



**NEW MURAL ON GREENBACK ROAD**

Everyone is noticing the new mural on the north-east corner of Greenback Road and Kenneth Ave. This beautiful mural is more than just a bright-spot on our daily commutes - it is an excellent example of how a community can come together to support public art. The Kenneth Grove Assessment District is a neighborhood of 36 homes that contributes to a fund for upkeep of the 400ft easement where the mural was created. OVparks, have been managing this property since 1994. In 2024, District Administrator Becky Herz and the OVparks Board of Directors started working on a new approach to managing the easement – a plan that included public art. In January 2026, Administrator Herz and Board Member Manie Meraz held an outreach workshop with residents of Kenneth Grove. They formed a community committee that collaborated with the OVparks leadership and David Sobon of Wide Open Walls to craft a new vision for the easement. Wide Open Walls has helped bring over 400 murals into downtown Sacramento and surrounding communities through donations, public, and private funding.

The mural project was scheduled to start on April 20, 2026. Local artist Tim Lindsay (creator of the mural at the OV History Museum) teamed up with Adrian Malko to create a vibrant design that captured the vision of the community committee. The committee hoped the mural would create a welcoming gateway into Orangevale – including the word “Orangevale” and highlighting the rolling hills and orchards that connect our contemporary daily lives with Orangevale’s rich his-

tory. Lindsay and Malko delivered with bold lettering, gorgeous landscapes, and little touches of insects for charm.

The mural was to be funded through a combination of Kenneth Grove project funds and a private donation. When the donation fell through, muralist Lindsay and Malko came up with a plan to reduce material expenses and move forward with the art. But David Sobon was committed to helping Orangevale realize the full vision of the mural. He reached out to Brad Squires of the Orangevale Fair Oaks Community Foundation, and Squires created a Go-Fund-Me page in conjunction with the Orangevale Parks Fund Program. Over 40 individuals and businesses raised an additional \$3,000 to complete the public art piece.

OVparks Administrator Herz said “This is the quintessential community project. It involved the OVparks Board and staff, a community committee, a local assessment district, 2 nonprofit organizations, 2 local artists, and over 40 people who loved the project enough to offer support. It captures the spirit of Orangevale.”

The mural is only phase one of the Kenneth Grove improvement plan. In September, phase two will include a community landscaping project – and there are hopes to eventually create a second companion mural. Submitted by ORPD

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\*\*\*\*\*ECRWSS\*\*\*\*  
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# ABOUT THE TIMES

## TIMES

**Local. Trusted. Community-Focused.**

Over 20 Years of Experience in Community Publications

The Orangevale Times is a community-focused newspaper dedicated to sharing the stories, events, and people that make Orangevale a special place to live, work, and connect.

With more than 20 years of experience in community publications, the Orangevale Times continues a tradition of highlighting positive local news, supporting community engagement, and providing residents with meaningful coverage of the issues and events that matter most close to home.

Our publication features local news, school achievements, nonprofit spotlights, community events, youth activities, business highlights, and stories that celebrate the spirit of Orangevale and surrounding communities.

The Orangevale Times is committed to building strong community connections through reliable local coverage and a positive hometown approach that reflects the values and character of the communities we serve.

Produced and managed by All Events Management Group, Inc., a local Orangevale business dedicated to serving and supporting the community through events, publications, and local engagement.

Community Coverage Areas

- Orangevale
- Fair Oaks (selected areas)
- Folsom (select areas)
- Citrus Heights (select areas)

Publication Information

Website: [www.ovtimes.news](http://www.ovtimes.news)

Publication Frequency: Twice Monthly

Distribution: Direct home delivery and placement at high-traffic community locations

Readership: More than 30,000 +local

## SUBMISSION POLICIES

Submissions from you—our readers—are always welcome, because this is YOUR newspaper. We invite content from schools, churches, sports teams, and community organizations, as well as announcements such as anniversaries, births, memorials, and other special occasions.

Donations are encouraged and accepted for anniversaries, births, and milestone announcements. All submissions are subject to review and publication at the discretion of the Orangevale Times staff.

## SUBMISSION REQUIREMENTS:

Confirm that you are the author of the material or have permission from the original author to publish it.

Articles should not exceed 300 words. Community Calendar items should be 45 words or less.

Submit content in Microsoft Word format. Photos must be high resolution (at least 300 dpi) in JPEG or PDF format.

Following these guidelines helps avoid delays or returned submissions for

The Orangevale Times does not verify the accuracy of submissions. Dates and information are subject to change.

Please email all submissions to your newspaper at: [news@ovtimes.news](mailto:news@ovtimes.news)

It is you—our contributors, readers, and advertisers—who make the Orangevale Times a newspaper our community enjoys and values.

Contributors

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Community of Orangevale

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**MAY 2026**

**MAY 20 • Public Deadline**

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LISA MONTES -EDITOR

**FROM THE EDITOR  
 COMMUNITY MATTERS — AND  
 SO DO YOU**

There is something special about a hometown newspaper

It's more than pages filled with advertisements, stories, and event listings. It's the connection between neighbors. It's the excitement of seeing familiar faces, local students, community groups, and small businesses recognized and celebrated. It's the good news that reminds us why Orangevale is such a wonderful place to call home.

The Orangevale Times was created from a simple belief: our community deserves a positive, locally focused newspaper dedicated to sharing the good happening in Orangevale. In a world where so much news can feel overwhelming or disconnected, we wanted to create a publication that brings neighbors together, highlights community pride, and supports the people and businesses that make Orangevale special.

