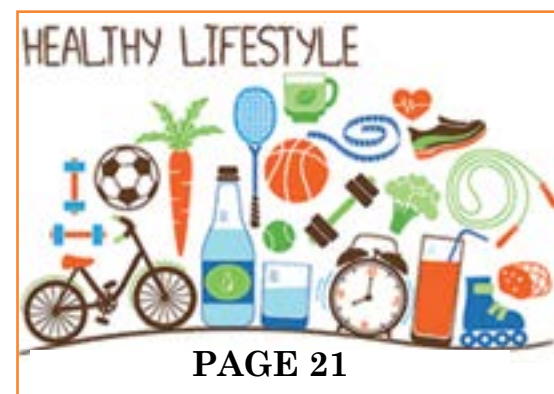


Orangevale View

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IN THIS ISSUE



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

CASA ROBLE VARSITY BOYS BASKETBALL CON- CLUDES RECORD SEASON By Katy Day

The Casa Roble Varsity Boys Basketball season has come to an end after a close loss against the Lincoln Mustangs. The Rams had a strong run in the playoffs with five wins and a Sac-Joaquin Section championship title. The Rams had a successful in-league season with 11 wins and only one loss; with this, they placed second and qualified for playoffs. They started the playoffs with three wins throughout February, against Calaveras, Ripon and Ripon Christian.

"I am most proud of my team and what we've accomplished this season. I feel



as a team when we played together, we were like brothers, and that showed on the court. When we played other teams, we were unstoppable," Moses Oginni, senior, said. The most notable win of the season was against the Natomas Nighthawks that secured the Rams the title of D4 Section Champions. In a tight matchup held at the Golden One Center, the Rams

took home the win and title with a final score of 70-68. "We are proud of our defense and winning the first ever Section Championship for basketball in school history. I loved how we battled through the playoffs, it shows what kind of character the guys have," coach Nathan Gilbert stated.

Following this win, the Rams were on track to compete in the regional championship. On March 4, the Rams won the first round of regionals against the Twelve Bridges Rhinos with a score of 49-43.



On March 6, the Rams faced off against the Lincoln Mustangs in what would turn out to be their final game. The game started off with a good outlook for the Rams, with a

score of 41-33 by half-time. However, things took an unexpected turn when the Mustangs scored 18 points in the third quarter, to the Rams' 13. Unfortunately for the Rams, they were not able to maintain their lead in the fourth quarter and lost by a mere three points. The final score was 68-71.

"As a team we're sad that it had to come to an end, but proud of all the accomplishments and goals that were made," coach Gilbert stated. Sharing a similar sense of pride, Oginni said, "I feel very proud and grateful for what I've accomplished. I'm also very proud of my friends who I now see as brothers. They are very important to me."

Photo Courtesy of Orangevale Live Interns Summer and Jackson



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ABOUT THE ORANGEVALE VIEW

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

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

SUBMISSION POLICIES:

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

Requirements are simple:

(1) Acknowledge that either you are the author or you have permission to publish from the original author;
(2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.

(3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF. Please use this format so we do not have to send your work back to you for corrections.

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

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DATES TO REMEMBER OUT TO PUBLIC

MARCH 2025

MAR 19• Public Deadline

MAR 28 • PUBLICATION

OUT TO PUBLIC

APRIL 2025

APR 2• Public Deadline

APR 11 • PUBLICATION

OUT TO PUBLIC



Craft & Sewing Supply Sale and Exchange: Happening March 15 from 9 AM to 2 PM at the Orangevale Grange, 5807 Walnut Ave. Come swap, shop, and support local!

MARCH COMMUNITY MEETING
Rosario Rodriguez-County of Sacramento District 4 I encourage you to come, as this is the best opportunity for you to hear directly from me, and for you to have access to be able to ask me questions face-to-face Wednesday, March 19 6:00pm Orangevale Community Center 6826 Hazel Avenue

Casa FFA Spaghetti Dinner & Western Dance: March 28 from 6:30 to 9 PM, Orangevale Grange. Tickets: \$25 per person. All proceeds support the Casa FFA program

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

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nity-focused public safety partnerships and initiatives. There is also an opportunity for a field trip to the District Attorney's Crime Lab and Sacramento Police Department's 911 Communications Center.

The 10-week course is held on Tuesday evenings starting April 1, 2025 -

June 10, 2025, from 6 p.m. – 8 p.m. at our Jan Scully Conference Room, 906 G St., Sacramento CA 95814

The deadline to apply is March 21, 2025!

For more information, please visit: <https://www.sacda.org/in-the-community/citizens-academy/>



RED WHITE & BLUE PARADE JUNE 7!

Are you ready for the most amazing event of the summer? Join us for the Orangevale Summer Palooza and be part of the RED WHITE AND BLUE Parade! It's a great way to celebrate our community and show your patriotic spirit!

