



**Running to Remember:
Kevin Tonn Memorial 5K
Brings Community Together**

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**Stay Afloat
to Escape
the Heat**

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The Galt Herald

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JULY 11, 2025

**SEE
INSIDE**

**WAIT! WHAT?
A FREE SLURPEE?**



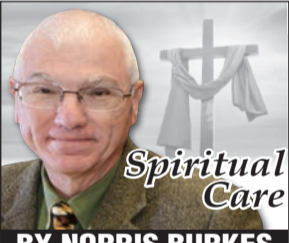
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**EVENTUALLY,
A TITLE WILL COME**



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**CHAPLAIN OFFERS ...
DATING ADVICE?**



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Record Crowds Join Daylong 4th Party



City officials call the 2025 Independence Day celebration the best yet, with packed streets and record participation.

**Story and photos
by Paige Lampson**

GALT, CA (MPG) - The City of Galt pulled out all the stops for Independence Day 2025, hosting a marathon celebration that began at sunrise and ended with fireworks lighting up the night sky.

From a memorial run honoring a fallen officer to a spectacular fireworks finale, the daylong festivities drew what organizers are calling the

largest crowds in the event's history. "This has been hands down the best Independence Day Celebration (IDC) we've had!" said Galt Parks and Recreation Director Armando Solis. "When tasked with creating a family-friendly event by the City Council in 2011, this has grown into what I had envisioned."

The celebration began at 7:30 a.m. with the 13th Annual Officer Kevin Tonn Memorial 5K Run at City Hall, drawing 140 registered participants

to honor the fallen Galt police officer. The memorial run set a tone of community spirit that would carry throughout the entire day.

By 9 a.m., downtown Galt was buzzing with activity as the Special Edition Saturday Market opened along the 4th Street Promenade. With over 70 vendors participating, the market created a festive atmosphere that perfectly complemented the day's patriotic theme.

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Play, Tag and Win Locally



**Galt Chamber
of Commerce
News Release**

GALT, CA (MPG) - The Galt District Chamber of Commerce is rolling out an exciting new summer event designed to spotlight local businesses and energize community engagement.

"Chamber-Opoly: Local Edition" kicked off July 9 and runs through Aug. 1.

Inspired by the classic board game Monopoly, Chamber-Opoly turns shopping locally into a fun challenge where players can win prizes simply by exploring the businesses that make Galt special.

Participants can pick up a game board at any participating Galt Chamber business.

To earn a space on the board, players must take a selfie at the business, tag the business on social media and use the hashtag #GaltChamber.

"The more businesses you visit, the better your chances of winning," said Kat Seabolt, Galt Chamber community relations director. "It's a fun way to discover new favorites, support local and celebrate what makes Galt unique."

To be eligible for prize drawings, all completed game boards must be submitted to the Galt Chamber of Commerce office by 1 p.m. Aug. 1. Winners will be announced on Aug. 5, with results posted on the chamber's social media.

Participating Galt Chamber businesses include: Velvet Grill & Creamery, Parker Realty, Galt Rock, State Farm Rachele Copp, Chandler Gross Group, River Rock Brewery, Ace Hardware, Guzman Realty Associates, Max Muscle, Endless Summer Tanning, Kaci Boyd Insurance, Family Life Christian Church, Edge Real Estate, Next Generation Barbershop, Ink House Social, Roenspie + Johnson Real Estate Group, Galt Insurance, The Color Wheel, City of Galt Parks & Rec, The Coffee Shop Bakery, Galt Sign & Screenprinting and Papas & Wings.

Residents are encouraged to support as many businesses as possible. Every stop supports a local entrepreneur and helps strengthen the community.

For more, visit galt-chamber.org or follow @GaltChamber on Instagram and Facebook. ★

Making Goals; Chasing Dreams

*Professional
Soccer Academy
Recruits Teen*

By Idaly Valencia

GALT, CA (MPG) - A young soccer talent from Herald is taking a major step toward his dream of playing professionally.

German Del Toro, an eighth-grader and a local standout player, has been officially recruited to join the reputable San Jose Earthquakes Major League Soccer (MLS) Academy.

Del Toro, 13, began playing recreational soccer at the age of 4. Encouraged by his father and older brother who both played soccer, Del Toro's passion for the sport quickly grew.

At age 8, Del Toro's family moved from Rancho Cordova to Herald, where he began playing competitively with local soccer club Tarascos FC.

Del Toro helped lead his Tarascos FC team to a first-place finish in the NorCal State Cup U-10 division three years ago, earning him recognition across the competitive circuit.

From there, Del Toro's skills continued to develop, and he eventually played with the San Juan Soccer Club and then earned a spot with the Sacramento Republic FC Academy.

"He was so young when he started, just playing on rec teams and then worked his way up," said his mother, Yesenia Del Toro.



At age 8, German Del Toro moved with his family to Herald, where he began playing competitively with local soccer club Tarascos FC. Courtesy photo

"He's always loved the sport and worked hard."

Brian Willey, head coach of Sacramento Republic FC Academy's U13 team, said Del Toro played a major role in the team's

success this year, including winning the MLS Next U13 Northwest Division Championship, the San Diego Surf Cup in December and most recently, the Copa Reyados

Las Vegas soccer tournament in June.

"German is an athletic player who is extremely dynamic on the ball. He's really good in 1v1

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Trail Access for Low-Vision/Blind Visitors Improved at Preserve

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Cosumnes River Preserve has taken a groundbreaking step toward accessibility with the installation of RightHear, a new navigation and orientation system designed to support visitors who are blind or visually impaired. This is the first installation of the RightHear Accessibility system on the West Coast.

The system is now available along the preserve's Wetlands Walk Trail, an Americans with Disabilities Act (ADA)-paved trail system, providing real-time audio guidance and location-based

information to help visually impaired visitors navigate the area independently.

Using a smartphone and the free RightHear app, visitors can access detailed audio descriptions about their surroundings, directions to key destinations like the Visitor Center and Wetlands Walk, and important updates about preserve events and amenities.

The system supports up to 35 languages, making the preserve even more accessible to the diverse community it serves.

"At the Cosumnes River Preserve, we believe that everyone should have equal access to the outdoors," said Amber Veselka, recreation supervisor with

Sacramento County Regional Parks. "With the installation of RightHear, we are taking a significant stride towards creating an inclusive environment where all customers, including those who are blind or low vision, can enjoy the outdoors. The implementation of the RightHear system aligns with our ongoing dedication to social responsibility and community engagement."

RightHear Co-Founder and Chief Executive Officer Idan Meir added, "We are thrilled to collaborate with the Cosumnes River Preserve in their commitment to accessibility and inclusion. By embracing innovative solutions

like RightHear, organizations and public spaces can create welcoming environments that cater to diverse visitor needs and preferences. Our mission is to make the whole world more accessible, one location at a time, and thanks to forward-thinking partners like Cosumnes River Preserve, our mission continues to move forward."

The Cosumnes River Preserve, which spans more than 54,000 acres of protected floodplains, wetlands, valley oak riparian forests and vernal pool grasslands, continues to lead the way in creating spaces where everyone can experience nature independently and confidently. ★

Making Goals; Chasing Dreams

Continued from page 1

situations and he's a lethal goal scorer," said Willey. "His drive and competitive spirit will take him a long way in the game. We are all rooting for him and I wish him continued success at the San Jose Earthquakes Academy."

For the past year, Del Toro has played with the Sacramento Republic FC Academy, but his next chapter begins in August with the San Jose Earthquakes' MLS Academy for the 2025-26 season.

Del Toro is currently enrolled at Arcohe Elementary School, where he will start eighth grade in the fall. Once the season starts, Del Toro and his family will commute to Ohlone College in Fremont to train three to four times per week.

His mother said that Del Toro's current schedule allows for him to continue traditional schooling. However, they might consider a charter school option once Del Toro

enters his freshman year if a more flexible schedule is needed to attend those practices.

MLS Next, a youth development program run by Major League Soccer, features a platform where player videos are uploaded for recruiters across the country to scout talent. Del Toro's standout performances on the site drew attention from coaches throughout California and out of state. This included Earthquakes coach Luis Garcia, who had previously seen him play with Sacramento Republic FC.

Del Toro had also previously competed against the Earthquakes in a showcase match, which put him on Garcia's radar and led to an invitation to train with the Earthquakes' Regional Development School program.

Garcia explained that the club had been tracking Del Toro's progress for the past two years in anticipation of his eligibility to join the academy, which begins at the U14 level.

Speed, power and the ability to perform under pressure were among the skills that Garcia said contribute to Del Toro's strong presence on the field.

"What I've seen from him is a player with drive. He's such a hard-working player," said Garcia. "I believe he's going to be successful, because in a high-performance environment, you need to have the right mentality and he's super strong mentally."

The Earthquakes MLS Academy is regarded as one of the nation's top youth development programs, competing in national tournaments and international showcases. Many academy players go on to professional clubs or national teams.

"I just hope to learn more and get better," Del Toro said. "Playing with San Jose will teach me different play styles and systems. I hope to have the opportunity to play for either the U.S. or Mexico national teams someday."

For Del Toro and his

family, the opportunity is more than just a personal milestone.

