



Hawks Soar in Preseason Scrimmage, Ready for Season Opener

PAGE 12

Second-Grader is National Taekwondo Champion

PAGE 11



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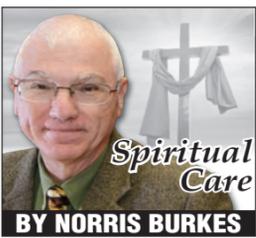
PAGE 6

KEY FACTORS TO MAKE PLAYOFFS



PAGE 5

THE PENDING DEPORTATION OF ROGER WILLIAMS



PAGE 4



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Keeping Calm with Goat Yoga



Back Alley Brewhouse, located at 215 4th St., hosted a goat yoga session in its outdoor area the night of Aug. 14, led by The G.O.A.T (Greatest of All Time) Yoga, featuring baby goats from a local farm. Photos by Idaly Valencia

By Idaly Valencia

GALT, CA (MPG) - Back Alley Brewhouse, 215 4th St., has partnered with The G.O.A.T (Greatest of All Time) Yoga to offer locals a playful mix of health, wellness and rural charm through yoga sessions featuring baby goats.

On Aug. 14, one of many sunset goat yoga sessions was held in the brewhouse's outdoor space, where a pen of baby goats was set up for attendees who brought along their own mats and water bottles.

Instructor Terell Renee



Instructor Terell Renee led the class while helpers guided goats as they climbed onto people's backs for a light massage.

of The G.O.A.T Yoga led the class while helpers guided goats as they

said, focus on therapeutic and healing yoga while offering an opportunity to relieve stress with the help of playful, baby goats.

Originally from Detroit, Renee moved from Los Angeles to the area just before the pandemic. She told The Galt Herald that her wife's family owns a local olive orchard, so the couple decided to live Herald for a slower lifestyle.

Renee explained that the idea for goat yoga came after connecting with her neighbor, now G.O.A.T Yoga's animal director, *Continued on Page 2*

Volunteer for a Committee or Coach Youth



Several volunteer opportunities open in Galt offer residents a chance to serve their community. Photo courtesy of City of Galt

City of Galt News Release

GALT, CA (MPG) - Several volunteer positions are open, offering residents a chance to serve their community.

The City of Galt has long benefited from the involvement of residents in many civic activities. One of the ways that residents can be involved is by serving on one of various city commissions or committees.

There are several opportunities available, serving different areas of interest.

The Galt Youth Commission has

two vacancies for Adult Mentor with terms that end in December 2026; the Beautification Committee has one vacancy with a term that ends December 2028; the (Outside Agency) Sacramento Environmental Commission (SEC), has one vacancy with a term that ends June 2027. This position requires approval by the city councils of Galt, Folsom and Isleton.

Applications are being accepted in the City Clerk's Office, located at 380 Civic Drive, and will remain open until positions are filled.

Do you love basketball and want

to make a difference in your community? The City of Galt's youth basketball program is seeking volunteer coaches to guide, mentor and support young athletes from first through eighth grade this season.

This is a rewarding opportunity to share your knowledge of the game, foster teamwork and help young players to develop both on and off the court.

For those interested or want to learn more, contact the Recreation Division at 209-366-7177 or visit bit.ly/3JGUhPI (case sensitive). ★

Herald Breakfast Covers Readiness for Fire



Story and photo by La Charles James Herald Fire Prevention Council

HERALD, CA (MPG) - The Herald Fire Prevention Council's first Community Breakfast on Aug. 16, held at Herald Fire Station 88, was a resounding success. About 40 residents engaged in a question-and-answer session on fire prevention, insurance and the SMUD tree service.

Cars were parked three rows deep: a clear sign that Herald is ready to stand together to fight wildfires.

Wildfire specialist speakers were Steve Blaney, Sen. Roger Niello (District 6 representative) and Chief Ken Meyers. They focused on the critical need for a unified community voice to counter the realities of living in a high-designated fire zone. We must organize to fire-harden the community.

A special shout-out to Kevin Weise, volunteer master chef extraordinaire, for preparing breakfast with heartfelt passion. Thanks to the Herald Fire Department and its efficient firefighting crew for hosting and managing the logistics.

Speakers covered fire-hardening practices and the inspection process for property management. Community concerns were addressed about SMUD-contracted tree trimming, including left-over debris and guidance on contacting the Herald-area SMUD director to request improved removal practices.

Grant planning for 2026, focused on supporting seniors with fire-hardening activities, was covered at the event as well.

Sen. Niello discussed Prop. 103 and the potential repeal efforts and future ballot initiatives addressing rising insurance costs.

Looking ahead, the Herald Fire Prevention Council is launching two key initiatives and calling

Continued on Page 3

Keeping Calm with Goat Yoga



"They keep you present and they're so fun and naturally playful," said G.O.A.T Yoga Instructor Terell Renee. Photo by Idaly Valencia

Continued from page 1
 who raises goats. Together, they provide the activity to other places such as the Bay Area.
 "They keep you present and they're so fun and naturally playful. We like to think that we're a nice balance mixing mindfulness and playfulness," Renee said. "It's kind of a reminder not to take everything too seriously, to have a little bit more fun and do something good for the soul."



The goat yoga sessions focus on therapeutic and healing yoga while offering an opportunity to relieve stress with the help of playful baby goats. Photo courtesy of Back Alley Brewhouse



Back Alley Brewhouse owner Shelly Mitchell said the sessions bring joy, laughter and healing to the family-run taproom located in Old Town Galt. Photo courtesy of The G.O.A.T Yoga

Back Alley Brewhouse owner Shelly Mitchell said the sessions bring joy, laughter and healing to the family-run brewery, which aims to offer a welcoming backyard setting where residents can enjoy food, drinks and company in a family-friendly environment.

Mitchell said that the brewery's outdoor space, which celebrates its fifth anniversary in September, reflects the ranch-style backyard setting she grew up with, featuring fire pits, picnic tables and horseshoe pits.

She noted that the goat yoga classes attract visitors from as far as Roseville.

"People travel a long way to come and see them. It's pretty neat and it's therapeutic," Mitchell said. "The first one we did, I was there and watched it. You could just see everyone just bursting in laughter which is the best part."

Mitchell said the brewery is proud to support local businesses such as The G.O.A.T Yoga through collaborations that showcase community talent.

"We're always about giving back to the

community," Mitchell said, adding that her family has strong roots in Galt. Her grandparents, father, she and her husband, Sam Mitchell who also helps run Back Alley, all attended Galt High School.

"This town, we love it, and we love to help out any way we can," Mitchell said.

The bar stays open during goat yoga, with occasional Thursday specials such as \$5 beers.

Another recurring event, Crops and Hops, features gardeners, bakers and makers giving attendees

an opportunity to shop for crafts while enjoying a drink.

The G.O.A.T Yoga offers private parties, corporate events and monthly classes at Back Alley Brewhouse on the second Thursday of each month. No experience is required, with the focus on fun and connection rather than perfecting poses. For more information and to book the next available session, visit the-goatyoga.org.

For more about Back Alley Brewhouse events, follow @backalleybrew on Instagram. ★



Baby goats worked with attendees who brought their own mats and water bottles. Photo by Idaly Valencia

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Vehicle Collision with Injuries on Carol Drive and Ayers Lane

Galt Police Department News Release

GALT, CA (MPG) - On Aug. 14, around 6:25 a.m., Galt Police Department officers responded to Carol Drive and Ayers Lane for a report of a two-vehicle traffic collision.

While officers were enroute, they were advised that at least one vehicle occupant had been ejected from a vehicle. This information was later confirmed to be inaccurate, and the driver climbed out of his vehicle, police said.

Upon arrival, officers located a male subject lying next to an overturned



Dodge pickup. The driver was breathing but not responsive.

He was transported to an area hospital by Cosumnes Fire Department where he received medical treatment for non-life-threatening injuries. The driver of the other vehicle involved, a Toyota Prius, was released

from the scene without the need for further medical treatment.

During preliminary collision investigation, it was determined the pickup was traveling at a high rate of speed and failed to stop at the southbound stop sign at Carol Drive and Ayers Lane. The Toyota was already in the intersection as the driver was turning onto northbound State Route 99. The front driver side of the Dodge collided with the front passenger side of the Toyota, causing the Dodge to go airborne and flip onto its side.