At the Orangevale Times, every publication is made possible because of this community — our readers, our contributors, and especially our local businesses. When you support the businesses you see in these pages, you are supporting more than a storefront or service. You are supporting your neighbors, your local schools, your community events, and the continued delivery of positive local news directly to mailboxes throughout Orangevale.

Our advertisers are not large corporations from outside the area. They are families, business owners, organizations, and community members who believe in Orangevale and invest in keeping our hometown connected. Their support allows us to continue sharing the stories that matter most right here at home.

But what truly makes the Orangevale Times unique is you.

It is the community photos, local announcements, school achievements, nonprofit events, club activities, and reader contributions that bring these pages to life. Every article submitted, every event shared, and every story celebrated helps create a newspaper that reflects the heart of Orangevale.

This publication belongs to the community. It is built by the people who live here, work here, volunteer here, and care deeply about preserving the positive spirit of our town.

As we continue this journey together, I encourage you to stay involved. Attend local events. Support local businesses. Share your community news and milestones with us. Together, we can continue building a newspaper filled with positivity, connection, and hometown pride.

Thank you for reading, supporting, contributing, and believing in community journalism. Your readership matters more than you know, and we are honored to deliver the good news of Orangevale to your homes each publication.

With gratitude,

Lisa Montes

Publisher & Editor

Orangevale Times

Produced and Managed by

All Events Management Group, Inc.

**Red, White and Blue Parade  
 Introduces New Service  
 Award Honoring Community  
 Impact**

The Red, White and Blue Parade is proud to introduce the inaugural Red, White and Blue Service Award, a new community recognition honoring individuals and organizations making a meaningful impact in the lives of veterans, active duty service members, and military families.

The first recipient of the award is Jeanne from Jake's Journey Home, an organization dedicated to supporting veterans and their families through compassionate outreach, resources, and community connection. Jeanne's unwavering dedication to serving the military community made her a natural choice for this inaugural honor.

The Red, White and Blue Service Award was created to shine a light on those quietly making a difference behind the scenes, often without recognition. From advocacy and outreach to creating supportive programs and building community, the award celebrates those whose actions demonstrate continued service and commitment to others.

As part of this special recognition, Jeanne will also serve as the Grand Marshal of the Red, White and Blue Parade on May 30. The award presentation will take place during Orangevale Summer Palooza on May 31 between 1:00 p.m. and 2:00 p.m.

Orangevale Summer Palooza continues to grow as a family-friendly community celebration bringing together local businesses, organizations, entertainment, and activities centered around community connection and patriotism. Organizers hope the new award will become an annual tradition recognizing those who continue to uplift and support the military community.

"Many people dedicate their time, energy, and hearts to supporting veterans and military families without seeking recognition," said Melissa Washington, founder of Women Veterans Giving and Red, White and Blue

CONTINUED PAGE 5

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# PUBLIC NOTICE

## NOTICE OF ROAD CLOSURE PERMIT 25-010

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

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



### Remembering Sondra Browning, Beloved Early Casa Roble Teacher

Sondra Pike Browning, passed away on April 17, 2026 in her home in El Dorado, California surrounded by her husband, Vern, her two sons, Buck and Joshua, and

her much loved pets. Sondra was on the early faculty at Orangevale's Casa Roble High School from 1969 to 1974 where she taught English, film making, and served as yearbook advisor. Her students knew her for her quick wit, sharp mind, and generous spirit.

She was loved by many and will be profoundly missed. At Sondra's request, there will be no service. Her ashes will be placed in a stone encasement alongside her relatives' ashes on the family property in Crandall, Wyoming. Donations may be made to Snowline Hospice of El Dorado County in Diamond Springs, California, or the charity of choice of the donors.

### Editorial Submission : High School Graduation Season

God Bless the High School Seniors who are graduating, and those who might not be. Carry on with your youthful spirit. Read and gain insight and adventures year by year. Season by season. Let your life tell a story. Live for others and create something for the future.

There will be dull moments. You'll think your life has changed. It has. You are more. Your life is becoming richer. You have more variety choices and decisions.

Gather mentors and experiences. Seek the mundane and the practical as well as the exciting and out of your range or comfort zone. Find out how you work and what you are good at. If you aren't good at it now, give it some time to develop.

Many people with your exact situation went before you. You will discover how essential you are as you go along. Go on to your next step with joy and a builder's mentality. With your distinct qualities, build your life day by day and season by season.

The community is celebrating you. Believing in you and praying for your flourishing. God Bless your journey and know that you are loved.

R. Carson

### Red, White and Blue Parade Continued from page 4

Ambassador. "Together with Lisa Montes, creator of Orangevale Summer Palooza, we wanted to create something meaningful that celebrates individuals and organizations truly making a difference."

Community members attending Orangevale Summer Palooza are encouraged to join in celebrating Jeanne and Jake's Journey Home while enjoying the parade, vendors, entertainment, and family activities throughout the day.

For more information about Orangevale Summer Palooza and the Red, White and Blue Parade, visit the event's social media pages or community event listings.

### Palm Tree

A palm tree may sound like it's ready to high five someone who reached the top and/or safely arrived.

Looking like it's on vacation, admiring what's outside, soaking up the moment, it's vibing with the sky... National Love a Tree Day (16th of May)

reminds me of these thoughts (that I'm sharing today).

A palm tree (possibly on a beach) calmy provides shade (in a way that teaches peace)...

