



Galt Warriors Host Youth Camp to Build Legacy Beyond the Field

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Woodward Returns to Rebuild Galt High Football

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Herald Day Returns for 45th Year



Herald Day on Saturday, Aug. 2 will start with a lively parade at 9 a.m. featuring the theme "We Like Our Living Country Style." Photos courtesy of Herald Community Club

By Idaly Valencia

GALT, CA (MPG) - The 45th annual Herald Day celebration is set to take place Saturday, Aug. 2 at Herald Community Park beginning at 9 a.m.

The long-standing event, hosted by the Herald Community Club (HCC), is a cherished tradition since 1981 that brings the local community together to celebrate and honor the rural lifestyle of the Herald area.

The day kicks off with a lively parade at 9 a.m. featuring the theme "We Like Our Living Country Style." Floats and decorated



The craft fair at Herald Day will showcase a variety of local vendors and artisans offering 100% handmade items ranging from home décor to jewelry and seasonal crafts.

vehicles will travel through town and into the park, where a full day of family fun awaits.

Attendees can enjoy a wide range of events throughout the day, including a craft fair,

competitions, bingo, car show and a live auction. The craft fair will showcase a variety of local vendors and artisans offering 100% handmade items ranging from home décor to jewelry and seasonal crafts.

A magic show, a kids' zone and petting zoo are activities that children can enjoy throughout the event.

Food vendors will offer a selection of local favorites for attendees to grab a bite while enjoying the festivities.

A popular activity is the canning competition, where participants compete

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Council Looks to the Past for Park Names



By John McCallum

GALT, CA (MPG) - Galt City Council members stuck to a historical theme in selecting names from the past for two of three new parks being built in the city.

At its July 1 meeting, following recommendations from Galt Parks and Recreation Director Armando Solis, the council picked Galt and Sacramento civic leader Don Nottoli Jr. as the name for a new park in the Liberty Ranch subdivision, currently designated Liberty Ranch 1; and Goncalves, after area dairy farmer Jack Goncalves, as the name for a new park in the Elliott Ranch subdivision.

In naming the third park, currently designated Liberty Ranch 2, council followed the recommendation of the Parks and Recreation Commission and selected Liberty Park for a second, smaller park in the Liberty Ranch subdivision.

The park name aligns with the city's facility-naming policy since it is near a proposed elementary school.

Both Don Nottoli Jr. and Goncalves follow the policy that parks not near schools be named for either geographical features, events or persons of historical significance or "individuals or organizations of local significance bearing a relationship to the City of Galt or its parks and recreation system."

The Parks and Recreation Department solicited names for the parks from the community, receiving 38 submissions, with many proposing names for each of the three parks. Those names ranged from those submitted to council to other historical figures or groups and even some whimsical suggestions, such as "The Not-so-scenic park" for the smaller, Liberty Ranch site.

Solis said he whittled the list down to a selection of qualified names using city criteria, made a list of duplicate names already selected for other city facilities, then a list of his recommendations for each park, with the top names being Don Nottoli for Liberty Ranch 1, Marengo

Continued on Page 4

Chamber Offers Business Incubator Spaces

By MPG Staff

GALT, CA (MPG) - The Galt Chamber of Commerce is calling all entrepreneurs and small business owners to grow their business in the heart of Galt.

The chamber's new and renovated location at 417 C St. has rooms available to rent as part of its Galt Chamber Small Business Incubator initiative.

The spaces are available within the chamber's office, offering entrepreneurs and small businesses a dynamic working environment that blends flexibility, community and productivity. The facilities offer high-speed internet, flexible workspace options and access to a conference room. Rent for room starts at \$550 per month.

The Galt Chamber of Commerce encourages these spaces for creative startups, service-based providers, freelancers or online brands ready for a home base. With the spaces being in proximity to other prime businesses in the area as well as providing direct access to chamber support, Galt Chamber Small Business Incubator is great for networking opportunities.

There are two available spots left. Those interested in a room may reach the chamber at outreach@galtchamber.com.



A rendering of how one of the rooms, part of the Galt Chamber Small Business Incubator, can be set up and utilized as an office space. Photo courtesy of Galt Chamber of Commerce



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Girl Scouts Experience Civic Engagement at State Capitol

Girl Scouts Heart of Central California News Release

SACRAMENTO, CA (MPG) - Girl Scouts Heart of Central California (GSHCC) was proud to welcome Girl Scouts from across the state for a two-day educational experience centered on civic engagement and advocacy.

This immersive event, which took place on June 19 and 20, was open to Girl Scouts in grades four through 12 and designed to inspire the next generation of changemakers by connecting them directly with government and public service.

Participants engaged in hands-on workshops, toured the historic State Capitol, met with legislators and took part in panel discussions, featuring elected officials and leaders in civic life. The experience empowers girls to explore how the government works, understand their role in a democracy and develop their voices as



Girl Scouts pose in the California State Senate during their two-day event on June 19 and 20. Photo courtesy of Girl Scouts Heart of Central California

advocates for the issues they care about.

“This event gives girls a rare opportunity to see government in action and to realize that they, too, can lead and make a difference in their communities,” said Adriana Pedroza,

associate director of girl experience at Girl Scouts Heart of Central California.

Girl Scouts Heart of Central California is dedicated to building girls of courage, confidence and character, who make the world a better place.

Through various programs and initiatives, the organization empowers girls to take the lead in their lives and communities.

Headquartered in Sacramento, Girl Scouts Heart of Central California serves over 16,000 girl and adult

members across 18 counties, including Alpine, Amador, Calaveras, Colusa, El Dorado, Glenn, Mariposa, Merced, Nevada, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Sutter, Tuolumne, Yolo and Yuba. ★



Girl Scouts listen to a tour guide outside of the Governor's Office at the State Capitol Building during their two-day event on June 19 and 20. Photo courtesy of Girl Scouts Heart of Central California



Girl Scouts listen attentively while inside the California State Senate during their two-day event on June 19 and 20. Photo courtesy of Girl Scouts Heart of Central California



Above right: The electronic sign in the California State Senate says, “The California State Senate Welcomes Girl Scouts.” Photo courtesy of Girl Scouts Heart of Central California

Right: Girl Scouts listen attentively while inside the California State Senate during their two-day event on June 19 and 20. Photo courtesy of Girl Scouts Heart of Central California

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10:20 AM	10:45 AM	10:50 AM	10:55 AM	11:00 AM	11:25 AM	11:45 AM	10:25 AM	10:45 AM	11:20 AM	11:45 AM	11:50 AM
12:20 PM	12:45 PM	12:50 PM	12:55 PM	1:00 PM	1:25 PM	1:45 PM	12:25 PM	12:45 PM	1:20 PM	1:45 PM	1:50 PM
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36th Annual Strauss Festival 'Practically Strauss in Every Way'

Strauss Festival of Elk Grove News Release

ELK GROVE, CA (MPG) - Soon Strauss Island in Elk Grove Regional Park will continue 36-plus years to showcase the Strauss Festival of Elk Grove.

You won't want to miss this year's performance as it features a beloved story, that of Mary Poppins, who brings joy and a positive outlook to all she "touches." This will be Strauss' takeoff on this much-loved story, which will feature the Banks family, Bert and, of course, Strauss' own Mary Poppins!

Come enjoy the darling Littles, the charming Beginning Polkas, the energetic Polka Troupe, graceful Quadrilles and the elegant Waltzers. The music will be from the era of Johann Strauss II with professional sound and lighting to set off the beautiful sounds of the live Camellia Symphony



Dancers perform "The Blue Danube Waltz" at the 35th Annual Strauss Festival. Photo courtesy of Strauss Festival of Elk Grove

Orchestra.

Watch as the story of Mary Poppins unfolds and comes to life for four nights, July 24 to July 27 at Elk Grove Regional Park. This free event, except for a small parking charge, begins with the promenade of dancers around the

park at 7:30 p.m., with the actual performance beginning at 8:15 p.m.

