# OVparks Summer Open House Saturday, April 12th 12:00-1:30pm

Orangevale Community Center



This is the FOVLL 50/70 Mets team on Sunday, March 23rd, enjoying an exhilarating fly over by the Blue Angels after they beat Rosemont Little league 10-7. Photo credit to Greg Rice.

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

### STUBBORN RODS MAKES A SPLASH WITH CASA ROBLE HIGH SCHOOL FISHING TEAM





Photo: Forrest Mackey, the owner of Stubborn Rods and Wyatt Kidwell

\*\*\*\*\*ECRWSS\*\*\*\*
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The Casa Roble High School Fishing Team just got a major boost, thanks to the generosity of Stubborn Rods. The company donated custom fishing rods for every member of the team, as well as sleek, personalized jerseys designed for fishing tournaments. These jerseys proudly display each student's last name and the team's name, "Casa Roble Fishing Team," on the back—bringing both style and unity to the group.

The sponsorship came about when team member Wyatt Kidwell took the initiative to approach Forrest Mackey, the owner of Stubborn Rods, at the Sportsman Expo held at Cal Expo. Wyatt's enthusiasm and passion for his team inspired Mackey, who decided to go all in and sponsor the entire Casa Roble Fishing Team.

This heartfelt support from Stubborn Rods isn't just about gear; it's about building a sense of pride and encouragement for young anglers pursuing their passion. A big thank-you goes out to Forrest Mackey and Stubborn Rods for helping empower these students as they cast their way to success in future tournaments!

Pre-Sort Standard U. S. POSTAGE PAID PERMIT NO. 17 ORANGEVALE, CA 95662

### IN THIS ISSUE

9 ORANGEVALE COOKS
16-17 PROFESSIONAL, BUSINESS & SERVICE DIRECTORY
20 CLASSIFIED





### **ABOUT THE VIEW**



### ABOUT THE ORANGEVALE VIEW

The "Orangevale View" – the ultimate, award-winning community newspaper – serves Orangevale and surrounding areas, including Fair Oaks, Citrus Heights, and Folsom, CA. With a present estimated readership of more than 37,000, this FREE paper grows with every issue. It is delivered twice a month to at least 15,000 residents' homes and to more than 100 high traffic locations.

The views and opinions printed within are not necessarily those of Publisher Brad Tatum or the Orangevale View staff. Rather, the views and opinions expressed are those of each individual contributor. SUBMISSION POLICIES:

Submissions from you, our readers, are always welcome, for this is YOUR newspaper. We await school, church, or sports team materials, anniversaries, births, special occasions, memorials, or other items of interest. Donations are encouraged and accepted for anniversaries, births, and other special milestones and announcements. Publication is at the discretion of the Orangevale View staff.

Requirements are simple:

- (1) Acknowledge that either you are the author or you have permission to publish from the original author;
- (2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.
- (3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF.

Please use this format so we do not have to send your work back to you for corrections.

(4) The View does not verify the accuracy of your submissions, and in some cases, dates and information are subject to change. (5) Please email submissions, to YOUR newspaper. The email address is editor@ovview.com. It is you, our

contributors, readers and advertisers who make the Orangevale View a newspaper you want to read.

STAFF:

Brad Tatum Publisher/Advertising
Lisa Montes -Editor
VOLUNTEER CONTRIBUTORS
Suzanne Feblowitz
MaryAnne Povey
Community of Orangevale

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DATES TO REMEMBER OUT TO PUBLIC APRIL 2025

APR 16• Public Deadline
APR 25 • PUBLICATION
OUT TO PUBLIC
MAY 2025

APR 30• Public Deadline MAY 9 • PUBLICATION OUT TO PUBLIC



Quarterly Business Development Workshop coming up on April 22 at 10:30 AM at the Orangevale Library (8820 Greenback Lane). This free session will focus on how to launch and run a Cottage Food Business in Sacramento County.

Kiwanis Club Texas Hold'em Poker Tournament: Pre-sale tickets: Save \$10 if purchased by March 15. Tournament Date: April 26 at Scotty's Hideaway.

