles around the house after them when they're on the go, snuggles down in the closest bed when they settle down. Pichu would do well with other dogs who enjoy low-key snuggles and play. He doesn't mind sharing human laps during family snuggle time (i.e., he's not super possessive and doesn't show signs of resource guarding his people).

Pichu has not met cats, but may do well with a slow introduction. Pichu has met children when out and about and has done well with them. He may do well in a home with children who are old enough to understand his physical limitations.

Pichu is currently in a foster home. If you are interested in adopting Pichu please email DogFosterRescue@sspca.org.

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WHAT A DAY FOR CORNHOLE IN ORANGEVALE!

The very first Orangevale/Fair Oaks Kiwanis Club Cornhole Tournament was a huge success, bringing together friendly competition, great music, and plenty of community fun.

Teams tossed bags while DJ Mave kept the crowd energized, and raffle winners walked away with some fantastic prizes donated by generous local businesses.

A big thank you goes out to the sponsors who made it possible: Orangevale Chamber of Commerce, Kiwanis Family House, Absolute Comfort Heating & Air, Scotty's Hideaway, and the California Cornhole Association.

Coordinators Dave and Susan Houghten led the charge, with Susan sharing, "The Kiwanis Club of Orangevale/Fair Oaks inaugural Cornhole Tournament marked a fantastic beginning, driven by the generosity of our sponsors, the energy of partici-



pants, and the commitment of our club members. It was exciting to see the teams play so well down the stretch — really fun to watch! We had some great positive feedback from those attending. Join us again next year to make an even greater impact, with every contribution supporting children and families in our community."

When the final bag landed, Team Tonno's from Tonno's

Bar & Grill won the championship title. But the true winners are the kids and families who will benefit from the funds raised through this event.

The final fundraising total will be announced soon, but one thing is clear — the Kiwanis Club set the bar high for next year with more teams, more prizes, and more community fun on the way!

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FLYING HIGH AT CASA ROBLE!

Two standout JR ROTC cadets, Leo Rosello and Alex Shumaker, from Casa Roble High School have earned their private pilot licenses — an incredible accomplishment for these young men and a proud moment for our community. Their achievement even caught the attention of Good Day Sacramento, where they were recently featured for this outstanding milestone.

This recognition shines a spotlight not only on Leo and Alex's hard work and dedication, but also on the strength of the ROTC program at Casa Roble. It's one of the many wonderful opportunities available to students right here in Orangevale, helping them develop leadership, discipline, and skills that will carry them far into the future.

A big shout-out to Leo Rosello and Alex Shumaker for reaching new heights — literally! Congratulations on this amazing achievement, and as always... Go Rams!

LIBRARY NEWS & PROGRAMS

ORANGEVALE LIBRARY
8820 Greenback Ln L,
Orangevale, CA 95662

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 storytime 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.

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.

Family Art Lab Saturday, August 23, 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, September 4, 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.

TEENS

Teen Space Thursday, August 14, 3:00 p.m. - 4:30 p.m. Thursday, August 21, 3:00 p.m. - 4:30 p.m. Thursday, August 28, 3:00 p.m. - 4:30 p.m. Meet other teens, and hang out in a space dedicated to you.

ADULTS

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.

Genealogy: Getting To Know You Saturday, September 6, 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, September 6, 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

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ORANGEVALE VIEW AUGUST 22, 2025