The parade will take place on Saturday, June 15th, starting at 9:30 a.m. at the corner of Greenback and Main Ave. You'll see all kinds of colorful and creative entries, from clubs, groups, businesses and individuals. You'll also enjoy the music, the cheers and the smiles of the people

along the route.

But wait, there's more! You can also be in the parade! Yes, you heard that right! We welcome anyone who wants to join the fun and participate. Whether you have a float, a car, a bike, a wagon, a costume or just yourself, you can sign up and be part of this awesome event. Just go to www.ovsummerpalooza.com and register today. Don't miss this opportunity to make some memories and have a blast!

And that's not all! After the parade, you can head over to the

Orangevale Community Park for more festivities at the Orangevale Summer Palooza. There will be live music, food trucks, vendors, games, activities and more. It's a family-friendly event that everyone will enjoy.

So, mark your calendars and get ready for the Orangevale Summer Palooza and the RED WHITE AND BLUE Parade. It's going to be a day full of excitement and entertainment. We can't wait to see you there! Register at www.ovsummerpalooza.com

PUBLIC NOTICE

TRAFFIC DELAYS ON JUNE 7, 2025 DUE TO PARADE

- One S1 for N/B traffic on Filbert Ave south of Greenback Ln
- One S1 for S/B traffic on Chestnut Ave north of Greenback Ln
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- One S1 for N/B traffic on Walnut Ave south of Greenback Ln
- One S1 for S/B traffic on Main Ave north of Greenback Ln
- One S1 for N/B traffic on Main Ave south of Madison Ave
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P E T A C U L A R



Jay (A875289), 1 year 9 months old – A male Doberman Pinscher/Rhodesian Ridgeback mix. Jay is a smart, well-mannered pup who loves adventures! He's treat-motivated, eager to learn, and enjoys calm walks. His adoption fee is waived!



Mikey (A878302), 2 years 1 month old – A male American Staffordshire Terrier. Mikey is a social dog who loves meeting new friends. He recently met some dogs at the shelter and did well, though he was more interested in romancing the ladies than playing! His adoption fee is waived!



Apollo (A875933), 3 years old – A male black German Shepherd. Apollo is a big, beautiful boy with a lot of energy! He can be a strong puller on leash, but an EZ harness has helped reduce his pulling significantly. He's very food-motivated and is looking for a family who can provide him with structure and guidance. He's participated in shelter playgroups and may enjoy a compatible canine friend in his new home. His adoption fee is waived!



Electrike (A879067), 1 year 3 months old – A male American Bulldog/Dalmatian mix. Electrike is a playful, social dog who enjoys making new friends! He's looking for a family with a compatible canine buddy. His adoption fee is waived!



Dalton (A878910), 2 years 1 month old – A male fawn and white American Bully mix. Dalton is a bit scared in the shelter environment, but once he warms up, he's affectionate and loves belly rubs! He's looking for a patient adopter who can help him feel safe and loved. His adoption fee is waived!



Brownie (A821363), 10 years old – A neutered male Pit Bull Terrier mix. Brownie is an older gentleman who moves a bit slower but enjoys the little things in life. He's a breeze to walk, takes treats gently, and prefers spending time with his people. He's potty-trained and enjoys affection. His adoption fee is waived!

Name: Aries
Animal ID: 57701308
Breed: Kelpie/Husky mix
Age: 1 year
Gender: Neutered Male
Adoption Fee: Sponsored!!!



Aries was transferred to the Sac SPCA from a Southern California shelter in order for us to assist them following the fires. He is a 1-year-old, 45lb dog who loves other dog friends! Aries finds making new human friends a little overwhelming, he does best when he has a doggy friend to show him the ropes. Once comfortable, Aries shows off his affectionate, energetic personality. He is hoping to find a home with another dog friend and human friends who are willing to be patient and give him time to adjust.

I don't have a known history of living with other dogs, but I've enjoyed playing with them while at the Sac SPCA! I'd do best going to a home with at least one other dog friend to show me the ropes. I don't have a known history of living with cats and may do

well with a slow introduction. I would do best in a home without young children.

If you are interested in this specific animal, please come to the shelter for walk-in adoptions Tuesday through Saturday from 10:30am to 5:30pm. We recommend coming in as early as possible, as adoptions are first-come, first-served. Sacramento SPCA
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BIG DAY of Service 2025

Saturday, May 17th 2025

- JOIN THE CORE TEAM**
Be part of the team to help us plan and put together the Big Day of Service. Our Core Team planning meetings are open to everyone - we'll find a spot for you! We meet the 2nd Tuesday of each month, February to May.
- LEAD A PROJECT**
We're looking for 60 community volunteers to take on one project each in Orangevale and Fair Oaks. We have project ideas, volunteers, and a \$500 sponsor for each project's supplies. We just need friendly leaders to coordinate the details for a project.
- SUGGEST A PROJECT**
We're looking for project ideas all over the community. Whether its painting a fence, spreading bark, crawling with seniors, making military care packages - we're looking for ways to beautify our community.