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

BIG DAY OF SERVICE MAY 17 One day. One day where we seek to unite. Where we work together to make our community beautiful. Everyone can play a part. Join us in this annual gathering of unity and service. Grab a friend, bring your family, and let's beautify Fair Oaks, Citrus Heights, and Orangevale together on Saturday, May 17, 2025. For all the details visit https://www.bigdayofservice.







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### ANNOUNCEMENTS

### Dear Editor.

I am reaching out to share some important information about the American River Alano. (ARA) We are a non-profit 501c3 charitable organization dedicated to helping individuals turn their lives around. Every day, we welcome hundreds of individuals to the 12 Step meetings at our meeting hall, 9346 Greenback Lane, Unit 9 & 10. These individuals are seeking to overcome their addictions, whether it be drugs, alcohol, eating disorders, or codependency. They are striving for a way of life, free from addiction. They come from broken lives. Their families have given up on them. They have suffered financially due to their addictions. Many are unemployed or unemployable. While they are extremely grateful for the support and resources provided by ARA, their finances are very limited. This is where we need your help. To continue providing a safe and supportive environment for these men and women, we rely on membership and donations to cover our expenses and keep group rents low.

We are seeking donations and, even better, committed memberships to ensure that our doors remain open for the next person in need of help. Your support can make a significant difference in the lives of these individuals and contribute to healing in our community.

Please take a moment to visit our website at www.americanriveralano.org to learn more about our organization and consider supporting our mission. If you would like to discuss how you can help your community further, please feel free to call me, Kevin, at 916 247 7326. Your generosity and support would be a true act of love and compassion.

Thank you for considering this request and for your commitment to making a positive impact in the lives of others. Kevin A Miller

Treasurer American River Alano



#### Apprentice Program

Capital Stage, a professional nonprofit theatre company in Sacramento, California, is accepting applications for the 2025/26 Apprentice Company. Capital Stage is a professional nonprofit theatre company in Sacramento dedicated to creating transformative, thought-provoking theater experiences that challenge, inspire, and connect. We seek passionate and motivated theatre artists interested in practical training from professionals in all areas of operations at Capital Stage. The purpose of the apprenticeship program is to bridge the gap between academic theatre and the professional world by providing additional hands-on training and experience to individuals with career ambitions in the theatre industry. Apprentices will participate in all aspects of theatre production and administration. Each season new apprentices become fully involved members of the Capital Stage community of artists, technicians and professionals. In past programs, apprentices have had the opportunity to act in our regular season productions, assistant-direct, assistant-design, assistantstage manage, build scenery, props and costumes, research and deliver dramaturgical talks/ materials, assist with marketing and public relations, take part in new play readings, auditions, rehearsals and help staff special events, and more.

#### **Opportunities**

The program is designed to be immersive and provide a broad range of hands-on experience in all aspects of Capital Stage

operations, such as: Casting, Rehearsals, Directing, Technical Production & Design (scenic build, props, lighting, costumes, sound, projections), Literary Management/Dramaturgy, Marketing & Outreach, Administration (theatre management, box office, fundraising), Production Management, etc. Apprentices will be offered classes throughout the year by our Associate Artists in all aspects of theatre. Apprentices will participate in producing the annual Apprentice Showcase for public presentation. Apprentices will also be offered complimentary tickets to all Capital Stage productions.

#### Qualifications

Apprentices will be vested with significant responsibilities and therefore candidates should be passionate about the theatre. self-motivated, dedicated, and able to achieve goals within deadlines in a professional manner. It is important to be flexible and personable, and to have the ability to work effectively with different personalities within a fast-paced environment.

#### Schedule

Apprenticeship contracts are a minimum commitment of 6 months; 12 months is preferred. Capital Stage works to accommodate each Apprentice's schedule. As such, hours will vary and will include some combination of daytimes, evenings and weekends. Capital Stage does not guarantee a job offer at the conclusion of the apprenticeship. Stipend/Housing

Apprentices at Capital Stage receive a stipend of \$250-350 per week. We do not offer housing.

#### **Application Process**

Interested applicants should complete the Apprentice Application and email all materials to lheller@capstage.org by May 31, 2025. Interviews will be offered to select applicants. Email any questions to Education Manager, Logan Germano Heller at lheller@capstage.org.