Drugs and alcohol were determined not to be a factor, police said. ★

Suspect Arrested for Assault after Standoff

Galt Police Department News Release

GALT, CA (MPG) - On Aug. 13, around 6 p.m., the Galt Police Department Communications Center received a 9-1-1 call from a residence in the 200 block of Emerald Oak Drive. The caller reported that a suspect, who appeared to be under the influence, had assaulted and threatened a family member with a knife.

Officers responded immediately and safely removed all family members from the residence. Thankfully, no injuries were reported.

The suspect, identified as 33-year-old Juan Mendoza Gonzalez of Galt, who is currently on Sacramento County probation, remained inside the residence.

While officers secured the scene, Gonzalez placed multiple calls to the Galt Police Department Communications Center, at one point expressing a desire to be shot by police. In response, officers from Galt Police Department, Elk Grove Police Department and Sacramento County Sheriff's Office established a

perimeter to ensure public safety and prevent the suspect from fleeing into the community.

Two Galt Police Department crisis negotiators engaged with the suspect and successfully persuaded him to exit the residence. However, Gonzalez continued to hold the knife against himself and refused to comply with commands to drop the weapon.

Negotiators maintained communication in an attempt to de-escalate the situation. At around 9 p.m., officers utilized less-lethal bean bag rounds and deployed a K-9 unit to subdue the suspect.

Gonzalez was taken into custody, transported to a hospital for medical clearance and subsequently booked into the Sacramento County Main Jail on charges of assault with a deadly weapon and resisting arrest. His bail has been set at \$1,000,000.

The Galt Police Department thanks the Elk Grove Police Department, Sacramento County Sheriff's Office and Sacramento Police Department for their quick response and assistance during this incident. ★

Public Works Association Honors City for C Street Project

By MPG Staff

GALT, CA (MPG) - The City of Galt announced in its Aug. 15 newsletter that it was honored with the 2025 Project of the Year Award from the American Public Works Association (APWA) for the C Street Enhancement Project.

The American Public Works Association is a nonprofit organization that supports those who maintain infrastructure through education and networking.

Its Sacramento Chapter recognized the city Aug. 8 with a Project of the Year Award for excellence in public works projects in categories such as transportation, structures and environment.

The award credits the efforts among managing



The City of Galt was honored with the 2025 Project of the Year Award in the Transportation category from the American Public Works Association (APWA) for the C Street Enhancement Project during the APWA luncheon on Friday, Aug. 8. Photo courtesy of City of Galt

agencies, consultants, engineers and contractors who demonstrate outstanding project management and administration.

The city earned this recognition in the Transportation category for transforming C Street with improvements

that included Americans with Disabilities Act (ADA)-compliant sidewalks, protected bike lanes, upgraded drainage

systems, decorative lighting and enhanced landscaping.

Special congratulations went to Public Works

Deputy Director Trung Trinh for demonstrating exceptional leadership in bringing the project to completion. ★

Herald Breakfast Covers Readiness for Fire

Continued from page 1

for volunteers: Neighbor to Neighbor Program, fostering local support networks for fire resilience; and Online Fundraising Program, expanding our capacity to fund community-driven solutions.

The next meeting will be Saturday, Aug. 30 at 11 a.m. at the Herald Fire Station 87, 12746 Ivie Road, in the community room.

Let's keep the fire prevention momentum going. Together, Herald can be transformed into a fire-hardened, safe community ready for the future.

The Herald Fire Prevention Council is a young, community-driven organization with a clear purpose: build wild-fire resilience in Herald through practical action, inclusive planning and shared responsibility. Tagline is, "The best way to fight fires is to prevent them." Volunteers are actively involved in being accepted and can reach out via email at heraldno-fires@gmail.com with any questions.

To learn more about Herald Fire Prevention Council, visit heraldfire-council.org. ★



Sen. Roger Niello, representing District 6, spoke at the community breakfast at Herald Fire Station 88 on Aug. 16 about Prop. 103 and the potential repeal efforts and future ballot initiatives addressing rising insurance costs.

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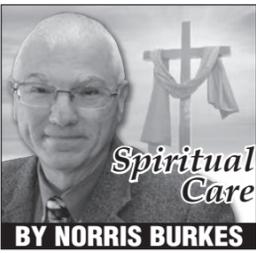
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The Pending Deportation of Roger Williams

By Jeffery Jones and Norris Burkes



With all the recent swarm of INS arrests, I feel fortunate they aren't deporting any white male Baptists such as myself.

I can hear you saying, "Oh Norris, don't be ridiculous. You're 'America's Favorite Chaplain' - a National Treasure."

Trustfully, I felt safe until my new friend, Professor Jeffrey Jones shared a story he wrote called, "The Attempted Deportation of Roger Williams."

Jones is a Baptist like me, so Roger Williams is our main guy.

According to Jones, Williams arrived February 5, 1631 in the Boston harbor on the Lyon. He came with other migrants seeking to escape the religious and political oppression of English Puritans. He had feared his unorthodox religious views would get him arrested in England.

He hoped to find greater freedoms in Boston but was soon forced to migrate again, this time to Salem. Even there, however, he encountered religious restrictions imposed by both church and state.

That summer he migrated to Plymouth. He spent a year there before his growing family found bigger accommodations back in Salem, Massachusetts.

At first, the town welcomed his return. A local church asked him to be their teacher and the Williams family settled into a comfortable house.

While Roger served the church, he simultaneously sought to develop relationships with local Native Americans. However, political leaders back in Boston Massachusetts expressed concern over Williams' unorthodox beliefs and most especially on his view of Native American land ownership.

Town leaders met with him on several occasions demanding his silence on these controversial topics. At first, Williams agreed to accommodate their wishes, but it wasn't long before he found that silence in the face of oppression is not a viable option.

Most significantly, he opposed the government's attempt to enforce the first four of the Ten Commandments. Williams believed that government had no role to play in one's personal faith.

Williams objected with succinct clarity, "Forced worship stinks in God's nostrils."

His protest threatened the puritan arrangement of joining the church with the state, an essential part of the Puritan vision of the "City on the hill."

Williams would not go unchallenged.

Religious and civic leaders saw him as a threat to colony unity and demanded Williams' banishment. The magistrates agreed. And on a frigid November day, Williams received a removal

order telling him to self-deport within six weeks.

Williams happened to be very ill at the time, so the magistrates permitted him to stay until spring, provided he did not speak publicly. With no official church position, he wisely agreed to silence.

However, Williams continued to meet with a small group of friends in his home. The magistrates saw those meetings as a clear violation of their agreement and immediately sent agents to deport Williams on the next ship.

Warned of his pending arrest and near certain death if he remained in Salem, Williams risked life and limb as a fugitive in the wilderness.

Nearly dead, he stumbled into sanctuary with the Native Americans he had befriended and whose language he knew. The food and shelter they provided enabled him to regain his strength.

He then established a colony in Providence Rode Island where his religious freedom became a reality with the creation of the first Baptist church in America.

Jones and I see how Williams' story offers challenging insights about oppression and freedom, brutality and compassion. Today, few can really say they aren't next, even a Baptist dude such as myself.

Disclaimer: Roger Williams was an "American Treasure." I'm not. But there is talk about sending me back to Texas.

Sign up to receive this column by email at <https://thechaplain.net/columns/> Contact Chaplain Norris at comment@thechaplain.net ★

MEMORIAL

FERNANDO VIEIRA CARDOSO • 10/08/1933 – 08/10/2025

Fernando Vieira Cardoso, 91, passed away peacefully at his home in Galt on Sunday, August 10, 2025, with his beloved family by his side.

Born on October 8, 1933, in the small village of Pedro Miguel (freguesia de Pedro Miguel, concelho da Horta) on the island of Faial in the Azores, Portugal, Fernando was the youngest of six children born to Salvador Vieira Cardoso and Rosa do Ceu Vieira. Fernando developed a strong work ethic, helping his family tend to their farmland and livestock. Fernando served honorably in the Portuguese military before marrying Maria Eugenia Cordeiro in 1959. In 1960, Fernando immigrated to California, where he began working on a small family dairy farm in Riverbank. He started on his own with just 20 cows in Lathrop that would eventually

relocate to Galt and grow to 600 cows.

