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JULY 17, 2026

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Highlighting Civic Duty and Growth



Pictured from left are Cosumnes Community Services District Board of Directors Vice President Rich Lozano, President Peter Sakaris, Director Angela Spease, Director Reina Tarango and Director Daniella Zehnder. Photo courtesy of Cosumnes Community Services District

By Idaly Valencia

ELK GROVE/GALT, CA (MPG) - Ahead of the Cosumnes Community Services District's regular board meeting on July 1, a special gathering was held in the district's chamber for its 2026 State of the District address delivered by President Peter Sakaris. Sakaris highlighted the district's growth, accomplishments and long-term planning during the address, emphasizing that while residents

may not notice the significance of local government when services run smoothly, the work of district employees, volunteers and community partners is what keeps the community functioning every day. With the district having marked its 41st anniversary July 1, Sakaris reflected on how the agency has grown since its formation in 1985. He noted beginning from operating five parks and three fire stations to now serving more than 220,000 residents

across the cities of Elk Grove and Galt, and the communities of Wilton, Herald, Courtland and Walnut Grove. Today, the district oversees nine fire stations, 108 parks, a golf course, three community pools, 14 recreation centers, six after-school sites and hundreds of recreation programs, Sakaris said. "Whether someone calls 911, learns to swim, enjoys the neighborhood park or attends a community

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City Releases 2025 Water Quality Report



The City of Galt reports its water meets all state standards in the 2025 Drinking Water Consumer Confidence Report. Photo by kaboompics/Pixabay

By MPG Staff

GALT, CA (MPG) - The City of Galt has released its 2025 Consumer Confidence Report, reaffirming that the city's drinking water met all state and federal drinking water standards throughout the year while outlining ongoing infrastructure improvements and conservation efforts. Prepared in May, the report covers water quality data collected during the 2025 calendar year and provides residents with information

about the city's water supply, treatment process and testing results. The city supplies drinking water through four active wells and one standby well that draw from the Cosumnes Subbasin. The groundwater is treated to remove naturally occurring iron, manganese and arsenic, while low levels of chlorine are added to disinfect the water before it enters the city's closed-loop distribution system. In 2025, Galt's wells pumped more than 1.4 billion gallons of water.

According to the report, the city conducts extensive water quality testing to comply with standards established by the State Water Resources Control Board and the U.S. Environmental Protection Agency. While Galt's drinking water meets all regulatory standards, it contains low levels of naturally occurring arsenic that remain below the Maximum Contaminant Level. The report also stated that the Environmental Protection Agency continues to

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Justice Served for a Neighbor Cat



Lead Animal Control Officer Zoe McCurnin went door to door to speak with residents who had home security cameras in hopes of piecing together a timeline and tracking the animal-cruelty suspect's movements. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - When a Sacramento County resident contacted authorities after witnessing a horrifying act of animal cruelty captured on her home security camera, she had one hope: that justice would be served for a beloved neighborhood cat. As of June 30, we're able to share that an arrest has been made thanks to the tireless work of Sacramento County Animal Care Services, the Sacramento County Sheriff's Office and one incredibly determined Animal Control officer. Earlier this year, Sacramento County Animal Care Services received a report of a man who walked onto a resident's property, approached the front door, grabbed a neighborhood cat and brutally killed the animal. The disturbing incident was captured on the resident's security camera and immediately reported to both 911 and Sacramento County Animal Care Services. Lead Animal Control Officer Zoe McCurnin was assigned to the case. From the beginning, Officer McCurnin believed that solving this case would require more than reviewing the original footage. After observing that the suspect appeared to be traveling on an electric scooter, she developed a theory that he likely lived nearby. Determined to identify the individual responsible, Officer McCurnin began canvassing the neighborhood, going door to door and speaking with residents who had home security cameras in hopes of piecing together a timeline and tracking the suspect's movements. Despite extensive efforts, the investigation initially yielded few answers. Then, approximately two weeks later, the suspect returned to the same home at nearly the same time of day and was once

Continued on page 2

Glance Back Returns to the History File

Editor's Note: It's back! After a brief hiatus, the feature "Glance Back" will return as a monthly article by Historian Dan Tarnasky. In 1983, Mary Lewis started writing "Glance Backward" to connect area residents with their past and eventually shortened the title to "Glance Back." With Mary's passing in 2017, several Galt Herald editors continued the tradition and are now passing the torch on to the local historian. Unless otherwise noted, all information comes from past issues of the Galt Herald. Enjoy!

125 Years Ago July 6, 1901

The new Century's first Fourth was ushered into Galt with the roar of cannon and booming of bombs and firecrackers. Flags and bunting were in evidence, and the patriotic citizens of town appeared in holiday attire. The most notable event of the exercises of the day was an afternoon parade by the Galt Horribles in which "Young America" disported and made the eagle scream. (Weekly Galt Gazette)

July 13, 1901

The Rev. C. L. Engle preached his farewell sermon at the Christian Church last Sunday. The Rev. Engle was not fully satisfied with Galt, and if he had his own way, he



would have made many radical changes in this community. (Weekly Galt Gazette)

100 Years Ago July 23, 1926

Rumors had been swirling around for days that local realtor Harvey Jay Smith had an acute case of tuberculosis, and the disease could spread. Galt physician and County Health Officer James Christian examined Smith and found nothing more than bronchitis. A follow-up letter to the editor in the Galt Herald, written by Dr. Christian, attempted to quash all rumors and clear Smith.

75 Years Ago July 6, 1951

Henry Tweith, editor and publisher of the Galt Herald, was fined \$25 this week by City Judge Roy Foote on charges of violating the city fire ordinance. A complaint against Tweith was signed by Fire Chief Ervin C. Engel following an accidental fire that occurred on Saturday from burning old newspapers in a trash burner at the rear of

the Galt Herald Building at 563 C Street.

July 27, 1951

A free movie to celebrate the grand opening of "The Frostie" at C Street and Lincoln Way, across from the Galt Theater, was announced yesterday by Eric Spiess, the theater manager. The free movie will be on Tuesday, July 31, from 11 am to 4 pm. The main film will be "Counter Punch" with Joe Palooka, and the comedy will be "The Little Rascals." There will be free treats for youngsters attending.

50 Years Ago July 15, 1976

Students at Galt High will be offered Class A lunches at the school cafeteria during the coming academic year. The school hasn't offered full lunches for several years, according to district Superintendent Orvell Fletcher, "but we must do so now to furnish proper nutrition for students from needy families." The cafeteria has been offering snacks and à la carte servings. ★

Justice Served for a Neighbor Cat



The county recently shared a story that demonstrates the commitment of Sacramento County Animal Care Services and Sacramento County Sheriff's Office to serving justice in a case of animal cruelty against a neighborhood cat. Photo courtesy of Sacramento County

Continued from page 1

again captured on security footage.

Recognizing an opportunity, Officer McCurnin requested to conduct surveillance in the area.

In the early morning hours, she returned to the neighborhood and observed an individual riding an electric scooter who matched the suspect's description.

Throughout the investigation, Sacramento County

Animal Care Services had been working closely with the Sacramento County Sheriff's Office. Officer McCurnin immediately contacted her law enforcement partners, who were able to follow the suspect, identify where he lived and worked, and begin the process of obtaining a search warrant.

The coordinated efforts between Animal Care Services and the Sheriff's Office led investigators to

evidence that supported an arrest, bringing a significant and emotional case to a successful conclusion.

This arrest represents more than the resolution of a criminal investigation. It is a reminder that acts of animal cruelty are taken seriously and that collaboration, persistence and community involvement can make all the difference.

If you witness suspected animal cruelty or neglect, please report it to 311. ★

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8:20 AM	8:45 AM	9:00 AM	9:15 AM	9:30 AM	9:45 AM	9:55 AM	10:05 AM	8:25 AM	8:45 AM	9:00 AM	9:15 AM	9:30 AM	9:45 AM	10:00 AM					
10:30 AM	10:45 AM	10:50 AM	10:55 AM	11:00 AM	11:05 AM	11:15 AM	11:45 AM	10:35 AM	10:45 AM	10:50 AM	10:55 AM	11:00 AM	11:05 AM	11:15 AM					
12:30 PM	12:45 PM	12:50 PM	12:55 PM	1:00 PM	1:05 PM	1:15 PM	1:45 PM	12:35 PM	12:45 PM	1:00 PM	1:05 PM	1:10 PM	1:15 PM	1:20 PM					
2:20 PM	2:45 PM	2:50 PM	2:55 PM	3:00 PM	3:05 PM	3:15 PM	3:45 PM	2:25 PM	2:45 PM	3:00 PM	3:05 PM	3:10 PM	3:15 PM	3:20 PM					

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Senate Republicans Stand with Howard Jarvis Taxpayers Association Against Tax Increases

California State
Republicans
News Release

SACRAMENTO, CA (MPG) - California Senate Republicans welcomed reports on June 25 that negotiations between legislative leaders and the Howard Jarvis Taxpayers Association have resulted in an agreement to preserve California's longstanding Proposition 13 taxpayer protections by maintaining the two-thirds vote requirement for local special tax increases. "Taxpayers deserve



leaders who are focused on lowering costs, not making it easier to raise them," said Sen. Kelly Seyarto (R-Murrieta). "Californians are already paying enough, and any proposal to increase taxes should have to earn broad public support, not just a bare majority. I'm encouraged by today's agreement, but our work to protect

taxpayers and Prop. 13 is far from over." The legislative Democrats' Assembly Constitutional Amendment 13 (from the 2023-24 session) would have placed a measure on this November's ballot to lower the threshold for local tax increases to a simple majority vote. "I have long stood in

support of Howard Jarvis Tax Payers Association and I am grateful for the historic action they took today to protect Californians pocketbooks," said Senator Shannon Grove (R-Bakersfield). "They successfully negotiated a 2/3 vote requirement for local tax increases, instead of the current 51% majority requirement. This is a huge win for every Californian who simply cannot afford another tax increase put forward by the majority party." During the Senate Floor debate to withdraw ACA

