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Hawk Soccer Celebrates Senior Night

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The Galt Herald

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FEBRUARY 16, 2024

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Planning Considers Environmental Review



A map shows the proposed location of the Cal-Waste waste transfer facility, adjacent to the city's water treatment plant. Image via city of Galt planning documents

By Matthew Malone News Editor

GALT, CA (MPG) - The Galt Planning Commission commented on the scope for an environmental report on a waste transfer facility proposed by Cal-Waste Recovery Systems.

The meeting started

with the selection of officers, and the commissioners reelected Chair Jeff Hood and Vice Chair Dan Denier to their posts.

The waste transfer facility, to be located on the same city-owned parcel of land where the water treatment plant is, would include stations designed to store organic

waste, construction materials and other kinds of waste. Cal-Waste has previously said the facility would allow it to consolidate the city's trash, buffering the company from the shifting rates of out-of-town landfills and processors. Members of the public could also drop off

household hazardous waste there instead of traveling to Elk Grove.

At the meeting, Public Works Director Mike Selling said the facility is also a response to the state's organics-recycling mandate. Cal-Waste's location on Industrial Drive is "boxed in with

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City Accounts Earn High Interest

By Matthew Malone News Editor

GALT, CA (MPG) - Galt City Council received an update on the city's finances at its Feb. 6 regular meeting. The treasurer said that, in the first half of the fiscal year, Galt earned the highest amount of interest he has seen in his time with the city.

City Treasurer Shaun Farrell began his quarterly report with a look at the local economy. He said that 12 houses were sold in Galt during January, at a median price of about \$503,000 and an average price of about \$519,000.

The city's unemployment rate reported by the Employment Development Department was 6.4%, compared to Sacramento County's overall rate of 4.7%.

In the six months from July to December 2023, Galt's investments returned close to \$1.9 million in interest, which Farrell said was "the highest amount of interest that we ever have as long as I've been sitting in this chair." The number has been boosted by elevated interest rates, and he said earnings would decrease when interest rates eventually come down.

Farrell said that as his thoughts on potential interest rate changes had shifted since his previous presentation, when he said that the Federal Reserve might do one more increase.

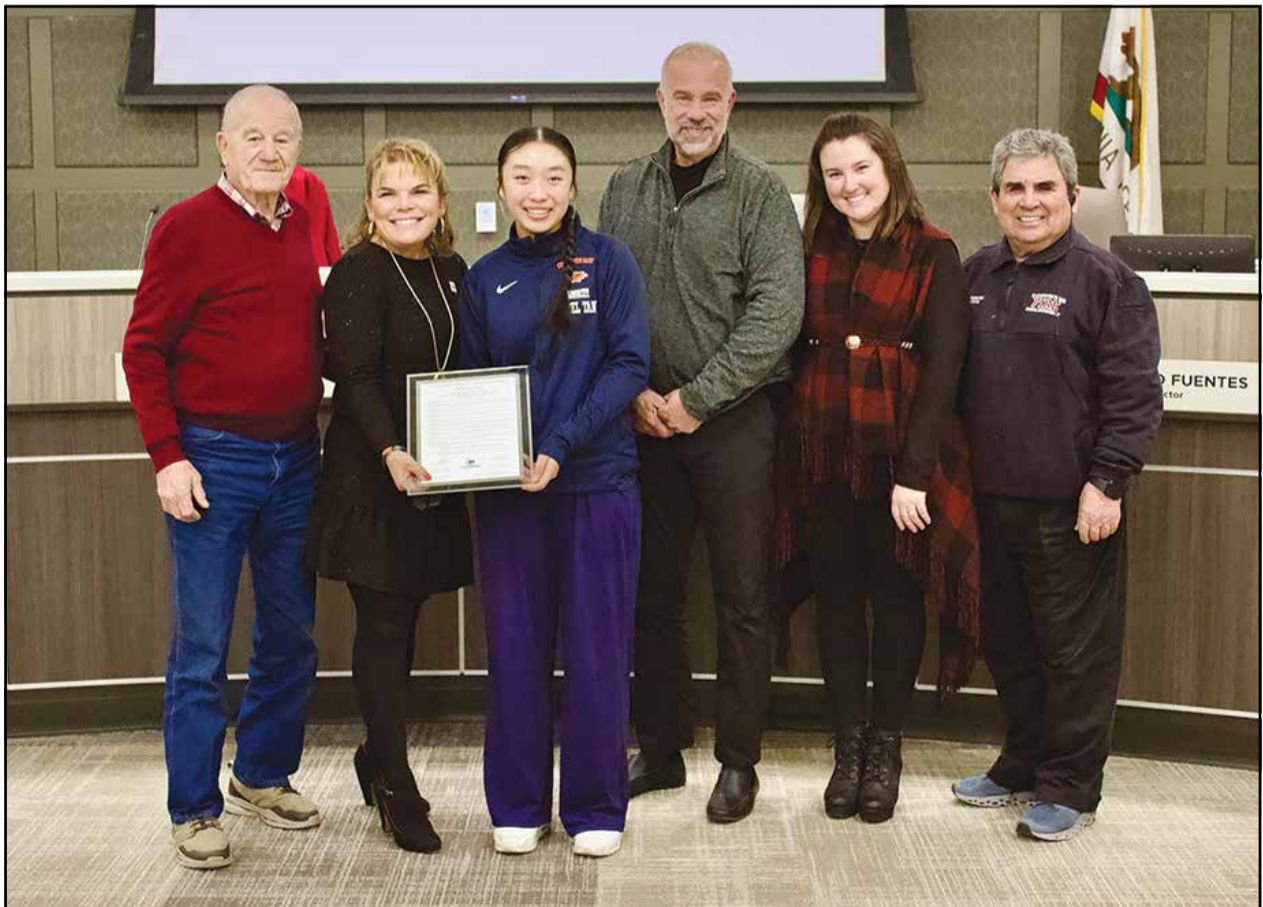
"During those three months, a lot of numbers have come in — employment numbers, inflation numbers — and that's not the thought anymore," Farrell said, adding that the Federal Reserve chairman has indicated an intent to keep interest rates in place for the time being.

He told Council that he is attempting to balance the higher interest rates in the short term with long-term investments.

In keeping with Council's preference for local investment, Farrell

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CSD Recognizes Girls, Women in Sports



Isabel Tan (third from left) and Katie Hamilton (second from right) are recognized by the Cosumnes Community Services District board of directors on National Girls and Women in Sports Day. Photos by Matthew Malone

By Matthew Malone News Editor

ELK GROVE, CA (MPG) - In honor of the athletic accomplishments of women and girls, Cosumnes Community Services District (CSD) recognized a student basketball player and a golf

course supervisor.

Isabel Tan, a senior at Cosumnes Oaks High School, led the pledge of allegiance at the CSD board of directors' Feb. 7 regular meeting.

