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## ORANGEVALE'S Summer Palooza

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### Orangevale Summer Palooza Returns – NEW DATE JUNE 6-8, 2025!

Get ready for the event of the summer! The Orangevale Summer Palooza is back and better than ever, taking place from June 6 to June 8, 2025. Mark your calendars and join us for three unforgettable days filled with fun, entertainment, and community spirit. We're excited to announce that applications are now open for vendors, exhibitors, special attractions, and entertainers to be part of this highly anticipated event. This is a fantastic opportunity to promote your business, showcase your talents, or represent your organization to thousands of attendees from the local community and beyond.

#### Why Participate in Orangevale Summer Palooza?

**Boost Your Business:** Connect with a wide audience and promote your products or services.

**Showcase Your Talents:** Perform, exhibit, or host a special attraction to gain recognition.

**Engage with the Community:** Network with local businesses, organizations, and attendees.

**Be Part of the Excitement:** Celebrate summer with a vibrant, high-energy event!

#### How to Apply:

1. Visit <http://www.ovsummerpalooza.com> to find all the details and download the application forms.
2. Complete the application and submit it online or follow the instructions for submission.
3. Stay tuned for confirmation and event updates!

Whether you're a vendor, artisan, nonprofit organization, local business, or performer, the Orangevale Summer Palooza is the perfect platform to shine. Spaces are limited, so don't wait—apply today to secure your spot!

Let's make this year's Summer Palooza an unforgettable celebration of our community. For more information, visit <http://www.ovsummerpalooza.com> or contact us at [Lisa@ovsummerpalooza.com](mailto:Lisa@ovsummerpalooza.com)

We can't wait to see you there!

## ORANGEVALE GRANGE HOSTS A FAIR-LIKE STILL EXHIBIT



### Join Us at the Orangevale Grange Expo!

Calling all community members, crafters, and enthusiasts! The Orangevale Grange is excited to announce the upcoming Orangevale Grange Expo, a celebration of creativity, talent, and local spirit.

Mark your calendars and join us for this cherished community event—a fair-like still exhibit designed to highlight the amazing skills and creations of individuals in our area.

Whether you're a seasoned artisan or just getting started, the Expo welcomes participants of all ages to showcase their talents across a variety of categories, including baked goods, handmade crafts, photography, horticulture, and more.

#### Categories for Participation

- Culinary Arts: Homemade jams, jellies, pickles, baked goods, and more.
- Handicrafts: Quilting, knitting, crochet, needlepoint, and other textile arts.
- Visual Arts: Paintings, drawings, photography, and mixed media.
- Horticulture: Homegrown fruits, vegetables,

flowers, and plants.

- Youth Entries: Special categories designed for our younger participants.

#### Why Participate?

- Showcase Your Talent: Gain recognition for your hard work and creativity.
- Connect with the Community: Meet fellow artists, makers, and enthusiasts.
- Earn Ribbons and Awards: Compete for prizes in various categories.
- Support Local Traditions: Help keep the spirit of community fairs alive.

#### How to Enter

1. Register: Visit [www.orangevalegrange.org](http://www.orangevalegrange.org) to complete your registration form.
2. Prepare Your Entries: Follow the category-specific guidelines provided.
3. Drop Off Your Entries: Bring your submissions to the Orangevale Grange Hall.

Don't miss this opportunity to participate in a beloved community tradition! Even if you're not entering, come enjoy a day filled with fun, inspiration, and a strong sense of community spirit. For further details, visit our website or contact us at [OrangevaleGrangeExpo@gmail.com](mailto:OrangevaleGrangeExpo@gmail.com). We look forward to seeing you at the Orangevale Grange Expo!

\*\*\*\*\*ECRWSS\*\*\*\*

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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:

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**DATES TO REMEMBER  
OUT TO PUBLIC**

**FEBRUARY 2025**

**FEB 5 • Public Deadline**

**FEB 14 • PUBLICATION**

**OUT TO PUBLIC**

**FEB 19 • Public Deadline**

**FEB 28 • PUBLICATION**

**OUT TO PUBLIC**



Boy Scout Troop 217 of Fair Oaks invites the community to its annual Country Breakfast to be held on Sunday, February 9th, 8 am to 12pm, at the St. Mel Parish Center, 4745 Pennsylvania Ave., Fair Oaks. Cost is \$15 pp 12 yrs and up, \$8 child 6-11 yrs, below is free. All proceeds help support the troop's scouting adventures. In addition to the all-inclusive buffet of wonderful food and an amazing raffle, we will be honoring the selfless sacrifice and courage of the Four Chaplains of WWII who perished after their troop transport ship was torpedoed and sunk in the North Atlantic. After giving up their own life vests to others, these four Army chaplains of different Faiths locked arms and prayed together for others as they went down with the ship. Three of these men were also Boy Scout leaders back in their hometowns.