13, Sen. Grove ensured there was a public commitment made by the majority party that the agreement would proceed. She also received public confirmation that the process was valid, raising concerns brought to her by the Secretary of State and business lobbyists. "At a time when legislative Democrats have passed \$14 billion in new tax increases, this agreement is a victory for the people of California," said Senator Tony Strickland (R-Huntington Beach). "I stand with the

Howard Jarvis Taxpayers Association in defending Proposition 13 and the protections it provides for taxpayers and homeowners. Californians deserve the certainty of knowing these constitutional protections will remain in place." "Families across California are already burdened by some of the highest taxes in the nation," said Sen. Roger Niello (R-Fair Oaks). "Today's agreement is welcome news for hard-working Californians who simply cannot afford to pay more." ★

The California Conservation Corps At 50: Fulfilling Its Promise

By Sen. Roger Niello

As the Vice Chair of the State Senate Budget and Fiscal Review Committee, I have seen my share of well-intentioned programs that simply didn't work as advertised. But one program, inaugurated 50 years ago this July, stands out as a shining example of a government effort that has fulfilled its promise – the California Conservation Corps (CCC). In fact, the CCC has exceeded expectations. It is a dramatically successful workforce development program that has transformed lives by giving young adults the skills, training, and opportunity to protect and enhance California's environment. The CCC is open to all Californians aged 18-25, with veterans eligible up to 29 years old. Most corpsmembers serve one year, hail from urban areas, and have little or no work experience. Many have



faced significant hurdles and challenges. From floods and wildfires to earthquakes, oil spills, and pest infestations, Corpsmembers are eager and prepared to help Californians when they need it the most. In fact, since 1976, corpsmembers have put in more than 14 million hours responding to natural disasters on emergency assignments. Most recently, hundreds of corpsmembers were dispatched to Los Angeles County during last year's devastating wildfires to support right alongside CAL FIRE firefighters, provide base

camp support, and protect communities from post-fire flooding, landslides, and toxic material contamination. In 2017, when the Oroville Dam spillway failure prompted the evacuation of nearly 200,000 people downstream, Corpsmembers helped set up an American Red Cross shelter for evacuees. And in 2020, the CCC helped operate a food distribution service during the COVID pandemic. When Corpsmembers aren't responding to emergencies, they are enhancing California's natural spaces by building and maintaining trails and bridges, working on energy projects, planting trees, improving streams and fish habitat, and improving park and recreation areas. Their footprints are everywhere – from San Diego all the way up to Fortuna on the north coast. On the outskirts of my Senate district, the CCC has a non-residential facility adjacent to the American River in Sacramento, which offers training opportunities in energy and other natural resources work. In addition, the Placer Center in Auburn operates wildland firefighting hand crews that are trained to cut fire line, lay hose, create fuel breaks, and mop up wildland fires.



Andres Orozco, a Placer Center alum, used his new skills to land a job as a firefighter for CAL FIRE. "I face almost the same challenges here every day that I did in the CCC," he says. "If you come for opportunities and work, you will 100 percent find it." Others might parlay their CCC education to find jobs with the Bureau of Land Management, National Park Service, or other nonprofit or private sector environmental organizations. If Corpsmembers enter the CCC without a high school diploma, the CCC helps them earn one within the program. The CCC's nonprofit partner, the California Conservation Corps Foundation, enhances corpsmembers' education, training, leadership development, personal growth, and career opportunities through philanthropy. Whether it's providing scholarships, health resources, internship placements, or simply a plane ticket home to attend a mother's funeral, the Foundation

has been supporting corpsmembers for most of the past half-century. Recently, I was proud to support a Senate Resolution recognizing the CCC's 50th anniversary and its long-standing impact and commitment to California's youth, stewardship of public lands, and dedication to improving our communities. It's a shining example of how a government program can work for all of us. State Sen. Roger Niello represents District 6, which includes Antelope, Arden-Arcade, Carmichael, Citrus Heights, Clay, Fair Oaks, Folsom, Foothill Farms, Franklin, Galt, Gold River, Herald, Mather, Orangevale, Rancho Cordova, Rancho Murieta and Wilton in Sacramento County. The district also includes Auburn, Granite Bay, Lincoln, Loomis, Newcastle, Penryn, Rocklin, Roseville and Sheridan in Placer County. To reach the senator, call 916-772-0571 or email senator.niello@senate.ca.gov. ★



Corpsmembers from the Sacramento Center creating defensible space around structures on Angel Island in the SF Bay. Photo courtesy of California Conservation Corps

Highlighting Civic Duty and Growth

Continued from page 1
event, chances are they are experiencing the work of this district," he said. Sakaris added that the district has continued making progress on priorities outlined in its strategic plan over the past year, citing new facilities, expanded programs, major capital projects and strengthened regional partnerships. He said the Parks and Recreation Department maintained its national accreditation, while the Fire Department earned its international accreditation and received the American Heart Association's Mission: Lifeline EMS Gold Achievement Award for excellence in emergency cardiac care. "Although the projects are very different, they share a common purpose," Sakaris said. "...honoring the legacy of the places that help shape our shape our community while ensuring they continue to meet the needs of a generation still to come." In public safety, Sakaris said the Fire Department secured more than \$680,000 in grant funding to expand communications equipment and its Mobile Integrated Healthcare (MIH) program while continuing to invest in staffing, training and equipment. Sakaris took a moment to credit voter-approved Measure E, passed in 2022, for providing locally controlled funding to strengthen emergency response, parks and community services. "None of these investments happen on their own," he said. "We remain committed

to ensuring that every dollar is managed responsibly and are in line with the priorities that the community has identified. This is local government at its best. Residents identify the service that matters the most." Sakaris introduced the district's upcoming "One District, One Plan" initiative, which will unify planning efforts across its multiple departments under a single strategic framework to better align future investments and services with community priorities. "The decision we made over the next several years will shape the district's ability to serve residents for decades to come," Sakaris said about the initiative. "That should give our residents confidence, not because growth is easy, but because the district has consistently adapted to meet the challenges the community needs (addressed)." Throughout the address, Sakaris stressed the importance of regional collaboration with state, county, city and tribal partners, such as Wilton Rancheria, and repeatedly credited district employees as the driving force behind the agency's success. Closing his remarks ahead of the nation's 250th anniversary, Sakaris said the district's work reflects its commitment of upholding the values of public service at the local level. "The state of our district is strong. The future is bright," he said. "We are proud of what we have accomplished together and what will be coming in the future for this district." ★

City Releases 2025 Water Quality Report

Continued from page 1
study the long-term health effects of low-level arsenic exposure. The report includes a reminder to residents that lead in drinking water typically comes from household plumbing rather than the city's water system. Residents are encouraged to flush taps for 30 seconds to two minutes before using water for drinking or cooking if it has been sitting in pipes for several hours. In addition to water quality results, the report highlights several infrastructure projects aimed at meeting future demand. Construction began in fall 2025 on the Carillion Deep Well Expansion and Storage Reservoir Project, which includes a new 1.5-million-gallon storage tank, a replacement deep well and expanded treatment capacity. Once complete, the project is expected to increase water

production by 2,000 gallons per minute and eliminate the need for arsenic treatment at that facility. Construction is expected to wrap up in fall 2027. The city also began converting a test well at the Industrial Water Treatment Plant into a production well in September 2025. The project is expected to increase water production by an additional 1,000 gallons per minute when completed in fall 2026. The report notes that Galt continues working with six regional agencies through the Cosumnes Groundwater Authority to ensure the long-term sustainability of the Cosumnes Subbasin. Since implementing water conservation measures more than a decade ago, the city has reduced groundwater pumping by about 25% and now accounts for roughly 4% of the water withdrawn

from the subbasin. The report also states that testing found no detectable levels of per- and polyfluoroalkyl substances, commonly known as PFAS, in the city's drinking water. The city continues monitoring for the chemicals as required by the State Water Resources Control Board. Although statewide drought restrictions are no longer in place, the city continues encouraging residents to conserve water through practices such as repairing leaks promptly, watering landscapes efficiently and installing water-saving fixtures. Residents with questions about the city's drinking water can contact the Public Works Utilities Division at 209-366-7260. The full Consumer Confidence Report is available on the City of Galt's website at cityofgalt.org. ★

Women and Children Once Homeless Gather to Celebrate Anniversary



Dozens of graduates from Sacramento nonprofit Women’s Empowerment gathered at William Land Park in June to celebrate the nonprofit’s 25th anniversary. Photo courtesy of Women’s Empowerment

Women’s Empowerment News Release

SACRAMENTO, CA (MPG) - Amidst the smell of barbecue and the squeals of children laughing, dozens of Sacramento women who have risen from homelessness gathered with their children and reunited with classmates at William Land Park

on June 27 to celebrate the 25th anniversary of Sacramento nonprofit Women’s Empowerment.

The celebration included a barbecue lunch, face painting and yard games for children.

Since 2001, more than 2,000 women and their 4,000 children have graduated from the comprehensive program

designed specifically to help women break the generational cycle of homelessness for themselves and their children.

The initial nine-week employment-readiness and empowerment program includes transportation assistance, onsite childcare, classes, and one-on-one work with a social worker, housing navigator, job

developer and more.

Each woman who graduates from the initial program can return for services at any point, including paid job training and transitional housing. Women’s Empowerment is funded through private donations from the community and grants. To learn more and make a donation: www.womens-empowerment.org. ★

Sacramento County Introducing Staycation Parks Pass

Sacramento County News Release

SACRAMENTO, CA (MPG) - July is Parks and Recreation Month, and Sacramento County Regional Parks is inviting residents to experience a summer staycation close to home!

From scenic trails and river access to family picnic areas, wildlife viewing and outdoor recreation, Sacramento County Regional Parks offers countless opportunities to explore, experience and enjoy nature without leaving the region.

