



STARS AND STRIPES DOG RESCUE LAUNCHES PRISON DOG PROGRAM TO TRAIN PSYCHIATRIC SERVICE DOGS FOR VETERANS

First "6-Pack" of Rescue Dogs From Placer County Animal Services Begins Training at California State Prison-Sacramento

SACRAMENTO, Calif. — Stars and Stripes Dog Rescue has officially launched its Prison Dog Program with the arrival of its inaugural "6-Pack" — six rescue dogs from Placer County Animal Services now in training to become psychiatric service dogs for veterans living with PTSD.

The innovative program pairs six rescue dogs with twelve inmate handlers at California State Prison-Sacramento. Each dog is assigned two dedicated handlers who work together around the clock during an intensive three- to four-month training program.

The "6-Pack" concept represents each graduating class of six dogs moving through the program together — and symbolizes six opportunities for healing, hope, and second chances.

"Our first 6-Pack represents exactly why this program exists," said Susan Aimes, Founder and CEO of Stars and Stripes Dog Rescue. "Six rescue dogs receive a second chance, twelve inmate handlers gain purpose and valuable skills, and ultimately six veterans will receive highly trained companions to support their healing journeys."

Throughout the program, inmate handlers provide daily training, socialization, and care — teaching obedience, public access

CONTINUE PAGE 11



Scenes of Orangevale Newsletter Article

By Teena Stern, Archivist

For over three years now I have been caring for the archival collections of the Orangevale History Project (OHP). From the beginning, I have been struck by the beauty that is contained within those grey boxes. When it came time for a new exhibit theme, Scenes of Orangevale was born. OHP could easily have utilized its own material to showcase such a topic, but what is the fun in that? So, the contest was born. Orangevale residents submitted various types of creations to be displayed. Included are historic and current photographs, books, paintings, three-dimensional artwork, notecards, and a map.

The winners of the contest are:

Chris Hicks took first place for her vintage photo of the Vincent Ranch on the Orangevale bluffs.

Gunnar Carson wrote a charming book on the area when he was 9 years old that received second place.

Joe Ticer received third place for the horse head he made as an art student.

Honorable mentions went to BJ Nartker for his 1989 photo of the Thorp Pillars and Raina Carson for her imaginative map.

This exhibit reflects not only the splendor of our surroundings, but how that splendor is communicated. Visitors can see how businesses and organizations have used our surroundings to help promote and showcase the area. It is the area itself that inspires such wonderful representations of this place called Orangevale.

Photo courtesy of Summer Frosh

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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.

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

Publication Information

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Publication Frequency: Twice Monthly
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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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DATES TO REMEMBER

AUG 2026

AUG 5 • Public Deadline

AUG 14 • OUT TO PUBLIC

AUG 19 • Public Deadline

AUG 28 • OUT TO PUBLIC

SEPT 2026

SEP 2 • Public Deadline

SEP 11 • OUT TO PUBLIC

SEP 16 • Public Deadline

SEP 25 • OUT TO PUBLIC



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With sincere gratitude

I would like to express my sincere appreciation to the Sac Metro Fire Department, especially the crew from Station 29.

Last Sunday, the EMTs responded to my home to help my mother, who was suffering from dehydration. Everyone involved treated her with professionalism, kindness, and compassion. They safely got her onto the gurney and transported her to the hospital.

After I arrived at the emergency room, my mother realized one of her hearing aids was missing. I searched ev-

erywhere, spoke with the hospital staff, and then contacted Station 29 on Monday. I spoke with the captain, explained my concerns, and asked if they would check the ambulance. Within 30 minutes, he called me back to let me know they had found my mother's hearing aid and had placed it in a safe location for us to retrieve. Thanks to their thoughtfulness and quick response, my mother has her hearing aid back and is extremely happy.

The care and attention your team showed went far beyond simply providing emergency medical assistance. Their

professionalism, compassion, and willingness to follow up made a difficult situation much easier for our family.