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New Fangled Cars Changed Everything The Prosper Tomich Family Children In- terviewed in 1978

By Granddaughter Margaret
Tomich McAllister

Henry Ford's invention had a major impact on our world. More than anything, the car distinguished us from our parents' generation. All these new confounded mechanical things were a mystery to them. For us, we couldn't wait to climb aboard and steer.

The noise alone changed Orangevale forever. All over town, men—especially the older ones who never learned how to drive properly—started up their cars, and you could hear them for a quarter mile in all directions. We learned to tell who was coming by the sound of their cars.

Fred Straub had an old Dodge that was sort of like a truck with a variable pitch howl when he shifted gears. He lived up on Filbert and you could hear him all the way from Main. You could stand out in the orchard and just follow the sound letting your imagination do all the seeing.

Mr. Hogaboom, who we called Mr. Piggybang, had an old truck that sputtered and backfired, and a dog that barked the whole way to the store and back.

Henry Schnabel's old Overland didn't have a muffler, so you knew it was Henry because it was louder than anyone else's. He called her Clarice. She was hard to start and was forever breaking down. Henry would hop out, get the hand crank and sweet talk Clarice. "Come on now, Clarice, be a good old gal." Then he'd give it a crank and she wouldn't start. He'd sweet talk. Pretty soon, he'd be cranking and swearing and cranking and kicking until she'd turn over.

Cars did more than change the Orangevale landscape. They changed the people too. Folks moved a little faster. They ventured a little farther, a little more often. And they began to exhibit tiny quirks that weren't there before.

Take Warren Morse and his son Bonner. They had a real methodology for starting up their 1915 Model T, something akin to Orville and Wilbur Wright. Bonner sat in the driver's seat and Warren would be out in front ready to crank. Before Bonner flipped the switch, he said "Contact" and Warren answered "Contact." And then when he wanted to pull the crank without having it kick on him, Warren said "Detact" and Bonner said "Detact" and flipped the switch off. Eventually they got the thing cranking.

The Flemings had their systems too. One time when

they were coming home, they got hit right there at that intersection. Every time thereafter, Mr. Fleming had his nephew Kenny Hines get out and look up and down the two streets before they ventured across.

The Levins were somewhat old-fashioned when it came to car travel. They did not perceive it as an adventure. For them it was a foray into dangerous territory with Mr. Levin driving while Mrs. Levin sat behind him. Even as late as 1930, they drove like that. You'd be out at the mailbox and they'd creep by: Mr. Levin, stiff in the driver's seat, hands locked on the wheel, eyes on the road. Mrs. Levin stashed in the back; her neat head barely visible in the oval back window as they disappeared over the hill. Apparently, they didn't talk much because one time Mr. Levin got all the way to Sacramento before he realized that Mrs. Levin was not in the Pontiac. The term "backseat driver" must not have been created for Mrs. Levin.

The first car Daddy ever bought was a brand new 1925 four-door Chevrolet touring car with a canvas top and snap-on window curtain. It had a moto-meter on the front, balloon tires and a gear shifter. That was standard equipment. It also had bumpers and a spare tire. Those were optional. When Daddy first drove it home, Mama was sitting in

the driveway on a lug box, holding baby Tommy on her lap. She sat there looking at the Chevrolet. "Well, it looks better than a Ford," she said, giving her approval.

Since it was our first car, we, of course, thought it was just the best. We walked around it, touching the shiny metal. Nick, especially, was impressed. At age 13, he was coming of age in the modern age. He walked to the front of the car and declared his approval: "They'll never make a better car than this."

That car held lots of kids and memories. On summer evenings, just as the crickets started chirping, Daddy would ask who wanted ice cream. We squealed in excitement and piled in the car. We drove across the new bridge into Folsom feeling very grand and pulled up to the ice cream shop for cones.

Our giggling in the car didn't always go over too well with Daddy. One time he needed to drive over to check on the prune tract. Mama, Tommy and Freddie sat upfront and Quentin and Sis were in back. It didn't take long for the two in the back to start squirming and giggling to the point where Daddy just stopped the car and told them to hop out. They laughed and snickered as they slid across the seat. As the car roared off, dust flying, Quentin and Sis ran down the hill to catch up with them. When they reached their self-appointed destiny, the car had already sped by and the two, though young and strong, were completely out of breath. Standing alone in that big field, panting, they suddenly couldn't remember what was so funny.

