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The Galt Herald

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MAY 3, 2024

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SHOP REMODEL**



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Compost Donated to Elementary Gardens



Lake Canyon Elementary School students and staff, joined by Cal-Waste staff, pose for a photo after spreading compost in their school garden. Photo by Matthew Malone

**By Matthew Malone
News Editor**

GALT, CA (MPG) - At elementary school gardens around the city, students saw their food recycling efforts come full-circle, as Cal-Waste Recovery Systems coordinated donations of compost.

Partnering with the city of Galt and Galt Sunrise Rotary, the city's waste collector visited Vernon E. Greer, Valley Oaks, River Oaks, Marengo Ranch and Lake Canyon elementary schools.

The visit to Lake Canyon was after school on April 25. Students

and school staff filled wheelbarrows and green organic-waste carts with compost to transport it into the garden behind one of the classroom buildings. The city of Galt donated the compost, and Rotary contributed petunias, marigolds and cosmos flowers to add to the garden, where students cultivate flowers, fruits and vegetables.

Cal-Waste educational coordinator Leesa Klotz said the donation is an extension of her regular presentations teaching children about separating out food waste and other organics for recycling. Elementary students also take field trips to tour the Cal-Waste

facilities.

"This is really showing them that the compost that comes back, that's the result of that (organics recycling). That's their pizza crust, their banana peel, their apple core and so it closes the whole loop on recycling," Klotz said to school and city representatives.

Klotz said she impresses upon students the importance of caring for the environment, noting Galt's agricultural heritage.

"We talk about all the different things in your environment that you need to care for: the air you breathe,

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Anna Trunnell. Photo courtesy of Santa Rosa City Schools

Galt HS District Names New Top Admin

Galt Joint Union High School District Press Release

GALT, CA (MPG) - At its regular public meeting on Thursday, April 18, the Galt Joint Union High School District Board of Trustees unanimously named Anna Trunnell as Superintendent to succeed Superintendent Lisa Pettis who will retire June 30.

Trunnell has 25 years of experience in public education, serving in her career as a middle school and high school teacher, high school administrator, principal of a K-8 school, director of Secondary Education, director of Curriculum and Professional Learning, executive director of Instructional Technology and Curriculum, and assistant superintendent of Human Resources.

Currently serving as a superintendent, a role she has held for three years, Trunnell said she believes that effective school systems are built on a foundation of equity, trust, teamwork, and the ability to engage and support young people.

Her experience is rooted in building relationships and working collaboratively with all stakeholders including students, parents, classified and certificated staff, and administration.

At the forefront of her work is ensuring that students receive the resources necessary to achieve college and career success.

In addition to her experience in education, Trunnell earned a bachelor's degree from UC Davis in English with a minor in Community Development, and a master's degree in Educational Leadership from California State University, Sacramento.

Trunnell is committed to life-long learning, public service and engaging with community-based organizations outside of her work life.

Trunnell will begin her employment with Galt Joint Union High School District on July 1. ★

Native Sons Dedicate Historic Rae House



Native Sons of the Golden West members take part in the Pledge of Allegiance during their Rae House Museum dedication. Photo by Matthew Malone

**By Matthew Malone
News Editor**

GALT, CA (MPG) - The Native Sons of the Golden West performed a dedication ceremony at the Rae House Museum on April 20, recognizing the building's

significance in Galt history. The Elk Grove Parlor of the Native Sons organized the ceremony with members of the house's steward, Galt Area Historical Society, attending.

A commemorative plaque recounting the

house's history will be mounted on a pedestal in front of the building. Rancher John Rae built the house in 1868, according to the plaque. Although he initially came to the area in search of gold, he went into business as an interior

plaster tradesman and worked at the state Capitol. Rae's daughter, Alice Rae, lived in the house until her death in 1987.

The house fell into disrepair and was eventually scheduled for demolition to

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Elk Grove Therapy Provider Moves to New Location

By Matthew Malone
News Editor

ELK GROVE, CA (MPG)

SagePoint Intensive Outpatient Program held a ribbon-cutting ceremony at its new location on April 18, marking an expansion of the Elk Grove company's services for individuals confronting mental-health or substance-use disorders.

SagePoint owner Caroline Bentley thanked the Elk Grove Chamber of Commerce, which organized the event, for its support of small businesses.

Bentley, a licensed marriage and family therapist, told attendees that SagePoint operates in the middle of the continuum of behavioral health care. Behavioral health treatment can be divided into three general levels of care. The highest level is inpatient or residential care, in which patients spend 24 hours a day under supervision; at the lower levels of outpatient care, patients live independently and might see a therapist once a week.

"We're kind of that mid-level, where we're offering nine hours of treatment per week," Bentley said. "So it's three hours a day, three days a week, so people get a lot of great structure and care and support but they can still maintain family commitments, they can go to school, they can go to work. They can fit it into their daily lives."

SagePoint's patients could transition out of inpatient treatment or increase the intensity of



SagePoint owner Caroline Bentley cuts the ribbon on her business's new location on Dwight Road. She is joined by Elk Grove Chamber of Commerce members. Photos by Matthew Malone

their outpatient treatment after finding they need more support.

With the new, larger space at 3137 Dwight Road, Suite 600, in Elk Grove, SagePoint has expanded its services. In addition to its existing treatment for substance-use disorders, the company now offers treatment for mental health.

Currently, it works with clients 18 and older; Bentley said it accepts most insurance, except Kaiser Permanente.

Audrey Nelson, an associate marriage and family therapist at SagePoint, said the additional service is "really, really exciting."

"I think any time you move buildings and expand, it just becomes so much more real. ... It's just been such a testament to her hard work to be able to expand," Nelson said. "It means this model is successful and she's poured her heart into it, and so it's

just been really exciting to see that come to fruition for her."

The new building has two separate rooms to host group therapy sessions for mental health and substance abuse.

Bentley said in an interview that the rooms are designed to avoid feeling like "a big, sterile hospital setting."

Clients sit on wooden armchairs, each with a pillow and blanket; decorations include potted plants and wall art.

"I wanted it to feel like a little less institutionalized care. I wanted it to feel like people were coming in, and this is their living room and cozy here," Bentley said.

Nelson explained the benefits that SagePoint sees in holding group therapy sessions, with new patients joining on a rolling basis and other patients "graduating" to lower-level treatment.

"The groups get really close. (There's) such a healing component to therapy when you feel like you're really not alone."

Some patients have found the chance to interact in person with a group of familiar people helpful as they recover from COVID-19 pandemic isolation, Nelson said, noting that participants spend session breaks socializing with each other.

"This group is so connected that it's been so fun to watch everyone migrate outside and still choose to be with one another, after coming in the first day and saying that they've felt really isolated for numerous years. It has been to me the most special part of working in a group setting, just seeing people get their confidence back," Nelson said.

SagePoint has been in business for about two years, and Bentley said the business's name represents



SagePoint Intensive Outpatient Program owner Caroline Bentley (center) poses for a photo with her husband, Lee Nedler, left, and Associate Marriage and Family Therapist Audrey Nelson.



Shown is the room where SagePoint conducts its substance-use disorder group therapy.