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### ORANGEVALE FIRE DEPARTMENT (1950 – 1955)

By Peggy Ginther

As we learned earlier, firefighting services from the late 1800s to the early 1950s came with many challenges and advances. The Orangevale volunteers often served for the Citrus Heights Fire District, so they merged around 1945. Their story continues here.

When a fire alarm came in, it would be dispatched to 1 of 9 stations, using 20 signal numbers. The signal number corresponded with the route the trucks would take to get to the fire. Their general information booklet had street names listed alphabetically and referenced 1 of 5 hand-drawn maps that were used to navigate to the fire's location.

February 1950 - Citrus Heights was the county's largest fire district, which included 7 fire stations and was one of only two fire districts that employed women as firefighters. More than 12 square miles were added to the district, including the area around the site of Folsom Dam. It was mostly farmland, and there were no plans to open an additional fire station, so all calls for that area were answered by the station in Orangevale.

December 1950 – The Citrus Heights Fire Department received the first unit of its new three-way radio system to keep in touch with fire trucks, the station, and the sheriff's office - call letters: KM-B-514.

1951 - In the 40's, the Ladies Auxiliary was formed to help supplement the volunteer firemen who had day jobs, and during the war years, they were important to the community. Especially concerning during that time were grass fires. The Auxiliary was disbanded, however, the nationally known "Ladies in White" Rescue Squad was formed, primarily to handle first aid calls, but some members were from the Ladies Auxiliary, and their duties were expanded to include firefighting too.

1953 – The Citrus Heights Fire District built a new fire station to replace the original Orangevale station. The new station was located east of Hazel Avenue at Greenback Lane and Pecan Avenue.

Arson was suspected to be the cause of some 30 fires in Orangevale for the first half of the year, resulting in damage to crops and property. The normal seasonal rate of fires in Orangevale could run as high as 50. The next months would confirm those arson suspicions.

September 15, 1953 - Fire gutted the Orangevale Community Clubhouse. firefighting rigs from Citrus Heights, Orangevale, and Folsom battled the blaze for four hours before bringing it under control. The building had recently been deeded over to the Orangevale Grange, which had plans to tear it down and build a new modern structure. At that time, it was speculated that the fire may have been started by defective wiring.

December 9, 1953 – The old, abandoned Roberts School was destroyed in a spectacular blaze and a member of the Orangevale branch of the Citrus Heights Fire Department, 17-year-old Richard (Dicky) Baker, a junior member of the fire department, confessed to setting the fire. He also admitted to setting about 50 other fires in Orangevale, along with several other boys. They had been drinking wine and setting the fires for the excitement of fighting them. H. L. Benedict, who lived across from the school, had seen someone with a flashlight around the school, and they drove away in a 1946 Hudson car. Only two Hudson's were in the Orangevale area, so the primary suspect was quickly found. The Hudson was Dicky's dad's. Dicky was one of the first to arrive on the scene driving his pickup truck. Dicky was also first to report the fire of the Orangevale Community Clubhouse and an 800-acre fire near Baldwin Dam, both were suspected of being arson. He was turned over to juvenile court and held in county jail hall in lieu of \$2,000 bail.

1954 – The correct number to call when reporting a fire in Orangevale was Yukon 5-2432. In July, the Citrus Heights Fire Department fought the year's largest fire – over 400 acres of pasture-

Orangevale, Folsom, and Fair Oaks were also called into action to fight the wind-fed flames by the bluff bordering Greenback Lane and threatening homes on Oak Avenue and Burma Road. Passing motorists aided in driving a herd of cattle across Oak Avenue. It took many hours to get the flames under control, but praise ran high as there were no injuries and no structures lost. The cause of the fire was determined to be a discarded cigarette thrown by a passing motorist on Greenback Lane.

March 1955 – 3 year old Robert Wayne "Bobby" Martin wandered off from his home on Hazel Avenue and was reported missing. After firemen searched for over an hour, they were approached by a youngster who wanted to know what they were doing. And who was the youngster? Bobby, of course.