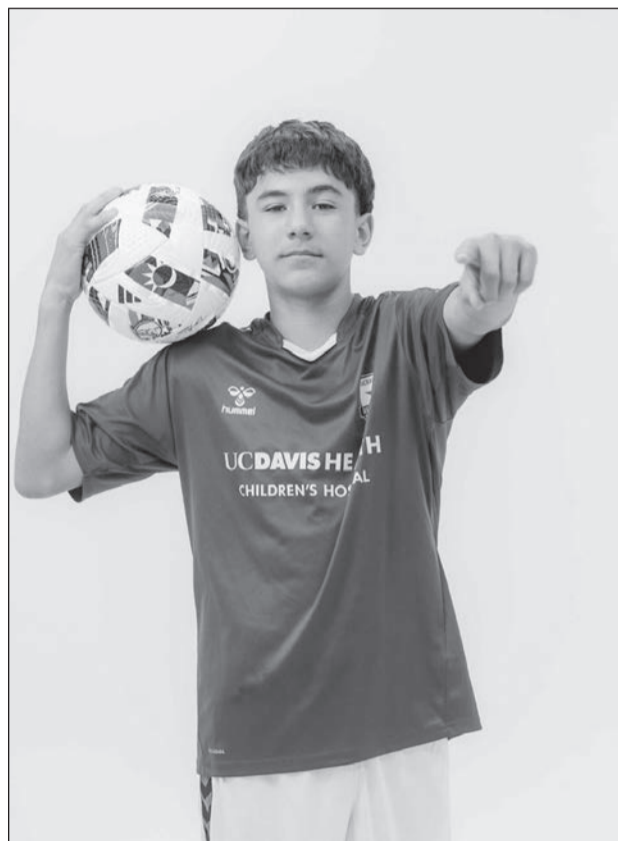
"It's something he's always wanted," said his mother. "When you ask him what he wants to do, he always says 'soccer player.' If that doesn't work out, it's still 'soccer player.'"

The Del Toro family is no stranger to athletic excellence. German's older sister, Itzel Medina-Valdez, wrestled at Liberty Ranch High School and made history as the first student to qualify for the state championships two years in a row.

She now attends college in Oregon on a wrestling scholarship.

His younger brother, Juan Manuel, 10, is already following in Del Toro's footsteps and playing soccer with the San Juan Soccer Club.

Del Toro recently finished his commitment with the Sacramento Republic FC Academy, with his last game being the Las Vegas Copa Reyados soccer



For the past year, Herald teen German Del Toro has played with the Sacramento Republic FC Academy, but his next chapter begins in August with the San Jose Earthquakes' MLS Academy for the 2025-26 season. Courtesy photo

tournament on June 16. Earlier this summer, Del Toro officially signed his commitment letter to play with the San Jose Earthquakes Academy.

His family is proud of German's accomplishments and is hopeful about

what lies ahead.

"As a parent, you just support them," his mother said. "It's their dream, not yours. Never force them. German has always been self-motivated; we just provide what he needs to succeed." ★

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Stay Afloat to Escape the Heat

Ways to Get on the Water this Summer

By Idaly Valencia

SACRAMENTO REGION, CA (MPG) - While the summer heat in the Sacramento area is hard to beat, the region has several recreational areas to cool off by the water.

Kayaking, canoeing and rafting with friends and family are popular ways to enjoy the outdoors.

Here are nearby destinations where Galt residents can rent or bring their own gear for a safe and memorable paddle adventure.

Cosumnes River Preserve

For paddlers with their own gear, the Cosumnes River Preserve offers free-flowing, flat water ideal from spring through fall. It's a scenic spot for nature lovers to explore local wildlife and wetlands.

Tide information and navigation tips are available at cosumnes.org/paddle-the-river. Guided paddle tours are available and led by experienced instructors. Paddlers must bring their own equipment.

The preserve is open daily from 9 a.m. to 5 p.m. at 13501 Franklin Blvd., Galt. For more information, call 916-684-2816.

Lodi Lake

The boathouse at Lodi Lake is a go-to paddling destination for Sacramento and Central Valley residents alike.

Rentals include basic and premium single kayaks (\$22 to \$35), tandem kayaks (\$44), paddleboards (\$22) and pedal boats. Rentals are available



The Sacramento State Aquatic Center at 1901 Hazel Ave. offers rentals and classes in sailing, rowing, paddling, windsurfing, wakeboarding and jet skiing. Photo courtesy of Sacramento State Aquatic Center

hourly, with lower rates for additional hours. Hours are 10 a.m. to 5 p.m. on weekdays and 10 a.m. to 6 p.m. on weekends, with rentals ending one hour before closing.

Lessons in kayaking and stand-up paddleboarding are \$92 per person. A free Community Paddle is at noon Thursdays for those with their own kayaks; rentals for the event are \$45 (plus tax) or \$20 (plus tax) for children 10 and under.

Lodi Lake Boathouse is at 1101 W. Turner Road, Lodi. For more information, visit lodiboathouse.com or call 209-471-5988.

Nimbus Rentals

Nimbus Rentals offers fully equipped two-seat kayaks that don't require a roof rack. Located at 3651 Redding Ave., Sacramento, the business serves couples, families and travelers seeking a convenient outing at their preferred waterway.

Rentals include two life jackets (adult, youth or child), two paddles, a

20-pound dry bag, foam mount blocks, roof straps with quick loops and a transport wheel. Loading assistance is available at pickup.

Kayaks can be picked up between 7 and 9 a.m. and returned by 6 p.m. The daily rental fee is \$80, with a discounted \$60 rate for first-time renters. Pickup is near Tahoe Park; the exact address is provided upon booking. To book a rental, visit nimbusrentals.com, text 916-477-7311 or email rental@nimbusrentals.com.

Lake Natoma

Known for its calm waters, Lake Natoma in Sacramento County is ideal for flatwater kayaking. Limited motorized boat use makes for a chill and easy-going day on the water.

Lake Natoma Paddle Rentals at 9600 Greenback Lane offers four watercraft options: paddleboards and single kayaks for \$20 per hour, tandem kayaks (two-person) for \$30 and canoes for \$30. Rentals are available daily from 9 a.m. to 7 p.m. through Oct. 13.



The boathouse at Lodi Lake, 1101 West Turner Road, is a go-to paddling destination for Sacramento and Central Valley residents alike. Photo courtesy of Lodi Lake Boathouse

Two-hour beginner kayak lessons and lake tours are available for \$79, included with gear.

For bookings or more information, visit lakenatomapaddlrentals.com.

The Sacramento State Aquatic Center, also located at Lake Natoma, 1901 Hazel Ave., offers rentals and classes in activities such as sailing, rowing, paddling, windsurfing, wakeboarding and jet skiing. Spaces are also available to rent and host events.

California State University, Sacramento alumni and affiliates receive discounts. For currently-enrolled students, cost for rentals is almost half price upon showing photo identification. For more details, visit sacstateaquaticcenter.com or call 916-278-2842.

American River Raft Rentals

Rafting on the American River is a classic summer tradition. American River Raft Rentals in Gold River has offered self-guided floats since the 1970s. There are two launch sites: Sunrise at 11257 S. Bridge St. and Sailor Bar at 4253 Illinois Ave., both with shuttle service back to the starting point.

The Sunrise launch site is open daily through Oct. 31. Sailor Bar, a newer two-mile float option, is open weekends (Saturday and Sunday) through Labor Day. Rafts range from four-person (\$99) to 12-person (\$280).

Rentals are from 9 a.m. to 1 p.m., depending on river conditions. To learn more, visit raftrentals.com or call 888-338-RAFT.

Sacramento Barge Canal Access

The Barge Canal Access in West Sacramento is a local favorite for kayaking, canoeing, fishing and boating. Located at 2100 Jefferson Blvd., near South River Road, the site includes parking, a hand-carry boat ramp, picnic areas, a walking trail and interpretive panels.

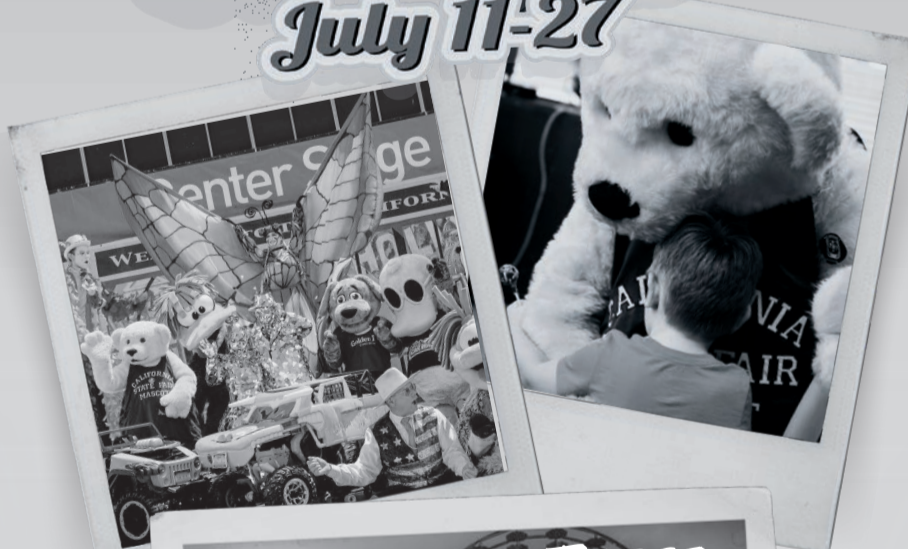
The ramp provides access to the Sacramento River and the Sacramento Deep Water Channel for hand-carried watercraft. Visitors must bring their own gear. Seasonal hours through Nov. 1 are 7:30 a.m. to 7 p.m. every day.

Wherever you choose to paddle this summer, stay hydrated, wear a life vest and have fun exploring the region's scenic waterways!

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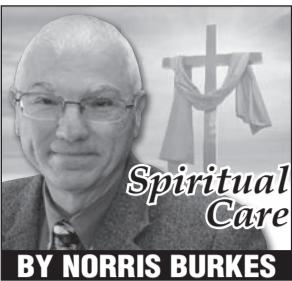
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Chaplain Offers ... Dating Advice?



BY NORRIS BURKUS

opening line to avoid confusion: "Hello, this is Sara at Chispa Project, the non-profit in Honduras!"

"Hi, I'm trying to access my account and..."

"Ooh, so sorry!" Sara says in perfect Spanish, "You've reached Chispa Project, the non-profit in Honduras."

"I really need to get on your site ASAP..." insists the caller.

"Sorry, we're not related to the Chispa dating app. Wrong number."