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# LANZARO PAINTING NAMED SMALL BUSINESS OF THE MONTH



Left to right: Chamber President - Anthony Garcia, Chamber Director- MaryAnne Povey, Chamber Director-Dezaree Corwin, Jeff and Viki Lanzaro, Assemblyman Hoover and Chamber Director Sean Palmer

We're thrilled to highlight Lanzaro Painting as our 7th Assembly District Small Business of the Month for January 2025! Owned by the hardworking and dedicated Jeff Lanzaro, this family-run business has been a cornerstone of the Orangevale community since 1991.

other nomination in 2024. Beyond his professional success, Jeff's impact on the community is strengthened by the support of his wife, Viki, their five children, and their growing family of grandchildren—three more expected in the coming year!

For over three decades, Lanzaro Painting has set the gold standard in residential repainting services. Whether transforming a cozy home or a sprawling mansion, their commitment to excellence shines through in every project. Known for their impeccable attention to detail, use of premium products, and customer-focused approach, Lanzaro Painting has built a reputation for reliability and quality.

Lanzaro Painting embodies the values of hard work, integrity, and community spirit that make small businesses the backbone of our district. Jeff's contributions extend beyond just homes; they've helped preserve the character and beauty of our neighborhoods, making Orangevale and the surrounding areas a better place to live.

If you know of another small business that deserves recognition, please let us know by nominating them here.

Jeff Lanzaro's leadership and dedication are reflected in the numerous accolades his business has earned, including being voted Best of Orangevale in 2022 and 2023, with yet an-

<https://docs.google.com/forms/d/e/1FAIpQLSe5-3da-jQBbdQhCYnZ3ISO85p2N3E-aPIVfJ11iZ3-CG1Bcw/viewform>



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# PETACULAR



Name: Blizzard  
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Age: 2 years  
Gender: Spayed Female  
Adoption Fee: \$45

also settle down and enjoy some calm pets from her human friends.

Blizzard is a beautiful 2 year old and 6.5 pound rabbit who is looking for their forever home. She is a easy going girl who enjoys snacking on her favorite veggies and lounging around people watching. She can be quite independent when she is feeling spunky, but she can

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She has no known history with children, with proper management she may do well.

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# ANNOUNCEMENTS

## 9th ANNUAL CAMELLIA SHOW AND COMPETITION

Historic Murer House and Gardens will display their annual Camellia Show and Competition on February 22, 2025 from 10:00 a.m. until 2:00 p.m., 1125 Joe Murer CCourt, Folsom. Greg Gayton of Green Acres Nursery will be featured, speaking at 11:00 a.m. on growing tips. The entire event is free to the public.

The Camellia Society of Sacramento will be on hand to help identify varieties and answer questions. The public is invited to enter up to five blooms and/or arrangements of camellias. Ribbons will be awarded for "People's Choice" and other prize divisions. Entries will be accepted starting at 9:30 a.m. the day of the event. A drawing for camellia plants will be held at 1:30 p.m. Free tours of Murer House and Gardens is also offered that day.

The Murer House and Gardens is across Folsom Boulevard near historic Sutter Street. The home was built by Guiseppe Murer of Italy who purchased the site in 1921 and constructed the home in 1925. For more information, contact Rhonda DesVoignes at [bdesvoignes@comcast.net](mailto:bdesvoignes@comcast.net) or call Murer House at (916) 413-9231.

The Orangevale Farm and Garden Club will be having their next meeting on Saturday, February 1st at 9:00 am at the Orangevale Grange, 5807 Walnut Ave. The Guest speaker will be Eric Sider from Permaculture Fair Oaks. Eric will be sharing principals of design that help us take better care of our gardens, the earth and each other. We welcome and encourage guests to join us at the meeting!

## UC Master Gardeners of Sacramento County Present February Open Garden

WHEN Saturday, February 8, 2025, 9:00 a.m. to 12:00 p.m.

WHERE: Horticulture Center, 11549 Fair Oaks Blvd., Fair Oaks, CA 95628

COST: Free

February is a great opportunity to observe and learn winter maintenance in the garden.

Join our demo on planting potatoes and Jerusalem artichokes/sun chokes from tubers.

Learn how to prune blueberries and watch a demonstration on how to prune ornamental grasses.

Gather ideas for your spring planting projects.

For More Information: UC Cooperative Extension, (916) 875-6913, [sacmg.ucanr.edu](mailto:sacmg.ucanr.edu), [facebook.com/sacmg](https://facebook.com/sacmg)

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### Morning Walk

A morning walk can conjure thoughts of Chinese food for breakfast.

Morning walk sounding like morning wok is why I suggest this.

A walk and a wok?

Fresh energy: they got.

Maybe this poem can motivate

(or urge like chop-chop)...