Please extend my heartfelt thanks and recognition to everyone involved. They are a true credit to the Sac Metro Fire Department, and our community is fortunate to have such dedicated first responders.

With sincere gratitude,
Monte Merrill

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**NATIONAL NIGHT OUT
FUN NIGHT 2026**

Woodmore Oaks Neighborhood Watch proudly announces their 36th. Annual National Night Out Fun Night on Tuesday Night, August 4, 2026, at 7 Eleven Parking Lot & Adjacent Field (6840 Woodmore Oaks Dr., Orangevale, CA 95662) from 5:30 PM-9:30 PM.

National Night Out is designed to build neighborhood camaraderie, enhance the relationships between neighborhoods and law enforcement, fire departments, etc. The night is a national event throughout the USA to send a message to criminals that neighborhoods are organized and aware. Woodmore Oaks Neighborhood Watch originated in 1990 and the program includes over 100 streets, and 3000 Newsletters are distributed monthly as well as monthly neighborhood watch meetings.

All are welcome to join us that night. We are sponsored by 7 Eleven who will provide free food and drinks and many giveaways, Hula Hoop Contest, Bounce House for

the kids and a opportunity to meet your neighbors as well as Sacramento County Sheriffs Department and Citrus Heights Police Department. We are always looking for volunteers to help us with

this event as well as donations to help offset the cost of printing 3000 Newsletters each month. Come join us for the biggest party in Sacramento!

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NO CHINESE IN ORANGEVALE GROVES

By Michael Schock

American ideas of the late 1800s, may focus on cowboys and the O.K. Corral, or gold mining in the California frontier. How might that period have been different for Chinese Americans when compared to white settlers? If one is familiar with Chinese American history, knowledge of why Chinese were run out of towns, threatened with physical and economic harm, discriminated against over employment and housing, legal battles with both local and federal governments, may put the Chinese American experience into perspective. One legal hurdle was the Chinese Exclusion Act, which prevented Chinese immigration to the US, was signed by President Chester A. Arthur in 1882. The six decades that followed was a period of open racism. Sadly, our town of Orangevale was not immune to that anti-Chinese sentiment.

On July 16th, 1889, the Sacramento Daily Union-Record reported that half the murders committed in California were at the hands of the Chinese. It is unclear where this assessment came from however, there is nothing rational that could have

led to such an absurd and racist statement other than fear.

Some men dealt with their fears by going as far as physically removing Chinese workers from Orangevale fields. In July 1896, the Sacramento Daily Union-Record, claimed that a dozen men abducted Jung Ing from an Orangevale field and left him in the town of Folsom. The men threatened Jung Ing with harm if he dared return to Orangevale and stated that, "they did not intend to allow any Chinese to work there." Three days after being arrested, the men who abducted Jung Ing were acquitted of any wrongdoing because the story they gave, did not align with that given by Jung Ing. It is unlikely that this behavior was not common knowledge. Especially when newspapers in New Jersey and Minnesota boasted that Orangevale had eliminated Chinese labor in the groves.

After the completion of the railroad, Chinese labor was still cheap which put it in competition with white men's labor. The passing of the Chinese Exclusion Act mirrored this labor anxiety on a national level. Locally, the Sacramento Daily Union-Record printed racist propaganda that painted

Chinese as uncivilized murderers while men from Orangevale, and many other places, ran Chinese American laborers out of town. Like all laborers in the early days of Orangevale, Chinese men were simply vying for a limited number of jobs. The difference was the way they were stacked against them.

Additional articles will be forthcoming on the workers who helped develop Orangevale,

The Orangevale History Project thanks all in the community who came for the opening Of Scenes of Orangevale in the History Museum this month. It was a wonderful day, and prizes were awarded to Chris Hicks-1st place, Gunnar Carson – 2nd place and Joe Ticer – 3rd place in the Orangevale contest. Honorable Mention to BJ Narkter and Raina Carson. The display includes a display of numerous photos and art of Orangevale over the years. If you miss it the museum is open on Tuesdays, Thursdays and Saturdays from 12 noon to 4pm. The museum is at 6920 Hazel Ave.