They beg her, "Can't you connect me to the right person?"

Listening to Sara patiently explain – again and again – that she's not tech support for a dating app reminds me of how often Jesus had to clarify his mission for those who misunderstood him. People sought a political savior or miracle worker, but Jesus kept emphasizing a different purpose.

Despite all the parables, analogies, metaphors, and symbols Jesus used, he was clear and repetitive about one thing in particular—love—the chispa that lights everything else.

When he said to "love the Lord your God with all your heart, soul, and mind," and to "love your neighbor as yourself" (Matthew 22:37-39), he pointed to the fire that kindles true connection, purpose, and transformation.

Like a single chispa that can ignite a flame, love sets everything in motion—whether it's changing a life through a children's book, finding a life partner, or growing closer to God by following Jesus' example.

To be clear, this columnist does not endorse the dating app in question. I'm already locked into a lifetime subscription with my wife, Becky.

It's not the fleeting spark

of romance I'm looking for, but a different kind of spark: one that ignites compassion, healing, and humility. These days, I find myself affirming the love that kindles true connection, purpose, and transformation – like Jesus taught.

How can we all become more fluent in the amor that demonstrates empathy? An amor that humbles us across differences?

In Greek, this type of amor is described as agape—a love that is unconditional, selfless, sacrificial. It's the choice to love regardless of circumstances or feelings.

In English, it might seem that Chispa, the app, and Chispa Project, the non-profit, offer the same thing—a spark of love. Make no mistake, both are important and necessary, but they are different.

Chispa, the app, offers a chance at romantic love. Chispa Project, the non-profit, encourages the agape love for our neighbors.

I keep telling Sara that she should charge a minimum donation for each of the crisscrossed Chispa calls she gets, but she always mutters something about honesty and goofy dad ideas.

But now the choice is yours—what will you do to spark agape in whatever Chispa you end up calling? What chispa will you ignite in your community?

Sign up to receive this weekly column in your email box at <https://thechaplain.net/newsletter/> or send me your email address to comment@thechaplain.net.

All of Norris's books can be ordered on Amazon. Autographed copies can be obtained on his website www.thechaplain.net or by sending a check for \$20 for each book to 10566 Combie Rd. Suite 6643 Auburn, CA 95602. ★

Galt in Water Shortage Stage 2 Alert; Conservation Measures in Effect

City of Galt News Release

GALT, CA (MPG) - The City of Galt is currently in a Water Shortage Stage 2 Alert, as outlined in Galt Municipal Code Section 13.10.060 and the city's approved Water Shortage Contingency Plan (WSCP).

The following water conservation requirements are now in place:

Landscape and pasture irrigation is limited to two days per week for a maximum of 15 minutes per day, between the hours of 9 p.m. and 6 a.m. Irrigation will be based on an odd-even address schedule.

Customers with street addresses ending with an even number may water on Wednesday and/or Sunday. Customers with street addresses ending with an odd number may water on Tuesday and/or Saturday.

No watering is allowed Mondays, Thursdays and Fridays.

Additional requirements include draining or refilling of pools, spas or ponds is prohibited unless approved for health, maintenance or structural reasons. Requests for approval must be substantiated in writing by a pool consultant or



equivalent.

Restaurants may only serve water upon request. Washing of sidewalks, driveways, streets or structures is not allowed unless required for health, safety or fire protection.

Vehicle/equipment washing must be done using a bucket. Hoses with automatic shutoff nozzles may be used to rinse for no more than three minutes.

Here are a few tips that can help to conserve water on the interior and the exterior of your home:

Frequently check for broken sprinklers and set a timer to know when to move the sprinkler or turn the water off.

Automatic shut-off nozzles are required for hose watering.

Water during early

morning or evening hours to minimize evaporation during the hotter hours of the day.

Know where emergency shutoffs are at your home and sprinklers, in the case of a broken pipe or emergency.

Run washing machines/dish washers only when full. This saves up to 1,000 gallons a month.

When cleaning fish tanks, use the drained water for plants. The water is rich in nutrients providing fertilizer for plants.

Put food coloring in toilet tanks; if it seeps into the toilet bowl, there's a leak.

Repairing a leaky toilet saves about 600 gallons a month.

For more information, visit bit.ly/44ACOIE (case sensitive). ★

MEMORIAL

LANA MAE HOUCK • 10/1/1965 - 6/6/2025

Born on October 1, 1965, to Ralph and (Alicia) Lorene Geist, Lana grew up in Herald, CA loving cattle and those around her. She was caring, compassionate, selfless, hardworking, and dedicated. For over 30 years, Lana worked as a registered veterinary technician with both large and small animals. Her passion for animals and her calm, capable presence made her a trusted and beloved colleague in the field. She was active in the Veterinary Technicians Association and made lifelong friends through her work.

Lana married Wendell Houck and became a stepmother, a step-grandmother, and a step-great grandmother. She loved her expanded family deeply and



hosted Thanksgiving and Christmas with her husband for many years. When her husband aged and became weak, she continued to run two cattle ranches – over 500 acres of land and more than 200 head of cattle – all while becoming his full-time caregiver. She stayed strong and cared for him

until his very last breath. This love and compassion showed the world just the type of woman Lana was: an angel on Earth.

A celebration of life for Lana will be held at Galt Bible Church (801 Church St., Galt, CA 95632) on Saturday, July 12, 2025, at 11 a.m. In lieu of flowers, please consider making a donation to Galt Bible Church as a thank you for their support and encouragement through this time.



Publisher, Paul V. Scholl

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The Galt Herald

Serving Galt and Sacramento County since 1901

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Kings Korner

By V.G. Harris



The Milwaukee Bucks won their first NBA title in 1971, and it took 50 years for the Bucks to win a title again. A fellow by the name of Giannis Antetokounmpo helped them accomplish this task, but players of his caliber are in short supply.

The Sacramento Kings have been in Sacramento for 40 years without reaching the finals or winning a championship. But make no mistake, fans in Kingstown still believe an NBA title will eventually come to Sacramento.

Sadly, during the offseason, fans are hearing far too much about mid-level exceptions, aprons first and second, collective bargaining and salary caps. Frankly, the NBA has one of the most complicated systems regarding player compensation, and it takes someone with an advanced degree in economics to comprehend it.

What we know, is that in the aftermath of seeing mega popular DeAaron Fox trot his talents to the San Antonio Spurs midway through the 2025/2026 season, the Kings have navigated the point guard position much like a rudderless ship.

Freshman GM Scott Perry, tasked with replacing De'Aaron Fox, last week signed journeyman Dennis Schröder, a former #1 draft choice by the Atlanta Hawks in 2013. Schroder was chosen #17 overall and for the past 12 seasons has seen playing time with Oklahoma City Thunder, Los Angeles Lakers, Boston Celtics, Houston Rockets, Toronto Raptors, Brooklyn Nets, Golden State Warriors and finally the Detroit Pistons.

Originally from Germany, where he played professionally and for the German national team in the Olympics, one could say Schroder has seen America from coast to coast.

Dennis Schroder's career stats are not gaudy, but 13.9 points per game being as traveled as he's been, shows he can contribute when needed. Five assists per game and 3 rebounds aren't eye popping, but it's important to remember why the Kings went out to get him.

Sacramento has a plethora of scoring power in the starting lineup and coming off the bench. What has been lacking since the departure of Fox, is a capable distributor of the basketball.

At 2.2 turnovers per game Schroder has a better control average than DeAaron Fox, so at least in one regard the Kings have made

an upgrade.

Not many players would clammer to be the replacement for a point guard as popular as Fox, but Sacramento fans are a generous crowd, and I expect to see fans give Dennis Schroder an ample opportunity to display his talents.

Do I think Schroder can be a capable replacement? Absolutely! He won't score 24 points per game or go coast to coast with the type of speed that DeAaron does, but neither does anyone else.

Scott Perry was given a thankless job, and if Schroder can come in and give the Kings 14 points per game, and take care of the basketball, there's a good chance that the playoffs of two seasons ago won't be the exception to the rule.

Coming off the bench is last year's first round draft choice Devin Carter, and Sacramento has a rookie guard in Nique Clifford that is going to need playing time, so don't expect to see Schroder get much more than 20-25 minutes per game.

Perry is likely to have more moves coming, so keep your eyes on summer league Kings fans, and don't forget that Sacramento also drafted a 7-footer in Maxime Raynaud. It will be interesting to see how coach Christie uses his new big man.

Sadly, popular Jonas Valanciunas won't be suiting up for the Kings this season, as he was traded last week to the Denver Nuggets for Dario Saric. Saric will be a role player, and spell Sabonis off the bench. At 6' 10" and 225 lbs. this 31-year-old will undoubtedly see playing time.

Players like Isaac Jones and Devin Carter are still trying to open eyes, so this year's summer league will be an opportunity to showcase their talents and allow Doug Christie to see their growth over the season.

NBA pundits have praised the Kings' draft this year, and I concur with their accolades. There's real optimism as this team is deep in talent. It remains to be seen how that talent will come together, and whether the Kings can take the young talent they have to the next level.

Stay tuned Kings fans, because this roster isn't cast in stone just yet!

All the best!

Your thoughts are always welcome at vgharriskingsfan@gmail.com. ★

Social Security Matters

Can I Switch to a Taxi Driver Job Without Hurting my Social Security?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I opted to draw my Social Security retirement benefit early and work part time. The company I work for has decided to pull me from field work due to my age and health. Although they are great keeping me at 20 hours per week running for parts and doing office work, I'm not sure how much longer it will last. I'm thinking of taking a taxi driving job to keep my income enough to live on. The way it would work, I would lease the cab for some amount of dollars per day, set my own hours to work and collect anywhere from \$1.40 to \$4.00 per mile, depending on what type of fare. My question is: how does Social Security look at that type of employment? Would I be held to the 15 - 45 hours a month standard? I could never come close to making the \$1,200 to \$1,300 a month I need by working so little. Any advice is greatly appreciated. **Signed: Seeking Advice**

Dear Seeking: If you go ahead with your plan to lease a taxicab instead of continuing your current employment, you would, in effect, be considered "self-employed" and would submit your income tax return to the IRS accordingly. Social Security would get your earnings information as reported to

the IRS, and it would be your net earnings from self-employment (after deducting all your business expenses) that is reported to SSA by IRS. There is, however, a special rule which would apply to you in your first calendar year of self-employment while collecting early Social Security benefits.