The possible new year's resolution of exercising more in January reminds me of these thoughts (totally worth sharing). A workout or morning walk

can happen along a block and maybe near a restaurant (that's got a stovetop)...

-Z.F. Thrimej



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**NEW NORTH AMERICAN  
TOUR OF THE ICONIC  
TONY AWARD-WINNING  
MUSICAL ANNIE  
FRIDAY-SUNDAY, FEBRU-  
ARY 14-16**

Leapin' Lizards! Broadway's Favorite Orphan is Back. Harris Center for The Arts presents the Tony Award-Winning musical ANNIE, performing six times, February 14-16, with three evening performances at 6:30pm, and three matinees at 1:30pm. This multi-week tour is produced by Carolyn Rossi Copeland and Crossroads Live North America.

Individual tickets for ANNIE are on sale now at the Harris Center Box Office at (916) 608-6888, or online at HarrisCenter.net. Box Office hours are Tuesday-Friday from 12:00pm-5:00pm, and one hour before show-time.

Holding onto hope when times are tough can take an awful lot of determination, and sometimes, an awful lot of determination comes in a surprisingly small package. Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner, and now the best-loved musical of all time is set to return in this new production – just as you remember it and just when we need it most. This celebration of family, optimism and the American spirit remains the ultimate cure for all the hard knocks life throws your way.

ANNIE is directed by Jenn Thompson, who at the age of 10 stepped into the role of "Pepper" in the Original Broadway production, choreographed by Patricia Wilcox (Motown, A Night with Janis Joplin), with orchestrations by Dan DeLange. The tour music supervisor is Matthew Smedal. Talitha Fehr is the Music Coordinator and Andrew David Sotomayor is the Music Director.

"This show, with its iconic title character, continues to delight generations of theatre-lovers old and new by joyfully singing directly into the face of great adversity with perseverance, guts and guile," said director Jenn Thompson. "For decades, AN-

NIE has continued to shine brightly, not only as an appeal to our better angels, but also as an example of the thrill of hope, hard-won: promising a better 'Tomorrow' not only for Annie herself, but for all who need her message now more than ever."

In the title role of "Annie" is Hazel Vogel, a 12-year-old from Towson, MD, most recently seen in the North American tour of Les Misérables. Returning principal cast includes Stefanie Londino as "Miss Hannigan," Christopher Swan as "Oliver Warbucks," Julia Nicole Hunter as "Grace," and Mark Woodard as "FDR." Also starring in the tour are Rhett Guter as "Rooster" and Isabella De Souza Moore as "Lily St. Regis." Kevin, a seven-year-old labradoodle from Georgia, stars as "Sandy."

The Orphans are Aria Valentina Aldea, Eva Lizette Carreon, Anna Dillon, Kylie Noelle Patterson, Olive Ross-Kline, and Nora West.

The featured ensemble includes Nick Abbott, Anthony DaSilva, Savannah Fisher, Alloria Frayser, Brooke Olivia Gatto, Matt Gibson, Caroline Glazier, Danny Lindgren, Ryan Mulvaney, Melinda Parrett, Drew Tanabe, and Stephanie Wahl.

The design team includes scenic design by Wilson Chin (Pass Over), costume design by Alejo Vietti (Jersey Boys), based on lighting design by Philip Rosenberg, sound design by Ken Travis (Disney's Aladdin), hair & wig design by Ashley Rae Callahan, and casting by Paul Hardt Casting, LLC.

The ANNIE tour stage management team is led by production stage manager Brigham Johnson, stage manager Tara Tolar-Payne, and assistant stage manager Olivia Gordon. The company management team is led by company manager Royce Matthews with assistant company manager Angela Strohbeck.

Hailed by the Chicago Tribune as, "one of the best family musicals ever penned!" ANNIE features the book by Thomas Meehan, music by Charles Strouse, and lyrics by Martin Charnin. All three authors received 1977 Tony Awards® for their work.



Hazel Vogel as 'Annie' and the Orphans in the 2024-2025 National Tour of ANNIE. Photo by Matthew Murphy, MurphyMade (c) 2024

By permission of Tribune Content Agency, LLC, ANNIE is based on Harold Gray's popular comic strip "Little Orphan Annie" which premiered in the 1920s in the New York Daily News and became one of the most widely read strips in the 30s and 40s. Lyricist- director Martin Charnin bought a coffee table book called "The Life and Hard Times of Little Orphan Annie" as a Christmas gift for a friend in 1970. The clerk at the bookstore was too busy to wrap the book, so Charnin took the book home to wrap it. Instead, he read it and fell in love with the strip and set out to secure the rights. The friend never got the book.

