



Supervisor Rosario Rodriguez, Orangevale Chamber Representatives; Kathleen Curry, Sean Palmer and Maryanne Povey

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AMERICAN RIVER SOFTBALL ALL-STARS SHINE IN TOURNAMENT PLAY



American River 12U All-Stars

The American River Softball All-Star teams continue to make their community proud, delivering impressive performances and championship-level play throughout the tournament season.

Leading the way, the American River 12U All-Stars captured first place in the Association Tournament, marking their second consecutive tournament championship. The team's outstanding weekend showcased their talent, teamwork, and determination as they battled through tough competition to bring home another title.

The success didn't stop there. The American River 10U All-Stars continued their remarkable run by advancing to the championship game for the third consecutive weekend. Their

perseverance and competitive spirit earned them a well-deserved second-place finish.

Competing at a high level for three straight weekends is no small accomplishment. The 10U team has demonstrated tremendous heart, resilience, and dedication throughout the season. Their coaches, players, and families have worked tirelessly, and their continued success reflects the commitment and support that define the American River Softball program.

Congratulations to the 10U All-Stars for their outstanding second-place finish. The team represented American River Softball with pride, supporting one another and competing with determination every step of the way. Their future remains bright as they continue

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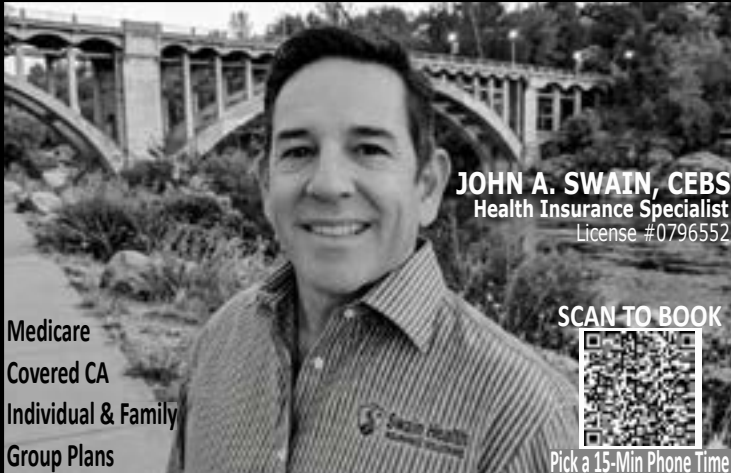
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ABOUT THE TIMES

ABOUT THE ORANGEVALE TIMES Local. Trusted. Community-Focused.

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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

Publication Frequency: Twice Monthly
Distribution: Direct home delivery and placement at high-traffic community locations

Readership: More than 30,000 +local readers

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 correction.

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

It is you—our contributors, readers, and advertisers—who make the Orangevale

Times a newspaper our community enjoys and values.

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JULY 2026

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JUL 24 • OUT TO PUBLIC

AUG 2026

AUG 5 • Public Deadline

AUG 14 • OUT TO PUBLIC



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ANNOUNCEMENTS

ENGAGEMENT ANNOUNCEMENT

Danna L Arroyo and Anthony Garcia Announce Their Engagement

The families of Danna L Arroyo and Anthony Garcia are delighted to announce their engagement and upcoming marriage.

Danna is a Director at Playtime Academy, serving Orangevale and Fair Oaks community in the child-care industry for over 20 years. Anthony Garcia who works for Five Star Bank and Orangevale Chamber President, found each other through a shared commitment their children's sports, community, and building a meaningful future together. Both have established successful careers and are proud parents who have embraced blending their families with love, support, and mutual respect.

After developing a strong friendship and partnership, Anthony proposed during a trip to Dollywood in the Smoky Mountains of Tennessee on May 29th. The couple is excited to begin this next chapter together and are grateful for the encouragement they have received from family and friends.

The wedding is planned for September 2026 and will take place at family member's home in Orangevale, creating an intimate and meaningful setting for the celebration. The ceremony will bring together family and close friends to honor the couple's commitment and

the joining of their families.

As they prepare for their wedding day, Danna and Anthony look forward to creating new memories, continuing to support one another's personal and professional goals, and building a future centered on love, family, and community.

The couple extends their heartfelt thanks to everyone who has been part of their journey and looks forward to celebrating with loved ones this September.



Sandy (Sandra Lynn Fowler) Mayes, 1958-2026

Born on September 20th, 1958, Sandy (Sandra Lynn Fowler) Mayes, 67, of Folsom, California entered rest on Sunday,

June 14th, 2026, surrounded by her husband, children, and niece. She fought a short but courageous three-month battle with endometrial cancer exemplifying the same strength and tenacity with which she lived. She will be remembered for her kindness, her character, and her contributions which reached far beyond her family, making a lasting impact. She was an avid volunteer who made a difference in the lives of many through her decades of service with the Madison Mall Bingo Hall, Casa Roble Booster Club, Casa Roble Sports Programs, and Children's Hospital of Arizona. She hosted exchange students from Japan through Cultural Home Stay International for many years and continued to be a mentor even after the students returned home. She was a pillar in anything she was involved in.

