



Liberty Ranch Cheer Squad Honored with Championship Rings

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Five Local Standouts Earn All-League Honors

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The Galt Herald

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NATIONAL JUMP FOR JELLYBEANS DAY!



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THE TEAM IS GETTING YOUNGER



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Locals Gear Up for Annual Herald Day



Herald Day in 2025 offered bounce houses free for children to enjoy. Photo courtesy of Carson's Coatings

MPG Staff

HERALD, CA (MPG) - Locals and visitors will come together for a parade, food and drink, crafts and kids’ fun during the annual Herald Day celebration at Herald Community Park on Saturday. They also will bring their best creations for the baking and canning contests, and their skills for the horseshoe throwing and cow-plop bingo competitions. The weekend begins with a kickoff

dinner Friday, July 31 at Champaign Ranch, 12174 Borden Road. Saturday festivities begin with a parade at 9 a.m. Activities include music, an auction, mechanical bull, petting zoo, photo contest and a magician. Several booths will feature local artists and artisans, many selling their crafts or displaying their work for commissions. Since the first Herald Day took place in 1981, organizers have worked to preserve its traditions.

One of them is the naming of Herald Day royalty. This year’s queen is Jayden Ogradnick and king is Bryce Dongelmans. Preparation for Herald Day takes months and a league of volunteers. And the Herald Community Club orders plenty of Herald Day hats, T-shirts and beer cozies to commemorate this annual gathering of community spirit and tradition. Herald Community Park is at Twin Cities and Ivie roads in Herald. ★

Council Passes Water Measures, Hears about Cemetery Vandalism



By John McCallum

GALT, CA (MPG) - The City Council unanimously approved several measures at its July 21 meeting that address water usage in the city, two dealing with water supply and conservation. The council adopted a resolution establishing “Sustainable Groundwater Management” fees within the city. The fees are a requirement of Groundwater Sustainability Agencies (GSA) groundwater plans as established by the state through the Sustainable Groundwater Management Act (SGMA) of 2014. The city of Galt is part of the Cosumnes Groundwater Authority formed in 2021 with six other Cosumnes River Subbasin GSAs such as Galt Irrigation District, Clay Water District and the Amador County Groundwater Management Authority. The groundwater sustainability plans (GSP) must result in sustainable groundwater use within 20 years, with failure to meet this goal resulting in state intervention in groundwater use. “And that is going to involve mandatory groundwater extraction reporting and pretty exorbitant fees,” Galt Public Works Director Fritz Buchman said. “It’s not a scenario we want, trust me.” Buchman said the Cosumnes subbasin is roughly 220,000 acres, with roughly 110,000 acre feet total of groundwater extracted annually. Plans in the subbasin call for sustainable use by 2042 through specific projects and management actions that reduce groundwater pumping by approximately 10,000 acre feet. The SGMA allows agencies to establish fees to cover administrative costs for activities such as investigations, inspections, compliance updates, enforcement and establishing “prudent” groundwater reserves. A study commissioned in 2024 determined the Cosumnes Authority would need \$661,500 annually to cover costs of these activities, Continued on page 3

Last Chance to Visit California State Fair



Californians still have one final weekend to visit the 2026 California State Fair before it closes Sunday, Aug. 2 at Cal Expo. Photo courtesy of the California State Fair

By Omella Rossi

SACRAMENTO, CA (MPG) - Californians still have one final weekend to visit the 2026 California State Fair before it closes Sunday, Aug. 2 at Cal Expo. The fair opens at 10 a.m. Friday through Sunday. Entrance gates and exhibit buildings close at 10 p.m. Friday and Saturday, although some attractions may continue until 11 p.m. On Sunday, the final day, the fair closes at 8 p.m. Gate admission is \$18 for adults,

\$14 for seniors 62 and older and \$12 for children ages 5 to 12. Children 4 and younger are admitted free. Participating Save Mart stores offer discounted tickets, and parking at Cal Expo costs \$15. Sacramento Republic FC will play at Heart Health Park at 8 p.m. Saturday, and match tickets include same-day admission to the fair. The final weekend includes three headline concerts on the Sky River Casino Stage. Boyz II Men performs Friday, followed by WAR on