We kept that Chevy for a long time. Each year, it wore out a little more until finally Daddy made it into a pickup. He drove it that way for a bit until he was certain we

needed a real truck. Then when he decided his oldest

Son Nick was old enough to drive, he told him to slide over into the driver's seat. Daddy sat up front next to him. Frances and some of the younger ones sat in back.

Nick had waited for this moment but now that it was here, he felt a little scared. He started up the car, put it in gear and headed off down the road. It was a narrow road and, in those days, only one side of the road might be serviceable at any given time. Nick was driving along on the wrong side of the road just to get past the ruts and mud holes, when suddenly there was another car and wham! The cars came to an abrupt stop, nose-to-nose. Everyone was too surprised to be hurt. Nick, forgetting about the clutch, popped it and the Chevy jumped forward like a trained Pitbull trying to get the last bite.

Diplomatically, Daddy stepped out of the car and went over to the other driver while the kids stayed behind and watched. The two men talked and gestured, looking back at Nick who sat wide-eyed behind the wheel. They examined the bumpers, the grills, the headlights. Then they shook hands and Daddy walked back to the car and got in. Nick wasn't sure what to expect from Daddy. Here it was his first time out and he goes headlong into somebody. But then again, it was his first time out. Daddy didn't yell or anything, but he didn't speak much either, the whole way home.

Nick was not destined to become a professional driver like those boys who go off to the Indianapolis Speedway. He was not even destined to become a great driver, but he never had another head-on collision. We always got home and the milk got delivered.



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THE BELLA VISTA HIGH SCHOOL'S GIRLS LACROSSE TEAM



The Bella Vista High School's Girls Lacrosse team is off to a hot start with wins against Capital Valley Conference (CVC) rivals Woodcreek, Christian Brothers, and Rio Americano and Whitney from the Sierra Foothill League. Scott Hackman, the Varsity Girls Head Coach commented, "We are excited for this season with 12 returning varsity players and 10 great new varsity additions, the girls really make my job easy

as a coach. They all work well together and support each other with a common goal to compete. The CVC is hosting a boys and girls lacrosse league this year and we are thrilled to be part of such a great conference."

The Junior Varsity team is also poised for a great year led by Coach Karlin York with a roster of 22, including 4 Sophomores and 18 Freshman.

The Varsity team has been fun to watch, and Senior Captain Paige Hackman mentioned, "Our team has shown a lot of dedication and teamwork this year and every person brings a unique set of skills and passion. I am very proud of the progress we have made and I can't wait to see how we continue to grow and support each other this year." Also, Senior Captain Paige Martin said, "This year our team works really hard and gets along well, I'm excited to see how we will continue to improve and work together the rest of our season."

The Bella Vista Girls Lacrosse upcoming schedule has the Broncos at home on March 12 vs. CVC Powerhouse Vista del Lago, March 19 vs. Oakmont, March 26 for Teacher Appreciation Night vs. Woodcreek, March 28 vs. West Park, April 2 vs. Rio, and April 10 vs. Roseville, a double header with the girls at 5:15 and the boys at 7:30 for senior night.



BVHS Seniors L to R: (Front) Presley Rocker-Hooper, Liv Silva, Isabella Hardman, Kate Hooper, (Back) Paige Hackman, Marilyn Morgan, Paige Martin, and LC Ballard

CASA TRACK & FIELD ON THE MOVE!

Track season has begun and Casa Roble Track & Field is running, throwing and jumping into competition. They started with their first meet of the season, the Glenn Poole Invite at Oakmont on Saturday March 1. It was a long, busy day with many shifts in the weather and 39 schools competing. The team pulled together, with many athletes setting new personal records. For some, it was their first meet experience. Notably, freshman Siena Scott placed first in the Pole Vault and set a new school record of 10'! The previous record of 9'6" was set in 2006. Other medal finishers: Eric Eaton, 4th 300m Hurdles; Brooklyn Rozumowicz, 4th 3200m; Brynlee Bateson, 3rd Long Jump; Alex Schumacher, Aidan Choy, Brayden Eaton, Micah Heberlein, 3rd 4x400m Relay.

Next, on Friday March 7, the team headed to the LeFebvre Relays at Placer High in Auburn. In its 86th year, this is the longest running track meet in Northern California. This meet is unique with its medley relays and the all-important spirit competition. For the 2nd year in a row, Casa was honored for its team spirit and sportsmanship with the Bobby Osbourne Spirit Award! Medalists: Frosh/Soph Boys 3200: 1st Henry Pollock, 2nd Mavrick Scherrer, 4th Iain Johnson; Frosh/Soph Boys Distance Medley Relay: 1st Liam Wall, Casey Lockey, Hudson Antrobus, Micah Heberlein; Varsity Boys Long Jump Relay: 3rd Aaron Cano, Aidan Choy, Alex Shumaker;