Continue page 5

ANNOUNCEMENTS

IN LOVING MEMORY OF AMBER LYNN GREEN APRIL 10, 1959 – APRIL 5, 2026

Amber Lynn Green was born on April 10, 1959, at Sacramento Community Hospital to Robert and Doris Smelser of Fair Oaks, California. Shortly after her birth, the family moved to Orangevale, where Amber spent much of her life. She shared a special bond with her younger brother, Eric, who was born in 1960, and the two remained close throughout their lives.

Amber attended Green Oaks Elementary School and was active in the Brownies. She later attended Louis Pasteur Middle School and Casa Roble High School. During her youth, she enjoyed tennis, swimming, and bike riding, often riding from Orangevale to Folsom to visit family. She was active in her church youth group, played piano, sang solos, and participated in the church choir.

Amber had a deep love for animals and cared for many throughout her life. Her pets included a mouse named Ben, a dog named Sugar, and countless other beloved companions. Although she owned a horse, she was often seen riding mules with friends in the Orangevale Pow Wow Days Parade.

Throughout her life, Amber worked in a variety of positions, including as a nurse's aide, at Raley's Deli, Walmart, and as a bartender. Her generous heart was evident in everything she did, especially her love of cooking for others. She found joy in bringing people together around a meal and ensuring no one felt alone during the holidays.

Amber also worked as a lead assembler for Blaylock's in Foresthill, where she helped manufacture harnesses for slot machines and buses. She also worked at Aerojet General in Folsom, where she worked as an insulator on the Hawk and Sparrow missile motor programs and as-



sembled insulators for the Peacemaker missile. Known for her skill and dedication, she was the only woman in her position who consistently mastered the work and received four Exceptional Merit Awards for her innovative suggestions that improved procedures, scheduling, and insulation materials.

In 1978, Amber married Michael Green, and together they welcomed their cherished daughter, Jamie. Although their marriage later ended, Amber remained deeply proud of her daughter and the family that followed. She treasured her six grandchildren—J.R., Bryanna, Angelica, Melinda, Melissa, and Diego—as well as her seven great-grandchildren.

Later in life, Amber found companionship with Keith Boisa. Together they shared many adventures, enjoying fishing, hunting, and spending time outdoors. Keith was her protector and trusted partner, and their years together brought her comfort and happiness.

Amber faced significant health challenges with courage and determination. After being diagnosed with cancer in 2015, she underwent surgery and treatment.

Despite ongoing medical complications, she continued to persevere with remarkable strength. Following Keith's passing in 2020, Amber endured many hardships but remained grateful for the love and support of family and friends.

During her final months, Amber was lovingly cared for by her family. Her granddaughter, Angelica and boyfriend Cristain, devoted countless hours to ensuring her comfort, providing care, companionship, and unwavering love. Their dedication was a reflection of the deep bond they shared with their grandmother.

On the evening of April 5, 2026, surrounded by family, Amber peacefully passed away. She left this world quietly and with grace, comforted by the presence of those she loved most.

Amber was preceded in death by her father, Robert Smelser; her brother, Eric Smelser; and her nephew, Chris. She is survived by her mother, Doris Smelser; her daughter, Jamie Green and family; her sister-in-law, JoAnne; her nephews Robbie and Ryan; her niece, Samantha and family; her grandchildren and great-grandchildren; and many extended family members and friends who will forever cherish her memory.

Amber will be remembered for her kindness, resilience, generous spirit, love of family, and ability to make others feel welcomed and cared for. Her legacy lives on in the many lives she touched.

Celebration of Life

A Celebration of Life honoring Amber will be held on June 26, 2026, at 2:00 p.m. at Mount Vernon Memorial Park, 8201 Greenback Lane, Fair Oaks, California.

Family and friends are invited to gather, share memories, and celebrate a life filled with love, devotion, and enduring strength.

ents. Sandy enjoyed Tuesday night dinners, bunco, crafting, and gardening. Her home and her backyard were her sanctuary and the place she felt most at peace. Sandy lived for her children and her grandchildren enriching their lives and supporting them in ways that only she could; Her favorite title was Gram. On June 9th she celebrated 47 years of marriage with her husband and best friend, Rick, with whom she built this wonderful life.

Sandy will be missed beyond measure by those who had the pleasure of knowing her. We will never for-

get how special it was to be loved by someone who loved so selflessly. She is survived by her husband, Rick Mayes, her son Justin Mayes (Shannon Fears), her daughter Carrie Lamb (Paul), her niece Stacy Whitley (Wade), and her six grandchildren Ryan and Madison Mayes, Ella Lamb, and Chase, Hunter, and Wyatt Whitley. She is preceded in death by her parents Thomas and Norma Jean Fowler. A private gathering will be held for family in the coming months.

