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AMERICAN RIVER Messenger

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Serving Fair Oaks, Orangevale & Sacramento County

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Miller's Ace is Now the Place



Jessica Greenfield and Miller cut the Grand Opening ribbon with support from store staff and the Citrus Heights Chamber of Commerce. Photo by Paul V. Scholl

By Patrick Larenas

SACRAMENTO REGION, CA (MPG) - Home improvement shopping just got a little easier and friendlier around town, thanks to the recent opening of Miller's Ace Hardware at 8077 Madison Avenue in Citrus Heights, located across the street from the Fair Oaks Library where both communities meet.

"Miller's Ace Hardware is thrilled to show the communities of Fair Oaks and Citrus Heights all that we have to offer," store owner Jessica Rowell Greenfield said about the new shop at



Greenfield and her team received a handful of awards and proclamations from local dignitaries. Photo by Paul V. Scholl

the corner of Madison Ave. and Fair Oaks Blvd.

The new Ace Hardware franchise officially opened

the weekend of August 4-6 at the Almond Orchard Shopping Center where

entrepreneur Greenfield

leased a 14,200-square-foot store which had been vacant for several years.

Ace Hardware District Manager Sandi Colbus helped in celebrating the occasion and said she expects that the hardware store chain will thrive in the location. "Most Ace Hardwares are very successful and develop strong ties to the community thanks to loyal customers in their surrounding neighborhoods," she said.

Greenfield said she was very excited with the 1500-strong turnout and reported a transaction

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SMUD Named Nation's Most Sustainable Utility by J.D. Power Index

SMUD News Release

SACRAMENTO REGION, CA (MPG) - SMUD ranked first in the 2023 J.D. Power Sustainability Index, a comprehensive evaluation of the nation's largest electric utilities' customer awareness, engagement and advocacy related to their local climate sustainability programs and goals.

Drawing from established J.D. Power customer satisfaction and environmental metrics, the index includes 35 of the largest U.S. electric utility companies with 500,000 or more residential customers, serving as an industry benchmark to assess the utility's standing as a climate leader.

"SMUD is setting the standard for environmental leadership and utility service excellence," said CEO and General Manager Paul Lau. "SMUD is taking sustainability to the next level with our industry-leading goal to remove all carbon emissions from our power supply by 2030. We're delivering on that goal in a way that maintains reliability, keeps rates low, enhances our electric programs and services, and benefits our diverse communities. As we responsibly progress toward a clean energy future, SMUD is unwavering in our commitment to world-class reliability and continuing to keep SMUD's rates among California's lowest. This recognition underscores our decades-long commitment to environmental leadership and innovation, which continues to power the Sacramento region forward."

SMUD is completely transforming the Sacramento region's power supply and supporting electrification of buildings and transportation for a clean energy future and economy. SMUD's 2030 Zero Carbon Plan is a comprehensive blueprint to achieve regional decarbonization, sustainability and an energy transition that leaves no community behind. The plan is among the most aggressive decarbonization initiatives of any major utility in the nation and centers on several key strategies, including:

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The Place to Volunteer

By MPG Staff

SACRAMENTO COUNTY, CA (MPG) - California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, is seeking interested community members who would like to bring the annual Airshow to life September 23-24, 2023.

More than 1,000 community members make up the corps of volunteers each year, who assist in creating an unforgettable experience for event attendees and exhibitors. Volunteers will be fed and provided with water throughout the day, in addition to receiving a commemorative 'Airshow Crew' t-shirt, the chance to make some new friends and the CCA's deepest gratitude for supporting this nonprofit event.

The annual Volunteer Rally for 2023 was held at the Rancho Cordova City Hall on Wednesday, July 19. The rally, which served as the official kick-off to volunteer planning and coordination for the Airshow, provided interested community members with the opportunity to learn



Community members are invited to learn more about exciting volunteer opportunities at the California Capital Airshow. Photo provided by CCA

more about the event, but the CCA is still in need of many more volunteers to fill their ranks for the weekend show.

"Airshow volunteers play a vital role in supporting CCA's mission to inspire young people using the power and magic of flight," says Darcy Brewer, Executive Director of California Capital Airshow. "They build a great deal of community around this, all while experiencing the behind-the-scenes excitement of producing a massive event."

Volunteers are brought together by their passion for aviation, community and friendship. The Airshow is looking for adults, age 18 and older, to volunteer their time on Saturday, September 23 and Sunday, September 23, 2023.

Those interested are encouraged to complete volunteer registration at californiacapitalairshow.com/become-a-volunteer/.

Established in 2004, the California Capital Airshow 501(c)3 plans and operates

the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information about the airshow, performers, and discount tickets, please visit www.californiacapitalairshow.com. ★

Teaming Up For Students



Founder and chief executive of the Culinary Staples Foundation (CSF) Chef Dan Catanio (in red chef's shirt) proudly awards MealPro participating students Kobe (left), Isaac (back), and Stephen (right) with their certificates as the first graduates of a new culinary arts training program offered at MealPro in Citrus Heights. Photo courtesy of MealPro

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - A nonprofit, PRIDE Industries and MealPro in Citrus Heights have teamed up to help provide disabled youth an opportunity to gain valuable culinary job skills they will need to enter a commercial kitchen, and quickly get to work.

The first three students completed their training last week and more are expected to enroll soon, said MealPro chief executive Officer and Chef San Catanio, founder and chief executive of the Culinary Staples Foundation (CSF) who taught the course at MealPro's Citrus Heights headquarters at 7749 Greenback Lane.

"We're especially proud of our first three course participants who have received their completion certificates," said Catanio.

The three students, Kobe, Isaac and Stephen, identified by first names, who recently completed the culinary staples training program that was taught by Catanio, received a thorough introduction to kitchen safety and the professional prep cooking skills needed to work in a fast-paced, modern commercial kitchen environment. The trio also earned their food handling certificates.

"Our goal is to help prepare our students with the confidence they'll need for entry-level restaurant positions in the local Sacramento region and to encourage their success," Catanio said.