Fernando was known in the family and throughout the community as a hardworking, honest, vibrant, hardworking, warm-hearted, humble, and generous man. He stayed very connected to the Portuguese community.

When his wife, Maria Eugenia became ill and passed away in 2005, Fernando slowly began to reduce his dairy farm operation but still "...rose with the sun and worked with humility and purpose," as he had done for so many years. Years later Fernando welcomed Thonechanh Keouveunxay into his life. Thone, as she is often called, built a life with Fernando with her five children and her Laotian community.

The land that once held the dairy now supports a thriving new neighborhood - a new

community of families in new homes making memories on the land where so much was accomplished. Fernando further honored his family roots with the choice of street names in these developing neighborhoods on land that once supported the dairy farm. When you see the "Cardoso Dairy" sign you can't help but smile in appreciation to know how Fernando's hard work has touched so many lives.

In his final years, Fernando faced health challenges with the same resilience he showed throughout his life. He passed with peace and dignity, surrounded by love, and is now resting with Our Lord. He leaves behind a legacy of hard work, generosity, and unwavering love. His memory lives on in the hearts of those who knew him. You will be deeply missed and forever remembered.



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Kings Korner

By V.G. Harris



Kings fans have been waiting for the next domino to fall, but Scott Perry has been playing his cards ever so close to the vest. Rumors abound regarding frontrunners Jonathan Kuminga, Austin Reeves, Russell Westbrook and more, but thus far teams are asking too much, and Scott Perry is unwilling to part with core pieces of the Kings roster.

Will there be a move that will bring excitement to Sacramento? My guess would be yes, but let's assume for just a moment that what you see is what you get to start the 2025/2026 season.

Here are the 4 key factors that need to take place for the team assembled as we know it now to make the playoffs.

Keegan Murray needs to shoot 40% or above from 3-point range and average 15 points per game.

Zach Lavine needs to settle in as the all-star he has been and be a team leader alongside Domantas Sabonis.

Significant playing time needs to come to Issac Jones, Devin Carter, and newcomer Nique Clifford. That means night in and night out consistent playing time for these youngsters.

Dennis Schroder must play like the veteran point guard he is, and value the basketball, while distributing the ball to shooters on the team. Schroder needs to play smart and drive when it's there and take the open shot when it comes to him.

Be the guy that Scott Perry traded for and don't try to do too much. There is talent all around him, so Schroder just needs to let the game come to him and take advantage of the experience he already has.

Are these 4 things doable? I absolutely believe they are, and I don't expect to see miracles overnight if Doug Christie follows this recipe.

There are multiple unknowns that would change these factors, among them being the potential loss of spark plug Malik Monk. Malik has been #1 in trade rumors, and other teams have not been jumping at the chance of having him on their team. This is largely because coach Christie insisted on pounding a square peg into a round hole last year when he put the ball in Monk's hand and said, "be a point guard."

Sadly, what Kings fans grew to realize is

Malik is not a point guard, it doesn't come naturally, and the experiment was a dismal failure.

As a result, Monk's value as a multi-faceted player took a hit, and the Kings are forced to offer him up as a #2 guard, but not much else.

For those of us that love Malik and his up-tempo game, it's hard to see him being disrespected by the league, and it's possible that this fan favorite will be wearing a Kings uniform on opening night. Worse things could happen, and I wish Malik all the best.

2026 could be a huge year for Malik if he returns to form, and I think the Sacramento Kings fans would like nothing more.

DeMar DeRozan is a great player that is not getting the praise he deserves. Able to play multiple positions if called upon, DeMar is capable of scoring from every corner of the court, and his pedigree is hard to find.

I believe the Kings need to value what they have already and not be too quick to move off DeRozan. Much like Dennis Schroder, DeMar needs to stay within his game, and his game can be something special.

Yes, Kings fans, there is a plethora of talent on this team just the way it's assembled, so let's get to know the newcomers and get ready to root them on.

As with all teams, chemistry will tell the tale, and if this team can identify who they are and play real team basketball, they can and will surprise a lot of NBA teams this season.

Power forwards are hard to come by, and the Kings already have one that is about to get away. Break out the wallet Mr. Ranadive and sign big man Trey Lyles before this free agent gets away. I'm a huge Trey Lyles fan and for good reason. He is the consummate team player and never complains. Excellent 3-point shooter that has a nice inside game and can rebound. Do not let this guy get away!

Stay tuned Kings fans. I have a feeling a move is coming soon!

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

Social Security Matters

I'm Still Confused about Medicare Part A and Part B Enrollment



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: I'm 64 and still working full time, and plan to continue working at least until I'm 70 ~ it's a good job, and I enjoy it. My job comes with health insurance, so I don't really need additional coverage, but I understand I will be required to sign up for Medicare Part A anyway when I turn 65 next year. What I don't understand is Part B: A colleague of mine, who is a little older than I am, said she signed up for Part B because a penalty will be incurred if we wait until we retire from our jobs and actually need the additional insurance. I'm not sure she's right. Can you explain what I should do?

Signed: Confused About Medicare

Dear Confused: We're happy to assist you with understanding this. First, enrolling in Medicare Part A (coverage for inpatient hospitalization service) is mandatory to collect Social Security after age 65. If you do not plan to take your Social Security benefits yet, you can defer enrolling in Part A until you claim Social Security. But Medicare Part A is also free to those eligible for Social Security, so there is little reason not to enroll

in Part A at age 65 and, when you claim Social Security, you will be automatically enrolled.

Part B, which is coverage for outpatient healthcare services (doctors, medical tests, etc.), is different. Part B is always optional because there is a premium associated with it (standard premium is \$185/month in 2025), but nearly everyone over age 65 requires healthcare coverage. If, however, you are employed and have "creditable" healthcare coverage from your employer ("creditable" is a group plan with more than 20 participants), then you can defer enrolling in Medicare Part B until your creditable employer coverage ends. And you can do so without incurring a "late enrollment penalty" for enrolling in Part B outside of your Initial Enrollment Period (IEP). When your creditable coverage from your employer ends, you will enter an 8-month Medicare "special enrollment period" (SEP) which permits you to enroll in Part B without penalty.

Thus, as long as your employer coverage is "creditable," you can defer enrolling in Part B without penalty. FYI, you can also enroll in Part B a couple of months prior to your employer coverage ending, asking that your Part B coverage starts when your employer coverage ends, to avoid any gap in healthcare coverage. Note you will likely need your employer to provide you with proof of creditable coverage when you later enroll in Part B.

A couple of extra thoughts: If you require prescription

drug coverage when your employer coverage ends after age 65, you only have 63 days to acquire that drug coverage without incurring a "Part D" (drug plan) late enrollment penalty. So, if needed, you should not wait to get insurance coverage for prescription drugs after you employer coverage ends.

If you now have a Health Savings Account (HSA) through your employer, you should discontinue any HSA contributions well before (perhaps as much as six months before) your enrollment in Medicare Part A. That's because Part A is not considered a "high deductible" insurance plan (a "high deductible" plan is a requirement for having a Health Savings Account). If you do not have an HSA, you need not be concerned about this. If you do, we can also provide you with more info on this.

I hope this answers your questions, but we are always here to assist if you need anything further. Contact us at SSAdvisor@amacfoundation.org, or at (800) 750-2622.

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. ★



Trump Should Get His New Census -- in 2030

Trump wants a new census. If, by this, he means a snap-census before the scheduled 2030 survey, he's demanding that the federal government undertake a gargantuan task with minimal planning and no discernible source of funding. In statistical terms, it'd be like launching D-Day after a month's preparation.

If the White Queen believes six impossible things before breakfast, that the Census Bureau could pull this off would qualify as one of them. The agency couldn't even competently conduct the last regularly scheduled census in 2020.

Given that conducting the census is a core function of the federal government -- indeed, mandated by the Constitution -- it is outrageous that the last survey missed so badly. It undercounted Florida and a handful of other Red states (as well as Illinois) and overcounted New York and a number of Blue states (plus Ohio and Utah).

