

Hawk Flag Football Wins Inaugural Game

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**SEPTEMBER 11, 2001** 

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**SEPTEMBER 6, 2024** 

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## Workshop Gathers Parks Ideas



Participants in the first workshop on Galt's Parks, Recreation and Open Space Master Plan listen as consultant John Martin, second from left, discusses their priorities for city parks. Photo by Matthew Malone

By Matthew Malone **News Editor** 

GALT, CA (MPG) - A group of Galt residents gave their thoughts on city parks on Aug. 27 as part of the first public workshop on the city's Parks, Recreation and Open Space Master

With Galt City Council already in the thick of decisions about how to spend new parks and recreation

funds from the Measure Q sales tax, the master plan is intended to create a picture of the community's priorities for parks and rec.

"This is the first step in our exercise and to basically do a road map for our City Council to see what they want. ... So it allows them to hear your voice," Parks and Recreation Director Armando Solis

About 30 residents,

including some children, gathered at the Littleton Community Center to listen to a presentation from RHAA, the consulting firm developing the master plan, on the current state of Galt's parks.

Then breaking into small groups, they wrote down answers to three questions: What do you like about Galt parks, open space and facilities? What improvements would you suggest? What recreation features, facilities or programs would you like to see added?

The number and diversity of parks was a common point of praise. Several groups appreciated Gora Aquatic Center and the cleanliness of parks.

"My daughter says that each park is different and great because they are all good, equitable facilities Continued on Page 3



## Son **Accused** of Brutal Murder in Wilton Area

By Gail Bullen Messenger Publishing Group

WILTON, CA (MPG) - A 29-year-old man accused of brutally murdering his mother was arrested following a five-hour standoff Aug. 28 at a home on Alta Mesa Road in the Wilton

Sacramento County Sheriff's Office spokesman Sgt. Amar Gandhi said John Martinez, 29, was arrested on a murder charge.

"Detectives learned that Martinez hit the victim, his 64-year-old mother, repeatedly with a shovel," Gandhi said. "He then ran her over with his vehicle and tried to set her on fire."

The Sacramento County Coroner's Office has identified the victim as Salud Martinez, 64. Other media outlets reported that her husband was out of the country at the time of the incident.

Gandhi said the initial report came from a worker on the property who saw a woman down in her driveway. The Wilton Fire Protection District was dispatched to a medical aid call in the 11500 block of Alta Mesa Road at 2:11 p.m. Aug. 28. Although inside the fire district, the house has a Galt mailing address.

The Sheriff's Office was called to assist at 2:40 p.m., due to suspicious circumstances.

"When deputies arrived, it was clear the woman had been assaulted and was deceased," Gandhi said. "They learned an adult son was likely still inside the house and began efforts to have him exit."

several Despite announcements over the public address system, the adult son "refused to exit or communicate with the deputies outside," Gandhi said.

The Sheriff's Office then deployed its SWAT Team, hostage negotiators, K-9 and drone teams, and armored vehicles including The Rook. At approximately 8 p.m., the SWAT Team entered the residence and took

Continued on Page 3

## **Galt Character Coalition Honors Two**



from left, her nominator Mark King, and character coalition members Gale Webber and Ralph Cortez. Photo by Paige Lampson

By Matthew Malone **News Editor** 

GALT, CA (MPG) - Two Galt residents were recently presented with the Galt Community of Character Coalition's 2024 Respect Award.

The recognitions went to Janis Barsetti Gray, a winery owner and

the Galt Area Historical Society president, and second-grade teacher Susan Hugues. The coalition gives awards

throughout the year honoring various

virtues selected by the community at

the organization's founding. "We've given over 200 character

awards for just raising up people who have really proven to be examples in our community of who we should be and how we should conduct our lives and what our community should be like," member Leesa Klotz said at the Aug. 21 Galt Joint Union Elementary School District meeting, as she presented Hugues' award.

A Vernon E. Greer Elementary School second-grade teacher,

Hugues was nominated by the Cal-

Waste Recovery Systems Recycle

"As visitors in Mrs. Hugues' sec-

Education Team and by Hugues' 22

ond-grade class, we have witnessed an amazing example of 'walking the talk' when it comes to respect for others," said Klotz, who serves as Cal-Waste's education coordinator. "Every direction, question or correction Mrs. Hugues communicates to her students is always delivered with respect. Showing respect sets the tone for how we treat each other and in Mrs. Hugues' case, sets the tone

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**GaltHerald.com** 

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# What You (and Your Child) Should Know for Kindergarten and Beyond

By Family Features

**CALIFORNIA (MPG)** - Starting kindergarten is a major milestone, one that sets the stage for future learning. Ensuring children are well-equipped to enter kindergarten sets them up for a successful school year in the short term and academic career in the long term.

Kindergarten readiness encompasses a wide range of skills, including academic, social, and physical abilities. Yet while many parents think of kindergarten as the formal start of their children's learning, 90% of children's brain development occurs during the first five years of life.

The brain is incredibly receptive during these formative years, making it a critical time for children to receive exposure and guidance in diverse areas. Enrolling them in a quality preschool or pre-K program is one way you can ensure they're creating building blocks for the future, but there are also steps you can take at home.

Try implementing these simple habits, recommended by Primrose Schools Chief Early Learning Officer Dr. Amy Jackson, into your family's day-to-day routine:

#### Read to your children daily to build early literacy skills.

This is a good habit to begin as early as infancy because it promotes language development, literacy and understanding of others. Make library



Playdates, physical activity and reading are all good ways to get your children ready for Kidergarten. Image by Oleksandr Pidvalnyi from Pixahav

trips and story times a special treat for toddlers and encourage preschoolers to read to you by describing what is happening in the pictures or making up their own stories. Keep books in the car so you have a fun way to pass the time on long trips or while waiting for appointments.

#### Schedule playdates for social development.

Once babies are able to sit independently, they'll likely enjoy playdates. At this age, playdates should be closely monitored since babies explore with their hands and mouths. At ages 1 and 2, young children tend to engage in parallel play rather than interacting, but organizing small groups of toddlers can continue to promote social development. Older toddlers enjoy more interactive play and begin to learn concepts like sharing.

#### Practice counting objects to 10 or more together.

It's easy to make "math talk" part of your everyday

experience in other ways, too. When reading a story, ask children to count the objects on each page. When eating, encourage math connections by having children count the items on their plates. Children can also explore math through common toys and games, like shape sorters, knob puzzles and nesting cups for infants and toddlers; and large puzzles, sand or water tables and card games for preschoolers.

## Encourage physical activities like playing on the playground.

Play isn't just for entertainment; it's a building block for healthy growth. It helps children learn from the world around them and develop traits like generosity and honesty. Because it helps children release their full range of emotions and has therapeutic benefits, play also has positive effects on mental health. In addition to supporting their social-emotional

well-being, children learn to navigate the world and practice motor skills while at play.

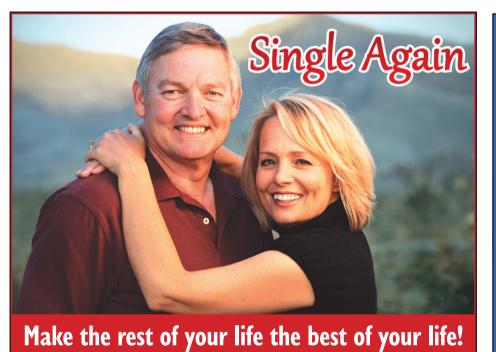
#### Establish routines at home.

A structured school day is filled with routines that provide familiarity and comfort. Routines can serve similar benefits at home by helping children clearly understand what is expected of them and when. A morning routine makes it easy to check the boxes as you prepare for the day and work to get out the door on time. An evening routine helps everyone settle down and prepare for a good night's sleep.

#### Encourage self-regulation and social skills.

Self-regulation is the ability to understand and manage your own behavior and reactions, often displayed during actions like taking turns, transitioning from one activity to another or cleaning up for dinner. Social skills include interaction and communication abilities like speech, body language and facial expressions, as well as the ability to play with others and make friends. As a parent, you can model these skills and play games that involve taking turns and cooperation. Playdates also help facilitate positive social experiences for children.

Learn more about preparing your child for success in kindergarten and beyond at PrimroseSchools.com/education.



## Are You Single Again?

SingleAgain.com is a website dedicated to helping people put their lives back together again after divorce, separation or the loss of their spouse.