Here is an individual therapy room at SagePoint's new location.

the goal she has in mind for clients.

"Sage" to me represents wisdom. I think of the sage person that is wise and traveled on the journey of life and has gained experiences and insights," Bentley said.

"Point" is related to the company's philosophy that clients "know what's best for them, and we're going

to help them access that."

"So it's kind of like coming back to the center point within them that holds all the wisdom that actually does the healing for them," Bentley said.

For more information about SagePoint Intensive Outpatient Program, visit its website, sagepointiop.com, or call 916-896-1061 for a free consultation. ★

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Giddens Bros. Updates Old Herald Building

By Matthew Malone
News Editor

GALT, CA (MPG) - The Galt Beautification Committee on April 23 recognized Giddens Bros. Plumbing, Heating & Air for the improvements to its new headquarters on North Lincoln Way.

The building at 604 N. Lincoln Way was the base of operations for the Galt Herald and its parent companies for nearly 45 years until the newspaper moved out last year.

Giddens Bros. removed much of the 1970s-era wood paneling and cleared out cubicle walls to make a spacious work

area. The company also redid the landscaping and modernized the lobby.

Owner Mark Hutchason said he looks forward to doing business in his hometown. He and his wife Belinda Hutchason gave Beautification Committee members a tour of the space before the committee gave them a certificate and placed a sign thanking the business “for doing your part to make Galt beautiful.”

Giddens Bros. provides plumbing, heating, ventilating and air conditioning services, as well as fireplace and insert installation. For more information, visit the website, giddens-heating-airconditioning.com. ★



Giddens Bros. owner Mark Hutchason (third from right) and wife Belinda Hutchason (second from right) are recognized by the Galt Beautification Committee. Committee members present were, from left, Olivia Del Grande, Amy Sandhu, Paige Lampson and Gale Webber. Photo by Matthew Malone

Compost Donated to Elementary Gardens



Galt Vice-Mayor and Galt Sunrise Rotary member Rich Lozano, right, helps distribute compost at Lake Canyon Elementary School.



A Lake Canyon student rides in a wheelbarrow during the compost event organized by Cal-Waste.

Continued from Page 1

the land you live on, the water you drink, the land you grow your food in and the water you irrigate your crops with,” Klotz said.

Lake Canyon Principal Judi Hayes said every school grade level is involved in outdoor learning related to their academic subjects. Kindergartners have a learning garden including chickens; on the day of Cal-Waste’s visit, Lowe’s sponsored a refurbishment of that garden.

Gardening programs boost attendance, helping students learn in other areas, Hayes said.

“When kids are excited about coming to school, when they’re engaged with these sorts of activities, they’re not calling in sick; they’re present, they’re here and it supports our metrics in that area, also,” Hayes said.

Special education teacher Nikki Page said the garden started three years ago as

a way to give students hands-on activities, as well as an academics break.

Page said older students buddy up with younger students, learning teamwork. When the crop ripens, the students take vegetables home with them.

“So it makes them feel special going home and having, you know, lettuce to take home or tomatoes,” Page said. “It makes them feel like they’re contributing something to their household, and they really love it.”

Growing the fruits and vegetables themselves also encourages students to try new foods, Page said.

“It’s cool to be out here with the kids and get out of the classroom. That’s when they learn the most, when we’re out of the classroom and doing tangible things with



A student adds soil to a planting rack at the Lake Canyon school garden. Photos by Matthew Malone



Students fill raised beds with compost at the Lake Canyon school garden.



Cal-Waste employees placed a banner at Lake Canyon encouraging food-waste recycling.

their hands and working together,” Page said. “I mean, that’s what life is about, right? Teamwork and working with others

and learning how to do things (and) being more appreciative of where fruit and vegetables come from.” ★

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10:20 AM	10:45 AM	10:50 AM	10:55 AM	11:00 AM	11:25 AM	11:45 AM	10:25 AM	10:45 AM	11:20 AM	11:45 AM	11:50 AM
12:30 PM	12:45 PM	12:50 PM	12:55 PM	1:00 PM	1:25 PM	1:45 PM	12:25 PM	12:45 PM	1:20 PM	1:45 PM	1:50 PM
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COMMUNITY BRIEFS

Free Compost for Galt Residents

The city of Galt offers free compost to Galt residents. The compost is for residential use only from Thursdays through Mondays. It is at the Caroline Avenue parking lot, which is across the street from Galt-Marian O. Lawrence Library. Those interested are asked to bring shovels, gloves and buckets.

In addition, no mechanical loading is allowed; all loading must be done manually. There is a limit of five six-gallon buckets per load and one load per week per household. For more information on the

program and the benefits of compost, visit the city website at bit.ly/43lySAI (case sensitive).

Nominate Your Neighbor

The Galt Beautification Committee wants you to “nominate your neighbor.” Has your neighbor recently completed a yard project? Does your neighbor have the best flowers in town or the best-looking yard?

The Galt Beautification Committee wants to know. Send an email with pictures and why you are nominating your neighbor to planningdivision@cityofgalt.org. The best

submissions will be included in newsletters and City Manager Updates.

Nar-Anon Family Group Meetings

Narcotics Anonymous (Nar-Anon) family group meetings for friends and family members who are dealing with drug addiction are held from 9:30 to 10:30 a.m. Saturdays at the Galt United Methodist Church, 571 C St. in Galt.

Sunshine Food Pantry Donations

Sunshine Food Pantry is a food closet that helps provide for residents. Collections of canned food and dry

good nonperishable items are received at United Methodist Church, 571 C St. in Galt; call to make an appointment for donations at 209-745-4133.

The food closet is open from 7:30 to 10 a.m. the second and fourth Thursdays of each month at the United Methodist Church.

AA 24-Hour Hotline

For help with an alcohol-related problem, call the Alcoholics Anonymous 24-hour hotline at 209-745-1525.

Cosumnes DAR Chapter Accepting New Members

The Daughters of the

American Revolution (DAR) recently started its Rio Cosumnes Chapter in the Elk Grove/Galt community and is accepting new members.

The nonprofit, non-political volunteer women’s service organization is dedicated to promoting patriotism, preserving American history and securing America’s future through better education for children.

Members are all lineal descendants of those who supported the cause of independence in the Revolutionary War.

For more on meetings or membership, email Registrar Paula Schroeder,

egdarregistrar@gmail.com.

Recycle Household Batteries

Galt residents can recycle their household batteries in one of two green household-battery recycling bins: on the west side at the front entrance to the Galt Police Department or on the east side at Galt Community Park, just west of the fire station.

The green bin is only for dry-cell household batteries.

For additional information, contact the Public Works Department at 209-366-7260. ★

GLANCE BACK

80 Years Ago May 12, 1944

Mr. and Mrs. Fletcher of San Francisco have purchased the Botzbach Hotel, corner of Fifth and C streets, and for the past three weeks have been busy remodeling the interior. They are changing the name to Fletcher’s and will serve breakfast, lunch and dinner.

□ □ □

A surprise birthday party was given to Mrs. John Wiegand at her home on Sixth Street Sunday, May 8 by 19 relatives and friends. It was in honor of Mrs. Wiegand’s 86th birthday.