Since, in your first year, some of your earnings would be as a part-time employee paying SS FICA payroll taxes, Social Security would first look at your earnings as an employee to see if you exceeded the annual earnings limit (\$23,400 for 2025). Then, upon starting your self-employment, Social Security would look at the hours you spent performing "substantial gainful activity" (e.g., driving your taxi) each month and, if you spent more than 45 hours per month in that capacity, you would not be considered "retired," and thus, not eligible for Social Security in any month you exceeded that amount of hours. If you earned less than the annual limit in total (both as an employee and while self-employed), you would get benefits for all months of the year. But if you earn more than the annual limit, you will get no benefits for any month you exceeded 45 hours as a self-employed person. Again, this only applies during the first calendar year of self-employment - in the following year only your net earnings from self-employment would count toward the annual earnings limit.

In effect, SSA would use the hours-worked standard to see if you are truly retired or actually working. If the latter, they would withhold

SS monthly benefits for any month you exceed 45 hours working while self-employed (up to and including December of your first calendar year of self-employment), and only if your total income (as an employee and while self-employed) exceeds the annual limit.

So, if your goal is to net \$1,200 - \$1,300 per month as a self-employed taxi driver, that would be well within the limits of the annual earnings test (\$23,400 for 2025 but changes yearly). But there may, or may not, be a reduction in your Social Security benefits during your first year of self-employment, depending on when you start as self-employed. Note that SSA will ask about your work plans when you apply, and if you expect to stay under the annual limit (working part time in both capacities), you should get full SS benefits. Just be careful to stay under the annual earnings limit for those collecting early Social Security benefits. FYI, earnings from before your SS benefits started don't count toward the earning limit.

Note, too, that your monthly Social Security benefit will be actuarially reduced according to how far in advance of your full retirement age you claim SS. Whenever SS benefits are claimed prior to one's full retirement age, those benefits are permanently reduced.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). ★



Blow up Washington, D.C.'s Brutalist Buildings, and the Sooner, the Better

There's a reason God created dynamite. The brutalist federal buildings that have blighted Washington, D.C., for decades deserve the same fate as Carthage after the Third Punic War, and the nation's capital is finally beginning to move on from these concrete monstrosities.

The Department of Housing and Urban and Development just announced that it is leaving its god-awful headquarters in Washington for a less hideous space in Northern Virginia. HUD Secretary Scott Turner has described the structure as "the ugliest building in D.C.," which is a dubious claim only because there are so many other buildings in Washington that compete for that distinction. He's not the first HUD secretary to hate the building. Jack Kemp called it "10 floors of basement."

Meanwhile, the FBI is also departing its HQ, designated by the U.K. building materials retailer Buildworld as the ugliest building in the United States and the second ugliest in the world.

The moves are in keeping with the spirit of President Trump's executive order stipulating that federal buildings should "respect regional, traditional and classical architectural heritage in order to uplift and beautify public spaces and ennoble the United States and our system of self-government."

That EO should be considered common sense, but has several trigger words for defenders of the architectural status quo, including "traditional," "classical" and, perhaps foremost of all, "beautify." In response, the American Institute of Architects expressed its "strong concerns that mandating architecture styles stifles innovation and harms local communities."

According to The Nation magazine, Trump's initiative is part of an agenda to "make historical architecture on the whole inextricable from Eurocentric white supremacy." In short, it's an unforgivable offense to want a government building to look nice.

Brutalism, with its blocky, minimalist structures made of poured concrete, was a creation of a post-war Europe that wanted to embrace the fresh and new and to economize on rebuilding. Although the name "brutalism" perfectly captures the aesthetic effect, it actually comes from the French for "raw concrete," "beton brut."

To be sure, concrete is extremely important to modern life, but no one has ever said, "Oh, it's so elegant and uplifting." The brutalist buildings in Washington were largely built between the late 1960s and mid-1970s, an era of grievous architectural mistakes, including cookie-cutter multiple-purpose baseball stadiums and modernist Catholic churches. The buildings never had a heyday, but were hated when they were erected and are still hated now.

The seedbed of the trend was a Kennedy administration commission that advocated contemporary

designs and said -- laughably, in retrospect -- that federal architecture should "reflect the dignity, enterprise, vigor and stability of the American national government."

Instead, the brutalist buildings speak of a lumbering bureaucracy with no regard for the sensibilities or priorities of ordinary people. They are about what you'd expect if a DMV were headquartered in a maximum-security prison or in a massive pillbox.

The buildings could easily be used as stage sets for docudramas about East Germany. They are a tribute to soulless monumentality and a gut punch to the human spirit. If they don't eventually get a well-deserved appointment with a wrecking ball, they should be donated to North Korea.

The original justifications of brutalism no longer apply. The buildings aren't new anymore, and aren't cheap. They haven't aged well in any sense, not aesthetically or functionally. The FBI building is literally falling apart, and the expense of maintaining the HUD building has become ruinous.

Defenders of the brutalist buildings say that they are now part of our heritage and should be preserved as such. That's not fair, though, to the people who have to work in them, or who walk or drive by them every day. They are a net subtraction to the D.C. landscape and to human happiness. If one of them has to be kept for historical reasons, it should be made into a Smithsonian museum devoted to idiotic fads that were indulged for much too long.

Rich Lowry is editor of the National Review. (c) 2025 by King Features Synd., Inc. ★

California Lawmakers Finally Achieve 'Holy Grail' Reform



By Dan Walters, CALMatters.org

Jerry Brown once described reform of the California Environmental Quality Act as "the lord's work" but he, like other recent governors, was not willing to invest enough political capital to change it.

Simply put, significantly altering CEQA, which then-Gov. Ronald Reagan signed more than a half-century ago, would require confronting two powerful interest groups: environmental organizations and labor unions, which have weaponized the law to achieve their goals.

Brown made one stab at compelling the Legislature to alter CEQA in 2016, but otherwise left it to his successor, Gavin Newsom.

For six years, Newsom echoed the attitudes of his predecessors, critical of CEQA's misuse to block housing and other much-needed projects, or compel developers to hire unionized labor or jump through other hoops, but unwilling to confront it head-on.

Instead, he and the Legislature nibbled at the edges of the law and gave specific projects, such as sports arenas, exemptions.

Finally, however, the social and economic costs of leaving CEQA intact became too high. The state's critical shortage of housing continued despite innumerable policy

declarations aimed at spurring investment. It became downright embarrassing that a politically dominant Democratic Party pledged to socioeconomic equity was unable to deliver on promises to make housing more abundant and affordable.

California starred in a New York Times video that chastised blue states for failing to live up to their stated principles and in a recent book, "Abundance," about the nation's chronic inability to deliver much-needed projects due to regulatory overkill, such as CEQA.

This year, with Newsom nearing the end of his governorship and appearing to cast his eyes toward a presidential campaign, the governor decided to confront the CEQA issue squarely. He endorsed two bills that would impose limits on the law's reach and, in the end, threatening to block the entire state budget if they weren't placed on his desk.

On Monday (June 30), the last day of the fiscal year, the Legislature passed Assembly Bill 130 and Senate Bill 131 with last-minute changes to dampen opposition from construction unions. Newsom quickly signed them.

"We needed to go bold and big on this holy grail reform," Newsom said at a hastily staged signing ceremony.

Essentially, the legislation exempts virtually all infill housing projects from CEQA's provisions, making it more difficult for opponents of high-density housing projects, known as NIMBYs, to block approval.

Such projects, particularly those aimed at low- and moderate-income families, have been the most difficult to gain approval, due largely to opposition in upscale communities

dominated by single-family homeowners.

"When you are building housing in an existing community, that is environmentally beneficial, it is climate friendly, that is not something that should be subjected to potentially endless CEQA challenges and lawsuits," Sen. Scott Wiener, a San Francisco Democrat who authored SB 131, told senators before they passed the measure.

Wiener and Assemblywoman Buffy Wicks, an Oakland Democrat who carried AB 130, have been the Capitol's two most aggressive advocates of pro-housing legislation.

The remaining question, of course, is whether the two new laws, which go into effect immediately, will have a discernible impact on the state's housing shortage. CEQA is just one factor of many determining whether proposed projects proceed or die. Those who oppose high-density housing in their neighborhoods will not just roll over.

Ironically, as the Legislature was passing the two new laws on Monday, The Atlantic was publishing a lengthy article entitled "The Whole Country Is Starting to Look Like California," that describes how red tape and local opposition are adversely affecting housing development in red states such as Texas and Florida, which had been viewed as developer paradises.

Dan Walters is one of the most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. ★

Wait! What? A Free Slurpee?



flavors. Novelty names like Pink Fink, Moonshine, Sticky Icky, Gully Washer and Adults Only added to the growing list of flavors.

On July 11, 2002, 7-Eleven celebrated its 75th birthday by giving customers a free Slurpee, marking the first official Free Slurpee Day. As the name of the day implies, you go to a participating 7-Eleven between 11 a.m. and 7 p.m. and receive a free 12-ounce Slurpee (while supplies last). Get there early, because ... do you really want to miss out on a free Slurpee?

And what would go really well with a Slurpee? French Fries! DOUBLE YES! That is correct: Another two-fer. It is also National French Fry Day!

The term “French fries” refers to deep-fried slices or strips of potatoes. Like most iconic foods, the French fry has an interesting folk story about how it was created.