PRIDE Industries and another nonprofit, On My Own Community Services, had made past presentations to the Citrus Heights Chamber of Commerce about their missions to help disabled workers obtain training and find meaningful work resonated with him, said MealPro founder and chief executive officer Andy Sartori.

"MealPro eagerly signed up to become an employer partner with PRIDE Industries, and we've since provided some internships to their participants," Sartori said.

"That's about when Chef Dan Catanio and I decided to create a specific program at MealPro to teach participants the basics of working in a commercial culinary environment," he said.

MealPro itself has doubled the size of its Citrus Heights operations, as Sartori bought the building which houses its corporate headquarters and its commercial kitchens.

Catanio is a well-known executive chef in the Sacramento region.

His non-profit Culinary Staples Foundation (CSF) is headquartered at MealPro in Citrus Heights. Catanio, also a past executive producer of the "Culinary Magic Cooking Show", has produced over 100, 30-minute cooking shows for a local community access cable channel.

In time, Catanio hopes to offer to the public a regular schedule of cooking classes in MealPro's Greenback Lane commercial kitchens.

"We've now opened this culinary arts training program to the community at no cost," Sartori said.

The recent two-week culinary training program for disabled youth in Sacramento and Placer counties was taught at MealPro's corporate headquarters in Citrus Heights, Sartori said.

While MealPro provides on-site culinary training, the staff at PRIDE Industries in Citrus Heights will help provide job placement opportunities to the three recent program graduates.

The three students, Kobe, Isaac and Stephen, took courses in the fundamentals of food safety, kitchen equipment and customer service as well as receiving hands-on experience.

For information about the ongoing culinary arts training program at MealPro visit: www.mealpro.net/careers/culinary-trainee/ or www.culinarystaples.com/

Participants must either be currently enrolled in PRIDE Industries, or if they wish to participate in the culinary arts training program without enrollment in PRIDE, must complete a required interview and drug screening.

Catanio said all participants should demonstrate a willingness to learn and a desire to seek employment in the culinary industry with an availability to attend in-person training from Monday through Thursday from 9 am to 1 p.m. at MealPro's culinary center at 7433 Greenback Lane in Citrus Heights.

MealPro is focused on creating a custom approach to nutrition, the kind that helps athletes perform, and busy professionals stay healthy," Sartori said. "We want to make custom nutrition affordable and accessible to everyone - everywhere. And we believe our best work can make a sustainable, positive impact in people's lives." Learn more about MealPro's menu offerings at: www.mealpro.com ★

Miller's Ace Hardware is Now the Place

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count up 236% since the soft opening in June 27.

Miller's Ace Hardware grand opening weekend events and giveaways included:

Grilling demos by Big Green Egg, Traeger and Ooni; Product demos by Milwaukee, STIHL, Hoover and EGO; Kids events, chalk art, crafts; Pet treats and product demos; Live music; Giveaways of Milwaukee M18 FUEL 18V Cordless Brushless Tool Combo Kit, an EGO Power Plus Straight Shaft Battery String Trimmer and a Traeger Pro Series 22 Wood Pellet Grill; Plus, various gift cards from local businesses to support the community.

"The week leading up to the Grand Opening was the first week we did a large promotion by mail and radio. We continue

to be humbled by the community's support and excitement over our opening," Greenfield said.

Together with general manager Lyuda Demyanchuk, Greenfield has been busy since May stocking merchandise and hiring staff helpful and knowledgeable for their customers' needs.

Greenfield stated, "The store also provides professional services, such as paint color matching, glass cutting, key cutting, propane filling, screen repairs and other services as needed."

The new Ace Hardware is located at 8077 Madison Avenue in Citrus Heights. Store hours are Monday through Saturday, 7 a.m. to 8 p.m., and Sunday, 8 a.m. to 6 p.m.

For more information visit AceHardware.com or call (916) 760-8110. ★

SMUD Named Nation's Most Sustainable Utility by J.D. Power Index

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Substantial increases in renewable energy sources, battery storage and related technologies; Adoption of zero carbon innovation to engage the wider community in carbon-reducing activities; Retirement of thermal plants; Strategic partnerships to optimize costs and maintain competitive rates, and; Workforce development programs and education opportunities that support clean energy careers.

Through a long-standing commitment to community connection and engagement, SMUD cultivates innovative pathways for customers to lower utility costs and actively participate in reducing their carbon footprint. Building on our unwavering support for EV adoption

that started decades ago, SMUD continues to be a driving force for positive change, collaborating closely with customers. Through an array of SMUD programs, including virtual power plants, managed-EV charging solutions, electrification incentives, residential and commercial workshops on emerging energy technologies, EV test-drive forums and a variety of related initiatives, all communities are invited to actively participate in shaping a greener future.

In 2022, SMUD became the first recipient of J.D. Power's Power Certified Sustainability Leader designation, which acknowledges SMUD's outstanding customer service and ambitious vision of achieving a carbon-free power supply by 2030. ★

Rep. Bera Statement on L3Harris Acquisition of Aerojet Rocketdyne

From the Office of Representative Ami Bera

SACRAMENTO, CA (MPG) - U.S. Representative Ami Bera, M.D. (CA-06) released the following statement after the acquisition of Aerojet Rocketdyne by L3Harris.

"Throughout its history, Aerojet Rocketdyne has been a vital community partner for the Sacramento region as a driving force of economic growth and job creation. For decades, its pioneering innovation and leadership in space exploration has been instrumental in advancing America's aerospace industry.

The acquisition of Aerojet Rocketdyne by L3Harris marks a milestone in the aerospace sector. As we push the boundaries of space exploration, it is critical that we maintain a strong focus on protecting our environment. I look forward to working with L3Harris and Aerojet Rocketdyne to ensure their continued commitment to environmental stewardship for our region."

Representative Bera joined the House Science, Space, and Technology Committee during his first term in Congress and has been a staunch advocate for U.S. space innovation and exploration. ★

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ARREST LOGS UPDATED DAILY

Extraordinary Nurse at DaVita Honored with DAISY Award

By Maggie Spain,
Spearca Communications

ORANGEVALE, CA (MPG) - Hannah Naten, nephrology nurse at DaVita Orangevale Dialysis Center, was recently honored with The DAISY Award® For Extraordinary Nurses during National Nurses Week. The award is part of the DAISY Foundation's programs to recognize the super-human efforts nurses perform every day.