-Z.F. Thrimej



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# Orangevale

## HISTORY PROJECT

### THE CONVICT CONUNDRUM

by Mark Aring

440 acre offer of their own in the NW corner of our community. Drama played out in each community as residents voiced their concerns about having convicts roaming

on Farm in their backyard. When a vote was taken, “the vote was so even and opinion so divided it would be useless to continue with the meeting”.

Before any more hay could be made of the situation, the California Attorney General Ulysses S. Webb ruled against the sale/trade of the land around Folsom Prison and ended the community kerfuffles.

From what we can tell, the folks of Orangevale went back to business as usual and didn’t seem to hold grudges or stage boycotts based on folks’ opinions. The NIMBY crisis of 1925 was averted and life went on in the quiet community we love.

#### BE PART OF THE NEXT MUSEUM DISPLAY

Grab your old pictures or your phone and take a new picture of an Orangevale Scene. We see unlimited beautiful scenes every day and may not have taken the time to document it. Now is the time since the dateline is coming May 31st to enter the Orangevale History Project contest. Where are the animals or buildings? We have seen pictures posted on Facebook of past scenes which would make a great entry.

We are also looking for other forms of ART. Painting, ceramics and a variety of other handicrafts depicting Orangevale. You are not limited to one entry.

To enter just go to the website at [OrangevaleHistory.org](http://OrangevaleHistory.org) and fill out the entry form and upload the picture or drop off at the Museum at 6920 Hazel Ave on Tuesdays, Thursdays or Saturdays from noon to 4 pm.

Prizes will be awarded for first, second and third and all entries will be displayed in the exhibit opening July 11th.

### Casa Roble Alumnus William Kersey Reflects on his Time at West Point Academy

By Katy Day

The only thing that stood between William Kersey and his dream was a 12% acceptance rate. The highly competitive United States Military Academy, known as West Point, offers a gateway to serve in the military— something Kersey has had his sights set on since the beginning. Now, four years later, Kersey is set to graduate in the spring with his Bachelor of Science in psychology and a military career ahead.

Kersey’s journey with West Point began in his senior year at Casa Roble Fundamental High School, where he went through the rigorous application process. Aside from physical tests, SATs, and essays, he had to obtain a nomination from a congressman.

“I was very excited when I got in, and I applied through Ami Bera for the nomination,” Kersey said. “And, I got a phone call from him, so that was pretty cool.”

After his acceptance came his transition to military academy life. Kersey shared that the busy lifestyle was a significant change. “Most people I know work, like, 16 hours a day. They get up early, go to classes, do PT (Physical Training) in the afternoon, study all evening; which can be pretty hard,” Kersey said. He adds that another one of the most challenging aspects was being away from home.

Before academics began, Kersey and his peers attended Cadet Basic Training (CBT). Beginning mid-summer, CBT includes seven weeks of physical and mental preparation. Cadets were required to wake up in the early morning for physical training, and then learn various skills necessary for soldiers. “It was a little different each day. Sometimes it’d be learning marksmanship, maybe throw-

ing grenades. Sometimes they’d even have informational briefs, like to learn how to do land nav,” Kersey said.

Amidst such physical intensity, Kersey was surprised to find an academically rigorous atmo-



sphere. “I think there’s just a lot of opportunities to learn new things there,” he said. “They have lots of clubs that you can learn new skills in.” Kersey decided to major in psychology after taking an introductory class, noting it as his favorite general education course in his first year.

He also notes that West Point has a high emphasis on character building. The academy holds its cadets to an honor code which states that they cannot “lie, cheat, steal, or tolerate those who do”.

“We take it very seriously. They’ll kick you out of school, even the smallest thing,” Kersey said. “They really want us to have a good moral compass, and I’d say that’s probably what separates us from other military colleges.”

In addition to academic work, cadets such as Kersey must do military training, physical classes, and a leadership position which changes every six

CONTINUE ON PAGE 9



Courtesy of The Russell Collection

“Not in my back yard” or NIMBY is not a new concept for humans and the proposed Prison Farm of 1925 goes a long way to show this phenomenon. Folsom Prison was looking to trade/purchase land where their current farm stood on the American River as PG&E was hoping to build another dam on the site. Offers of land came in from all over the state along with local resident outrage to go along with the proposals. Sutter County, Stockton, San Luis Obispo and other locations had land offered and then came along the Orangevale Orchard and Vineyard Company with a

their locales.

Although opposition was substantial in Orangevale, support for the idea was also significant as quotes in the Sacramento Bee had folks like J.L. Patterson, The Landis brothers and Hannah Wickstrom opining that property values would actually increase. A meeting was called by William Calder, the Secretary of the Orange Vale Water Company, on December 18th to discuss the proposal. The debate was heated and the evening long as no final consensus was reached by Orangevalians on whether they wanted a Pris-

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I was looking for a new recipe today and Mary Thomas had the perfect one! She was preparing it today and it smelled delicious! She always prepares it in the morning without the sour cream and then refrigerates it until dinner. She then heats it up and adds the sour cream after it is heated up. She buys the 3 pack of ribeye steaks at Costco and uses one for this recipe. Everyone loves this easy to make dish! Her daughter even doubles the recipe and freezes half!

If you would like to share a favorite recipe, please send a copy to Suzanne Feblowitz at the Orangevale Times (news@ovtimes.com). Be

William Kersey Reflects on his Time at West Point Academy

Continue from page 5 months. Kersey is currently a platoon leader. Kersey says his proudest achievement during his time was going to army mountaineering school. "That was probably the coolest thing, because, where else am I gonna learn to do this?" Kersey said. This summer, he had the opportunity to learn a variety of mountaineering skills, such as constructing rope bridges and pulley systems, rappelling and belaying, and safety systems.