Saturday and Yacht Rock Revue on Sunday. The concerts are included with fair admission, but free viewing space is limited and available on a first-come, first-served basis. Reserved seating costs extra and does not include fair admission. Friday and Saturday nights will also end with fireworks. Beyond the concerts, visitors can spend the weekend on carnival rides, see livestock in the Big Barn and watch family entertainment such as Continued on page 2

Last Chance to Visit California State Fair

Continued from page 1

sea lions, acrobats, racing pigs and dog performances. Indoor exhibits include the King Tut Experience, the Candy Maze and Selfie Experience, fine art and photography displays, a California First Peoples art showcase, lowrider culture and the California Cannabis Exhibit and Experience.

Food options range from traditional fair favorites such as funnel cakes, churros, corn dogs and Dole Whip to barbecue, baked potatoes, mac and cheese, tacos, Thai food, boba, tanghulu and Dubai chocolate.

Adults can also visit the Save Mart Wine Garden or Beer Den.

Visitors should prepare for Sacramento’s summer heat by bringing sunscreen and sealed plastic water bottles. Outside food is allowed. Bags must follow the fair’s clear-bag policy and generally cannot exceed 12 by 12 by 2 inches.

The fair is at 1600 Exposition Blvd. Visitors should check the official daily schedule before arriving as event times and closing hours are subject to change.



Beyond the concerts, visitors can spend the weekend on carnival rides, see livestock in the Big Barn and watch family entertainment such as sea lions, acrobats, racing pigs and dog performances. Photo courtesy of the California State Fair

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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Gear Up for Summer Concerts



The free outdoor series will be held on select Friday evenings including Aug. 7, Aug. 14 and Aug. 28, and will feature a mix of live concerts and community performances. Photo courtesy of Cosumnes Parks and Recreation

By MPG Staff

ELK GROVE/GALT, CA (MPG) - Live music, local talent and family-friendly entertainment will take center stage this August as the Cosumnes Community Services District’s Hot Summer Nights Concert Series returns to Laguna Town Hall Amphitheatre.

The free outdoor series will be held on select Friday evenings including Aug. 7, Aug. 14 and Aug. 28, and will feature a mix of live concerts and community performances.

The series opens Aug. 7 with a Concert in the Park featuring rock band INFM, plus, enjoy carnival games and a bounce house for free before the show starts. On Aug. 14, local performers will compete in Sammy’s Star Search, a community talent competition showcasing amateur singers, musicians and entertainers. The series concludes Aug. 28 with a Dive-in Concert featuring rock artist Matthew Ferguson

Andrews, combining live music with a poolside experience.

Each event runs from 6 to 9 p.m., with amphitheater gates opening at 5 p.m. Organizers encourage attendees to arrive early, bring low-back lawn chairs or blankets and enjoy food and refreshments available for purchase from local food trucks and vendors.

The concerts take place at the Laguna Town Hall Amphitheatre, 3020 Renwick Ave., and are free and open to the public.

To ensure a safe and enjoyable experience, organizers ask guests to follow event guidelines, including designated seating rules, keeping walkways clear and leaving pets at home unless they are service animals.

In partnership with the Elk Grove Police Department, the city’s 10 p.m. curfew for minors will also be enforced during each event.

For more information visit cosumnescsd.gov/1358/Parks-Recreation. ★

ACC Care Center Earns Prestigious 5-Star Overall Rating from Centers for Medicare & Medicaid Services

ACC Senior Services News Release

SACRAMENTO, CA (MPG) - ACC Senior Services is proud to announce that the ACC Care Center has earned the highest possible 5-Star Overall Rating from the Centers for Medicare & Medicaid Services (CMS), a distinction that recognizes excellence in quality of care, staffing and health inspections.

According to the CMS official release, the updated Five-Star Quality Ratings appear on the Medicare Care Compare website on or around July 29. ACC Senior Services is pleased to share this achievement with its residents, families, employees and the greater Sacramento community.