Varsity Girls Long Jump Relay: 2nd Siena Scott, Brynlee Bateson, Aubrey Franco; Frosh/Soph Boys Shotput Relay: 3rd Andrew Danforth, Omar Garza, Gunnar Peterson

Several athletes from Casa Roble's Track & Field Team also qualified for the Sacramento State High School Classic! They competed at Hornet Stadium on Saturday March 8 with many top Track & Field athletes from across Northern California. Qualifiers: Corbin Faircloth, 3200m; Eric Eaton 110m Hurdles, 300m Hurdles; Jacob Henning, Discus; Moses Oginni, High Jump; Brooklyn Rozumowicz 1600m, 3200m; Hannah Consolacion, Elizabeth Garcia, Angelina Gibbons, Ava Pudge 4x100m Relay. The competition was fierce! Oginni finished 4th in High Jump with a height of 6-02. Rozumowicz finished 7th in the 3200m with a time of 11:41, and in the 1600m placed 6th in her heat and 17th overall with 5:39. Eaton finished 11th overall in the 11m Hurdles with a time of 16.27, and 3rd in his heat and 8th overall in the 300m Hurdles with 42.43. Faircloth finished 3rd in his heat and 16th overall in the 3200m. Henning finished 8th in his flight and 19th overall in Discus with a distance of 113-06. The Girls 4x100m Relay placed 11th with a time of 55.25.

Next up for the team is the Crump Invitational in Dixon on Saturday, March 22. The first league meet will be at Casa on Wednesday, March 26. Go Rams!

Article by Kathy Faicloth



ORANGEVALE COOKS

BY
Suzanne Feblowitz

In memory of my brother-in-law, Mike O'Brien, I would like to share a recipe that my niece, Kelly, brought to a family gathering a few years ago. This might be the perfect dish to bring to your family gatherings this month and next month. It could be the perfect dessert on St. Patrick's Day.

If you would like to share a favorite recipe, please send a copy to Suzanne Feblowitz at the Orangevale View (editor@ovview.com). Be sure to include your phone number or email with your recipe in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit your name.

KELLY'S IRISH WHISKEY CAKE

1 package yellow or chocolate cake mix
1 (3.4 ounce) package instant vanilla or French vanilla or chocolate pudding and pie-filling mix
3/4 cup Irish whiskey or bourbon, divided
1/2 cup cooking oil
4 jumbo or extra large eggs, at room temperature
3/4 cup granulated sugar
1/4 cup butter or margarine
1/4 cup water
1 teaspoon lemon juice

Preheat oven to 350 degrees. In a large bowl, combine cake mix, pudding mix, 1/2 cup Irish whiskey, and oil, add eggs and beat at medium speed of an electric mixer for 4 minutes, scraping sides of bowl as necessary. Spoon into a greased and floured 10-inch Bundt or tube pan. Bake for 45 minutes, or until a cake tester comes out clean. When cake is almost

done, prepare syrup.

Combine sugar, butter, water, and lemon juice in a small heavy saucepan. Bring to a boil slowly, stirring until sugar is dissolved. Remove from heat and stir in remaining 1/4 cup Irish whiskey or bourbon.

Turn cake out onto two large sheets of aluminum foil placed together to form the shape of a cross. Let cake cool for 10 minutes, top side up for tube cake and upside down for Bundt cake. Using a skewer or long bamboo pick, make holes all over top and sides of hot cake. Drizzle syrup very slowly over cake. Bring foil up around cake and wrap securely. Cake may be served when completely cool, or stored in an airtight container overnight. Cake may be wrapped securely in foil and stored in the refrigerator for several weeks or in a freezer for up to six months.



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to nurture and harvest in the comfort of your home!

Details at a Glance
Cost: \$30 (includes the class and your personal mushroom-growing kit)

Capacity: Only 40 spots are available, so act fast!



This event promises to be both educational and fun, with seats filling up quickly. Make sure to arrive early—it's first come, first served! Don't miss out on this unforgettable evening of fungi-filled excitement.

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Reserve your ticket here: Orangevale Grange Ticket Page. <https://orangevalegrange.ticketspice.com/shroomhouse> or visit Grange Events at <https://www.orangevalegrange.org/>

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The Grange provides opportunities for individuals and families to develop to their highest potential in order to build stronger communities and states, as well as a stronger nation.

A Neighborhood Harvest: Turning Backyard Fruit into Community Nourishment

This winter, something truly special has been happening in our community. Backyards have become orchards of generosity, and trees heavy with fruit have turned into a source of nourishment for those in need.

For the past two months, homeowners in Fair Oaks, Orangevale, and Citrus Heights have welcomed our volunteers into their yards, inviting them to pick oranges, mandarins, and lemons that would have otherwise gone to waste. These simple moments—standing beneath a sun-dappled tree, reaching for ripe citrus, sharing stories with neighbors—have added up to something incredible. In the last two months over 3,900 pounds of fresh fruit made its way from local trees to the Orangevale-Fair Oaks Food Bank!