Post graduation, Kersey has new military ambitions. The Signal Corps, which handles communications technology, is his ideal branch. Kersey discovered his enthusiasm for the branch after visiting an army unit this summer;

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.

#### EASY STROGANOFF

1 ½ pounds top round steak, trimmed of fat and cut into narrow strips (You can use ribeye, trimmed of fat or even flank steak)  
 ¼ cup all-purpose flour  
 ½ tsp. salt  
 1/8 tsp. pepper  
 ¼ cup shortening  
 1 cup beef broth or bouillon  
 ¼ cup chopped onion  
 1 tsp. minced garlic (prepared or fresh)

a requirement for upcoming graduates.

"I went to Fort Irwin, and I visited a Signal Retrans Platoon. I'm sort of more interested in technical jobs," Kersey said. "They really convinced me that it was a really cool job."

But first, he wants to challenge himself with U.S. Army Ranger School. "Most people in signal don't do it, but I want to try and see if I can pass the school," Kersey said. Ranger school is a 62-day course at Fort Benning which places soldiers in extreme conditions, pushing them to their physical and mental limit.

"That's what I want to do right after, is Ranger School, and then be a part of a signal detachment or signal platoon," Kersey said.

5-6 large mushrooms, sliced  
 1 tsp Worcestershire sauce  
 ½ cup red wine  
 1 cup dairy sour cream  
 6 oz. egg noodles, cooked

Coat steak strips well in flour seasoned with salt and pepper. Brown in heated shortening in large heavy frying pan. Stir in wine, broth, chopped onion, minced garlic, sliced mushrooms and Worcestershire sauce. Simmer over low heat for 30-40 minutes or until meat is tender and sauce has thickened. Remove from heat and blend in sour cream. Heat thoroughly: do not boil. Season lightly with salt and pepper. Serve over cooked egg noodles.

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## ALTHEA CANINES LAUNCHES NEW THERAPY DOG PROGRAM TO SUPPORT LOCAL COMMUNITY

Althea Canines is proud to announce the launch of its new Therapy Dog Program, designed to bring comfort, emotional support, and positive community engagement throughout the region.

The program features a six-month training course that prepares therapy dog and handler teams to safely and professionally interact with the public in a variety of settings. Once training is completed, teams will begin visiting local law enforcement agencies, fire houses, medical offices, and other community organizations.

The goal of the program is to provide moments of calm, connection, and emotional support for first responders, healthcare workers, and com-



munity members who often work in high-stress environments.

“Our therapy dogs are being trained not only for obedience and public access skills, but also to provide comfort and compassion during difficult or stressful situations,” shared Shannon Kane, Executive Director of Althea

Canines. “We are excited to begin building partnerships throughout the community.”

The six-month program focuses on canine behavior, handler education, public interaction skills, and therapy dog readiness. Teams will work together extensively to ensure dogs are well-prepared for real-world environments and meaningful community engagement.

As the program grows, Althea Canines hopes to expand outreach opportunities and continue supporting the emotional well-being of local residents and professionals through the healing connection between humans and dogs.

For more information about Althea Canines or the Therapy Dog Program, visit us at [altheacanines.org](http://altheacanines.org) or email [support@altheacanines.org](mailto:support@altheacanines.org)



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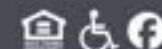
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**Adult Literacy: Take Action.  
Open The Door.**

When asked what he most wanted readers to understand, Richard Judge, principal of adult education for San Juan Unified School District, didn't start with programs or numbers. He started with people.

There is a stark, unseen reality we face right now. It's about the people we see every day and may not fully see—those building lives alongside us with burdens we don't carry. They lack a few foundational skills that unlock everything else.

"Adult education is an in-your-backyard kind of program," Judge said. "They are your friends, your neighbors, the people who serve you ... when you go to a store or restaurant ... doing the work while you're sleeping."

Adult education, he said, is not a separate system. It's an investment in the community itself.

The costs are human and measurable. National data show 75% of those on public assistance read below sixth grade, 70% of incarcerated adults below fourth grade, and 50% of adults lack literacy for today's workforce. Low literacy is tied to 2 to 3 times higher rates of unmanaged chronic conditions.

Foundational skills of literacy, numeracy, critical thinking and communication—skills adult education focuses on—unlock that.

"We don't have capacity to serve

that many students," Judge said. The need for community investment runs deep. San Juan Adult Education needs part-time teachers, volunteers and space. Sacramento libraries have half as many mentor volunteers as their current waitlist for mentees. Schedules must align with work and family responsibilities. Transportation remains the biggest barrier to attendance.

These challenges shape who can participate, who must wait and how far programs can reach.

I am convinced there are enough people among us, if they choose, to lift this load.

San Juan Adult Education focuses on functional literacy—small, classroom-based programs where students work toward goals like a diploma, job training or improved English skills.

Sacramento Public Libraries' adult literacy programs focus on earlier stages—often below a fourth-grade reading level—with one-on-one tutoring focused on everyday skills.

"Reading is a complex skill—people don't realize that," said Cassandra Keitges, adult learning and literacy supervisor for the Sacramento Public Library system. "Difficulty learning is not a lack of intelligence."

Many learners seek a GED while still building foundational reading skills. The program meets them where they are—helping them read emails, understand medical forms or prepare to vote.

"This is a hidden need, much larger than people realize," Keitges said. "There aren't many supports for adult learners at the lowest reading levels."