DaVita leaders, fellow care team members and patients celebrated Naten for her continuous efforts to go above and beyond to care for her dialysis patients and support other DaVita teammates. On Christmas Eve last year, a patient on the dialysis treatment floor suffered a panic attack. Naten bolted to his side, held his hand and reassured him that everything would be all right. The patient was able to recover and complete treatment. Naten always shows the utmost respect and compassion to everyone she encounters. Her teammates refer to her as a ray of sunshine in their center.

For their commitment to respecting, encouraging and empathizing with each patient's kidney care journey, DaVita's



DaVita Orangevale Dialysis Center Celebrates Orangevale nurse Hannah Naten's commitment to high-quality, compassionate patient care. Photo courtesy of Spearca Communications

DAISY award honorees received a personalized "Extraordinary Nurse" certificate, a DAISY Award pin and a hand-carved sculpture called "A Healer's Touch."

"In Italian, DaVita means 'to give life,' which is exactly what our nurses do every day," said Tina Livaudais, chief nursing

officer for DaVita. "Each of our DAISY recipients is committed to nursing excellence and dedicated to compassionate patient care. I'm proud to celebrate this achievement and the many ways DaVita nurses positively impact our patients, their loved ones and their surrounding

communities every day."

The not-for-profit DAISY Foundation was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Said Bonnie Barnes, FAAN, doctor of humane letters and co-founder of The DAISY Foundation, "When Patrick was critically ill, our family experienced firsthand the remarkable skill and care nurses provide patients every day and night. Yet these unsung heroes are seldom recognized for the super-human work they do. The kind of work the nurses at DaVita are called on to do every day epitomizes the purpose of The DAISY Award."

DaVita strives to create an environment of nursing and technician excellence through numerous growth programs. To learn more about how DaVita supports its nurses throughout their career, Careers.DaVita.com. ★

SCOE Teachers and Classified School Employees of the Year Honored

Bouchard Communications
News Release

SACRAMENTO REGION, CA (MPG) - SchoolsFirst Federal Credit Union, the largest credit union serving school employees and their families, recognized the exemplary teachers and classified school employees who were honored in the annual Sacramento County Office of Education Teacher of the Year and Classified School Employee of the Year programs sponsored by the Credit Union. Teachers and classified school employees selected for 2023 were honored during recognition events at two Sacramento River Cats games at Sutter Health Park earlier this year.

The Sacramento County Teacher of the Year program recognizes excellence in teaching within the county's public schools. Participating districts nominate individual teachers to receive this special recognition. The Sacramento County Office of Education (SCOE) also nominates one of its teachers to compete. The Classified Employee of the Year program, open to school district and SCOE staff, is designed to acknowledge and promote the efforts of outstanding classified school employees across the county.

SchoolsFirst Federal Credit Union and the Sacramento River Cats are among the partners that support both programs.

Teachers of the Year selected for Sacramento County are:

Teachers of the Year selected for Sacramento County are:



Sacramento County Office of Education Classified School Employees of the Year for 2023 honored at the Sacramento River Cats game on June 11. Photos courtesy of Bouchard Communications



Sacramento County Office of Education Teachers of the Year for 2023 honored at the Sacramento River Cats game on April 23.

Katie Edwards, 4th Grade, Oak Hill Elementary School, Center Joint Unified School District; Debi Lawson, 4th & 5th Grade, Washington Elementary School, Sacramento City Unified School District; Rachel Baird, 11th & 12th Grade (English), Cosumnes Oaks High School, Elk Grove Unified School District; Lisa Bettencourt, 3rd Grade, Pacific Elementary School, Sacramento City Unified School District; Christina Rae, 9th & 12th Grade (English), Vista del Lago High School, Folsom Cordova Unified School District; Kevin Jordan, 7th - 12th Grade (CTE-Horticulture), Leo A. Palmiter

Jr./Sr. High School, Sacramento County Office of Education; Mark Bornstein, 2nd Grade, Paso Verde School, Natomas Unified School District; Logan Grinsell, 6th & 8th Grade (Science, Drama, Art), John Barrett Middle School, San Juan Unified School District; Gabino Perez, Principal (former 5th Grade Teacher), Walnut Grove Elementary School, River Delta Unified School District; Nicolette Pulley, K-5th Grade (Academic Intervention - Reading), Ottomon Elementary School, San Juan Unified School District; Matthew Craine, K-6th Grade (Physical Education), Main Avenue School, Robla School District; Emily

Negretot, 3rd Grade, Frontier Elementary School, Twin Rivers Unified School District.

Classified Employees of the Year selected for Sacramento County are:

Troygah Ahmach, Office Manager (Clerical and Administrative Services), Twin Rivers Unified School District; Kerry Wedel, Head Custodian (Custodial and Maintenance Services), Folsom Cordova Unified School District; Antoinette Tanksley, Café Services Team Leader (Food and Nutrition Services), Twin Rivers Unified School District; Amber Dimas, Health Assistant (Health and Student Services), Folsom Cordova Unified School District; Rachel Dennis,

Infant Educator (Paraprofessional Services), Sacramento County Office of Education; Terry Douglas, Community Safety Specialist (Security Services), Folsom Cordova Unified School District; Daniel Ericksen, Mechanic (Transportation Services), Folsom Cordova Unified School District.

"These teachers and classified school employees have displayed their unwavering dedication to making a positive impact on students' lives," said Josh Smith, vice president, school and community relations for SchoolsFirst FCU. "Since our founding almost 90 years ago, we have put school employees and their families in the forefront of our mission. We are honored to recognize their many contributions to schools, students and communities."

SchoolsFirst Federal Credit Union is the fifth largest credit union in the country. Serving school employees and their families, the organization is dedicated to providing World-Class Personal Service and improving the financial lives of its Members. Today they serve more than 1.3 million Members with a full range of financial products and. SchoolsFirst FCU was founded in 1934, when 126 school employees pooled \$1,200 and established a Member-owned cooperative to help improve each other's lives. In 2022, the Credit Union reported nearly \$28 billion in assets and remains the largest credit union in California. For more information about SchoolsFirst Federal Credit Union, visit schoolsfirstfcu.org. ★



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CSL Plasma Opens in Citrus Heights



The new CSL Plasma located at 7830 Macy Plaza is open Tuesdays through Saturdays.