The Children's Hour is every Tuesday from 12pm to 1pm through August 4th with a new activity each week.

Do not miss the next speaker at the general meeting, The 1973 Railroad Bomb Explosion by Larry Fritz with a personal story. On Tuesday R 4th at 6pm at the Orangevale Library at 8820 Greenback Lane. The meeting and museum are always free.

IN HONOR OF UV SAFETY MONTH

Sun spots vs. skin cancer: how to tell the difference

Sun spots, age spots, moles, freckles, cysts. Our skin can develop many different bumps or markings over our lives. Some are harmless, but others may be cause for concern.

"Being able to tell the difference between a benign sun spot and a potentially cancerous mole could save your life," says Kaiser Permanente's Dr. Paola Rodriguez, a board-certified dermatologist. "Performing periodic self-checks, asking your doctor about regular screenings, and practicing daily UV protection are all ways to reduce your risk of skin cancer."

But how can you tell if the marks on your skin may be cancerous? And what can you do to help prevent skin cancer? Here's how to tell the difference between sun spots and skin cancer — and how to protect your skin.

WHAT ARE SUN SPOTS?

Sun spots are harmless brown spots, also known as solar lentigines or age spots. They can show up on your face, hands, arms, or any part of your skin that gets sun exposure. Sun spots are usually:

- Flat and smooth
- Round or oval
- Light to medium brown

They also don't grow or change shape quickly.

Sun spots are more common in people 50 or over. Yet they can happen in younger people, too.

Another common benign skin spot is called a seborrheic keratosis. These spots are usually brown and slightly raised and can feel scaly or crusty. They can appear on both sun-exposed and sun-protected areas. Most people start to get them as they get older, often in their 40s or later. Because they can look unusual, they can be easy to worry about — but they're harmless.

Sun spots usually don't progress to become skin cancer and don't need treatment. But if you notice any rapid changes to one of these spots, get it checked out by your doctor right away.

WHAT IS SKIN CANCER?

Skin cancer is an abnormal growth of cells in your skin. Skin cancer spots can grow anywhere on the body, including in parts of the body that don't get sun exposure. Spots that grow or change shape can also be a sign of potential skin cancer.

Melanoma is the least common type of skin cancer, but the most serious. It can quickly spread to other parts of the body. Melanoma often shows up as a new spot. But it can also start in a mole or skin mark you already have. Melanoma spots can have more than one color and an uneven shape.

Skin cancer risk factors

Some people are more likely to get skin cancer than others. If you have any of the following, you may want to take extra precautions, perform self-checks often, and schedule regular screenings:

- Family history of skin cancer
- Fair skin
- Naturally light-colored hair — red or blond
- A history of serious sunburns or prolonged sun exposure
- A large number of moles all over your body

HOW TO CHECK YOUR SKIN

Whether your risk factor is high or low, having a full-body skin screening with your doctor is always a good idea. Based on your risk, ask your doctor how often you should schedule these screenings.

And everyone should perform regular self-checks. Each month, check your skin from head to toe to see if you have any abnormal marks or moles — or spots like a pimple or scab that isn't healing. Here's what to look out for when doing these checks.

REMEMBER THE ABCDE RULE

When doing a self-check, remember the ABCDE rule. This rule lists red-flag issues that can be cause for concern.

- Asymmetry: When one half of the mole or mark looks very different in shape from the other half.

CONTINUE PAGE 7

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It's Hard To Stop A Trane.