And it isn't just the citrus trees sharing their bounty. The Food Bank Farm has been growing its own kind of abundance—lettuce, cabbage carrots—each one a small act of care, cultivated with intention. Every fresh, vibrant vegetable harvested from our farm is more than just food.

It's a message. A message that says: "We see you. We value you. You deserve more than just leftovers."



When we delivered the latest harvest to the Food Bank, the reaction was pure joy! The team there calls it “the good stuff”—fresh, beautiful, nourishing food that makes a real difference for families in need.

This past month, when the grocery store produce donations were running low, the farm and the neighborhood harvest stepped in to fill the gap. Fresh-picked fruit and vegetables found their way to families who needed them most, proving once again that when a community comes

together, no one has to go without. Through every backyard opened, every piece of fruit picked, and every harvest shared, we are reminded of the simple, powerful truth: Nourishment is meant to be shared!

Thank you for supporting our Community!
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info@foodbank.farm
(916) 238-8868

ROOT CELLAR, Sacramento Genealogical Society announces their 2025 Spring Seminar featuring Judy G. Russell, JD, CG, CGL

Judy G. Russell, The Legal Genealogist®, is a genealogist with a law degree who provides expert guidance through the murky territory where law and family history intersect. An internationally-known lecturer and award-winning writer, she holds credentials as a Certified Genealogist® and Certified Genealogical Lecturer from the Board for Certification of Genealogists® and is a Fellow of the Utah Genealogical Association. Her blog is at <https://www.legalgenealogist.com>. At the full-day seminar, Judy will present four very informative lectures: (1) Dower and Dowry: Women,

Property, & Legal Records, (2) Follow the Money! Records of the Record Makers, (3) NARA (The U. S. National Archives and Records Administration) Mythbusters: Your Family IS in the Archives, and (4) DNA and the Hidden Half of the Family. Join us in-person; all those interested in genealogy are welcome! Send questions to seminar@rootcellar.org.

Date: Saturday, May 31, 2025
Time: 10:00 am - 5:00 pm, doors open at 9:15 am
Location: Maidu Community Center, 1550 Maidu Drive, Roseville, CA
Cost: \$50 Root Cellar Members; \$65 Non-Members
Pre-registration is required - Registration ends May 15, 2025 - No tickets sold at the door
To register, go to www.rootcellar.org

FRI. MARCH 28, 2025

Spaghetti DINNER & WESTERN DANCE

Fundraiser for Casa Roble FFA

6:30-9:00 PM

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THRU 3/15/25 REGISTER AT:
<https://kiwanis-club-of-orangevale-fair-oaks.square.site/>

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HOURS

Sunday Closed
Monday Closed
Tuesday 10AM-6PM
Wednesday 10AM-6PM
Thursday 10AM-6PM
Friday 10AM-6PM
Saturday 10AM-6PM

Heirloom Seeds Available at the Orangevale Library

The Orangevale Library has heirloom seeds to start your own garden and our warm weather seeds are available now! Grow a variety of herbs, ornamentals, and edible plants. Save money and reduce your carbon footprint by growing nutritious food at home. The seed library is completely free of charge and available to anyone. The seed library is available daily.

KIDS

Family Storytime Every Thursday, 10:30 a.m. - 11:30 a.m. Jane Wise Community Room Families with young children (0-5) are invited to join us for songs, rhymes, and stories designed to build early literacy skills. Older siblings are welcome to attend. After the storytime we will put out toys and activities for a stay and play session where children can play and communicate with each other.

Read to a Dog Friday, March 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 at the Library.

Lego Robotics Saturday, March 15, 10:30 a.m. - 12:00 p.m. Family Art Lab Led by a team of student instructors, kids ages 9 to 14 will work in groups to create and program a robot and learn STEAM skills with this fun,

hands-on project.

Family Art Lab Saturday, March 29, 3:00 p.m. - 5:00 p.m. Jane Wise Community Room We bring the art supplies, you bring the creativity! Families, kids and teens are welcome to join us as the library puts out a variety of art supplies and let everyone make whatever art they want! Paints, modeling clay, markers, air brushing, and more are available for us to make pictures, sculptures, and mixed media projects!

Minecraft Gaming Thursday, April 3, 2:00 p.m. - 4:00 p.m. Jane Wise Community Room Enjoy this computer game filled with mining, crafting and exploring! Play with new friends on our own library server at the Orangevale Library! We will do two 45-minute shifts if there are more participant than PC laptops. This program is for students aged 6 - 17; registration is encouraged at www.saclibrary.org/events

TEENS

Teen Space Thursday, March 20, 3:00 p.m. - 5:00 p.m. Thursday, March 27, 3:00 p.m. - 5:00 p.m. Thursday, April 10, 3:00 p.m. - 5:00 p.m. Meet other teens, and hang out in a space dedicated to you.