Belgians call dibs on the origins of French fries, claiming it to be an invention of their people. According to a manuscript by Joseph Gerard, the residents of the Meuse Valley, located near Dinant in Belgium, consumed a lot of fish since they lived near the river.

During winters, when the rivers would freeze and fishing would become too difficult, the idea to slice potatoes like fish fillets and fry them in hot fat was born. But all credit does go to the French for popularizing frying foods and selling them in public on street carts called “frites” in the mid-1700s. Eventually, potatoes were cut in all sorts of shapes and fried.

As to how French fries arrived in America, a popular accepted fact is that Thomas Jefferson brought the dish to the United States of America. While serving time as an ambassador, Jefferson spent a lot of time in France and went on to serve

“potatoes served in the French manner” at a White House dinner in 1802. Thank you, Thomas Jefferson!

I love French fries. They are that extra something needed when eating a bacon cheeseburger, or where would fried fish be without chips (British name for French Fries)? Or when your stomach is acting up, nothing better than a hot French fry dipped in ice cream to settle that tummy down.

Time for “What Really Fries my Pie!” – Bicyclists who ride country roads that don’t have bike lanes.

I understand you want to enjoy the countryside, or you may be practicing for a ride. But come on: share the road. If there are cars behind you, please pull off the road and let them pass. Just like the motorist of a slow vehicle is expected to do.

It is called common courtesy. Practiced more often, it becomes a habit. I’ll step off my soapbox now.

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

ABOUT TOWN

Enter Aug. 2 Herald Day Contests

Herald Community Club is accepting entries for the Herald Day 2025 canning and baking contests. Herald Day is scheduled for Aug. 2 at Herald Park on Twin Cities Road. The categories are baked goods, canned jelly or jam, canned pickle or relish and salsa.

Entries must be delivered to Herald Park by 11 a.m. on event day. For more information, call Jim Cunningham at 209-768-7144.

Friday, July 11 Friday Night Movies at Veterans Field

– Gates open at 6 p.m. and the movie starts at dusk. This month we’ll be watching “Snow White (2025),” so bring your blankets, chairs and picnic baskets to enjoy an evening outdoors with family and friends.

For more information, call 209-366-7115 or email jgarcia@cityofgalt.org. 900 Caroline Ave.

Saturday, July 12 Cafe and Cars

– 8 a.m. to noon at Café Latte. Open to cars, trucks, bicycles, motorcycles and anything with wheels. Come out and get a drink and a bite to eat at this local café that has been open for over 25 years, serving breakfast and lunch all day. 1000 C St.

Summer Concerts in the Park – presented by the City of Galt Parks and Recreation. This month’s event will be at Community Park. Join us when the gates open at 6

p.m. to enjoy the Listen Hear Band. Bring your chairs, blankets, snacks, neighbors and friends.

More information at cityofgalt.org. 1000 Walnut Ave.

Lodi Community Art Center annual membership show and awards presentation – 1 p.m. to 3 p.m., Stroll through an exceptional exhibition of paintings, photography, mixed media and more. This celebratory event highlights the best of the show with an engaging award presentation. Light refreshments will be served, and admission is free.

More information at lodicenter.org. 110 W. Pine St., Lodi.

Saturday, July 26 Habitat Restoration Workday

– 8 a.m. to 2 p.m. at the Cosumnes River Preserve. Anyone 18 or older who wants to be truly involved with environmental stewardship at the Preserve is invited to join the Habitat Restoration Team (HRT). This team assists Preserve staff with focused conservation projects that allow members to contribute to Preserve success. Contact 916-826-0927 to sign up or for more information. *The Barn at 6500 Desmond Road.*

Ongoing Events Galt Saturday Market

– First Saturday of every month, 9 a.m. to 2 p.m., Fourth Street Promenade. Visit with local artisans, shop handmade crafts, and enjoy a variety of cuisine

from yummy food trucks!

Lodi Farmers Market – 5 p.m. to 8 p.m., every Thursday evening through August, on School Street in Downtown Lodi.

Library Events

Sacramento County Libraries have the following upcoming events: (G) Marian O. Lawrence Library, 1000 Caroline Ave., (WG) Walnut Grove, 14177 Market St.

Friday, July 11: Family story time, 10 a.m. to 11 a.m. (G) Magical Mary – summer reading program, 2 p.m. to 3 p.m. (WG) English conversation group, 3 p.m. to 4 p.m. (G)

Wednesday, July 16: Teen space, 3 p.m. to 5 p.m. Meet other teens and hang out in a space dedicated to you. (WG)

Thursday, July 17: Family story time, 10 a.m. to 11 a.m. (WG) Tai Chi for beginners, 1 p.m. to 2 p.m. Join us for a 6-week series of this low-impact, gentle martial art. Registration is required. (WG) STEAM builder space – LEGO and Duplo, 3 p.m. to 4 p.m. (G)

Friday, July 18: Family story time, 10 a.m. to 11 a.m. (G)

Saturday, July 19: Jon Lopez magic, 11 a.m. to noon. (G)

Wednesday, July 23: Teen space, 3 p.m. to 5 p.m. Meet other teens and hang out in a space dedicated to you. (WG)

Thursday, July 24: Family story time, 10 a.m. to 11 a.m. (WG) Tai Chi for beginners, 1 p.m. to 2 p.m. Join us for a 6-week series of this low-impact, gentle

martial art. Registration is required. (WG) STEAM builder space – Perler beads, 3 p.m. to 4 p.m. (G)

Friday, July 25: Family story time, 10 a.m. to 11 a.m. (G)

Wednesday, July 30: Teen space, 3 p.m. to 5 p.m. Meet other teens and hang out in a space dedicated to you. (WG)

Thursday, July 31: Family story time, 10 a.m. to 11 a.m. (WG) Tai Chi for beginners, 1 p.m. to 2 p.m. Join us for a 6-week series of this low-impact, gentle martial art. Registration is required. (WG) STEAM builder space – Ozobots, 3 p.m. to 4 p.m. (G)

Call 916-264-2920 or 800-561-4636 for more

information on any of these events.

Meetings for Veterans

American Legion Post 55, Veterans and Auxiliary Units – fourth Wednesday each month. Dinner 6 p.m., meeting 7 p.m. Veterans Hall, 8230 Civic Center Drive. Next meeting will be July 23. Breakfast: second Saturday, 8-10 a.m., 8830 Sharkey Ave., Elk Grove.

American Legion Post 233 and Auxiliary Unit 233 – general meetings the fourth Thursday each month at 7 p.m. at the Elks Lodge, 9240 Survey Road, Elk Grove. Dinner at 6 p.m. Next meeting will be Thursday, July 24.

The Post Family Breakfast on the first Saturday of each month at 9 a.m. will change location for July 5 and Aug. 2 to Bert’s Diner, 8972 Grant Line Road, Elk Grove. For more information, call 916-683-6128.

Marine Corps League Detachment #1238 – first Thursday each month. Dinner 6 p.m., meeting 7 p.m., District 56 Veterans Hall, 8230 Civic Center Drive, Elk Grove.

VFW Post 2073 – second Thursday. Dinner 6 p.m., meeting 7 p.m., District 56 Veterans Hall, 8230 Civic Center Drive, Elk Grove. For more info, call 916-684-3849. ★

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MEETING MINDERS

Saturday, July 12
Kiwanis Club of Galt, 8:30 a.m., Comfort Inn, 10380 Twin Cities Road. For more information: k13878.site.kiwanis.org.

Tuesday, July 15
Galt City Council, 6 p.m., Council Chambers, 380 Civic Drive.
Galt High Alumni Association (GHAA), 7

p.m., Three Palms Mobile Estates Clubhouse, 604 Pringle Ave., 916-835-8690.

Wednesday, July 16
Cosumnes CSD, 5 p.m., CSD boardroom, 8820 Elk Grove Blvd., Elk Grove.

Thursday, July 17
Galt Beautification Committee, 9 a.m.,

Community Development Dept., 495 Industrial Drive, 209-366-7130.

Herald Fire Protection District, 6 p.m., Station 87, 12746 Ivie Road, 209-748-2322.

Friday, July 18
Galt Sunrise Rotary, 7 a.m., Comfort Inn & Suites, 10380 Twin Cities Road, 209-745-6617. ★

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We need compassionate volunteers to deliver meals, support our community cafes, or help with clerical tasks. Your kindness helps our elderly neighbors maintain independence and dignity through improved nutrition.

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MEALS ON WHEELS SACRAMENTO COUNTY

Disposable E-Cigarettes More Toxic Than Traditional Cigarettes

By Kat Kerlin from the University of California, Davis News and Media Relations

SACRAMENTO REGION, CA (MPG) - They might look like travel shampoo bottles and smell like bubblegum, but after a few hundred puffs, some disposable, electronic cigarettes and vape pods release higher amounts of toxic metals than older e-cigarettes and traditional cigarettes, according to a study from the University of California, Davis.

For example, one of the disposable e-cigarettes studied released more lead during a day's use than nearly 20 packs of traditional cigarettes.

The study, published on June 25 in the ACS Central Science journal noted that although most disposable e-cigarettes are illegal in the United States, they remain widely available.

Most consumers of disposable e-cigarettes are teens or young adults, who are also highly susceptible to lead exposure. Inhaling certain metals can increase a person's risk of cancer, respiratory disease and nerve damage.

"Our study highlights the hidden risk of these new and popular disposable electronic cigarettes with hazardous levels of neurotoxic lead and carcinogenic nickel and antimony, which stresses the need for urgency in enforcement," said senior author Brett Poulin, an assistant professor in the University of California, Davis Department of Environmental Toxicology. "These risks are not just worse than other e-cigarettes but worse in some cases than traditional cigarettes."