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - CSL Plasma at 7830 Macy Plaza across the street from Target and adjacent to the Dollar Tree store has opened.

The new Citrus Heights center is CSL Plasma's sixth plasma donation center in California, according to Rhonda Sciarra, director of communications for CSL Plasma, headquartered in Boca Raton, Florida. The center, open 9 a.m. to 6 p.m. Tuesdays to Fridays, and 8 a.m. to 4 p.m. Saturdays, is closed on Sundays and Mondays.

Sciarra said the Citrus Heights center had hoped to open early in 2023, but the planned opening date was moved back due to state licensing processes which needed to be completed.

CSL Plasma is a division of CSL Behring, a global biotech leader headquartered in King of Prussia, Pennsylvania. The company operates more than 300 CSL Plasma collection centers across the U.S. and overseas, according to its website.

Priscilla Tabarez, assistant center manager, provided a tour of the new Citrus Heights facility which features 34 individual donor stations.

Front counter CSL staff help new donors through the initial registration process before they are led to an individual donation screening section for their privacy.

A flyer which is provided to new donors in the reception lobby provides useful before and after donation advice. Another describes the general method of new donor payment fees throughout the month of July.

For adequate hydration, prospective donors in good health should consume 2-3 quarts of non-alcoholic fluids per day, avoiding alcohol and caffeine as they may contribute to dehydration, according to CSL donation literature. To avoid lipemic plasma (plasma with a high fat content), prospective donors are also urged to stay away from high fat foods before donation.

New donors are recommended to eat a light meal or snack and drink extra fluids in



New Citrus Heights CSL Assistant Center Manager Priscilla Tabarez shows off the plasma donor screening stations available.

the 24 hours after they donate. Plasma is a straw-colored liquid which carries red blood cells, white blood cells and platelets. In the donation process, red blood cells are returned to the body in saline infusion.

"The proteins, antibodies, clotting factors and other nutrients in it also make plasma useful in treating those suffering from trauma, shock, burns or other emergencies that could happen to any individual," said Dr. Rachpal Malhotra, executive director, CSL head of plasma donor safety in a Zoom interview.

Plasma collected at the Citrus Heights CSL facility is used by its parent company CSL Behring for the sole purpose of manufacturing lifesaving plasma-derived therapies for people in more than 100 countries.

"There's a critical need for plasma throughout the world," Malhotra said. "Plasma is used to produce many life-saving therapies that treat diseases such as primary immunodeficiency, hereditary angioedema, inherited respiratory disease, hemophilia and other bleeding or neurological disorders, just to name a few."

The donation process typically takes not more than 90 minutes. No advance donor appointment is required, he said.

In early 2020, the 10,000-square foot CSL Plasma in Sunrise MarketPlace received an extensive refresh, with new added staff and donor parking spaces. The building, built in 2005, had been vacant since September 2019 when its former occupant Dimples Records closed.

Nearly 30 new full- and part-time jobs have been created at the Citrus Heights

facility, Sciarra said. General staff includes medical reception and support technicians, phlebotomists, nurses (LVNs, LPNs and RNs) as well as operations and quality management personnel.

A mature CSL Plasma center, operating for about three years, has the potential to provide nearly 50 full-time jobs in a local market, she explained. Annually, CSL Plasma contributes nearly \$6 million per center in employee payroll and average donor compensation, much of which is spent locally, she said.

To donate at a CSL Plasma collection center, donors must be in good health, between the ages of 18-74, weigh at least 110 pounds, have no tattoos or piercings within the last 4 months, meet eligibility and screening requirements, and also have valid identification and a permanent address, Sciarra said.

"CSL Plasma is proud to be a vital part of the communities where employees and plasma donors live and work," Sciarra said. "We're excited to continue our expansion on the West Coast and look forward to positively contributing to the greater Citrus Heights community as we have done throughout the country."

CSL Plasma donors receive a payment as part of the donation process. At the conclusion of the donation, the payment is loaded directly onto a reloadable card and is immediately ready for use. While fees vary by location, eligible, qualified donors can receive up to \$500 their first month for their donation of life-saving plasma.

A complete list of donor requirements is available on the web at: www.cslplasma.com/become-a-donor ★

MicroGreens Delivered Fresh to Your Doorstep

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Lil' Bits Microgreens, a new Citrus Heights small business local food startup farm is delivering four varieties of fresh, nutrient-dense microgreens to their customers' doorsteps.

Owners Brice and Lorena Baxter started their business in January 2023 by offering four varieties of nutrient-dense microgreens originally by referral through their friends and through social media.

Business has "grown" steadily with delivery to a customer base in Fair Oaks, Orangevale, Citrus Heights, Roseville, Folsom, Rocklin, Granite Bay, Rancho Cordova, and Gold River. The couple is now looking to reach out to attract the commercial market, marketing their microgreens to local restaurants and grocers in the area.

"Microgreens are the earliest stage of a vegetable plant's development, after the sprouting stage," Baxter said. "They are 'living foods,' and purposefully utilized in their most nutritious and delicious state where their nutrient content is more concentrated."

Product choices of 60g of broccoli, 100g of sunflower, 100g of peas and 75g of crunchy mix cost \$6 each and are delivered in individually sealable containers.

"Our business name, Lil' Bits Microgreens not only represents our products but also embodies our passion for making nutrition accessible and enjoyable for everyone in our community," Baxter said. "Just like tiny, vibrant puzzle pieces, our microgreens contain an abundance of nutrition that form an essential part of a healthy lifestyle."

Customers select the type and quantity of microgreen they wish to order and provide their contact information. The couple then promptly responds by email to arrange terms payment and time of delivery.

"In that way, we can get started on growing each customer's special order, so it's ready, when you're ready, she said. Single orders without a weekly subscription can also be placed. All orders over \$20 get free delivery.