“This achievement reflects the unwavering dedication, compassion and professionalism of every member of our Care Center team,” said Interim President & CEO of ACC Senior Services Jill Hays. “This recognition reinforces our commitment to clinical excellence, person-centered care, and continuous improvement.”

Interim President & CEO of ACC Senior

Services Heidi Wheeler added, “We are incredibly proud of our entire Care Center Team and grateful for the trust our residents and families place in us every day.”

The CMS Five-Star Quality Rating System – one of the nation’s most trusted measures of nursing home quality – assists families to make informed decisions when choosing care for their loved ones. Facilities are evaluated across three key areas: health inspections, staffing levels and quality measures. An overall 5-Star rating signifies that ACC Care Center performs well above average in delivering skilled nursing and rehabilitation services, placing it among the nation’s highest-performing skilled nursing facilities.

“Achieving five stars represents more than a rating. It reflects the trust we build, the lives we touch, and the excellent care we deliver every day,” said Director of Nursing at ACC Care Center Kristy Moore.

Located in Sacramento’s Pocket neighborhood, ACC Care Center has served the community for 39 years,

providing skilled nursing, short-term rehabilitation and long-term custodial care in a culturally welcoming environment. ACC Senior Services has served older adults and their families throughout the greater Sacramento region for more than 50 years, remaining committed to its mission of enriching lives through compassionate care and innovative programs.

ACC Senior Services remains committed to continuously enhancing the quality of care and services it provides while fostering a welcoming, compassionate environment where older adults can real and thrive.

About ACC Senior Services

ACC Senior Services is a community-based 502(c)3 nonprofit organization dedicated to enriching the lives of older adults through high-quality programs, senior housing, and care services. Serving the greater Sacramento region for over 53 years, ACC provides a continuum of care that promotes independence, wellness, and community connection. ★



Galt Police Officer Hughes recently received a MADD Award after making 43 DUI arrests in 2025. Photo courtesy of the Galt Police Department

Officer Earns MADD Honor for 43 DUI Arrests

By MPG Staff

GALT, CA (MPG) - Galt Police Officer Hughes has been recognized by Mothers Against Drunk Driving for his commitment to keeping impaired drivers off local roadways.

The officer recently received a MADD Award after making 43 DUI arrests in 2025, a distinction that honors law enforcement officers who demonstrate exceptional dedication to impaired driving enforcement.

According to the Galt Police Department, each arrest represented an opportunity to prevent a potentially tragic incident caused by impaired

driving.

The annual awards, presented by Mothers Against Drunk Driving, recognize officers who go above and beyond in efforts to reduce impaired driving and improve roadway safety.

Police officials praised Officer Hughes for his dedication to protecting the community and helping prevent crashes, injuries and fatalities associated with driving under the influence.

The department said Hughes’ commitment to proactive DUI enforcement has played an important role in making Galt’s roads safer for residents and visitors alike. ★

Council Passes Water Measures, Hears about Cemetery Vandalism

Continued from page 1

According to the report to council, “Costs associated with state-mandated requirements that are unrelated to the

amount of groundwater used, \$187,000, were allocated equally to all directly groundwater-using residential, commercial, and agricultural parcels, resulting in an annual base charge of \$35.59 per parcel.”

Because annual extraction amounts are known, “public water systems are charged an extraction fee of \$5.98 per acre foot” which is expected to provide about \$29,300 annually. The remaining \$445,000 was charged to “approximately 44,500 acres of irrigated agriculture in the subbasin, resulting in an annual fee of \$10 per irrigated acre.”

“Just like the bulk of the groundwater is used by ag (agriculture), the bulk of the fee burden went to ag as well,” Buchman said.

In Galt, the fees will apply to 157 parcels and 174.4 acres of irrigated agriculture, resulting in annual revenue of \$7,300 for the Authority. The city’s public water system fee will generate another \$26,469 annually and will

be applied to the water utility.