□ □ □

Sheepmen of the Pacific coast are preparing this week for the west’s outstanding sheep event of the year, the 24th annual California Ram Sale to be held at the Sacramento County Fairgrounds in Galt next Monday and Tuesday, May 15 and 16. Archie Robson, vice president of the Galt District Chamber of Commerce, will represent the local organization.

70 Years Ago May 13, 1954

Double sessions for students of the Galt primary and elementary grades will begin on Monday morning, May 31, it was announced by Superintendent Martin Cabalzar yesterday. This is because of the condemnation of the primary building where, according to present plans, an entirely new plant will be constructed.

□ □ □

New officers of the Future Homemakers of America are president, Eileen Strange; vice president, Noreen Maier; secretary, Jane Fischer; treasurer Norma Huether; historian, Beverly Chapman; reporter, Delores Pearson; parliamentarian, Dixie Wilson; publicity chairman, Jewel Loll and membership chairman, Sheila Whitcomb.

60 Years Ago May 7, 1964

Noel Weathers, Dennis Arrants and Linda Kelso received the Future Teachers scholarship awards at the ninth annual Future Teachers of America awards banquet last Thursday night.

□ □ □

Mrs. Richard Ryans hosted a 7th birthday party for her twins, Shirley and Sheila, at their home on New Hope Road on April 29.

About 20 guests were present, including sisters and brother, Elaine, Debra and Richard Ryans.

50 Years Ago May 9, 1974

Larry E. Jenkins, former Sacramento ad executive, has been named assistant general manager of the California Expo & State Fair. Jenkins, son of Mr. and Mrs. Stanley Jenkins, grew up in Alta Mesa and graduated from the local schools.

□ □ □

Approximately 200 friends and relatives gathered at the Valley Oak Grange Hall to surprise Mr. and Mrs. Fred (Alice) Gudel on their 25th wedding anniversary. The champagne reception was planned and given by their children, Mr. and Mrs. Paul Graham (Linda Gudel), Ernest, John and Mary Ann Gudel.

40 Years Ago May 3, 1984

Pete Mansur, a track and field star at Galt High who graduated in 1980, had not completed a decathlon since breaking the 18-year-old national record for decathletes in the summer of ‘80.

He not only completed another one a week ago Wednesday, the former Warrior did himself one better; he qualified for the Olympic Trials. “I always felt I could do it,” he said. “I don’t look at scoreboards anymore. The main thing was to complete this thing (the decathlon).”

□ □ □

A proposal to permanently close Franklin Boulevard south of Desmond Road was detoured again last week when members of the Sacramento County Policy Planning commission agreed to postpone consideration of the plan.

Opponents said emergency officials hadn’t had a chance to comment. Sacramento County Public works proposed the closure, to eliminate the need to repair or replace the elderly Burton Break Bridge. ★



Tea at the Rae
Saturday, May 11, 2024
1:00 p.m. ~ 3:30 p.m.
Rae House Museum • 204 Oak Avenue
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ABOUT TOWN

Tea at the Rae on May 11

Galt Area Historical Society will host its annual Tea at the Rae on Saturday, May 11, just in time for Mother's Day. The tea is scheduled for 1-3:30 p.m. at the Rae House Museum, 204 Oak Ave., and attendees are encouraged to wear their fancy hats and bring their friends. Seating is limited.

Tickets are \$40 each. To buy tickets, visit L'Chayim of Galt or the Barsetti Vineyards tasting room, both at 400 Fourth St.; call Joan Werblun at 209-251-9199; or visit galthistory.com.

Historical Tours Offered Monthly

The Galt Area Historical Society will offer tours

at McFarland Living History Ranch (8898 Orr Road) and the Rae House Museum (204 Oak Ave.), 1-4 p.m., on the following Sundays: May 5, June 2, July 7, Aug. 4, Sept. 1, Oct. 6, Nov. 3 and Dec. 1. Parking is free and donations are accepted. For more information, call 209-730-3127.

State of the City May 16

The 2024 State of the City luncheon, from 11:30 a.m. to 1:30 p.m. May 16, will provide attendees with a review of the city's achievements in the past year and goals for the future. Hosted by Galt District Chamber of Commerce at Papas & Wings (803 C St.), the event will feature a win-tasting, appetizers and

a choice of burger or sandwich.

Before April 29, tickets cost \$35 for chamber members and \$40 for nonmembers. Afterward, members pay \$40 and nonmembers pay \$45. To buy tickets, visit bit.ly/3Jn-mYxl (case sensitive).

American Legion Post 233 Invites Veterans

The Elk Grove American Legion Post 233, established in 1994, invites veterans to our monthly meetings every 4th Thursday of the month at the Elks Lodge, 9240 Survey Road, Elk Grove.

Our next meeting will be held May 23th, 2024.

Elk Grove American Legion Post 233 invites veterans and their spouses to a dinner/social hour

from 6-7 pm. The veterans' general meeting starts at 7 pm.

Veterans' spouses are welcome to join the Elk Grove American Legion Auxiliary Unit 233 that meets in another room from 7-8 pm in the same location.

For questions, please contact Henry at 916-205-9296 C or Sue at 916-683-6128 H.

We also invite veterans and spouses to join us each month on the first Saturday for our Elk Grove American Legion Post 233 Family Social Breakfast.

Our next Saturday breakfast will be held May 4th at 9:00 am at Mimi's Cafe on the corner of Laguna Blvd and W. Stockton Blvd (just off Hwy 99). ★

From April 12 to April 18, Galt Police received and responded to a variety of calls, resulting in 10 arrests.

Friday, April 12

1:40 a.m., narcotics violation/adult arrested at Myrtle Avenue/Palin Avenue.

2:55 a.m., DUI/adult arrested at Quik Stop on Fourth Street.

12:35 p.m., trespassing reported on Camellia Way; woman trying to enter a vacant house.

2:21 p.m., narcotics violation/adult arrested at West C Street/Rowland Court.

Saturday, April 13

10:15 a.m., attempt to serve warrant/adult arrested at East Stockton Boulevard/Twin Cities Road.

Sunday, April 14

12:01 a.m., court order violation/adult arrested at Ampm on East Stockton Boulevard.

1:55 p.m., theft/adult arrested at Starbucks on C Street.

5:38 p.m., fight reported at Ampm on East Stockton Boulevard.

11:39 p.m., domestic violence/adult arrested at Denny's on C Street.

Monday, April 15

10:47 a.m., theft reported on Park Terrace Drive.

5:43 p.m., pursuit/adult arrested at South Lincoln

Way/Kost Road.

Tuesday, April 16

5:02 p.m., hit-and-run/non-injury at Beaver Park Way/Elk Hills Drive.

7:44 p.m., attempt to serve warrant/adult arrested at Emerald Oak Drive/Quail Hollow Drive.

8:17 p.m., trespassing reported at H Street/Olive Court; male subject seen entering property under construction.

9:04 p.m., trespassing reported on West C Street; real estate agent heard shower running inside vacant residence.

9:04 p.m., violation of city ordinance/adult arrested at J Street/Joy Drive.

11:20 p.m., attempt to serve warrant/adult arrested at C Street/Fairway Drive.