Knowing your capacity helps determine where to volunteer.

In adult education classrooms, volunteers support teachers, working with students one-on-one or in small groups.

Library tutoring requires more commitment—literacy and learning disability training, flexible weekly one-on-one appointments for six months—but not expertise.

"The most important qualities are being humble, empathetic and non-judgmental," she said. Lasting relationships form. Mentors often say they receive more than they give.

At a recent San Juan Unified board meeting, trustees described adult education graduations as moments not just of completion, but restoration.

"I saw kids so proud of their parents' achievements," Trustee Tanya Kravchuk said. "They reclaimed a piece of themselves ... this victorious, triumphant moment."

Those moments ripple outward. "It's about our community, not just one segment," Trustee Zima Creason said. "It's part of our economic engine."

We often talk about our society's broken systems.

Adult education and literacy programs offer a foundation everything else is built on. Volunteer. Learn about the programs in your area. Advocate and support the surrounding systems that make access possible.

The need is here—in our neighborhoods, in our daily lives. Great is our opportunity—and responsibility—to respond.

Ask not what we can receive—but what we can give.

I'll lift thee. You'll lift me. And we'll ascend together.

Contacts:  
Adult Tutoring: <https://www.saclibrary.org/about-us/volunteer-opportunities>, 916.264.5032  
Adult Education: <https://www.sanjuan.edu/connect/volunteer>, [adult.education@sanjuan.edu](mailto:adult.education@sanjuan.edu)



The Orangevale Chamber of Commerce was proud to welcome OV Performance Lab to the community with an exciting grand opening celebration this week.

OV Performance Lab is the passion project of Jon Brown, who brought the business to life with a lot of enthusiasm and a clear goal . . . helping young athletes get stronger, build confidence, and improve their overall fitness and performance through coaching and training.

The event brought together Chamber members, elected representatives, local families, community members, and supporters from across the area to celebrate the opening of the new business. The energy in the room was contagious as kids explored the facility, enjoyed batting, and other activities open for them to try.

The Chamber is especially excited to see OV Performance Lab filling one of Orangevale's vacant commercial spaces with a business that brings



real value to local families and student athletes.

"We love seeing businesses come into Orangevale that invest in our community and our kids," said Anthony Garcia, President of the Orangevale Chamber of Commerce. "OV Performance Lab is a great addition to Orangevale, and we're excited to welcome Jon Brown and his team as new Chamber members."

The Orangevale Chamber looks forward to supporting OV Performance Lab and watching the positive impact they make in the community.

For more information, visit [ovperformancelab.com](http://ovperformancelab.com)

Photo Courtesy of Luci Lettau

### Spotlight Event: Orangevale Farmer's Market & Bands & Brews Returns!

The beloved Orangevale Farmer's Market is back every Thursday, May 7, at 6826 Hazel Avenue — and we're excited to welcome the community back for another incredible season!

Alongside the market, the popular Bands & Brews concert series returns with live music from local fan-favorite bands from 5:00–8:00 PM.

The market takes place from 4:00–8:00 PM, giving families and friends the perfect opportunity to enjoy dinner, shop local vendors, relax with live music, and spend a fun evening together in the heart of Orangevale.

A special thank you to our Chamber members, community partners, and local sponsors who help make events like these possible. We look forward to seeing everyone out there!

Community Events & Happenings  
Attention Business & Property Owners — Your Voice Matters

The Orangevale PBID initiative is seeking community input regarding important local priorities, including:

- \* Enhanced security patrols
- \* Graffiti cleanup
- \* Homeless outreach and management
- \* Economic development
- \* Property improvements
- \* Increased visibility for the business district

Property and Business Improvement Districts (PBIDs) allow local property owners to work together to strengthen neighborhoods, improve maintenance, and support a safer, more vibrant business community. For more information about the Orangevale PBID, call 805-428-3851.

Are you part of a nonprofit organization, youth sports team, school club, or community group looking for sponsors?

The Chamber would love to help connect local businesses with organizations making a difference in our community. Send sponsorship opportunities and fundraising information to:

[[info@orangevalechamber.com](mailto:info@orangevalechamber.com)]  
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Promote Your Business or Event

Chamber members — we'd love to spotlight your business, event, ribbon cutting, or promotion in an upcoming newsletter! Send submissions to: [[president@orangevalechamber.com](mailto:president@orangevalechamber.com)](<mailto:president@orangevalechamber.com>)

View or submit community events at: [Orangevale Chamber Calendar] ([https://www.orangevalechamber.com/calendar?utm\\_source=chatgpt.com](https://www.orangevalechamber.com/calendar?utm_source=chatgpt.com))

Not a member yet? Learn more and join today at: [Orangevale Chamber of Commerce] ([https://www.orangevalechamber.com?utm\\_source=chatgpt.com](https://www.orangevalechamber.com?utm_source=chatgpt.com))

Special thanks to SMUD, our newsletter sponsor, whose continued support helps keep Orangevale connected, informed, and engaged in our local business community.

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## ROTARY CLUB OF ORANGEVALE AND TEEN COUNCIL SUPPORT STUDENT SUPPLY CLOSETS

The Rotary Club of Orangevale recently partnered with Orangevale Fair Oaks Teen Council to support and improve student supply closets at CASA Roble High School and Carnegie Middle School through funding provided in part by a Rotary District 5180 Grant.

The project began after Teen Council members and advisor Jenn Gustafson recognized a growing need within local schools for accessible student support closets. As a former CASA student and current parent within the San Juan Unified School District, Gustafson understood how important it is for students to have access to everyday necessities that help them feel prepared and confident at school.