Whether you're biking along the American River Parkway, paddling local waterways, fishing, hiking or simply relaxing under the shade of a tree, Regional Parks provides affordable outdoor adventures for visitors of all ages.



Introducing Sac County Staycation Park Pass. Photo courtesy of Sacramento County,

To celebrate Parks and Recreation Month, Sacramento County Regional Parks is launching a Staycation Parks Pass for \$25.

The pass is valid now through Sept. 30 and provides a convenient way to enjoy Sacramento

County Regional Parks all summer long. Visitors who purchase a Staycation Parks Pass will also receive complimentary swag items while supplies last.

Swag items may include a cooling towel, drawstring

backpack, beach ball, flying disc, reusable cup and other giveaways that support the County's ongoing Life Looks Good on You river safety campaign.

Staycation Parks Passes can be purchased at the Sacramento

County Regional Parks administrative office at 10361 Rockingham Drive, Suite 100 Sacramento, CA 95827.

The office hours are Monday, Tuesday, Thursday and Friday from 9 a.m. to 1 p.m. and Wednesday from noon to 4 p.m.

Research consistently shows that parks support healthier communities by encouraging physical activity, reducing stress and providing spaces where families and neighbors can connect. Parks also contribute to local economies, improve air quality and help people experience the natural beauty of Sacramento County.

This July, Regional Parks encourages everyone to discover a new favorite park, revisit a familiar trail or spend time outdoors with family and friends. ★

Sacramento County Welcomes Peak Energy to Metro Air Park



Metro Air Park commercial facility. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO, CA (MPG) - Sacramento County July 8 welcomed Peak Energy to Metro Air Park as the company celebrated the opening of its first commercial manufacturing facility with a ribbon cutting ceremony.

The project represents up to \$71 million in capital investment, will create 249 jobs over the next five years and marks the culmination of a nearly two-year

recruitment effort led by the Sacramento County Office of Economic Development (OED). As Peak Energy refined its facility plans, OED helped evaluate alternative sites and reconnected the company with key partners to keep the project moving forward.

“We’re proud to welcome Peak Energy to Sacramento County and celebrate this milestone with their team,” said Crystal Bethke, Director of the Sacramento County Office of Economic Development.

“Projects like this take years of collaboration, and we’re grateful to everyone who helped make this possible. Peak Energy is creating quality manufacturing jobs, investing in our community and strengthening an industry that's growing here. We're excited to see what's next.”

The 180,000-square-foot facility at 7180 Badiie Drive will manufacture sodium-ion battery systems for utility-scale energy storage, renewable energy projects and electric grid applications.

Peak Energy manufactures sodium-ion battery systems using abundant domestic materials instead of critical minerals such as lithium, nickel and cobalt. The technology offers an alternative to traditional lithium-ion batteries for large-scale energy storage and supports a more domestic energy supply chain.

The investment adds another advanced manufacturer to Metro Air Park, which offers more than 1,600 acres of entitled industrial land for large-scale development.

Advanced manufacturing is one of the priority industries identified in Sacramento County’s Economic Development Strategic Plan.

The project strengthens the County’s efforts to grow high-quality jobs, attract private investment and build a competitive clean technology ecosystem. It also expands Sacramento County's manufacturing base and creates opportunities for local workers, suppliers and future investment. ★

Coroner Needs Your Help with John Doe Identification



Sacramento County seeks assistance with identification of John Doe. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO, CA (MPG) - The Sacramento County Coroner’s Office is seeking the public’s assistance in identifying an unidentified adult male (Coroner Case 26-00572).

On Feb. 4 an unidentified male experienced a witnessed cardiac arrest at a homeless shelter on Bannon Street in Sacramento. He was transported to the hospital, where he was pronounced dead

shortly thereafter.

The fingerprints of the decedent did not lead to a positive identification. Shelter personnel indicated that he was using the name Walter Hernandez Quinonez, with a date of birth of Aug. 26, 1968.

He appears to be of Hispanic ethnicity, estimated to be between 50 and 60 years old. His hair was shoulder length, black in color with gray. The decedent weighed 151 pounds and stood at 5 feet 8 inches tall. His teeth were natural and well-preserved,

and he had brown eyes. There were no tattoos or notable marks or scars on his body.

The sketch of the unidentified man is a combination of human-generated sketch and real photos of the decedent post-mortem collected by AI to create the most accurate version of the decedent.

Those who have any information to the identity of this person should contact the Sacramento County Coroner’s Office at 916-874-9320 or via email at DeputyCoroner@saccounty.gov ★

Kings Korner

By V.G. Harris

Summer League Standouts

By V.G. Harris

If you’ve been watching this year’s summer league by now you’ve seen some pleasing results.

The Sacramento Kings came to play, and with that said, went on to win the first four games of the NBA summer league.

All good things must come to an end, and sadly the Kings didn’t show the same gritty defense or fire as they took the court against the Washington Wizards Sunday night. Whether tired or just an off night, A. J. Dybansa and his teammates were at the top of their game and reminded the young Kings that there are no nights off in the NBA.

If there was a bright spot for the Kings, it was the emergence of Jonathan Mogbo who, like Dylan Cardwell, played with enthusiasm all night while recording 11 points and nine rebounds in only 20 minutes of play.

Summer league is all about two key things. Accentuating the positive and finding out early what needs to be worked on.

The Kings can put a happy face and a thumbs up on the draft choices of both first-round draft choices Darius Acuff Jr. and Emanuel Sharp, and I believe can relax just a little when it comes to the criticism of Acuff’s defense.

I have watched Darius guard both fast and long players on the perimeter, and I have concluded that he has taken a lot of criticism without much to back it up. Acuff has exceptional quickness and his shot blocking abilities are underrated.

His college coach also chimed in to say that Darius chose to play through an ankle injury last season that limited his ability to play tough defense, and as a result was encouraged to focus on the offensive end, allowing his teammates to help on the defensive side of the ball.

That is certainly not an excuse, and I’m witnessing nightly a young player that is making a concerted effort to show his critics that he can play at both ends of the floor.

I am more concerned with Darius getting comfortable with the NBA three-point line and finding his shot on a nightly basis. He has had to perform under a great deal of pressure and overall, I believe he has done a stellar job.

Fans need to pay close attention to both Emanuel Sharp and surprising newcomer, Marquel Sutton who may be one of the real finds this year. Sutton has literally been stealing the show with his animated defense and prolific scoring thus far.

In the previous game Marquel was the game’s high scorer with 24 points and is the surprise find of the summer league so far.

If there is a spot the Sacramento Kings have struggled with finding, it’s the position of power forward.

Amazingly undrafted, at six-foot-nine and 225 pounds, Sutton is the epitome of the power forward the Kings have been looking for, and he not only can shoot from the three-point line but has shown a natural penchant for rebounding the ball. If this young man can continue to blossom, he may well be the player the Kings need to compliment Domantas Sabonis in the low post.

Likewise, Emanuel Sharp has been nothing but the solid performer complimenting Darius Acuff when they’re on the court together, so with all these accolades is it any wonder that the Kings won four straight games to start the summer league.

If you discount an obvious off night against the talented Washington Wizards squad, Sacramento has given every Kings fan a reason to sit up and take notice.

Pick your favorite player. Darius Acuff Jr., Emanuel Sharp, Jonathan Mogbo, Marquel Sutton, or the ever-enthusiastic Dylan Cardwell, the new look Kings are giving fans a reason to buy a ticket.

Now it’s all about assessing talent, something that has been a misery for this organization in the past.

Time to change the playing field and take note of what is already here before you trade away the future. Let these talented youngsters fit in with the veterans that know how to win and can be mentors at the same time.

Tout the accomplishments of Zach Lavine, Domantas Sabonis, and even Keegan Murray who needs to pay close attention to these young recruits and remember what he looked like his rookie year.

Stay excited Kings fans!
All the best!

★

How Newsom’s Complex History with the Oil Industry Could Affect a Presidential Run



By Dan Walters,
CALMatters.org

Gavin Newsom and his family have had a long and complicated relationship with the oil industry. The latest chapter in the saga, a legal and political dispute over state aid to the California’s refineries, could affect Newsom’s presidential ambitions.

The roots of this situation date back to the 1940s, when Gordon Getty, a son of oil magnate J. Paul Getty, lived with the Newsom family while attending school in San Francisco.

Newsom’s father, William, later became an attorney for the Getty oil empire and in 1973 delivered a \$2.2 million ransom to a gang that had kidnapped J. Paul Getty’s grandson in Italy, later describing it as “an interesting sort of job.”

After his parents divorced, Gavin Newsom was unofficially adopted by Gordon Getty, essentially returning the favor that the Newsom family had given him three decades earlier. In his recent memoir, Newsom describes being divided between his life as the son of an impoverished single mother and the surrogate son of a family with billions in oil industry money.

In 1975, then-Gov. Jerry Brown, another family friend, appointed William Newsom to a Placer County judgeship, later elevating him to the state appellate court. While on the bench

in the 1980s, the elder Newsom helped Gordon Getty gain legislation changing California trust law, thus allowing Getty to break the J. Paul Getty trust and obtain billions of petrodollars.

In 1995, William Newsom retired from the court and became administrator of the Gordon Getty Trust, telling an interviewer, “I make my living working for Gordon Getty.”

A few years earlier, the trust provided seed capital for a wine shop venture that Gavin Newsom and Gordon Getty’s son, Billy, were launching, called “PlumpJack,” after an opera Gordon Getty had composed.

Essentially, Newsom owes his start in business to the huge oil fortune that J. Paul Getty, once described as the world’s richest man, had amassed. Without that connection, Newsom would have been hard-pressed to begin what became a lucrative business career.