June 1955 – A grass fire whipped by high winds raced towards the Redwood Motel on Main Avenue in Orangevale. The wind was so strong that it looked like one of the fire trucks was going to get stuck in the field. Boys of all ages helped the firemen by beating at the flames with their jackets. The mothers of those boys were not happy with their choice of firefighting equipment.

### LOOKING FOR NEW ARTIFACTS

The Orangevale History Museum at 6920 Hazel Avenue displays Orangevale history. Over the last couple of years archival treasures have been collected. As a reminder the museum is always wanting new artifacts. If you are doing spring cleaning here is a specific idea for some of the types of material the museum is looking to collect, preserve, and display. The archivist, Teena Stern, over-

arching premise is "What was it like to live, work, and play here?" T

To help illustrate life in Orangevale, the museum is looking to gather ephemeral artifacts such as: menus, matchbook covers, tickets, posters, advertisements, local maps, signs, membership cards, programs, pamphlets, and other such printed matter. Ephemera is vintage printed matter not generally created to be permanent. In addition, we are looking for period toys, games, and magazines. If you have any "good stuff" to donate, please come by the museum Tuesday, Thursday or Saturday 12:00-4:00. Or call the museum on 916 800-4711.

The Orangevale History Project meets the first Wednesday of the month at the Orangevale Library at 6 pm The next meeting is May 7th with a presentation, When Orangevale was Beachfront Property by Mark Aring. Be sure and watch Orangevale History YouTube channel with the monthly presentations and interviews of community residents.

Reading Silly Possibilities

Readings of two lists (published in OV View) were recently recorded and can now be listened to. Silly Possibilities for a Silly Person and More Silly Possibilities for a Silly Person are the names of these two that have audio versions. With humor, they encourage creative writing. They're about silliness and how it can be delighting. They're also for those who like wordplay (with rhyming) and for fans of comedic improvising. For those who'd like to know how they're spoken or sound: https://zfthrimej.wordpress. com has links to where they're

-Z.F. Thrimej

found...

### CELEBRATING 15 YEARS OF MEALS



I walk into our church fellowship hall. and am greeted with the smell of spaghetti, garlic bread, and fresh baked brownies. My mouth starts watering. I sit down at a table with a handful of others and am greeted warmly. It is good to see my friends round the table.

This is my experience most Tuesdays at Redeemer Covenant. Every Tuesday our church, Redeemer Covenant, offers a FREE hot meal to our community. Everyone is welcome. We have people who are unhoused, and we have people with nice houses and cars, and everyone in between.

Our heart is that this meal would fill bel-

lies and help people connect around the table. People need connection and community. There is nothing like making friends as you slurp down spaghetti together.

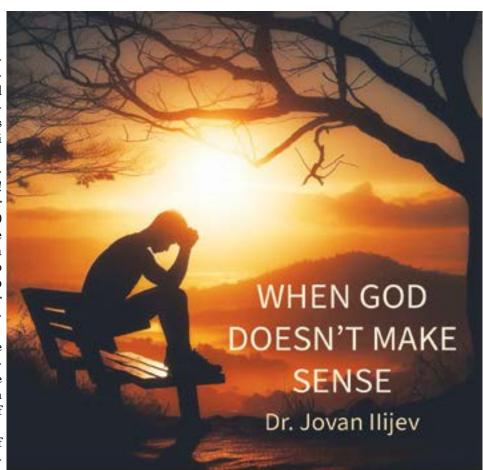
Two months ago we celebrated 15 years of meals! We estimate that our church has fed 52,000 people over this time. The ministry started with a small group of people who

desired to serve our community in deep ways. We have found this to be particular meaningful due to the lack of social services in our immediate community

Our church is not alone in this, there are currently three churches that provide hot meals to our community: Divine Savior on Tuesdays, and First Baptist on Wednesdays. It is a blessing to be part of a community that cares.

I would like to invite you into this work. If you would like to help serve, please contact our church rcc@redeemercov.com.