"As avid proponents of health and wellness, our journey into the world of microgreens began with a unique combination of backgrounds in economics, nursing, and senior care," Baxter said.

"We witnessed the transformative power of raw vegetables on the health of seniors, and we were inspired to take action and create a business that could positively impact the well-being of our local community."

Researchers say a diet



Lorena and Brice Baxter, co-owners of Lil' Bits Microgreens, a small, direct-to-community farm offers home deliveries to their customers in the Citrus Heights area. Photo courtesy of Lil' Bits Microgreens



Microgreens are the earliest stage of a vegetable plant's development, after the sprouting stage when their nutrient content is more concentrated. Photo courtesy of Lil' Bits Microgreens

which includes nutrient-dense microgreens can help boost your immune system, lower inflammation, and improve gut health.

"We specialize in growing four varieties of nutrient-dense microgreens," he said. All four can be used in salads, sandwiches and wraps, soups, smoothies and juices. "We also encourage our customers to get creative and experiment with microgreens which can add much flavor, texture, and color to any meal."

"Prior to starting our business, we observed a remarkable trend: that many seniors experienced improved health outcomes and reduced dependency on medications by incorporating raw vegetables into their diets," he said.

When they also became new parents themselves, the Baxters said they took notice as how their toddler and other children readily took to microgreens when they were given an early introduction to them.

"We believed that by making these nutritious gems more accessible to the public, we could help support parents in providing wholesome and delicious food options for their families," Baxter said.

The couple's business goal, is to provide more than just a product; but to "strive to deliver nourishment, health, and vitality in every bite."

"We envisioned our microgreens as nature's 'Lil' Bits' of goodness, offering a powerhouse of nutrients in each delightful package," Lorena Baxter said.

Their tiny greens may appear diminutive, but they pack an important punch when it comes to essential vitamins, minerals, and antioxidants, the couple believes.

"And just like the smallest pieces of a puzzle are vital to completing the picture, so too are our 'Lil' Bits' crucial in building a strong foundation of health," he said.

"With each harvest, we aim to spread health, happiness, and a sense of unity, one 'Lil' Bit' at a time."

Lil' Bits Microgreens is active on social media including Facebook, Instagram and Twitter. Orders can be placed by email at: support@lilbitsmicrogreens.com

For more information, or to place a trial order for your own "Lil' Bit", call (916) 545-1123, or visit: lilbitsmicrogreens.com ★

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Bret Daniels for Supervisor News Release

CITRUS HEIGHTS, CA (MPG)

Citrus Heights Vice Mayor Bret Daniels has announced that in light of Supervisor Sue Frost's surprise announcement to not seek reelection next year, he is leaving the race for Congress and will instead run for Frost's seat as a County Supervisor. "Sue's announcement was a BIG surprise to all of us," said Daniels. "She has done an incredible job serving the community, first as a Councilmember here in Citrus Heights and then as a County Supervisor. It would be an honor to follow her and serve the great people of District 4. This unexpected opportunity allows me to fulfill a desire to serve a greater Cause while also allowing me to be home with my family each night."

Daniels has served on the Citrus Heights City Council for nearly 13 years. He serves on the Education and Community Programs Committee that recently began the process of studying the feasibility of leaving the San Juan School District and forming the Citrus Heights School District for local control and better accountability. He also serves on

numerous regional boards including the Sacramento Air Quality Board and the Regional Transit Board and is a strong advocate for public safety, quality of life, and government spending accountability. "Public Safety is the #1 responsibility of government. It is and will continue to be my #1 priority," said Daniels. "We all have an absolute right to feel and be safe in our lives. Our kids should be able to play in parks without concern or harm. Our communities should not look like third-world countries with broken down RVs and garbage everywhere."

Daniels emphasized the need to bring a stronger approach to minimizing homelessness by focusing on giving people a hand up instead of a handout, increasing mental health services and housing facilities, and prosecuting those that commit low-level crimes. "We get what we tolerate," said Daniels, "For too long, the negative aspects of homelessness, especially blight, have been tolerated. That needs to change. In Citrus Heights, we show compassion by offering people resources for housing and services, but we also take a firm stance on not allowing blight or ignoring low-level crimes. It's not perfect but it's a lot better than most places."

Daniels said his Top Three Priorities will be Public Safety/Homelessness, Transportation/Roads, and Taxes/Spending. "Nothing is more important than your safety and in today's world, that mostly centers around homelessness and our response to it. You should also be able

to drive down the street without hitting potholes big enough to chip your teeth," Daniels said, "We spend hundreds of millions of dollars on public transportation and other alternatives but nowhere near that on roads. That needs to change. And most importantly, we need to address these issues without asking for more dollars from hardworking families. I have successfully fought two efforts to raise taxes in Citrus Heights, I am a proud member of the Sacramento Taxpayer Association, and I pledge to oppose any effort to raise your taxes."

Daniels lives in Citrus Heights with his wife Nichole and their 6-year-old daughter. He has three adult children including his daughter Stephanie who is an Instructional Aid at Coyle School in Carmichael, his son Chris who is a Youth Pastor at Lakeside Church in Folsom, and son Brock who is a Corporal in the United States Marine Corps at Camp Pendleton. He has lived nearly his entire life in the district since moving to Citrus Heights when he was 12 years old. He has four granddaughters. Daniels is the Founding Member and President of Toys for the Troops Kids, a non-profit organization that has collected and distributed over 150,000 toys to the kids of our military troops during Christmas over the past 20 years. He has served as a PTA President and Little League Coach, is a United States Air Force veteran, enjoyed a 20-year law enforcement career including patrolling the streets of nearly the entire district, and is now retired. ★