Nevertheless, Newsom metaphorically bit the hand that fed him in 2022, when he began vilifying California’s oil refiners, accusing them of gouging motorists on gas prices. Months later the Legislature passed a mild measure to have the state Energy Commission monitor refinery operations.

“There’s a new sheriff in town in California, where we brought Big Oil to their knees. And I’m proud of this state,” Newsom said. It was hyperbole, but within months refiners began announcing plans to shutter operations or threatening to do so, raising the possibility of gasoline shortages and higher prices.

Very soon thereafter,

Newsom did a political about-face. He urged refiners to remain and signed legislation making it easier to drill new oil wells.

This year the California Air Resources Board overhauled its cap-and-trade auctions, where refiners and other businesses purchase rights to emit greenhouse gases. The program was renamed cap-and-invest and refiners were given free emission rights as an inducement to remain in the state.

Newsom hailed the changes, but environmental groups are incensed at the turnabout. This month the nonprofit Communities for Better Environment filed suit in Los Angeles, alleging the changes violated the California Environmental Quality Act.

“The amendments lock in decades of subsidies for polluting industries, without CARB having performed the required analysis of their wide-ranging environmental harms that would empower decision-makers to make a fully informed determination about the wisdom of these significant changes,” the suit says.

The Democratic Party’s left wing has been on a roll in recent elections, and it includes environmental activists who view the oil industry as a villain.

Newsom’s newly minted pro-oil stance, plus his family’s history with the industry, could backfire in a presidential campaign.

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.

★

Social Security Matters

Should I Claim Spouse Benefits Now, or my Own Social Security Benefit?



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: I am writing to get advice on the optimal time to sign up for Social Security benefits. I am a 64-year-old female, and my birthdate is August 1961. My husband is already taking his SS benefits, so I have also wondered if it be advisable to take spousal benefits or full benefits. **Signed: Wondering Spouse**

Dear Wondering: If you take your Social Security benefits at age 64, they will be permanently reduced. And, for information, you cannot take only your spousal benefit; you must take your own SS retirement benefit whenever you claim and, if you are entitled to more as your husband’s spouse, you will also get a “spousal boost” to bring your monthly payment up to what you are entitled to as a spouse. If you claim at any time before your SS full retirement age (FRA) of 67, both your own SS retirement amount and your spousal boost amount will be actuarially reduced for claiming early. All of which means that claiming before your FRA (e.g., at 64) will mean your monthly benefit will be less than 50% of your husband’s monthly FRA amount. Now, for clarity, it’s

important to know how spouse benefits are calculated: if your FRA entitlement is less than 50% of your husband’s FRA entitlement, then you will get a “spousal boost” added to your own SS retirement amount. Note that FRA amounts are always used to calculate spousal amounts, regardless of the age at which benefits are claimed. If your husband waited until age 70 to get a higher monthly benefit, or even if he claimed before his FRA, your spousal amount would still be based on his FRA entitlement. If your FRA benefit is less than half of his FRA entitlement, you will get a spousal boost. If not, you won’t.

Assuming you will be entitled to a “spousal boost,” the decision you must make is whether to claim early (e.g., now at 64) or wait until you are 67 to get your maximum amount as your husband’s spouse. The factors to consider are these:

- Are you still working? If so, claiming before FRA means you will be subject to an annual earnings limit until you reach FRA. The earnings limit for early filers in 2026 is \$24,480 and, if that is exceeded, SS will take away benefits of \$1 for every \$2 you are over the limit (the limit increases a bit yearly). If you substantially exceed the earnings limit by working, you may even be temporarily ineligible for SS benefits until you either reach your FRA or stop working full time.
- Do you expect your husband to predecease you? If so, then your benefit as a

widow will be 100% of the larger amount he is collecting when he passes (provided when that occurs you’ve reached your FRA and your own SS retirement is less). Depending on timing, that may mean that taking a reduced spouse benefit now, which will be replaced by your larger widow benefit later, is a logical choice.

• What is your own life expectancy? If you have health issues or have other reasons to believe you will not achieve “average” life expectancy (average is about 87 for a woman your current age), then claiming your Social Security benefits early is likely a prudent choice.

So, as you can see, you must evaluate your personal circumstances to make this decision. Although we aren’t able to say exactly when you should claim your SS benefits, I hope this provides the information you need to make an informed decision.

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★



It’s a shame, really. New York City Mayor Zohran Mamdani is such a strong supporter of pluralism that he has to single out the state of Israel for unique opprobrium. Asked by Jonathan Karl of ABC News in an interview for “This Week” whether he supports Israel’s status as a Jewish state, Mamdani said he doesn’t -- he’d only support Israel “as a state with equal rights.”

“I believe that any state that privileges one religion over another is one that I can’t tell you I support,” he continued, “whether it be Israel or Saudi Arabia or anywhere else.”

Mamdani makes it sound as though Israel is a theocracy, and so he has to withhold his support until such time as it meets his exacting standards for state neutrality in religious matters and freedom of conscience.

The same is true, sadly, of Saudi Arabia. When was the last time, though, that you heard Mamdani or his movement, the Democratic Socialists of America, inveighing with great moral passion against Saudi Arabia?

This Mamdani line of argument is built on a falsehood about Israel and is transparently an exercise in bad faith and double standards.

Israel doesn’t have an official religion -- repeat, it has no state religion. Instead, it is the homeland for Jews. Its Basic Law says that Israel is “the

Zohran Mamdani’s Bogus Explanation for Opposing Israel

nation-state of the Jewish people, in which it realizes its natural, cultural, religious and historical right to self-determination.” In other words, Israel is for the Jews in much the same way, say, that Poland is for the Poles or Japan for the Japanese.

That these countries have distinct national identities defined by the peoples who live in them doesn’t mean they aren’t free societies. The Israeli Declaration of Independence says the Jewish state “will ensure complete equality of social and political rights to all its inhabitants irrespective of religion, race or sex; it will guarantee freedom of religion, conscience, language, education and culture.”

And, indeed, there is freedom of religion in Israel. Christian, Muslim, Druze and Baha’i communities maintain their own religious institutions and are free to worship as they please. The wrinkle is that -- in an inheritance from the Ottoman Empire -- Israel recognizes various religions and gives their courts authority over matters such as marriage and divorce.

To liken any of this to Saudi Arabia is perverse. The desert kingdom is an absolute monarchy with no political rights and a state-enforced official religion; the Quran is its constitution.

If Mamdani were sincere in saying he cannot support any state that privileges one religion over another, he’d have to set himself against most Muslim countries in the world, which make Islam their official religion

and often discriminate against religious minorities. He’d have to look askance at Nordic countries, where there are established churches. He’d hate England for the official status of the Anglican Church, and utterly disdain Greece for its special recognition of the Eastern Orthodox Church.

Mamdani, by the way, recently skipped New York City’s Israel Day parade but attended the Pakistan Day parade, despite the fact that Islam is Pakistan’s state religion and religious minorities face legal and informal discrimination in the Islamic Republic of Pakistan.

More consequentially, if the mayor took his pluralism seriously, he would oppose a Palestinian state on grounds that Palestinian society needs to further evolve to embrace Western norms -- lest we risk creating a new Islamic state that represses its people and rests on a foundation of Islamic law.

Of course, Mamdani will never do this. His purported universalism is a pretext, a way to dress up his irrational animus toward Israel.

Mamdani told Jonathan Karl that his view on Israel “comes back to a fundamental belief that we should all be considered equal.” Such is the mayor’s commitment to equality that he singles out one people and one state for particular obloquy and asks us to believe that pluralism demands that the Jews cannot have a homeland.

Rich Lowry is editor of the National Review.
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★

ABOUT TOWN

Friday, July 17
State of the County – 11:30 a.m. to 1:30 p.m. at the Pavilion at Elk Grove Regional Park. \$60 per person, register at elk-grovecap.com. Keynote speaker Pat Hume, Sacramento County Board of Supervisors, District 5. 9950 Elk Grove Florin Rd.

Saturday, July 18
Guided Paddle along the Cosumnes River – 8 a.m. to 11 a.m. Join experienced naturalists for a leisurely paddle along the Cosumnes River and its peaceful sloughs. This unique on-the-water experience offers an opportunity to explore one of California's last free-flowing rivers while learning about the wildlife, plants, and history that make this area so special. This is a free program, but space is limited. By registering at Eventbrite.com, you are reserving a spot that could otherwise be offered to another participant. If your plans change, please cancel your registration as soon as possible so we can accommodate those on the waitlist. 13501 Franklin Blvd.

Guided Tour of the San Joaquin County Historical Museum – 10 a.m. to noon. Step into the past and discover the stories that shaped our community. Pre-registration is required. To reserve your spot, call 209-331-2055. \$5 plus park admission (free for members). 11793 Micke Grove Rd., Lodi.

“Dungeon Crawl Classics” Day – noon to 4 p.m. at the Launchpad. DCC Day is an international event dedicated to fans of this beloved tabletop role playing game, perfect for seasoned adventurers and curious newcomers alike. Plan your visit and join the adventure – everyone is welcome to this free event. 712 W. Lodi Ave., Lodi.

Lodi Community Art Center Membership Show Reception – 1:30 p.m. to 3:30 p.m. This special juried exhibition showcases original artwork created exclusively by Gallery members and is one of the Center's most anticipated exhibits of the year. This year's show features more than 80 original works across 8 media types. All artwork is available for purchase, with a portion of each sale supporting this nonprofit organization dedicated to fostering the arts. Exhibition continues through Sunday, July 26.

110 W. Pine St., Lodi.

Astronomy in the Park – 8:25 p.m. to 11 p.m. at Shumway Oak Grove Regional Park. Bring a blanket and chairs; Stockton Astronomical Society will bring the telescopes. Visitors of all ages are invited to explore the universe through guided telescope viewings, hands-on learning, and fascinating presentations from local astronomers. Free event, \$6 parking. 4520 W. Eight Mile Rd., Stockton.