Pastor Dan Meyerpeter





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### Topics:

- 1. Trusting when God doesn't make sense
- 2. Discovering God's will for your life
- 3. Responding to God's call
- 4. Dealing with God's silence
- 5. Holding on to God in difficult times
- 6. From a dead end to the God of surprise

Location: Citrus Heights SDA Church; 7610 Wachtel Way, Orangevale, CA 95662

Dates: April 21 to April 26, 2025

Time: 6:00 pm, nightly



Good Friday Service APRIL 18th 7 PM - 8 PM

6 PM - 8 PM

SUN. APRIL 20th 9 & 10:30 AM



### SUNRISE COMMUNITY CHURCH

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Here at Moore's Garage we take on a Casa Robles Auto Shop ROP student each Spring. This year we are excited to introduce our 2025 ROP Student Jameson Henline. Jameson enjoys working on cars and is looking forward to a career in the automotive industry.

Each Spring we are Proud Sponsors of the Casa Auto Shop Car Show. All proceeds benefit the Casa Roble HS Auto Shop.

Join us for the 11th Annual Casa Roble Car Show! Look for Moore's Garage Team with Jim's Bronco as part of the Car Show! We have donated an Awesome BBQ theme Raffle!



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MOORE'S GARAGE



One of everyone's favorite desserts is Pineapple Upside-Down Cake. National Pineapple Upside-down Cake Day is April 20th this year. This week I am sharing a recipe that I received from Vallerie Whitehorn who is a retired guest teacher and an instructional assistant at Ottomon Elementary. She used to bring this delicious cake to the events at our own children's school at Coleman Elementary. When I started working with her at Ottomon, she generously shared the recipe with me. She knew it by heart because she has been making this cake for years. So, to get ready for Pineapple Upside Down Cake Day or just a yummy dessert, try this delicious recipe!

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.

### VALLERIE'S PINEAPPLE UPSIDE-DOWN CAKE

Yellow Cake Mix
Eggs – (amount called for on cake mix box)
Vegetable oil. (amount called

Vegetable oil- (amount called for on cake mix box)

1 can (20oz)- Canned Pineapple rings, drained, juice reserved

1 cup brown sugar, packed ¾ stick of butter (6 table-spoons)

Maraschino cherries without stems, cut in half

Heat oven to 350 degrees Prepare cake batter by following directions on the box except use the reserved juice instead of the water. You may need to add water to this to reach the amount needed; set batter aside.

Place butter in an empty pan. Put pan in oven to melt butter.

This should take a few minutes. Vallerie uses a cast iron skillet approximately 11 inches diameter.

You can use a large cake pan or even a 13x9 pan.

When butter is melted, take pan out of oven. Evenly distribute brown sugar in pan. Place pineapple rings on top of brown sugar in a nice arrangement, you may need to cut some rings to fit the pan.

Put cherries in the center of the rings, round side down. Gently pour cake batter over the pineapple. Spread evenly

Bake for the amount of time specified on the box or until a toothpick comes out clean. Remove from oven and wait 10 minutes, then run a knife around the edges of the pan and then place cake plate securely over top of cake (Be sure cake plate is larger than the pan!) Very carefully flip the cake over and carefully lift pan off.

TA DA! Enjoy!

### BREAKFAST WITH BOB AT THE ORANGEVALE GRANGE



Mark your calendars for an extra special 2nd Sunday Breakfast on April 13th, 2025 at the Orangevale Grange! This month, we are coming together not just for our delicious breakfast, but also to bid farewell and send best wishes to our beloved Grange Brother, Bob Clouse.

Bob has been more than a member—he's been an inspiration, a mentor, and a cherished friend to everyone in our community. Now, as he prepares to embark on his journey back to The Clouse Family Farm in Spokane, WA, let's gather to celebrate his contributions and share in some heartfelt memories.

Breakfast will be served from 8:00 a.m. to 10:30 a.m., featuring: Regular Breakfast for \$8.00: Scrambled Eggs, Meat, and all-you-caneat Blueberry Pancakes. Hearty Breakfast for \$10.00: Everything in the Regular Breakfast, plus a choice of Homemade Gravy & Biscuits or Cinnamon French Toast..

Thank you for supporting the Orangevale Grange #354 and our wonderful Orangevale 4H servers. We encourage you to call 916988-8871 to reserve a table for 8 or more guests, ensuring you can enjoy this memorable event with friends and family.

Don't miss this opportunity to celebrate Bob Clouse, enjoy great food, and come together as a community. See you at the Grange!

