



Hawk Flag Football Wins Inaugural Game

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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 Plan.

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 said.

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

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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 area.

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."

Despite several 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

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Galt Character Coalition Honors Two



Janis Barsetti Gray, center left, receives the Galt Community of Character Coalition's 2024 Respect Award, accompanied by, 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

Education Team and by Hugues' 22 students.

"As visitors in Mrs. Hugues' second-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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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 Kindergarten. Image by Oleksandr Pidvalnyi from Pixabay

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. ★

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Galt Character Coalition Honors Two

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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.

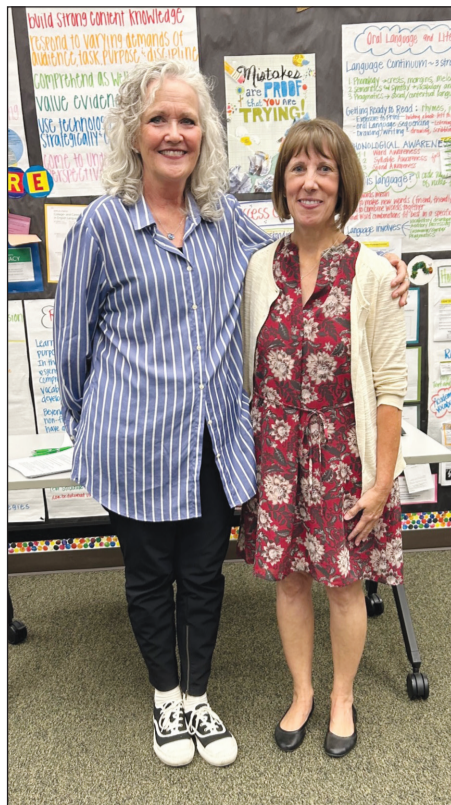
Along with a certificate from the coalition, Hugues received 22 cards from her students.

“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 Carolyn Lara

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 read.

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



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

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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’ priorities.

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

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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 counties.

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

Valley fever fungus can travel long distances

A 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 brain.

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 into the air.

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 approximately \$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 ability 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 vulnerable communities from flooding and drought," said Department of Water Resources Director Karla Nemeth.

"It also benefits our natural environment, improving our understanding 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 groundwater and surface water interaction

- Monitoring stream flow impacts due to long-term 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 agencies, universities, utilities, recreators, researchers, and Tribes.

"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 industry standards. Real-time stream data transmitted from these gages will then be publicly shared on the California Data Exchange Center website at [https://](https://cdec.water.ca.gov)

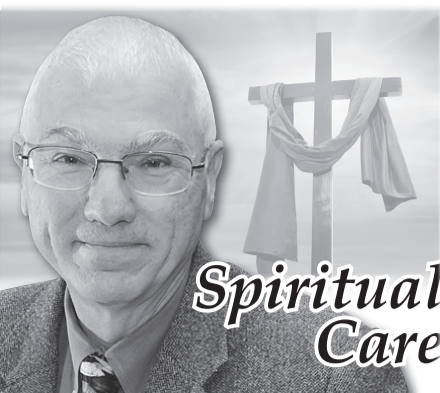
cdec.water.ca.gov.

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. ★

Labor Day Reading Needn't be Laborious



BY NORRIS BURKES

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 Books, 2024).

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

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 journalist Ed Yong.

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 concepts, 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) 608-9715. ★

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

The Elk Grove American Legion Post

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

Our next meeting is Sept. 26

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

The veterans' general meeting starts at 7 pm.

Veterans' spouses are welcome to join the Elk

Grove American Legion Auxiliary Unit 233 that meets in another room from 7-8 pm.

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

We hope to see you there.

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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Publisher, Paul V. Scholl