Sunday, July 19
Stockton Cars & Coffee – 9 a.m. to 11 a.m. at West Lane Bowl. Gather with other car enthusiasts to showcase vehicles from classics to exotics and connect over a shared passion for automobiles. It's a casual, family-friendly morning filled with great cars, good coffee, and even better conversations. All makes and models are welcome. 3900 N. West Lane, Stockton.

Lodi Lake Nature Area Tour – 10 a.m. to 11 a.m., meet in the Redwood Amphitheater inside the Nature Area gate. Join Friends of Lodi Lake docents Alane and Norm on an informative and fun tour of the Nature Area. All ages welcome, no dogs, free tour, parking fees apply. 1101 W. Turner Rd., Lodi.

Monday, July 20
Love Lodi: Back to School Party – 5 p.m. to 8 p.m. at Hutchins Street Square Community Center. In partnership with Lodi Unified School District, local families are invited to take part in a special backpack giveaway designed to set students up for success. Enjoy an afternoon filled with live music, hands-on activities for kids, delicious food options, and a welcoming, block-party atmosphere. 125 S. Hutchins St., Lodi.

Tuesday, July 21 through Thursday, July 23
Free Vacation Bible School – 6 p.m. to 8:30 p.m. each night at First Baptist Church. Games, Bible stories, crafts, snacks and meet new friends. Register online at myvbs.org/fbc-galt-vbs2026 or call the office at 209-745-4665. 653 A Street.

Wednesday, July 22
Music in the Park – 6 p.m. to 8 p.m. at West Park at Hutchins Street Square. Join us for a relaxing evening of free live music. Bring your

blankets or low lawn chairs and settle in for great tunes in a shady, comfortable park setting. Treats and eats available for purchase, or you're also welcome to pack your own picnic. This month featuring country rock artist Donovan Bryant. 125 S. Hutchins St., Lodi.

Friday, July 24 and Saturday, July 25
Sunset Bat Flyout Paddle – 7 p.m. to 9 p.m. each evening at the Cosumnes River Preserve. Experience a magical sunset kayaking tour on the Cosumnes River, featuring fascinating wildlife insights, delicious snacks and the breathtaking sight of bat migrations. Tickets at lodiboathouse.com/tours. 13501 Franklin Blvd.

Friday, July 24
Blood, Sweat and Gears Pizza and Pistons – 5:30 p.m. to 8 p.m. at Foothill Pizza. Join us for this cruise-in on the fourth Friday every month. For more information, contact Dave at 209-570-0448 or Paul at 925-219-6057. 18970 N. Highway 88, Lockeford.

Stockton Cruise Nights – 6 p.m. to 9 p.m. at Waterloo's Gun & Bocce Club. Join us for a laid-back evening featuring classic cars, custom builds, lowriders, and modern classics – all in a positive, family-friendly setting. Enjoy local vendors, artists, and small businesses, plus food and cocktails available on-site from Heritage Dining & Provisions. Every fourth Friday, May through October. 4343 N. Ashley Ln., Stockton.

Saturday, July 25
Pioneer Village Grand Opening Celebration – 9 a.m. to 1 p.m. at the San Joaquin County Historical Museum. This immersive history education space will be the new home of the Museum's award-winning Valley Days and Pioneer School education programs. The event will feature live entertainment, bluegrass music, hands-on pioneer activities, historical demonstrations, and guests will be able to explore the Pioneer Village. Admission is free and there is a \$6 per car fee to enter Micke Grove Park (free for members). 11793 N. Micke Grove Rd., Lodi.

Summer Pignic – noon to 2 p.m. at Harvest Home Animal Sanctuary. At the Pignic, guests are welcome to visit the rescued animals on

self-guided tours of the sanctuary. There will be a plant-based lunch for our guests. The pigs will enjoy a "watermelon smash". There will also be a silent auction at the event to support the Harvest Home Animal Sanctuary organization. Admission is \$40, tickets available at harvesthomesanctuary.org. 14741 Wing Levee Rd., Stockton.

Ongoing Events
Dillard Farmers Market – 8 a.m. to noon at the Wilton Community Center. Join us at our vibrant, small community farmers market, where the essence of local agriculture comes alive. Every Saturday through Oct. 3, our market serves as a gathering place for farmers, artisans and families, fostering a sense of community and supporting sustainable practices. 9717 Colony Road, Wilton.

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

Lodi Certified Farmers Market – 5 p.m. to 8:30 p.m. weekly on Thursdays through Aug. 27. The streets will come alive with more than 65 growers, producers and food vendors offering everything from organic fruits and vegetables and fresh cheeses to meats, baked goods, local wines and handcrafted treasures. Enjoy live music while you browse. School Street in Downtown Lodi.

Twin Cities Cruisers Cars and Coffee – last Sunday of every month, 8 a.m. to 11 a.m. at Life's Grind coffee house in the Raley's shopping center. All makes and models are welcome. 10420 Twin Cities Road.

Widowed Persons Social Club – July 17, 10 a.m.: Pinochle at Elk Grove United Methodist Church, 8986 Elk Grove Blvd. A small donation to the church is expected. Contact Jim at 916-768-1923.

July 22, 1 p.m.: Book club at Elk Grove United Methodist Church, 8986 Elk Grove Blvd. A small donation to the church is expected. Contact Merrylyn at 916-549-4264.

July 22, 5 p.m.: Olive Garden, 7480 Elk Grove Blvd, Elk Grove. Contact Addie at 916-682-3609.

July 23, Noon: No-host lunch and Bunco at Patty's Pizza, 8591 Elk Grove Blvd. Contact Lois at 916-212-4196 or Susie at 916-798-0007.

July 24, 10 a.m.: Mixed variety game day at Elk Grove United Methodist Church, 8986 Elk Grove Blvd. A small donation to the church is expected. Contact Gerri at 916-698-1940.

A widowed person may attend up to three events while deciding if they wish to join WPSC. Contact Bonnie at 916-422-1522 if you are interested in membership.

Wilton Bingo – First Saturday each month. The next bingo will be on Saturday, Aug. 1 in the Wilton Community Center. Doors open at 5 p.m. with food available for sale and Bingo starts at 6 p.m. All proceeds go to two nonprofits: the local Park Council and the Wilton History Group. 9717 Colony Road at Dillard Road, Wilton.

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

Friday, July 17: Family story time, 10 a.m. to 10:30 a.m. (G) English conversation group, 3 p.m. to 4 p.m. (G) Adult space, 4:30 p.m. to 6 p.m. (WG)

Saturday, July 18: Summer reading – summer camp crafts, 1 p.m. to 2 p.m. Join us for a fun-filled, camp-inspired crafting adventure the whole family will love. (WG)

Tuesday, July 21: Family story time, 10 a.m. to 11 a.m. (WG)

Wednesday, July 22: English conversation group, 3 p.m. to 4 p.m.

(G)
Friday, July 24: Family story time, 10 a.m. to 10:30 a.m. (G) English conversation group, 3 p.m. to 4 p.m. (G)
Saturday, July 25: Summer reading – Hawks, Honkers, and Hoots, 10 a.m. to 11 a.m. (G)
Call 916-264-2920 or 800-561-4636 for more information on any of these events.

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, Elk Grove. 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.

Post 233 Family Breakfast – first Saturday each month at 9 a.m., Mimi's Café, corner of Laguna Boulevard and West Stockton Boulevard (just off Highway 99) in Elk Grove. 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, Elk Grove.

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

Veterans of Galt – local veterans meet at 9 a.m. on the third Saturday of each month at the Galt Place Apartments meeting room. For more information, call Tom at 530-386-2721 or Brian at 209-404-5022. All veterans are welcome. 400 D St.

VFW Post 2073 – second Thursday. Dinner 6 p.m., meeting 7 p.m., District56 Veterans Hall, 8230 Civic Center Drive, Elk Grove. For more information, call 916-684-3849. ★

MEETING MINDERS

Friday, July 17

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

Thursday, July 23

NO MEETING: Galt High School Board, 6 p.m., Council Chambers, 380 Civic Drive.

Tuesday, July 21

Galt City Council, 6 p.m., Council Chambers, 380 Civic Drive.

Friday, July 24

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

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The Galt Herald

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Match Recap: Republic FC 2 – 1 Rhode Island FC

Republic FC Sports News Release

SACRAMENTO, CA (MPG) - Republic FC picked up three points at home in the club’s lone July home match. Goals from Kyle Edwards and Meyele Malango were enough to deliver the win against Eastern Conference side Rhode Island FC. Mark-Anthony Kaye assisted on both goals — his first multi-assist match in USL play. With the win, Republic FC jump into the middle of a crowded Western Conference table, only three points from a top three position. The Indomitable Club will head on the road for the rest of July, but has two games in hand over most of the conference.

Republic FC had a good chance in the 13th minute when Memo Rodriguez used some shifty footwork to break free of his defender and slot a ball through to Kyle Edwards. Edwards put a touch to the ball, but Rhode Island keeper Koke Vegas came out to cut off the angle. Just seconds later, Mayele Malango beat his defender on the left wing to send in a dangerous cross that was just out of reach for a diving Edwards. Edwards wouldn’t let his



Match Recap: Republic FC and Rhode Island FC. Photo courtesy of Sacramento Republic FC

next chance slip away. In the 19th minute, Mark-Anthony Kaye chipped a cross into the box to Edwards on the far post. Edwards outjumped the hands of the keeper to head the ball over his reach and just over the goal line for his third goal of the season and first assist for Kaye. Rhode Island answered just five minutes later, when Hugo Bacharach got his head to a cross from Amos Shapiro-Thompson.