Sandy (Sandra Lynn Fowler) Mayes, Continue

Sandy resided in Orangevale and Folsom, California for most of her life. She was known for her signature, hairstyle and vibrant blue eyes but most importantly for who she was as a person. She was loyal and true to her word always. Sandy lived a life of service and found great joy in caring for others. She could often be found at The Meat Shoppe, a local butcher shop, owned by her par-



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**SUPERVISOR
ROSARIO RODRIGUEZ
AWARDS
\$37,500 TO
ORANGEVALE
NONPROFITS**

Sacramento, CA — Supervisor Rosario Rodriguez announced today that she is awarding \$37,500 in nonprofit grant funding to organizations serving the Orangevale community. The funding will support local programs focused on education, economic development, historical preservation, youth services, and assistance for residents facing hardship.

“Orangevale is home to organizations that strengthen our community in countless ways,” said Supervisor Rodriguez. “These grants will help support students, preserve local history, assist vulnerable residents, strengthen our business community, and expand opportunities for families throughout Orangevale.”

The funding recipients and project descriptions are as follows:

**Orangevale Chamber of
Commerce – \$17,500**

• Funding will support business engagement and economic development efforts, including marketing and outreach programs, business support services, workforce development initiatives, community events, and a potential career fair connecting local youth with employment opportunities. The grant will also assist with technology and operational improvements that strengthen the Chamber’s ability to serve the community.

**Jake’s Journey Home –
\$5,000**

• Funds will support the organization’s Community Assistance Center, which helps individuals and families experiencing housing instability, food insecurity, medical challenges, and other barriers to self-sufficiency. The program provides personalized case management, resource navigation, transportation assistance, and connections to housing, healthcare, and supportive services.

**Kiwanis Club of Orangevale-
Fair Oaks Foundation –
\$5,000**

• Funding will support youth-focused service projects, volunteer outreach, and community engagement activities throughout Orangevale and Fair Oaks. Programs include support for children in need, educational initiatives, community cleanup efforts, holiday assistance projects, and outreach at local events that promote civic involvement and community service.

Orangevale History Project

– \$5,000

• Funds will support expansion and preservation of the Orangevale History Museum’s collections, including additional artifact storage, digitization of historical materials, environmental monitoring equipment, and improved research space for visitors. The project will enhance public access to Orangevale’s history while preserving important community artifacts for future generations.

Orangevale Fair Oaks Community Foundation – \$5,000

• Funding will support the Ready to Learn Back-to-School Fest, which provides school supplies, backpacks, classroom materials, and other educational resources to students and teachers throughout the San Juan Unified School District. The program helps remove financial barriers to education while ensuring students and classrooms have the tools needed for academic success.

**ORANGEVALE ELEMENTARY
SCHOOL - 1890**

By Mark Aring &
Kay Barnes

In 1890, the residents of Orangevale felt they needed to have a second school in the area close to the Orange Vale Colony tract. Roberts School was a distance away. A. M. Mott, T. B. Hall and V. McClatchy went to the county board in May with the proposal having met the number of student requirements. It was approved with the colonization owners donating the five acres of land and the building. It would be built with 24 students planning to attend.

William H McIntosh, L. H. Landis and H. C. Scott were appointed by the Board of Education as the Trustees of the new public school in Orangevale. The building was completed by June. It was located on the southeast corner of Central Avenue and Filbert Avenue where a school stands today.

The school opened in the fall with Mrs. Mary Gould as the teacher. She was paid by private subscription from the parents. The first public event held in Orangevale was in the school on Thanksgiving evening for dessert and entertainment. They raised money to pay off the organ for the school and re-

ligious services this evening too. The schoolhouse was full to capacity. The school continued to be the primary meeting location for all activities including church for a number of years.

In 1898, the board of Orangevale School District called a vote to approve the purchase of the schoolhouse and land for \$375. It was approved and they were presented with the deed for half tract 168 on January 31, 1899, from the Orange Vale Colony.

Attendance remained about 20 students until early 1900 when additional families moved to the area. One room and one teacher were not sufficient any longer. Holding an election In August 1903, to approve bonds to build a new school for \$3500. They had no opposition to the proposal, and the new four room schoolhouse was completed for \$3957 in the summer of 1904.

The new school opened in fall 1904, welcoming the students and teachers to a beautiful, updated school.

See the complete story in an Orangevale Project History presentation on their YouTube video the Little Schoolhouse in the Orchard complete with pictures of both schools and students.

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THE AMERICAN RIVER 10U ALL-STARS

to grow and develop together.

The American River 8U Rockets also delivered an impressive tournament performance. For the second tournament in a row, the Rockets fought their way into the championship game, showcasing incredible hustle, heart, and determination. After battling through a competitive field, the team earned an outstanding second-place finish.