Because the apportionment of congressional seats depends on population as determined by the census, these were highly consequential errors that can't be allowed to happen again. There's no legal mechanism for fixing it, though. We just have to do better in 2030. Trump is also, understandably, chagrined that illegal immigrants are

included in the census and declares that, going forward, they "WILL NOT BE COUNTED." Here he's going to run smack into the relevant legal texts.

Article 1, Section 2 of the Constitution refers to "the Whole Number of free Persons," while the 14th Amendment says "the whole number of persons in each State." In a similar fashion, the U.S. code calls for a "tabulation of total population by States."

So it's hard to see how illegal immigrants can be excluded from the count. As it happens, they don't seem to have much of an effect on the partisan breakdown of congressional seats one way or the other. Although the highest number of illegal immigrants live in California, they are spread around the country, and there are also large numbers in Texas and Florida.

A change that Trump wanted in the 2020 census was the inclusion, once again, of a citizenship question. This is highly relevant information that it's entirely appropriate to ask.

There was a long period from the 19th century through 1950 when the survey had a citizenship question. Then, it was relegated to the so-called "long form." Finally, the long form itself was axed after 2000.

Now, it's considered a scandal to even think about reviving the question. Trump's proposal to ask the question on the 2020 census encountered stiff resistance and the Supreme Court squashed it.

By the way, non-citizens do have a notable impact on congressional apportionment. Recent research

by the Center for Immigration Studies found that all immigrants (naturalized citizens as well as all other categories of immigrants) shifted 14 congressional seats to Democratic states on net in 2020.

Non-citizens also distort the composition of congressional districts. According to the study, there are the same number of citizens in the 13 congressional districts with the highest share of non-citizens as in the 9 districts with the lowest share of non-citizens. In other words, the citizens in those 9 low-immigration districts get 4 fewer representatives than the citizens in the 13 high-immigration districts. It's one man, one vote -- with an asterisk.

To take an example from Texas, the Democratic-held 33rd district, where non-citizens are nearly 30% of the population, has 208,000 fewer voting-age citizens than the Texas 21st district. So the citizens in the 33rd district have marginally more clout and representation, thanks to a population tilted toward those who can't vote.

Ultimately, the way to diminish these effects is to reduce the level of immigration. Early indications are that there has been a large exodus of illegal immigrants since Trump's election, and the U.S. will have net negative migration for the first time in half a century. If Trump wants to fully capture the changes he's effecting in immigration policy, he should indeed want a new census -- in 2030.

Rich Lowry is editor of the National Review.

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Newsom's Congressional Redistricting Faces Hurdles



By Dan Walters,
CALMatters.org

Gov. Gavin Newsom justifies — or rationalizes — his drive for a mid-decade reconfiguration of California's congressional districts as a heroic mission to thwart President Donald Trump's power grab.

Newsom, who seems to be edging ever closer to a 2028 presidential campaign, proposes to alter the state's 53 districts to shift five or six seats now held by Republicans into Democratic hands during the 2026 elections.

If successful, it would neutralize efforts by Texas Republicans to gerrymander its districts to gain a similar number of seats. Republicans hold a paper-thin majority in the House of Representatives and Trump has sought mid-decade redistricting in Texas and other red states to block Democrats from gaining control in 2026.

The Texas situation is in limbo because Democratic legislators have fled the state, but how long they can hold out is unclear. Newsom played host to some Texas Democrats last week as he talked up action in California, which would require voter approval in a November special election.

"I think the voters will approve it. I think the voters understand what's at stake," Newsom said on Friday. "We live in the most un-Trump

state in America."

Well maybe, but Democratic gerrymandering of California's districts will not be as easy as Republican gerrymandering in Texas.

In Texas, as in most states, the legislature controls redistricting. Under its current maps, enacted after the 2020 census, Republicans hold 25 of its 38 seats, Democrats have 12 and there's one vacancy.

Ironically, Democrats fare much better in Texas than Republicans do in California, where the GOP holds just nine of the state's 53 seats under maps drawn by an independent commission. Newsom, backed by Democratic legislative leaders, wants voters to set aside the commission's maps for as many as three election cycles and approve a new plan with more Democratic districts.

If Texas moves forward, the proposal, which has not been shared publicly, would require the California Legislature to place it on the ballot after lawmakers return next week from summer recess — and just four days to act under current law. However, the Legislature has often exempted itself from ballot measure deadlines, so one must assume that the proposal will make the ballot.

That's the easy part for Newsom. He would still have to persuade voters who are no more than lukewarm despite the unpopularity of Trump in California, according to private polling.

Former Gov. Arnold Schwarzenegger, who championed the creation of an independent redistricting commission, says he'll oppose Newsom's plan and Charles Munger Jr., a wealthy scientist who bankrolled two ballot measures to create the commission, says he'll support an opposition campaign.

Given the stakes, Trump and Republicans would probably flood the state with opposition campaign money while Democrats would do the same, with even more money coming from labor unions and other Democratic allies.

Newsom also faces the possibility of legal battles, such as issues over what data he uses to draw the new districts.

The state commission used numbers from the 2020 census, which pegged California's population at 39,538,223. The latest estimate from the Department of Finance's demographic unit is 39,529,000, a tiny difference. However, there are also differences within the state, according to the state's estimates, with coastal counties tending to lose population while inland counties gaining.

Districts must be equal in population — within tight tolerances — but also must not disenfranchise protected ethnic groups, according to federal law.

These factors all could be bases for litigation, perhaps including intervention by Trump's Department of Justice.

After the 2000 census, the threat of federal intervention played a big role in the California Legislature's previous redistricting effort, blocking Democrats from drawing partisan maps.

Prolonged litigation could block Newsom's plan from taking effect in 2026 even if he gains voter approval this year. This game is just beginning.

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. ★

WE SUPPORT FIRST RESPONDERS



Take a Bao (or Three) for Lunch Today



since the third century CE? That's a lot of years of bun innovation. With its roots in China, bao has traveled the globe, making friends far and wide, thanks to its versatile nature. Now, every year on Aug. 22, folks from all walks of life come together to celebrate bao in all its forms. It's a day where everyone can be a bao connoisseur, trying out new flavors and perhaps even mastering the art of bao making.

So, there you have it, the story of National Bao Day. From its humble beginnings to a nationwide phenomenon, it's a day that brings people together over the love of a bun. Whether you are a meat lover, vegetarian or have a sweet tooth, there's a bao out there with your name on it. Let the bao adventures begin!

And on that note, since I am a sweets

lover, I think I would like to stuff my bao with peaches.

Yes, what better way to celebrate National Eat a Peach Day? Peaches are quite possibly the world's perfect fruit: They are rich and delicious, and even their flesh has an amazing texture. Their aroma is enough to make one's stomach start to rumble, and there is little that can compare to drinking a nice cold peach tea in the summer heat.

National Eat a Peach Day reminds us that there is never a bad time to spend a little quality time with this perfect fruit. Like many of the world's most delicious foods, the peach tree finds its origins deep in the Northwest region of China in a beautiful area in the foothills, nestled in between the Tarim Basin and Kunlun Shan mountains.

By the 19th century, cultivation had begun in the Americas, and now they can be found and enjoyed all over the world in infinite varieties, from white peaches to nectarines. Yes, nectarines.

And how is it that peaches and nectarines are the same fruit, because nectarines are furless? It is a recessive trait in the peach tree that's been selectively bred by

the nectarine farmers. Every year nectarines appear on peach trees as a result. I would say Eat a Peach Day is the perfect opportunity to enjoy either one.

Well, this weather is definitely fickle. All of July was fairly mild with one day of 100 degrees. And August is all over the place. And the leaves are turning color and falling.

And I don't know about you, but my allergies are flaring up way too early. I am thinking maybe we will be having an early fall. Is that a good thing? Not sure. I know one thing: I don't want a long winter. I do not like being cold.

Let's just hope this is just a fluke in the weather and we will soon be back to normal.

And on a HO! HO! HO! note, I saw my first Christmas commercial this past week. It was for room air freshener. And by the way, there are 130 shopping days until Christmas.