Interim Recreation Manager Jonathon Long introduced Tan to the board and said her recognition

is part of CSD's observance of National Girls and Women in Sports Day.

"It is a day to recognize student athletes, champion athletes, coaches and administrators, as well as lawmakers that are committed to providing equitable access to sports for all girls and women,"

Long said.

Tan began playing basketball at 5 years old, and she has played for the Cosumnes Oaks varsity basketball team for four years. CSD said she has "broken numerous records in her young basketball career." She scored

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Call For Artists: Photography Month Sacramento in April 2024

Photography Month Sacramento News Release

SACRAMENTO, CA (MPG) - Led by Viewpoint Photographic Art Center – a non-profit organization located in Midtown Sacramento – and in collaboration with many involved partners including the City of Sacramento, Inside Publications, Sacramento County Board of Supervisors Office of Phil Serna (District 1), and Sacramento365.com, Photography Month Sacramento is scheduled for April 2024. First launched in 2018, the month-long event is highlighted by a variety of diverse and eclectic events that include special exhibits, receptions, photo shoot meetups, workshops, lectures, photo shoot gatherings, and more. With a new “Anything Goes” theme this year, the annual photographic celebration offers a diverse and collective experience of the visual arts. Photography Month Sacramento creates a shared platform for galleries, museums, educational institutions, libraries, retail establishments, photographers, and patrons to celebrate and elevate the art of photography. Interested participants are encouraged to create and/or highlight their own activations to help showcase the art of photography.



Local photography is always appreciated at area museums. Photo courtesy of Photography Month Sacramento

Thus far, a number of museums, businesses, and educational institutions from throughout the region have already signed up to participate in 2024, including: Casa de Español, Crocker Art Museum, Granucci Gallery at the Center for the Arts in Grass Valley, Nevada County Camera Club based in Nevada City, Sacramento History Museum, Sacramento State University Department of Photography, Viewpoint Photographic Art Center, and YoloArts in Woodland.

How to Get Involved: Businesses, Museums and Organizations

Involvement in Photography Month Sacramento for businesses, museums and organizations is free and simple to do. The regional showcase offers a turnkey way to highlight visually enticing photographic programming already in place (possibly by incorporating a fresh visual element or hosting a special activation), introduce a concept in the planning stages, or create something unique to engage enthusiasts and connect with new audiences throughout the region.

How to Get Involved: Photographers

Photography Month Sacramento is open to

everyone – professional and amateur photographers alike – and offers wonderful opportunities to launch and/or exhibit photographic work, or to create a grassroots collaborative exhibit with friends interested in the visual arts. Those interested are encouraged to get creative and plan individual activations and/or contact favorite local coffee houses or restaurants to see if they might host an exhibit or reception in April 2024.

Once any photography-related concepts are confirmed by businesses, organizations, museums or individuals, Photography Month Sacramento participants are asked to post information details about any upcoming events here, a community curated calendar that is connected to and supported by Sacramento365.com.

To explore available sponsorship opportunities or find out more detailed (and continually updated) information about Photography Month Sacramento 2024, please visit www.photomonthsacramento.org. ★

City Accounts Earn High Interest

Continued from Page 1

said the city has more than \$9 million with F&M Bank.

He concluded by noting that later this year, he will attend the California Municipal Treasurers Association’s conference, where he will moderate a session and present in two others.

Council approved the report by a 5-0 vote.

In other business, Council approved

an amendment to a property tax-sharing agreement with the county on the Island Annexation in southern Galt. The tax rate remained the same, but an irrigation agency had been incorrectly omitted from the previous agreement. Council Members Shawn Farmer and Jay Vandenburg recused themselves from the vote on the item because they own real estate near the annexation. The item, which was on the consent calendar, passed 3-0. ★

Planning Considers Environmental Review of Waste Facility

Continued from Page 1

no room for expansion” to handle organic waste, he said, which led to consideration of using about 24 acres of land near the water treatment plant, north of Twin Cities Road and west of Highway 99.

Selling noted that the rent payments from Cal-Waste to the city would offset trash rate increases.

Rod Stinson, vice president of consulting firm Raney Planning & Management, described the process of creating an environmental impact report, which gives time for the public and regulators to review and comment on a project’s effects. He said the report will focus on how the facility would impact the area’s hydrology, noise levels, transportation and water quality. Public comment is open on the scope of the report, and future comment opportunities

will be provided as the process continues.

Stinson confirmed for Commissioner Bonnie Rodriguez that hours of operation would be considered in evaluations of noise and traffic. Rodriguez also noted potential concerns from Caltrans about trucks using Twin Cities, which is a state highway.

Denier voiced related concerns about how truck traffic, and users of the household hazardous waste facility, would affect the road. The vice chair asked to see plans to ensure the facility does not pollute water flowing to the Cosumnes River. He also said possible odor, and effects on people living in nearby Sacramento County land should be considered.

The period for public comment on the scope of the impact report ends at 5 p.m. on Feb. 26. Comments may be submitted in writing to

Senior Planner Kristyn Bitz at kbitz@cityofgalt.org.

During updates on residential development and the state-mandated housing element of the general plan, Bitz said the city has 3,146 single-family dwellings and 97 multifamily-dwelling units that have been approved but not yet built. According to the state Department of Finance, the city’s population is about 25,557. She noted that 2023 was the busiest year for homebuilding that the city has seen in a long time, with 180 construction permits issued.

Community Development Director Craig Hoffman said some of those houses were delayed from 2022 because of rising interest rates, but he expected to see overall higher building rates in 2025 and 2026 as various developments start construction. ★



Share the Love this Valentine's Day...

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sunshinefoodpantrygalt.org
EIN 88-2329114

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CSD Recognizes Girls, Women in Sports

Heroism of 4 Chaplains Remembered

By Matthew Malone
Staff Writer

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46 points in a single game, as well as 594 points in the previous season. As of the meeting, she had a career total of 1,537 points. (She had a game scheduled after the presentation.) She also holds the record for more three-pointers in a single game, at 12.

“In 2023, she led the nation in making 3-pointers per game, and this season, she is in the top 4 in that same category nationally while taking significant on-ball pressure,” the CSD wrote in a press release.

On top of all these distinctions and others, Tan has a GPA of 4.45.

“While basketball is her passion, Isabel is more than just a talented basketball player,” Long told the board. “She is a leader, a hard worker and a role model for young athletes in our region. She is active in her church and youth group programs and is known for humility and dedication.

“As Isabel moves on to the next chapter of her life, she is entertaining offers from colleges and is yet to commit for fall. But for now, she is focused on leading her team to their third Delta League championship during her four years on the team.”

Tan came forward to thank the supportive people in her life.

“It just feels great to be



Cosumnes Oaks High School senior Isabel Tan speaks to the Cosumnes Community Services District board. Joining her are Katie Hamilton (right), recreation supervisor for Emerald Lakes Golf Course, and interim Recreation Manager Jonathon Long. Photos by Matthew Malone

recognized today, especially on National Women’s and Girls Sports Day. I would just like to thank my family, my teammates and my coaches that just have supported me throughout my basketball journey,” Tan said.