The original production of ANNIE had its world premiere on Aug 10, 1976 at the Goodspeed Opera House (Michael J. Price, Executive Director) and opened on Broadway on April 21, 1977 at the Alvin Theatre (Neil Simon theatre). It went on to win the New York Drama Critics Circle Award for Best Musical, seven Drama Desk Awards including Best Musical, the Grammy for Best Cast

Show Album and seven Tony Awards including Best Musical, Best Book (Thomas Meehan) and Best Score (Charles Strouse, Martin Charnin). It closed on Broadway after playing 2,377 performances.

ANNIE was revived on Broadway in 1997 and again in 2014. It has been made into a film three times (1982, 1999, 2014) and was most recently featured as a live television production on NBC. The show remains one of the biggest Broadway musical hits ever; it has been performed in 28 languages and has been running somewhere around the world for 37 years.

The beloved score for ANNIE includes "Maybe," "It's the Hard Knock Life," "You're Never Fully Dressed Without a Smile," "Easy Street," "I Don't Need Anything But You," and the eternal anthem of optimism, "Tomorrow."

This production of ANNIE was licensed by Music Theatre International and is produced by Carolyn Rossi Copeland Productions Inc. and Crossroads Live North America.

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## Virginia Brown Zbur, An Active Citizen

By Maggie Zbur Itkoff

(This story was written to honor her mother on the Orangevale History Museum Legacy Tree which was designed to be the way for Orangevale residents to include their family and be part of the Orangevale History)

Virginia Brown grew up on a prune and walnut ranch in the San Jose area. She married Nock Zbur and they raised seven daughters and 15 grandchildren moving to Orangevale in 1963

Virginia was a true community activist and spent a lot of time on the phone and writing letters. People would call her whenever they had a problem. She first got involved with the community when they wanted to change Oak Avenue to a 4-lane road and have it straight through to Folsom. She thought this would ruin all the homes on Oak Avenue

Some of her accomplishments include:

- In the 1970s, she worked with Maxine Cornwell on the Indian Stone Corral Project which resulted in Indian Stone Corral being named a regional park instead of a housing subdivision.

- In 1975 she received the award for Orangevale Citizen of the Year.

- She helped to formulate the Orangevale Community Plan that was adopted in 1976.

- In 1978 and 1979, she was a 52nd Agriculture District Fair



Board Member – State Fair Horse Show.

- In 1980, she received an award for being Friends of the Orangevale Casa Roble Community Library from Governor Edmund Brown. She had dedicated many hours)

- Virginia was a director on the original Board of Directors for the Orangevale Recreation and Park District when it was formed in 1983. She served on the board for several years and was instrumental in turning the Orangevale Community Park into what it is today, saving it from land development.

- In the 1980s, she was Chairman of the Orangevale Municipal Advisory Committee.

- In 1991, the Soroptimist recognized her by giving her a Star Award for her work on the Orangevale Community Planning Council and her work as a member of the Orangevale Friends of the Library where she served as Vice President.

- She worked with youth groups including Future Farmers of America and spent eight years as a 4-H leader. The Governor appointed her to serve on the Youth Fair Board, served as second Vice President for the Orangevale Chamber of Commerce and a member of the citizens committee which helped the San Juan School District Board select a planner.

- She was President of a community group, Preserve Orangevale Country Life. She believed in wise development and growth and in preserving what nature provides.

- In 1998, County Supervisor Dave Cox presented her with a board resolution. It honored her for dedicating herself to preserving the country life of Orangevale and for personally organizing parades, fair booths, petition drives, scarecrow contests, daffodil planting and hundreds of other activities to promote community spirit.

- Manuel Martinez, Orangevale Recreation and Park District, said "People called her Mrs. Orangevale, I am surprised that Orangevale is not spelled Virginia."

- January 15, 1998, Assemblyman Dave Cox had the State Assembly do a day of memory in her honor.

Visit the Orangevale History Museum at 6920 Hazel Avenue on Tuesday, Thursday and Saturday from 12 - m to 4 pm to view the families on the Legacy Tree and for information and Museum.

## Be Water Smart Questions?

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## Orangevale History Project Meeting

The public is invited to the monthly meeting of the Orangevale History Project for the speaker, Andy Saunders of the Lincoln Highway Association. He will be providing information on the area connection to the Lincoln Highway. The meeting will be held on Wednesday, February 5th at 6pm at the Orangevale Library at 8820 Greenback Lane. The History group is open to everyone and is looking for people to help preserve Orangevale history with a number of activities. Come and see how you can help. For additional information call 916 800-4711 or visit the Museum at 6920 Hazel Avenue/





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### PONY PLAYDAYS AND AGILITY ADVENTURES

By Anushka Bhandarkar  
Photo Credits:  
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This past December, miniature horses dazzled the Twin Lakes Riding Club arena with a clinic. Organized by club member Cyndi Villarimo, the event showcased horses' abilities with an agility course, driving carts, and of course, the bond between horse and handler. Children as young as four were able to lead their horses through the obstacles, and mini cart driving lessons were provided.