Finding yourself single after years of being in a relationship can add a different kind of unknown stress to your daily life.

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## **Galt Character Coalition Honors Two**

Continued from page 1

for the classroom."

Klotz said Cal-Waste's education team has used aspects of Hugues' leadership style to improve its own work.

Klotz read students' praise of Hugues.

"Our teacher Mrs. Hugues shows us with her actions how to treat people with kindness, courtesy and dignity, no matter what age you might be," Klotz read.

The students said Hugues acknowledges their value while never judging or discriminating against them.

Along with a certificate from the coalition, Hugues received 22 cards from her students.

"I just want to say thank you. I love being part of the Galt community and Galt really has created this element of respect throughout their schools as we focus on students' strengths and their talents," Hugues said. "And I've been teaching for 30 years now and I can't tell you what I learn from my students as they share their strengths and talents with me each and every day.'

Barsetti Gray received her recognition at the Aug. 20 Galt City Council meeting. The Barsetti Vineyards owner was nominated by Galt Sunrise Rotary's Mark King.

Reading from the nomination narrative for Barsetti Gray, coalition member Ralph Cortez called her a "true asset to the Galt community for the multitude of activities she has led and participated in to benefit and energize our community over the years."

Also commending her service with the historical society, the narrative read, "Years of friendship with Janis brings to mind her countless examples of warmth and respectful interactions with others. Janis is always kind, considerate and



Susan Hugues, right, receives Galt Community of Character Coalition's 2024 Respect Award. The second-grade teacher was nominated by her students and Cal-Waste Recovery Systems' Recycle Education Team, including Leesa Klotz, left. Photo by

helpful in the most respectful way."

"Showing respect to others, to the community and for the history of our Great American Little Town are qualities Janis consistently demonstrates," the narrative

Said Galt Mayor Paul Sandhu, after the presentation, "She is doing a lot of things for the community. Congratulations,



Workshop attendees answer questions about what they appreciate in Galt's parks and what they want to see improved. Photo by Matthew Malone

## Parks Workshop Gathers Locals' Ideas

Continued from page 1

and you can have equal fun at every one," one attendee said.

Attendees agreed on several ways to improve the parks and open spaces, with notable support for expanding bike and pedestrian trails to create more connection between the east and west sides of Galt. Another priority was to make parks more engaging for teenagers, with suggestions including outdoor fitness facilities, a bike park similar to the feature at Elk Grove Regional Park and a city-run teen center.

Multiple participants requested more shade structures and water features at parks, as well as a performing arts venue. An attendee said that the city currently holds its Concerts in the Park series at Veterans Soccer Field.

"I think an amphitheater would actually be really good, too," the attendee said. "It would be a good gathering space for people."

Additionally, some participants asked for playground designs that include those with disabilities. An attendees said she has trouble finding a park where her son, who has special needs, can play safely.

RHAA Senior Associate John Martin led the workshop. He noted this request in an interview with the Herald.

"Some of the things that we heard reiterated by a number of community members is the idea of inclusive playgrounds, understanding that parks are used by children and people of all abilities, making sure that our parks are designed to accommodate them and provide everyone an opportunity to have fun and enjoy the spaces," Martin said.

The project will evaluate the bike and pedestrian trails and the potential to better connect the city, according to Martin.

"We've understood that there are also outside communities that come into the city of Galt on those trails and access your school system on those trails," Martin said, "so we want to make sure that they're safe for everyone to use and just a really healthy and sustainable way to get across the city."

The Aug. 27 workshop is the first in plans to gather input from the community. Solis said presentations will be given at future Parks and Recreation Commission and Galt City Council meetings. He emphasized the importance of community members' participation, which helps ensure that city plans reflect residents'

An online survey on Galt parks and open spaces is available at surveymonkey. com/r/h7c2z7x.

Those who use city parks are encouraged to share their opinions and desires for the facilities.

## **Son Accused of Brutal Murder in Wilton Area**

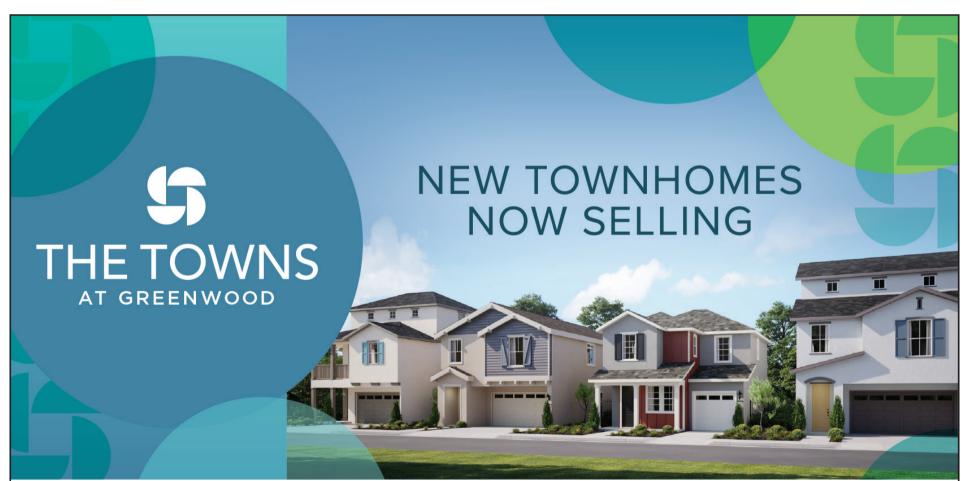
Continued from page 1 Martinez into custody.

Martinez was arrested for murder and transported to the Sacramento County Main Jail where he is being held without bail. Martinez was arraigned during a brief appearance in a jail courtroom on Aug. 30 and was assigned a court-appointed counsel.

Due to an ongoing strike by county prosecutors and public defenders, no representatives of the prosecution or defense were available to comment after the arraignment.

Martinez's next court appearance is scheduled for Sept. 16.

Matthew Malone contributed to this article.



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## What to Know About Valley Fever

A Soil Fungus That Can Kill is on The Rise in California



Valley fever cases are on the rise in California, especially in Kern County. Several infections were traced to an outdoor music festival there. Photo by Julie Leopo for CalMatters

#### By Ana B. Ibarra **CALMatters.org**

It's shaping up to be a bad year — possibly the worst yet when it comes to Valley fever, a fungal disease marked by cough and fevers. More than 5,300 cases have been reported in California through June, that's 63% more infections than the same period last year.

Valley fever is caused when people inhale microscopic spores of a fungus found in soil. This fungus typically affects the lungs. Many cases are mild and resolve on their own, but the infections, which are not contagious, can become serious enough to require hospitalization. About 80 Californians die every year from it. Moderate cases may last months and require antifungal medication.

Earlier this week the California Department of Public Health announced that at least a handful of people became sick with Valley fever after traveling to Kern County for an outdoor music festival at Buena Vista Lake in May. Three attendees were hospitalized, the department said. Health officials are encouraging people who attended the Lightning in a Bottle festival to contact their medical provider if they have been feeling sick and not improving.

Historically, the majority of

Valley fever cases have been reported in Kern County, but a significant number have also been identified in Los Angeles, Fresno and in Central Coast

As cases rise across the state, here are four things to know about Valley fever.

#### Valley fever fungus can travel long distances

fungus known as Coccidioides is responsible for Valley fever. Fungus spores can be rustled from the soil and into the air by activities such as farming and construction, but winds also stir them. In rare cases, infection can spread from the lungs to other parts of the body, including the heart and

Valley fever is most common in the dry, hot southwestern U.S. and northern Mexico. In California, the majority of cases have been concentrated in the San Joaquin Valley — in fact, the region is the disease's namesake. However, cases have been reported throughout the state.

The fungus can travel quite far in the air. "So even if you don't live in the region, you still might be exposed," said Katrina Hoyer, an immunologist and professor at UC Merced.

Avoiding dust is the best protection, said Kimberly Hernandez, an epidemiologist and division director of health services with the Kern County Public Health Department. That means avoiding going outside on especially windy days, if possible. People who have to be outdoors on a dusty day could benefit from wearing an N95 facemask.

#### Valley fever cases in California tripled over the last 10 years

Just over 2,300 people were diagnosed with Valley fever in 2014, according to the state's data. By 2023, annual cases had more than tripled to more than 9,000. And in just the first six months of this year, 5,370 people were reported to have contracted Valley fever. About a third of this year's cases have been reported in Kern County.