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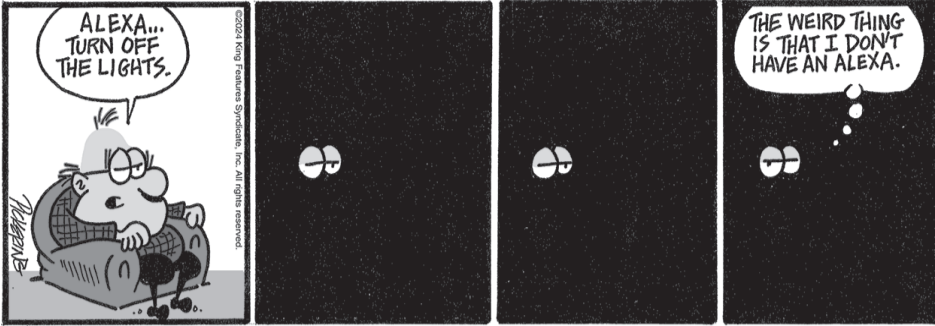
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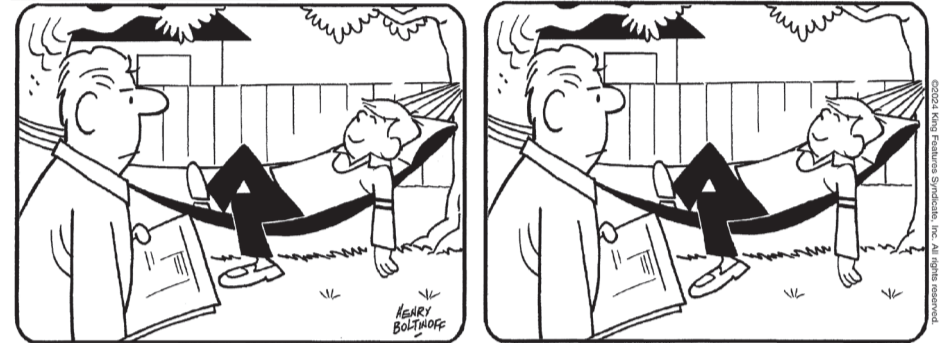
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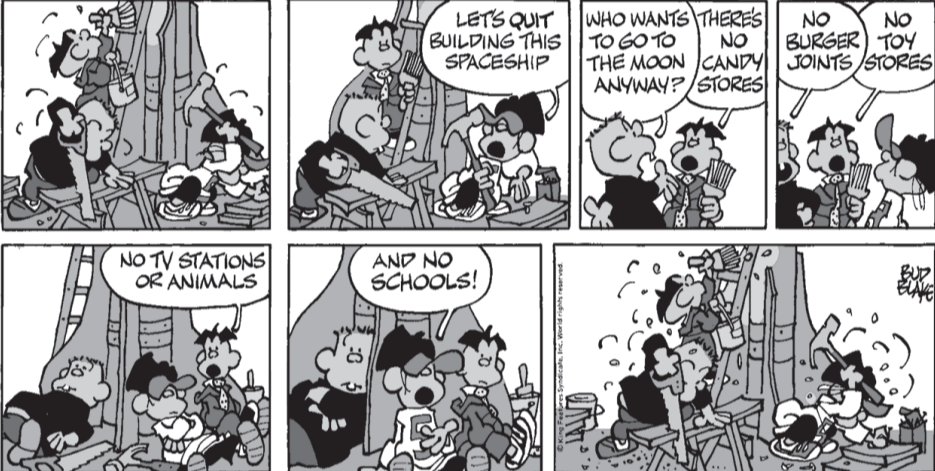
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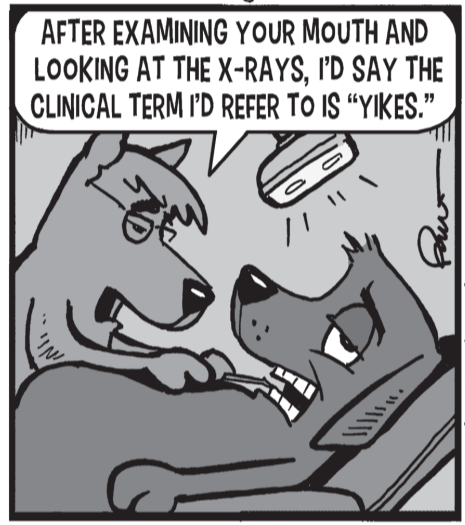
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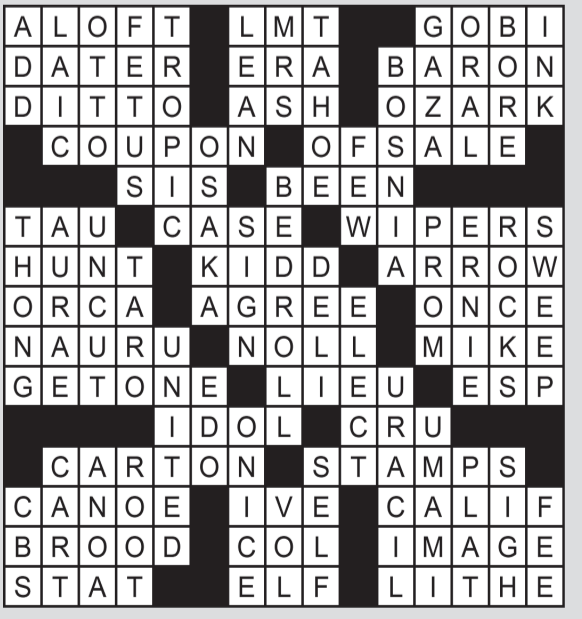
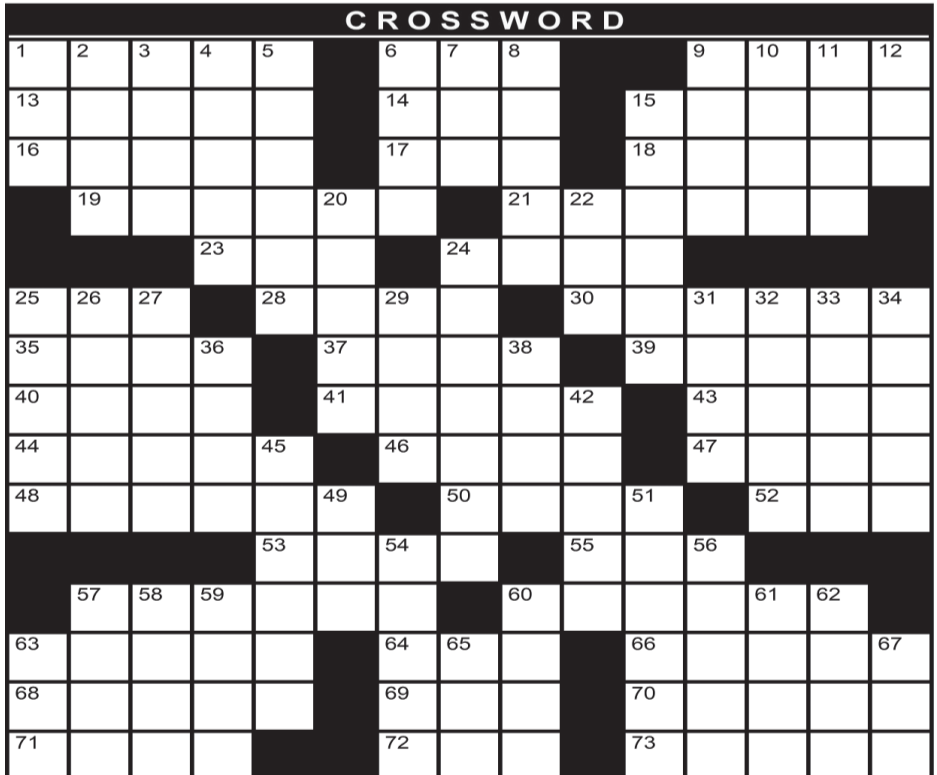
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Do Manners Really Matter?