Wednesday, April 17

2:53 p.m., hit-and-run/non-injury at C Street/South Lincoln Way.

Thursday, April 18

8:37 a.m., fraud reported on Allport Drive; money missing from bank accounts.

2:40 p.m., vehicle accident/injury at Quail Hollow Drive/Sparrow Drive.

7:51 p.m., attempt to serve warrant/adult arrested at Fairway Drive/Glendale Avenue.

9:10 p.m., vehicle accident/injury at McFarland Street/Trudy Way. ★

MEETING MINDERS

Sunday, May 5

Galt 4-H Club meeting, 4 p.m., at either Barbara Payne Community Garden or Grange Hall (depending on weather); see Facebook page GALT 4-H or email galt4h@gmail.com.

Monday, May 6

Lodi Parkinson's Support Group, 10 a.m., GracePoint Church, 801 Lower Sacramento

Road (enter off Tokay Street), 209-269-1080 or 209-329-1185.

Galt Youth Commission, 6:30 p.m., Council Chambers, 380 Civic Drive.

Tuesday, May 7

Galt City Council, 6 p.m., Council Chambers, 380 Civic Drive.

Wednesday, May 8

Galt Parks and Recreation Commission, 6 p.m., every other month, Council Chambers, 380 Civic Drive.

Thursday, May 9

Galt Planning Commission, 6 p.m., Council Chambers, 380 Civic Drive.

GHS/LRHS Ag Boosters, 6 :30 p.m., at

Estrellita High School, 12935 Marengo Road, galtagboosters@gmail.com.

Lions Club, 6:30 p.m. social and 7 p.m. meeting, Galt Place, 400 D St., 209-745-5921.

Friday, May 10

Galt Sunrise Rotary, 7 a.m., Velvet Grill & Creamery, 400 Fourth St., 209-745-6617. ★

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Publisher, Paul V. Scholl

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County Nurses Prep for Disasters

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Department of Health Services (DHS) is taking a proactive approach by providing four Nurse Disaster Worker Trainings to ensure county nurses are prepared and well-educated ahead of a disaster.

According to Director of Public Health Nursing Lynnann Svensson, this training is important because, in an emergency, county public health nurses would move into a situation that's different than their normal work-day and comfort level. By collaborating with local nursing professionals, county nurses will be equipped to provide safe and effective care to our community.

The four-part nurse training series covers a

range of topics, including disaster readiness, a clinical refresher and training for shelter leaders.

In March, DHS held its third training event, partnering with California State University Sacramento's School of Nursing faculty, local hospital nurses, nursing honor society members and student nurses to provide three sessions of the Nurse Disaster Worker Clinical Skills Refresher, which began with a classroom lecture followed by lab work.

"We went through a little bit of dyadic information, as far as taking care of non-obvious emergencies, in shelter situations," said Laura Craven-Ray, assistant professor, California State University, Sacramento. "They will also be practicing some hands-on skills, basic patient assessments, mobility, how to use some of the



Nurses train with a dummy in a hospital bed. Photo courtesy of Sacramento County

equipment, and how to use some of the first aid equipment that's going to be available to some of these nurses."

"Something I really wanted to learn, even before this, was wound care. So, I am really glad

that we got to learn," said Darya Eslamian, public health nurse II at Sacramento County. "It's very important to have these trainings so when a disaster does happen, we are not trying to scramble and trying to learn

everything. We are as prepared as possible."

To learn more about the third part of the nurse disaster training series, which included collaboration efforts with Sacramento State, watch the "Sacramento County

Nurses Prepare for Disasters with a Training in Partnership with Sac State" on the County YouTube channel. More information regarding the fourth part of the training series will be provided as it becomes available. ★

Native Sons Dedicate Historic Rae House

Continued from Page 1

make way for development but a community campaign saved the structure. It opened as a museum in 1991.

Conducted by state-level Native Sons officials, the ceremony highlighted the fraternal order's dedication to preservation of California history. To symbolically prepare the plaque for placement, the participants mixed a small amount of concrete with materials drawn from across the state.

Native Sons Grand President George Adams thanked the Elk Grove parlor for organizing the dedication.

"Thank you very much for Elk Grove Parlor for letting us put on this dedication today. It is a great honor as a grand president to stand here before you and to do a dedication for such a historic site," Adams said. "Your parlor always participates on a higher level



Native Sons of the Golden West Grand Trustee Richard Cortez (second from right) speaks at the Rae House dedication. He is joined, from right, by Native Sons leaders Chris Adams, George Adams, Steve McLean, Gary Padgett and Kris Nelson.

than others, and (it is) very much appreciated, everything that you guys do."

Elk Grove parlor President Christian Appel commended the historical society's work on the house.

"They've done a great job preserving this house, and the Galt community should be very proud of something like this," Appel said.

Past President Jim

Entrican said the Elk Grove parlor has "adopted" Galt in the past few years. It dedicated the historical society's other major property, McFarland Living History Ranch, in 2022.

"I've always liked the Rae House. It was restored by the citizens of the town, so we wanted to do a plaque on it," Entrican said.

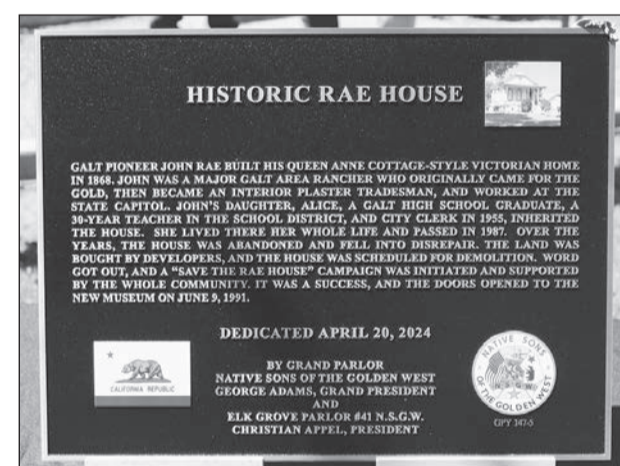
With the April 20



Native Sons of the Golden West officers symbolically mix concrete with ingredients drawn from across California during a dedication ceremony April 20 for the Rae House. Photos by Matthew Malone

ceremony, both of the historical society's fully restored properties, the Rae and the McFarland, have now been recognized by the Native Sons. Historian Dan Tarnasky said the society's focus now is on finishing its restoration of Liberty Schoolhouse, which is situated in the Rae parking lot.

"We're trying to get that done by October so that we can open it up on our charter night," Tarnasky said, adding that he continues to sort through donations of artifacts and photographs,



This plaque will be installed outside the Rae House Museum.

some of which go on display in the Rae House Museum to illustrate Galt history. ★

Salmon Poisoning Disease Warning Given to Dog Owners

California Department of Fish and Wildlife News Release

SACRAMENTO, CA (MPG) - Salmon Poisoning Disease is a potentially fatal condition seen only in dogs after they eat certain types of raw or cold smoked fish such as trout and salmon that are infected with a bacteria-like organism, *Neorickettsia helminthoeca*, which is transmitted by the parasitic flatworm (or "fluke") *Nanophyetes salmincola*.