Prom Drive Giveaway Saturday, March 22, 2:00 p.m. - 4:00 p.m. Jane Wise Community Room Prom can be pricey. Teens ages 13 - 19 can shop our gently used prom collection for free during giveaway events at select locations this Spring. Check our website for details and additional giveaway locations.

ADULTS

A Matter of Balance Every Wednesday through April 30th 1:00 p.m. - 3:00 p.m. Jane Wise Community Room Agency on Aging Area 4 is offering this fun, socially engaging educational workshop for older adults

at the Orangevale Library for **FREE!** Registration will open 30 days prior to each class at www.saclibrary.org/events

Orangevale Adult Book Group - True Biz Saturday, March 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 True Biz by Sara Novic. 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, April 5, 1:30 p.m. - 3:00 p.m. Jane Wise Community Room Do you need help researching your family history? Learn the basics, try new resources, and share discoveries with a group of Time Detectives. There's always something new to learn on a genealogy adventure! This program is for adults.

Genealogy: Book a Genealogist Saturday, April 5, 3:00 p.m. - 4:00 p.m. Jane Wise Community Room Need help with your family history? Not sure how to begin? Want to know where to look next? Root Cellar volunteers are ready to help you discover your roots! Free individual 30 minute help sessions are available at the Orangevale Library. Reserve your session online at www.saclibrary.org/events

Mixed Media Art Journaling Saturday, April 12, 10:00 a.m. - 1:00 p.m. Jane Wise Community Room Use your imagination and all kinds of mixed media to create a free-style art journal. Both inexperienced and lack of talent are welcome! The Friends of the Orangevale Library have graciously provided art journals and supplies to create a place for creativity to unfold. Please note, supplies are limited so feel free to bring your own too.



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HEALTHY LIFESTYLE



The Power of Strength Training: Why Everyone Should Lift

Strength training is often overlooked in favor of cardio, but it's one of the most effective ways to improve overall health and longevity. Beyond just building muscle, lifting weights boosts metabolism, helping the body burn more calories even at rest, making weight management easier. Unlike cardio, which burns calories only during activity, strength training helps build lean muscle that increases energy expenditure all day long. This makes it an essential tool for those looking to maintain or lose weight without extreme dieting.

It also plays a crucial role in bone health. As we age,

bone density naturally declines, increasing the risk of fractures and osteoporosis. Lifting weights puts stress on bones in a way that signals the body to reinforce them, keeping them strong and reducing the likelihood of breaks later in life. Additionally, strength training enhances joint stability and balance, lowering the risk of falls and injuries, especially for older adults. Many people associate aches and pains with aging, but resistance training can help combat stiffness and improve mobility, keeping people active and independent for longer.

Beyond the physical benefits, strength training has a profound impact on mental health. Studies show it reduces anxiety, improves

mood, and boosts confidence. The sense of accomplishment from lifting heavier weights or mastering a new movement creates a stronger mindset along with a stronger body. You don't need to be a bodybuilder to experience these benefits—just incorporating basic exercises like squats, lunges, and push-ups a few times a week can make a difference. Whether you're young or old, new to fitness or experienced, adding strength training to your routine leads to a healthier, more resilient body and mind. So next time you hit the gym, don't skip the weights—your future self will thank you.

Matthew Fox,
Fox Fitness, Owner
See Page 10 for special offer

WHAT YOU NEED TO KNOW ABOUT CBD

The buzz around CBD is as high as ever. Fans hail CBD, or cannabis-based products, as natural cure-alls for all sorts of health conditions. Whether it's for chronic pain, anxiety, or insomnia, the number of products you can get your hands on feels like it grows more and more every day. There are CBD beauty products, CBD foods, CBD drinks, CBD pills, and even CBD pet products.

So, should you get that CBD massage? Or eat those CBD chocolates? Ebonie M. Vázquez, MD, a psychiatrist and addiction medicine specialist at Kaiser Permanente in Southern California, breaks down what we do and don't know about CBD products.



What is CBD?

CBD stands for cannabidiol. It's a natural chemical found in the cannabis sativa plant, also known as marijuana or hemp.¹

"CBD doesn't contain THC (tetrahydrocannabinol), the major psychoactive ingredient in marijuana that makes you feel high," says Dr. Vázquez. As a result, CBD products are sold as a way to enjoy the calming effects of marijuana without the high.

Does CBD get you high?

"Pure CBD doesn't contain THC, so it shouldn't make you feel high," says Dr. Vázquez. "But the key word there is 'pure.'" It's hard to know if you're getting pure CBD in current products, which aren't screened for purity or safety.