Out & About with MaryAnne Povey



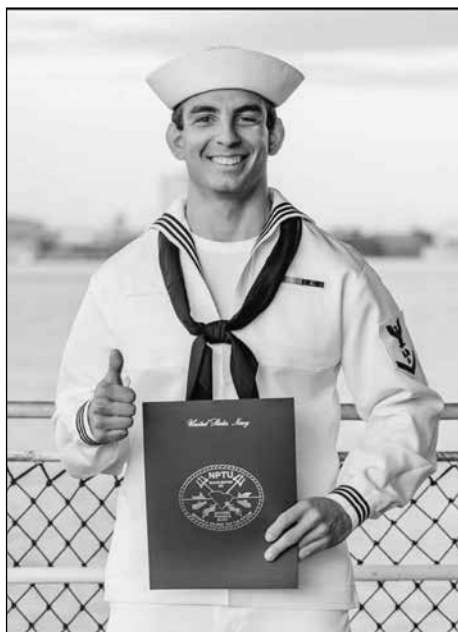
Community Rallies Around Casa Alum Max Haban to Fight Cancer

By MaryAnne Povey

ORANGEVALE, CA (MPG) - Everyone is invited to join us for the "Orangevale Roundup" Fundraiser, a heartfelt effort to support one of our own, Max Haban, a Casa Roble graduate Class of 2019, and Naval Nuclear Mechanic, who is bravely facing stage 4 cancer. Throughout the month of August local businesses are coming together to collect donations, to help the family with medical and travel expenses during this challenging time. Your donation will make a significant difference in Max's journey.

Giving is simple. All you need to do is round up your purchase to the nearest dollar, give more or scan the QR code. Each participating business may have different ways for you to donate.

As we rally around Max, let's also show our appreciation to the businesses that are giving back to support the cause! Special shout out to these businesses participating in the "Orangevale Roundup" Fundraiser for Max: Dairy Queen, Scotty's Hideaway, Dezy's Beef, Bread & Beer, Jan's Lounge, La Placita, L & M Liquor & Deli, Rebel Rhythm, &



Max Haban, a Casa Roble graduate Class of 2019, and Naval Nuclear Mechanic. Photo courtesy of Teri Haban

Warehouse Interiors.

Please donate! Together we can make a difference!

Want to join in the Roundup? Contact MaryAnne at maryanne@orangevale-live.com ★

Former Correctional Sergeant Found Guilty of Perjury in Cover-Up of Assault of an Inmate

U.S. Department of Justice News Release

SACRAMENTO, CA (MPG) - On July 17, 2023, a jury found a former California state correctional officer guilty of perjury in connection with a federal grand jury investigation into a conspiracy to cover up an assault of an inmate, U.S. Attorney Phillip A. Talbert announced. Following a three-day trial, Brenda Villa, 32, of North Highlands, was found guilty of one count of perjury.

According to the court records and evidence presented at trial, Villa was a correctional sergeant supervising other officers at California State Prison – Sacramento (also known as New Folsom State Prison or CSP-Sacramento) when correctional officer Arturo Pacheco unlawfully assaulted an inmate under color of law. Following the assault and the inmate's death, the California Department of Corrections and Rehabilitation (CDCR) initiated an internal investigation. As the CDCR internal investigation proceeded, a federal grand jury began investigating federal criminal charges in conjunction with the Federal Bureau of Investigation and the U.S.

Attorney's Office.

Villa was called to testify in front of the grand jury about her role and the actions of her fellow officers in covering up the unlawful assault. Villa lied under oath to the federal grand jury investigating the incident.

This case is the product of an investigation by the Federal Bureau of Investigation with assistance from the California Department of Corrections and Rehabilitation. Assistant U.S. Attorneys Michael D. Anderson and Rosanne L. Rust are prosecuting the case.

Former correctional officers Arturo Pacheco and Ashley Aurich pleaded guilty and were sentenced to 12½ years and 21 months in prison, respectively.

Villa's sentencing will be scheduled in front of U.S. District Judge William B. Shubb at a future court hearing. The next hearing in the case is on Monday, July 24, 2023. Villa faces a maximum statutory penalty of five years in prison for perjury and a \$250,000 fine. The actual sentence, however, will be determined at the discretion of the court after consideration of any applicable statutory factors and the Federal Sentencing Guidelines, which take into account a number of variables. ★

Two Fatal, Fentanyl Related Overdoses Reported in North Sacramento

Sacramento County Sheriff's Dept. News Release

SACRAMENTO COUNTY, CA (MPG) - On Friday, July 21, 2023, the Sacramento County Sheriff's Office responded to two assist calls for service with the Sacramento Metro Fire Department in the northern part of Sacramento County. The first incident occurred at approximately 9:10 AM, where Sheriff's North Patrol Deputies responded near the 3600 block of Elkhorn Boulevard to assist with a 46-year-old male lying unresponsive behind a business. Fire personnel arrived on scene and conducted life-saving measures; unfortunately, he was

pronounced deceased on scene.

The second incident occurred at approximately 1:15 PM, where Deputies responded to a location near the 7400 block of Watt Avenue to assist with a 16-year-old male juvenile lying unresponsive behind a dumpster. Fire personnel arrived on scene and again conducted life-saving measures; unfortunately, he was also pronounced deceased on scene.

Both cases appear to be fentanyl overdoses. The Sacramento County Coroner's Office will determine the cause of death in both incidents and forward its findings as prescribed by law. They will also release the names of the deceased after notification has been made to his next of kin. ★

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Poppoff!

With Mary Jane Popp

Firescaping Your Home

We have had a hot few weeks and just about everything has become like hay ready to burn. Let's face it, forests and homes have no protection against wild fires...except perhaps you. **Dr. Adrienne Edwards**, a plant botanist with **Rachel Schleiger**, a plant ecologist, came to together to help us with **"Firescaping Your home."** They shared some tips on my POPPOFF Radio Show.

1. FAMILY FIRST. Know that being prepared to evacuate saves your family and that is more important than your home and landscaping. Have "Go Bag" that includes your wildland fire action plan (house preparation, packing lists, evacuation plans, and contact numbers) so when an emergency arises you and your family are ready to go.

2. STRUCTURES. Assess your house and any other structures where you live for fire vulnerability. Then prioritize fireproofing on those structures with respect to degree of hazard, and costs for upgrades. They provide lots of tips in their book, but you can also consult with a professional or contractor with experience in how to make homes fire resistant.