Nanophyetes salmincola occurs naturally in waters of Northern California and most of the north state can be considered the fluke's native range. But dogs throughout the state are susceptible. Dog owners are advised to be cautious and to keep their dogs away from salmon, steelhead, trout and other freshwater fish carcasses. The parasite cannot survive in cooked fish, is not harmful to humans and does not affect pets other



Dog owners in California are reminded to take precautions to protect their pets from salmon poisoning disease. Photo courtesy of California Department of Fish and Wildlife

than dogs.

If your dog has eaten or is suspected of eating raw fish, watch for signs of the disease. Symptoms are similar to distemper and might include some or all of the following: a rise in body temperature, loss of appetite, vomiting, diarrhea, listlessness and/or rapid weight loss. If signs of the disease appear, promptly take your dog to a veterinarian. Salmon Poisoning Disease is treatable if caught in time. If untreated, death usually occurs within two weeks of eating the infected fish. Without treatment, 90

percent of dogs showing symptoms die.

While all fish caught or originating from California streams could potentially be infected, the California Department of Fish and Wildlife cautions that trout stocked in some waters in the department's North Central Region are more likely to be infected with the flukes that cause Salmon Poisoning Disease.

Weekly fish stocking information is publicly available at the California Department of Fish and Wildlife Fish Planting Schedule web page at wildlife.ca.gov. ★

May is Mental Health Awareness Month

By Scott Knight, The Jason Foundation

Since 1949, Mental Health America and its affiliates across the country have led the observance of May as Mental Health Awareness Month by reaching millions through the media, local events and screenings. It raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Cities and businesses across the country hold events to support mental health and open the lines of communication. Many websites provide ideas for businesses to support employees during May and beyond.

According to the Centers for Disease Control and Prevention (CDC), suicide rates in our country increased by 36% between 2000 and 2021. Suicide was responsible for 48,183 deaths in 2021 alone, which is about one death

every 11 minutes. We know that many mental health disorders, including depression, bipolar disorder, borderline personality disorder and PTSD, come with heightened risk of suicidal thoughts or attempts. While seeking help for suicidal thoughts or behaviors is critical regardless of the cause, securing a specific diagnosis might help the individual receive treatment, especially ongoing treatment, that is best suited to their mental health needs.

Mental Health America says that up to 60% of people who die by suicide have major depression and research suggests that the majority of suicides are related to a psychiatric condition. If you or someone you know is depressed, there are effective treatments available. Talking to your doctor is a fantastic first step and you can visit the National Alliance on Mental Health Illness to learn about support groups that you might find helpful.

The Jason Foundation is another valuable resource. JFI is dedicated to the prevention of the "Silent Epidemic" of suicide through educational and awareness programs. On its website, you will learn about warning signs and risk factors associated with people who may be struggling with mental health issues and suicidal ideation. JFI's website also has more information about finding a Jason Foundation location near you.

We know that four out of five individuals considering suicide give some sign of their intentions, either verbally or behaviorally. In 80% of those considering suicide, we have an opportunity to recognize the warning signs and intervene. Take the time to educate yourselves on the warning signs and risk factors associated with suicide.

This knowledge might help you save the life of a friend or loved one. ★

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02308
Mark Lemieux, 936 Hogan Road, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Mark Lemieux Trans" 936 Hogan Road, Galt, CA 95632. Filed with the Clerk of Sacramento County March 25, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02487
Idolina Quiroz, 605 Pringle Avenue Space 34, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "I.Q. Interpreting" 605 Pringle Avenue Space 34, Galt, CA 95632. Filed with the Clerk of Sacramento County April 2, 2024

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-02799
Philip J. Mayo, 600 Village Drive, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "PJM Consultants" 600 Village Drive, Galt, CA 95632. Filed with the Clerk of Sacramento County April 12, 2024

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#24CV005355
Arielle Shaunte', Mostecki, Arielle Shaunte' Mostecki have

filed a petition with this court for a decree changing the name(s) of Arielle Shaunte' Mostecki to Arielle Shaunte Buchanan and Aydon Troy Buchanan Neal to Aydon Troy Buchanan.

IT IS ORDERED that all persons interested in the above-entitled matter appear before this court on June 4, 2024, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

TRUSTEE SALE

T.S. No.: 2023-00918-CA A.P.N.:136-0170-040-0000
Property Address: 12252 RISING ROAD, WILTON, CA 95693
NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR.

KUMENTONG ITO NA NAKALAKIP
LƯU Ý: KÈM THEO ĐÂY LÀ BÀN TRÌNH BÀY TỜM LƯC VỀ THÔNG TIN TRONG TÀI LIỆU NÀY
IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 08/02/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE.

Trustor: KANDY K TOBIASEN A MARRIED WOMAN AS HER SOLE AND SEPERATE PROPERTY
Duly Appointed Trustee: Western Progressive, LLC
Deed of Trust Recorded 08/08/2006 in book 20060808, page1516 and further modified by that certain Loan modification agreement recorded on 07/08/2010 in book 20100708, page 1000 of Official Records in the office of the Recorder of Sacramento County, California.

Estimated amount of unpaid balance, reasonably estimated costs and other charges: \$ 394,012.43
NOTICE OF TRUSTEE'S SALE
THE TRUSTEE WILL SELL AT PUBLIC AUCTION TO HIGH-

EST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE:

All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described as:
More fully described in said Deed of Trust.
Street Address or other common designation of real property: 12252 RISING ROAD, WILTON, CA 95693

Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt.
If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse.

Election to Sell to be recorded in the county where the real property is located.

NOTICE OF TRUSTEE'S SALE NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property.

You may have a right to purchase this property after the trustee auction, if conducted after January 1, 2021, pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction.

NOTICE TO CONTRACTORS

Notice is hereby given that the City Council of the City of Galt, California, will receive sealed Bids as follows:

- BID DATE / TIME / AWARD DATE: Thursday, MAY 23, 2024 Until 2:00 P.M. (Local Time).
SUBMIT BIDS TO: City Clerk, City of Galt, 380 Civic Drive, Galt, CA 95632
FOR: City of Galt CORPORATION YARD IMPROVEMENTS, CIP 524F
ESTIMATED CONSTRUCTION COST: \$1.0M - \$1.2M
TOTAL CONTRACT TIME: 40 working days
CONTRACTOR'S CALIFORNIA LICENSE AND/OR CLASS REQUIRED A - General Engineering Contractor
NON-MANDATORY ON-SITE MEETING MAY 9, 2024 @ 2:30pm at 550 Elm Avenue Galt, CA, 95632

Notice is hereby further given that the Project is a public works project within the requirements of Division 2, Part 7, Chapter 1 of the California Labor Code, and that each Bidder and all Subcontractors are required to be registered pursuant to Labor Code section 1725.5 at the time of bidding.

City affirmatively identifies this project as a "public work" as Labor Code defines that term Section 1720, and the project is, therefore, subject to prevailing wages under Labor Code Section 1771. Contractor and its Subcontractors shall fully comply with all the provisions of the California Labor Code governing the performance of public works contracts including, but not limited to, payment of prevailing wages, limitations on time worked, compliance with apprentice requirements, maintenance of payroll records, posting of wages at the job site and prohibitions against discrimination.