The Strauss Festival is very family friendly. Check StraussFestival.com for how to put blankets down to reserve a space, or if Americans with Disabilities Act (ADA)

seating is needed, reserve it by calling 916-714-2527 or contact us at info@strauss-festival.com. (Handicap drop off is available at the park site.) There will be some bleacher seating as a first come, first "seated" option.

In addition to the

performance, there will be beverages to purchase such as ice-cold beer and wine as well as an excellent variety of food trucks. Some of the trucks each night include Cowtown Creamery, Costas, The Greek, Kona Ice, The Fry Boys, Francisco Serona

Tacos and Carpenter's Coffee as well as Elk Grove Rotary's famous brats, hot dogs and nachos. Stop by the merchandise booth to pick up a Strauss shirt and other great Strauss souvenirs. The Strauss History booth features 36-plus years of Strauss magic for all to enjoy.

Remember that even if it is warm during the day, the nights can be cool, so bring a light wrap for the evening Delta breezes.

Hope to see you at the performance. This Strauss Festival is unique to not only Elk Grove but in itself as there is nothing like it anywhere, free with an all-volunteer cast and crew.

Of course, to conclude the performance each evening, there is always a dazzling display of fireworks.

Join us for "Practically Strauss in Every Way" July 24 to July 27 at Strauss Island, Elk Grove Regional Park. ★

City of Galt Releases 2024 Water Quality Report

By MPG Staff

GALT, CA (MPG) - The City of Galt has released its 2024 Consumer Confidence Report, offering residents a detailed overview of the quality, treatment and safety of the city's drinking water.

The report, prepared in May, covers data collected throughout the 2024 calendar year and aims to inform the community about where its drinking water comes from, how it's treated and what's in it.

The city operates four active wells and one standby well, all drawing from the Cosumnes

Subbasin. These wells pump water into a closed-loop distribution system that allows any of them to contribute as needed. In 2024, the system delivered more than 1.4 billion gallons of water to residents.

Galt treats its groundwater to remove naturally-occurring iron, manganese and arsenic, all of which can affect taste and odor. Low levels of chlorine are also added to disinfect the water. The city conducts extensive testing to meet standards set by the State Water Resources Control Board and the U.S. Environmental Protection Agency (U.S. EPA), which

regulate the levels of contaminants allowed in public water systems.

While Galt's water meets state and federal quality standards, the report acknowledges the presence of low levels of arsenic, a mineral that occurs naturally but is linked to cancer and other health issues at high concentrations. The city's levels remain within the Maximum Contaminant Level (MCL) set by regulatory agencies. The U.S. Environmental Protection Agency continues to study the long-term effects of low arsenic exposure.

The report also highlights that lead, which

can leach from household plumbing materials, is another potential concern. Although Galt's system itself is not a lead source, residents are advised to flush taps for 30 seconds to two minutes before using for drinking or cooking, especially after water has been sitting for several hours. Additional guidance and testing resources are available through the Safe Drinking Water Hotline at 1-800-426-4791 or online at epa.gov/safewater/lead.

The report explains that all drinking water, including bottled water, could contain small amounts of contaminants; however,

this does not necessarily indicate a health risk. These contaminants can originate from natural sources or human activity and include microbial organisms, inorganic materials such as metals and salts, pesticides, organic chemicals and even radioactive substances.

Vulnerable populations, such as those with compromised immune systems, the elderly, infants and people undergoing certain medical treatments, might be more at risk from some contaminants and are encouraged to consult healthcare providers for advice.

The City of Galt

encourages residents to participate in water system decisions by attending City Council meetings at 6 p.m. the first and third Tuesdays of each month at 380 Civic Drive. Meetings are livestreamed at cityofgalt.org.

The city remains committed to providing safe, clean and reliable drinking water by making continuous improvements to its water systems, according to staff. Residents with questions or concerns can contact the Public Works Utilities Division at 209-366-7260.

To view the full report, visit cityofgalt.org/PublicWorks. ★

Herald Day Returns for 45th Year



Herald Day is a long-standing event, hosted by the Herald Community Club (HCC), that is a cherished tradition that brings the local community together to celebrate and honor the rural lifestyle of the Herald area. Photos courtesy of Herald Community Club

Continued from page 1 with their best homemade jams, pickles and other preserved goods.

Also returning this year are the cornhole and horseshoe tournaments, starting at 11 a.m., giving guests of all ages an opportunity to join in on the competitive fun.

To kick off the weekend's festivities, the annual Herald Day Kickoff Dinner Dance will be held Friday, Aug. 1 from 5 to 10:30 p.m. at Campaign Ranch, 12174 Borden Road.

a hearty dinner of tri-tip, chicken and sides, along with a no-host bar. Guests can also participate in a silent auction and gun raffle. Live music will be performed by the Jay Rolerz Band.

Tickets for the dinner are \$50 per person and can be purchased at the Herald Store, 12409 Herald Road, through any Herald Day Committee member or by calling 209-604-8951.

The Herald Community Club is a nonprofit organization comprising residents from the Herald



Above and right: Attendees can enjoy a wide range of events throughout Herald Day, including a craft fair, live competitions, petting zoo, bingo, car show and an auction.

area. The club's mission is to enhance the community through projects and events, and support youth

and other local nonprofit organizations while promoting community pride and involvement.



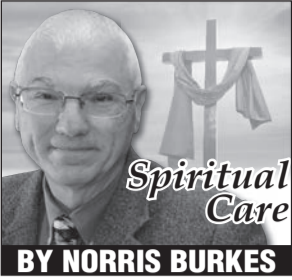
To kick off the weekend's festivities, the annual Herald Day Kickoff Dinner Dance will be held Friday, Aug. 1, from 5 to 10:30 p.m. at Campaign Ranch, located at 12174 Borden Road.



Since 2013, Herald Community Club has contributed and funded several schools, churches, local organizations and programs in the area. The club meets the first Wednesday

of every month. Herald, Wilton, Galt, Acampo and Thornton residents are welcome to join. For more information about joining the club, visit heraldcommunityclub.org. ★

Speeding Pastor Can't Hide Sins



BY NORRIS BURKLES

I want to caution you that if you're driving this summer, be careful out there. The roads aren't just filled with drunk drivers. Sometimes they're filled with reckless pastors—as they were 25 years ago in Brentwood, Calif. During the late 1980s, I was the pastor of First Southern Baptist Church in town. No, this wasn't the Southern California Brentwood of O.J. Simpson fame. This was the sleepy, rural Brentwood in Northern California where strawberries were first bioengineered.

As our town was somewhat secluded, I would often drive a few hours to attend ministers' conferences in one of the San Francisco area cities. It was on my return from one of those conferences that I found myself on the wrong end of the law.

It was about 2 a.m. one Friday when I drove into the Brentwood city limits. There were no stoplights at the time and thus little to impede my return home. However, the town was full of stop signs.

Before I continue, let me hasten to add I was 27 years old, fresh out of seminary. With somewhat invincible thinking, I reasoned there are only Ten Commandments.

To me, everything else seemed more of a

suggestion. Posted along the final half-mile homeward stretch of Walnut Boulevard was what seemed like three suggestions: stop signs about 100 yards apart.

And at 2 a.m., it certainly seemed as though a young minister, eager to return to his young bride, ought to be allowed passage through the signs at about 25 mph. Not exactly fast enough to be reckless, but fast enough to draw the attention of a fairly sleepy police officer. In a red flash, the officer pulled me over and began to question my memory.

"Do you recall seeing the three stop signs you just blew through?" "Yes," I said, sheepishly producing my license.

For the next several minutes, we played 20 Questions, and he quickly discovered I was a pastor.

"What church?" he asked.

"The Southern Baptist church—but probably not for long."

"Why is that?" he asked.