I was visiting with a friend, Mrs. Cia (TK Ottomon), this week and she gave me a serving of her mom's coffee cake. Yum! It was so delicious that I had to get the recipe! Even though it is the middle of summer, you must try this

cake! It is easy and you can bake early in the day before it gets too hot! If you would like to share a favorite summer recipe, please send a copy to Suzanne Feblowitz at the Orangevale Times (news@

ovtimes.news). 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.

COFFEE CAKE

INGREDIENTS

- 1 Cup Sugar
- 1/2 Cup Butter
- 1 Egg
- 1 Cup Buttermilk
- 2 Cups Flour
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1/4 tsp Salt
- Topping Ingredients
- 1 Cup Brown Sugar (packed)
- 2 Tbsp Flour
- 3 Tbsp Melted Butter
- 1 tsp Cinnamon

DIRECTIONS

1. Cream Butter and Sugar together, then add Egg. Add all dry ingredients alternately with Buttermilk (combine all dry ingredients together prior to adding them alternately with the buttermilk).

2. Mix Crumbs (ingredients) for topping

3. Pour half of the batter into Greased pan (8"x12" or 10"x10") and sprinkle with half the Crumbs (topping mix). Then put remaining batter on top and top with the remaining Crumbs (topping mix).

4. Bake at 350 degrees F for ~30 minutes.

**Adjust for high altitude in the same way you would for a cake.

IN HONOR OF UV SAFETY MONTH

• **Borders:** Edges that are blurry, irregular, or uneven on the outside of the mole or mark.

• **Color:** A variety of colors or shading in one mole or mark. Noncancerous moles or marks are usually all one color.

• **Diameter:** Anything larger than 6 millimeters in diameter — about the size of a pencil eraser.

• **Evolving:** A mole or mark that changes in shape, size, color, or texture over time. If you notice a mole or mark with any of the above red-flag issues, make an appointment with your doctor.

PRACTICE PREVENTION

One of the best ways to prevent sunburns, premature aging, and skin cancer is by using a sunscreen with an SPF of 30 or higher every day. You should apply sunscreen 15 to 30 minutes before sun exposure and re-apply every 2 hours. Be sure to use sunscreen on any area that might be getting sun — your neck, lips, ears, and even your scalp. You can also wear a hat for added sun protection.

When in doubt, get it checked out

If you're still not sure if you have a sun spot or skin cancer spot, talk to your doctor. They can help you tell if a mole or skin spot is common or cancerous. Early detection can help prevent the spread of cancer.

When it comes to skin cancer, it's always a good idea to play it safe.

Author: Kaiser Permanente
Submitted by Susan Keyon



Susan Kenyon
Kaiser Permanente Medicare
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NEW E-BIKE/MOTOR-BIKE REGULATIONS PROTECT PEOPLE & PARKLAND

Updated rules and ordinances have been passed in Orangevale and Sacramento County in response to safety and environmental concerns that e-bikes and motorized bikes are creating on trails and in local parks. The booming popularity of non-permitted electric and motorized vehicles has increased incidents of serious injury – to both riders and pedestrians – due to the increased speed, weight, and rider behavior. Additionally, electric and motorized vehicles are causing significant damage to the trails, sports fields, nature areas, and natural habitats throughout our community.

This year, the Orangevale Recreation & Park District adopted their updated Trails Master Plan*, which includes the following rules for electrical and motorized bikes and scooters:

- The speed limit on all OVparks trails is 15 mph.
- NO Class 3 bikes on ANY Orangevale Park Trails.
- Class 1 & 2 bikes are only permitted on paved park trails.
- All forms of e-bikes and motor-bikes are prohibited from fields, nature areas, and open space.

On May 12, 2026 the Sacramento County Board of Supervisors passed Sacramento County Code Ordinance #1776 - which updated Sacramento County Code relating to Park Regulations. The changes were adopted with the goal of providing additional enforcement tools to help protect public safety, natural habitats, the envi-



ronment, and park resources from the increasing threat of e-bikes, e-motorcycles, and off-road bicycles. On June 18, 2026, the Orangevale Recreation & Park District officially adopted Sacramento County Code amendments to 9.36.030, 9.36.035, 9.36.040, 9.36.062, and 9.36.063, and the addition of section 9.36.084, ratifying the updated code for local parks as well.