From the youngest players in the 8U division to the championship-winning 12U squad, the American River All-Stars have demonstrated what can be accomplished through teamwork, dedication, and a love for the game. Their achievements on the field are a testament not only to their athletic ability but also to the support of their coaches, families, and the entire American River Softball community.

Congratulations to the 8U Rockets, 10U All-Stars, and 12U All-Stars on an exceptional tournament season. We are proud of your accomplishments and look forward to cheering you on as your softball journeys continue.

American River Girls Softball is a recreation fastpitch softball league, for the girls in the Orangevale and Fair Oaks area, ages 4-16

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AMERICAN RIVER 8U ROCKETS



Summer is here! This 4th of July will be a special 250th birthday celebration for our country and I am sure many of you will be having outdoor gatherings with friends and family. In this issue I am sharing the perfect fruit salad for this event! Cathy Schendel served this salad at Ottomon Elementary in May and it was a hit. It is a favorite in her family. She generously shared this recipe with me so that I can share it with you. It makes a large salad, so when I made it, I cut everything in half, and it came out perfectly. If you would like to share a favorite

summer 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.

FRUIT SALAD

1 large can of peaches
2 cans chunk pineapple
2 large cans of Mandarin Oranges
1 large bag of frozen strawberries
4 bananas, sliced
1 large box of vanilla pudding

(not the instant, but the one you cook on the stove)

1 Large box strawberry Jello or tropical Jello
3 Tablespoons tapioca flour

Drain fruit to make 4 cups of juice. In a pot, add pudding, Jello, tapioca and mix together, then add the 4 cups of juice. Boil until mixture is thick. Let the mixture cool to room temperature. In a large bowl add the fruit and the mixture together and toss. Enjoy! This will keep in the refrigerator for up to a week if there is any left!

VALKYRIE THEATRE COMPANY RETURNS TO ORANGEVALE COMMUNITY CENTER FOR THEIR 4TH PRODUCTION WITH FINDING NEMO KIDS

By Alison Gilbreath

Valkyrie Theatre Company will return to Orangevale Community Center for their 4th production with their summer theatre workshop, Finding Nemo Kids.

The two-week workshop is led by local professional theatre practitioners and will end with a joyful production for the community. Students of all experience levels are welcome, and participants will explore stagecraft, character creation, musical theatre skills, movement, and collaboration while build-

ing confidence and learning how to express themselves through live performance.

"We just love doing the production at the Orangevale Community Center," says Alison Gilbreath, Artistic Director of Valkyrie Theatre Company. "It brings the community together. Audiences come out not just to support their own families, but to support all the young performers and celebrate what they have created. There is something really special about seeing children work hard, grow in confidence, and then share that work with a full room of people cheering them on."

Alison adds that the end-of-workshop performances have become a meaningful part of the company's summer programming. "The children

love working towards the performance and seeing it all come together. By the end of the two weeks, they have made new friends, learned new skills, and experienced the excitement of being part of a real production." This year's production, Finding Nemo Kids, will give young performers the chance to bring the beloved underwater story to life with music, color, humor, and heart. The dates of the workshop are July 13th - 24th, Monday to Friday, 9am to 2pm.

Performances: Friday, June 24th at 6pm and Saturday, June 25th at 4pm Ages: 7-12 years old

Price: \$375

Registration at ovparks.com

Picture Willy Wonka, Orangevale Community Centre, 2025



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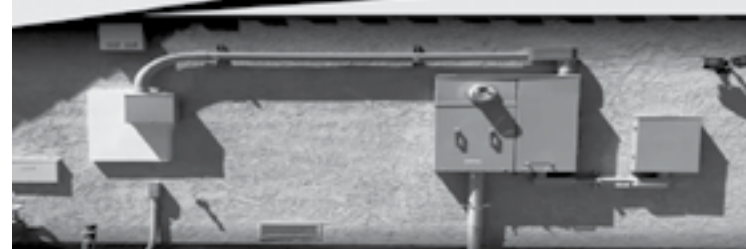
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Aging Well

CAREGIVER BURNOUT

Written by Luz Johnson,
Founder of Aging Well

Caregiving can take a heavy emotional toll, as caregivers often witness the decline or illness of a loved one. This emotional strain can lead to feelings of stress, sadness, guilt, or even depression. It's important for caregivers to recognize these emotions and seek support when necessary. One of the most challenging aspects of caregiving is coping with grief, even when the care recipient is still alive.

Seeing someone you love in pain or losing abilities can trigger anticipatory grief, which is the mourning that occurs before a loss. Caregivers should be patient with themselves during this process and allow themselves to grieve in healthy ways. Talking to a therapist, joining a support group, or simply expressing feelings to a friend can provide comfort and relief.