Submit Bids (original/no copies) and bid security in a sealed envelope, marked "Bid for CITY OF GALT CORPORATION YARD IMPROVEMENTS, CIP 524F" and include the company name and address on the envelope.

Contract Documents may be purchased and/or viewed online at Signature Reprographics, 620 Sunbeam Avenue, Sacramento, CA 95811, Office 916.454.0800, Fax 916.736.3053. https://www.sgplanroom.com/jobs/public

Complete sets of Contract Documents must be used in preparing Bids. The City does not assume responsibility for errors or misinterpretations resulting from the use of incomplete sets of Contract Documents. The City, in making copies of the Contract Documents available on the above terms, does so only for the purpose of obtaining Bids for the Work and does not confer license or grant for any other use.

Written questions regarding this Invitation for Bids should be directed to Trung Trinh, by email at TTrinh@CityofGalt.org no later than seven (7) calendar days before the time specified for opening Bids. The City will issue addenda seven (7) calendar days, or as deemed appropriate, prior to the time specified for opening Bids.

Each Bid must be submitted on the Bid Forms provided in the Contract Documents. The Bid must be submitted and received by the City Clerk no later than the time and date prescribed. The clock located in the City Clerk's office is considered the official local time.

Each bid shall also have a STATEMENT OF EXPERIENCE, which provides contact information, and project descriptions of similar work as advertised herein. The statement shall be on the Contractor's own form/letterhead.

Each Bid must also be accompanied by security in the form of a Bidder's Bond issued by a corporate surety, a certified check, or cashier's check payable to the City of Galt, or cash. The amount of the bid security must be not less than ten percent (10%) of the Total Bid Price, consisting of the total base bid plus the total additive bid alternates.

If the lowest responsive, responsible bidder fails or refuses to execute any Contract for the Project, the City may, in its discretion, award the Contract to the second lowest, responsive bidder. If the second lowest responsible, responsible bidder fails or refuses to execute any Contract for the Project, the City may, in its discretion, award that and all other Contracts for the Project to the third lowest, responsive bidder.

Pursuant to California Public Contracts Code, any contract awarded pursuant to this Notice to Contractors shall obtain a provision permitting, at the Contractors' sole expense, the substitution of securities for any moneys withheld to ensure performance under the Contract.

No Bid received and read aloud may be withdrawn for a period of sixty (60) days after the bid opening date, except pursuant to California Public Contract Code Section 5101 et seq.

The City reserves the right to award the Contract, to reject any or all Bids, to waive non-material and inconsequential irregularities in any Bid, and to reject nonconforming, nonresponsive, non-responsible, or conditional Bids.

/s/ Michael Selling April 26, 2024
Michael Selling, P.E. Date
Public Works Director
City of Galt
The Galt Herald 5-3-2024

NOTICE OF PUBLIC HEARING FOR THE ANNEXATION OF TERRITORY TO COMMUNITY FACILITIES DISTRICT NO. 2020-1 (PUBLIC SERVICES) (ANNEXATION NO. 7, GREENWOOD COTTAGES)

Notice is hereby given that the Galt City Council will hold a Public Hearing on the date and time indicated below, or as soon thereafter that the matter can be heard, to receive and consider all evidence and reports relative to the application described herein.

PROJECT TITLE: Annexation No. 7 (Greenwood Cottages) to the Community Facilities District No. 2020-1 (Public Services)

PROJECT LOCATION: The annexation area is 1 parcel that comprises the Greenwood Cottages project bounded by Pinto Trail Drive along the west, Lake Park Avenue along the north, Carillion Boulevard along the east, and Bay Heights Drive along the south.

PROJECT DESCRIPTION: The City Council will conduct a public hearing with the following recommendations:

- 1. Conduct public hearing.
2. Approve resolution of the City Council of the City of Galt, California, calling a Special Election and submitting to the qualified electors of territory proposed to be annexed to the City of Galt Community Facilities District No. 2020-1 (Public Services), County of Sacramento, State of California, the question of levying special taxes within that Territory (Annexation No. 7 (Greenwood Cottages))
4. Conduct election.
5. Approve resolution of the City Council of the City of Galt, acting in its capacity as the legislative body of City of Galt Community Facilities District No. 2020-1 (Public Services), County of Sacramento, State of California, declaring the results of a special election in such Community Facilities District on the proposition of the annual levy of special taxes within the territory proposed to be annexed to said Community Facilities District to pay the cost of certain services to be provided by the Community Facilities District, determining that the territory proposed to be annexed is added to and part of said Community Facilities District with full legal effect, and ordering the recording of a map of the boundaries of said Community Facilities District including the territory annexed thereto (Annexation No. 7 (Greenwood Cottages)).
6. Conduct a first reading of the Ordinance of the City Council of the City of Galt authorizing the levy of special taxes in Community Facilities District, including certain annexation territory identified as Annexation No. 7 (Greenwood Cottages) into City of Galt Community Facilities District No. 2020-1 (Public Services) to complete the annexation of the property to the Community Facilities District.

PROPERTY OWNER: Jen Holdco 24 LLC
680 Fifth Avenue, 25th Floor
New York, NY 10019

CITY COUNCIL PUBLIC HEARING:
DATE AND TIME: Tuesday, May 21, 2024; 6:00 P.M., or as soon thereafter that the matter can be heard.

Email public comments to the City Clerk at pubcom@cityofgalt.org. If you have issues submitting a written public comment via any of these delivery options or have further questions about the hearing or the proposed project, please contact John Griffin at jgriffin@cityofgalt.org or 209-366-7260.

NOTICE REGARDING CHALLENGES TO DECISIONS
Pursuant to all applicable laws and regulations, including without limitation, California Government Sections 65009, 66020, and/or California Public Resources Code Section 21177, if you wish to challenge in court any of the above decisions (regarding planning, zoning and/or environmental decisions), you may be limited to raising only those issues you or someone else raised at the public hearing(s) described in this notice/agenda, or in written correspondence delivered to the city at, or prior to, this public hearing.

Dated: April 25, 2024
John Griffin, Deputy Public Works Director, Public Works
Tina Hubert, City Clerk
The Galt Herald 5-3-2024

LEGAL ADS FOR SACRAMENTO COUNTY?
MPG 916-773-1111



Gardens for more than vegetables, flowers



spaces that are conducive to meditation. As a result, people started designing traditional landscapes like exotic gardens with ponds, wind chimes, and soft music.

The essence of garden meditation comes from the Chinese and Japanese cultures, and their gardens have often been displayed in western countries. Asian texts on meditation are considered the most notable. The fact that garden meditation became an annual practice in the United States is thanks to C.L. Fornari, who is also known as "Garden Lady." Fornari is a gardening artist who believes that gardens and gardening help us to connect with ourselves and with nature. She pointed out that caring for plants, planting seeds and simply talking to plants help us connect with our inner selves and bring us a deep

understanding of ourselves and what our minds and bodies need to feel better.

Although the actual origins of this day are unclear, here is not much need to figure it out.

It would be fair to say that National Garden Meditation Day has been celebrated for a while and a day. As the awareness of garden meditation spreads, more and more people will be drawn toward it.