### COMMUNITY BREAKFAST ORANGEVALE GRANGE #354 APRIL 13

Regular Breakfast: \$8.00 - Child's menu: \$3-\$5 (8 & under) Scrambled Eggs, Meat & Blueberry Pancakes, juice & coffee Hearty Plus Breakfast: \$10.00 Regular breakfast + our famous Gravy & Biscuits... OR Regular breakfast + French Toast

Thank you for supporting the Orangevale Grange #354 and our hard working Orangevale/Valley Oak 4H.



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# ORANGEVALE SUMMER PALOOZA 2025: A CELEBRATION OF COMMUNITY AND FUN!

Orangevale, CA – Get ready for an unforgettable weekend as the highly anticipated Orangevale Summer Palooza 2025 returns from June 6th to June 8th at the beautiful Orangevale Community Park. This annual event, a cherished tradition for over six decades, promises three days of family-friendly fun, entertainment, and community spirit.

### Event Highlights:

Spectacular Parade: Join us on Saturday, June 7th, for the vibrant Orangevale Parade, showcasing local pride and creativity.

Wine Tasting Experience: Savor the flavors of local wineries during the exclusive wine tasting event on Saturday.

Full Carnival Rides: Thrill-seekers of all ages can enjoy a variety of exciting carnival rides throughout the weekend.

Live Entertainment: Groove to live music performances featur-



ing talented local artists.

Delicious Food Vendors: Indulge in a wide array of culinary delights from food trucks and vendors.

Arts and Crafts: Explore unique handmade creations and support local artisans.

Family-Friendly Attractions:



From kids' activities to interactive exhibits, there's something for everyone.

Event Details:

Dates: June 6-8, 2025

Location: Orangevale Community Park, 7115 Filbert Ave, Orangevale, CA 95662

Admission: Free for children under 5, \$3 for youth (6-17) and seniors, \$4 for general admission. Advance unlimited ride wristbands are available for \$30.

The Orangevale Summer Palooza is more than just a festival; it's a celebration of community, history, and togetherness. With over 8,000 attendees last year, this event continues to bring people together to create lasting memories.

For more information, visit the official website at Orangevale Summer Palooza or contact us at (916) 934-2207.

Don't miss out on the fun – mark your calendars and join us for the Orangevale Summer Palooza 2025! For more information www. ovpalooza.com

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Orangevale Chamber: Spring Events, Community Partnerships & **Business Resources** Spring is here, and that means we're getting ready for one of Orangevale's favorite traditions—the return of the Orangevale Farmers Market! Each Thursday evening from May through October, our community gathers to enjoy local vendors, live music, great food, and the ever-popular Chamber Beer & Wine Tent.

We're proud to say this event has become more than a market—it's a meeting place, a stage for small business, and a vibrant space for community connection. And to keep the good times going, we're looking for Chamber partners to help us deliver another successful season at the Beer & Wine Tent.

This is a great opportunity to showcase your business while supporting a beloved local event. Whether you want to get hands-on behind the bar, sponsor live entertainment, or just be part of the scene, we want to talk to you! We also have sponsorship opportunities with great outreach that run for 27 weeks. Space is limited and the deadline to commit



Anthony Garcia President, Orangevale Chamber of Commerce

is coming soon, so don't wait. Please email me directly at president@ orangevalechamber.com to get more info!

We're also excited to invite you to our Quarterly Business Development Workshop coming up on April 22 at 10:30 AM at the Orangevale Library (8820 Greenback Lane). This free session will focus on how to launch and run a Cottage Food Business in Sacramento County. You'll also learn about powerful, free library resources that can help your business thrive. Whether you're just starting out or looking to grow, this is a great chance to connect with local experts and fellow entrepreneurs. A few more quick updates:

• We're currently looking for a contractor to help with a few office re-

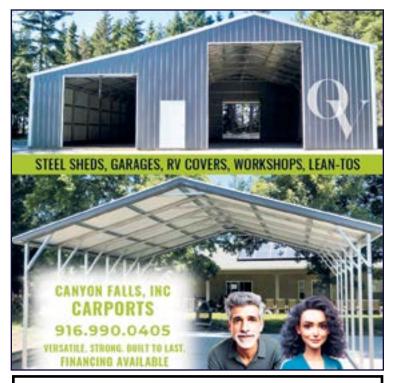
pairs. If you or someone you know is available, please contact me at the email above.