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

ABOUT TOWN

Saturday, Aug. 23
Habitat Restoration Workday at the Cosumnes River Preserve Barn – 8 a.m. to 2 p.m. 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. 6500 Desmond Road.

Hot August Morning Car Show – 8 a.m. to noon at Dry Creek Oaks. Start your engines, because you're invited to check out cool cars! Stroll through vintage cars, sip fresh coffee, snack on doughnuts and tour five beautifully furnished model homes. Have a car to show? Call 209-401-3543 for more information. 959 Dry Creek Road.

Wednesday, Aug. 27
Music in the Park: Moment's Notice – 6 p.m. to 8 p.m. at Hutchins Street Square. Bring your picnic dinner, cozy blankets or low lawn chairs and settle in for an evening of free,

fantastic live music featuring talented local bands. 125 S. Hutchins St., Lodi.

Cupcakes and Ice Cream Art Class – 3:30 p.m. to 4:30 p.m. at the Chabolla Community Center. Join local artist Nancy Quiaoit for a special one-day art class, designed for ages 5 to 9. Students will create drawings of cupcakes and ice cream in their favorite flavors while learning to balance shapes, layer colors, and add highlights, all in a positive and encouraging environment. Register at cityofgalt.org/youthclasses. 610 Chabolla Ave.

Family-Friendly Nature Walk at the Cosumnes River Preserve – 9 a.m. to 11 a.m. Join us for a fun and educational nature walk and guided scavenger hunt. Our knowledgeable guides will lead you on a leisurely stroll through the preserve, while the group looks for interesting plants and animals along the way. Register at eventbrite.com. 13501 Franklin Blvd.

Saturday, Aug. 30
Astronomy in the Park – 8 p.m. at Oak Grove Regional Park. Enjoy telescope viewings guided by

local astronomers, interactive presentations, and educational activities perfect for kids and adults alike. Bring a blanket, pack a picnic and don't forget your sense of wonder. For more information, contact 209-953-8800. 4520 W. Eight Mile Road, Stockton.

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, Aug. 22: Family story time, 10 a.m. to 11 a.m. (G) English conversation group, 3 p.m. to 4 p.m. (G)

Wednesday, Aug. 27: English conversation group, 3 p.m. to 4 p.m. (G) Teen space, 3 p.m. to 5 p.m. Meet other teens and hang out in a space dedicated to you. (WG)

Thursday, Aug. 28: Family story time, 10 a.m. to 11 a.m. (WG)

Veterans Meetings
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 Aug. 27. Breakfast: second Saturday, 8-10 a.m., 8830 Sharkey Ave.

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, Aug. 28. Post 233

Family Breakfast, first Saturday each month at 9 a.m., with location TBD. Currently, we will meet at Mimi's Café, corner of Laguna Boulevard and West Stockton Boulevard (just off Highway 99). For more information, call

Henry at 916-205-9296 C or Sue at 916-683-6128 H.

Sons of the American Legion, Squadron 233 – first Monday each month at 5:45 p.m. at the Veterans Hall, 8230 Civic Center Drive.

SAVE THE DATE: Oct. 11, Post 233 will host its annual fundraiser at District56. Please email epost233@gmail.com for more information.

Marine Corps League Detachment #1238 – first Thursday each month. Dinner 6 p.m., meeting 7 p.m., District56 Veterans Hall, 8230 Civic Center Drive.

VFW Post 2073 – second Thursday. Dinner 6 p.m., meeting 7 p.m.,

District56 Veterans Hall, 8230 Civic Center Drive. For more information, call 916-684-3849.

Ongoing Events
Galt Café & Cars – every second Saturday from 8 a.m. to noon at Café Latte, 1000 C St. Open to cars, trucks, bicycles, motorcycles and anything else with wheels. Next event is Saturday, Sept. 13.

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! Next market is scheduled for Saturday, Sept. 6. ★

West Nile Virus Activity Increases

Sacramento Yolo Mosquito & Vector Control District News Release

SACRAMENTO REGION, CA (MPG) - Further West Nile virus activity (WNV) evidence was detected throughout Sacramento and Yolo counties, as 13 mosquito samples and three dead birds tested positive Aug. 13, the highest number of positive results reported in a single day this year, according to the Sacramento-Yolo Mosquito & Vector Control District.

The mosquito samples and dead birds were collected from different locations; however, most of the West Nile virus activity for Aug. 13 was in Davis and other rural areas in Yolo County.

"Mosquito and West Nile virus season is definitely underway and it's important for residents to be vigilant in preventing mosquitoes from breeding in their backyards,"

said Sacramento-Yolo Mosquito & Vector Control District District Manager Gary Goodman. "Mosquito control is a collaborative effort, and we encourage everyone to do their part."

In Sacramento County, 17 dead birds and 29 mosquito samples have tested positive for West Nile virus, as of press time. In Yolo County, 16 mosquito samples have tested positive for West Nile virus.

Last week, the district's laboratory surveillance program detected an increase in virus activity and overall mosquito populations due to the very warm temperatures of recent days. Hot weather accelerates the mosquito lifecycle and can quickly amplify the virus putting residents at a higher risk.

"While it has been a relatively mild season for WNV so far, we are in the middle of summer and conditions can change quickly," Goodman said. "We expect to see continued activity over the next

few weeks. Protecting yourself is key: Always apply an effective mosquito repellent when spending time outdoors."

The Centers for Disease Control and Prevention recommends using an insect repellent that contains the active ingredients DEET, Picaridin, IR3535 or the plant-based Oil of Lemon Eucalyptus.

In response to the recent findings, the Sacramento-Yolo Mosquito & Vector Control District has increased its surveillance and will continue with ground fogging around areas where positive mosquitoes and birds have been found.

For current information about any treatments planned, visit FIGHTtheBITE.net.

Residents can also subscribe to receive email notifications for mosquito treatments by zip code. To sign up, click on the Services icon and go to Spray Notifications on the above website. ★

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Elaine LaLanne Still Leads the Way



Elaine LaLanne was a featured speaker during IDEA World's Expert Spotlight Series on July 18 in Sacramento. She had the audience doing facial and foot exercises during the beginning of her talk. Photo by Seth Henderson

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - Elaine LaLanne is a beacon of light promoting the benefits of a healthy lifestyle at any age to millions of fitness aficionados throughout the world.

Known for decades as the "First Lady of Fitness," LaLanne will be 100 next March.

And LaLanne is still constantly on the go as she shares the lifelong work of the Godfather of Fitness, her late husband, Jack LaLanne, via fitness conferences, podcasts, books, the Internet and running Befit Enterprises.

Today's Generation Z, Millennials, Generation X and Baby Boomers have nothing over LaLanne; the 99 year old has more energy, strength and cheerfulness than many of us. That's why she works daily to bring an awareness about exercise, nutrition and positive attitude to everyone who will listen about how to stay healthy from childhood to 100 and beyond.

It's a far cry from her mid-20s when LaLanne ate donuts, smoked cigarettes and did not exercise.

During a lunch break at the recent 2025 IDEA World fitness and wellness event at the Sacramento Convention Center, LaLanne laughed, "I thought I was old when I was 27."

But then she met Jack LaLanne, an Oakland body builder and the first modern health club owner, in 1951 during an episode on the ABC-affiliate KGO-TV "The Les Malloy Show" that she cohosted. He did pushups nonstop throughout the entire 90-minute show.

Soon, the TV cohost changed her lifestyle and "started exercising, doing pushups and weights. My muscles got more toned. I quit smoking and broiled everything, instead of frying everything."

Jack LaLanne's appearance on "The Les Malloy Show" led to an invitation for him to be on the nationally-syndicated "You Asked for It" TV show. Jack LaLanne broke a world record with 1,033 pushups in 23 minutes.

Shortly after, Jack LaLanne became the first exercise and nutrition show host on TV with "The Jack LaLanne Show" on KGO. The show was television's longest-running nationally-syndicated exercise program,

running for 34 years.

Little did the LaLannes know in 1951 that "The Les Malloy Show" segment would propel them to become pioneers of a healthier lifestyle and that their impact would still be felt internationally in 2025.