The directors praised Tan for her achievements and athletic skill, saying that whatever college she attends will be lucky to have her.

Long noted that this is CSD’s sixth time recognizing a local athlete on Girls and Women in Sports Day. He said that, by 14, girls drop out of sports at double the rate of boys, but that girls can learn life skills like teamwork, leadership and confidence from sports participation.

For her work inspiring women and girls’ interest

in sports, CSD recognized Katie Hamilton, the recreation supervisor for Emerald Lakes Golf Course.

Hamilton is a Professional Golf Association certified member of player development. She runs the golf course’s Operation 36 educational program, which is top-ranked among participating golf courses. That initiative has served 762 people, Hamilton said, of whom 434 were women and 137 were girls. Hamilton also started the Emerald Lakes’ Mentor League, a women’s group that started with five players and grew to 135.

“Data is definitely showing that girls golf is growing in the sport and they’re all a bunch of smiling faces over at the golf course.” ★

ELK GROVE, CA (MPG) - Elk Grove veterans organizations held a ceremony on Feb. 3 to honor the sacrifice of four military chaplains who lost their lives during World War II.

The Elk Grove American Legion, Marine Corp League and Veterans of Foreign Wars hosted the event at District 56. They remembered George Fox, Alexander Goode, Clark Poling and John Washington, who were stationed on the transport ship SS Dorchester off the coast of Greenland on Feb. 3, 1943, when it was torpedoed and sunk by a German submarine. The four tried to maintain calm, helped distribute life jackets and led the ship occupants in prayer, eventually going down with the ship. Of the 904 men aboard, 203 were rescued.

They each came from a different religious tradition: Fox was Methodist, Goode was Jewish, Poling was Catholic, and Washington was a member of the Reformed Church in America.

Also commemorated was Charles David Jr., an African American Coast Guard steward who rescued many of the



Paul Copsey recounts the sinking of the SS Dorchester, and the heroism of the four chaplains and Charles David Jr. Photos by Matthew Malone

survivors in the frigid water, later dying of pneumonia.

Chaplains from the U.S. Marine Corps League, the American Legion and VFW read information on the five men’s lives and work. ★



Attendees stand for the singing of ‘America the Beautiful’ by Sheri Retzlaff.



The chaplains and veteran leaders took part in the four chaplains ceremony.



Candles were lit in memory of the four chaplains, George Fox, Alexander Goode, Clark Poling and John Washington, as well as Charles David Jr.

MEMORIAL

KENNETH DUANE BURROW • 2/15/1958 – 1/04/2024

Kenneth Duane Burrow born February 15, 1958 in San Jose, CA to Duane and Marlene Burrow. Ken passed away unexpectedly on January 4, 2024 in Herald, CA at the age of 65.

Ken enjoyed hunting, fishing, animals and spending time in the mountains. Ken was a hard worker, had a great sense of humor and a big heart. Ken was a general contractor and worked in Construction for the majority of his life.

Ken is survived by his children Kenny Burrow, Craig (Breanne) Burrow and Kyle Burrow, grandson Hunter Burrow, mother Marlene Burrow, sister Terry Shebelut, nephew Kent Shebelut and his partner Kathy Kuss.

Preceded in Death by his father Duane Burrow, grandparents Charlie and Vivian Facchino,



George and Cora Burrow.

“That best portion of a good man’s life, his little, nameless, unremembered, acts of kindness and of love.” By William Wordsworth

In lieu of flowers please make a donation to your favorite charity. Services will be private.

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POLICE LOGS

During the time period of Feb. 2 - Feb. 8, Galt Police received and responded to a variety of calls, resulting in nine arrests.

Fri., Feb. 2

03:00 p.m., vandalism reported at Taco Bell on C Street.

Sat., Feb. 3

12:28 p.m., theft reported at Walmart on Twin Cities Road.

Sun., Feb. 4

02:45 a.m., theft reported at New Hope Senior Village Apartments on Village Run Drive; all tires stolen from Honda Accord.

07:20 a.m., stolen vehicle reported at Palm Garden Apartments on A Street.

07:42 a.m., theft reported on Village Run Drive; all tires stolen from Nissan Altima.

02:28 p.m., missing adult reported at Leggs Residential Adult Care on Moose Creek Way.

04:06 p.m., trespassing reported at Walmart on Twin Cities Road.

08:10 p.m., attempt to serve warrant/adult arrested at Walmart on Twin Cities Road.

Mon., Feb. 5

01:40 a.m., narcotics violation/adult arrested at South Lincoln Way/Kost Road.

06:48 a.m., vandalism reported on Southdale Court.

08:20 a.m., vandalism reported on Sparrow Drive.

10:43 a.m., domestic violence/adult arrested on North Lincoln Way.

11:10 a.m., stolen vehicle recovered on Golden Heights Drive.

08:20 p.m., shoplifting/adult arrested at 7 Eleven on Pine Street.

09:20 p.m., trespassing reported at vacant Rite Aid building on Twin Cities Road.

Tues., Feb. 6

08:28 a.m., vandalism reported at city manager's office on Civic Drive.

09:53 a.m., auto burglary reported at Galt Community Park.

09:44 p.m., DUI/adult

arrested at First Street/ New Hope Road.

Wed., Feb. 7

01:24 a.m., attempted theft/tampering reported on Glendale Avenue.

07:53 a.m., vandalism reported at Meadowview Park on Meadowview Drive.

05:24 p.m., auto burglary reported at Kidz Come First on Twin Cities Road.

Thurs., Feb. 8

02:49 a.m., burglary reported at The Galt Place on D Street.

08:23 a.m., theft reported on Eric Circle.

01:56 p.m., theft reported on Dawn Circle.

02:10 p.m., theft reported at C Street/Civic Drive.

03:04 p.m., narcotics violation/adult arrested at Labrador Court/West E Street.

09:43 p.m., attempt to serve warrant/adult arrested at C Street/Pine Street.