• And looking ahead: The Big Day of Service returns on May 17 with over 60 volunteer projects planned throughout our neighborhoods.

Spring is the perfect time to get involved. Whether you join us at the Farmers Market, attend a workshop, volunteer at a food drive, or help us repair a wall or two—we're grateful for your support in making Orangevale a place we're all proud to call home. Let's make this season our best yet. Anthony Garcia President, Orangevale

Chamber of Commerce











### PETACULAR



Helen (A880083) – A 5-yearold female gray and white Pit Bull Terrier. Helen arrived at the shelter after her owner passed away. She's a gentle and loving girl who deserves another chance at a forever home



Grigory (A878349) – A 7-year-old male black and tan German Shepherd Dog. With his long fur and calm, well-mannered personality, Grigory looks like a stuffed animal come to life. He enjoys playgroups and may do well with another dog in the home



Jett (A880155) – A 2-yearold male white and black Alaskan Husky and Alaskan Malamute. This handsome boy enjoys playgroups and would love an active home, especially one with a canine companion



Miss Muffet (A880165) – A 2-year-old female gray Pit Bull Terrier. This affectionate sweetheart recently went on a Barks & Rec outing, where she impressed with her friendly demeanor, love of grass rolls, and quick learning. She enjoys treats, kisses, and could be a great addition to a loving family!



Hubble (A881066) – A 4-yearold male tan and black Belgian Malinois and German Shepherd Dog. Hubble is calmer than many dogs of his breed and enjoys affection over treats. He walks well on leash and has done well in playgroups, making him a great potential companion



Bailee (A877264) – A 1-year-old female black and tan German Shepherd Dog and Siberian Husky. Bailee is playful, social, and has done well in playgroups. She'd love an adopter who understands her breeds and can give her an active lifestyle.

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

Name: Fernie
Animal ID: 37502983
Breed: Domestic Shorthair
Gender: Spayed Female
Age: 7 years
Adoption Fee: Sponsored!

Fernie is 10 pounds and 7 years old. She's a gentle and sweet girl who loves relaxing on her favorite shelf. Once she knows you're her friend, she absolutely loves pets and being brushed. Fernie will lean into pets while we give her love.

Fernie's Adoption has been sponsored by Sam's Person! (That means someone generously covered the Adoption fee.)

I lived with cats in my previous home but may be selective with your cat. A slow introduction would be in order.

I don't have a history with dogs, but may do well with them with a slow introduction.



I have no known history with kids, but may do well with them with a slow introduction.

If you are interested in this specific animal, please come to the shelter for walk-in adoptions Tuesday through Saturday from 10:30am to 5:30pm. We recommend coming in as early as possible, as adoptions are first-come, first-served. Sacramento SPCA 6201 Florin-Perkins Rd Sacramento, CA 95828 Desk: 916-504-2834



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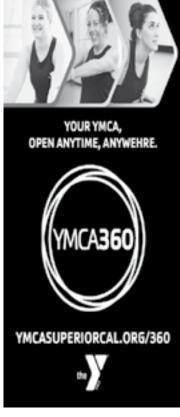
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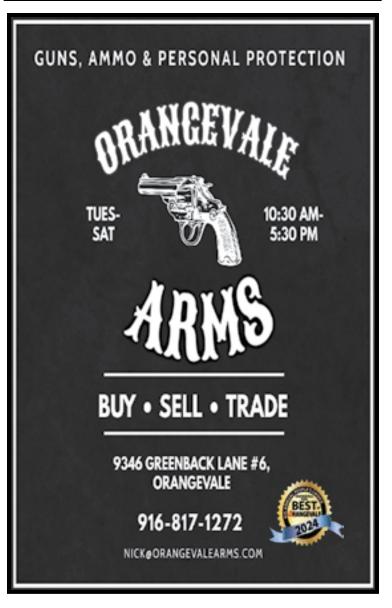
### HELP WANTED

**Experienced Youth Leader** (Part-Time Position) Fairvale Baptist Church is looking for a new YOUTH LEADER to bring fresh energy through programs specifically designed to build up a Youth Group and train youth leaders in the make. Pay will be negotiable. Part-time position to start, possibly evolving to full-time. Email: fairvalebaptist@outlook.com or call Administrator at 530-748-6694 to apply.