With the updated code, fines for violating rules on public trails have doubled. In addition, unauthorized use of electrical and motorized vehicles on trails and sports fields can now be considered either an infraction or a misdemeanor, and punishable as such. These changes are designed to promote public education and empower law enforcement to enforce rules that protect citizens and public property.

Riders, parents, and families are encouraged to know the rules and follow all safety protocols. By understanding and honoring the updated regulations, we can work together as a community to

protect the people and parklands of Orangevale.

*The OVparks Trails Master Plan includes a full list of bike and e-bike trail rules: ovparks.com

Visit the CHP Electric Bicycle Safety and Training and the Bicycle and Pedestrian Safety



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First "6-Pack" of Rescue Dogs From Placer County Animal Services Begins Training at California State Prison-Sacramento Continue

skills, and psychiatric service dog foundations. Each dog is carefully evaluated for temperament and aptitude to ensure they are well-suited to assist veterans coping with PTSD, anxiety, and other service-related challenges. Upon successful completion of training, qualified dogs are placed with veterans at no cost.

The inaugural class of dogs was sourced from Placer County Animal Services, whose dedicated staff and volunteers played an instrumental role in making the program possible.

"The employees and volunteers at Placer County Animal Services are truly remarkable," Aimes said. "Their dedication and compassion give these dogs an opportunity for a new beginning, and we are honored to carry that journey forward through our program."

The Prison Dog Program serves three populations simultaneously:

- Rescue dogs — given a second chance at life through training and placement
- Inmate handlers — provided purpose, skill development, and a path toward rehabilitation
- Veterans — supported in healing the invisible wounds of military service

Psychiatric service dogs provide veterans with life-changing support, including grounding during anxiety episodes, interrupting panic responses, assistance navigating public spaces, and offering constant companionship and emotional stability.

bility.

Stars and Stripes Dog Rescue was founded in memory of Airman Dustin Aimes, who served at Beale Air Force Base. Following his loss, founder Susan Aimes channeled personal grief into a mission dedicated to rescuing dogs and supporting those who have served our country.

"Dustin's legacy lives on in every veteran who stands a little taller and every dog who receives a second chance," said Aimes. "This first 6-Pack is only the beginning."

Stars and Stripes Dog Rescue plans to expand the Prison Dog Program, with the goal of enrolling additional 6-Packs and extending the reach of the program to serve more veterans and rescue dogs throughout California and beyond.

About Stars and Stripes Dog Rescue

Stars and Stripes Dog Rescue is a 501(c)(3) nonprofit organization dedicated to rescuing at-risk dogs and transforming them into companions, emotional support animals, and psychiatric service dogs for veterans and active-duty military members. Through innovative, mission-driven training programs developed in partnership with correctional facilities and animal services agencies, the organization delivers life-changing support to veterans at no cost — while giving rescue dogs the second chance they deserve. For more information, visit <https://www.starsandstripesdogrescue.org> or follow us on @starsandstripesdogrescue

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National Pollinators Month (also known as June) reminds me of these thoughts that relate to bloom.

Hummingbirds like flowers (like petunias and a fuchsia). Their nectar may cause joy (like the mood of hallelujah)...

-Z.F. Thrimaj

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NEWS



BUDGET RECONSIDERATION MEANS FOR PUBLIC SAFETY

What Budget Reconsideration Means for Public Safety

Sacramento County residents will have another opportunity on to weigh in on cuts to public safety, including the elimination of the Sheriff's Problem-Oriented Policing Team. The Board of Supervisors recently adopted a budget that reduced funding for the Sheriff's Office, District Attorney's Office and Probation Department. Those reductions included the elimination of the POP Team and the District Attorney's misdemeanor unit. I cast the lone "no" vote because I believed the budget made the wrong choices on public safety.