Buchman said city water customers wouldn’t see any rate increase as the current rates are “sufficient” to cover the Authority fees.

Also at the July 21 meeting, council approved by a 4-0 vote – Councilmember Shawn Farmer was not present – updates to the city’s Urban Water Management Plan and Water Shortage Contingency Plan. The state’s Urban Water Management Planning Act requires water suppliers providing more than 3,000 acre feet annually or with over 3,000 connections to prepare and update these plans every five years.

The city of Galt has 7,974 water service connections and supplied over 4,529 acre feet of potable water in 2025. According to a study by consultant EKI Environment & Water, the water demand is expected to increase to 5,024 acre feet by 2030 and eventually reach 6,646 acre feet by 2050.

Of the 2025 usage, 58% came from single-family homes, with commercial at 19% and multifamily complexes at 9%, while about 11% was “Other (Non-Revenue Water): water not

unaccountable for.

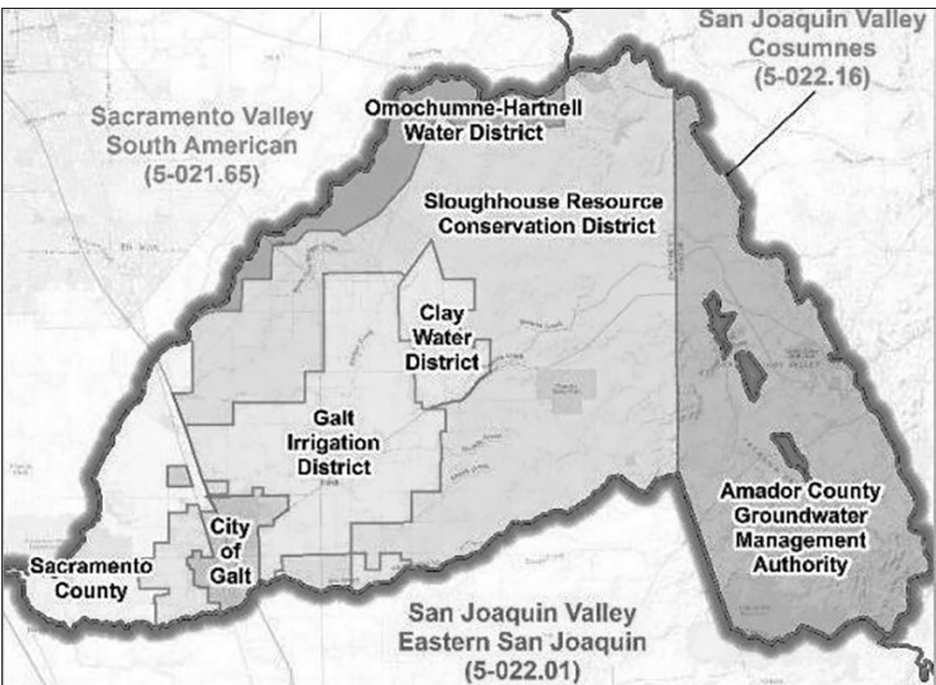
“By 2050, we expect that to increase to up to 60%,” EKI hydrogeologist Kristyn Lindhart said of single-family.

According to the report, demand projections were developed using “projected population and employment growth, planned development, water use demand factors, and estimated future passive water savings.” Lindhart said they projected Galt’s population to grow to approximately 37,800 by 2050.

The report concluded that even with growth there will be no change in groundwater availability and “no supply shortages assumed under any scenario.”

The council also approved a Water Shortage Contingency Plan that lists measures the city would take in the event of a water shortage emergency. These include supply reliability analysis, six standard water shortage stages and response actions, communication with the public and annual water supply and demand assessments.

The council’s final water-related action was to approve a bid award for replacing water mains



A map of the Cosumnes Groundwater Authority and the Groundwater Sustainability Agencies (GSA) that make up the subbasin area are shown above. Map courtesy of City of Galt

along several blocks in Old Town. Westrock Engineering was the lowest bid of 10 contractors bidding on the project at just over \$2.92 million.