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 time.

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 turned on. It was a somber day.

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.

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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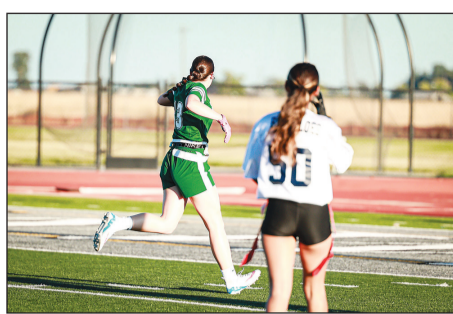


LOCAL SPORTS → COVERAGE

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.



Maggie Stephens pulls the flag on a runner.



Kaeli Vang gains some yardage.



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. ★

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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 line.

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 goal.

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 the 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 0-16.

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 0-22.

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

conversion pass in the end zone.

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.

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

At the beginning of the fourth quarter, Pedro Ramos rushed and rushed



Robert Rubio catches a pass. Photos by Paige Lampson



Nick Pena runs the ball into the endzone.

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 10.

Nick Pena managed to push his way through and score another touchdown. Miller's extra point was 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 score Galt 14, Elite 34.

Nick Pena had the most yards with 130 rushing.

Pedro Ramos had 77 yards rushing, while Robert Rubio had 21 receiving. James Gilbert had 17 yards receiving and Noah Barron and Izaac Robledo each had 17 yards rushing.

Jayden Jackson and James Gilbert each had 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. ★

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 out-rushed 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 yards. Joseph Brown had 116 yards, Brodey Johnston 61, Wyatt Blevins 34 and Landon Peterson 16.

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



The offensive line sets up. Photos Courtesy of Tom Santillan



Oscar Romero high-tails it in front of a Linden defender.



Joseph Brown gains some yards.

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

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. ★

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



GALT HERALD ATHLETES OF THE WEEK



Monica Valencia
Galt High School Volleyball

Photos by Paige Lampson



Paityn Snow
Liberty Ranch High School Volleyball

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 suffering 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 intestines were accorded,"



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 the Avenue, Cameron Park Lake and Willow Creek in Folsom are top trouble spots.

"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 it."

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 more than 2,000 hooks and sinkers for a recent Mather Lake display. The haul also included dozens of bulging bags of lines.

"Aquatic birds are often drawn to anglers in the hope of a feed," Nichols noted. "They can swallow 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 help.

"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. ★

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 have never 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 season 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.

All the best! ★
Your thoughts are always welcome at vgharriskingsfan@gmail.com