One of the most memorable moments was when Cindy Glatz, another member of this close knit equine community, brought her goat Tevis to the event, and had him pull a cart. This amusing sight was enjoyed by event attendees of all ages. "It was so open, joyful, and accepting. It's really what the club and Orangevale is all about," said club Vice President Heidi Guitron.

Twin Lakes Riding Club was founded in 1961, making it one of the oldest riding clubs in Northern California. It was created with the intent to share equine passion and learn and challenge each other. The venue itself was entirely a community effort; volunteers built the stands, the announcer's booth, snack stall, and

supplies were donated by local businesses. Today, that same neighborly energy is very much alive—members get together to ride, explore the trails of Orangevale, and organize events, such as the Holiday Lights party, put on by Heidi Guitron and Cynthia Cutler, or the Halloween Playday, hosted by Cindy Glatts. "These gatherings are for everyone, at every level," Heidi remarked. "This is what we worked for. We want to keep equine culture alive. We've been here from the start, and we're still here."

With an upcoming spring playday, another mini clinic and a promising show season, Twin Lakes Riding Club remains a true gem for the Orangevale community.



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Since it is still winter, a nice bowl of minestrone soup would be a great choice for a meal. Kelly Haskins, K/1 teacher at Ottomon Elementary, shared her yummy minestrone soup with me and it was delicious! She is sharing this recipe with you.

If you would like to share a favorite recipe or kitchen tip, 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.

**Kelly's Minestrone Soup**

- 2 medium carrots- diced
- 2 small zucchinis- diced
- ½ large onion- diced
- 6 celery stalks- diced
- 2 cloves of garlic- minced
- 28 oz canned diced tomatoes

32 oz vegetable broth or chicken broth

15 oz can great northern beans- drained

15 oz can kidney beans- drained

1 tbsp Italian seasoning

1 tbsp dry basil

½ cup noodles

1 tbsp olive oil

2 cups of water

1. Preheat the pot with olive oil. Add zucchini, carrots, celery and onions. Sautee for around 10 minutes or until vegetables soften.

2. Add canned diced tomatoes to the pot and add Italian seasoning and dry basil.

3. Add broth, noodles, and both types of beans. Simmer for around 10 minutes. If your soup is too thick you can add 2 more cups of water to the pot.

4. Add garlic and let simmer for about 10 minutes.

5. Serve while it's still warm.

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We meet monthly to plan our fundraising and support activities. AND, it's never dull as we have fun sharing lunch and the camaraderie of

good friends. This year, through our fund-raising efforts, we were able to give to the USA IW Foundation, donate to the local food bank, the Salvation Army, the Sacramento Crisis nursery and \$800 to different charities of our choice. We also "adopted" a family with the Rotary Christmas Basket Program to ensure they had a blessed Christmas.

Our Orangevale Inner Wheel chapter is part of an international organization which is one of the largest women's volunteer service organizations worldwide. It has clubs in over 100 countries with over 100,000 members. Inner Wheel USA serves throughout our nation by assisting local chapters in their efforts to serve their communities and extending humanitarian aid globally when needed. Importantly, The USA Inner Wheel Foundation focuses on fundraising to provide myoelectric limbs for children born with upper limb deficiencies or those who have suffered loss through trauma or illness. It also supports Camp No Limits, a camp for children with limb loss or any type of "difference".

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Patsy McGavock  
JustServe.org

### Idea to Impact: Lessons From Neighbors Who Sparked Community Change

By Patsy McGavock Just-Serve.org

How do miracles happen? I submit it's when proactive people provide the opportunity through small, consistent means. While interviewing those making good in both small and large ways, the common thread is clear: just get started, stay courageously consistent, and let it grow naturally. Add a small team as you invite others, and your efforts become far greater than the sum of their parts.

In 2007, Brad Squires, then in his mid-30s, sought a way to make a difference. He wasn't planning to found an Orangevale food bank or community foundation, but while leading small group Bible studies at church, he asked himself what he could do that was meaningful.

He identified needs through informal conversations with local leaders and joining the Orangevale Chamber of Commerce. "We really needed to feed our neighbors." He gathered friends to run food drives. By 2011,

they leased a space and started a food bank. "The process was organic," he recalls. "We didn't seek sponsors or funding. Four or five of us pooled resources and did it."

As programs grew, they identified skill sets among regular volunteers and invited them to take on leadership roles. "It takes good people with the capacity, heart, and ability to do good work," Squires says.

Squires outlines his process: act on a desire, share it with friends, write a simple one-page vision (who, what, when, why, how), circulate it for feedback, identify leaders, and maintain a regular routine—like a weekly volunteer time.

"Be comfortable figuring things out as you go and trust it will grow naturally," Squires advises. "Just take the first step. You don't need everything planned or funded—just start."