The contract also authorized the city manager to execute a \$462,370 contract with Kjeldsen, Sinnock & Neudeck, Inc. for construction management and inspection services on the project. With contingencies, including \$438,851 for additional pavement repair, the total

cost of the project comes to \$4,165,700.

The project is paid for by \$4.1 million from the city’s Water Fund and \$900,000 from the Water Impact Fee Fund.

Finally, during public comment Galt-Arno Cemetery district manager Belinda Ellis told council that beginning Oct. 1 the cemetery would no longer be open 24 hours a day. Because of “a great deal” of recent vandalism to some graves in the

cemetery, Ellis said the decision had been made to restrict cemetery access hours to dawn to dusk.

Ellis said she had spoken to Galt Police Department and was advised this would be the best approach to deal with vandalism.

“I hope this will pass as those who are laid to rest are forgotten,” she said, adding the vandalism to specific graves has left the departed’s friends and family feeling “very raw right now.” ★

Board Elects 2026-27 Officers, Welcomes New Trustees

Newly Elected Trustees, Re-Elected Incumbent to Serve Four-Year Terms

Sacramento County Office of Education News Release

SACRAMENTO, CA (MPG) - The Sacramento County Board of Education selected its officers for 2026-27 during the July 14 board meeting. Mariana Corona Sabeniano (Area 2 Trustee) will serve another term as board president and Vanessa D. Caigoy, MBA (Area 4 Trustee) will be board vice president.

Prior to selecting its officers, the board welcomed back Mariana Corona Sabeniano (Area 2 Trustee), who was re-elected unopposed and extended a warm welcome to its newest trustees, Dominique Donette, M.Ed. (Area 1 Trustee) and Annie Fischer (Area 3 Trustee). They will each serve



Trustees Annie Fischer (third from left) and Dominique Donette, M.Ed. (second from right) pose with the Board of Education and Superintendent Gordon. Photo courtesy of Sacramento County Board of Education

four-year terms ending in 2030.

Dominique Donette (Duh-nay), M.Ed. (Area 1 Trustee), who was sworn in the week prior, leads government affairs work across California for EdVoice. She earned her undergraduate degree from the University of California, Berkeley, a master's degree in education policy and management from the Harvard Graduate School of Education, and a master's degree in educational leadership through the Broad Residency in Urban Education.

Annie Fischer (Area 3 Trustee), who was sworn in the day before the board meeting, is a California state employee. She earned a bachelor's degree in anthropology with a minor in U.S. History from California State University, Fullerton. ★

New Rooster Ordinance Supports Animal Welfare and Public Safety



Most residents who keep backyard poultry have a small flock and provide excellent care for their animals. However, Animal Control Officers occasionally respond to properties with unusually large numbers of roosters. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO, CA (MPG) - In July, Sacramento County's updated Crowing Fowl Ordinance will provide clearer standards for keeping roosters in unincorporated Sacramento County while strengthening protections for both animals and the community. The ordinance is designed to support responsible rooster ownership, improve animal welfare, reduce nuisance conditions and help deter illegal cockfighting. For Sacramento County Animal Care Services, the ordinance is also an opportunity to educate the public about the work Animal Control Officers perform every day.

When residents hear about rooster-related calls, many

assume they're simply responding to complaints about early morning crowing. While noise complaints are one reason officers may be dispatched, Animal Control Officers are trained to assess much more than sound. During an investigation, officers evaluate the overall health and welfare of the animals, including whether they have access to adequate food, clean water, appropriate shelter and safe living conditions. They also look for signs of neglect, overcrowding or injuries that may require intervention.

Most residents who keep backyard poultry have a small flock and provide excellent care for their animals. However, Animal Control Officers occasionally respond to properties with unusually large numbers of

roosters. Large concentrations of roosters can present animal welfare concerns, including injuries caused by fighting among birds, inadequate housing, sanitation issues and limited access to food and water. In some situations, these conditions may also warrant further investigation into possible illegal activity.