Sacramento had another close chance in the 41st minute as Pep Casas floated a ball forward to Mayele Malango. Malango attempted to bring down the ball, but his first touch was just heavy enough that the goalkeeper was able to make a save. But just like his teammate, Malango would not be denied for long. Once again it was Mark-Anthony Kaye starting the play as he carried the

ball forward and slotted a ball to Malango, who curled in a beautiful shot from the edge of the 18-yard box. Shortly after halftime in the 50th minute, Republic FC had an opportunity in the box when Mayele Malango dribbled the ball with ease towards the goal for a shot, but was denied by Rhode Island’s Koke Vegas and was put in the feet of Arturo Rodriguez. A deflection after a

shot by Rodriguez gave another chance in the same play for Memo Rodriguez to advance the lead, but his shot on goal just missed the post and went out of bounds. Rhode Island continued to knock at the door of Sacramento’s defense, but Danny Vitiello made save after save to keep the Indomitable Club at a 2-1 lead. A chance to even the score for Rhode Island in the 85th minute was made after a corner kick and pass to Leo Afonso at the top of the box for a shot that was easily collected by Vitiello. With time dwindling down, both teams remained aggressive. The contest became more physical with several stoppages for fouls, but Republic FC ultimately finished strong with one final opportunity by Forster Ajago in the 89th minute, only to be blown dead by a whistle for a foul. Rhode Island responded in extra time with a shot into the box by Agustín Rodríguez and a vital block by Danny Vitiello to seal the victory for The Indomitable Club. On July 11, Republic FC closed out group play in the Prinx Tires USL Cup. ★

Track and Field Joins MPSF For Indoor Season

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - Sacramento State will be one of seven schools joining the Mountain Pacific Sports Federation (MPSF) for indoor track and field beginning in 2026-27 season. The men and women from Boise State, Colorado State, Sacramento State, Utah State and Utah Valley will enter the conference, while the women from San Diego State and UC Santa Barbara

will also join. Five of the seven schools and eight of the 12 teams will be first-time members in MPSF Indoor Track & Field. The MPSF's 34th indoor track and field championship is scheduled to feature 31 teams – 19 women and 12 men – and will take place Feb. 26-27, 2027, at the Podium in Spokane, WA. The 31 MPSF Indoor Track & Field programs will be the largest since 2020, when 35 competed. “We are grateful to the MPSF

for inviting us to join their conference,” Sacramento State Director of Track & Field Kenny McDaniel said. “The MPSF is loaded with talented student-athletes and coaches and we look forward to competing against them in what should be an outstanding championship.” The seven teams mentioned above will join Cal State Fullerton, CSUN, Long Beach State, Oregon State, Pacific, Pepperdine, Portland, San Francisco, St. Mary’s, UC Irvine,

UC Riverside and Washington State. “The addition of these exceptional programs reflects the strength and momentum of MPSF Indoor Track & Field,” MPSF Commissioner Foti Mellis said. “Our member institutions are committed to providing an outstanding championship experience, and we are excited to welcome both longtime conference partners and first-time participants as we build the future of MPSF Indoor Track & Field together. We look forward

to an outstanding championship in Spokane.” Sacramento State enters the MPSF from the Big Sky Conference, where its programs won seven women's and three men's team titles dating to 2007. While the Hornets will be competing in MPSF Indoor Track & Field for the first time, the school has been a member of the conference in women's gymnastics since 2014 (and previously from 2002-05) and was a men's soccer participant from 1992-2011. ★

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PRAYER TO THE HOLY SPIRIT

You who have made me see everything and showed me the way to reach my ideals, you who have given me the divine gift to forgive and forget the wrong that is done to me and you who are in all instances of my life with me, I thank you for everything and confirm once more that I never want to be separated from you, no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Thank you for your love towards me and my loved ones. Amen. L.B.

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FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-04186
A&B Pizza Inc; CA, 640 Carol Drive Suite 130, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Pizza Guys #165/Pizza Guys" 640 Carol Drive Suite 130, Galt, CA 95632. Filed with the Clerk of Sacramento County May 26, 2026
Publish: June 26, July 3, 10, 17, 2026
PIZZA 7-17-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-04642
Juan Lopez, 765 Belfast Court, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "Golden State Site Services/Reserved Concrete" 765 Belfast Court, Galt, CA 95632. Filed with the Clerk of Sacramento County June 12, 2026
Publish: July 10, 17, 24, 31, 2026
GOLDEN 7-31-26

FICTITIOUS BUSINESS NAME STATEMENT FBNF2026-05149
Margies Market LLC, 712 Benteen Way, Galt, CA 95632 is doing business under the Fictitious Business Name(s) "B.O.P. Botanical Organic Products" 712 Benteen Way, Galt, CA 95632. Filed with the Clerk of Sacramento County July 6, 2026
Publish: July 17, 24, 31, August 7, 2026
BOTANICAL 8-7-26

TRUSTEE SALE

NOTICE OF TRUSTEE'S SALE File No.: 24-216671 A.P.N.: 150-0440-030-0000 Property Address.: 655 PESTANA DR, GALT, CA 95632. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED (The above statement is made pursuant to CA Civil Code Section

2923.3(d)(1). The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(d)(2).) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED MAY 09, 2019. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. The property described heretofore is being sold "as is". The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust,

interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The Beneficiary's bid at said sale may include all or part of said amount. The amount may be greater on the day of sale. Trustor(s): ASHLEY MARAVICH, A SINGLE WOMAN, AS SOLE OWNER Duly Appointed Trustee: Robertson, Anschutz, Schneid and Crane, LLP DEED OF TRUST Recorded on May 13, 2019 at Instrument No 201905131368 of Official Records in the office of the Recorder of SACRAMENTO County, California Sale Date: 8/18/2026 Sale Time: 11:30 AM Sale Location: In the Courtyard at Sacramento City Hall - 915 I St, Sacramento CA 95818 Amount of unpaid balance and other charges: \$205,763.94 (Estimated) Street Address or other common designation of real property: 655 PESTANA DR, GALT, CA 95632. See Legal Description - Exhibit "A" attached here to and made apart hereof. The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. NOTICE TO POTENTIAL BIDDER(S): If you are considering bidding on this property lien, you should

understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER(S): The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800-280-2832) or visit the website <http://www.auction.com>, using the file number assigned to this case 24-216671. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone informa-

tion or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT(S): Effective January 1, 2021, you may have a right to purchase this property after the trustee auction pursuant to California Civil Code Section 2924m. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48-hours after the date of the trustee sale, you can call (800-280-2832) or visit the website <http://www.auction.com>, using the file number assigned to this case 24-216671 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15-days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45-days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Robertson, Anschutz, Schneid and Crane, LLP Date: 7/6/2026 By: Emma Taylor Authorized Signatory 13010 Morris Road, Suite 450 Alpharetta, GA 30004 Phone: 858-997-1304 SALE INFORMATION CAN BE OBTAINED ONLINE AT <HTTP://WWW.AUCTION.COM> FOR AUTOMATED SALES INFORMATION, PLEASE CALL

(800-280-2832) The above-named trustee may be acting as a debt collector attempting to collect a debt. Any information obtained may be used for that purpose. CA DPFI Debt Collection License # 11461-99; NMLS ID 2591653. To the extent your original obligation was discharged or is subject to an automatic stay of bankruptcy under Title 11 of the United States Code, this notice is for compliance and/or informational purposes only and does not constitute an attempt to collect a debt or to impose personal liability for such obligation. However, a secured party retains rights under its security instrument, including the right to foreclose its lien. LEGAL DESCRIPTION - EXHIBIT A THE LAND REFERRED TO IS SITUATED IN THE COUNTY OF SACRAMENTO, CITY OF GALT, STATE OF CALIFORNIA, AND IS DESCRIBED AS FOLLOWS: LOT 67, AS SHOWN ON THE "PLAT OF THE VINEYARDS UNIT NO. 1", FILED JANUARY 18, 1989, IN THE OFFICE OF THE SACRAMENTO, COUNTY RECORDER, CALIFORNIA, IN BOOK 189 OF MAPS, MAP NO. 8, RECORDS OF SAID COUNTY, A-4879547 07/17/2026, 07/24/2026, 07/31/2026 THE GALT HERALD 7-31-26

★

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COMMUNITY BRIEFS

Nar-Anon Family Group Meetings

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

AA 24-Hour Hotline

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

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.

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.

Nominate Your Neighbor

The Galt Beautification Committee wants you to “nominate your neighbor.” Has your neighbor recently completed a yard project?

Does your neighbor have the best flowers in town or the best-looking yard? The Galt Beautification Committee wants to know.

Send an email with pictures and why you are nominating your neighbor to planningdivision@city-ofgalt.org.

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

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, call 209-294-3308 and leave a message or inquire in person.

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 Regadan at 916-835-8916. ★

POLICE LOGS

During the time period of July 6 to July 12, Galt Police received and responded to a variety of calls, resulting in xx arrests.

July 6

7:21 a.m., Identity Theft reported, Amberhill Avenue.

8:15 a.m., Theft reported, Courtenay Court: Theft from vehicle.

7:38 p.m., Warrant Served/Adult Arrest, E Street.

July 7

1:06 a.m., Stolen Vehicle/Adult Arrest,

Quik Stop, 4th Street.

8:38 a.m., Burglary reported, Redwood Glen Avenue.

8:39 a.m., Burglary reported, Redwood Glen Avenue.

8:39 a.m., Burglary reported, Honeysuckle Hill Avenue.

10:24 a.m., Fraud reported, Galt Market on Meladee Lane.

4:39 p.m., Burglary reported, California Waste Recovery Systems on Enterprise Court: Three Stanley cups stolen. ★

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Herald Happenings: It is World Emoji Day!

Emojis have been used since the beginning of the internet to transmit emotion in the written medium. As internet technology advanced, so did the use of the emoji, with previously pure text bits of ascii are turning into full-fledged animated faces and symbols. We have all used them, and we are excited for the future of them! World Emoji Day celebrates the history of these emotional expressions and encourages you to be exceptionally emotive! After all, it's always nice to let someone know how you are feeling when you write, isn't it? Emojis are just one more way!