This growing number of reported infections could be attributed to a few different factors, experts say.

"There's a lot more construction happening up and down the San Joaquin Valley, as we continue to grow in this region. More roads, more solar panels, more homes, all of that is disturbing the soil," Hoyer said.

Also, more providers and patients are becoming aware of the disease and testing for it.

"We are hopeful in Kern County, given our history of having lots of Valley fever, that our health care providers are really good at looking for it," Hernandez said. "That's sort of the bright spot, even though we do have a lot of cases. We want people with Valley fever to get diagnosed, because if they need medication, we want them to be on that medication and to be monitored by their healthcare provider."

#### Symptoms may resemble COVID-19

Some people may never develop symptoms, but those who do may experience a cough, fever, chest pain, headaches and fatigue. A rash and night sweats also may develop.

Valley fever symptoms typically show up one to three weeks after exposure and may last for a month or more.

Because it shares many of the same signs as COVID-19, health officials recommend that people first test for COVID-19. If COVID is ruled out, a blood test can check for antibodies to the fungus that causes Valley fever. Unlike COVID-19, Valley fever is not contagious.

In Kern County, the disease has hit close to home for public officials. Last week, the county's own public health director, Brynn Carrigan, shared her own struggles with Valley fever. The Bakersfield Californian reported that Carrigan's case developed into meningitis, a swelling of the tissue surrounding the spinal cord and brain, that can be fatal if left untreated.

"I knew I was sick, but I was shocked to hear how sick I really was," Carrigan told the newspaper.

#### Climate change plays a role

Research has shown that cases of Valley fever tend to go up during dry seasons following a rainy period. "They call this the grow-and-blow hypothesis," Hernandez said. "As a fungus, it likes moisture, and when it's dark and it's moist, that's when it grows.

"And then when we get the next summer months, when it's dry, there is more Valley fever fungus that can go into the air."

Hernandez said Coccidioides is a hardy fungus that can survive even in severe droughts.

Some research has linked the increasing number of cases to the growing incidence of dust storms in the southwest. As the Earth warms, the region is becoming drier and that means more dust storms blowing fungal spores

Ana B. Ibarra covers health care for CalMatters. Her reporting largely focuses on issues around access to care and affordability. She played a leading role in CalMatters' coverage of the COVID-19 pandemic. She was part of a CalMatters team whose pandemic coverage was recognized by the California News Publishers Association in 2021.

## California Aims to Improve Ability to Measure How Much Water Is Flowing Throughout the State

California Department of Water Resources News Release

#### SACRAMENTO, CA (MPG) - On

Aug. 15, the Department of Water Resources (DWR) announced a new partnership opportunity to support the state's ability to measure stream and river flows through the California Stream Gage Improvement Program (CalSIP) as climate extremes continue to impact the state's water supply. As part of the approx-

imately \$7 million program, the Department of Water Resources is seeking to partner with public agencies to install, upgrade and/or reactivate existing stream gage stations. This effort will expand California's abil-

ity to access critical data

that can inform important water management decisions during both flood and drought conditions.

"California can't manage what we don't measure. Expanding our network of gages in rivers and streams helps us all make better decisions about managing our precious water supply while protecting vulner-Nemeth.

able communities from flooding and drought," said Department of Water Resources Director Karla "It also benefits our natural environment, improving our understand-

ing of the needs of salmon and other native fish especially during drought conditions." A stream gage is a set

of instruments installed

along a river or stream

that measures, records,

and transmits data on flow, water temperature, and dissolved oxygen levels. Water agencies and the public rely on the essential information these gages provide for multiple purposes including: Planning, forecasting,

and warning about floods and drought conditions Managing and informing

reservoir operations Monitoring environmental conditions to protect

aquatic habitats Planning for safe and

enjoyable recreational activities Assessing groundwa-

ter and surface water interaction Monitoring stream

flow impacts due to longterm changes in weather

patterns While there are approximately 1,000 active stream

gages across the state sharing information publicly, many watersheds lack vital information on their surface water resources. Users of this data include emergency responders, water managers, environmental and transportation agen-

cies, universities, utilities, recreators, researchers, and "Filling gaps in our stream gage network is essential for protecting life and property from flooding, improving water supply forecasting now and into the future amidst an ever-changing climate, and enhancing recreational opportunities like rafting and fishing," said Teresa Connor, the California Stream Gage Improvement

program manager with

the Department of Water

Resources.

The Department of Water Resources is now accepting interest forms, which will be reviewed and evaluated monthly to identify eligible projects through Dec. 31. The funding will allow approved entities to purchase and install stream gage equipment as well as operate and maintain stations through June 30, 2027. Local entities will need to operate and maintain the gage and can elect to perform the operations either with staff or hire an experienced consultant to perform the installation and operations of the gage if the operation is consistent with indus-

try standards. Real-time

stream data transmitted

from these gages will then

be publicly shared on the

California Data Exchange

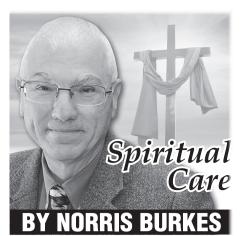
Center website at https://

cdec.water.ca.gov.

Applicants are encouraged to apply as soon as possible. Additional information on eligible agencies, how to apply, and application deadlines can be found in the program guidelines.

This work is funded by the Budget Act of 2023 and is part of a larger effort authorized by Senate Bill 19 to address gaging information gaps in coordination with the State Water Resources Control Board, the California Department of Fish & Wildlife, and the California Department of Conservation. For more information

about the program and how to apply for technical assistance, visit the California Stream Gage Improvement Program webpage.



Early September, just after Labor day, I share my annual book recommendations as well as shamelessly plug my own four

books. So if you read only one book this year, read all four of mine.

But after that, please read "The Kingdom, the Power, and the Glory: American Evangelicals in an Age of Extremism" by Tim Alberta (Harper

The title may sound a bit like a political argument, but it recounts the heartfelt struggle by a journalist who suddenly loses his beloved pastor dad.

He's honored to preach his father's funeral, but he's soon lambasted by family friends for his journalistic coverage of the political machinery that has crept into the church.

The situation sends Alberta on a journey to understand the tension between his professional responsibilities as a journalist and his deeply personal, conservative, Christian faith.

The book's main strength is Alberta's

## **Labor Day Reading** Needn't be Laborious

storytelling. Each chapter employs biblical insight and shares stories of everyday pastors who struggle to understand their role in contemporary politics.

Spoiler alert: Alberta deeply believes that God calls his followers to obey Jesus, not politicians. His conclusions are so biblically based that I read the last chapter aloud as my sermon a few months back.

Also mentioned in some of my past sermons is the book "An Immense World," by Pulitzer Prize-winning science journal-

The book challenged my human-centric perspective, the tendency to limit my views to only what I personally can make out with my own eyes.

Yong bases his book on the Umwelt Concept, a theory that differentiates how creatures perceive their environs in ways that are often unimaginable to humans. For example, bats use echolocation to

navigate in complete darkness, while certain fish can detect electric fields in the water. These abilities demonstrate the vast diversity of sensory experiences across the animal kingdom. By simplifying complex scientific con-

cepts, Yong makes them understandable for readers of all backgrounds. Anecdotes and interviews with researchers bring the science to life, highlighting the astonishing diversity of perception in the animal kingdom.

Whether you're a science enthusiast or simply curious about the natural world, "An Immense World" is a must-read that will leave you marveling at the unseen wonders of God's world.

The next book on my list, "The Demon of Unrest," by Erik Larson, may evoke images of the Jan. 6 attack on the nation's capital and those who sought to circumvent the certification of the electoral college.

Well, not quite. But almost.

This insurrection began 164 years ago, Nov. 6, 1860, after congress peacefully certified the election results for Abraham Lincoln.

Drawing on diaries, secret communiques, slave ledgers and plantation records, the book focuses on a lonely federal fortress in Charleston Harbor: Fort Sumter.

The fort becomes a helpless pawn, as South Carolina leads one state after another to secede from the Union. Within six months of the election, the Confederacy opens the Civil War by shelling the U.S. garrison of Fort Sumter on April 12, 1861.

At the heart of this battle is Major Robert Anderson, Sumter's commander and a former slave owner sympathetic to

the South but loyal to the Union.

In the middle of it all, the overwhelmed Lincoln must deal with his double-dealing Secretary of State, William Seward, as he tries to avoid a war that will eventually kill 750,000 Americans.