I reminded him the town newspaper usually published police reports, and it was difficult to imagine my parishioners reacting favorably to the news that their pastor had blown through half the stop signs in town.

He apparently heard my concern because he generously reduced my infraction to running only one stop sign.

But as he did, he posed a question that has guided me much of my career.

"Do you suppose that your church members never been ticketed?"

His question implied

that a church that doesn't realize it has a flesh-and-blood pastor would be a church that has long been asleep.

In the years since, I've come to realize that not only is it a sin to think of yourself as incapable of sinning, but it may be worse to think of yourself as someone who'd never want to be discovered sinning.

No, I'm not suggesting we display our sins in a way that makes us seem more human. I'm only suggesting we don't attempt to hide our sins in a way that makes us less than human.

Because, as my mom always said, echoing Numbers 32:23: "Your sin will find you out."

Not long after that, The Brentwood Press published a story about speeders with a picture of an unsuspecting car driving down Walnut Boulevard.

The story featured a car which very much resembled mine and was headlined "Walnut Boulevard Problem With Speeders."

Guilty, again. *Column excerpted from my book, "Thriving Beyond Surviving."*

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. ★

Council Looks to the Past for Park Names

Continued from page 1

Park for Liberty Ranch 2 and Goncalves for Elliott Ranch.

The Parks and Recreation Commission maintained the Don Nottoli pick, adding "Jr." to differentiate it from a similar park in Elk Grove but selected Liberty and Freedom for Liberty Ranch 2 and Elliott, respectively.

Solis told the council that they had discretion in picking the names of these parks and could follow the recommendations or pick other names, including from the duplicate list.

Several individuals spoke during the public comment period in support of naming the Elliott site after Jack Goncalves. The first was his daughter, Solange Goncalves Altman, who also submitted written comments about the contributions her father made to the Galt community and the dairy industry.

Goncalves noted that the family sold 99 acres in 2019 of the former dairy's 119 total acres to the developer, Elliott Homes, for construction of homes and seven acres for construction of the park. She said that the family had arranged with Elliott to have the park built and named after her father, something Elliott Homes Vice-President Price Walker reiterated in his comments.

"I think it's an important opportunity you have tonight and I hope you take the opportunity and do what I think is the right thing and name it after Solange's family," Walker said.

Council members unanimously agreed with Walker during their discussions. Councilmember Bonnie Rodriguez asked if the Elliott site could also have some historical markers and/or displays incorporated into its design so that others could learn about the city's history, especially its dairy industry.

"As each generation comes and goes, we lose that touch with our history," Rodriguez added.

Since park design was about 35% complete, Solis said, there was time to incorporate some historical aspects.

In voicing support for the Goncalves name, Councilmember Matthew Pratton asked if there might be the opportunity to use one of the other names suggested, Miwok, for a future park as that referred to the Native American tribe that occupied the Galt-area land.

Solis said that a fourth new park was in the works for Liberty Ranch but not yet under design. The park is planned as a "passive" park and would incorporate a possible orchard.

"That might be more appropriate for that one at that point in time," Solis said of the Miwok name.

City Council unanimously approved the three names. City staff will prepare an official resolution naming the parks and present it at a future council meeting.

Also at the July 1 meeting, the council unanimously approved a new Memorandum of Understanding (MOU) between the city and the Galt Police Officers Association that provided a salary increase, additional benefits and creation of a corporal's classification within the department. Galt Human Resources director Tricia Cobey said the latter did not create a new, full-time position.

The two-year memorandum of understanding, which began July 1, provides a 1% increase for positions "already within median base salary" and market adjustments for officer and sergeant classifications over the two years. It provides a \$50 increase toward the health retirement account, \$50 increase in bilingual pay for certified employees, an increase in vacation accrual to the equivalent of six weeks after 22 years of service and continuation of the city's 80% contribution toward the Kaiser medical plan.

The salary and benefits increases will cost the city an additional \$213,848.28 annually, with \$164,781.64 coming from the General Fund. Council members praised the cooperation of the association in reaching an agreement.

"We do appreciate everything Galt PD does for us," Mayor Shawn Farmer said. ★

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Kings Korner

By V.G. Harris



The NBA summer league represents an entertaining time of the year for NBA fans and franchises alike. But for owners, GM's and coaches, it represents much more.

Validation of the thousands of hours of pre-draft work and now it's time to see how the hopeful new members of the team are going to perform.

For the Sacramento Kings, that means particular attention to first round pick Nique Clifford and second round pick 7'1" Maxime Raynaud.

With two games in the books, the Kings are 2-0 and their draft choices are holding up their end of the bargain.

Nique Clifford is averaging 18 points per game while hitting the boards with a level of ferocity that helped him set a Colorado State school record for rebounds just a season ago.

Clifford has shown a level of confidence on both ends of the floor that has raised eyebrows and brings back memories of other standout first round picks like DeAaron Fox and Keegan Murray.

Both Fox and Murray stepped into the starting lineup and never looked back. Clifford may face a challenge, as the Kings' starting lineup is stacked with talent, including Zach LaVine, Keegan Murray, DeMar DeRozan and new point guard Dennis Schröder. One of these four players would have to move to the bench if Clifford is to break into the starting lineup. In addition, last year's first round pick Devin Carter is playing like an NBA veteran and fans wonder if Carter will challenge newcomer Dennis Schroder for the position of starting point guard.

A good problem to have? Not sure, as the Kings have been shopping sharpshooter DeMar DeRozan from coast to coast with no apparent takers.

It's a long way from the start of the regular season, so no reason to spend time worrying about something that may never become a problem.

Clifford isn't the only draft choice raising eyebrows, as second round pick Maxime Raynaud is making his presence felt in Las Vegas. Raynaud, a four-year player out of Stanford, scored 16 and 17 points respectively in the two opening games, displaying his talents around the rim and scoring from

beyond the arc.

After a tepid start in game one with eight points and three boards, last year's rookie guard Devin Carter lit it up against the Bulls, scoring a team-leading 30 points while securing eight boards in the process.

Isaac Jones had identical stats in both games, scoring 11 points while grabbing six rebounds. Jones remains an enigma and at 6'9" with a gigantic wingspan, has the body the Kings are looking to duplicate. A second-year man, Isaac is hoping to find more playing time than last season when he played in just 40 games averaging a paltry seven minutes per contest.

There is a lot of legitimate talent on this team, and summer league is all about showing what you can bring to the table.

The Kings appear to still be high on Devin Carter, despite his name popping up in trade rumors but I would like to see what the Kings can do with Carter in the upcoming season, and at the very least, put him to back up the starting point guard. Carter has shown growth in his ball handling skills, and I believe he can be a strong contributor.

Big man Maxime Raynaud may be a project that takes time, as at 7'1" I would expect to see more rebounding than what he showed us in his first two games. While 6'6" guard Nique Clifford led the team in rebounding with 12 against the bulls, Raynaud had only five boards for the contest. Raynaud had just six boards in game 1 versus the Magic but his penchant for scoring the ball is very apparent.

Domantas Sabonis would love to have a little more company on the glass this season, so time will tell if rebounding is a part of Raynaud's game that just needs time to ferment. What better teacher to school a young big man than the NBA's rebounding champ for the past three seasons?

There are many reasons for optimism, Kings fans, and summer league is just one. Vivek Ranadive, Scott Perry and Doug Christie are smiling like Cheshire cats as their young draft picks show the NBA world what they can do.

Stay tuned and enjoy the NBA summer league!

All the best!