Emoji day was put together as a celebration of the emoji, a textual expression of emotion that came about in the old days of Japanese mobile phone. From there, these pictographic displays of motion exploded into worldwide use. The word "Emoji" is derived from the Janese words 'e' (for picture) and 'moji' (for character) apparently the seeming connection to the words emotion and emoticon are purely incidental! Eventually, in 2000 a library of over 1000 smiley graphics were



released in the world and ever since then it has been continuously enhanced. Now emojis can be found on every imaginable device. And in an ever-growing list of styles, themes and characters.

Expressing yourself has never been easier! The date of Emoji Day honors the date shown on the iOS Calendar Emoji. It even has an anthem! Check it out on YouTube. It is pretty catchy! It is funny, isn't it? How the history goes around in circles? Long ago the world used to communicate in images before alphabetic languages were developed, and now in the modern age we are back to using them again! Of course, now they are a lot more technologically advanced and move on their own. But they are still an amazing

way of sharing how you feel and making people laugh.

I really like using emojis, they can make serious conversations lighten up. And they can express a person's feelings without saying a word.

You know what would go good with an emoji right now? Peach Ice Cream. Doesn't that sound yummy? Well guess what? That's correct - it is National Peach Ice Cream Day today, too. Peaches are a summer fruit and today is a delightful way to celebrate the peach goodness. Peaches are juicy and grow on a medium-size tree. It is native to China and was taken to the New World by Spanish explorers in the 16th century. Commercial cultivation and a favorable climate has made the fruit the second largest fruit crop produced in the United States (after apples).

Combining fresh peaches and sweet vanilla ice cream cannot be beat for a refreshing treat on a hot summer day. National Peach Ice Cream Day is here to show love and appreciation for the cool combination that puts the YUM into a hot

summer day. So, grab some friends and/or family members and get ready to enjoy some peach ice cream fun! I am ready for some Peach Ice Cream right now!

Haven't done this count down in a while but want to be sure you are kept up to date so you can be organized and not be running around in a crazed fever because you didn't realize how fast some of these dates just creep up on you before you know it. There are: 20 days until the High Schools start school; 50 days until Labor Day, the last unofficial 3 day weekend of summer; 106 days until Halloween; 132 days until Thanksgiving; and 161 shopping days until Christmas. There you have it. Now go and enjoy the rest of the summer.

On a personal note, (yes, another one) Happy Birthday on July 20th to my husband, Don. I hope you have a wonderful day and enjoy it as much as our family group (May – July) birthdays party. Love you, Honey Bunny.

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



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By Paige Lampson
Sports Editor

GALT, CA (MPG) - For Derek Nelson, the news that he had been named Liberty Ranch High School's Male Athlete of the Year wasn't just a personal milestone — it was a moment to reflect on everyone who helped carry him there. "Liberty Ranch has had so many great athletes, so to be recognized alongside them means a lot," Nelson said. But when the recognition came, his mind didn't drift to his own stat lines or accolades. It went straight to family. "The first people I thought of were my Mom and my Dad, coaches, teammates, and everyone who supported me throughout the years," he said, singling out his father for special thanks. "He has spent countless hours with me, reviewing game film, rebounding for me, and pushing me to succeed. This award isn't just mine. It's a reflection of all the people who invested their time in helping me become the athlete and person I am today."



A toddler Derek Nelson developing his love of baseball. Courtesy photo

A Childhood Built Around Two Sports

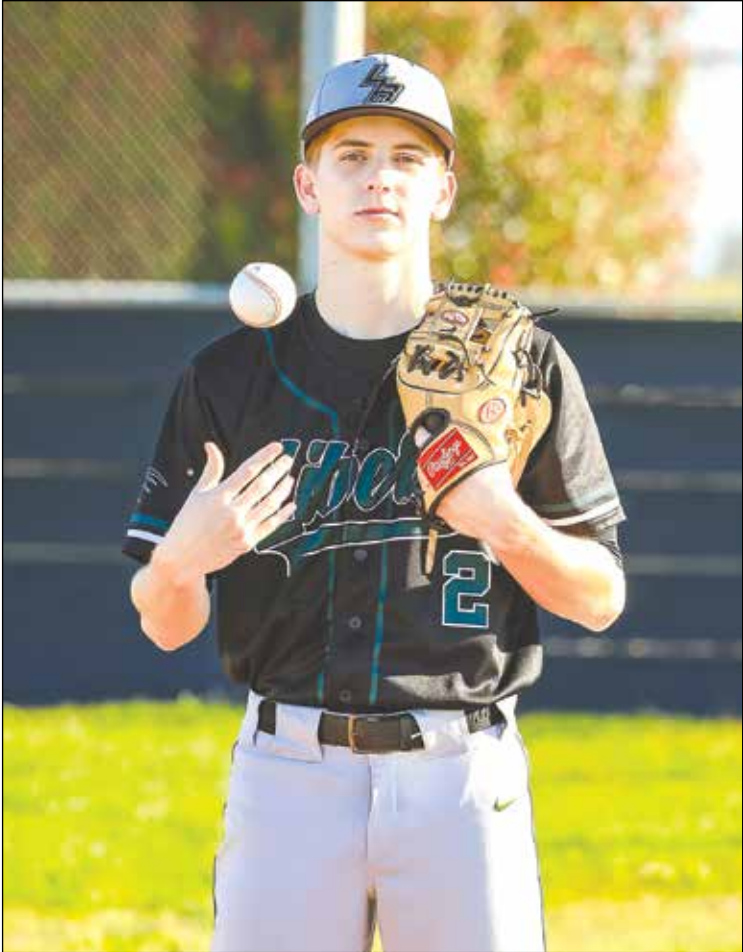
That family influence traces back to the very beginning. Nelson picked up both baseball and basketball around age 4, following the lead of his older siblings. "The desire to compete, win, and excel was a part of sports I have always enjoyed from the beginning," he said. "I have been competitive my whole life, and sports was the way to express my competitiveness." While many young athletes sample a handful of sports before settling on one, Nelson's love for baseball and basketball never wavered. Trips to watch the A's in Oakland and the Kings in Sacramento only deepened an obsession that started in childhood. "Perfecting my craft in both sports was definitely a challenge, and not always successful, but 100% worth it," he said. "Being able to balance two sports taught me discipline and grit."

A Father in the Dugout, Full Circle

Nowhere was that family thread more visible than on the baseball diamond, where his father served as his very first



Nelson celebrates with his father after making it to first base against Bradshaw. Photo by Paige Lampson



Derek Nelson-Liberty Ranch Athlete of the Year. Photo by Paige Lampson

coach — and returned to the dugout as an assistant during Nelson's senior season. "Having him back in the dugout for my senior season made everything come full circle," Nelson said. "Looking back, those are memories I'll treasure far more than any statistic or award." The bond between father and son only grew stronger through the years. "No one else has pushed me like he has," Nelson said. "There is no better feeling than rounding first base and being able to dap up my dad, who was the first base coach. I am so grateful he decided to help coach and will always cherish the memories I made with him."

By the Numbers: Basketball

Nelson's on-court production tells the story of steady growth into a go-to option for the Hawks. Across his four years in the program — 15 games as a freshman on the frosh team, five more on JV, 23 games as a sophomore, 27 as a junior, and 28 as a senior — Nelson appeared in 78 total varsity-level games, averaging 7.5 points, 3.2 rebounds, 2.4 assists, and 1.0 steals per game for his career. He saved his best for last: as a senior captain, Nelson averaged a team-leading 11.1 points, 4.2 rebounds, and 2.6 assists per game to go with 1.1 steals, anchoring a Liberty Ranch squad that ran off a perfect 14-0 league record and finished 22-7 overall. That senior campaign, combined with his All-League selection, capped a career built on year-over-year improvement — his scoring average nearly tripled from his sophomore season (3.3 PPG) to his senior year.

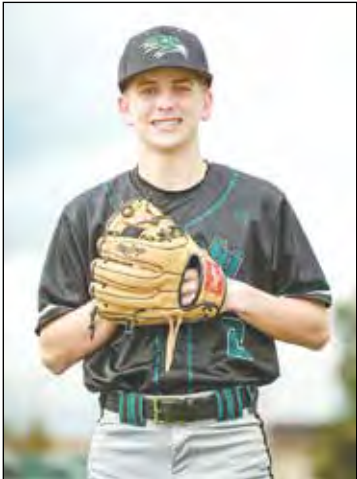
By the Numbers: Baseball

On the diamond, Nelson's numbers reflect the same growth and consistency. As a freshman on JV, he hit .343 with 12 hits, 17 runs scored, and a .909 OPS



Nelson shoots for 2 during his senior season. Photo by Paige Lampson

in just 10 games. He earned the call-up to varsity as a sophomore, and after adjusting to increased competition (.196 average in 21 games), he broke out as a junior, batting .300 with 12 hits, 8 RBI, and a .721 OPS across 20 games while playing sound defense (.941 fielding percentage). In his senior season, Nelson started all 22 varsity games, batting .262 with 16 hits, 8 runs, 7 RBI, and a .348 on-base percentage, drawing six walks against 11 strikeouts. Through his three varsity seasons alone, Nelson posted a .244 average with 21 hits, 19 runs scored, and 17 RBI over 41 games — numbers that, combined with his senior year, helped push the



A sophomore in his varsity baseball photo. Photo by Paige Lampson



Nelson with his biggest supporters parents David and Heather Nelson. Photo by Paige Lampson

Hawks to a second-place finish in the SVC with an 18-9 record his final season.

Leadership That Grew With Him

On the field, Nelson built a resume that speaks for itself. He started for three years on varsity in both basketball and baseball beginning as a sophomore, evolving from a player learning the ropes to a team captain his junior and senior seasons. "By my senior year, I wanted to be someone my teammates could depend on, whether that meant leading by example, encouraging others, or helping create a positive culture," he said. The results followed: an All-League selection in basketball as Liberty Ranch stormed to a perfect 14-0 league record, riding a 14-game winning streak that Nelson called "one of the best runs of my life." He also credited that basketball league championship as the title he'll cherish most, won alongside the teammates he calls family.