Erik Larson's sharp prose and keen insights have caused me to read all his books. But "Demons of Unrest" is a definite read for anyone interested in how history can repeat itself.

After reading these, I hope you'll consider reading one of my books: "Tell it to the Chaplain," "Thriving Beyond Surviving," "Hero's Highway" and "No Small Miracles.'

Finally, if you happen to be the romantic type, check out Davalynn Spencer's books. This award-winning Christian romance writer has edited my column for 15 years and is clearly a good judge of great writing.

For an autographed copy of one of my books, order on my website or send a \$20 check to 10566 Combie Rd. Suite 6643 Auburn, CA 95602. (\$65 will get you all four books.)

Email comments to comment@thechaplain.net or by text or voicemail to (843)

#### **ABOUT TOWN**

#### Wilton Bingo Played **Monthly**

Wilton Bingo is the first Saturday of each month in the Wilton Community Center at the corner of Colony Road and Dillard Road. Doors open at 5 p.m. and bingo starts at 6 p.m. Cost is \$10 for 10 games.

Unfortunately, the Taco Girl truck will not be there in September; our usual fare will still be available for sale. Our Good Neighbor table is still happening, so if you can donate a quality used item, it would be appreciated.

All proceeds go to two non-profits: The local Park Council and the Wilton History Group.

Any questions: call Lorraine Robinson, 916-212-8896.

#### **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: Sept. 1, Oct. 6, Nov. 3 and Dec. 1. Parking is free and donations are accepted.

For more information, call 209-730-3127.

#### **American Legion** Post 233 Meetings

E1kGrove 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 is Sept. 26

Post 233 invites veterans and their spouses to a dinner/social hour from 6-7

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. For questions, please

contact Henry at 916-205-9296 C or Sue at

916-683-6128.

We hope to see you

#### **Other Veterans Meetings Listed**

American Legion Post 55, Veterans & Auxiliary Units: 4th Wednesday. Dinner 6 p.m., meeting 7 p.m., Veterans Hall, 8230 Civic Center Drive. Breakfast: 2nd Saturday. 8-10 am. 8830 Sharkey Ave., Elk Grove.

Marine Corps League: 1st Thursday. Dinner 6 p.m., meeting, 7p.m., Veterans Hall, 8230 Civic Center Drive Elk Grove.

VFW Post 2073: 2nd Thursday. Dinner 6 p.m., meeting 7 p.m., Veterans Hall, 8230 Civic Center Drive, Elk Grove.



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## The Galt Herald

Serving Galt and Sacramento County since 1901

It is the intent of *The Galt Herald* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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Subscriptions should be mailed to The Galt Herald, 217 Fourth Street, Galt, CA 95632. Subscription rate is \$52 per year within Galt, \$72 within Sacramento County.

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9:45 a.m. - Bible School For All Ages 11 a.m. - Family Worship Hr

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#### **GLANCE BACK**

#### 80 Years Ago Sept. 8, 1944

Four of the Galt boys who are serving in the armed forces of the United States are home this week for a few days with their parents and friends. Wayne Patterson, Navy, arrived home from overseas.

He is the son of Mr. and Mrs. Steve Patterson and a graduate of Galt High School. Randall Harlan, Navy, arrived home from overseas. He is the son of Mrs. Oscar Doering and a graduate of the Galt schools. Richard Hertling, Army, arrived home from Texas Air Base.

He is the son of Mr. and Mrs. Thomas Enright and a graduate of Galt High School. Art Wade, Navy, arrived home from San Diego Naval Base. He is the son of Mrs. Helen Sobey and attended Galt schools.

Born to Pvt. and Mrs. David Van Heusen at Sutter Maternity Hospital in Sacramento Aug. 24, a son, Michael John.

#### 70 Years Ago Sept. 16, 1954 The resignation of

August Pahl, local businessman, as a member of the governing board of the Galt Sanitary District effective Oct. 6 was announced this week. Pahl, a member for eight years and its president the last year and a half, said

he felt he had served long enough. Appointed to serve in his place was Wayne Patterson.

Mr. and Mrs. A. Denier and Mrs. Adelaide Epp, who have been vacationing in Switzerland for the past five months, will return to Galt Oct. 3.

A surprise baby shower for Mrs. Gerry Melhaff and Mrs. Betty Balliet was given jointly at the home of Mrs. Dody Kelley Monday evening. Hostesses were Mrs. Kelley, Mrs. Bertha Melhaff and Miss Barbara Kimball.

60 Years Ago Sept. 10, 1964

A total of 411 Galt voters

went to the polls Tuesday to determine the makeup of the board of directors of Galt Sanitary District, electing incumbents Herbert White and Paul Bruce, and seating candidate Tom Skinner.

Carolyn E. Goldsmith, daughter of Mr. and Mrs. Curby Goldsmith of Galt, and Tony M. Souza Jr., son of Mr. and Mrs. Tony Souza of Riverdale, were united in marriage Aug. 30 at the First Methodist Church of Lodi. The double ring ceremony was performed by Rev. Bill Beck.

#### 50 Years Ago Sept. 12, 1974

Don W. Nottoli, 19, is seeking the seat vacated

by Bob Lawrence on the County Board of Education, when his name appears on the ballot, along with three others, for Area 5. Lawrence resigned on the advice of his physician. Born and raised in Galt schools and graduated from high school in 1973, Don is currently attending California State University, Sacramento. He is the son of Don and Rita Nottoli, and his father has been basketball coach at Galt High School for 24 years.

#### 40 Years Ago Sept. 6, 1984

Foreign exchange student Ingo Recktoenwald will attend Galt High this school year. The 17-year-old from Munster, West Germany, is living with the

Koehn family in Acampo. After three weeks in the Galt area, he said the first difference from home that he noticed, besides the language, is the warmer weather.

language, is the warmer weather.

He is also adjusting to having a large meal in the evening, rather than at

noon.

Stan Halperin assumed his duties as the new principal-superintendent at New Hope School, taking over from Charles Humbard. Halperin, 35, believes in strong curriculum and parental involvement. His commitment is to "make New Hope the finest dis-

trict in the area."

—Herald archives

## **Board of Supervisors Adopts Infill Program**

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted Aug. 20 to adopt the County's Infill Program Update and directed staff to implement certain actions identified in the plan to accelerate the program.

In July 2021, Sacramento County

received a Local Early Action Planning (LEAP) grant for an update to the 2008 Infill Program with the purpose of identifying current barriers to infill development and developing a strategy to address these barriers.

Informed by the prior effort, stakeholder engagement and recent Board direction resulting from the Development Review Process Improvements Review and the Board's Housing and Infill Workshop, the Infill Program Update is a roadmap to facilitating policy and procedural changes and increasing and accelerating housing production in the county.

The Program Update identifies seven barriers to infill development and provides an implementation program consisting of 13 actions intended to address these barriers.

Barriers to infill include:

New growth areas – Greenfield development in new growth areas is often seen as being more cost-efficient and easier than acquiring and assembling land for the construction of infill development.

Infrastructure - Many of the

traditional commercial corridors in the county were built and designated for cars rather than people and have aging utility infrastructure that may now be equipped to handle new higher-density development.

High development costs – Another major barrier to infill can be the high cost associated with acquiring urbanized land, project application fees and development impact fees for improvements in the public right of way.

Lot size and parcel assembly – It is common for parcels in already urbanized areas to be smaller than in areas designated for greenfield development.

**Permitting process** – Longer and more difficult paths to approval can dramatically add to project costs and timelines.

**Development regulations** – Strict and complex zoning standards and design guidelines that do not allow for flexibility can present barriers to successful infill development.

**Coordination** – The number of departments and agencies in the county necessitates time-consuming coordination among internal departments and divisions and external agencies.

The actions identified to address these barriers range from actions that can be taken immediately to those that may take years to fully implement.

To stay up to date on the County's infill efforts, check out our Infill Development website at https://sacramentocountyinfill.com. ★

## County Rezones Aim to Boost Affordable Housing

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted Aug. 20 to adopt a series of resolutions and ordinances to rezone sites throughout the county, a move aimed at addressing the shortfall of 2,884 units in the county's Regional Housing Needs Allocation (RHNA) for the lower-income category (households with incomes less than 80 percent of area median income; income levels less than \$69,050).