10:27 p.m., attempt to serve warrant/adult arrested on Marichal Way. ★

GLANCE BACK

Feb. 25, 1944

A dinner party was given Sunday in honor of Earl J. Dowdell, Elec. 2C, and Joseph J. Blay, Elec. 2C, both of the U.S. Navy. Earl has just graduated from Gyro Compass School on the Atlantic Coast and Joseph just returned from 18 months' intensive sea duty in the South Pacific. Guests were Mr. and Mrs. Dowdell, Joseph Blay, Pearl Myers, Ruth Myers, Cecil McKindley, Harry Barsetti, Al Palmer, Otto Kohnke, Mr. and Mrs. A.C. Loll and the hosts Mr. and Mrs. Carl Loll. □ □ □

A dinner party was given by Miss Evalyn Griffith at her home in Thornton Feb. 18 in farewell for Donald Ladd who left for the U.S. Army Feb. 22. Those present were Charles and Virginia Heckley, Troy Brooks and fiancé, Dick Heckley, Miss Franka Quashnick, Miss Ruth Bottimore, Marion Miller, and the honoree and hostess. □ □ □

Feb. 25, 1954

Miss Jeannette Pahl, daughter of Mr. and Mrs. August Pahl of Galt, was "capped" in ceremonies held in Stockton last Friday night. She was among a class of 33 young women in nurse's training

who received the honor. Miss Pahl is training at San Joaquin General Hospital and will receive her Registered Nurse in 1956. She is a graduate of 1952 at Galt High School. □ □ □

Mr. and Mrs. Louis J. Listini are the proud parents of a girl named Luana Marie born at Lodi Memorial Hospital Jan. 29 at 11:47 p.m. She weighed 6 pounds 2 3/4 ounces ... Mr. and Mrs. Wesley Baumbach, Galt, are the parents of a daughter, Robin Jeanette, born Jan. 23 at 1:17 a.m. She weighed 7 pounds 9/4 ounces. □ □ □

Feb. 20, 1964

Mayor Bennie T. Casado, veteran mayor of Galt for the past 16 years, announced this week that he will not be a candidate for re-election to the city council April 14. Also resigning this year is Councilman Henry Bachman whose announcement was carried earlier. □ □ □

Joining the ranks of newlyweds are Mrs. Beatrice Orr Hayenga of Galt and Otto H. Smithson of Stockton who were wed Saturday, Feb. 15. The 4 p.m. ceremony was performed in Mrs. Hayenga's home on Orr Road (Ed.

Note: the McFarland home) by Rev. Bill E. Beck of the Community Methodist Church. □ □ □

Feb. 21, 1974

Robert N. (Bob) Blossom was named Thornton Citizen of the Year at the annual Chamber of Commerce installation and Thornton Hall Association dinner Saturday night. □ □ □

Jennie Morehead, Galt High School junior was the winner of the Galt Lions student speaker contest on Feb. 14. Miss Morehead's teacher and coach is Mrs. Eugenia Olson. □ □ □

Feb. 16, 1984

Less than 10 days are left to buy your tickets for St. Christopher's International Buffet dinner. Mr. and Mrs. Martinus Vandenburg donated a cow to the dinner. Sam Blankenship of Lodi butchered the animal at a reduced price for the church. □ □ □

A new look at the Herald post office is Jim Myers, the first male mail clerk in 18 years. Jim started to work at the Herald post office on Jan. 24 as carrier PTF. He was formerly in the construction trade. ★

ABOUT TOWN

GAHS Docent Training Feb. 22

The Galt Area Historical Society is offering docent training for the McFarland Living History Ranch House. Training is Thursday, Feb. 22, 1-3 p.m. The training will be held at the ranch, 8899 Orr Road. There is no cost to GAHS members and a \$30 membership fee for nonmembers. Please call Bernice at 209-323-0091 and leave a message to reserve your space for training.

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: March 3, April 7, 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.

Corned Beef and Cabbage Dinner March 16

The Alta Mesa Gun Club of Wilton will kick off the St. Patrick's Day season and host its annual Corned Beef and Cabbage Dinner on Saturday, March 16. Social hour

begins at 5 p.m., followed by the 6 p.m. dinner. Tickets are \$30 per person (ages 13 and up) and \$15 per person (ages 12 and under). Dinner tickets can be purchased at the clubhouse Mondays, Thursday, and Fridays from 5-9 p.m. or via Google Pay at altamesagunclub@gmail.com. For more information on tickets, call 916-716-7329 or 916-996-8861. The Alta Mesa Gun Club is at 10100 Reigl Road, Wilton.

Eggstravaganza, Kite Day on March 30

Galt Area Historical Society will host Eggstravaganza and Kite Day on March 30 at McFarland Living History Ranch, featuring an egg hunt and egg drop, a pie-eating contest, and pictures with the Easter Bunny. Games and activities run 9 a.m. to 2 p.m., and the hunt for eggs hidden across the ranch starts at 9 a.m. the pie-eating contest will start at noon, and the egg drop will start at 1 p.m. Tours of the historic ranch house will happen throughout the day. McFarland Living History Ranch is located at 8899 Orr Road, and parking costs \$5 per car. For information on registration, call 109-730-3127. ★

MEETING MINDERS

Tuesday, Feb. 20

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

Galt High Alumni Association (GHAA), 7 p.m., Three Palms Mobile Estates Clubhouse, 604 Pringle Ave., 916-835-8690.

Wednesday, Feb. 21

Cosumnes CSD, 5 p.m., Elk Grove CSD boardroom, 8820 Elk Grove Blvd.

Thursday, Feb. 22

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

Community Planning Advisory Council, 7 p.m., Hendrickson Hall, 12746 Ivie Road, Herald, 916-568-2800.

Friday, Feb. 23

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

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Something Stinks? Is it I?

It seems that whenever pastors preach to a sparse crowd, they often begin by quoting Matthew 18:20. However, they remove the verse from its context to passively express their disappointment for the low numbers.

"This reminds me of what Jesus said," they'll jest. "For where two or three are gathered in my name, I am there among them."

During my years as a hospital chaplain, I often paraphrased this verse to convey my frustration for yet another staff meeting.

"Wherever there are two or more chaplains gathered in his name, there will be a chaplain staff meeting."

Nevertheless, our hospital staff meetings at Sutter Medical Center could occasionally be interesting.

They were led by our Spiritual Care supervisor, Lisa Nordlander. Lisa was a petite, fifty-year woman who supervised a staff consisting of a secretary, three full-time chaplains and six chaplain interns.

One day, she sent out a message: "All hands on deck for a joint meeting of staff and interns."

A few hours later, we assembled in a conference room where I'd like to tell you we looked like Jedi Knights perched on chairs waiting for divine wisdom from Obi-Wan Kenobi.

But on this particular day, things took a surprise turn when Lisa tossed white plastic bags on the table and asked her chaplains to each claim

one. Taking the bags, we spilled their contents onto the table — a toothbrush, toothpaste, mouthwash, tongue brush and dental floss.

Ooohh kaaay. The supervisor's husband was a dentist, but given her professional demeanor, product endorsement seemed a little beneath her.

"This is a friendly reminder," she managed to say among the giggles, "that good dental hygiene is a part of good spiritual hygiene."

Yes, apparently when it comes to spiritual care, oral cleanliness is next to godliness.

Lisa continued her teaching moment. "We work in close quarters," she said, struggling to smother her erupting smile.

"Chaplains often whisper to nursing staff and lean close in their patient visits. These patients may be sensitive to certain odors, so please make sure you are well acquainted with these products."

I can tell you we all searched the faces around the table, wondering which chaplain inspired Lisa to bring the toothbrushes.

Was it our Catholic priest who drank too much coffee?