The closets provide items such as hygiene products, school supplies, snacks, and clothing for students who may need support during the school day. Teen Council members played a major



role in identifying student needs, organizing supplies, and coordinating the project. Rotarians worked side-by-side with the students building shelves, stocking bins, organizing supplies, and improving the closet spaces for student use.

Volunteers also created a small comfort corner at CASA Roble High School to provide students with a quiet place to regroup when needed during the school day.

The project highlighted the

impact young people can have when they recognize a need within their own schools and take initiative to support their peers and community.

The Rotary Club of Orangevale meets Fridays at 7 a.m. at La Placita Restaurant. Teens interested in learning more about the Orangevale Fair Oaks Teen Council can reach out through the organization's social media pages, where applications for the September through May program are posted each August.



Article and photo submitted by Rotarian President Deanna Maddock

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## INSTEAD OF RAISING TAXES, CALIFORNIA LEADERS SHOULD ADDRESS RAMPANT WASTE AND FRAUD

By Assemblyman Josh Hoover

I recently joined a number of my colleagues in calling for a special legislative session dedicated to addressing the rampant waste, fraud, and abuse of taxpayer resources that has become all too common in our state government. California families are struggling with the nation's highest cost of living, crushing housing prices, and exorbitant taxes. They deserve to know that their hard-earned dollars are being spent responsibly and effectively. Unfortunately, too often that is not the case.

The examples of mismanagement are staggering. Our state has spent \$37 billion on homelessness programs, yet the homeless population has increased by 36,000 individuals statewide since the spending began in 2019. During the pandemic, \$32 billion in unemployment insurance benefits were lost to fraud, including checks sent directly to inmates in California prisons. Taxpayers have shelled out \$1.1 billion for a new building for politicians, the Capitol Annex Project, even as project leaders sign nondisclosure agreements and refuse to share basic cost data with the public. And \$450 million has been poured into a "Next Generation" 911 system that state bureaucrats now admit may never even turn on.

Rather than addressing these failures, the legislative Supermajority has moved in the opposite direction by reducing transparency and accountability. Bills like AB 1608 would halt the release of documents related to California's troubled High-Speed Rail project. AB 1821 would make it more expensive for citizens to file Public Records Act requests. Finally, AB 2624 would effectively criminalize investigative journalism by imposing fines on independent reporters who expose certain types of government fraud. To make matters worse, after auditors uncovered \$267 million in Medi-Cal fraud involving fake hospice facilities billing the state, the Supermajority's response has been to propose yet another tax increase



Assemblyman Josh Hoover

on corporations to cover rising healthcare costs. This approach is tone deaf. The issue isn't a lack of revenue, it's a lack of willingness to respect taxpayers and root out waste, fraud, and abuse. Instead, they would rather increase costs on businesses that will ultimately be paid by consumers and California families.

We must demand better. A special session focused on waste, fraud, and abuse would allow for thorough investigations, public hearings, and concrete reforms. Californians have a right to transparency in how their money is spent. We should be strengthening public records laws, not weakening them. We should be protecting whistleblowers and journalists who expose wrongdoing, not punishing them.

The people of California work hard and already pay some of the highest taxes in the nation. It is our duty as leaders to ensure every dollar is accounted for and deliver results. Until we address the systemic waste and fraud plaguing state government, we have no business asking taxpayers for more. Instead, Sacramento politicians should get serious about getting their own house in order.

Assemblyman Josh Hoover represents the 7th Assembly District in Sacramento County, which includes the cities of Citrus Heights, Folsom, and Rancho Cordova and the unincorporated communities of Carmichael, Fair Oaks, Foothill Farms, Gold River, Mather, McClellan Park, North Highlands, Orangevale, and Rosemont. You can follow him on X @joshua\_hoover or contact his office at Assemblymember.Hoover@assembly.ca.gov.

## MAY IS VETERANS POPPY MONTH

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

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

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

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

American Legion Auxiliary (ALA), Unit 383, Fair Oaks, CA, thank our veterans for their valor and sacrifices by distributing red poppies to wear as a symbol to honor the fallen and to support our nation's men and women in uniform who protect us. Our veterans shed blood and tears protecting our democracy. They suffer wounds visible and invisible, and their families suffer along with them.

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

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

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

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

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

May 9th, 10:00am to 2:00pm at the

CONTINUE PAGE 15

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| 9655 Snowberry       | 4   | 2    | 1,075 | \$430,000    |
| 8329 Central         | 3   | 1    | 1,440 | \$430,000    |
| 5548 Beauregard      | 3   | 2    | 1,253 | \$443,000    |
| 9260 Castlemont      | 3   | 2    | 1,976 | \$455,000    |
| 5609 Nostaw          | 3   | 1    | 1,008 | \$480,000    |
| 6103 Passiflora      | 3   | 3    | 1,526 | \$510,000    |
| 6436 Bay Hill        | 3   | 2    | 1,331 | \$522,500    |
| 5933 Filbert         | 3   | 2    | 1,230 | \$530,000    |
| 8900 Rico            | 3   | 1    | 1,207 | \$540,000    |
| 8878 Nimbus          | 4   | 2    | 1,776 | \$545,000    |
| 8844 Canarsie        | 3   | 2    | 1,176 | \$550,000    |
| 6813 Mellodora       | 3   | 2    | 1,296 | \$560,000    |
| 6417 Trajan          | 3   | 2    | 1,419 | \$581,000    |
| 8656 Char            | 3   | 2    | 1,566 | \$615,000    |
| 8328 Crestshire      | 4   | 2    | 1,862 | \$617,000    |
| 6408 Almond          | 3   | 2.5  | 1,938 | \$626,000    |
| 8613 Gaines          | 3   | 3.5  | 2,046 | \$699,900    |
| 8609 Briarbrook      | 4   | 3    | 2,351 | \$725,000    |
| 5168 Mississippi Bar | 4   | 2.5  | 2,274 | \$862,000    |
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**ORANGEVALE  
MUSICIAN TONY  
GARCIA RELEASES  
NEW ALBUM  
“LISTEN,” BLEND-  
ING NASHVILLE  
ROOTS WITH LO-  
CAL ENERGY**