At the following Board meeting, Supervisor Pat Hume made a motion to reconsider the adopted budget. I seconded his motion, and the Board approved it on a 4-1 vote. It is important to understand that this action did not restore the POP Team or change the budget that was adopted. It was a procedural step allowing the Board to formally consider possible amendments at its July 14 meeting.

The decision to bring the budget back is still significant. In my years of service in local government, I cannot recall another instance when a governing body adopted a budget and then moved so quickly to reconsider it. That reflects the seriousness of the concerns raised by residents, law enforcement officials and members of the Board. Supervisor Hume stated that his intent is to restore funding through and including the POP Team, and I support that goal. However, another formal vote will be required before any funding is restored.

The POP Team is one of the Sheriff's Department's primary proactive policing resources. Its deputies work with neighborhoods, businesses and community organizations to address repeated problems before they escalate. Their work focuses on chronic crime locations, illegal activity, nuisance properties and quality-of-life concerns that often require more time and co-



Supervisor Rosario Rodriguez

ordination than patrol deputies can provide. When residents say they want law enforcement to prevent crime rather than simply respond after someone has been victimized, this is the type of work they are asking for.

The Sheriff's budget is not my only remaining concern. The adopted budget also reduced funding for the District Attorney's Office and Probation Department. The District Attorney has said the reductions will result in the elimination of its misdemeanor unit, which affects every jurisdiction in Sacramento County because the office prosecutes cases countywide. Effective public safety requires both prevention and accountability, and I continue to believe those reductions deserve further consideration as well.

The July 14 meeting gave the Board an opportunity to revisit these decisions and gives residents another chance to make their voices heard. The reconsideration vote opened the door, but the outcome is not yet final. I encourage anyone who cares about proactive policing and public safety to stay engaged and participate in the meeting. I will continue advocating for the POP Team, DA Misdemeanor Unit, and for a county budget that treats public safety as a core responsibility.

If you would like to share your thoughts with me, you can reach my office at 916-874-5491 or email SupervisorRodriguez@saccounty.gov

MARK YOUR CALENDARS

AUGUST 2026 -

NATIONAL NIGHT OUT
AUG. 4TH.

Orangevale History Project General Meeting Tuesday, August 4, 2026 Orangevale Library 6-8pm

Treat Our Teachers
Thursday, August 6, 2026

5th Annual Salsa Cook Off
Saturday, August 15, 2026
Orangevale Grange Get Ready for the HOTTEST Event of the Year! !

SEPTEMBER 2026

Orangevale History Project General Meeting Tuesday, September 1, 2026
Orangevale Library 6-8pm

Orangevale Woman's Club General Meeting Thursday, September 3, 2026
Orangevale Grange 11am - 1pm

Orangevale Farm & Garden Club General Meeting - TBD Saturday, September 5, 2026
Orangevale Grange 9am-11am

Night at the Museum
Friday, September 11, 2026
Orangevale Museum/Lawn 7-9:30 pm

5th Annual Bow Wow Days Confirmed Saturday, September 26, 2026
Orangevale Community Park 9am-1pm

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BEYOND SURVIVAL

Beyond Survival: The Chapter Nobody Talks About

When we talk about breast cancer, we often focus on one moment: survival. What comes next is the part that we don't talk about nearly enough. Survivorship.

For many survivors, the physical battle may be over, but the emotional healing is just beginning. Reconstructive surgery, radiation, and surgical scars can leave lasting reminders of everything they've endured. While those scars tell a story of incredible strength, they can also make it difficult to recognize the person staring back in the mirror.

The heartbreaking reality is that countless breast cancer survivors are never told that help exists beyond reconstruction. They simply assume they have to accept the changes to their bodies because no one tells them there are additional options. That is why I do what I do.