It's also essential for caregivers to nurture their emotional health by setting boundaries. Caregiving should not consume a caregiver's entire life; it's vital to maintain personal interests and relationships outside of caregiving duties. Finding joy in small moments, whether through a hobby, a walk in nature, or time with loved ones, can help balance the emotional weight of caregiving.

Caregivers should also be alert to signs of depression or

anxiety in the care recipient, as these issues can impact both their mental health and the person receiving care. Encouraging open dialogue, maintaining routines, and seeking professional help for mental health concerns can improve the emotional well-being of both parties.

Ultimately, emotional and mental support for caregivers is crucial. By taking proactive steps to manage their emotions, caregivers can continue to provide compassionate care while protecting their own mental health.

Another challenge is proper nutrition and physical care. These are vital components of effective caregiving. As a caregiver, ensuring that the person being cared for receives balanced meals and has proper physical support is essential to their overall well-being. Meal planning is a primary responsibility for many caregivers. It's important to provide nutritious, well-balanced meals that meet the dietary needs of the care recipient. This may include accommodating food allergies, preferences, or specific health conditions like diabetes or heart disease. Caregivers should consult with healthcare providers to create meal plans that align with medical recommendations. In some cases, caregivers may need to assist with feeding or ensure the person is eating enough throughout the day, which can be challenging if appetite is low or if there are swallowing difficulties.

Physical care goes beyond nutrition. Many caregivers are responsible for assisting with personal hygiene, dressing, and mobility. Ensuring safety during these tasks is critical to avoid injury. For example, caregivers should be trained in proper lifting techniques and should use mobility aids, such as walkers or wheelchairs, to prevent falls. It's also important to promote physical activity to maintain mobility and independence. Simple exercises like chair yoga or stretching can help improve flexibility and strength.

In some cases, caregivers may also be responsible for administering physical therapy exercises or managing the care recipient's health conditions in collaboration with medical professionals. This requires attention to detail and consistency to ensure that the care recipient's physical health is monitored and maintained.

By maintaining a focus on both nutrition and physical care, caregivers play a crucial role in improving the quality of life for the person they care for.

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Patsy McGavock
JustServe.org

WHAT WILL YOU HOLD IN YOUR HAND THIS SUMMER?

Conversations With a
Teenage Reader on Phones
and Literacy

By Patsy McGavock, JustServe.org

As school gives way to summer, questions of time often change. Assignments fade, schedules loosen and choices become more visible.

What will you hold in your hand this summer?

My recent literacy series unexpectedly intersected with school district discussions on cell phone use, prompting thoughtful questions from a young reader of this column - Bella Vista freshman Lili Boyer. Her questions sparked the following reflections and gratefully reminded me that conversations across generations may be just as important as the answers they inspire.

"Frankly, cell phones aren't the crisis we should be navigating," she wrote. "They are only one piece of a generational dilemma we've postponed confronting for too many years."

Lili pointed to an argument made by educator and former New York City senior education adviser Brandon Cardet-Hernandez. Writing in Education Week in 2024, he observed, "The real crisis isn't in your kid's hand. It's in their reading scores. We're

allowing the cellular device to take the blame."

The technology itself is not the crisis. Our ability to direct and sustain attention is — to read deeply, communicate well, regulate emotions and build healthy relationships. Literacy remains vital to independence and success, including our ability to reason together, collaborate and have civil discourse.

Which led to perhaps the most practical question: If less screen time creates empty space, what fills it?

When Lili asked about alternatives to excessive screen time, my answer was simple: engage with something physical, tangible or face-to-face with people.

There will be unease at first, an urge to fill the space with whatever activity our brains have learned to default to. Intentionally choosing something else when that feeling comes is important.

Walking with a friend instead of texting with a friend. A physical board game instead of a digital one. Learning a skill you love. Making something with your hands. Or, as young people say, "touching grass." Engaging physical senses through movement, touch and sound brings people into the present.

Lili suggested a brilliant connection: Can literature serve as an antidote to a society increasingly dependent on devices for stimulation?

I realized that reading books practices the very skills digital environments interfere with.

Scrolling conditions us toward rapid reward cycles, fragmented attention, constant novelty and passive consumption. Task-switching increases cognitive load

and stress, making it harder to process deeply or respond thoughtfully rather than simply react emotionally.

Literature slows us down enough to encounter complexity and reflect with it. To imagine scenes. To interpret meaning. To reflect emotionally. To connect cause and effect. To tolerate ambiguity.

It becomes a form of cognitive and emotional training.

Most importantly, literature provides solitude without loneliness. It does not fill the space with stimulation from the outside. It fills the space inside a person — productively — to think, to question, to imagine and to cultivate inner life.

In elementary school, Lili shared that reading felt like an obligation to earn points by deadlines.

"It wasn't until now, in high school, that reading doesn't feel required. When reading was no longer a chore, and I tried new genres, I have never found more joy in reading."

So, as summer begins, what will hold in your hand?