The American College of Lifestyle Medicine in 2022 honored the LaLannes with Lifetime Achievement Awards for their work spreading awareness of the benefits of exercise and good nutrition throughout the decades.

Jack LaLanne created prototypes of popular exercise equipment, including the weight

include fitness as part of their daily life, is to keep it simple and to not make it complicated.

"Simply said, if you don't move, you're removable. When you boil it down, you have to oil your joints, move your body," LaLanne said. "That's why exercise is king and nutrition is queen. Put them together and you have a kingdom. Jack taught me that."

Having a positive attitude is a huge part of the fitness equation for LaLanne.

"You can either go forward or you can go backward," LaLanne said. "I think we should go forward

You might not be able to change a situation, the First Lady of Fitness said, "but you can realize your frustration and tell yourself that it won't bother you. It's all about attitude."

"I live each day to the fullest," LaLanne said. "I don't think about the future. Yesterday is gone, tomorrow isn't here yet. Today, being with you, is the most important part of my life."

For nutrition, LaLanne stresses moderation.

"What you eat today is walking and feeling tomorrow. You want to take energy," LaLanne said. "If you eat foods in their

that," LaLanne added.

Even today, LaLanne starts every day with exercise. She does 20 jackknives, stretching exercises, leg exercises, arm crossovers, cardiovascular punches, shoulder exercises, leg lifts and pushups before breakfast.

Yes, LaLanne still does full body pushups. Jackknives are challenging core exercises that strengthen the abs and hip flexors.

For those who are strangers to exercising, LaLanne said to start out easy.

"It's never too late to get fit," LaLanne said encouragingly, "People who don't want to work out say, 'It's not for me.' But think of the results: building muscle, having a better positive attitude and keeping healthy. Plus it mentally cleans out the cobwebs."

The more you exercise, according to LaLanne, the sharper your mind is. And it's not how you look, whether you have crow's feet or wrinkles but "just be you." Think, "I'm me and I love me." You have to love yourself. It's not the look, it's what's in your heart. You have to believe in yourself because there's no one else like you."

While LaLanne is reassured that many gyms are filled with members intent on keeping fit, she also knows that "some people still poo-hoo exercise and a lot of people know about exercise's benefits but they don't do it."

"So I've got to be an example. I do the best I can with the equipment I have," said LaLanne, who has vision issues and uses a walker like many others 30 or 40 years younger than her. "The years go by so fast. If I take that I'm not 20, 30 or 40 anymore, I accept what I have and I go for it."

Enjoy each decade, LaLanne stressed.

"I wear old lady shoes, I'm blind in one eye, my other eye is going, I have a bad knee but my core is strong. I do 30 jackknives every day," she said.

To LaLanne, "this is my fun, talking about fitness and writing about it."

As she continues to be a fitness advocate and icon today, LaLanne is shining that beacon of light for all of us to become healthier, whatever our age and our fitness levels. ★



Elaine LaLanne, the "First Lady of Fitness," at 99 is still inspiring the public that you can work at being fit at any age. Photo courtesy of IDEA World

selector, wall pulley, leg extension, resistance band and squat machine, according to the American College of Lifestyle Medicine, and created the first protein drink, "Instant Breakfast," and protein bars.

Fast forward to today and Elaine LaLanne is still the Number One model for healthy living.

Her advice to others, especially those individuals who don't

with the positive energy instead of the negative energy."

Her son, Jon LaLanne, standing nearby, added to his mother's comments by saying that he learned much from his parents, including common sense.

"My parents came from the Depression and used good-old-fashioned American common sense. A lot of people not doing well see the glass half-empty instead of half-full," Jon LaLanne said.

natural state as much as possible and eat vegetables and fruits with vital vitamins, you'll be OK. Too much pasta, too much of anything is not good."

After turning 80, LaLanne told her husband that she would have a piece of cake "once in a while." Jack LaLanne responded, she said, that it's what you do most of the time that counts.

"I don't overload my body; I have a little of this and a little of

Player Hits Massive Half-Million Jackpot

Sky River Casino News Release

ELK GROVE, CA (MPG) - Sky River Casino announced Aug. 14 a significant jackpot win, bringing another life changing moment to a lucky guest from Elk Grove.

A player recently hit a massive progressive jackpot of \$548,628.10 while playing the BSX Triple Diamond progressive on one of the casino's third year anniversary-themed table games.

The winning hand resulted in one of the largest table game jackpots in Sky River Casino's history. This latest win contributes to an impressive milestone, with nearly \$17 million in table games progressive jackpots paid out since the casino opened its doors three years ago.

"This particular win on our anniversary themed table game is a fantastic way to celebrate our continued success," said Michael J. Facenda, President of Sky

River Casino. "Looking ahead, our future is even brighter as we move forward with adding 400 more slot machines come early 2026, a 300-room hotel, day spa, salon, outdoor pool, and a multi-use event and entertainment space. These additions will elevate the Sky River experience and transform us into Northern California's best casino resort."

BSX Triple Diamond progressive offers players a chance to win a significant jackpot with a qualifying hand, and this win highlights the excitement and potential for big payouts at Sky River Casino. Since its grand opening in August 2022, the property has rapidly established itself as a premier destination for gaming, dining and entertainment.

The various anniversary celebrations this month are a tribute to the community and the loyal guests who have made the casino's first three years an overwhelming success.



Sky River Casino announced on Aug. 14 that an Elk Grove resident recently hit a major jackpot and won half a million dollars playing blackjack. Photo courtesy of Sky River Casino



As a writer, Marisa Gray Atha expresses her lifelong curiosity about inspiration, art, narrative and the thread that connects people to one another. Images courtesy of Marisa Gray Atha

Atha Celebrates Debut Novel

By MPG Staff

SACRAMENTO, CA (MPG)

- Longtime Land Park resident Marisa Gray Atha is celebrating the publication of her debut novel, "Written on the Wall," with a Northern California book launch this month through October.

Atha is also the owner of Three Sparrows Studio, providing private vocal instruction with a holistic approach that empowers her students to

find and free their own natural sound.

"Written on the Wall" follows the intertwined lives of four women as they navigate the complexities of love, family and the pursuit of happiness. Becca struggles with the heart-wrenching disappointment of failed attempts at conceiving a child while Sara finds solace in the everyday joys of motherhood.

Renee and Dena never plan to exchange San

Francisco's night scene for quiet family life, but unforeseen events shift their trajectory.

As their paths intersect and diverge, the four women grapple with the challenges of balancing personal desires with external expectations. The four women are on a journey of self-discovery and redemption.

As a writer, Atha expresses her lifelong curiosity about inspiration, art, narrative and the thread

that connects people to one another. She is an avid blogger and guest contributor. "Written on the Wall" was published in May by Pegasus Publishers.

Atha holds a bachelor's degree in music, with a concentration in vocal performance, Master of Music in classical vocal performance and a bachelor's degree in English.

She has been published in the NATS Journal of Singing, NATS Inter Nos, OM Yoga & Lifestyle Magazine, Sad Girl Diaries Online Literary Magazine and The Speakeasy

Cooperative. Atha offers musical, mind/body and wellness musings in her studio blog.

Upcoming "Written on the Wall" events include an author reading and book signing at 2 p.m. Sept. 14 at The Avid Reader at Broadway Station, 1945 Broadway, Sacramento.

Atha also will have a reading and book signing at Underground Books, 2814 35th St., Sacramento, at 1 p.m. Oct. 19.

For more information on the author or the book, please visit marisagrath.com.

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COMMUNITY BRIEFS

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.

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.

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.

Church Hosts Discussion for Singles

Calvary Life Tabernacle hosts a "Finding Love Session" at 6 p.m. the first Saturday of each month at the church, 446 Third St. in Galt.

For more information about this group discussion, call Sue Ellen Williams, 818-290-4093.

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.

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.

AA 24-Hour Hotline

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

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.

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 appear in future newsletters and City Manager Updates.

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.

TOPS Weekly Meetings

TOPS, Taking Off Pounds Sensibly, meets 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.

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. ★

POLICE LOGS

During the time period of Aug. 12 to Aug. 18, Galt Police received and responded to a variety of calls, resulting in 10 arrests.