MaryAnne Povey, of Orangevale Live, echoes this approach. "Don't hesitate or overthink. Make one call. You'll be amazed at how welcoming people are and what you'll accomplish together. It's so rewarding."

Orangevale Live began in 2019 as a simple idea: parent volunteers wanting to live stream high school sports. Today, this Facebook channel dedicated to sharing the good news of Orangevale has 6,500 followers and 1.2 million views.

"We didn't intend to start anything. It just grew organically," says Povey. "As people watch, they want to help. People join and efforts grow."

When the Chamber of Commerce asked her to volunteer her marketing skills, the following growth surprised Povey. "It's a full circle," she says. "Connecting with businesses brought connections to community organizations, which circled back to

CONTINUE ON PAGE 17



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## From Idea to Impact: CONTINUE ON PAGE 17

schools and youth sports."

"I couldn't do this without a team," Povey emphasizes. "If you feel moved to get involved, take the first step. Reach out to someone connected, like our unofficial leaders, to find the right organization or referral. There are always people willing to help."

The beauty of our community, Povey notes, lies in its existing framework, —much of it built through Squires' early and continued collaborative approach. Matt Hedges, a longtime Sacramento County supervisor staff member, credits a strong, engaged Chamber of Commerce for helping this "non-city" achieve city-level community engagement. "It's remarkable and attainable," he says.

The continued growth lies in those people consistently dedicated to the work they step up to.

Such as a local congregation member, who wishes to go unnamed, who organizes yard work with fellow church members - one hour every Saturday morning. Feeling a prompting during a routine church council meeting, he simply asked to get started. For months, it was just him, his wife, and one other person. Frustration was inevitable. But over time, as others recognized the opportunity, the effort grew—naturally—because he and his wife remained consistent, not easily dissuaded.

So, I will end where I began: with an invitation. Sit for a moment, set a time, and ask yourself—what is missing in your neighborhood, community or family? Write down a one-page vision plan. Share it and invite feedback. Start small and stay consistent. You don't need to have everything figured out. Just start, and let each step guide the next. Miraculous things will follow—in your home, in your life, and in your community.

- Connect with Community Connections Email: PatsyMcGavock.JustServe@gmail.com / Facebook Group: Community Connections

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## Mother-Daughter Duo Strengthens Community Spirit Through Volunteering in Orangevale



Tracy Furze, an integral part of Helping Hands OV – Orangevale-Fair Oaks since 2020, has been a cornerstone of this community service organization. Known for her dedication to improving the lives of those in need, Tracy's efforts in planning and logistics have directly supported many community programs and events aimed at assisting low-income, elderly, and disabled individuals with small household tasks they are unable to do on their own.

An educator by trade and a devoted Girl Scout volunteer, Tracy has been instrumental in spreading awareness of Helping Hands OV's mission and encouraging others to get involved. "I love that I found an organization that helps so many people with small projects and wonderful events to better the community we live in," Tracy said.

In 2024, the volunteering spirit was passed on to Tracy's daughter, Aleena, when she moved back to the area. Aleena, eager to get involved and contribute to the community, quickly became hooked on Helping Hands OV's programs. Her first volunteer experience was the Valentines for Seniors Program, where she

was touched by the overwhelming sense of community support. "I really felt a sense of community." Volunteering can be sometimes a rigorous task, but with the majority of Helping Hands OV's volunteers working full time jobs and having families, it is that sense of community that is kept as a reminder. "It's hard to find time sometimes with work and life, but I help out whenever I can," Aleena shared.

When Tracy was asked how she felt with her daughter by her side, she said, "I love having my daughter involved with Helping Hands OV." The

bond between mother and daughter has only deepened through their shared experiences of volunteering. They recently joined the planning committee for an upcoming event in May and are excited about the future opportunities to serve together. "I think it's going to be something really special and fun. I can't wait to see what we at HHOV come up with next!" Aleena added.

Helping Hands OV is proud to have this dynamic duo as part of their volunteer team, as their experiences reflect the organization's values: bringing the community together to support and uplift one another. Their ongoing contributions are a testament to the power of family involvement in community service, and how even small acts of kindness can make a meaningful difference.

To learn more about Helping Hands OV- Orangevale- Fair Oaks, discover ways to get involved, or request assistance, visit us on social media at [facebook.com/HelpingHandsOV](https://facebook.com/HelpingHandsOV), email [helpinghandsov@yahoo.com](mailto:helpinghandsov@yahoo.com), or call 916-426-8583. We are all volunteers, so please allow a few days' response time.





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Thursday 10AM-6PM  
Friday 10AM-6PM  
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Heirloom Seeds Available at the Orangevale Library The Orangevale Library has heirloom seeds to start your own garden and our cool weather seeds are available now! 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.