I have friend who has a backyard that would rival any English flower garden. As you stroll along on a path that leads in and out among flowers, bushes and trees, every 5 to 10 feet or so will be an enlarged space with benches, bird houses, maybe water features; one has a barbecue and picnic table, another has an enclosure with a hammock, another has a trellis of flowers and bird baths, with chairs and lounges strategically placed for seclusion and relaxation. It is beautiful and oh, so peaceful.

Speaking of peaceful, if you want

to insure a peaceful life for at least the next few weeks, you had better have exceptional plans for Mother's Day on Sunday, May 13. Remembering her with a card, flowers, dinner out, walking in a Meditation Garden or just spending the day with her, visiting is a good start.

Make some memories for both of you and don't forget to write them down in a journal. Not only is it proof you are a good child, but your great, great grandchildren will appreciate it.

Flower of the day: Wisteria

Recipe of the Day: Cobb Salad

Dates to remember:

May 4 – Star Wars Day: "May the Fourth be With You!"

May 5 – Cinco de Mayo

May 12 – Mother's Day

May 27 – Memorial Day, the unofficial first three-day weekend for the start of summer

Until next week – be strong, be courageous, make a memory. ★

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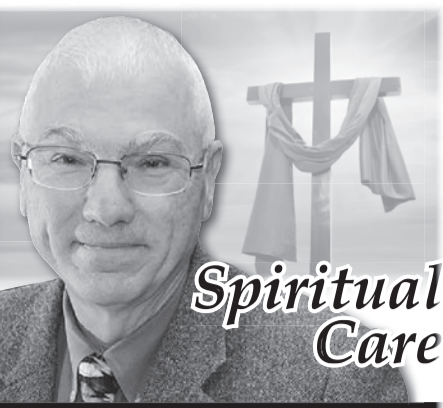
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What's in a Name?



BY NORRIS BURKLES

Do you know anyone whose last name appropriately describes them?

Such names are called an aptonym because their name "aptly" matches their job or personality in a humorous or ironic way.

During the years I served as an Air Force chaplain, I knew a few chaplains fittingly named. For instance, Chaplain Grace was a Universalist minister whose theology extended grace to all. And Chaplain Love was a caring and popular Catholic priest.

But it was 2nd Lieutenant Friend, who tried a little too hard to become his aptonym, that really made an impression. I met him 35 years ago when I began my career as a 1st Lieutenant.

He was a "Chaplain Candidate," a seminary student, who is granted the rank of 2nd Lieutenant for a 90-day trial period. The program provides on-the-job orientation for potential chaplains.

"Just try it," candidates are told by recruiters. "You can quit anytime without further commitment."

But if candidates don't show the aptitude, the USAF can jettison the "butter bar" with little cause. In other words, the candidate can be "fired." (The single gold bar of the 2nd Lieutenant rank resembles a butter bar.)

During his short summer stay, Friend was given the opportunity to preach in the chapel, make ministry visits on a busy flight line (airport) and make hospital calls to sick airmen.

Friend made his aptonym known all over base, introducing himself as a "Friend of Jesus." He was, as vets say, "Living the Dream."

Yet with all his responsibilities, he sought more recognition.

One summer day, he approached our boss with a question.

"Is there a way I can earn a medal while I'm here?"

"No, we don't give out medals to candidates," said our Senior Chaplain, a full-bird colonel (the rank below general).

The request must have sounded a bit self-centered because the boss asked his chapel staff for feedback on Friend.

"He told me that parishioners think he's the best chaplain on base," I said, "and they wish he was preaching every Sunday."

Our staff priest volunteered that Friend had interrupted flight line staff meetings with his tardiness.

Finally, the chaplain assistants chimed in. "He thinks chaplains should be able to carry guns like other officers."

"I'll talk to him about that," our boss said. "He should know that the Geneva Convention classifies chaplains as non-combatants so we can neither train with, nor carry, weapons." (Chaplain Assistants remain armed in combat zones to protect their chaplains.)

Sadly, I'm not sure Friend got clarity about the weapons training prohibition. That's because one day, he returned to the chapel office with a blue-yellow-green ribbon on his chest.

"What's that for?" I asked.

"It's a Small Arms Expert Marksmanship Ribbon," Friend boasted. "I stopped by the range, and they invited me to qualify."

Before I could respond, the boss belated from his office.

"Lieutenant Friend! Get in here."

I don't know what our boss said. Perhaps he quoted Jesus' words in Luke 14:11, "For all those who exalt themselves will be humbled. ..." Or maybe he made his point with James 4:10, "Humble yourselves before the Lord, and he will lift you up."

I can't say, but I do know the boss

delivered some not-so-friendly-fire on the candidate's written evaluation. Sometimes the best spiritual lessons don't come in lectures.

A few weeks later, the colonel brought that eval to the Base Headquarters for the commander's signature.

"Is this report true?" the base commander asked. "Did your candidate really say and do all this?"

"Yes, but I think he deserves another chance next summer," said our boss, always full of grace.

"Not on my base," said the commander.

And with that final word, our chaplain office became ...

Wait for it.

You know I'm going to say it.

Our chapel office became forever Friend-less.

Epilogue – Fifteen years later, I was scolded for nearly the same thing as I helped security cops on a training mission load their magazines with blanks. Fortunately, I was a commissioned chaplain, not a candidate.

Send email to comment@thechaplain.net or voicemail at (843) 608-9715 or 10556 Combie Rd. Suite 6643 Auburn, CA 95602. Order my latest book "Tell It To the Chaplain" by sending \$20 to same address or online at www.thechaplain.net. ★

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LOCAL SPORTS → COVERAGE

PRESENTED BY THE GALT HERALD

Hawk Softball Fighting for First Place



Carlie Perez pitches for the Hawks. Photos by Paige Lampson

By Paige Lampson
Sports Editor

GALT, CA (MPG) - The Liberty Ranch Hawks' softball team is having a great season after beating Bradshaw Christian 14-3 last week.

The Hawks have an 11-1 win record, with Rosemont hot on their heels with a 10-1 record. The Hawks' only loss this season was to Rosemont, and Rosemont's only loss this season was to the Hawks. The League Championship will be on the line when the Hawks play Rosemont for the last time Wednesday.

Sophomore Carlie Perez is in her second season playing varsity for the Hawks. She pitched four or five innings against Bradshaw and was asked what her strategy for success was.

"I would say to have confidence and that's a big thing," said Perez. "If you get

down on yourself it will show. You just have to keep your head up and trust your strong defense and I know they have my back even if I let up a good hit, I know they will get the next out."

"We do have some harder competition with Rosemont this year," said Perez. "Union Mine is also coming for us, but it will be a fun competitive year-end."

Head Coach Vince Bunac knows this team will fight. "These girls will bite and scratch and battle to the end," said Bunac. "All the freshmen came back after a heck of a season last year and we haven't skipped a beat. It started with a win against Rosemont. It gave us a lot of confidence and we are going to ride it out and hopefully bring that League Championship home."

More photos can be found at www.photopaige.smugmug.com. ★



After tagging third, Ysabella Granata throws for a double play.