Was it I, the one who loved the cafeteria onion rings?

Was it the new intern snacking on tuna crackers?

We all had a side-splitting laugh over Lisa's artful presentation of such a personal matter, but I couldn't help but remember a gathering of 12 — the Last Supper when Jesus predicted one of his disciples (Judas) would betray him.

Like the disciples who muttered, "Is it I, Lord?" we chaplains blew into our cupped hands, taking a quick whiff and wondering, "Is it me, Lisa? Am I the reason

you are saying this?"

There are times in our exchanges with people that we become pretty sure something stinks. On those occasions, what is our first reaction? Do we lean close to our friends and examine their smell first? Or do we check our own breath?

We're not perfect and we certainly won't always smell perfect, but our imperfection gives us two choices.

We can deny it and make others suffer or we can celebrate that we are all in the same boat. We're all human and we all have the potential to, well, there's no other way to say it... stink.

The truth is, we are pretty human and the spirit we breathe on people may not always be the freshest one.

It's something we should keep in mind as we enter the Lenten season. Take a hard look at yourself, check your spirit. Examine your intentions. And question your motives.

Ask yourself, "Am I the one who has caused the problem?" or "Am I the one who holds the solution?" These must be among the first questions we ask when we smell something not quite right.

Which leads me to my final paraphrase of Matthew 18:20 — "Wherever two or more are gathered in his name, there will always be imperfections."

This column is an excerpt from my newest book, "Tell it to the Chaplain."

Order all my books at www.thechaplain.net or send \$20 to 10556 Combie Rd. Suite 6643 Auburn, CA 95602. Comments received at same address or by email: comment@thechaplain.net or at (843) 608-9715. ★

COMMUNITY BRIEFS

Sons of the American Legion 233 Invites Male Descendants

The Sons of the American Legion, Elk Grove Squadron 233, invites male descendants of a parent or grandparent who served or is serving in the United States military to a monthly meeting on the 1st Monday of each month at 6:30 pm to honor their service and sacrifices. Meetings are held at the Veteran's Hall, 8230 Civic Center Drive, Elk Grove 95757. This group meets next on March 4th, and April 1st. For further information, please contact Mike McVean at 916-747-3021 [call or text] or email MDMcVean@gmail.com.

American Legion Post 233's Meetings

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, CA 95624.

Our next meeting will be held February 22nd, 2024.

Elk Grove American Legion Post 233 invites veterans and their spouses to a dinner/social hour at 6 pm, followed by the veteran's general meeting at 7 pm.

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

For questions, please contact Henry at 916-205-9296 C or Sue at 916-683-6128 H. [remove website address please]

We 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 February 3rd at 9:00 am at Mimi's Cafe on the corner of Laguna Blvd and W. Stockton Blvd (just off Hwy 99).

We hope to see you there.

AA 24-Hour Hotline

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

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 locally on a weekly basis, Saturdays from 9:30-10:30 a.m., at the Galt United Methodist Church, 571 C St. in Galt.

Sunshine Food Pantry Donation Sites

Sunshine Food Pantry is a food closet that helps provide for local 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, 209-745-4133.

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

Meals on Wheels Cafe Accepting Older Adults

Meals on Wheels is accepting new participants in its Galt All Seasons Café located in the Chabolla Community Center, 600 Chabolla Ave. The cafe is open Monday through Friday at 11:30 a.m. for adults age 60 and older. Those interested can apply at the Chabolla Center when meals are being served, or they can call 916-444-9533.

Senior Bingo weekly at Chabolla

The Galt Commission on Aging is hosting Senior Bingo games at the Chabolla Community Center at 600 Chabolla Ave., every Monday, 1-3 p.m. (except holidays and when required by the city). Seniors of Galt and its immediate vicinity are cordially invited to come have fun and play bingo together, socialize, and possibly make new friends. Attendance is free of charge.

Volunteers sought for Senior Resource Center

The Commission on Aging is looking for volunteers to staff the Galt Senior Resource Center, which opened its doors in April. The commission is looking for people who can operate a computer, and are willing to answer

questions from seniors in person, over the phone, on social media or by email.

Volunteer slots are available in two-hour increments for up to four hours, Monday through Thursday, 10 a.m. to 2 p.m., excluding holidays. Volunteers will be trained and will have the ability to contact members of the commission if questions arise.

The resource center is located at the Chabolla Community Center, 600 Chabolla Ave. If you are interested in helping, please call 209-294-3308 and leave a message. Or, once the resource center is open, inquire in person.

Cosumnes DAR Chapter Accepting New Members

The Daughters of the American Revolution (DAR) recently started their Rio Cosumnes Chapter in the Elk Grove/Galt community, and they are accepting new members.

DAR is a nonprofit, nonpolitical volunteer women's service organization 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 information on the Rio Cosumnes Chapter's monthly meetings or membership, contact Registrar Paula Schroeder at egdarregistrar@gmail.com.

City After-Hours Assistance

After-hours assistance is on offer at the Galt Public Works and Parks and Recreation departments. For Public Works concerns, call the Galt Police Department nonemergency line at 209-366-7000. The Parks Maintenance Division is available for scheduled field or facility use assistance only, from Monday to Friday, 4-10 p.m.; and Saturday and Sunday, 7 a.m. to 10 p.m. Call 209-810-0293.

Library Offers Older Adults Computer Time

In cooperation with the Galt Commission on Aging, the Galt-Marian O. Lawrence Library will schedule a set time for older adults to use its computers, upon request. Those 65 and older who wish to request computer time can call the library at 916-264-2920. Staff will help set up the computer or tablet. The library is open Tuesday-Saturday, 10 a.m. to 6 p.m. It is located at 1000 Caroline Ave.

Recycle Household Batteries

City of 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 for dry-cell household batteries only.

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

Square Dance Classes on Mondays

The Diamond Dancers Square Dance Club is hosting social square dancing classes in Galt. The classes are open to everyone and are held on Mondays 6:30-8 p.m. at the Valley Oaks Grange Hall. The classes are formatted for flexibility, and students can learn numerous square dance calls in about three months. The Valley Oaks Grange Hall is located at 347 Fifth St. For more information, call Sue Regadanz at 916-835-8916.

Nominate Your Neighbor

The Galt Beautification Committee is asking 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 future newsletters and City Manager Updates. ★

CLASS NOTES

GALEP Volunteers Needed

Galt Horse Assisted Learning and Enrichment Program, which helps student expand their abilities by working with horses, is seeking volunteers. The program begins in late spring to early summer, at the arena behind Robert L. McCaffrey Middle School, Wednesdays at 12:30 p.m. Horsemanship is not required to volunteer. Those interested can register for an informational meeting, to be held Feb. 28, 2-3 p.m. at the McCaffrey library (997 Park Terrace Drive). Sign up using the Google form

at bit.ly/49rHWWF (case sensitive). For more information, contact Lori Jones at 209-744-4545, ext. 332, or ljones@galt.k12.ca.us.