In fact, the FDA (Food and Drug Administration) tested several CBD products and found that many contained different levels of CBD than they claimed. Some products even had THC in them. Others are suspected of containing

CONTINUE PAGE 23

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WHAT YOU NEED TO KNOW ABOUT CBD CONTINUED FROM PAGE 21

unsafe toxins like pesticides and heavy metals.² In general, if your CBD product doesn't have any other additives, it shouldn't make you high.

What do we know about the health benefits of CBD?

There's a lot of buzz around CBD helping with anxiety, pain, stress, and insomnia. But there's not enough research to prove the hype. "There's currently research underway to see if CBD can help with Parkinson's disease, schizophrenia, multiple sclerosis, insomnia, and anxiety," says Dr. Vázquez. "But it's too soon to know whether or not CBD effectively treats these conditions."

Right now, the only CBD health benefit we have scientific evidence for is epilepsy treatment. The FDA has only approved one CBD product — Epidiolex. It's prescribed to treat 2 severe and rare forms of childhood epilepsy (Dravet syndrome and Lennox-Gastaut syndrome).^{3,4}

Are there any health risks associated with CBD?

Some potential side effects of CBD are nausea, fatigue, and irritability, says Dr. Vázquez. But the bigger risk with CBD is with drug interactions.

"CBD may react with a lot of common medications people take," Dr. Vázquez says. "For example, pain medications, psychiatric medications, blood thinners, antihistamines, and more." If you're taking CBD, let your doctor know so they can review your medications to help you avoid a bad reaction.

Avoid CBD if you're pregnant or breastfeeding

Some CBD products may have harmful impurities in them (like pesticides and bacteria), which can put you and your baby at risk. So it's especially important to avoid CBD products if you're pregnant, breastfeeding, or chestfeeding.⁵

Yet a study found that 1 in 5 people use CBD products during pregnancy. Common reasons are anxiety, depression, pain management, and migraines.⁶ But Dr. Vázquez says this is partly because of a mistaken belief that CBD products have fewer risks than certain medications.

Studies in animals have found that CBD use can affect fetal brain development and increase the risk of low birth weight and premature birth.⁷ And THC can last in breast milk for up to 6 days.⁸

If you're pregnant, talk to your doctor about the best way to manage pain or if you're experiencing changes in your mood. You have a range of resources to support your physical and emotional well-being.

Is CBD regulated?

CBD products aren't regulated or evaluated by any government agency. And aside from the prescription epilepsy drug Epidiolex, the FDA hasn't approved any CBD products. This includes cosmetics, foods, dietary supplements, and pet products.

The FDA also hasn't approved CBD products that claim to prevent, treat, or cure diseases like cancer and Alzheimer's disease. To try to protect the public's health, the agency warned companies to stop selling CBD products that claim to do so.⁹

"Due to this lack of regulation, there's a lot of variation in product quality," Dr. Vázquez explains. "There's no guarantee you're getting what the label says you're getting." And dosage is also murky territory, whether it's in pill, oil, or topical form. Since the FDA hasn't evaluated CBD products for proper dosage, there are no clear guidelines yet on how much CBD is safe to take.¹⁰

Will CBD show up on a drug test?

CBD shouldn't show up on a

drug test. But it's possible. "If your CBD product happens to contain THC," Dr. Vázquez explains, "it may result in a positive drug test."

Is it safe to try CBD?

"At this point, I don't recommend the use of CBD products," Dr. Vázquez says. "We just don't have enough evidence right now on the health benefits, and a big concern is the lack of regulation and possible health risks."

If you're going to try CBD, it's important to be cautious and know the risks. And whether you're interested or already using CBD, Dr. Vázquez encourages you to talk to your doctor about it. "Please don't hide it from your doctor because you think they might be anti-CBD.

We want to hear about your experience and make sure you're safe," she says. At the very least, your doctor can review your medications with you to help make sure you're not at risk for any drug interactions. And over time, if CBD products are found to be effective and safe, they'll eventually come under FDA regulation. "Then doctors may feel more comfortable with patients using CBD products," she says. "But right now, it's just too new."

Not sure about CBD?

Talk to your doctor if you're thinking about using CBD.



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

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

AGENCY
ON AGING
AREA 4

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- view falls as controllable
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- make changes to reduce fall risks at home
- exercise to increase strength and balance

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- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

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Classes are held in-person for 2 hours
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Session 1 3/12
Session 2 3/19
Session 3 3/26
Session 4 4/2
Session 5 4/9
Session 6 4/16
Session 7 4/23
Session 8 4/30

Class is free of charge.

Register for Matter of Balance at
engage.saclibrary.org/events or call Sacramento
Public Library at 916-264-2920.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
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