Aug. 12

11:11 a.m., Fraud reported, Empire Village Apartments on Palin Avenue.

4:08 p.m., Hit and Run/Non-Injury, Swat Customs on Simmerhorn Road.

5:48 p.m., Fraud reported, Galt Police Department on Industrial Drive.

6:08 p.m., Assault with a Deadly Weapon/Adult Arrest, Emerald Oak Drive.

10:29 p.m., Robbery reported, Oak Avenue: Male adults hit the reporting party and took his phone away.

Aug. 13

8:44 a.m., Theft reported, Mildred Avenue: E-bike stolen.

Aug. 14

11:01 a.m., Theft reported, Revere Loop: Electrical breaker from the main electrical panel on exterior of model home taken.

11:01 a.m., Theft reported, Bastion Avenue: Electrical breaker from the main electrical panel on exterior of model home taken.

Aug. 15

9:07 a.m., DUI/adult arrest, Kost Road/Creekside Way.

7:16 p.m., Court Order Violation/

adult arrest, Liberty Ranch High School, Marengo Road.

Aug. 16

8:57 p.m., Stolen Vehicle reported, Strathaven Way.

11:02 p.m., Warrant Served/adult arrest, Civic Drive/Caroline Avenue.

Aug. 17

9:06 a.m., Robbery/adult arrest, Country Villa Mobile Home Park on Pringle Avenue.

9:50 a.m., Domestic Violence/adult arrest, J Street.

2:37 p.m., Hit and Run/Non-Injury, North Lincoln Way.

6:05 p.m., Hit and Run/Non-Injury, Taco Bell on C Street.

8:40 p.m., Domestic Violence-In-Progress/adult arrest, Prairie Court.

Aug. 18

10:11 a.m., Narcotics Violation/ Adult Arrest, Trailridge Apartments on North Lincoln Way.

10:16 Fraud reported, Edelweiss Way: Checks cashed.

2:18 p.m., Identity Theft reported, Paddington Circle.

7:27 p.m., Vehicle Accident-Injury, A Street/Fairway Drive.

8:23 p.m., Warrant Served/adult arrest, Jack In The Box on Twin Cities Road.

11:12 p.m., Narcotics Violation/adult arrest, Walmart on Twin Cities Road. ★

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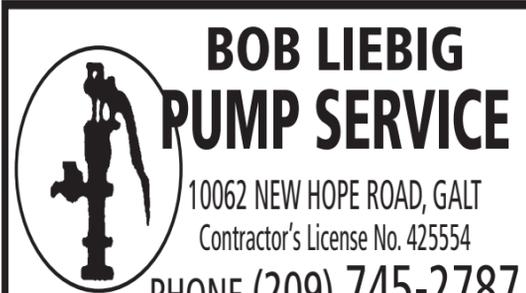
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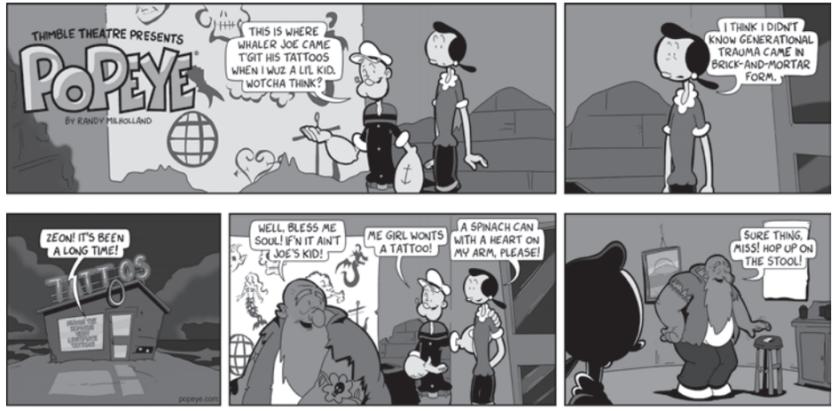


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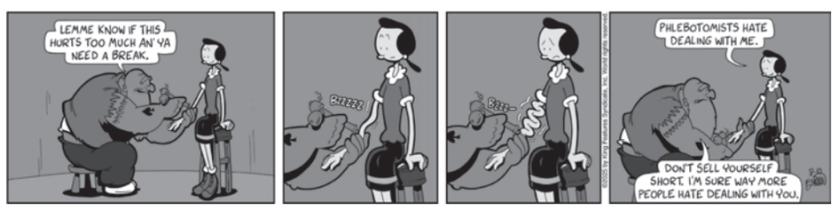
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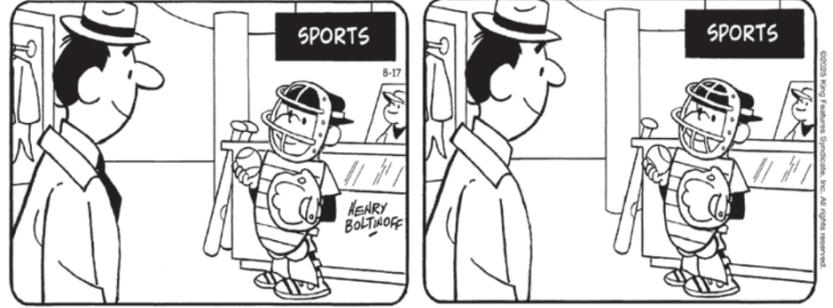


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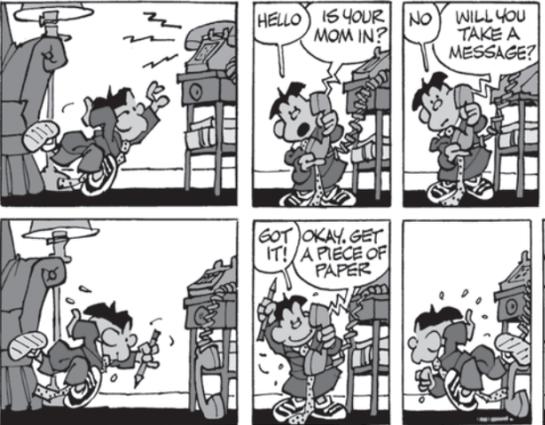
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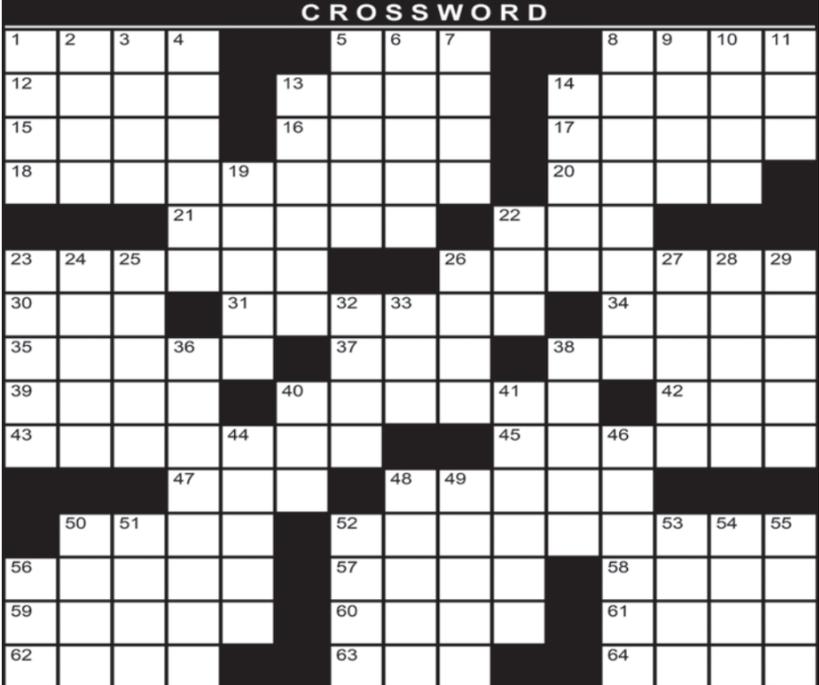
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 - Karl of politics
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 - *YDS, TD or INT
 - Black like certain tree
 - *Last season's NFL MVP
 - *Worth 6 points
 - Way, way off
 - Owl cries
 - Come and ____ it
 - Ape
 - Stucco or aluminum on a house wall, pl.
 - "Wheel of Fortune" request
 - Bette Green's "Summer of my ____ Soldier"
 - Stag, not doe
 - Like an uncomfortable mattress
 - European Economic Community
 - *NFL Hall of Famer Greene or comedian Hart
 - Seed coat
 - Cylindrical flower cluster
 - Stir or fuss
 - City in Illinois
 - #10 Down's counterpart
 - Small dog's bark
 - Adams of "Summer Of '69" fame
 - *Point value of a safety in football, pl.
 - *Worth 3 points in football (2 words)
 - Behind a stern
 - Raise the roof
 - Classroom parasites
 - Blooper
 - Actor and singer Kristofferson
 - Some are slippery
 - Scraps
 - Ballpark fig.
 - Dark loaves
- DOWN**
- Bothersome one
 - *Pro and College Football Hall of Famer Graham
 - Molokai party
 - Leechee, alt. sp.
 - R2-D2, e.g.
 - Declares to be true
 - *College, home to football's Nittany Lions
 - *Football intermission
 - Paella pot
 - Addict
 - *What the NFL's Jim Brown famously did
 - Fixed up
 - Bleated
 - Hoagie, alt. sp.
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LOCAL SPORTS → COVERAGE