Minecraft Gaming Thursday, Feb 6, 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 encour-

aged at [www.saclibrary.org/](http://www.saclibrary.org/) events

Read to a Dog Friday, Feb 14, 3:30 p.m. - 4:30 p.m. Jane Wise Community Room Come read to some PAW-some pooches! School-age readers are invited to read to furry and friendly canine volunteers and their trainers. This is a great program for struggling and reluctant readers or for those who enjoy practice. The dogs are wonderful listeners. Woof!

Lego Robotics Saturday, Feb 15, 10:30 a.m. - 12:00 p.m. Family Art Lab 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, Feb 22, 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!

## TEENS

Teen Space  
Thursday, Feb 13, 3:00 p.m. - 5:00 p.m.  
Thursday, Feb 20, 3:00 p.m. - 5:00 p.m.  
Thursday, Feb 27, 3:00 p.m. - 5:00 p.m.  
Meet other teens, and hang out in a space dedicated to you.

## ADULTS

Genealogy: Getting To Know You Saturday, Feb 1, 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, Feb 1, 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/](http://www.saclibrary.org/) events

Mixed Media Art Journaling Saturday, Feb 8, 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 - Ducks: Two Years in the Oil Sands Saturday, Feb 15, 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 Ducks: Two Years in the Oil Sands by Kate Beaton. 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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## PREPARING FOR A HEALTHY TRIP: WHAT TO KNOW BEFORE YOU TRAVEL

by Kaiser Permanente

Person sitting on floor and packing luggage for a trip

Trips require planning. Transportation, hotels, restaurants, outfits. Whether you're going away for work or vacation, there's plenty to keep you busy before you go. And your health and wellness are no exception. As you prepare to go out of town, here are 8 travel tips to help you and your family stay healthy while you're away.

**Tip 1:** Learn what you're covered for when you travel

It's important to know what your coverage and care options are when you're away from home. Before you leave, ask your health plan if you're covered for urgent and emergency care at your destinations. You may also have virtual care options, like video visits, online chat, or email.

**Tip 2:** Refill prescriptions early and pack your go-to over-the-counter medications

Avoid the stress of running out of medications when you're away from home. At least 1 to 2 weeks before you leave, be sure to order prescriptions refills, contact lenses, and medical supplies so you have enough of them for your trip. This will give your pharmacy time to process your request — especially if you need more refills than usual.

Here are other tips to consider: Keep a written list of your medications and dosages in a safe place in case you need this information to refill a prescription while you're away.

If you're traveling by plane, keep your medications and medical supplies in your carry-on baggage. That way you can access them if you need them during your flight and won't be without them if your checked bag gets lost.

Bring along any over-the-counter medications you like to have

on hand at home — they may not be easy to find elsewhere.

**Tip 3:** If you're going on a big trip, first check in with your doctor

Schedule a visit with your doctor about 4 to 6 weeks before your trip so your doctor can:

Recommend any vaccines or medications.

Let you know if your routine immunizations are up to date, including your yearly flu shot and COVID-19 vaccine.

Discuss any ongoing health conditions you may be managing.

And make sure to check the Centers for Disease Control and Prevention's latest information for travelers.

**Tip 4:** Build healthy eating into your daily itinerary

Eating rich, delicious food is a natural part of having fun on any vacation. But making healthy choices when you eat out doesn't have to mean spoiling all the fun. Like with all healthy choices, it's about balance.

For example, if you're looking forward to a hearty dinner, you can eat lighter, plant-based foods during the day. Consider packing your own healthy snacks to munch on while you're on the go.

**Tip 5:** Be sure to drink water — and plenty of it

When you're running around having the time of your life, it's easy to forget to drink enough water. Dehydration can cause fatigue, headaches, and serious health problems in severe cases. Be sure to stay on top of the amount of water you drink. You can:

Keep a full bottle of water with you when you're out and about. Bring extra water for children or pets traveling with you.

Track your water intake in a mobile app and set up alerts to remind you when to drink more.

If you pack a reusable water bottle and are flying, make sure it's empty before going through airport security.

**Tip 6:** Plan exercise into your trip

Even if you've planned a vacation of pure relaxation, try to find a way to stay active each day. Exercise can give you more energy so you can enjoy more of the time you have.

Before you leave on your trip, research ways you can be active where you're going. Maybe it's outdoors, hiking or biking a scenic trail. Or in your room, doing simple yoga poses, functional fitness exercises, or quick bursts of high-intensity interval training (HIIT). Either way, your vacation souvenir just might be finding a new favorite way to be active on your travels.

**Tip 7:** Schedule rest time into your days

Traveling can take a toll on your body, especially if you're adjusting to a different time zone. You might feel tempted to push yourself because you want to see and do everything. But exhaustion increases your chances for illness and injury.

Listen to your body. If you're feeling tired, take a break, nap, or unwind. You can try a guided meditation or other relaxation technique on a self-care app. And try to get a good night's sleep so you can start your next day renewed and refreshed.