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### LOOKING FOR STRESS RELIEF? Here are 3 methods to try today

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

Here are 3 methods that can help you stress less.

#### Aromatherapy

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

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

- · Dabbing onto your skin
- · Spraying into the air
- Inhaling (gently)
- · Massaging into your skin
- · Pouring into a bath

Choose a fragrance you find soothing, such as lavender or peppermint, to see if aromatherapy can help you destress. Hydro therapy

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

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

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

Massage therapy

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

A few examples of massage styles:

- •Swedish massage uses long, gentle strokes to soothe the top layer of muscles and promote relaxation.
- •Deep tissue massage uses slow strokes and intense pressure to help reach deep muscles and relieve pain.
- •Trigger point massage uses firm pressure to relax overused muscles.

Talk to your massage thera-

pist about what feels best for you.

You can also use self-massage to unwind after work or school. Get comfortable and then focus on massaging your feet, hands, neck, or other parts of your body while you relax.

And remember, talk to your doctor before beginning any new therapies or treatments.

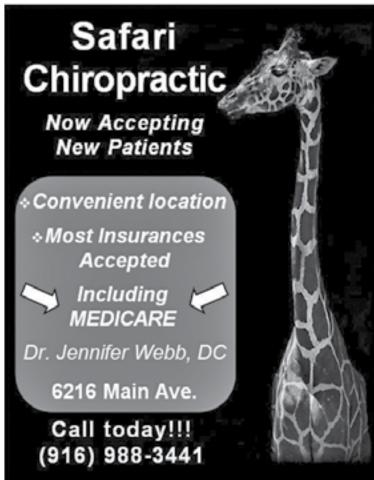


Author: Kaiser Permanente Susan Kenyon Kaiser Permanente Medicare specialist 1-916-947-1851

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### LIBRARY NEWS & PROGRAMS





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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 warm 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.

STEAM - LEGO® Robotics Saturday, April 19, 10:30 a.m. - 12:00 p.m. Jane Wise Community Room Led by a team of student instructors, kids ages 9 to 14 will work in groups to create and program a robot and learn STEAM skills with this fun, hands-on project.

Family Art Lab Saturday, April 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, markers, air brushing, and more are available for us to make pictures,

sculptures, and mixed media projects!

Minecraft Gaming Thursday, May 1, 2:00 p.m. - 4:00 p.m. Jane Wise Community Room Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on our own library server at the Orangevale Library! We will do two 45-minute shifts if there are more participant than PC laptops. This program is for students aged 6 – 17; registration is encouraged at www.saclibrary.org/events

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

#### **TEENS**

Teen Space Thursday, April 17, 3:00 p.m. - 5:00 p.m. Thursday, April 24, 3:00 p.m. - 5:00 p.m. Thursday, May 8, 3:00 p.m. - 5:00 p.m. Meet other teens, and hang out in a space dedicated to you.

### **ADULTS**

Mixed Media Art Journaling Saturday, April 12, 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 – Long After We Are Gone Saturday, April 19, 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 Long After We Are Gone by Terah Shelton Harris. 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.

Small Business Workshop Tuesday, April 22, 10:30 a.m. - 12:00 p.m. Jane Wise community Room Kelli Fry will join us from the Sacramento County Business Environmental Resource Center (BERC) to discuss Navigating the Food Industry - Permitting and resources for start-up food businesses in Sacramento County. If you have questions about the Cottage Food Industry or Farmer's Markets Kelli will have the answers for you. BERC is dedicated to helping businesses succeed and enhance environmental quality by providing trusted non-regulatory compliance assistance with extraordinary customer service.

Representatives from the Sacramento Public Library will detail business resources available at your library and the Orangevale Chamber of Commerce will identify Chamber resources available to help small business grow and succeed.

Genealogy: Getting To Know You Saturday, May 3, 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, May 3, 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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