Intradistrict Transfer for 2024-25 School Year

The Galt Joint Union Elementary School District (GJUESD) is accepting intradistrict transfer applications starting through Feb. 29, 2024. Forms are available the district office located at 1018 C St., at school sites or on the District's website, galt.k12.ca.us. ★

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00442
Esperanza Pevehouse, 162 Stirup Court, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Young Bakers Academy" 162 Stirup Court, Galt, CA 95632. Filed with the Clerk of Sacramento County January 17, 2024
Publish: February 2, 9, 16, 23, 2024
YOUNG 2-23-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00703
Juvenal Barajas Madrigal, 746 Twin Hills Drive, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "J.Barajas Transport" 746 Twin Hills Drive, Galt, CA 95632. Filed with the Clerk of Sacramento County January 26, 2024
Publish: Feb 9, 16, 23, March 1, 2024
BARAJAS 3-1-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-00918
Galt Family Optometric Center, LLC, 730 Spaans Drive, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Galt Family Optometric Center" 730 Spaans Drive, Galt, CA 95632. Filed with the Clerk of Sacramento County February 2, 2024
Publish: Feb 16, 23, March 1, 8, 2024
GALT 3-8-24

TRUSTEE SALE

T.S. No. 23-65362 APN: 148-0790-020-0000 NOTICE OF TRUSTEE'S SALE PURSUANT TO CIVIL CODE § 2923.3(a), 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. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/4/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of 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 below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: ALFREDO TAMEZ AND MARIA C. TAMEZ, HUSBAND AND WIFE AS JOINT Tenants duly Appointed Trustee: ZBS Law, LLP Deed of Trust recorded 6/20/2006, in Book 20060620, Page 0575, of Official Records in the office of the Recorder of

Sacramento County, California, Date of Sale: 3/8/2024 at 1:30 PM Place of Sale: East Entrance County Courthouse, 720 9th St, Sacramento, CA 95814 Estimated amount of unpaid balance and other charges: \$88,554.28 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 owed. Street Address or other common designation of real property: 926 RETRIEVER WAY GALT, CALIFORNIA 95632 Described as follows: As more fully described in said Deed of Trust A.P.N #: 148-0790-020-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of 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 should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866) 266-7512 or visit this internet website www.elitepostandpub.com, using the file number assigned to this case 23-65362. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction 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. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the

trustee sale, you can call (866) 266-7512, or visit this internet website www.elitepostandpub.com, using the file number assigned to this case 23-65362 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Dated: 2/6/2024 ZBS Law, LLP, as Trustee 30 Corporate Park, Suite 450 Irvine, CA 92606 For Non-Automated Sale Information, call: (714) 848-7920 For Sale Information: (866) 266-7512 www.elitepostandpub.com Michael Busby, Trustee Sale Officer This office is enforcing a security interest of your creditor. To the extent that your obligation has been discharged by a bankruptcy court or is subject to an automatic stay of bankruptcy, this notice is for informational purposes only and does not constitute a demand for payment or any attempt to collect such obligation. EPP 39300 THE GALT HERALD
Publish: 02/16/24, 02/23/24, 03/01/2024
THE GALT HERALD 3-1-24

NOTICE OF TRUSTEE SALE IMPORTANT NOTICE TO PROPERTY OWNER YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED December 17, 1998. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Andrew D. Smith, as duly appointed Trustee under and pursuant to a Deed of Trust Recorded on March 5, 1999 in Book 990305 at Page 1633 under Recorder's Serial Number 19990351633 in the official records of the office of the County Recorder of SACRAMENTO COUNTY, State of CALIFORNIA, EXECUTED BY: Pamela A. Nelson, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASE, 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, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE. DATE OF SALE, 03/05/2024, TIME OF SALE, 11:00 a.m. AT THE EAST MAIN ENTRANCE TO THE SACRAMENTO COUNTY COURTHOUSE 720 9TH STREET SACRAMENTO, CA all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as follows: All that portion of Lot 12, as shown on the official "Map of the Rancho San Jon De Los Mokelumnes", filed in the proceedings suit Unit No. 12890, Judgement No. 8477 of the District Court in and for the County of Sacramento, described as follows: Commencing at a point on the

East boundary line of the Grant designated as San Jon De Los Mokelumnes which point is 11 links North of the section line common to Sections 27 and 34, in Township 5 North, Range 6 East, M.D.B. & M., as said sections are designated upon the map above referred to; thence West 290 feet; thence North 69.96 feet; thence East 290 feet to a point on the East line of said Grant; thence, along the East line of said Grant, South 69.96 feet to the point of commencement. The street address and other common designation, if any, of the real property described above is purported to be: 578 1st Street Galt, CA 95632 APN # 148-0160-013-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. NOTICE OF TRUSTEE'S SALE Trustee Sales No. 2023-101 Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$150,786.41 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of the monies paid to the Trustee, and the successful bidder shall have no further recourse.

The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale. A written Notice of Default and Election to Sell was recorded in the county where the real property is located. 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 should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about the trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale

of this property, you may call (209)333-9292 for information regarding the trustee's sale. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information. The best way to verify postponement information is to attend the sale. FOR SALES INFORMATION: Mon-Fri 9am-5pm (209) 333-9292 Andrew D. Smith 115 W. Walnut St. Suite 3 Lodi, CA 95240 Dated: February 5, 2024 Andrew D. Smith, Trustee Publish: The Galt Herald 2/16/2024, 2/23/2024, 3/1/2024 THE GALT HERALD 3-1-24

NOTICE OF TRUSTEE SALE IMPORTANT NOTICE TO PROPERTY OWNER YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED May 15, 2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Andrew D. Smith, as duly appointed Trustee under and pursuant to a Deed of Trust Recorded on May 22, 2006 in Book 20060522 at Page 0363 in the official records of the office of the County Recorder of SACRAMENTO COUNTY, State of CALIFORNIA, EXECUTED BY: Giulia Stirparo Forlivesi, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASE, 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, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE. DATE OF SALE, 03/05/2024, TIME OF SALE, 11:00 a.m. AT THE EAST MAIN ENTRANCE TO THE SACRAMENTO COUNTY COURTHOUSE 720 9TH STREET SACRAMENTO, CA all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described in exhibit A: Commencing at a point Southerly eighty (80) feet due North from the South East corner of the Northeast One quarter of Section No. Twenty Seven (27), Township No. Five (5) North, Range No. Six (6) East, Mount Diablo Base and Meridian, and running thence Westerly one hundred and fifty (150) feet; thence Southerly forty (40) feet; thence Easterly one hundred and fifty (150) feet; thence Northerly forty (40) feet to the place of beginning.