**Tip 8:** Pack the sunscreen no matter the season

Spending time outdoors increases your chances of getting sun-damaged skin. So, pack sunscreen with an SPF of at least 30, which can help prevent sunburn and reduce your risk of developing skin cancer. Long-sleeve shirts and pants, a brimmed hat, and sunglasses can also help protect your skin and eyes anytime you're outdoors, whether cloudy or sunny.

Plan for healthy, happy travels. We hope these tips help you feel your best while you're away from home. And remember, it's worth your time to know how to get care while traveling in case you need it. In good health,

Susan Kenyon  
Kaiser Permanente Medicare specialist

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# A NEW CHAPTER FOR ORANGEVALE



A New Chapter for Orangevale  
By: Supervisor Rosario Rodriguez

It's official Orangevale—I am now your Sacramento County District 4 Supervisor! Words can hardly express how honored and grateful I feel to have the opportunity to serve our community. When I decided to run for Supervisor, I didn't begin by reaching out to super-PACs or big donors. Instead, I focused on connecting with real people throughout Orangevale and the rest of District 4. I visited neighborhoods, schools, businesses, and community events to listen directly to your challenges, hopes, and priorities. These conversations shaped my campaign and will continue to guide me in office. To me, representation means amplifying the voices of the people, and that starts with truly listening.

As I step into this role, I want to share my top five immediate priorities for District 4—priorities rooted in the values and concerns you've shared with me.

**1. Addressing Homelessness with Real Solutions:** Homelessness has touched nearly every corner of our district, from businesses to schools and neighborhoods. The current situation is unacceptable. We need a comprehensive approach that not only addresses the immediate effects on our community but also provides meaningful services to help individuals break free from the cycle of homelessness. This includes funding programs that target root causes like substance abuse and mental health issues, expanding access to supportive housing, and partnering with nonprofits, faith-based organizations, and local governments to create innovative solutions. The time for empty promises is over—it's time to take action.

**2. Fighting Crime and Keeping Our Communities Safe:** Public safety is essential to any thriving community. As your Supervisor, I will focus on fighting crime and ensuring our neighborhoods are safe places to live, work, and raise families. I will support

our District Attorney and Sheriff in cracking down on crime and holding offenders accountable, while also advocating for programs that build trust between law enforcement and the community. Collaboration is key to creating safer neighborhoods for everyone.

**3. Improving Roads and Transportation:** If you've driven through District 4, you know how desperately our roads and highways need attention. From potholes to gridlock, our transportation infrastructure has been neglected for far too long. I'll prioritize securing funding to repair and improve our roads and advocate for major projects like completing the Capitol Connector to ease congestion along Highway 50. These improvements will enhance daily life for residents and attract businesses and investors to our region.

**4. Supporting Local Businesses and Job Creation:** Thriving businesses are the backbone of thriving communities. I'm committed to making it easier for businesses in our district to succeed by cutting red tape, streamlining regulations, and providing the support they need to grow and create jobs. Whether it's a small, family-run business or a larger enterprise, my goal is to foster an environment where entrepreneurs can thrive, employees feel valued, and opportunities are abundant.

**5. Engaging with the Community:** I believe government works best when it is transparent, accountable, and inclusive. That's why I'm committed to staying connected with you through newsletters, community meetings, and surveys. Your input will shape our decisions and ensure we're addressing the issues that matter most. We'll continue the tradition of quarterly community meetings, with updates to encourage participation and collaboration. Additionally, we're forming citizen advisory committees to focus on pressing issues like homelessness, public safety, and transportation. If you're interested, please join us—we want your voice at the table.

Thank you again for trusting me with this responsibility. I'm excited to get to work and make a real difference for our community. If you have any questions, concerns, or ideas, don't hesitate to reach out.

You can call my office at 916-874-5491 or email me at [SupervisorRodriguez@sac-county.gov](mailto:SupervisorRodriguez@sac-county.gov).

I look forward to working with you to make District 4 the best it can be.

Let's get started!


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5757 Filbert Ave	3	2	1030	\$490,000
6104 Rolkingham Ln	3	3	1526	\$495,000
9120 Sutton Way	4	2	1302	\$509,900
6405 Big Bear Ct	4	2	1748	\$510,000
5649 Nostaw St	3	2	1392	\$514,000
8244 Oakenshaw Way	3	2	1434	\$520,000
9855 Beachwood Dr	3	2	1075	\$529,000
8278 Central Ave	3	2	1678	\$550,000
6821 Lonicera Dr	3	2	1721	\$555,000
8341 Crestshire Cir	4	2	1862	\$580,000
9369 Blue Oak Dr	4	3	2025	\$690,000
6020 Filbert Ave	3	2	1428	\$705,000
5717 Eugenia Ct	4	3	2946	\$738,000
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