A phone? A library book? A fishing pole? A paintbrush? Or a friend's hand?

Perhaps the most important question isn't how much time we spend on our devices, but how intentionally we put them down, and what else we make room for when we do.

Summer eventually ends, but the habits we practice with our attention have a way of shaping the people we become.

Patsy will hold memories in her head as she takes a summer sabbatical. Community Connections will return in September. Feedback welcome at PatsyMcGavock.JustServe@gmail.com.



CYT Sacramento Announces a Season Packed with Adventure, Heart, and Broadway-Style Fun

Fairy tales, dancing in the streets, Christmas chaos, and a little wonder down the rabbit hole. CYT Sacramento is bringing it all to the stage this season!

Christian Youth Theater (CYT) has officially announced its 2026–2027 season, featuring an exciting lineup of productions including Sleeping Beauty, Footloose, The 2nd Annual The Best Christmas Pageant Ever, Tuck Everlasting, Oliver!, Fiddler on the Roof, and Alice in Wonderland Jr. More than just great enter-

tainment, CYT Sacramento gives local youth ages 5–18 the opportunity to build confidence, make friends, and discover their talents through theater arts classes and productions. Students ages 8–18 who are enrolled in a class can audition for upcoming shows, while younger students can participate through age-appropriate classes.

This season also includes opportunities for adults to take the stage through Christian Community Theater (CCT) productions of The Best Christmas Pageant Ever and Fiddler on the Roof.

Whether you want to perform, volunteer, or simply enjoy a high-quality Broadway-style show, there's something for everyone. Performances take place throughout the year at Radiant Church in Orangevale and Oak Hills Church in Folsom.

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LATEST STATE BUDGET RAISES TAXES

LATEST STATE BUDGET
RAISES TAXES ON
CALIFORNIANS AND IG-
NORES VOTER
PRIORITIES

By Assemblyman Josh
Hoover

As Californians grapple with an affordability crisis touching nearly every aspect of daily life, they deserve a state budget that addresses their struggles. Unfortunately, this year’s budget bill does the opposite. It raises taxes on families and businesses, further driving up the cost of living. That’s why I opposed it.

Families are already stretched thin by the high cost of housing, groceries, gas, electricity, and health-care. Yet Sacramento continues to favor government spending over real relief.

Despite historic revenue gains exceeding \$60 billion above initial projections, the budget relies on accounting gimmicks, new tax hikes, and withdrawals of more than \$14 billion from the state’s Rainy Day Fund to achieve balance.

At a time when healthcare costs are skyrocketing, the budget imposes new taxes on health plans that will increase premiums by approximately \$1.5 billion annually. This will add an average of \$400 per year for a family of four and more than \$10,000 annually for businesses with 100 or more employees.

The budget also introduces a new sales tax on digital software and software-as-a-service products. This will hit businesses and individuals relying on tools like Microsoft Office, Adobe, QuickBooks, Slack, and Workday. The tax



Assemblyman Josh Hoover is projected to raise hundreds of millions for the state, but will inevitably be passed along to consumers through higher prices making California even less competitive and affordable. It also breaks new ground by taxing services—previously limited to tangible goods—setting a troubling precedent.

Voters made their priorities clear in November 2024. Proposition 35 dedicated Managed Care Organization (MCO) tax revenues to improving Medi-Cal provider reimbursement rates and healthcare access. Instead, these funds are being redirected to backfill the General Fund. Californians voted for better healthcare, not another budget-balancing maneuver by the Governor and supermajority.

A similar disregard appears with Proposition 36. Voters approved it to enhance accountability for drug and theft crimes while expanding treatment for addiction and mental illness. Last year’s budget offered only partial funding for implementation; this year provides none. Courts, probation departments, and treatment providers now lack the dedicated resources needed to deliver on the voters’ will.

The budget also fails to address other critical needs. It provides no meaningful funding for fraud prevention in major programs like Medi-Cal, CalWORKs, In-Home Supportive Services, or childcare—despite persistent concerns about improper payments. Employers also continue to face burdens from the state’s unemployment insurance debt with no substantial relief.

These choices reveal a clear pattern: Sacramento is protecting existing spending priorities rather than tackling our most pressing challenges—affordability, accountability, and long-term fiscal health.

California families make tough tradeoffs every day to balance their own budgets. State government should meet the same standard of responsibility. A truly responsible budget would focus on lowering costs, strengthening public safety, honoring voter-approved initiatives, and ensuring taxpayer dollars are spent transparently and effectively.

This budget falls short. Californians deserve better—one that truly reflects the priorities and values they have expressed at the ballot box.

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.

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-Z.F. Thrimej

INSIGHTS AND OUTTAKES

Vinegar: The Pantry Hero That Takes on Weeds, Rust, and Even Raccoons

By Betty Albert

If vinegar had a résumé, it would be longer than most politicians' promises. Long known for giving salads a tangy kick, this humble kitchen staple is now earning a reputation as the Swiss Army knife of the garden. From battling weeds to cleaning birdbaths, vinegar may be the hardest-working liquid in your pantry.