The street address and other common designation, if any, of the real property described above is purported to be: 144 N. Lincoln Way Galt, CA 95632 APN # 150-0172-021-0000 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of

the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the NOTICE OF TRUSTEE'S SALE Trustee Sales No. 2023-102 obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$260,210.55 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of the monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale. A written Notice of Default and Election to Sell was recorded in the county where the real property is located. 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 should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about the trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (209)333-9292 for information regarding the trustee's sale. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information. The best way to verify postponement information is to attend the sale. FOR SALES INFORMATION: Mon-Fri 9am-5pm (209) 333-9292 Andrew D. Smith 115 W. Walnut St. Suite 3 Lodi, CA 95240 Dated: February 5, 2024 Andrew D. Smith, Trustee THE GALT HERALD Publish: 2/16/2024, 2/23/2024, 3/1/2024 THE GALT HERALD 3-1-24



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Sometimes You Feel Like a Nut, Sometimes You Don't

According to the National Day Calendar, on Feb. 16 each year, National Almond Day recognizes the versatile and healthful almond. Do you pronounce it "ah-mon" or "am-men"? Does it really, really matter? So long as we get to eat the nuts, that's what matters.

This delicious nut is native to the Middle East and thrives in warm, dry climates with mild winters. The day celebrates the benefits and uses of almonds. Whether you are eating them by the handful, using almond milk, almond pasta, flour, butter, oil, or almond meal, almonds offer a delicious flavor along with many

health benefits.

Almonds are one of the most heart-healthy foods on the market packed with vitamin E, magnesium and fiber. According to a survey of 500 health professionals, almonds may be beneficial to a healthy lifestyle. And according to the United States Food and Drug Administration, "Scientific evidence suggests, but does not prove that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease." And recent research from Purdue University suggests that eating almonds can help people feel satisfied for several hours,

which can support weight management and counter weight gain.

Fun facts: A 1-ounce serving of almonds has 165 calories; the United States leads in the production of almonds with California alone produces 100% of the almonds in the United States. Also, Franciscan padres brought almond trees to California from Spain in the 18th century. However, production didn't take off until the 20th century. Colonies of honeybee hives are brought into the orchards to fertilize the almond flowers. And when the flowers fall to the ground it looks like it snowed in the orchards. My favorite way to eat almonds is to eat them fresh from the trees. And in a recipe: the almond

brittle my mother-in-law makes.

This past week was a busy week, with the Super Bowl on Sunday. Did your team win? I was very thankful to have Monday off. Then Wednesday was a double whammy with being Ash Wednesday and Valentine's Day. Hopefully, you treated your Valentine well, and your Valentine treated you well. It was a good day for us, just busy.

Thankfully, the weather is cooperating. Makes me want to really start thinking about planting more flowers and the garden. The tulips will be beautiful, I am so thankful Don planted lots of them. They add so much color along with the camellias and cyclamen in the flower gardens. And the

succulents are blooming in all sorts of colors like crazy. Now if we can keep the chickens out of the flower gardens from scratching the soil and making a mess, I will be a happy camper.

Finally, this year is a leap year. "Why?" you may be asking. According to Wikipedia (we all know they know everything and then some), "a leap year ... is a calendar year that contains an additional day ... compared to a common year. The 366th day ... is added to keep the calendar year synchronized with the astronomical year or seasonal year." And on that day, Feb. 29 (Isn't that special?), there is a folklore myth that allows for men and women to reverse roles. Women were encouraged to leave

men who were slow to act, to marry them. That is if the women could find the men and catch them. I bet those were some wild times.

Flower of the day: Daffodils

Recipe of the day: Shrimp Scampi

Dates to remember:

Feb. 19 – President's Day – Government offices and schools are closed.

Feb. 29 – Leap Day

March 10 – Daylight Saving Time – Ugh! Yes, it is still here, and yes, you lose one hour of precious sleep.

March 17 – St. Patrick's Day

March 19 – Spring Equinox

March 31 – Easter

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

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Lady Warrior Soccer Takes Out the Pride on Senior Night

By Paige Lampson
Sports Editor

SACRAMENTO COUNTY, CA (MPG) - With a season plagued by injuries the Warrior soccer team finished their season with a win against Bradshaw Christian 1-0. The four seniors were honored before the game began and the icing on their careers was a final win.

According to Head Coach Oscar Corona, many girls stepped up to starting positions when their team mates were injured and helped secure the second place in League this season. They had 6 league wins, 1 loss to Liberty Ranch and 3 ties.

Shantiny Lemus led the team this year with 6 goals and Bricelena Cortez and Baylee Miller had 5 and Catherine Dalton kicked in 4. Miller had the highest goal average per game, but she played 8 less than Lemus. ★



The Galt High senior soccer players celebrate senior night with their coaches. Photos by Ella Ipson



Shantiny Lemus shoots around a Pride player.



Monica Valencia dribbles with pressure.



Grizel Gutierrez takes a header.



Katherine Dalton controls the ball.



Hawk Soccer Celebrates Senior Night



The Hawks honored their senior soccer players on February 1st with a win over Union Mine 3-0. Stats have not been posted at time of print, so we can not credit the goals.

The Hawks had a great season and placed 2nd in League with 7 wins, 1 loss to Galt High, and 2 ties.

February 9th, they moved into the playoffs and played Livingston at home. Liberty Ranch was ranked 7th and Livingston was ranked 10th. Things didn't go as planned for the Hawks and they lost a close fought game with a penalty shot 1-0.

Photo by Paige Lampson ★



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Galt Basketball Honors Seniors

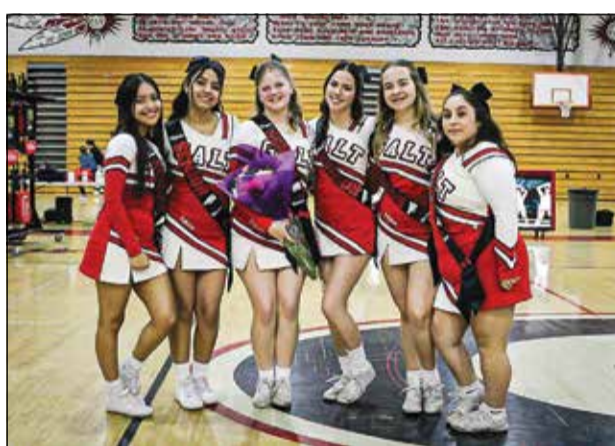


Galt High senior basketball players celebrate senior night with Coach Earp. Photos by Ella Ipson

By Paige Lampson
Sports Editor

GALT, CA (MPG) - It wasn't an easy season for the Warrior basketball team this year, but the six seniors who stuck it out through the good and the bad were honored at the last home game against Union Mine.

The Warriors didn't win one league game this season and their over all record was 3-21. New head coach Ron Earp will have to build again next year as there are only three varsity players who are not seniors. They did field a freshman and JV team



Warrior cheerleaders celebrate senior night during the last home basketball game.

this season, so there will be some players to move up to varsity next year and Earp is

optimistic that he can build if the boys are willing to put in the work. ★



Zavion Mitchell goes for a layup.