Your thoughts are always welcome at vgarris@kingsofthehill.com. ★

Social Security Matters

Why Can't I get my SS Payment plus my Railroad Pension from my Ex-spouse?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I have a question. I now get a Railroad Pension from my ex-husband. I did not know it was from the Social Security Administration. I want to collect my SS benefits and my Railroad pension. Can I do that? I do not understand why I cannot collect both. Please advise. Thank you. **Signed: Railroad Ex-spouse**

Dear Railroad Ex-spouse: Railroad pension benefits and Social Security benefits are fully coordinated – that is, your Railroad pension payment from your ex-spouse already includes your earned Social Security retirement benefit. That's because the two government agencies (the RRB - Railroad Retirement Board - and SSA (Social Security Administration) work together and pay your benefits in one single

payment, usually managed by the RRB if some of your benefit includes a railroad pension component. The RRB and SSA are two separate government agencies, but they fully coordinate benefits for beneficiaries.

This is exactly the same as if you were collecting regular SS ex-spouse benefits (instead of RR benefits) from your ex-husband; your personal SS retirement benefit is always paid first, and you receive an additional amount (a spousal boost) from your ex-husband. In your case, your "spousal boost" is the difference between your personally earned SS retirement benefit at your full retirement age (FRA) and half of your ex-husband's Tier I Railroad retirement benefit amount at his full retirement age. A railroad pension usually consists of two pieces – a Tier I benefit and a Tier II benefit, with Tier I benefits being the equivalent of the pensioner's Social Security.

Your ex-spouse benefits under the RRB are handled the same way. The two agencies fully coordinate with each other, evaluate your SS entitlement, and then reduce the amount of your RRB Tier I ex-spouse benefit by your

SS retirement amount and pay both amounts together. In this way, you only get one payment, consisting of both your earned SSA component and the RRB component. And whenever there is a railroad component, the RRB (Railroad Retirement Board) is usually responsible for making pension payments.

You may find the information at this RRB website helpful: https://rrb.gov/RB-9/Social_Security_Benefits and you can also contact your local RRB field office by accessing this link: <https://www.rrb.gov/Field-Office-Locator>.

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). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisor) or email us at ssadvisor@amacfoundation.org. ★

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California GOP Members of Congress Might Regret Backing Trump's Megabill



By Dan Walters, CALMatters.org

Last Thursday (July 3), just minutes after the House of Representatives passed President Donald Trump's "Big Beautiful Bill" to overhaul federal taxes and health care spending, the National Republican Campaign Committee issued a statement touting Rep. David Valadao's vote for the controversial measure.

"In a major win for Californians, David Valadao just voted to pass landmark legislation that lowers taxes, boosts economic growth, strengthens essential benefits, and restores law and order in California," the NRCC declared.

"Congressman David Valadao is doing exactly what he promised: delivering real results, restoring fiscal sanity, and fighting for California families," NRCC spokesman Christian Martinez said. "His vote is proof that strong leadership and commonsense still matter in Washington."

A couple of hours later, Protect Our Care California, a health care advocacy organization with close ties to Democratic Party leaders, announced that it will air video ads criticizing Valadao and nine other Republican congressional members for their votes.

"Representative David Valadao just voted for the largest health care cuts in history in order to fund tax

breaks for billionaires and big corporations, and we're going to make sure that every single one of their constituents knows it," said Matthew Herdman, director of Protect Our Care California.

The ads are aimed at Valadao and other members of California's Republican congressional delegation, including Young Kim and Ken Calvert, because they are considered to be the most vulnerable incumbents as the two major parties battle over control over the House in next year's elections.

Republicans have a paper-thin House majority — as demonstrated by the 218-214 final vote on Trump's high priority bill — and Valadao, Kim and Calvert barely survived past challenges. Valadao first won a congressional seat in 2012, lost it in 2018 and regained it in 2020. He successfully fended off Democrat Rudy Salas in 2022 and 2024.

What happens in the three targeted districts next year could easily determine which party will prevail, with potentially major consequences for the final two years of Trump's presidency.

Valadao's vote for the bill is especially noteworthy because Democratic voters outnumber Republicans by 12 percentage points in the San Joaquin Valley's 22nd Congressional District, two-thirds of his constituents rely on Medi-Cal (California's version of Medicaid) for their health care, and he had repeatedly promised not to vote for any reductions in the program.

The Fresno Bee's editorial page quickly excoriated him for seemingly abandoning that pledge under pressure from Trump.

"At a height of 6-feet-4, Rep. David Valadao can cast a

giant presence in Washington, D.C.," The Bee's editorial board wrote. "Unfortunately, he doesn't measure up when it comes to looking out for the best interests of his community."

The editorial continued, "The Congressional Budget Office, a nonpartisan agency, estimated that the Senate version of the bill, which was eventually passed, reduces federal Medicaid spending by \$1 trillion over 10 years and increases the number of uninsured people by 11.8 million.

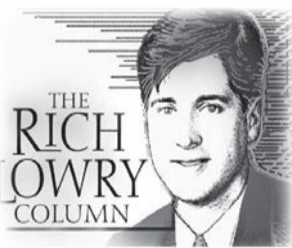
"What happened to Valadao in five days to change his mind? For one thing, he visited the White House on Wednesday. His office didn't provide details of that reunion, but Trump has used such meetings to pressure reluctant lawmakers to do his bidding over that of the people."

Valadao insists that he received assurances from the White House that the Medicaid cuts will "be structured in a way that benefits our providers and keeps our hospitals and communities running."

Aware of his precarious hold on the seat, Valadao has continuously stressed his independence, even being one of only 10 Republicans who voted to impeach Trump during his first presidential reign.

However, Valadao's vote for Trump's bill undermines that independent image and will almost certainly be weaponized as Democrats try again to capture his seat next year.

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. ★



The Joy of Banana Ball

Major League Baseball is currently debating various rules changes to improve the game, when what it really needs is more players wearing capes and doing backflips.

That, at least, is the lesson of Savannah Bananas, the barnstorming team that has come up with a madcap version of baseball that is widely popular and selling out stadiums around the country.

The Bananas, or the Nanners, as devotees call them, sold out Clemson University's Memorial Stadium back in April, with 81,000 in attendance. Tickets for a couple of games at Yankee Stadium in September are selling on secondary sites at rates significantly higher than any Yankee game.

Who's Yankee ace Max Fried compared to Dakota Stiltz, the Bananas pitcher who bestrides the mound standing at 10 feet and 9 inches on, yes, stilts? The Bananas and their handful of spin-off clubs have made the American pastime even more American.

Banana Ball, currently on what it calls a "world tour," is the baseball equivalent of the carnival coming to town. It taps into the barnstorming baseball tradition that goes back to the 19th century, into the antic spirit of minor-league baseball with its corny entertainment between innings, and into the

showmanship of the Harlem Globetrotters. Twerking and behind-the-back catches are all encouraged.

The Savannah Bananas were originally part of the Coastal Plain League, a summer league for college ballplayers. When the team's exhibition games with modified rules proved more popular than their staid standard fare, they went all exhibition.

We associate baseball with lazy summer afternoons, but there's nothing lazy about Banana Ball.

It takes everything dull or overly subtle about baseball and smashes it underfoot while dancing to a pop song.

At the end of the day, does anyone besides the true connoisseur enjoy seeing a batter try to bunt? In Banana Ball, bunting is strictly prohibited and any attempt will get the offending batter ejected from the game.

Then, there are walks. Who walks in a real sport? What is this, golf? In Banana Ball, after the pitcher issues a base-on-balls, every fielder besides the pitcher and catcher has to touch the ball before the runner can be tagged out. This creates an incentive for runners to actually run out of the batter's box, and very often they reach second base.

Banana Ball, correctly, views incessant and unnecessary delay as the enemy of fan engagement. Batters can't step out of the batter's box. There are no visits to the mound. The game is timed and can't last more than two hours. (MLB has taken steps in this direction with the wondrously successful innovation of the pitch

clock, but can still do more to hustle things along.)

In loud and intense football stadiums, the fans are called "the 12th man." In Banana Ball, the fans are literally the 10th fielder -- if one of them catches a foul ball on the fly, the batter is out.