Orangevale resident Tony Garcia is striking a new chord in his musical journey with the release of his latest album, LISTEN, a project that reflects both his Northern California upbringing and the influence of his years in Nashville.

Originally from Yuba City, Garcia developed a passion for music early on, eventually taking that ambition to Nashville, Tennessee, where he lived from 1998 to 2002. Immersed in the heart of country music, Garcia spent those years honing his craft and gaining invaluable industry experience and connections—at one point even living in a recording studio. The time he spent in Nashville continues to shape his sound today, blending authentic country roots with a modern rock edge.

After returning to California, Garcia settled in Folsom in 2005 before eventually making Orangevale his home. In addition to his music career, he is a local entrepreneur, owning Anthony’s Car Stereo and Lucas Homes, a respected homebuilding company. Despite the demands of running two businesses, Garcia has remained committed to his music, culminating in the release of LISTEN.

The album features original tracks such as “What is Country” and “My Town,” songs that capture Garcia’s personal style and connection to everyday life. The project was produced by his longtime friend Buddy Hyatt, known for his work with Toto and as a regular performer at the Grand Ole Opry.

Garcia collaborated with an accomplished group of musicians on the album, including renowned guitarist Brent Mason, steel and slide player Steve Hinson, and acoustic specialist



Joel Key. Engineering was handled by Greg Collins, whose extensive credits include work with Matchbox Twenty, U2, Gwen Stefani, KISS, and No Doubt.

While LISTEN highlights Garcia’s songwriting, his live performances with Tony Garcia and the Hired Guns are where his music truly comes alive. Known for their high-energy shows, the band performs modern country hits from artists like Jason Aldean, Brantley Gilbert, Luke Bryan, and Randy Houser, along with Garcia’s original songs.

Rather than focusing on traditional line-dancing country, Garcia’s performances emphasize the newer, radio-driven sound that has helped redefine the genre, attracting a wide range of fans across the region.

Fans can catch upcoming performances at Orangevale Summer Palooza on May 30, as well as shows at the Folsom Hotel, Powerhouse, Orangevale Farmers Market, and Tonno’s. A full list of tour dates and additional information can be found at [www.tonygarciaand.com](http://www.tonygarciaand.com).

With LISTEN now available on all major streaming platforms, Tony Garcia continues to bridge his Nashville roots with his Northern California lifestyle, delivering music that is both personal and widely relatable.

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## EVIDENCE-BASED WAYS TO EASE STRESS—STARTING TODAY

By Betty Albert, ND

Stress is something we all experience—but it doesn't have to run the show. While we can't always control what happens around us, we can influence how we respond. Often, stress is shaped by our perceptions, habits, and daily choices. The good news? Science offers many simple, effective ways to help you feel calmer, more balanced, and in control.

Let's start with the basics. Spending time with a pet, getting outdoors, and connecting with others can significantly reduce stress levels. Even a short walk in nature or a few minutes of fresh air can shift your mood. Positive touch—like a hug, massage, or time with a loved one—also plays a powerful role in calming the nervous system.

Mindfulness is another key tool. This doesn't have to mean long meditation sessions. It can be as simple as slowing down, taking a few deep breaths, avoiding distractions, or being present while cooking, reading, or stretching before bed. Gentle practices like yoga have been shown to lower stress hormones and support healthy blood pressure.

Equally important is learning to set boundaries. Saying “no” when needed and protecting your time can prevent overwhelm. Try scheduling self-care, exercise, and even relaxation into your calendar—and treat these appointments as priorities, not luxuries.

Nutrition also plays a major role in how we feel. Diets high in sugar, processed

foods, and excess caffeine can increase anxiety. Instead, focus on nutrient-dense, whole foods. Fatty fish like salmon provide omega-3s that support brain health and mood regulation. Foods like turkey, oats, and bananas contain tryptophan, which helps produce serotonin—the body's “feel-good” chemical. Other helpful additions include:

- Chamomile, known for its calming and anti-inflammatory effects
- Turmeric, which supports brain health through its antioxidant properties
- Dark chocolate (in moderation), linked to lower depressive symptoms
- Green tea, containing L-theanine and compounds that promote relaxation
- Yogurt with live cultures, supporting the gut-brain connection

Colorful fruits and vegetables—like blueberries, citrus, and bell peppers—provide antioxidants that help protect against stress-related damage, while almonds and chia seeds offer healthy fats essential for brain function.

You might also consider supportive nutrients such as magnesium, B vitamins, or herbal options like rhodiola or valerian, ideally with guidance from a qualified practitioner.

Finally, one often-overlooked factor: screen time. Research shows that excessive phone and device use is associated with higher stress and lower psychological well-being—for both adults and children. Setting limits can make a meaningful difference.

Stress may be part of life, but it doesn't have to define it. Small, consistent changes can lead to lasting calm—one choice at a time.