With a stretch, Paityn Snow keeps her foot on the bag and gets the runner out.

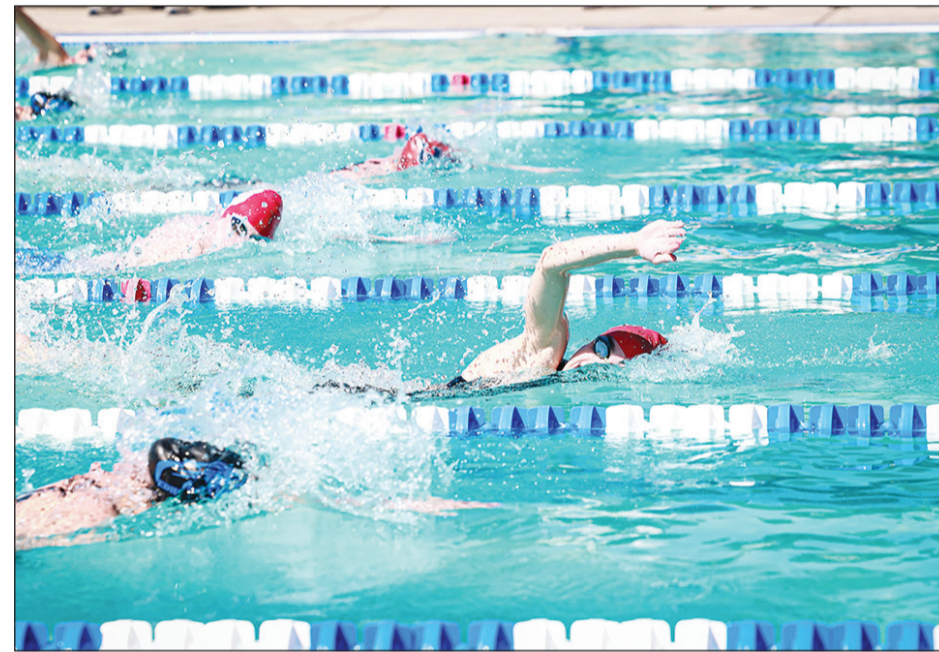


Riley Sickels snags a ball in left field.

Sierra Valley Conference Swim Championships



Liberty Ranch's Luke Ortega swims to a league title in the 100-Yard Butterfly. Photos by Paige Lampson



Galt's Courtney Brouwer swims the freestyle.



Galt's Levi McDonald wins All-League in the 500m freestyle.



Hawk Savannah Westlynn (in middle) is so far out ahead in the 500m, the other swimmers are a whole pool length behind her.



The girls dive in at the beginning of the 500m Freestyle final.

By Paige Lampson
Sports Editor

GALT, CA (MPG) - The Sierra Valley Conference Swim Championships were held April 21-22 at the Gora Aquatic Center in Galt.

El Dorado High School girls won the League title and for the boys, Bradshaw Christian High School won.

Nevertheless, both Galt and Liberty Ranch boasted some stunning performances and will

have individual swimmers moving on to sections and have high hopes for State qualifiers.

As the qualifiers prepared for sections this week, the Gora Aquatic pool went down and both teams had to travel to Lodi to practice. Many practice twice a day, before and after school, so this was a huge inconvenience and very gracious of Lodi High School.

"These kids are proving their efforts every day

by showing up to practice and showing that hard work does pay off, despite all the odds against us this year," said head coach Kalah Westlynn, who was also named SVC Coach of the Year.

"We saw many of our athletes qualify to swim on Saturday in both consolation heats and finals heats. They are continuing to improve at every opportunity and I couldn't be more honored to be their coach. We might not have won

as a team but each one of them wins as an athlete by bettering themselves each and every day. Congrats, Liberty Ranch Swimmers on all your improvements this year."

Liberty Ranch's Men's frosh/soph 200 Medley Relay qualified and Adam Behrmann, Flynn Rausser, LJ Munoz and Nicholas Ibanez-Garcia will be competing at sections.

The Hawk relay team of Alec Ortega, Flynn Rausser, and Landin and

Lukas Espinoza will also be swimming.

Liberty Ranch's Savannah Westlynn qualified for sections in both the 200 Free and 500 Free. Westlynn, with a 500 time of 5:13.39, finished her league race a good 45 seconds before the second-place finisher and her 200 finished 15 seconds before the next competitor.

Hawk Luke Ortega took first and qualified in the 200 IM and the 100 Fly.

Warrior Levi McDonald,

in a striking swim, beat his 500m time by almost 10 seconds at 5:19.51 and became League Champion by more than 11 seconds. McDonald also came in second place with his 50-Yard Freestyle sprint.

Galt's Logan Rose took second place in the boys' 200 Yard Freestyle.

The Warrior relay team of Jayden Tackett, Hayden Miller, Logan Rose and Levi McDonald took third place in the 200-yard Freestyle relay. ★

LOCAL SPORTS → COVERAGE

PRESENTED BY THE GALT HERALD

Liberty Ranch Tennis Celebrates Seniors



Alissandra Guerrero returns a serve.



Hawk James Briggs shows off his backhand.



Fatima Lopez works to get the ball returned.



Joseph St. Claire returns the ball while partner Kymani Fenika watches.



Partners Eden Lethbridge and Summer McCoy work together to win the set.



Liberty Ranch Tennis Seniors with coach Hunter Franklin. Photos by Paige Lampson

By Paige Lampson
Sports Editor

GALT, CA (MPG) - The Liberty Ranch co-ed tennis team celebrated its seniors last week.

With 13 seniors graduating, the team will have to do some recruiting next

year, according to head coach Hunter Franklin.

There are only 14 spots to play in a contest against another school, but Franklin says even though they have almost 30 athletes, next year will be a rebuilding and growing-skills year.

Earlier in the season,

Galt High beat them, but the Hawks returned the favor, beating Galt 5-4 the last time they faced off. The Hawks had a good season, beating Rosemont 6-3 and also beating Bradshaw Christian 5-4.

The players start individual playoffs soon. ★



Rachael Parkinson pitches for the Warriors. Photos by Paige Lampson

Galt Softball Plays Union Mine

By Paige Lampson
Sports Editor

GALT, CA (MPG) - The Warrior Softball team played Union Mine for the second time this season, losing 14-2. Previously, they lost 11-1. The Warriors are standing in fourth place

in League play, staying ahead of Bradshaw Christian and El Dorado with a 4-7 record.

Lexi Maldonado pitched three innings, striking out 1, walking 1 and having 9 hits against. Rachel Parkinson relieved her for the last two innings striking out 2 with no

base on balls and earning 5 hits against.

Roxy Garcia got 2 hits while Lexi Maldonado, Rachel Parkinson and Rianna Mayer each had 1.

The two scores were made by Rianna Mayer and Rachel Parkinson. ★



Roxy Garcia gets an RBI with this hit.



Freshman Rianna Mayer is safe at second when the Union Mine player misses the ball.



Lexi Maldonado dives back to first base.

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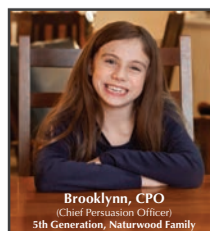
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