"Whoever wants to know the heart and mind of America," the French-American historian Jacques Barzun famously wrote, "had better learn baseball."

Intellectuals aren't going to rhapsodize about Banana Ball, but it says something about America, too. Its popularity shows how much we prize speed, constant entertainment and, oh yeah, viral moments on social media (which Banana Ball provides in abundance). Kids, in particular, love it.

Banana Ball isn't a sacrilege against the game, any more than wiffle ball or beer-league softball are. It is a popularization of baseball and advertisement for it, demonstrating how a game that is perceived as dull and uneventful can be the occasion for rollicking fun.

We won't be arguing decades from now about who was the best Banana Ball player of this era. We can enjoy the spectacle all the same.

The supposed inventor of baseball, Abner Doubleday, got much right. So, who can blame him for not realizing how much the game could be enhanced by adding musical numbers and having pitchers throw from trampolines?

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

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Pucker up, Buttercup: It's National Sour Candy Day!



candy? It's sweet and tart and brings a whole new level of flavor to your taste buds. Plus, it's a refreshing way to satisfy your sugar cravings without feeling too guilty about indulging!

There are so many types of sour candy out there that everyone can find something they like!

Whether you're looking for an extra zing or just want to try something new, there's sure to be a type of sour candy that satisfies your craving.

My favorite sour candy is Sweet-Tarts. That little sour twinge is just enough to wake up the senses about 2 p.m. when I need a pick-me-up to get through the day. And another thing about sour candy: It doesn't melt as fast as chocolate in the summer.

So, the middle of summer is the perfect

time to celebrate sour candy.

Speaking of the middle of summer: Can you believe it is time to go school shopping for supplies, clothes and shoes? High school starts in 2½ weeks and I am back to work this coming Wednesday. Of course, it is a bit hot to think of sweaters and jackets, but the way time is moving so fast you might as well get them now before it starts raining.

It seems like only yesterday that the seniors of 2025 were graduating and now they will be starting college, trade schools, military, new jobs, etc.

It has been a very good summer; a little hot, but that is to be expected. And I did get two projects done.

The flowers and succulents have been repotted, and the yard art has been fixed or tossed and placed strategically around and on the deck; no more jungle plants or broken yard art hanging around. And the Christmas room; yes, I have a room for all my Christmas decoration, has been reorganized so I can move through without fear of something falling on my head.

Herald Day is in two weeks on Saturday, Aug. 2. I still find it hard to realize August is knocking on our door. But I digress; back to Herald Day! The theme is, "We Like Our Living – Country Style." The parade starts at 9 a.m., auction soon after. Craft booths are open most of the morning. As are the food and activity booths.

Herald Day is a good time to catch up with your neighbors, sit and chat a bit, have a bite to eat and enjoy the day.

Or just start talking to someone new and make new friends. People from Herald are a friendly bunch, especially on Herald Day.

Happy birthday to my husband, Don, this Sunday, July 20. Have a fabulous day. It's going to be an amazing year. You are a wonderful husband, a loving father and grandfather, caring son, brother, cousin, nephew and uncle. You are a blessing, and I love you.

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.

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.

Saturday, Aug. 2

Wilton Bingo – Doors open at 5 p.m. with food available for sale, and bingo starts at 6 p.m. in the Wilton Community Center. All proceeds go to two non-profits: the local Park Council and the Wilton History Group. *Colony Road at Dillard 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.

Veterans 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 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, Elk Grove. For more info, call 916-684-3849. 8230 Civic Center Drive. ★

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Youth Detention Earns Health Care Accreditation

Sacramento County Health and Social Services News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Youth Detention Facility has once again earned national recognition for its health services, receiving full reaccreditation from the National Commission on Correctional Health Care (NCCHC).

The accreditation highlights the outstanding work of the medical and behavioral health team operated by Sacramento County's Department of Health Services, which provides care to youth, including young adults ages 18 and older, housed in the facility.

The reaccreditation, awarded in June, follows the team's initial National Commission on Correctional Health Care accreditation in 2021. Since then, staff have continued to uphold and improve upon national standards, implementing 17 new policies to align with updated 2022 requirements.

The latest National Commission on Correctional Health Care review found the county's health services to be 100 percent compliant with all applicable essential and important standards for quality in juvenile correctional health care across the country. Juvenile Correctional Health services include physical health, behavioral health, dental, pharmaceutical and ancillary care.

For 45 years, the National Commission on Correctional Health Care's highly



The Sacramento County Youth Detention Facility earns national recognition for its health services, receiving full reaccreditation from the National Commission on Correctional Health Care (NCCHC) in June. Photo courtesy of the Sacramento County Health and Social Services

respected standards have provided guidance to help correctional health professionals and administrators improve the health of justice-involved populations and the communities to which they return. Consensus-based standards are developed in consultation with national experts in juvenile health care, mental health, law and corrections—and are designed to strengthen systems, increase efficiency and reduce legal risk.

For the staff, this achievement is more than a credential.

"We've always exceeded the minimum Title 15 requirements," said Health Program Manager Pamela Gandy-Rosemond, who has led the team since 2007. "But this accreditation process helps ensure we're not just compliant—we're

continually raising the bar."

That dedication was evident to National Commission on Correctional Health Care surveyors, who commended the team for the excellent care they observed during their on-site visit.

Medical, mental health and probation staff worked together to ensure every standard was met. Team members shared materials, aligned practices and met regularly to stay on track. The Quality Improvement team also implemented enhanced peer review processes to help staff continue practicing at the highest level of their professional licensure.

"In continuing to achieve NCCHC accreditation, our Juvenile Correctional Health team has demonstrated their commitment to providing high-quality health

care services to detained youth by ensuring effective and efficient service delivery in collaboration with Sacramento County Probation Department, Division of Behavioral Health Services and community service agencies," said Deputy Director of Primary Health Services Noel Vargas. "Accreditation is a voluntary process, and I am so proud of our staff for successfully maintaining this distinction. Providing appropriate health care to young people can positively impact the direction of their lives."

With reaccreditation in place through 2027, staff remain focused on training, standards review and ongoing collaboration to maintain the excellence that earned them this distinction and that the youth in their care deserve. ★

Preschoolers Exposed to Broad Range of Potentially Harmful Chemicals

Findings concern researchers because early childhood is a critical period for brain and body development

UC Davis Health News Release

SACRAMENTO, CA (MPG) - A national study published in Environmental Science & Technology finds children aged 2 to 4 years in the United States are routinely exposed to a broad range of potentially harmful chemicals. Many of the chemicals the researchers identified are not routinely monitored and may pose health risks.

The research was conducted by multiple institutions across the United States in coordination with the Environmental influences on Child Health Outcomes (ECHO), a program supported by the National Institutes of Health (NIH).

The researchers analyzed urine samples from 201 children aged 2 to 4 years. They tested for 111 chemicals. Their study found that 96 chemicals were detected in at least five children, 48 chemicals were found in over half of the children and 34 chemicals were detected in more than 90% of children, including nine chemicals not currently tracked in national health surveys like the National Health and Nutrition Examination Survey (NHANES).

"Our study shows that childhood exposure to potentially harmful chemicals is widespread. This is alarming because we know early childhood is a critical window for brain and body development," said Deborah H. Bennett, lead author and UC Davis professor in the Department of Public Health



Children aged 2 to 4 years in the United States are routinely exposed to a broad range of potentially harmful chemicals. Many of the chemicals the researchers identified are not routinely monitored and may pose health risks. Photo by Artem Podrez @ pexels.com

Sciences. "Many of these chemicals are known or suspected to interfere with hormones, brain development and immune function."

Children Exposed to Chemicals Through Everyday Activities

The NIH-funded ECHO Cohort combines data from pregnancy and pediatric cohorts to examine the impacts of early environmental exposures on child health and development. This study looked at samples of 201 children from four states (California, Georgia, New York and Washington).