First author Mark Salazar, a Ph.D. candidate in Poulin's lab, first saw a disposable vape pod when



Mark Salazar, left, and Brett Poulin are in the lab with disposable vape pods. Photo courtesy of Kat Kerlin, University of California, Davis

he was visiting a friend. The pods are self-contained cartridges that hold a battery, e-liquid and heating coil. Salazar was curious: what exactly was his friend smoking? Salazar brought the pod back to the lab at University of California, Davis and tested its vapor for metal concentrations.

"When I first saw the lead concentrations, they were so high I thought our instrument was broken," Salazar said. "That sparked us into looking further into these disposables."

The scientists analyzed the metal and metalloids inside seven types of disposable devices from three of the most popular brands. Using an instrument to activate disposable



Shown is the inside of a vape pod, a type of e-cigarette, at University of California, Davis. Photo courtesy of Kat Kerlin, University of California, Davis

e-cigarettes and heat the internal liquid, they created between 500 and 1,500 puffs for each device.

They said that some devices emitted surprisingly high

concentrations of elements in the vapor, including antimony and lead. Levels of chromium, nickel and antimony increased as the number of puffs increased. Most of the disposable e-cigarettes tested released markedly higher amounts of metals and metalloids into vapors than earlier, refillable vapes.

The scientists then took apart the devices to trace the metals' sources.

"We found that these disposable devices have toxins already present in the e-liquid or they're leaching quite extensively from their components into e-liquids and ultimately transferred to the smoke," Salazar said.

Leaded bronze alloy components

in some devices leached nickel and lead to the e-liquid. Nickel was also released from heating coils and antimony was present in unused e-liquids at high levels, both of which increase the risk of cancer.

The researchers also assessed the health risk for daily users. Vapors from three of the devices had nickel levels and two devices had antimony levels that exceeded cancer risk limits. Vapors from four of the devices had nickel and lead emissions that surpassed health-risk thresholds for illnesses besides cancer, such as neurological damage and respiratory diseases.

While the researchers tested only three of the nearly 100 disposable e-cigarette brands on the market, they say that this initial work prompts concern, given the popularity of disposable e-cigarettes, especially among adolescents.

The market is also outpacing science. Few studies of the relatively new devices are available, leaving consumers and regulators largely uninformed. The work underscores the need to enforce regulations around illegal e-cigarettes while continuing research to reveal the extent of the problem and its public health implications.

The study's co-authors include Lalima Saini, Tran Nguyen, Kent Pinkerton, Amy Madi and Austin Cole from the University of California, Davis.

The research was supported with funding from the University of California Tobacco-Related Disease Research Program, the National Institute of Environmental Health Sciences T32 training program, and the University of California Agricultural Experiment Station. ★

Sutter, Sacramento Recertified with Top Cardiovascular Honor

It's one of two Comprehensive Cardiac Centers in Northern California

Sutter Health News Release

SACRAMENTO REGION, CA (MPG) - Sutter Medical Center, Sacramento this month received the top cardiovascular honor from The Joint Commission and the American Heart Association. The medical center received its recertification as a Comprehensive Cardiac Center, which represents its commitment to upholding the highest standards of cardiac care quality and safety.

Sutter Medical Center is one of two hospitals in Northern California and 24 in the nation to have received the certification.

"This certification by The Joint Commission and American Heart Association recognizes the dedication and excellence of the cardiovascular staff at Sutter Medical Center," said Dr. David Roberts, section chief of interventional cardiology for Sutter Health's heart and vascular service line. "It is a team sport that requires the doctors, nurses and the entire ancillary staff to function at the very top of their game. I cannot be more proud of this team."

In 2023, Sutter Medical Center became one of only 16 heart programs in the nation and the second in the western United States to earn the certification, the other being Stanford Hospital, Sutter Medical Center's partner for its pediatric heart surgery program.

The recertification earned this month demonstrates Sutter's excellence in heart and vascular care, where cardiologists and care teams "deliver superior quality of care across the cardiac continuum" and provide "world-class, patient-centric service," as outlined by The Joint Commission.

"We pursued becoming a Comprehensive Cardiac Center because we saw an



Sutter heart surgeon Dr. Michael Ingram, left, and Sutter Medical Center, Sacramento medical director of cardiovascular services Dr. David Roberts work in the hospital's specialized hybrid surgical suite. Courtesy photo

opportunity, not just to close the gaps that existed but to push ourselves toward true excellence," said Thomas Rhodes, Sutter's Greater Sacramento Division heart and vascular service line executive who championed the certification. "This is one of the most rigorous surveys in healthcare and our cardiovascular team at Sutter Medical Center, Sacramento went well above and beyond, and our patients are the real beneficiaries of that dedication. It's the intent of our leadership team to carry this standard of excellence to sister hospitals across the Sutter Health system." Sutter Medical Center has the most comprehensive cardiac care program in the greater Sacramento region and the only heart transplant program in Northern California outside the Bay Area.

Among its lifesaving services are an adult congenital heart disease program and clinic, which is one of two Northern California

programs accredited by the national Adult Congenital Heart Association, and pediatric heart and vascular services, including heart surgery.

Another lifesaving service is a structural heart disease program with the next generation of devices, including transcatheter aortic valve replacement, also known as TAVR, mitral and tricuspid valve repair, and transcatheter mitral, tricuspid and pulmonary valve replacement. In addition, the program offers innovations for percutaneous atrial septal closure, as well as the Watchman™ device.

Also offered are lifesaving electrophysiology and atrial fibrillation services, including the first regional case with the Affera device for simultaneous mapping and innovative pulse-field ablation for treatment of atrial fibrillation.

Other Sutter lifesaving services are

transplants and cardiac assist devices, including a left ventricular assist device (LVAD), and the Impella heart pump; renal denervation treatment of resistant hypertension; and access to heart and vascular research and clinical trials, testing the latest treatments, devices and surgical approaches.

With a rich history as a pioneer of heart and vascular services that began in 1957, Sutter Medical Center's milestones include successful open-heart surgery, pediatric open-heart surgery, heart transplant, interventional vascular program and pediatric heart catheterization.

"The list of pioneering 'firsts' at Sutter Medical Center, Sacramento and Sutter Health as a system is a true testament to the hard work and commitment to clinical excellence that each of our heart and vascular specialists leads with," said Dr. Steven Hao, Sutter cardiologist and chief medical officer of Sutter's service lines. "Sutter Medical Center is a crucial 'hub' of quality and innovation within our heart and vascular service line, and this recertification represents our commitment to provide patients with the highest-quality care and experience throughout Northern California. We want the best for our patients, and our medical staff works tirelessly to ensure the heart and vascular care they receive means they can live their fullest, longest lives." Mick Doughty, a Sutter Medical Center, Sacramento patient who received a heart transplant in the 1990s, was told he would gain another 10 years of life with the new heart. Now, more than 30 years after the transplant, Doughty aims to beat the current 40-year record and be admitted into Guinness World Records.

For a complete list of the premier heart and vascular services that Sutter offers, visit <https://www.sutterhealth.org/services/heart-and-vascular>. ★

Staying Healthy and Safe Driving in a Heatwave

DiscoverCars.com News Release

SACRAMENTO REGION, CA (MPG) - Drivers need to ensure they take precautions this summer, because extreme temperatures have been predicted by the National Weather Service across the U.S. from June to August.

Driving in hot weather means taking some extra steps to make sure your trip is safe and comfortable. DiscoverCars.com, a car rental comparison company, has put together the following tips on

driving during a heatwave to keep you and your car cool during the hottest time of the year.

One of the most important steps to take while driving in a heatwave is to drink plenty of water, as dehydration might impact your ability to drive safely. Before you head out, make sure that your car is stocked up with plenty of water bottles for yourself and all passengers.

Driving in very hot temperatures for an extended amount of time could lead to feeling drowsy. It's also important to take breaks

during longer journeys to rest and allow your car to cool down. Consider planning your rest stops in advance so you know exactly where you'll be stopping off at.

Additionally, in very hot temperatures, your tires could overinflate due to the air expanding inside them. This can wear your tires down, so it's important to monitor the pressure during a heatwave to keep your car safe. Make sure that your tires are inflated properly before and after long trips.

If you know you'll be driving

during a heatwave, you should check your car's cooling systems to make sure everything is working properly. If your coolant level is low, consider filling it up to prevent your engine from overheating.

Placing sunshades in your car windows is an extra step you can take to help keep your car cool during high temperatures. Sunshades block out harsh sunlight, which can heat up your car during the day. This is especially important if you are traveling with anyone who is more vulnerable to

extreme heat, such as children or individuals over age 65.

Sunshades can be placed in the backseat windows for passengers sitting in the back and they can be used in all windows after you park. You can also try parking in shaded areas where you can help keep your car as cool as possible.

"You should also make sure your car is prepared for the hot weather," Buraks said. "Ensure your air conditioning and cooling systems are in good working order, as you'll be reliant on these once the hot weather takes over." ★

Two Graduate Nursing Programs Earn Accreditation

University of California, Davis Health News Release

SACRAMENTO REGION, CA (MPG) - The first week of June marked the start of a new educational journey for students in two recently-accredited graduate programs at the Betty Irene Moore School of Nursing at University of California, Davis (UC Davis).

They are members of the Class of 2025 for the University of California Psychiatric Mental Health Nurse Practitioner (PMHNP) Certificate Program and the Class of 2028 Doctor of Nursing Practice - Family Nurse Practitioner (DNP-FNP) Degree Program.

Both programs earned full accreditation from the Commission on Collegiate Nursing Education (CCNE) Board of Commissioners following a site visit and formal review in fall 2024. In addition, the California Board of Registered Nursing approved the School of Nursing's programs, affirming they meet state-specific licensing and practice requirements.

Commission on Collegiate Nursing Education accreditation is a trusted mark of quality for graduate nursing programs. It confirms the program meets national standards, qualifies students for financial-aid and licensure, and enhances its reputation with employers and peers. It also reflects a commitment to continuous improvement and excellence in nursing education.