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Hawks Flag Football Soars into New Season Despite Tough Opener



Kamrynn Blevins evades a Manteca defender.

Story and photos
by Paige Lampson
Sports Editor

GALT, CA (MPG) - The ever-popular sport of girls' flag football continues to gain momentum, and the Liberty Ranch Hawks are riding that wave into what promises to be an exciting 2025 season. The defending league champions faced their first test Monday night against powerhouse Manteca High School in a traditional foundation game that served as a challenging warmup for the season ahead.

Manteca proved why it has such an exceptional record, shutting out the Hawks while scoring four times in the non-league contest. Though the final score wasn't what Liberty Ranch had hoped for, the game provided valuable experience against top-tier competition.

"The girls played hard for their first game," said Head Coach Andy Peterson. "Lots of good things on the field Monday night and lots to get better at."

The Hawks showcased some of the new elements added to girls' flag football this year, including the introduction of punting



Savanna Garbarino runs the ball.

under revised CIF rules. Quarterback Kamrynn Blevins handled punting duties for Liberty Ranch, demonstrating the versatility that will be crucial in the team's quest to repeat as league champions.

This year's squad faces unique challenges and opportunities. With 20 freshmen and just four seniors, the Hawks are building for both the present and future. The program's growth is evident in Liberty Ranch's ability to field both JV and varsity teams for the first time.

"We have a very young program with 20 freshmen and four seniors looking forward to a challenge of an extremely difficult preseason schedule and preparing for league and hopefully playoff action," Peterson explained.

The popularity of girls' flag football continues to surge, with increasing participation numbers allowing programs like Liberty Ranch to expand their offerings. The Hawks' ability to support two teams reflects both the sport's growth and the school's commitment to providing opportunities for all interested athletes.

Liberty Ranch will have little time to dwell on Monday's result, as its official season opener looms Thursday, Aug. 21 against Consumnes Oaks High School in Elk Grove. The Hawks will then play their first home game on Saturday, Aug. 23 at 1 p.m. against Vacaville.

With a demanding preseason schedule designed to prepare them for league play and potential playoff action, the young Hawks



Ruby Gorelick grabs an interception.



Hawk Giovanna Guerrero looks to gain some yards.

squad will be tested early and often. If their championship pedigree and

growing program depth are any indication, Liberty Ranch is ready to meet

those challenges head-on as it defends its league title. ★

Second-Grader is National Taekwondo Champion

By Paige Lampson
Sports Editor

GALT, CA (MPG) - Another success story has emerged from Galt's Robinson's Taekwondo as 8-year-old Tristan Toledo captured the USA Taekwondo National Championship in Ontario, California, two weeks ago. Toledo dominated the sparring competition in the Red Belt age 6-7 middle weight division (23-27 kg), adding a national title to his impressive resume after winning his division at the State Championship last spring.

Toledo, currently a second-grader at Oak View School, has been training in taekwondo for three years and is approaching his black belt goal.

His journey represents both personal determination and the quality instruction provided at Robinson's Taekwondo in Galt.

"I felt so good about the fight; I felt like I challenged myself," Toledo said about his championship performance. "I had

butterflies in my stomach, but as soon as I got to the mat they went away. I listened to my dad. He told me to never stop attacking until each round was over."

The young champion expressed disbelief at his accomplishment: "I just couldn't believe that me, a boy from Galt, just won first place. I was so happy."

Toledo's passion for the martial art extends beyond competition.

"I love taekwondo because it's so much fun. I like learning the new forms and going to each belt ceremony to find out if I passed and achieved the next belt," he explained.

While mastering the technical aspects of taekwondo, Toledo particularly enjoys the social elements of competition.

"Sparring is my favorite part. I love competing in tournaments because I get to meet new friends like my new taekwondo friends who came all the way from Hawaii and Pennsylvania for the national championship."

Connie Hilaman, chief



Tristan Toledo stands at the mat in Ontario ready to compete.

instructor at Robinson's Taekwondo, praised Toledo's dedication: "Tristan has been training with Robinson's Taekwondo for two years. He has worked hard to improve his knowledge of taekwondo, learning poomsae and sparring drills," Hilaman said. "Tristan has attended local UWTA

tournaments and the USA Taekwondo championships in Ontario, California. In sparring, Tristan took first place. We are proud of him and his accomplishments."

Toledo already has his sights set on the future, sharing his ambition: "My teachers make practice fun, like Mr. Xavi, when he teaches me new kick



Tristan Toledo poses after winning his National Taekwondo Championship. Courtesy Photos

combinations. I want to open my own school one day and teach other kids."

The national championship represents not only Toledo's individual achievement but also

highlights the growing success of Galt's Robinson's Taekwondo program in developing young martial artists who excel at the highest levels of competition. ★

LOCAL SPORTS → COVERAGE



Hawks Soar in Preseason Scrimmage, Ready for Season Opener

VARSITY SCRIMMAGE



JV SCRIMMAGE



Without numbered jerseys, individual players were difficult to identify, but the collective effort was unmistakable from Liberty Ranch High School's junior varsity and varsity teams.

Story and photos by Paige Lampson Sports Editor

GALT, CA (MPG) - Football season is almost here, and the Liberty Ranch Hawks have been putting in the work all summer long. Last Friday night, their dedication paid off as they took the field against McNair High School and Ripon High School in a traditional preseason scrimmage that showcased months of preparation.

The evening began with junior varsity action at 5 p.m., followed by varsity at 6:30 p.m. Both squads battled through 90-degree heat, demonstrating their conditioning and commitment as they executed plays that they've been perfecting since summer practices began.

"Both teams gave a great performance against two high quality teams," said Head Coach Warren Schroeder. "We are proud of how hard they have worked to prepare for our first game this week. They have done well at learning and executing the schemes on both sides of the ball."

The scrimmage served its purpose as a final tune-up, allowing coaches to evaluate player performance and identify areas for improvement before the season opener. Without numbered jerseys, individual players were difficult to identify, but the collective effort was unmistakable as Hawks players showcased their strengths while coaches took notes on what still needs work.

"We still have many more things to learn and perfect, but we know they will continue to give all their effort," Schroeder added. "We do anticipate some players going both ways at the varsity level, but that has almost always been the case at a small school like Liberty Ranch."

The real test comes this Friday when the Hawks host Stagg High School of Stockton for their season opener. JV kicks off at 5:30 p.m., with Varsity following at 7 p.m.

The community is invited to join a special tailgate party featuring athlete autographs from the football, flag football and volleyball teams. Food trucks and other activities will add to the festivities, while team photos will be available for varsity football, girls' flag football and volleyball. Junior league players are especially



encouraged to attend and meet their high school role models. After a summer of preparation and a successful scrimmage showing, the Hawks are ready to spread their wings and begin the 2025 season on their home turf. ★