A Leader Beyond the Scoreboard

Nelson's impact stretched well beyond athletics. He served as class president from freshman through junior year, then as Associated Student Body (ASB) president his senior year, in addition to leading the Flock student section for two years and holding membership in the National Honor Society. "Leadership isn't about titles, it's about serving others," he said. "Being involved around campus helped me become a better communicator, teammate, and leader, and I tried to bring that same energy and positivity to every practice and every game." Remarkably, he did all of this while maintaining

a 4.0 GPA. "There were plenty of late nights after practices and games, but I always made sure my schoolwork was taken care of before anything else," Nelson said, crediting his parents and coaches for instilling the belief that academics come first.

What's Next

As he looks to the next chapter, Nelson will head to Brigham Young University this fall, where he plans to study sociology before deferring his education to serve a mission for The Church of Jesus Christ of Latter-day Saints. Long-term, he hopes to become a California Highway Patrol officer. "I've always been drawn to careers built around service, leadership, and protecting others," he said. "I believe the values I've learned through athletics, leadership, and my faith have prepared me for that path."

A Legacy of Character

Looking back on his time at Liberty Ranch, Nelson hopes to be remembered less for the trophies and more for how he treated the people around him. "I hope people remember me as someone who was dependable, competitive, and always willing to put the team before myself," he said. "Winning games and receiving awards are great, but the relationships I built with my teammates, coaches, and teachers are what I'll value the most years from now." His advice to the next generation of Liberty Ranch athletes is simple but earnest: "Don't take any opportunity for granted. Time flies. Be coachable, work hard when no one is watching, and enjoy every practice, bus ride, and game because those moments go by much faster than you expect." ★



Nelson celebrates the league championship with his coaches. Photo by Paige Lampson

A Four-Sport Star Who Never Backed Down

Galt High Names Vicente Avalos Male Athlete of the Year

By Paige Lampson
Sports Editor

GALT, CA (MPG) - For most students, mastering one varsity sport is challenge enough. Vicente Avalos mastered four. The Galt High School senior, who competed at the varsity level in wrestling, football, track and field, and swim, has been named the school's Male Athlete of the Year, a fitting capstone to a high school career defined by grit, versatility, and an unwillingness to leave anything on the table.

Avalos's athletic journey began, fittingly, with a nudge from family. "I was drawn to wrestling after watching my older brother compete for multiple years, and he dragged me to a practice over the summer going into my freshman year," Avalos said. "I fell in love with it immediately." That summer practice turned into a four-year varsity career, one that saw him elevated to the varsity roster by the middle of his freshman season and never look back.

Wrestling quickly became the backbone of everything else Avalos did. Track and field followed after friends convinced him to join, a decision he made in part to stay conditioned for wrestling season. Football came next, encouraged by Galt's coaching staff, and Avalos stuck with it through JV before finally competing on varsity his junior year — a milestone that also earned him the school's coveted "triathlete" award for competing in three varsity sports across three different seasons. Then, as a senior, Avalos took his biggest athletic risk yet: adding swim to his spring lineup alongside track, a sport he had never competed in at an athletic level. "I did not want to graduate with any regrets," he said, "so I participated in both, and it turned out to be an amazing experience where I learned amazing skills and built a lot of new friendships."

Juggling four sports across a high school career



A toddler Avalos. Courtesy photo



Avalos with coach EJ Smith. Photo by Paige Lampson



Avalos masters his opponent in his senior year. Photo by Paige Lampson

is one thing. Doing it while carrying a course load of Advanced Placement classes, serving in student leadership and class officer positions, and holding down a job during his junior and senior years is another entirely. "Balancing sports with AP courses, extracurriculars such as leadership and class officer positions, as well as a job my junior and senior year definitely posed a challenge," Avalos admitted, "but I made time for all of it, whether it was staying up late at night finishing assignments or doing my work on the bus rides." He credits his academic drive for pulling him through, though he's candid about the cost. "I for sure hit burnout a few too many times," he said.

Wrestling: The Toughest Test

Of all four sports, wrestling demanded the most from Avalos — not physically, but mentally. "All of wrestling is honestly the toughest part," he said, "but mainly I struggled with a lot of the mental aspects, such as learning that not everything had to be perfect all of the time, whether it was in matches or just at practice." It was a lesson his coach, EJ Smith, helped instill in him: mistakes aren't something to dwell on, they're something to learn from. Avalos also wrestled with the sport's notorious physical demands, particularly weight management, which cost him matches across all four years until his parents



Coach Tassell gives advice before Avalos wrestles. Photo by Paige Lampson

and coaches helped him learn to fuel his body more efficiently and safely.

That mental toughness didn't stay confined to the mat. "It helped me be more confident and successful instead of being easily discouraged in all of the other sports I played," Avalos said. On the football field, it helped him hit harder. On the track, the endurance built through wrestling carried him through grueling distance events. In the pool, it gave him the patience to learn an entirely new discipline from scratch.

Ask Avalos for his proudest wrestling moment, and he doesn't point to a championship. He points to growth. During his senior season at the Rod Gaines tournament, Avalos placed fourth — his best finish there in four years of trying. "This gave me hope that I could finish off the season with a lot more victories than I had anticipated," he said. It was a defining moment not because of the trophy, but because of what it represented: persistence finally paying off.

Stepping Into the Unknown

Adding varsity football and varsity swim for a single season each meant starting over, in a sense, even as an established four-year athlete. "I definitely felt out of place trying to learn new skills, and I honestly felt like a freshman all over again,"

Avalos said of the experience. But the discomfort came with a lesson he says he'll carry forward: patience, and pride in small wins.

On the track, Avalos built his reputation across the middle- and long-distance events — the 400, 800, and 1600-meter races. "Both wrestling and track were challenging in their own ways, but a lot of the attributes carried over, and it wasn't hard to accustom myself to the discipline and perseverance it took to be a good runner," he said.

A Trophy Case to Match the Résumé

The accolades piled up alongside the effort. Avalos earned MVP honors in wrestling as both a junior and senior, and was named team captain in wrestling for two years and in track and field as a senior. He was recognized as a "Distinguished Athlete" and "Scholar Athlete" every semester for maintaining a 4.0-or-better GPA while competing — an academic standard that also placed him among the top 10 highest GPAs in his graduating class at Galt High. Perhaps most meaningful to him personally was earning his first Divisional's patch in wrestling. "It meant a lot to me and gave me relief that my hard work had paid off," he said, "and gave me motivation to continue to do better."

Now, with the Male Athlete of the Year title added to that list, Avalos



Vincente Avalos-Galt High School Athlete of the Year Photo by Paige Lampson

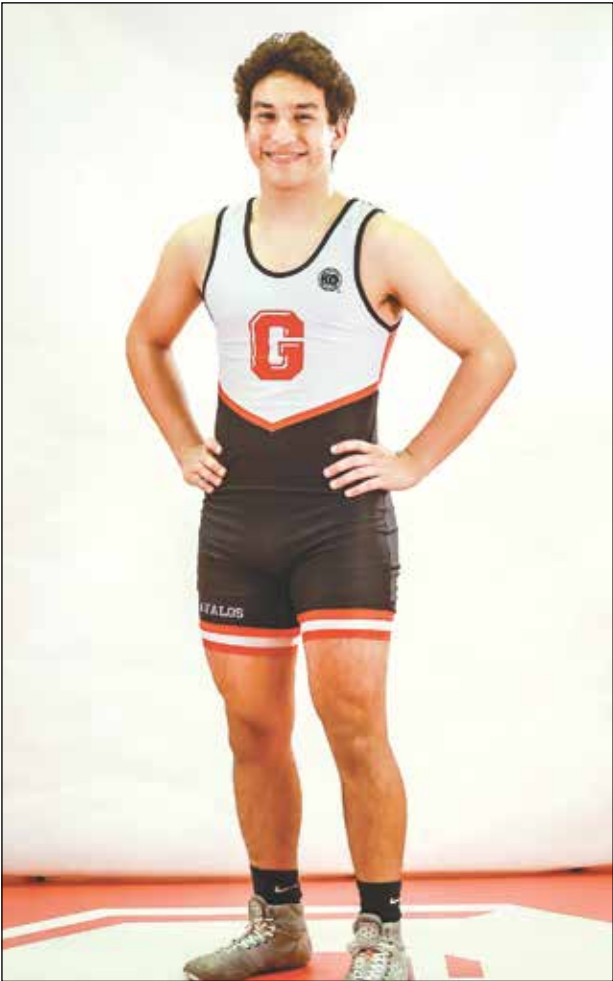
and Erica Atkins, as well as his unofficial coach, Dave Gonzalez. He also thanked his friends, who "helped me have some of the funnest memories of my life during sports" and supported him through moments when he came close to quitting.

What's Next

Avalos will take his talents — and his 4.0 GPA — to UC Berkeley this fall, where he plans to study psychology. While he doesn't currently plan to wrestle at the collegiate level, he isn't closing the door entirely. "I would like to find a wrestling club out there in Berkeley to keep my skills active, just in case," he said.

For the underclassmen following in his footsteps, Avalos's advice is simple, and hard-earned. "Have fun and choose to play the sports because you want to, not because you feel like you have to," he said. "Don't be afraid to just try things — even if it's not for you in the end, there are so many other options, even outside of sports altogether." And for those who, like him, choose to take on wrestling or multiple sports at once, he offers one last piece of wisdom: "Make sure you take on only what you can handle, and remember it's okay to ask for help and to make mistakes."

It's a philosophy that carried Vicente Avalos through four sports, four years, and now, one final honor: Galt High School's Male Athlete of the Year. ★



Avalos in his junior wrestling photo. Photo by Paige Lampson