"This accreditation reflects what we value most, an environment where faculty and staff are deeply



Primary care is delivered by family nurse practitioners for all areas of California. Photo courtesy of University of California, Davis Health

invested in student success, where academic excellence is the standard and where every graduate is empowered to be a change agent in health care," said School of Nursing Dean Stephen Cavanagh. "It's not just about meeting benchmarks. It's about transforming lives and advancing the future of how and where care is delivered to meet the needs of California and beyond."

Primary care is delivered by Family Nurse Practitioners for all areas of California.

Launched in 2022, The Doctor of Nursing Practice - Family Nurse Practitioner program marked the first Doctor of Nursing Practice program at University of California, Davis. Faculty developed the curriculum from the ground up, weaving into every facet the elements of leadership, innovative clinical practice and health equity. The

result: a new curriculum that actively develops meaningful solutions to provider shortages in rural and urban areas.

The hybrid program combines distance-based education with four on-campus immersions across three years. The inaugural cohort graduated June 12, prepared to implement evidence-based innovations and develop expertise in their clinical practice.

Doctor of Nursing Practice program director Charleen Singh suggested that faculty have learned as much from the first students as those soon-to-be graduates have learned through their coursework.

"As a result, we've created not only a program that we are extremely proud of but one that is a rewarding journey that starts with exploring the Central Valley and ends with the DNP symposium to celebrate their

projects with colleagues, family and friends," said Singh. "I often asked myself if I am leading the team in the right direction to fulfill the mission of the school and meet the vision of the Gordon and Betty Moore Foundation. As the inaugural cohort graduates, I believe we did."

Inaugural graduate Samiksha Dhakal credits the program with transforming her perspective as a nurse and expanding how she sees her future impact.

"This program has been a truly transformative experience, really life-changing," said Dhakal. "This program helped to equip me with the advanced leadership skills, critical thinking abilities and expertise to apply these evidence-based solutions in clinical practice."

Mental care access has expanded through the Nursing Practitioner certification.

While residents in many areas of the state lack access to primary care services, more than half of Californians living with mental illness do not receive the psychiatric care they need. To answer the call, nursing schools at University of California, Davis; University of California, Los Angeles; University of California, Irvine; and University of California, San Francisco launched the multicampus, hybrid mental-health certificate program to prepare nurse practitioners across California as psychiatric mental-health specialists.

The one-year program, which welcomed its first class in 2021, grew out of a course of study developed by University of California, San Francisco. University of California, Davis became the administrative home of the program in 2023 with a focus on expanding the

impact on people in desperate need of mental health services and identifying ways to expand the curriculum and placement opportunities.

"This accreditation marks more than a milestone," said Psychiatric Mental Health Nurse Practitioner program director Lynda Creighton-Wong. "It reflects our intentional decision to lead an established program and reimagine its potential. We saw an urgent need in our communities and made it our mission to reach those too often left behind. Accreditation affirms that we're on the right path in building a program rooted in equity, innovation and real-world impact."

More than 120 students from across the state have graduated from the program, including 30 from the first cohort program since University of California, Davis assumed its operations.

Among those graduates is Roxanne Abella. She credits the faculty, preceptors and curriculum with not only preparing her to become a psychiatric mental health provider but a leader in health care.

"Coming from an underserved background and having worked as a nurse practitioner in resource-limited communities, many aspects of this framework initially felt intuitive," said Abella. "However, the program expanded my approach, not just as a clinician but as someone committed to equity, collaboration and lasting impact."

Accreditation for both programs lasts for five years. The next on-site evaluation will take place in fall 2029. ★

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COMMUNITY BRIEFS

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 Donations

Sunshine Food Pantry is a food closet that helps provide for residents.

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

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

Square Dance Classes 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 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@city-ofgalt.org.

The best submissions will be included in future newsletters and City Manager Updates.

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.

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.

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.

TOPS Weekly Meetings

TOPS, Taking Off Pounds Sensibly, holds meetings every Wednesday at Grace Presbyterian Church, 10 N. Mills Ave., Lodi.

Meeting time: 10-10:45 a.m. Weigh-ins: 9-9:50am. No charge for first meeting.

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 non-emergency line at 209-366-7000.

The Parks Maintenance Division is available for

scheduled field or facility use assistance only from 8 a.m. to 10 p.m. Mondays to Fridays and from 7 a.m. to 10 p.m. Saturdays and Sundays. Call 209-810-0293.

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 dry-cell household batteries.

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

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 with questions.

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.

AA 24-Hour Hotline

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

POLICE LOGS

During the time period of July 1 to July 7, Galt Police received and responded to a variety of calls, resulting in 13 arrests. Galt Police responded to 72 fireworks calls on July 4 and 14 on July 5.

July 1

3:48 a.m., Burglary-in-Progress, Wren Drive: Male subject in orange coveralls broke into garage.

6:35 a.m., Theft reported, Dry Creek Ranch Golf Course on Crystal Way: Two male subjects taking balls from the driving range.

8:24 a.m., Domestic Violence/adult arrest, Third Street/A Street.

11:35 a.m., Theft reported, Nlj Traders on C Street: Theft of merchandise; store owner declined report.

12:10 p.m., Narcotics Violation/adult arrest, Galt Market, Meladee Lane.

4:51 p.m., Fraud reported, Galt Mobile Estates on North Lincoln Way: Bank account "hacked" and money was taken.

7:33 p.m., Fraud reported, Oak Avenue: Walmart order delivery charged to reporting party's account.

9:44 p.m., DUI/adult arrest, Cottonwood Grove Court.

July 2

10:21 a.m., Warrant served/adult arrest, C Street.

5:03 p.m., Hit and Run/Non-Injury, Twin Cities Road/Cherokee Lane.

July 3

7:46 a.m., Vandalism reported, Lake Park Circle: Rocks thrown through windows.

2:12 p.m., Identity Theft reported, Galt Police Department on Industrial Drive.

July 4

12:16 a.m., Warrant Served/adult arrest, Dry Creek U Save Liquors, C Street.

1:05 a.m., Vandalism reported, Galt Post Office, North Lincoln Way.

2:12 a.m., Weapon Possession/adult arrest, 7-Eleven on Pine Street.

July 5

1:08 a.m., DUI/adult arrest, Downing Drive.

11:45 a.m., Trespassing/adult arrest, Fifth Street.

7:49 p.m., Domestic Violence/adult arrest, Crow Creek Drive.

11:06 p.m., Trespassing/adult arrest, Fifth Street.

July 7

8:50 a.m., Vandalism reported, Harvey Park on C Street: Rock thrown through bathroom window.

10:30 p.m., Narcotics Violation/adult arrest, Walmart, Twin Cities Road. ★

LEGAL ADVERTISING

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FICTITIOUS BUSINESS NAME STATEMENTS

ORDER TO SHOW FOR CHANGE OF NAME

FICTITIOUS BUSINESS NAME STATEMENT FBNF2025-04718
Side Roads LLC, 140 Pheasant Drive, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Side Roads" 140 Pheasant Drive, Galt, CA 95632. Filed with the Clerk of Sacramento County June 26, 2025
Publish: July 11, 18, 25, August 1, 2025
ROADS 8-1-25

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#25CV013445
Robert Harold Williams has filed a petition with this court for a decree changing the name(s) of Robert Harold Williams to Robert Harold Rogers.
IT IS ORDERED that all persons interested in the above-en-

titled matter appear before this court on October 6, 2025, at 9:00 a.m. in Department 54, located at 813 6th Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
Dated: June 6, 2025
Christopher E. Krueger, Judge of the Superior Court
Publish: June 20, 27, July 4, 11, 2025
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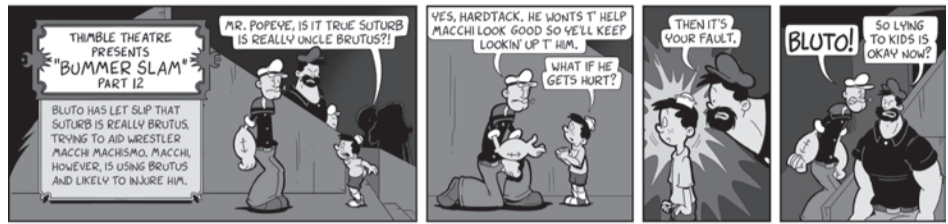