For gardeners frustrated by weeds popping up like unwanted houseguests, vinegar can be an effective natural weapon. Experts recommend applying a vinegar-based weed killer when weeds are actively growing and the weather is dry, with no rain expected for at least 24 hours. Otherwise, Mother Nature may rinse away your efforts before the vinegar can do its job.

The recipe is simple: 1 gallon white vinegar, a tablespoonful of dish soap, and, to add the final blow, a cup of salt. The soap helps the solution cling to weed leaves, while salt can add extra weed-wilting power. However, salt should be used carefully—it doesn't discriminate between weeds and the soil you'd like to keep healthy. Think of it as the garden equivalent of using a flamethrower to light a candle.

Before you declare victory over every dandelion in sight, there is a catch. Vinegar works best on young weeds with shallow roots. Established weeds often respond like characters in a horror movie—they seem gone, then return in the sequel. Deep-rooted offenders such as dandelions may require repeated treatments or additional control methods.

But vinegar's talents don't stop there. It can remove rust from neglected garden tools, clean mineral deposits from walkways, freshen terracotta pots, and even help deter ants by disrupting their scent trails. Some gardeners also use vinegar-soaked rags around the garden perimeter to discourage deer, rabbits, raccoons, and squirrels. Apparently, wildlife appreciates a good vinaigrette only when it's not hanging from a fence post.



Betty Albert

The bottom line? Vinegar is a useful addition to any gardener's toolkit, but it isn't a miracle cure. Experts agree that long-term weed control works best with a combination of strategies, including mulching, ground covers, hand-pulling, and selective use of organic herbicides. In other words, vinegar can help win a few battles, but it won't single-handedly win the war. And if nothing else, you'll always have enough on hand for a salad afterward.

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Bow Wow Days Returns to Orangevale for Its 6th Annual Petacular Celebration

Mark your calendars and leash up your four-legged family members! One of Orangevale's most beloved community events is returning this fall as Bow Wow Days celebrates its 6th Annual Petacular Event on Saturday, September 26, 2026, from 9:00 a.m. to 1:00 p.m. at Orangevale Community Park, 7301 Filbert Avenue. Best of all, admission is completely free.

For six years, Bow Wow Days has brought together pet lovers, rescue organizations, trainers, vendors, and families for a day dedicated to celebrating the special bond between pets and their people. What began as a community gathering has grown into one of the region's premier pet-focused festivals, attracting visitors from throughout Sacramento County and beyond.

A Day Dedicated to Pets and Their People

Often described as "The Social Event of the Year for Pets and Their People," Bow Wow Days offers something for everyone, whether you're a dog owner, cat lover, animal advocate, or simply enjoy spending time with fellow pet enthusiasts. The event features pet resources, demonstrations, activities, contests, food vendors, shopping opportunities, and educational exhibits designed to promote responsible pet ownership and animal welfare.

Visitors can stroll through vendor booths showcasing pet products, services, training resources, veterinary care information, rescue organizations, pet adoption opportunities, and unique items for both pets and their owners. Food vendors will also be on-site, making it easy for families to spend the entire morning enjoying the festivities.

Exciting Demonstrations and Interactive Activities

One of the highlights of this year's event will be the return of Competition K9, which will present agility and dog sport demonstrations throughout the day. Spectators will have the opportunity to watch highly trained dogs navigate obstacle courses,

showcase obedience skills, and demonstrate the incredible abilities that can be achieved through training, teamwork, and dedication. Competition K9 specializes in basic skills training, dog sports, and activities that strengthen the relationship between dogs and their owners. Also returning is DAACK PACK, which will provide hands-on training stations designed to help dogs and their owners build confidence, improve communication, and have fun together. These interactive areas will feature confidence-building exercises, exploratory activities, and active training stations where attendees can learn valuable techniques to use with their own pets. DAACK PACK's certified fear-free training approach has become a popular feature of the event and offers practical advice for pet owners of all experience levels.

Friendly Competition and Tail-Wagging Fun

No Bow Wow Days celebration would be complete without a little friendly competition. Attendees can look forward to the always-popular Costume and Talent Contest, where pets and their owners showcase creativity, personality, and unique talents. Whether it's an elaborate costume, a clever trick routine, or simply a pet with star quality, these contests consistently provide some of the event's most memorable moments. The crowd favorite "Off to the Races" competition will also return, featuring spirited races for smaller breeds such as Dachshunds and Chihuahuas. These races have become a signature attraction at Bow Wow Days and regularly draw enthusiastic spectators cheering on their favorite canine competitors.