The researchers looked for childhood exposure to common environmental chemicals. These included phthalates and phthalate alternatives used in plastics like toys and food packaging, as well as personal care products and household items. Parabens

commonly used in cosmetics, lotions, shampoos and pharmaceuticals. Bisphenols found in plastic containers, food can linings and thermal paper receipts. Benzophenones found in sunscreens, cosmetics and plastics. Pesticides used in agricultural and residential pest control. Organophosphate esters (OPEs) used as flame retardants in furniture and building materials and as plasticizers in food packaging. Polycyclic aromatic hydrocarbons (PAHs), byproducts of combustion found in vehicle exhaust, grilled foods and tobacco smoke. Bactericides found in antibacterial soaps and personal care products.

Children are exposed to these environmental chemicals through everyday activities, such as eating, drinking, breathing indoor and outdoor air and touching

contaminated surfaces.

Frequent hand-to-mouth contact, playing close to the ground, and higher intake rates relative to their smaller body weight make kids especially vulnerable to chemical exposure.

Trends and Disparities

In addition to the widespread exposure, the researchers noted some trends.

Levels of triclosan, parabens, PAHs and most phthalates decreased over the years the samples were collected (from 2010 to 2021).

An alternative plasticizer, DINCH (di-iso-nonyl-cyclohexane-1,2-dicarboxylic acid), and emerging pesticides, such as the neonicotinoid acetamiprid, pyrethroid pesticides, and the herbicide 2,4-, showed an upward trend.

Firstborn children had

significantly lower chemical levels than their younger siblings.

Chemical levels were often higher in younger children (age 2) than in 3- or 4-year-olds.

Children from racial and ethnic minority groups had higher levels of parabens, several phthalates and PAHs.

Most of the children's mothers provided urine samples during pregnancy. This allowed the researchers to analyze the chemicals in the mother's urine with those in the children's urine.

They found the children had higher levels of several chemicals than their mothers did during pregnancy. These included two phthalates, bisphenol S (often used as a BPA replacement) and the pesticide biomarkers 3-PBA and trans-DCCA.

Need for More Monitoring and Regulation

The researchers emphasize that further studies are necessary to comprehend the long-term health implications of these chemicals.

"Exposure to certain chemicals in early childhood, such as pesticides, plasticizers and flame retardants, has been linked to developmental delays, hormone disruption and other long-term health issues," said Jiwon Oh, first author of the study and a postdoctoral scholar in the UC Davis Department of Public Health Sciences. "This new study highlights the urgent need for expanded biomonitoring and stronger regulations to protect children from harmful exposures." ★

Stay Safe in Triple Digit Heat

California Governor's Office of Emergency Services News Release

SACRAMENTO REGION, CA (MPG) - With temperatures forecasted to reach triple digits, the California Governor's Office of Emergency Services (Cal OES) wants Californians to stay safe from the heat.

A few tips and considerations to stay safe from heat and reduce health risks are to check weather forecasts and advisories to know when excess heat is expected and how long it's expected to last. Create a heat plan and encourage others to stay safe during a heat event.

Visit a local cooling center or

air-conditioned space, such as a library, community center or shopping center. If you're unable to travel or find an air-conditioned space, consider closing windows, doors, shades and curtains to prevent hot air and sunlight from entering your home during high heat days. Place a cool, damp towel on the back of your neck and wear light-colored, loose-fitting clothes. Use cool compresses and take a cool shower or bath to help reduce body temperature, providing relief from the heat.

Identify individuals in your life, such as family, friends and neighbors, who could help support you during heat events.

Remember, creating an emergency preparedness plan based



Create a heat plan and encourage others to stay safe during a heat event. Image by Bruno from Pixabay

on your personal needs is critical to ensure you and your loved ones remain safe during an emergency.

Sign up for emergency alerts

with your county or local officials. You can choose how to get alerts sent to you when you sign up, including cell phone, home phone, email, text messages and, in some cases, teletypewriter devices.

Sign up for a medical baseline program, an assistance program for people who depend on power for certain medical needs. Participation is important to ensure you receive additional notification of current or upcoming power shutoff events, which may occur during extreme heat events.

Talk to your healthcare provider or pharmacist to see if any of your medications affect your body's ability to regulate temperature. Before an emergency, organize and protect your prescriptions,

over-the-counter medicine and vitamins.

Heat Ready California shares some health complications that can result from exposure to extreme heat including cardiovascular disease, respiratory disease, kidney disease, diabetes, neurological conditions and mental health conditions.

Heat stroke symptoms can include high body temperature, dizziness, rapid heart rate, confusion and loss of consciousness. Call 9-1-1. Heat exhaustion signs include sweating, weakness, dizziness, nausea, vomiting and headache. Move to a cool place and get medical help if symptoms get worse or last longer than one hour. ★

Mobile Health Rolls Out New Services

Sacramento County Department of Health Services News Release

SACRAMENTO REGION, CA (MPG)

- Sacramento County's mobile clinic is doing more than just rolling into neighborhoods; it's rolling out a whole new level of care.

Wellness Without Walls (W3), the county's mobile health program, has added Behavioral Health Services' Homeless Engagement and Response Team (HEART) to its network, bringing mental health and substance use services directly to people experiencing homelessness or housing instability. This expansion is helping Wellness Without Walls deliver whole-person care in one stop.

HEART staff, which include master's level clinicians and peers with lived experience, now co-deploy with Wellness Without Walls in the field and to local shelters to provide behavioral health screenings, treatment referrals and ongoing case management. They've begun distributing Narcan and fentanyl test strips and have been working side by side with Wellness Without Walls' medical staff to reach individuals where they are.

By blending physical and behavioral health services into one visit, the effort increases access and also reduces the stigma around asking for help.

"HEART is very excited about this collaboration," said Health Program Manager Monica Rocha-Wyatt. "In order to address the health needs of the homeless population, you have to address the whole person, both physical and behavioral health. Including a BHS screening as part of overall health services also removes some of the stigma that still exists regarding mental illness and substance use. Making this full menu of services available makes it more convenient and more likely individuals will take advantage of the services."



Members of Sacramento County's Wellness Without Walls (W3) program celebrate a new collaboration with Behavioral Health's Homeless Engagement and Response Team (HEART), bringing physical and behavioral health services together in one mobile visit. Photo courtesy of Sacramento County Department of Health Services

Wellness Without Walls began as a collaboration between divisions of the Department of Health Services, Public Health and Primary Health, in 2022, with support from the Health Resources and Services Administration and the Centers for Disease Control and Prevention. Public Health leads sexual health efforts, offering HIV and STI testing, education and referrals. Primary Health operates the mobile clinic and delivers services such as wound care, medication and chronic disease management. The idea is simple: if people can't get to a clinic, the clinic should come to them.

Since its launch, Wellness Without Walls has grown into a full-scale outreach effort, thanks

to the support of community partners such as Loaves and Fishes, First Step Communities, Community Health Works and UC Davis' School of Nursing. Local organizations and businesses, from pharmacies to pet wellness services, have also helped expand services and meet the diverse needs of patients in the field.

Bringing HEART into the mix adds a crucial layer to Wellness Without Walls's mission. Many people served by the mobile unit are managing co-occurring conditions such as depression, trauma or substance use but might not know where to turn. With HEART onboard, patients can now receive behavioral health care on the spot, alongside their physical care, making it

easier to begin the recovery and healing process.

The results speak for themselves. Wellness Without Walls has already served hundreds of individuals, reconnecting some with HIV care, helping others begin Hepatitis C treatment and supporting people through housing transitions and benefit navigation. But beyond the medical outcomes, the true measure of success is trust. Patients return. They recognize the staff. They open up. And they take that first step toward stability, often because someone met them exactly where they were.

"Even though the effort only recently launched, the potential is obvious," said Rocha-Wyatt. "Individuals experiencing homelessness are not refusing

services. Traditional services are too hard to access for people without reliable transportation, those afraid to leave their encampment and their belongings or those who have to go to multiple locations for care, etc."