The plan will rezone 74 infill sites across the county to allow for the construction of housing units for a range of income levels. By rezoning these parcels, the county hopes to encourage developers to build more multi-family units and subsidized housing projects.

"This rezone project is a significant step toward addressing the critical housing shortage in Sacramento County and we have certain sites that already have developer interest," said Todd Smith, Sacramento County planning director. "By prioritizing the development of lower-income housing units, we are not only meeting our immediate obligations but also laying the groundwork for a more inclusive, equitable and green future," Smith said. "These rezones will create opportunities for families and individuals who need it most, ensuring that our communities remain vibrant and diverse while also reducing vehicle miles traveled, meaning lower greenhouse gas emissions."

The 74 rezoned sites are located

within 10 community planning areas: Antelope, Arden-Arcade, Carmichael/Old Foothill Farms, Cordova, Fair Oaks, North Highlands, Orangevale, Rio Linda/Elverta, South Sacramento and Vineyard.

These rezones take effect on Sept. 19.

While the Regional Housing Needs Allocation obligations have now been met, the county remains committed to increasing residential capacity in furtherance of section A1 of the County's Housing Element with a goal of rezoning additional sites in 2025. ★

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#### FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06036 Nancy Torres, 203 F Street #15, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "TuTainaJewels" 203 F Street #15, Galt, CA 95632. Filed with the Clerk of Sacramento County August 6, 2024 Publish: August 16, 23, 30, Sept 6, 2024 TUTAINAJEWELS 9-6-24

FICTITIOUS BUSINESS NAME STATEMENT FBNF2024-06322 D. Strong Concrete Inc, 820 Buttercup Circle, Galt, CA, 95632 is doing business under the Fictitious Business Name(s) "D. Strong Concrete/D. Strong" 820 Buttercup Circle, Galt, CA, 95632. Filed with the Clerk of Sacramento County August 16, 2024 Publish: August 30, Sept 6, 13, 20, 2024

STRONG 9-20-24
FICTITIOUS BUSINESS NAME

STATEMENT FBNF2024-06103
Irvin Alonso Benitez, 13301
Renker Road, Galt, CA 95632
is doing business under the
Fictitious Business Name(s)
"FM Alonsos Handy Man"
13301 Renker Road, Galt, CA
95632. Filed with the Clerk of
Sacramento County August 8,
2024
Publish: Sentember 6, 13, 20, 27, 2024

Publish: September 6, 13, 20, 27, 2024 ALONSO 9-27-24

#### TRUSTEE SALE

T.S. No.: 2024-00638-CA A.P.N.:148-0115-049-0000 Property Address: 10245 ORR ROAD, GALT, CA 95632 NOTICE OF TRUSTEE'S SALE

PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFORMA-TION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR.
NOTE: THERE IS A SUMMA-

RY OF THE INFORMATION IN THIS DOCUMENT ATTACHED 注:本文件包含一个信息摘要참고사항: 본 첨부 문서에 정보요약서가 있습니다

요약서가 있습니다 NOTA: SE ADJUNTA UN RESUMEN DE LA INFOR-MACIÓN DE ESTE DOCU-

MENTO
TALA: MAYROONG BUOD
NG IMPORMASYON SA DOKUMENTONG ITO NA NAKA-

LAKIP LƯU Ý: KÈM THEO ĐÂY LÀ BẢN TRÌNH BÀY TÓM LƯỢC VÈ THỘNG TIN TRONG TÀI

LIÊU NÀY
IMPORTANT NOTICE TO
PROPERTY OWNER:
YOU ARE IN DEFAULT UNDER A DEED OF TRUST
DATED 02/08/2005. 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

Trustor: FRANCISCO VIV-ANCO, JR. AND TERESA VIVANCO, HUSBAND AND WIFE, AS JOINT TENANTS Duly Appointed Trustee: Western Progressive, LLC Deed of Trust Recorded 02/17/2005 as Instrument No. 20050217 in book ---, page 0701 and of Official Records in the office of the Recorder of Sacramento County, California, Date of Sale: 10/10/2024 at 01:30 PM Place of Sale: AT THE EAST MAIN ENTRANCE TO THE COUNTY COURTHOUSE 720

9TH STREET, SACRAMEN-

TO, CA 95814 Estimated am

Estimated amount of unpaid balance, reasonably estimated costs and other charges: \$ 312.395.69

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 STATE OR FEDER-AL CREDIT UNION, OR A CHECK DRAWN BY A STATE FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION OR SAVINGS BANK SPEC-IFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSI-**NESS 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 com-

mon designation of real property: 10245 ORR ROAD, GALT, CA 95632 A.P.N.: 148-0115-049-0000

undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. 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 thereon, as provided in said note(s), advances, under the terms of said Deed of Trust. fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.

The total amount of the un-

paid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and

advances at the time of the ini-

tial publication of the Notice of

Sale is: \$ 312,395.69. 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.

The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded inthe county where the real property is located.

NOTICE TO POTENTIAL BID-

DERS: 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 ex-

ist 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 this 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)-960-8299 or visit this Internet Web site https://www. altisource.com/loginpage.aspx using the file number assigned to this case 2024-00638-CA. 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.

ment information is to attend the scheduled sale.
NOTICE TO TENANT: 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.

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)-960-8299, or visit this internet website https://www.altisource.com/loginpage.aspx, using the file number assigned to this case 2024-00638-CA 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, by remitting the funds and affidavit described in Section 2924m(c) of the Civil Code, 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. Date: August 21, 2024 Western Progressive, LLC, as Trustee for beneficiary

Trustee for beneficiary C/o 1500 Palma Drive, Suite 238 Ventura, CA 93003

Sale Information Line: (866) 960-8299 https://www.altisource.com/loginpage.aspx

Trustee Sale Assistant
Publish 9/6/2024, 9/13/2024, 9/20-2024
THE GALT HERALD 9-20-24



Find Back Issues at **GaltHerald.com** 

#### **COMMUNITY BRIEFS**

#### **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 want computer time can call the library at 916-264-2920. Staff will help set up the computer or tablet. The library is open from 10 a.m. to 6 p.m. Tuesdays through Saturdays 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 only for drycell household batteries.

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

#### **Square Dance Classes on Mondays**

The Diamond Dancers

Square Dance Club hosts social square-dancing classes in Galt. The classes are open to everyone and are held from 6:30 p.m. to 8 p.m. Mondays 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 at 347 Fifth St. For more information, call Sue Regadanz at 916-835-8916.

#### 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 future newsletters and City Manager Updates.

#### **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 from 9:30 a.m. to 10:30 a.m. Saturdays 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 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 a.m. to 10 a.m. the second and fourth Thursdays of each month 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 at 11:30 a.m. Mondays through Fridays 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 free Senior Bingo games at the Chabolla Community Center at 600 Chabolla Ave. from 1 p.m. to 3 p.m. Mondays (except holidays and when required by the city). Seniors of Galt and its immediate vicinity are invited to have fun and play bingo together and socialize.

#### **Volunteers Sought** for Senior Resource Center

The Commission on Aging is looking for volunteers to operate a computer and are willing to answer questions from seniors in person, over the phone, on social media and by email at the Galt Senior Resource Center. Volunteer slots are available in two-hour

increments for up to four hours from 10 a.m. to 2 p.m. Mondays through Thursdays, excluding holidays. Volunteers will be trained and can contact commission members if questions arise.

The resource center is at the Chabolla Community Center, 600 Chabolla Ave. If interested in helping, call 209-294-3308 and leave a message or inquire in person.

#### **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, nonpolitical 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 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 available 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 to 10 p.m. Mondays to Fridays and from 7 a.m. to 10 p.m. Saturdays and Sundays. Call 209-810-0293.

#### **Office Hours With** Mayor Sandhu

Galt Mayor Paul Sandhu meets one-on-one with Galt residents on the first and second Thursday of each month to discuss issues important to them at Galt City Hall, 380 Civic Drive.

Schedule the 30-minute meetings by contacting the City Clerk's office at 209-366-7130, ext. 7, or clerk@ cityofgalt.org.

#### **POLICE LOGS**

During the time period of Aug. 23 to Aug. 29, Galt Police received and responded to a variety of calls, resulting in 11

Friday, Aug. 23

Wednesday, Sept. 11

Recreation Commission,

6 p.m. every other month,

Council Chambers, 380

Thursday, Sept. 12

Galt Planning

Civic Drive.

Parks

a n d

6:33 a.m., narcotics violation/adult arrested at More For Less on North Lincoln Way.