3. LANDSCAPES. Noncombustible Zone (0-5 Ft). No more "no more foundation plantings". During fire season (depending on conditions) nothing combustible should be within 5 feet of any structure. That includes wood fencing. Lean, Clean, and Green Zone (5-30 Fr), or more depending on slope. Research indicates that thinning fuels within 30 Ft of structures, and maintaining a noncombustible zone next to structures, are far more important than anything you might do beyond the Lean, Clean and Green

Zones. Plants should be kept healthy and clustered plantings can be punctuated by noncombustible areas of rock, bare ground, and inorganic mulches etc.

4. HABITAT SUPPORT. Think about your neighbors, that is, your plant neighbors, your wildlife neighbors, and your human neighbors. The more land we develop, the more we need to provide oases for native plants. Pollinators and other wildlife need food, shelter, and water. Learn more how to provide those resources in your yard and when. The timing of when you clear vegetation can have huge impacts on pollinators and birds in particular. In a cooler, wetter year, you should leave flowers, seeds, branches and other habitat in place longer prior to fire season to allow organisms to reproduce. In a hotter, drier year you might have to clear vegetation sooner, but many of your wildlife neighbors can be a weak link in the firescaping chain, so fire resilience also should be coordinated at the community level. For example, fences may make good neighbors, but wood fences shed embers like crazy. When attached to houses, fires can burn house-to-house following fence lines toppling like dominoes.

5. ENJOY. Enjoy the natural beauty of your region with the confidence you have prepared for evacuation if needed and reduced your fire risks while continuing to support the habitat around you. You can check them out with more at www.firescapingyourhome.com. Wherever you live, checking some of the boxes for safety can't hurt. Stay safe.

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FBI Announces Results of Local Operation Tied to Nationwide Sex Trafficking

FBI Press Release

SACRAMENTO, CA (MPG) - The Federal Bureau of Investigation (FBI) Sacramento Field Office, working with its state and local partners, identified, and located two victims of sex trafficking during a nationwide enforcement campaign, called "Operation Cross Country." The FBI-led nationwide initiative, in partnership with the National Center for Missing and Exploited Children (NCMEC), focused on identifying and locating victims of sex trafficking and investigating and arresting individuals and criminal enterprises involved in both child sex and human trafficking. Law enforcement agencies conducted targeted operations to identify and apprehend offenders, dismantling criminal networks and preventing further harm to victims. Those suspects identified will be subject to additional investigation for potential charges.

In the greater Sacramento area, FBI agents worked collaboratively with law enforcement partners from Sacramento Police Department, Sacramento County Sheriff's Office, California Department of Justice, Sacramento County District Attorney's Office, Yolo County District Attorney's Office during the two-week

operation. Two adolescent victims and more than a dozen adults who are possible victims of human trafficking were identified during the operation were provided access to services coordinated by operational partner Community Against Sexual Harm (CASH). Five individuals were also arrested for charges related to commercial sexual exploitation.

"The FBI's primary focus is ensuring every possible victim of commercial sexual exploitation has the opportunity to connect with service providers and move beyond the cycle of exploitation and violence," said Special Agent in Charge Sean Ragan of the FBI Sacramento Field Office. "We are grateful for the support of our law enforcement partners to provide the victims of human trafficking with the dignity they deserve and ensure their exploiters face justice.

The FBI remains steadfast in its commitment to combatting child exploitation and human trafficking. Operation Cross Country is just one facet of the Bureau's ongoing efforts to protect the most vulnerable members of society and hold offenders accountable. The FBI encourages continued vigilance, cooperation, and reporting from the public to help identify and recover victims and bring perpetrators to justice. ★

Don't Wait, Know How to Evacuate

Sacramento County News Release

SACRAMENTO, CA (MPG) - Sacramento County's Office of Emergency Services has partnered with local cities to provide residents with evacuation zone maps online. Knowing your evacuation zone and evacuation route before an unexpected disaster occurs can help you and your family stay safe.

How to Prepare for an Emergency:
Know Your Zone - Visit the interactive map online and type in your home address. The map will generate your Zone Number.

Download Your Evacuation Zone Map & Emergency Go Kit Checklist - Visit the Evacuation Zone Map webpage and click on your Zone Number.

Inform Family & Neighbors - Share the map and checklist with household members and neighbors, then plan your evacuation

route and meeting point.

Prepare Your Emergency Go Bag - A checklist is provided with each map and your go bag should include essential items like food, water, chargers, a radio, a change of clothes, medications, and important documents for everyone in the household, including pets.

Sign Up for Emergency Alerts - Visit Sacramento-Alert.org to receive emergency texts, calls, and/or emails to your device.

Maps are accessible, downloadable, printable, and available in nine different languages. County residents will also receive a printed copy of their evacuation zone maps in the mail. Individuals with livestock can view livestock evacuation maps and routes online as well.

To learn how to prepare yourself and your family for an emergency like a wildfire or flood, visit SacramentoReady.org. ★

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COBRA, Health Insurance, Covered California, Medicare: Researching Plans

By Tim Coughlin

If you've been covered by group health insurance through your employer for a while and now find yourself in need of getting your own health insurance or choosing between COBRA, Covered California, or Medicare, evaluating the numerous options can feel overwhelming.

Determining plan premium costs, Covered California "Premium Assistance" amounts, Medicare costs based on income, plan deductibles, copays, out-of-pocket maximums, and making sure the doctors you want to see accept the plans are essential to making a good decision. Not being familiar with all the rules, enrollment deadlines, provider network, and the pros and cons of each option can result in paying more than you need to or getting coverage that doesn't best meet your needs.

The services of a local insurance agent can help make the process of choosing the right plan easier by saving you a significant amount of time and effort trying to sort out all the options. People new to this process may not know that they don't pay fees for the services of an independent agent. Instead, agents are paid by the insurance companies.

When looking for an agent, you will want to consider what the agent specializes in since insurance agents can represent various kinds of policies as well as how long they have been in the industry. Reading their reviews can help you learn more about their quality of service.

If you work with a "captured" insurance agent who only represents one carrier, you may miss out on more affordable policies or plan options with stronger coverage. By working with an independent insurance agent who represents multiple carriers, you'll be provided with several coverage options to consider. And when you work with your neighborhood insurance agent, you will also benefit from their knowledge of the local market and can count on their services for the years to come.