Caden Bernal tries to get around a Union Mine player.



Wilson Garcia looks to pass.



Brian Gomez feels the pressure.

Hawk Basketball Honors Seniors

By Paige Lampson
Sports Editor

GALT, CA (MPG) -The Hawks came ready to play last week on their senior night against Rosemont. The team had narrowly lost to Rosemont earlier in the season 44-38.

Everything was hitting for the Hawks and they finished the 1st quarter ahead 20-13. Rosemont squeezed their defense of the key and by halftime the game was tied 28-28.

The Hawks battled and fought for the key and by the beginning of the 4th quarter had a slim lead 44-38. The battle was on and the score would tie up, but with 2:12 seconds left in the game the Hawks were up 54-53. Rosemont made some key plays and with just 27 seconds left Rosemont was ahead 61-59. The Hawks fought valiantly but couldn't sink a basket and with a foul Rosemont won 62-59.

Stats had not been posted at time of print. ★



Liberty Ranch seniors Yousef Diab, Andrew Cadiz and Ryan Martin with head coach Brian Chavez. Photos by Paige Lampson



Andrew Cadiz prepares a layup.



Ryan Martin soars to the basket.



Yousef Diab fights his way through the Rosemont defense.



Liberty Ranch senior cheerleaders are honored with tiaras and flowers for senior night.

Shayhen Places 2nd at Regionals



Veronica Shayhen pins her Rosemont opponent at CIF Regionals. Photos courtesy of LRHS Wrestling Team

The Liberty Ranch wrestlers have been busy finishing up their season. The lady wrestlers attended the CIF Regionals where Veronica Shayhen placed 2nd.

Kaydence Silva also placed high enough to move on to the Masters Tournament with Shayhen next week end in Stockton.

All League freshman Wyatt Corria placed 3rd at the boys Divisionals and will be moving on to the Masters. ★



Veronica Shayhen on the number 2 award podium.

About 400 Wilton, Herald Customers Lost Power In Storm

Story by Carol Feineman

SACRAMENTO REGION, CA (MPG) - The winter storm that hit Northern California a week ago Sunday brought eight-plus hours of 65-plus mile per hour winds, according to a Sacramento Municipal Utility District (SMUD) representative, and power outages to about 400 Herald and Wilton customers.

The storm caused extensive damage across the region and to SMUD equipment. Much of the damage was caused by downed trees, according to SMUD public information specialist Sofia Gutierrez.

“At the height of the storm, damage caused power interruptions to 200,000 customers. We’ve restored power to all but 252 customers and expect to have all remaining outages restored today,”

Gutierrez said a week ago Thursday.

In the Wilton/Herald area last Thursday, 20 customers remained without power at six scattered outages.

“We’ve had more than 80 crews out working 24/7 since Sunday and they’ll continue to work around the clock until power is restored for all,” the SMUD public information specialist said.

Safety is a top priority at the electric utility organization, according to Gutierrez.

How can residents be prepared for future outages?

Gutierrez encourages customers to prepare and store a storm emergency kit in an accessible place. The kit should include a fully-charged cell phone, laptop and external battery banks; flashlights; battery-operated clock; extra batteries; manual can opener; supply of water; battery-operated radio; charged internet

hotspot; food and blankets.

When you lose power, SMUD advised, check to see if the lights are out in neighboring homes and report the outage(s) to SMUD at smud.org/outages or at 888-456-SMUD (7683).

Another weather reminder that Gutierrez stressed is to stay away from all downed power lines. The power lines carry powerful electrical currents that can cause severe injury or death if you come in contact with it. According to the Electrical Safety Foundation, up to 35 feet of the ground around the power line could be energized. Do not remove tree limbs or other debris from power lines. Tree limbs and other objects can also conduct electricity.

If a power line is down, Gutierrez said, immediately call 888-456-SMUD (7683) or 9-1-1. ★

Governor Newsom Announces New Appointment To Sacramento Superior Court

Sacramento Superior Court News Release

SACRAMENTO, CA (MPG) - Gov. Gavin Newsom recently appointed Richard C. Miadich, of Sacramento County, to the Sacramento Superior Court bench.

“The court welcomes the addition of Mr. Miadich and the experience he will bring to the Sacramento County bench,” Presiding Court Judge Bunmi O. Awoniyi said.

Miadich has served as chair of the California Fair Political Practices Commission since 2019. The commission is responsible for regulating statewide campaign finance, governmental ethics, and lobbying activity.

Prior to his appointment to the FPPC, Miadich worked at Olson Hagel & Fishburn LLP from 2005 to 2018, where he held several positions including managing partner, partner, and associate. The practice focused on litigation matters involving election and campaign finance law, education law, government and administrative law, and constitutional law. He also assisted in the firm’s political advising, primarily in areas of elections and initiatives.

Miadich has litigated matters at the trial and appellate levels in California, including the California Supreme Court, and has represented clients before state administrative agencies. He has also participated in matters before the United States Supreme Court, the United States Courts of Appeals for the Seventh and Ninth Circuits, and the United States District Courts for the Northern and Eastern Districts of California.

Miadich was an at-large director of the Sacramento County Bar Association Board of Directors. He also served on the Board of Directors of the Sacramento County Bar Foundation, the charitable arm of the Sacramento County Bar

Association. Previously, Miadich also served on the Executive Committee of the Public Law Section of the California State Bar and was the assistant editor of the State Bar’s Public Law Journal.

Miadich earned his law degree from the University of California at Davis in 2002. While there, he served as a member of the U.C. Davis Law Review, externed with the California State Assembly Judiciary Committee, and participated in the school’s trial practice program. He received his bachelor’s degrees in political science and history from the University of California at Los Angeles in 1998.

Miadich fills the vacancy created by the appointment of Judge Daniel J. Calabretta to the federal bench. ★



Richard C. Miadich, of Sacramento County. Photo Courtesy of Sacramento County

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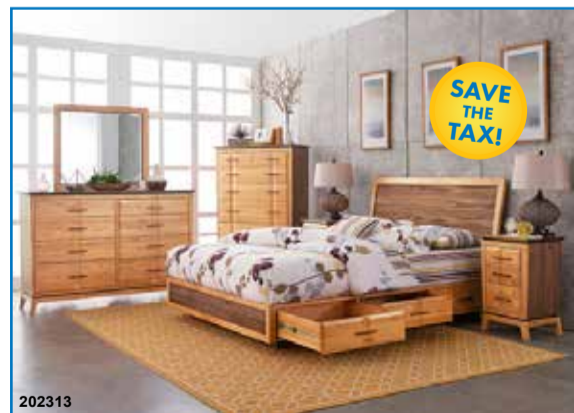


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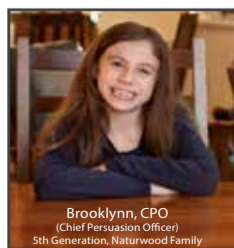
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