1:17 p.m., trespassing reported on East Stockton Boulevard.

2:57 p.m., stolen vehicle

MEETING MINDERS

Commission, 6 p.m.,

Council Chambers, 380

Boosters, 6:30 p.m.,

Estrellita High School,

12935 Marengo Road, galt-

Lions Club, 6:30 p.m.

agboosters@gmail.com.

GHS/LRHS

Civic Drive.

reported on Stenton Way.

10:54 p.m., domestic violence reported on Stetson

#### Saturday, Aug. 24

7:12 a.m., attempt to serve warrant/adult arrested

social and 7 p.m. meet-

ing, Galt Place, 400 D St.,

Friday, Sept. 13

7 a.m., Comfort Inn &

Suites, 10380 Twin Cities

Road, 209-745-6617.

Galt Sunrise Rotary,

209-745-5921.

at J Street/Joy Drive.

7:35 a.m., narcotics violation/adult arrested at Taco Bell on C Street.

9:26 p.m., theft reported at The Hangout on C Street.

#### Sunday, Aug. 25

12:38 p.m., theft reported at Tractor Supply Co. on Twin Cities Road.

serve warrant/adult arrested on Amador Avenue. 10:20 p.m., robbery

1:35 p.m., attempt to

reported at Savemart on C

11:33 p.m., vandalism reported at Ampm on East Stockton Boulevard.

#### Monday, Aug. 26

1:15 p.m., missing adult

reported at Kost Road/ South Lincoln Way.

7:24 p.m., narcotics violation/adult arrested at Kost Road/Joy Drive.

11:13 p.m., theft reported on Roundstone Drive.

#### Tuesday, Aug. 27 7:07 a.m., burglary

reported on Katsura Street. 7:37 a.m., burglary

reported on Lyonia Circle. 11:13 a.m., stolen vehicle

reported on Lorna Way. 3:18 p.m., shoplifting reported at Ace Hardware

on C Street. 6:13 p.m., attempt to serve warrant/adult arrested

at Days Inn on North Lincoln Way.

9:22 p.m., DUI/adult

arrested at Galt Fire Station 46 on Walnut Avenue.

11:30 p.m., attempt to serve warrant/adult arrested at Ampm on East Stockton Boulevard.

#### Wednesday, Aug. 28

8:41 a.m., weapon brandishing reported at Third Street/F Street.

3:00 p.m., burglary reported at Tractor Supply Co. on Twin Cities Road.

10:02 p.m., narcotics violation/adult arrested at Tractor Supply Co. on Twin Cities Road.

#### Thursday, Aug. 29

10:05 p.m., theft reported at 7-Eleven on Pine Street.

## **Living Trust Attorney**



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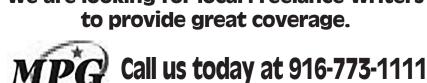
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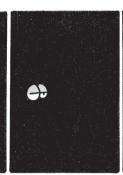
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## COMICS & PUZZLES

























Out on a Limb

CELEBRITY

BRAGFEST ...







BUD BLAKE

TOY

NO

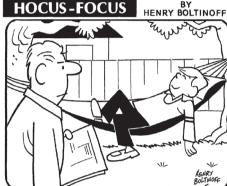
BURGER

JOINTS









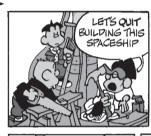


maller. 4. House is not as wide. 5. Leaves are missing. 6. Tree Differences: 1. Arm is longer. 2. Foot is moved. 3. Nose is

by Dave T. Phipps











WHO WANTS THERE'S

NO

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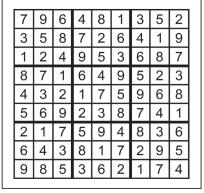
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49. Tokyo, once 51. Adenine's partner in

RNA 54. Chilled (2 words)

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58. Dwarf buffalo 59. Type of canal, in dentistry 60. Ego's main concern

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

## Do Manners Really Matter?

Have you noticed that people seem to be overly engrossed with their cell phones and their busy lives nowadays? That they seem to have forgotten their manners along the way as well? Good social behaviors, politeness and respect are lacking everywhere you look. Many people skip the simple things like saying please and thank you.

Having good manners and being polite have taken a back seat at work, at home and on the internet. That is why it is time to celebrate Bring Your Manners to Work Day today and hopefully every day. It has come along at just the right time. This day is celebrated across all industries and professions. And it applies to everyone without exception.

Bring Your Manners to Work Day exists to remind us of how important good manners are at work. This applies to both employees and the boss.

Here are a couple of examples: You want a day off, and you say to your supervisor, "I want to take Tuesday off." You'll get a much better reception if you say, "May I please take Tuesday off?"



How many times have you heard your boss say something like "Get me last week's sales report." You'll likely do it quicker, and your moral will be better if the boss says, "Would you please get last week's sales report?"

Saying please and thank you is a basic example of good manners and should be used everywhere. It helps to build good working relationships, improves morale, and increases productivity.

According to the National Today website, good manners will open doors that the best education cannot. It is important to have healthy relationships with bosses, colleagues and clients, to have a good work environment that won't burn you out. The way we present ourselves, using meeting hours for browsing on our phones, and many other things make up office etiquette.

This is exactly why the Protocol School of Washington created Bring Your Manners to Work Day in 2013 to remind people about the importance of courtesy and manners in the workplace. Bring Your Manners to Work Day is a much-needed reminder to all that the workplace has a decorum to be followed, and that bad manners are just bad for business.

Working at the two comprehensive high schools, I have found a good percentage of students have forgotten their manners or just have never been taught. However, there is hope: They can read and seem to be amenable towards not cussing because they read the sign "No Cussing Zone" in the library. So I will start with posters of gentle reminders to say please and thank you, as well as "May I have ..." and "Would you please ..." Our students are smart; I think they will catch on in no

Patriots Day is this coming Wednesday, Sept. 11. Still seems like it was yesterday.

I remember where I was, what I was doing. One of the staff members who lived in New York before making California her new home came into my school office crying. She had friends in

the Twin Towers. She didn't want to go home, just didn't want to be alone in her grief. So we sat in quiet as the rest of the staff arrived and the televisions in classrooms and offices were

Join me in prayer for the survivors, for our military, for our leadership. When you arrive home today, be thankful for being able to walk through your door and hug your family because on Sept. 11, 2001, some people didn't.

turned on. It was a somber day.

Happy birthday to my granddaughter, Grace. She is 21 today! She is in her last year of college working on a business degree.

Grace, I hope your day is everything you expect it to be. Love you more.

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

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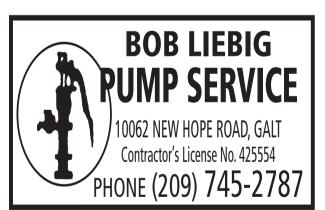
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## **Suicide Prevention Month Can Save Lives**

**Bv MPG Staff** 

NORTHERN CALIFORNIA (MPG) - September is Suicide Prevention Month. a time to raise awareness and discuss this urgently increasing crisis, according to NAMI (National Alliance on Mental Illness).

NAMI has sobering statistics: Suicide is the second leading cause of death among those aged 10 to 14, the third leading cause of death among those aged 15 to 24 and the 12th leading cause of death overall in the U.S.

Or, as the U.S. Department of Health and Human Services reports, more than 49,000 people in the United States died by suicide in 2022. That's one death every 11

And millions more experience suicidal thoughts.

Suicidal thoughts can affect anyone regardless of age, gender or background. according to the NAMI website at nami. org. While suicidal thoughts are common, however, they should not be considered normal and often indicate more serious

Many events and activities promoting suicide prevention awareness will be held locally, regionally and nationally throughout September.

During Suicide Prevention Month, NAMI and numerous other mental health organizations stress that all of us can help prevent suicide by reaching out to those who need help.

The National Institute of Mental Health

**SAVE THE NUMBER CALL OR TEXT 988** SUICIDE & CRISIS LIFELINE Add this number to your phone now. It could save a life later. nimh.nih.gov/suicideprevention

Calling or texting the 988 Suicide & Crisis Lifeline at any time of the day, any day of the week, could help save someone's life. Suicide is the 12th leading cause of death overall in the U.S. Graphic courtesy of the 988 Suicide & Crisis Lifeline.

lists five action steps to help someone having suicidal thoughts.

The first step is **Ask** "Are you thinking about suicide?" It's not an easy question to ask but it can help start a conversation.