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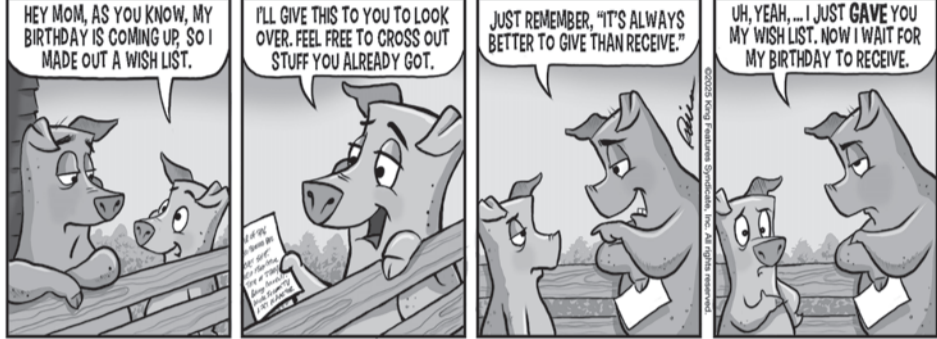
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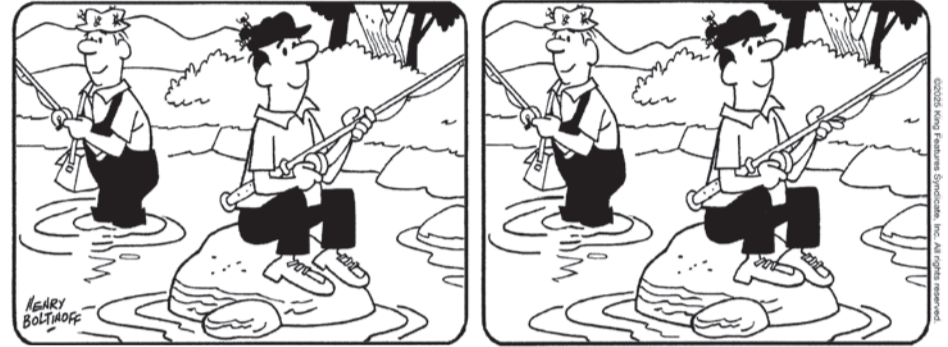
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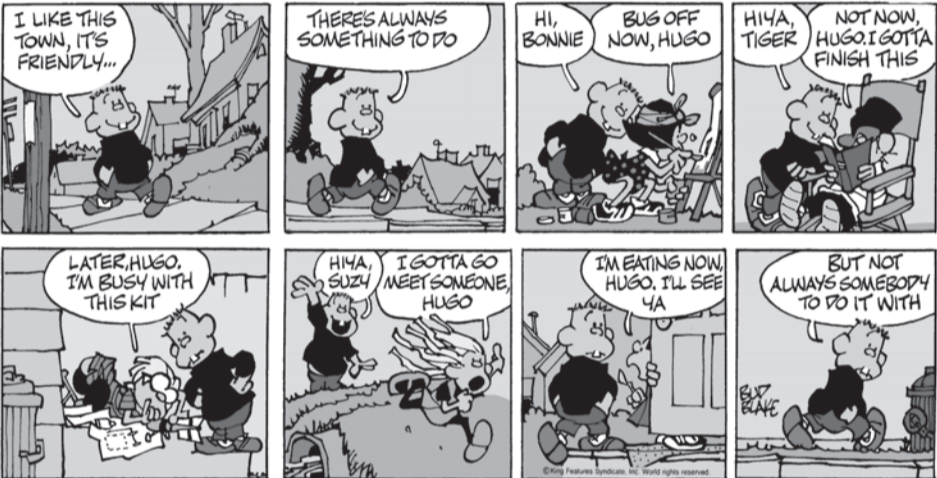
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LOCAL SPORTS → COVERAGE

PRESENTED BY THE GALT HERALD

Running to Remember: Kevin Tonn Memorial 5K Brings Community Together

Story and photos
by Paige Lampson
Sports Editor

GALT, CA (MPG) - The morning sun cast long shadows across the streets of Galt as 140 runners gathered early on Fourth of July, their hearts heavy with remembrance yet light with purpose.

Despite the holiday that typically draws families to barbecues and fireworks displays, this crowd had chosen to spend their morning honoring a fallen hero: Galt Police Officer Kevin Tonn.

For 13 years now, the Kevin Tonn Memorial 5K has served as more than just a race. It's become a tradition, a living memorial that breathes life into the memory of an officer who gave everything in service to his community.

Officer Kevin Tonn's story is one that the city of Galt will never forget. When he made the ultimate sacrifice in the line of duty, his loss sent shockwaves through the tight-knit community.

But from that tragedy grew something beautiful, a determination to ensure that Tonn's legacy would endure.

The memorial race began as a way to raise funds for a permanent tribute to Tonn, which now stands proudly in front of City Hall. Over the years, as that goal was achieved, the race's mission evolved.

Today, the proceeds benefit Parks and Recreation programs throughout Galt,



David Patten, at 61 years young, is the first to finish the 5K.

ensuring that Tonn's memory continues to enrich the lives of local children and families.

What makes this event truly special isn't just the running. It's the spirit of community that permeates every aspect of the day. This year's turnout of 140 registered participants was remarkable, especially considering the holiday timing.

The streets were carefully marked and closed, with police officers and volunteers stationed along the entire route. They offered water, encouragement and support to every runner who passed by.

The race embraces a "fun run" atmosphere that welcomes everyone. Participants arrive in costumes, push strollers and some even ride bikes. It's not about competition; it's about coming together as a community to remember and honor.

Perhaps the most touching aspect of the memorial run is the presence of Mary Ann and Will Tonn, Kevin Tonn's parents, who return year after year. They position themselves at the end of the route, handing out water and offering hugs to the runners who help keep their son's memory alive. Their grace and strength in



Galt Officer Franklin leads off the Kevin Tonn Memorial 5K on the Fourth of July.



Participants at the Tonn Memorial 5K took off at various speeds early July 4.



Kayla Barkell, right behind runner David Patten, is the first woman to finish the race.



Daniel Crownover, 15, is the first high school student to finish.

the face of unimaginable loss inspire everyone who meets them.

"We will never forget," has become more than just a phrase; it's a promise this community makes anew each year.

Galt Officers Franklin and Sketchley had the honor of leading off the 13th Annual Kevin Tonn Memorial 5K, setting the tone for a morning of remembrance and community spirit.

As runners spread out along the course, each carried the weight of Tonn's memory and the lightness of shared purpose.

The race results tell their own story of community diversity and dedication:

David Patten, 61, proved that age is just a number as he crossed the finish line first overall.

Kayla Barkell followed closely behind as the second to cross and the first woman to complete the course.

Daniel Crownover, just 15 years old, represented the next generation as the first high school student to finish.

Madalynn Kenner, 13, showed that even the youngest community members understand the importance of honoring those who serve.

Nick Kohler, the first Galt police officer to cross the finish line, ran not just for fitness but in tribute to his fallen comrade.

Honorable mention went



Madalynn Kenner, 13, is the first youth to finish.

to Tom Malson, who at 74 years old was the oldest runner to complete the race.

As the last runner crossed the finish line and the streets of Galt slowly prepared for the Fourth of July parade, something profound had taken place. For a few hours, 140 people had come together to prove that heroism doesn't end with death; it lives on in the hearts and actions of those left behind.

The Kevin Tonn Memorial 5K is more than an annual race; it's a testament to the power of community, the importance

of remembrance and the enduring impact one person can have on the lives of many.

In a world that often feels divided, events like this remind us of what we can accomplish when we come together for a common cause.

As participants headed home or to the parade route, they carried with them the satisfaction of having honored a true American hero. And in just under a year, they'll gather again, because some promises such as "we will never forget" are meant to be kept forever. ★

Senator Commends Track Achievements



Liberty Ranch High School athlete Camren Hudson receives a Certificate of Recognition from Mika Mansukhani, Sen. Roger Niello's representative. Niello was impressed that Hudson competed at the State meet in track and field in the triple and long jumps and the fact that Hudson now owns three Liberty Ranch records. Photo by Paige Lampson

Record Crowds Join Daylong 4th Party



The Independence Day crowd lined Fourth Street, awaiting the start of the parade.

Continued from page 1

The centerpiece Independence Day Parade kicked off at 9:30 a.m., featuring 78 entries that wound through the heart of downtown. The parade route was lined with spectators who had claimed their spots early, many combining parade-watching with shopping at the bustling market.

“The whole downtown area where the special edition Saturday Market was was absolutely packed with people enjoying shopping, then the parade and back to shopping,” said Mayor Shawn Farmer.

One of this year’s most meaningful additions was the Honoree Veterans Float, a special tribute that resonated deeply with the community.

“One of the most meaningful additions this year was the Honoree Veterans Float,” said Jackie Garcia, special events manager. “Our Parks and Recreation team really poured their hearts into this. It was an honor to create something special to recognize and celebrate the local heroes. The community response was incredible, receiving over 100 photos and it was truly touching to see how much it meant to so many.”

As the sun began to set, the celebration moved to Veterans Field at 6 p.m. for Independence Day Family Fun, featuring live music, a dedicated kids’ corner and numerous food vendors. Families spread blankets across the field while others filled surrounding areas, all eagerly anticipating the evening’s grand finale.

At 7 p.m., the unique “Fireworks in the Pool” event at the Gora Aquatic Center provided an interesting location to view the fireworks.

The day concluded with the City of Galt Fireworks Showcase at 9:30 p.m., a spectacular display that illuminated the night sky above Veterans Field. The crowd was so large that traffic management became a significant undertaking, with attendees requiring considerable time to navigate out of the area after the show.

For Solis, who has overseen the event’s growth since its inception in 2011, this year’s celebration represented the fulfillment of a long-held vision for bringing the community together.

“Our Parks and Rec Deputy Director Jackie Garcia has taken what I started and taken it to the next level,” Solis noted. “I know Jackie looks to improve this event year after year, but it will be hard to beat this year.”

Garcia echoed the sentiment of success, emphasizing how the day achieved its core mission.

“This year’s Independence Day Celebration event was



Galt Mayor Shawn Farmer waved to the crowd.



A dune buggy led the off-road procession.



Staff and family from Papa's & Wings greeted the crowd.



The Heroes float carried a group of military veterans.

a huge success!” Garcia said. “Our goal has always been to bring the community together with a full day of family fun and we did just that, closing out the evening with a beautiful fireworks show that lit up our Galt sky.

“Adding our special edition market was such a great bonus, bringing even more energy and local flavor to the day.”

As Galt residents headed home after the fireworks finale, many were already talking about next year’s celebration. With record attendance, enthusiastic community participation and seamless execution of multiple simultaneous events, the



The Parker Realty float brought the front porch.

2025 Independence Day celebration has set a new standard for the annual tradition.

The success of this year’s festivities demonstrates the effectiveness of city planning and Parks and Recreation leadership and the sense of

community that defines Galt.

From honoring fallen heroes in the morning to celebrating together under fireworks at night, July 4th this year proved that when a community comes together, it can be spectacular and fun for all. ★



A patriotic “mermaid” waved along the parade route.



Galt Police officers paused for a photo along the parade route.



More than 70 vendors set up shop on Fourth Street.



The Galt Jr. Warriors put on their game faces.



The Galt Gators Swim Team brought their own shade.



Up and coming players rode with the Softball All-Stars.



Maverick Owen served free lemonade to thirsty parade-goers.