Wellness Without Walls staff say the HEART collaboration has been a natural fit and each division is learning from the others. Everyone shares the same goal: to make care easier, not harder, for people in crisis.

"I hope this new partnership sets an example of what can be done through collaboration," said Rocha-Wyatt. "Long gone are the days of siloing services; the culture has shifted to collaborating and combining efforts for more efficient and easier to access services." ★

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COMMUNITY BRIEFS

AA 24-Hour Hotline

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

Nar-Anon Family Group Meetings

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

Sunshine Food Pantry 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@cityofgalt.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. ★

POLICE LOGS

During the time period of July 8 to July 14, Galt Police received and responded to a variety of calls, resulting in 12 arrests.

July 8

12:26 p.m., Robbery reported, Dry Creek Ranch Golf Course on Crystal Way: Four male adults pulled into parking lot, approached victim claiming to "bless" him and took his wedding ring off.

12:56 p.m., Vandalism reported, Walmart on Twin Cities Road: Hood of vehicle hit.

1:34 p.m., Hit and Run/Non-Injury, McDonald's on East Stockton Boulevard.

3:53 p.m., Warrant Served/Adult Arrest, Galt Police Department, Industrial Drive.

5:14 p.m., Child Neglect/Abuse/Adult Arrest, Steele Way.

July 9

8:41 a.m., Hit and Run/

Non-Injury, Lake Park Avenue/Park Terrace Drive.

11:51 a.m., Narcotics Violation/Adult Arrest, Country Villa Mobile Home Park on Pringle Avenue.

5:38 p.m., Theft reported, More For Less on North Lincoln Way: Phone taken.

8:29 p.m., Theft reported, Raley's on Twin Cities Road.

9:27 p.m., Narcotics Violation/Adult Arrest, Farmers & Merchants Bank on C Street.

July 10

5:09 a.m., Vehicle Accident/Injury, Elm Avenue/North Lincoln Way.

3:56 p.m., Theft reported, Walmart on Twin Cities Road: Wallet taken.

July 11

1:14 p.m., Arson/Adult Arrest, Monterey Park (Bark Park) on Monterey Bay Court.

7:56 p.m., Narcotics Violation/Adult Arrest, Galt Food Center, A Street.

9:33 p.m., Warrant Served/Adult Arrest, First Street.

July 12

15:15 Warrant Served/Adult Arrest, McFarland Street.

7:35 p.m., Trespassing/Adult Arrest, Glendale Avenue.

July 13

3:03 a.m., Burglary-Auto reported, Ayers Lane.

8:16 p.m., Narcotics Violation/Adult Arrest, Pecan Tree Lane.

July 14

1:05 a.m., Arson reported, Galt Community Park on Walnut Avenue: Subjects lighting fireworks in area, causing a fire.

3:45 p.m., Identity Theft reported, Stargell Way: Fraud on bank account.

6:42 p.m., Narcotics Violation/Adult Arrest, Joy Drive. ★

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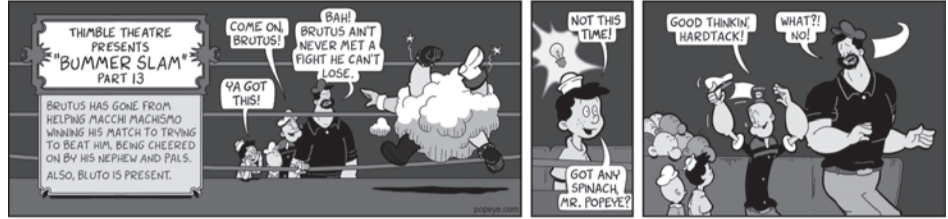
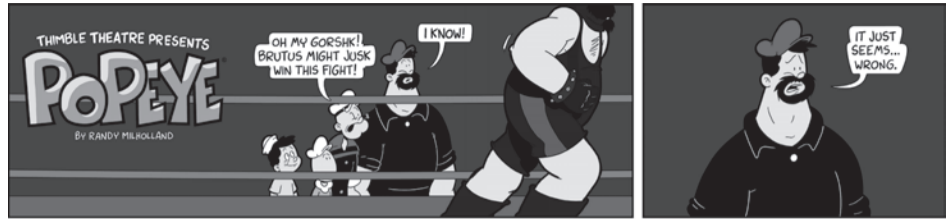
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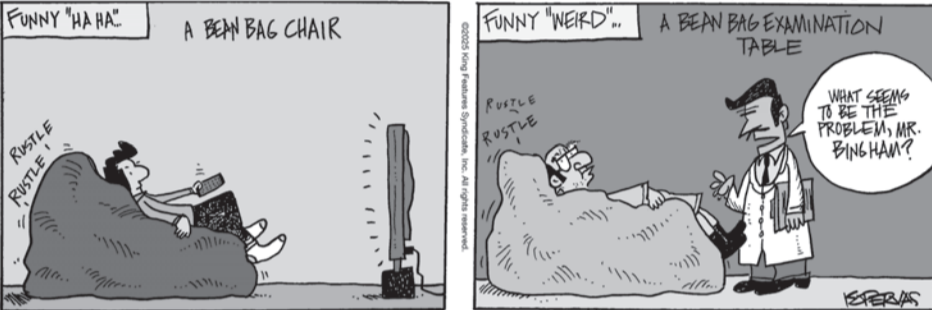
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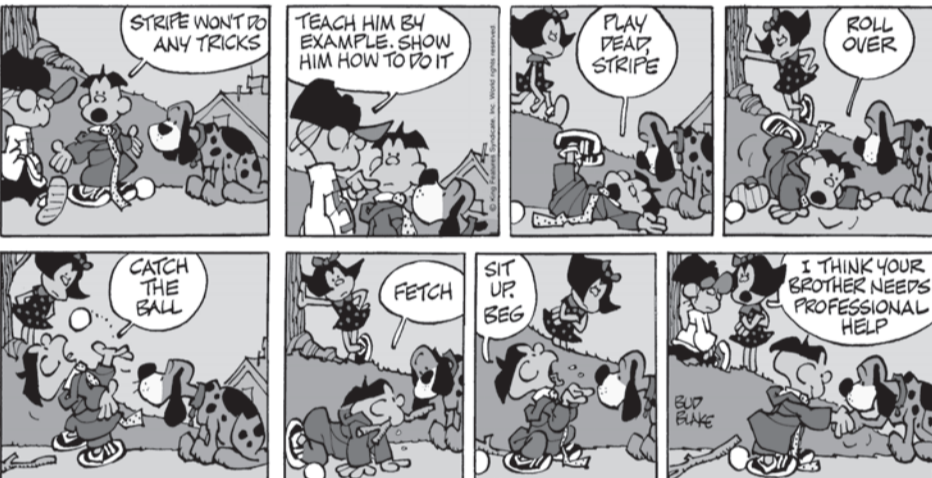


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LOCAL SPORTS → COVERAGE



PRESENTED BY THE GALT HERALD

Woodward Returns to Rebuild Galt High Football

By Paige Lampson
Sports Editor

GALT, CA (MPG) - After he took four years away from the sidelines at Galt High School, the Warriors have welcomed back a familiar face as their new head football coach. JJ Woodward sees his return as more than just a career move, but as a homecoming with a mission to bring stability to a program that has struggled with consistency.

Woodward becomes the fifth head football coach in five years at Galt High, a revolving door that he hopes to close permanently. Having called Galt home for the past 15 years, he brings over two decades of coaching experience and deep roots in the community that extend far beyond the football field.

“These kids aren’t strangers: I’ve known many of them since they were young,” Woodward explained during a recent interview. “Taking on the head coaching role at Galt High is more than just a job for me; it’s about restoring a sense of pride in this program and in our school.”