The second step is **Be there:** Listening without judgment is key to learning what the person is thinking and feeling.

The third step is **Help keep them safe:** Reducing access to highly lethal items or places can help prevent suicide. The fourth step is Help them con-

nect: Connecting the person with the 988 Suicide & Crisis Lifeline (call or text 988) and other community resources can give them a safety net. You can also assist by reaching out to a trusted family member, friend, spiritual advisor or mental health

The fifth National Institute of Mental Health step is **Follow up:** Staying in touch with the person after they have experienced a crisis or been discharged from care can make a difference. Studies show that supportive, ongoing contact can play an important role in suicide prevention.

The advocacy groups say to educate yourself and others about suicide prevention by checking out the 988 Suicide & Crisis Lifeline at www.samhsa.gov/ find-help/988.

The U.S. Substance Abuse and Mental Health Services Administration invites residents throughout the country to participate in 988 Day on Sept. 8. 988 Day is a national initiative dedicated to raising awareness about the federal agency's 988 resource and emphasizing the importance of mental health and suicide prevention.

According to the 988 Suicide & Crisis Lifeline website at 988lifeline.org, "We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States."

The National Institute of Mental Health website at https://www.nimh.nih.gov lists warning signs that indicate someone might be considering suicide. During National Suicide Prevention Month, the institute reminds residents that warning signs include the following:

Talking about wanting to die or wanting to kill themselves

Talking about feeling empty or hopeless or having no reason to live

Talking about feeling trapped or feeling that there are no solutions

Feeling unbearable emotional or physical pain

According to the National Institute of Mental Health, suicidal thoughts or actions are a sign of extreme distress and

should not be ignored. If these warning signs apply to you or someone you know, the institute urges you to get help as soon as possible, particularly if the behavior is new or has recently increased.

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THE GALT HERALD • 11 **SEPTEMBER 6, 2024** 

## LOCAL SPORTS COVERAGE PRESENTED BY THE GALT HERALD



Liberty Ranch's first-ever flag football team holds up W's for the win. Photos by Paige Lampson



Madisyn Robbins scores the first-ever touchdown



Kaeli Vang gains some yardage.



Maggie Stephens pulls the flag on a runner.



The ball is hiked sideways to the quarterback.

## Hawk Flag Football Wins Inaugural Game

Story and photos by Paige Lampson Sports Editor

GALT, CA (MPG) - It was an exciting night at Hawk Stadium on Labor Day, Sept.2 when the newly formed Liberty Ranch girls flag football team took on its first opponent in the inaugural flag football game. The Hawks beat Amador 12-6.

There were 22 Hawks suited up and ready to play after practicing since school started. They scored first on the Amador Buffalos when Madisyn Robbins caught a pass from quarterback Kamrynn Blevins.

The defense focused on nabbing the opponent's flag and stopping its progress, which isn't always easy. They only allowed Amador one touchdown and held strong when Amador got close to the goal in the closing minutes.

The field looks different as flag football is played on a field 20 yards shorter than traditional boys football. The field is also marked off and narrower. And there are some interesting rules. One Hawk touchdown got called back because you can't run the ball when you are within five yards of the goal; you have to throw it.

A few other rules had the fans and this reporter confused; we plan to study up and report on those later.

Andy Peterson is the offensive line coach. "Our goal was to execute what we have practiced so far," said Peterson. "Hopefully that was enough to get a win and it was. We had some mistakes for sure, but we accomplished some good things in our

first game ever. Hopefully we will be even better for game two."

Madisyn Robbins scored the first ever touchdown and yelled excitedly after the game.

"It feels fantastic," said Robbins. "We did it with teamwork and some great connecting passes thrown by Kamrynn."

Kamrynn Blevins played quarterback and defense.

"My strategy was to look for Madisyn because she has great hands," said Blevins. "She always works her butt off trying to get open. The line and everyone have been working so hard putting in 110%. I am really proud of my team for all their effort and showing up to every practice ready to work."

The girls will play at least 14 games this season and some tournaments. \*



Liberty Ranch covers an Amador receiver.

## **Warriors' First Home Game Falls Short**

Story and Photos by Paige Lampson

Sports Editor

GALT, CA (MPG) - The Warriors hosted the Elite Eagles from Vallejo last Friday night. They lost 14-34, but those two touchdowns were hard fought and the almost full stadium cheered them on.

The Warriors received the kickoff and after three plays, couldn't get anywhere and were forced to punt down to the 42-yard

Elite was unsuccessful in their first drive and tried a long pass on the fourth down that didn't come close to any receivers. The ball was turned over on downs with 9:20 left in the first quarter.

The Warriors started driving and moved the ball down the Eagles' 33-yard line to a first down. Next, quarterback Roman Tapia completed a 25-yard pass to Robert Rubio and the ball was set 8 yards from

The Elite defense held strong, so on the fourth down, Galt's Hayden Miller came in to attempt a field goal. Miller kicked the ball and it hit high up on the goalposts and bounced back into the end zone.

With four minutes left in the first quarter Elite had a huge run, getting them closer to the goal. Devin Williams then sacked the Elite quarterback, keeping hope alive for the Warriors.



Defender Devin Williams tackles the rusher.



Aaron Ramos hikes the ball to Roman Tapia.

The ball was turned over on downs again, with 2:51 left in the first quarter.

The Warriors tried again, but just couldn't connect a pass and had to punt once again. Elite recovered the ball on the 50-yard line with 1:12 left in the quarter.

Elite then scored its first touchdown and two-point conversion just as the quarter ended.

The Warriors then threw an interception and Elite took advantage and scored again with 9:01 left in the first half, making the score

Galt got back to work then fumbled, and the ball was recovered by the Eagles on the 19-yard line.

The Eagles scored again, but the conversion was no good, making the score

Galt began plugging away again and got within 25 yards of a touchdown, but turned the ball over on downs with 48 seconds left in the half.

The Warriors came back after halftime ready to work and end the shutout: however, the Eagles scored

again, but Jayden Jackson

intercepted their two-point



Robert Rubio catches a pass. Photos by Paige Lampson



for the Warriors, moving

the ball down to the 4-yard

line. Then, the Warriors

had a false start and the

ball was moved back to the

Nick Pena managed to

push his way through and

score another touchdown.

Miller's extra point was

yards with 130 rushing.

Nick Pena runs the ball into the endzone.

conversion pass in the end

At the kickoff, Galt moved the ball to the 28-yard line and got to work. Once the Warriors got close to the goal, it took three carries, but Nick Pena scored for the Warriors with 7:28 left in the third quarter. Miller kicked the extra point.

At the beginning of

the fourth quarter, Pedro

Ramos rushed and rushed

Elite answered back by scoring on the kickoff, making the score 7-34.

score Galt 14, Elite 34. Nick Pena had the most

good and the score was 14-34. Many Elite players started cramping up in the fourth quarter and they did not score, leaving the final

James Gilbert had 17 yards receiving and Noah Barron and Izaac Robledo each had 17 yards rushing. Jayden Jackson and James Gilbert each had

Pedro Ramos had 77 yards

rushing, while Robert

Rubio had 21 receiving.

four tackles. Devin Williams and Karlos Cornejo had two tackles while Sam Castle, Roman Azevedo, Noah Barron, Vicente Avalos and Orisi Damuni each had one.

Galt plays Natomas at home this Friday night. ★

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## LOCAL SPORTS COVERAGE PRESENTED BY THE GALT HERALD

## **Hawks Come Up Short Against Lions**

By Paige Lampson Sports Editor

GALT, CA (MPG) - While the Hawks outrushed the Linden Lions, the Lions beat the Hawks in the air and the final score was 42-28.

The Hawks rushed an amazing 348 yards compared to Linden's 120, but in the end the Lions' 287 yards receiving compared to the Hawks 108 made the difference. Liberty Ranch scored twice in the first quarter and Linden scored three times. Neither team put up points in the second quarter and both scored once in the third leaving the Hawks one touchdown down in the fourth quarter. Liberty Ranch scored once in the fourth and Linden managed two more touchdowns.

Quarterback Wyatt Blevins connected six throws for 108 yards and Oscar Romero caught 86 of those with Joseph Brown catching 17 yards, and Camren Hudson caught a short five-yard pass.

Romero had a great night with 165 yards rushing, 86 receiving and 27 on a kickoff return for a total of 278 vards. Joseph Brown had 116 yards. Brodey Johnston 61, Wyatt Blevins 34 and Landon Peterson 16.