## MAY IS VETERANS POPPY MONTH CONTINUED FROM PAGE 15

Grocery Outlet, 6059 Greenback Lane, CitrusHeights Ca 95662  
 May 16, 10:00 AM to 2pm at the Grocery Outlet, 6059 Greenback Lane, CitrusHeights Ca 95662  
 May 24th at 10:00 AM to close at the Fair Oak Cemetery District 27th Annual Memorial Day Ceremony, 7780 Olive Street, Fair Oaks  
 For more info, call Poppy Chairperson, Janet Payne, 1st Vice, ALA Unit 383, (916) 532-2736.

To this day, the red poppy is a perpetual memorial to the sacrifices made by our fallen veterans for our freedom. We must never forget those who have given their all. The blood and tears shed by our fallen heroes is symbolized in the red poppies immortalized in the wartime poem, “In Flanders Fields” by Lt. Col. John McCrae, Canadian Army WWI, while serving on the Frontlines.

In Flanders Fields  
 In Flanders Fields the poppies  
 blow  
 Between the crosses row on row,  
 That mark our place: and in  
 the sky  
 The larks, still bravely singing,  
 fly  
 Scarce heard amid the guns  
 below.  
 We are the Dead. Short days  
 ago  
 We lived, felt dawn, saw sunset  
 glow,  
 Loved and were loved, and now  
 we lie  
 In Flanders fields.  
 Take up our quarrel with the  
 foe:  
 To you from failing hands we  
 throw  
 The torch; be yours to hold it  
 high.  
 If ye break faith with us who die  
 We shall not sleep, though  
 Poppies grow  
 In Flanders Fields.  
 By Lt. Col John McCrae, M.D.

Source: American Legion Auxiliary National Headquarters  
 Article written by: Sheila LaPolla, former Member ALA, Unit 383, Fair Oaks, CA  
 Submitted by: Janet Payne ALA, Unit 383, Fair Oaks, Ca




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# ORANGEVALE LIBRARY

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## HOURS

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. 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.

## KIDS

Family Storytime Thursdays, 10:30

a.m. - 11:30 a.m. Jane Wise Community Room Join us for songs, rhymes, movement activities and stories all designed to support the early learning skills of young children.

Explore and Learn Playgroup Tuesdays, 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.

STEAM - LEGO® Robotics Saturday, May 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, build and program a LEGO® robot and learn STEAM skills with this fun, hands-on project.

Family Art Lab Saturday, May 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!

Minecraft Gaming Thursday, June 4, 2:00 p.m. - 4:00 p.m. Jane Wise Community Room Enjoy this computer game on our own library server! Participants should be aged 6 - 17; Registration is encouraged at [www.saclibrary.org/events](http://www.saclibrary.org/events).

Read to a Dog Friday, June 12, 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 from the library.

## Adults

Orangevale Adult Book Group - Happiness Falls Saturday, May 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 Happiness Falls by Angie Kim. Starting one month before the meeting you can pick up a copy of the book from the front desk of the Orangevale Library or check our library catalog for available copies of the books and ebooks.

Genealogy: Getting To Know You Saturday, June 6, 1:30 p.m. - 3:00 p.m. Jane Wise Community Room Learn more about genealogy with our volunteers from the Root Cellar Genealogical Society.  
Age group: Adults

Genealogy: Book a Genealogist Saturday, June 6, 3:00 p.m. - 4:00 p.m. Jane Wise Community Room Need help with your family history? Root Cellar volunteers are ready to help with free individual 30-minute sessions at the Orangevale Library. Reserve your session at [www.saclibrary.org/events](http://www.saclibrary.org/events)  
Age group: Adults

Mixed Media Art Journaling Saturday, June 13, 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. Age group: Adults



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Monday-Friday - 8:30am-4:30pm  
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## Youth Programs

Baby Ballet (Ages: Walking- 3y) Mondays at 9:00am  
Pre-Ballet (Ages 3-6y) Mondays at 9:30am

Zumbini (Ages 2 Months- 4years) Wednesdays at 10:00am

Mini Ninja (ages 3-6) Mondays at 3:15pm and Tuesdays at 9:15am Kids Ninja (ages 6- 12) Mondays and Wednesdays at 4:45pm

Robothink and Robothink Jr. Thursdays at 4:30pm

Amazing Athletes and Amazing Athletes Tots Tuesdays at 4:30pm

Skyhawks Soccer (ages 6-12) Mondays at 4:45

Skyhawks Track and Field (ages 6-13) Fridays at 3:50pm  
Skyhawks Beach Volleyball (ages 7-13) Tuesdays at 3:50pm

Skyhawks Pickleball (ages 6-13) Wednesdays at 3:50pm  
Skyhawks Tennis (ages 6-13) Wednesdays at 5:00pm

Basic Horsemanship (Ages: 8-15) Fridays 4:00-5:15pm

Skyhawks Beginning Golf

Camp (Ages: 4-10) Mon-Fri at 9:00am

## Adult Programs:

Chen Tai Chi (ages 17 and up) Tuesday and Thursday at 7:00pm

Cardio Kickboxing (ages 18 and up) Tuesday, Thursday & Saturday at 9:15am

Jazzercise (ages 18 and up) Mondays, Wednesdays, Fridays & Saturdays

Orangevale Ukelele Fretters (ages 18 and up) Mondays at 1:00pm

Artist Studio (ages 35 and up) Mondays at 11:30am

Men's 3 on 3 Hoops (ages 35 and up) Wednesdays at 7:00pm

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