Woodward’s coaching journey began in 2000, when he worked with athletes across multiple levels of the game. With nine seasons as a head varsity coach under his belt, plus experience at both youth and college levels, he brings a comprehensive understanding of player development that the Warriors hope will provide the leadership continuity they’ve been missing.

A graduate of Humboldt State University with a degree in kinesiology focused on teaching and coaching, Woodward’s philosophy extends beyond traditional X’s and O’s.

“Every level of this game has taught me something valuable,” he said. “My coaching philosophy is built on family. I want our team to feel like a brotherhood, where the seniors act as mentors and role models for the younger players.”

While winning remains a goal, Woodward emphasizes that his primary mission centers on developing young men of character: a foundation he believes will create the stability the program desperately needs.

His core values include respect, accountability, work ethic, mental and physical toughness, and brotherhood.

“My job isn’t just to win games, it’s to help these players grow mentally, physically and emotionally,” Woodward



JJ Woodward demonstrates technique while going out for a pass. Photo by Paige Lampson

explained. “Football is the vehicle we use to teach discipline, commitment, teamwork and grit: all things they’ll carry into the real world.”

Woodward’s approach focuses on creating teachable moments in every practice, game and team meeting.

“My goal is that years from now, these players will look back and say, ‘Coach taught me how to be a better man, not just a better athlete.’ That’s the real win.”

The frequent coaching changes have undoubtedly impacted player development and program culture. Woodward acknowledges this challenge but sees his community connections and long-term commitment as key advantages in breaking the cycle.

“I’ve been coaching football since 2000, working with athletes from age 6 all the

way up to 18,” he noted. “I’ve served as a head varsity coach for nine seasons, coached at the youth level and even had a brief experience at the college level. Every level of this game has taught me something valuable.”

Looking ahead, Woodward has set ambitious but achievable goals for the program over the next three to five years. His vision includes establishing Galt High football as a consistent playoff contender while building a culture of accountability, toughness and unity that will outlast any single season.

“I want to establish a strong culture – one built on accountability, toughness, and unity – where players show up, work hard and support each other like family,” Woodward said.

The plan involves creating a



JJ Woodward is back as the Galt Warrior head varsity football coach. Courtesy Photo

comprehensive feeder system that aligns youth programs with high school values and systems, ensuring continuity in player development from the ground up: something that becomes even more critical given the program’s recent instability.

Woodward’s previous four-year tenure at Galt High School helped him build strong relationships with players, families and the broader community: connections that ultimately drew him back and may provide the foundation for lasting success.

“This program has always held a special place in my heart,” he reflected. “What made me want to come back was the opportunity to reignite the pride and tradition of Galt football. This is my home. And when you have the chance to come back home and build something meaningful, you take it.”

As the Warriors prepare for the upcoming season, Woodward’s message is clear: Success will be measured not just in wins and losses, but in the character of the young men who wear the Galt uniform and the stability he can bring to a program in need of consistent leadership.

“This isn’t just about football,” Woodward emphasized. “It’s about creating a program that builds character, teaches life lessons and sets these kids up for success in whatever path they choose. That’s the long game, and that’s what we’re committed to.” ★

Three Soccer Standouts Lead Warriors to Most All-League Selections in Tennis

McCoy Tennis All-League



Ben Stratton-Tennis All-League



Hayden Miller-Tennis All-League



Leopoldo Garca-Tennis All-League

Story and photos
by Paige Lampson
Sports Editor

GALT, CA (MPG) - While the Galt Warriors co-ed tennis team finished with an average season, placing fifth out of eight teams in league play, three of their players shined brightest when it mattered most at the league tournament.

Under the guidance of coach Julian Parra, Ben Stratton, Hayden Miller and Leopoldo Garcia each captured victories at the league tournament to earn all-league recognition. Their individual success proved to be a bright spot in an otherwise modest team campaign.

Remarkably, the Warriors’ three

all-league selections gave them more honorees than any other team in the league: an impressive feat considering their middle-of-the-pack team finish among the eight competing schools.

The trio’s tennis achievements add another chapter to what has already been a successful athletic year for the three Warriors. Stratton, Miller and Garcia were also key contributors to Galt’s league-winning soccer team this past season, demonstrating their athletic prowess across sports.

Their ability to excel in both soccer and tennis speaks to their natural athleticism and competitive drive: qualities that served them well during the pressure-packed league tournament matches.

Coach Parra’s guidance helped prepare the three players for their tournament success, where individual performances ultimately determined all-league recognition. The Warriors proved they could compete with the league’s best when individual talent was showcased.

As the tennis season concludes, the Warriors can take pride in leading the league in all-league selections: a testament to the individual talent and coaching that helped three athletes rise above the competition when it counted most.

For Stratton, Miller and Garcia, their tennis honors cap off a remarkable year that saw them contribute to championship success in soccer and individually on the tennis courts. ★



Summer McCoy was the lone Liberty Ranch tennis player to make all-league last season. McCoy’s determination was on full display at the section championship, where she battled for hours on a twisted ankle before falling just short of the title in a heartbreaking tie-breaker match. Photo by Paige Lampson

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Galt Warriors Host Youth Camp to Build Legacy Beyond the Field



The Junior Warriors are ready to learn from the high school players last Tuesday night.

Story and photos by Paige Lampson Sports Editor

GALT, CA (MPG) - The Three-day program connects high school players with the next generation of Warriors.

The Galt High School football program is building more than just a team this summer; it's building a legacy. In a powerful show of community, mentorship and hometown spirit, the Warriors hosted a three-day football camp for the Galt Junior Warriors youth football program, welcoming players from ages 6-14 to train, learn and grow alongside their high school role models.

The camp kicked off Tuesday as soon as the dead period concluded, bringing together two generations of Warriors on the same field where many of the high school players first learned to love the game.

Unity Council Leads the Way

Overseen by the Galt High School coaching staff and led by the Galt High School Unity Council – consisting mostly of Warrior varsity football players – the camp focused on fundamentals, teamwork and leadership development. But more importantly, it created

meaningful connections between current varsity players and the next generation of Warriors.

Throughout the three days, high school athletes worked side by side with youth players, sharing not only drills and plays, but also encouragement, wisdom and community pride. The mentorship aspect proved to be as valuable as any football skill taught during the sessions.

Passing the Torch

The camp featured a special tradition on its final day, when each high school player exchanged personalized trading cards with their younger counterparts: a fun and symbolic gesture of passing the torch from one generation to the next.

“This event is more than just football,” Warrior head coach JJ Woodward noted, “It’s a reminder that in Galt, tradition starts early, and the strength of a program lies not just in wins, but in how it uplifts its people.”

Building Community Connections

The program concluded with a team dinner, celebrating three days of growth, mentorship and community unity. The event served multiple purposes: teaching football fundamentals to young

players, providing leadership opportunities for high school athletes and strengthening the bonds between different levels of the Galt football family.

For the varsity players, the camp offered a chance to give back to the community that has supported them while developing their own leadership skills. For the youth participants, it provided an opportunity to learn from players they look up to and aspire to emulate.

A New Tradition

The success of this inaugural camp has organizers optimistic about the future. The Warriors and Junior Warriors hope to continue this new tradition for years to come, creating an annual bridge between the high school program and its feeder system.

By investing in youth development and community connections, the Galt football program is laying the groundwork for sustained success both on the field and in the character development that extends far beyond Friday night lights.

The camp represents the kind of program-building initiative that creates lasting impact, ensuring that the Warrior tradition will continue to thrive for generations to come. ★



High School Head Coach JJ Woodward demonstrates moves to aspiring football players.



An aspiring Junior Warrior quarterback throws to a receiver.



Galt High quarterback Robert Rubio gives some advice to a Junior Warrior.



Galt lineman Emiliano Solorio checks out the Junior Warrior stances.



Alumnus Seth Henke works with some of the youngest Junior Warriors.