As a paramedical tattoo artist, my mission isn't simply to provide a service. It's to bring awareness to resources that too many survivors never learn about. Every woman deserves the opportunity to make informed decisions about her body, including knowing that restorative tattooing may be part of her healing journey if she chooses.

One of the most meaningful services I provide is 3D areola restoration. Through specialized tattooing techniques, I recreate the appearance of a natural areola following breast reconstruction. For many clients, this isn't about cosmetic enhancement, it's about restoring a piece of their identity that was stolen from them.

I've had the privilege of witnessing moments that remind me why this work matters. Clients who see themselves in the mirror and smile for the first time in years. Women who tell me they finally feel complete again. Families who watch their loved one regain a piece of themselves they thought was gone forever. Those moments have taught me that healing isn't measured only by medical outcomes. It is also measured by confidence, dignity, and the ability to look in the mirror without seeing only what cancer took away. Awareness is where that healing begins.

My hope is that every survivor knows these services exist before they spend years believing they have no options. My hope is that physicians, nurses, breast cancer organizations, and loved ones begin having these conversations as part of survivorship and not as an afterthought.

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Pool Opens

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

OVparks Wiggles & Giggles (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 evening times available for all skill levels.

Jr. Lifeguard Camp (Ages: 11-14) Tue -Fri 9:30AM-

4PM. Learn rescue techniques, lifeguard skills, CPR and First Aid while making friends at the OV Pool!

YOUTH PROGRAMS
Baby Ballet (Ages: Walking- 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

Robothink and Robothink Jr. Thurs 4:30pm

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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 Fretters (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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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.

Family Art Lab Saturday, July 25, 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!

Animal Show: One World-One Family Tuesday, July 28th 2:00 p.m. & 3:00 p.m. Jane Wise Community Room We cannot exist without other living things. This program looks at all the ways people are dependent on the natural world...decomposers, seed dispersers, pollinators and predators. Compassion and respect are emphasized as kids touch a variety of animals (amphibians, reptiles, birds, mammals and bugs). This program has two afternoon sessions to choose from.

Minecraft Gaming Thursday, August 6, 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.

Read to a Dog Friday, August 14, 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.

STEAM - LEGO® Robotics Saturday, August 15, 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.

TEENS

Teen Advisory Board Wednesday, June 29, 3:00 p.m. - 4:00 p.m. Wednesday, August 12, 3:00 p.m. - 4:00 p.m. Wednesday, August 26, 3:00 p.m. - 4:00 p.m. Jane Wise Community Room Do you want a say in what the library does for teens? Want to earn volunteer credit or gain leadership skills? Join the Teen Advisory Board to do all of that and make new friends at the

same time.

ADULTS

Genealogy: Getting To Know You Saturday, August 1, 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, August 1, 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 Age group: Adults

Full Circle Healing Sessions Wednesdays, August 5th- 26th Jane Wise Community Room Join us for this 4-week series for older adults which includes breathwork, yoga, guided meditation, and sound healing. Bring your favorite Yoga mat/ blocks/blankets as supplies are limited.

Mixed Media Art Journaling Saturday, August 8, 10:00 a.m. - 1:00 p.m. Jane Wise Community Room Use your imagination and all kinds of mixed media to create a free-style art journal. Both inexperienced and lack of talent are welcome! The Friends of the Orangevale Library have graciously provided art journals and supplies to create a place for creativity to unfold. Please note, supplies are limited so feel free to bring your own too. Age group: Adults

Orangevale Adult Book Group - Everything is Tuberculosis Saturday, August 15, 2:00 p.m. - 3:00 p.m. Jane Wise Community Room Join us in-person for a lively and engaging discussion and make new friends! This month we will be reading Everything is Tuberculosis by John Green. Starting one month before the meeting you can pick up a copy of the book from the front desk of the Orangevale Library or check our library catalog for available copies of the books and ebooks.






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