Supporting Local Animal Programs

Beyond the fun and entertainment, Bow Wow Days serves a greater purpose. Event proceeds support local animal-related programs and organizations that work year-round to improve the lives of pets and animals in our community. Past beneficiaries have included rescue groups and nonprofit organizations dedicated to pet adoption, animal welfare, and support services for

pet owners.

The event's commitment to supporting local programs reflects Orangevale's strong tradition of community involvement and volunteerism. Every vendor, sponsor, participant, and attendee helps contribute to the success of organizations working to make a positive difference in the lives of animals throughout the region.

A Growing Community Tradition

According to event organizers, Bow Wow Days continues to grow each year as more families discover the unique experience it offers. The festival combines education, entertainment, community engagement, and philanthropy in a way that appeals to pet owners of all ages. The event has become a gathering place where neighbors connect, local businesses showcase their services, and animal lovers celebrate the joy that pets bring to everyday life.

With the beautiful setting of Orangevale Community Park providing plenty of room for demonstrations, activities, and vendor displays, attendees can expect another memorable day filled with wagging tails, smiling faces, and community spirit.

Join the Celebration

Whether you're bringing your dog, looking to learn more about pet care, searching for pet-related resources, or simply wanting to enjoy a fun family outing, Bow Wow Days offers an experience unlike any other community event in the region.

The 6th Annual Bow Wow Days will take place on Saturday, September 26, 2026, from 9:00 a.m. to 1:00 p.m. at Orangevale Community Park, 7301 Filbert Avenue in Orangevale. Admission is free. Visitors are encouraged to bring their pets, meet local animal organizations, participate in activities, and enjoy a morning dedicated to celebrating the animals that enrich our lives every day.

For more information, vendor opportunities, sponsorship details, and event updates, visit Bow Wow Days.



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Office Hours:

Monday-Friday - 8:30am-4:30pm
Phone Number:
(916) 988-4373

OVparks Rec'ing Crew
Snow Cone Day at the
pool July 8 1:30-4:00pm

HIGHLIGHTED PROGRAMS:

OVparks Rec'ing Crew
(Ages: 5-12) Mon - Fri ,
9AM-4PM with Extend-
ed Day options. Weekly
themes, activities and
field trips, crafts, games,
& bi-weekly swimming
fun.

OVparks Wiggles & Gig-
gles (Ages: 3-5) Tue - Thur
9AM-noon. Stories, crafts,
songs, & water-play with
new themes and activities
each week.

OVparks Swim Lessons
(Ages: 6mo-14 yrs) Mon
- Thur. Morning and eve-
ning times available for
all skill levels.

Jr. Lifeguard Camp (Ages:

11-14) Tue -Fri 9:30AM-
4PM. Learn rescue tech-
niques, lifeguard skills,
CPR and First Aid while
making friends at the OV
Pool!

YOUTH PROGRAMS
Baby Ballet (Ages: Walk-
ing- 3y) Mon at 9:00am

Pre-Ballet (Ages: 3-6y)
Mon 9:30am

Zumbini (Ages: 2mo- 4yrs)
Wed 10:00am Mini Ninja
(Ages: 3-6) Mon 3:15pm
and Tue 9:15am

Kids Ninja (Ages: 6- 12)
Mon and Wed 4:45pm

YOUTH SPORTS Amaz-
ing Athletes and Amaz-
ing Athletes Tots Tues at
4:30pm

Skyhawks Soccer (Ages:
6-12) Mon 4:45

Skyhawks Track and
Field (Ages: 6-13) Fri
3:50pm Skyhawks Beach

Volleyball (Ages: 7-13)
Tues 3:50pm

Skyhawks Pickleball
(Ages: 6-13) Wed 3:50pm

Skyhawks Tennis (Ages:
6-13) Wed 5:00pm Basic

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

Skyhawks Beginning Golf
Camp (Ages: 4-10) Mon-
Fri 9:00am

ADULT PROGRAMS:
Chen Tai Chi (Ages: 17+)

Tues Thurs at 7:00pm

Cardio Kickboxing (Ages:
18 and up) Tues, Thurs &
Sat 9:15am

Jazzercise (Ages: 18 and
up) Mon, Wed, Fri & Sat

Orangevale Ukelele Fret-
ters (Ages: 18 and up) Mon
1:00pm

Artist Studio (Ages: 35 and
up) Mon 11:30am Men's 3
on 3 Hoops (Ages: 35 and
up) Wed 7:00pm

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Make a Face Plant

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When: Saturday, August 15, 2026

Time: 10 am to 12:30 pm

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Cost: \$35 pre-registration cost includes;
6" terra cotta pot with saucer, a full array of bling,
and a spider plant. Plus a quick review and
handout for UC guidance on house plant care.

Online Registration at; <https://sacmg.ucanr.edu>

Please see the attached PDF for more information.

Kellie Hallenbeck,
UC Master Gardener of Sacramento County

Our office accepts visitors and specimen/samples drop-
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You are welcome to submit photos of plants, insects and
diseases by email.

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