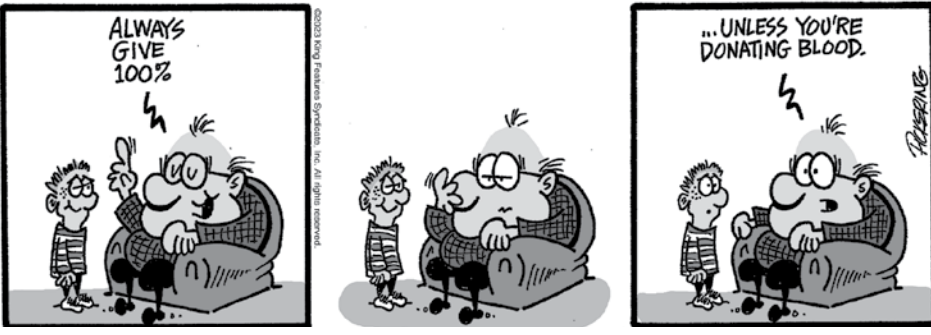
Tim Coughlin is an award-winning independent agent in Gold River specializing in Medicare and health insurance for over 35 years. He can be reached at (916) 346-4417, by email at tim@summitindins.com, or through the agency website; summitindins.com. (LIC # 0669552)

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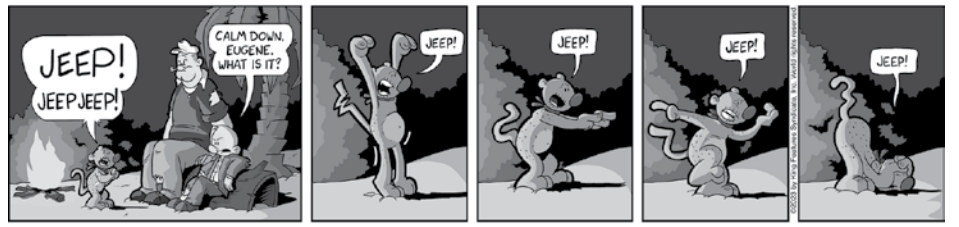
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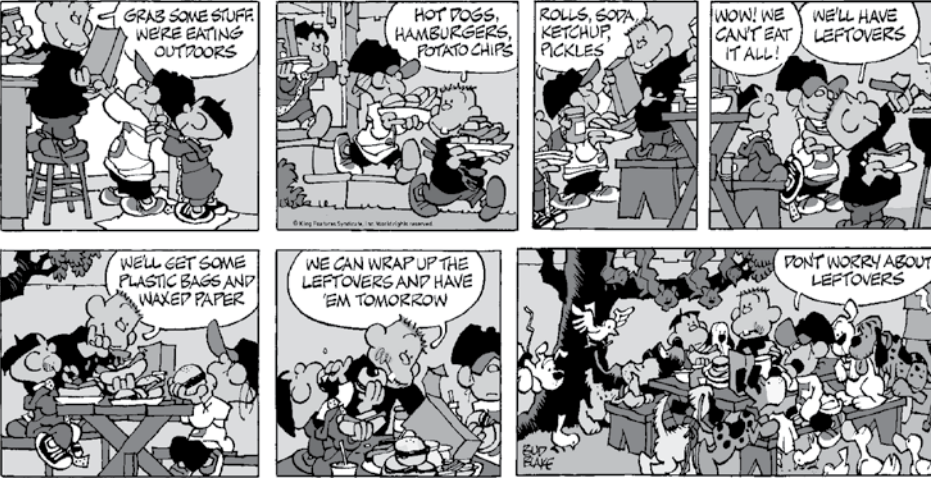


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- Heretofore (2 words)
- Used for making holes
- Old and feeble
- *Precedes or follows aikumin a greeting
- *Robin Williams, "Good Morning, ___"
- Family memb.
- Blood fluids
- R&R spot
- Standout
- All together (2 words)
- Crafts' companion
- Hyperbolic tangent
- River in Paris
- Traditions typically passed on by word of mouth
- Home of Darfur
- Opposite of base
- Carthage's ancient neighbor
- Have supper
- Condoleezza of politics
- Pleasantly warm
- Type of mine passage
- JFK's brother
- Famous Allen Ginsberg poem
- Band booking
- *Hello in Normandy region
- *Hello in Haifa
- Letter-shaped girder
- Female reproductive cells
- Did like a lunatic
- L in AWOL
- Nada
- Greet the day
- *Musical" constellation
- Precedes whiz
- It typically has 4 doors

DOWN

- Stars and Stripes country
- *Unspoken greeting in France
- Ned Stark's youngest daughter
- Prevents one from seeing
- Have as logical consequence
- Mosque prayer leader
- *Japanese greeting move
- To crack, as in case
- Out of shape
- Kindred
- *Hello in Spain or in Mexico
- Overwhelm like bees
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Bin Bin Rice Cracker 373 oz \$1.29/ea	Taco Young Coconut 16.9 Ltr 4/\$5.00	Durian White Coffee 456 g \$3.99/ea	LKK Mushroom Bouillon powder 35 oz \$5.99/ea	Dragonfly Spicy Noodles 2 kinds 14.4 oz \$4.99/pk
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EUROPEAN GROCERY

Britannia Tinselt Milk Bunk 560 gr \$4.29/ea	Ritter Sport Chocolate (variety) 100 gr \$2.49/ea	Yield Processed Cheese Spread 198 gr \$3.19/ea	Sunwhite Calrose Rice 5 kgs \$10.99/ea	Mona Pollino Sauce 5 kinds 650 gr \$4.49/ea
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FROZEN & FISH DEPT

Masago Umami Orange 500 g REG. \$25.99/ea \$13.99/ea	Frozen Oyster 226 g REG. \$6.99/ea \$3.99/ea
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WEEKLY MEAT SPECIALS

Beef London Broil & Top Round Roast \$3.99/lb	Beef T-Bone Steak \$5.99/lb	Beef Porterhouse Steak \$6.49/lb
Chicken Drumsticks \$0.59/lb	Pork Butt Bone In \$2.99/lb	Pork Tenderloin \$3.99/lb

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