On the defensive side, Antionio Nuno, Brodey Johnston and Camren Hudson were in on seven tackles each. Other tackle totals were: Joseph Brown, six; Cesar Becerra,





Oscar Romero hightails it in front of a

four; Andrew Quinn, four Landon Peterson, four; Oscar Romero, four; and George Adrian, three. Joseph Brown scored two of the

touchdowns with Brodey Johnston and Oscar Romero each scoring one. Oscar Romero had a great game.

"The guys I am surrounded by this year, they are my boys," said Romero. "I grew up playing with



Joseph Brown gains some yards.

them and we were really good our sophomore year. I feel like we are bringing that kind of energy this year. I am looking forward to a winning season and I feel like we can put it together."

The Hawks have a bye this week.

#### **GALT HERALD** ATHLETES OF THE WEEK

SEPTEMBER 6, 2024

Monica

Valencia

High School

Volleyball

Galt



Photos by Paige Lampson



**Paityn Snow** Liberty Ranch High School Volleyball



#### JV Hawks **Roll Over Linden**

The Liberty Ranch Hawks Junior Varsity team tore up Linden 48-6 last Friday night. Here, JV Hawk Hunter Owen **stiff-arms a tackle.** Photo courtesy of Tom Santillan



## Kings Korner By V.G. Harris



It's well known that the Sacramento Kings have gotten little love over the years from the NBA pundits, and almost everyone outside of the city of Sacramento for literally decades. We can argue the merits, but imagine my surprise when of all people, I hear Stephen A. Smith recently come to the Kings defense.

Stephen A. was asked the question, "are there any surprises that we can look for in the upcoming season?" His response was, "the sleeper team in the NBA this year is the Sacramento Kings."

Now as elated as I was to hear something positive about our hometown team, Stephen A. didn't go on and on about the merits of the team. He simply believed that a lot of people have it wrong, and that with the recent addition of DeMar DeRozan, the Kings are going to surprise a lot of people.

No surprise to Kings fans I can assure you. Sacramento embraces their team with a fervor that most cities could only hope for and is rarely seen. I think of the Seattle Supersonics and realize that many cities don't appreciate what they have, but I have never seen that behavior in the city of Sacramento.

Yes, we are proud of our Kings team, and the expectations for the upcoming season are reaching a fever pitch. If you have a seat for opening night, you're holding a valuable commodity, and whatever you do,

don't sell it. I believe that the introductions alone for the starting lineup are worth the price of admission, and this team will undoubtedly get a standing ovation that is well

deserved. Excluding the Sacramento River Cats, and the offing of the Oakland A's coming

to town next year, the Kings have been the sole representative of major league sports for Sacramento and the surrounding region for over 35 years. For many years the hope of a sea-

son ticket was a pipe dream, and you could count on waiting 3-5 years. Sold out crowds every night would eventually translate into the Kings setting attendance records, and that with teams with a subpar

winning record. DeMar DeRozan cannot come to town

and do it alone, and he isn't expecting to!

De'Aaron Fox and Domantas Sabonis are not the only Kings that will vie for a spot on the all-star team this year, and I look for former NCAA scoring champ and three-point specialist Keegan Murray to put a stamp on his lofty #4 pick by the Kings two seasons ago.

Many were critical of Murray's selection, but a credible rookie season silenced most critics. Last season was a bit of a mixed bag, but I saw a young NBA player adding to his repertoire by developing his mid-range game and interior play significantly. Add to that rebounding at a higher clip and becoming more defensive minded, it makes me think Keegan is about to put it all together.

Everyone knows what we have in De'Aaron Fox and Domantas Sabonis, so while they consistently live up to expectations, have they reached their ceiling yet? I don't think so, but let's wait and see how much Mr. DeRozan can tip those scales.

Is there a number of wins that Kings fans are wanting, or even expecting? I hear the number 50 all the time and if that number is right, Sacramento fans are in for a real treat this year.

Recent acquisitions and trades have been tepid at best, but I am excited about the team assembled right now.

Little has been said about Orlando Robinson since he was acquired as a free agent, but at 6'10" and 235 lbs., I'll be watching intently as he interns under Mr. double-double Domantas Sabonis, and at the ripe old age of 24, Orlando has plenty of time to show Sacramento fans what his upside looks like.

Many players, some future hall-of-famers such as Kawhi Leonard, came into the league but took several seasons to find their stride, so I am hopeful that Orlando's time in Miami has been well spent, and what he needs now is a team that will give him the floor time he's looking for.

As always, stay tuned Kings fans. Training camp is less than 30 days away and the action is about to begin.

Your thoughts are always welcome at vgharriskingsfan@gmail.com

## **Nature Savers Reel in Line**

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - A volunteer team has taken on a mission to clear miles of abandoned fishing line from local rivers and waterways.

Calling themselves "Project Pick Up Fishing Line," 10 nature lovers are leading other helpers to comb riverbanks for an almost invisible danger.

"Fishing line causes suf fering and death to birds and a host of other river inhabitants," explained Jann Nichols, the group founder. Nichols, a photographer, has documented many situations of animal entanglement.

"In some cases, rescuers have freed birds from hooks and line," she reported. "In tragic cases, animals don't survive. Pets can also come to grief on trails through similar accidents."

Nichols acknowledged that lines get snagged and accidents happen.

"But usually, our volunteers are easily able to free and dispose of fishing gear," she said. "If we can do this, so could anglers. We're also collecting hundreds of items of trash left in fishing spots. Litter is not abandoned by accident."

Project Pick-Up has successfully lobbied for county agencies to place receptacles and signage in fishing spots.

"We want people to be aware that a careless act can endanger lives," Nichols said. "We also want them to know there are people you can call to save a trapped or injured creature."

Nichols and friends were recently on hand when a swan died after ingesting fishing line at Cameron Park Lake in El Dorado County. Its organs were so damaged and the bird in such distress that euthanasia was the rescuers' only

resort. "He'd swallowed so

much line that his intes-

tines were accordioned,"



Exhausted and nearly drowned by a hook and line encounter, a gull is rescued at Sailor Bar in Fair Oaks.

explained rescue expert and Project Pick-Up volunteer Leslie Ackerman. "It was heartbreaking. A beautiful bird's agony is something you never forget. The incident inspired us even more to continue our cleanup efforts and to

educate people." In their spare time, the volunteers address areas that they say are most abused. Mather Lake in Rancho Cordova, the American River at Watt Avenue, Cameron Park Lake and Willow Creek in Folsom are top trouble

"We come back from these places with grocery bags filled," Nichols said. "Fishing lines, hooks and lures from the ground or from trees and grasses," Nichols added. "Honestly, the stuff is all over the place. For many people, it's invisible. To our eyes, line catches the light like spider webs. Often, we need long grabbers to reach

Sometimes, divers find line tangled underwater. They help us dispose of it. Fishermen sometimes help us, too. Along with the careless culprits, many responsible people use the river."

The volunteers keep their harvest as evidence of how pervasive the problem is. They assembled bags of lines.

more than 2,000 hooks and sinkers for a recent Mather Lake display. The haul also included dozens of bulging "Aquatic birds are often drawn to anglers in the

hope of a feed," Nichols

noted. "They can swal-

low a lure or get snagged.

If a hook is lodged on their body, feeding and mobility is threatened. Suffering and death often follow."

"I started this project last year when I saw a young osprey tethered to the nest," she recalled. "Its parents had brought in a branch entangled with fishing line. The baby was snarled for a week, close to fledging time. I couldn't sleep for worrying. It took some time for rescuers to access the nest but the

baby was saved." "Around that time, several cygnets died from line entanglement at Cameron Park Lake," Nichols continued. "I decided to do whatever I could to prevent this from happening again. I started picking up line wherever I saw it."

Nichols was soon joined by friends who wanted to

"They'd also seen injured wildlife in situations they could not forget," Nichols said. "Seeing animal suffering is a powerful motivation."

The volunteers fund their own activities. Equipment includes gloves, clippers and long-handled retrievers. Sunscreen is another essential.

"It's hard work but it's also nice to be out in nature," Nichols said. "You know you're helping wildlife and pets have a safer environment." Visit Project Pick up

Fishing Line on Facebook or visit www.tanglefreewildlife.com.

To report wild animals in need of rescue, contact Wildlife Care Association at 916-965-9453.