Cockfighting remains illegal throughout California and is considered a form of animal cruelty. Animal Control Officers work closely with law enforcement partners when investigating suspected cockfighting cases. While no single observation confirms illegal activity, officers are trained to recognize patterns that may indicate birds are being bred, housed or conditioned for fighting. These investigations help protect animals from

abuse while supporting safer neighborhoods.

The updated ordinance establishes numerical limits for the incidental, non-commercial keeping of roosters based on parcel size while creating a registration process for qualifying properties that may need additional birds for recognized purposes. It also establishes animal care standards, prohibits tethering and strengthens enforcement tools available to County staff. For many responsible poultry owners, the ordinance simply provides clearer expectations for keeping healthy birds while being considerate of neighbors.

Animal Control Officers do much more than respond to stray dogs and lost pets. Each day they investigate reports of

animal neglect and cruelty, educate pet and livestock owners, enforce local animal ordinances and work alongside law enforcement to protect both animals and the public.

The new Crowing Fowl Ordinance provides another tool to help officers address concerns before they become larger animal welfare issues while continuing to support responsible animal ownership throughout Sacramento County. Residents can learn more about the Crowing Fowl Ordinance, including frequently asked questions and registration information, on Sacramento County's Crowing Fowl webpage.

Residents who have concerns about roosters in their neighborhood are encouraged to report them by calling 311. ★

DPR Releases Final Findings from State-Funded Fumigant Alternatives Study

California Department of Pesticide Regulation News Release

SACRAMENTO, CA (MPG) - The California Department of Pesticide Regulation (DPR) released the fourth and final component of a multi-part study exploring alternatives to fumigant pesticides. The last report focused on the risks and benefits of pre-plant fumigants.

The research conducted by the California Council on Science and Technology (CCST) specifically looked at methyl bromide and three pesticides known as MITC generators – dazomet, metam-sodium and metam-potassium. Similar to the findings from CCST's previous



The California Department of Pesticide Regulation has released the final component of multi-part study exploring alternatives to fumigant pesticides. Photo designed by Magnific.

reports, this report found that, while alternatives exist, there is no single alternative that can be used as a 1:1 substitute for methyl bromide or MITC generators. In particular, the cost and effectiveness of alternatives remain a significant barrier for growers. More crop- and region-specific research is needed to determine the

efficacy of alternatives at commercial scale.

"DPR has made a strong commitment to sustainable pest management and finding alternatives to fumigants," said DPR Director Karen Morrison. "We will continue to prioritize actions to protect human health and the environment through research and innovation." ★

Sustainable Business Awards and Resource Expo

Sacramento County News Release

SACRAMENTO, CA (MPG) - The Sacramento County Office of Economic Development's Business Environmental Resource Center will recognize local businesses advancing sustainability and environmental stewardship during the Sustainable Business Awards and Resource Expo on Wednesday, Sept. 6, from 1 p.m. to 4 p.m. at the Mack Powell Event Center in Sacramento.

This sponsor-supported event is offered free of charge to the Sacramento County community. Advanced registration is required as space is limited. Complimentary appetizers will be provided.

"The businesses we're recognizing are showing that sustainability isn't just good for the environment, it's good for business," said Director of County's Office of Economic Development, Crystal Bethke. "One of the best parts of this event is seeing businesses share ideas that others can take back to their own operations. We

hope this event inspires more businesses to explore what's possible and connects them with the people and resources to get started."

Attendees will have the opportunity to connect with local businesses, business support organizations, explore resources available to businesses, network with environmental leaders and discover innovative sustainability efforts taking place throughout the county. The program portion of the event will feature an awards ceremony where businesses certified through County's Sustainable Business Program are highlighted.

The Sustainable Business Program is supported by County departments and regional partners, including building permits and inspection, airports, environmental management, planning and environmental review, waste management and recycling, water resources, Sacramento Area Sewer District, Sacramento Metropolitan Air Quality Management District and Sacramento Municipal Utility District (SMUD). ★

Kings Korner

By V.G. Harris

The Team is Getting Younger

By V.G. Harris

Does anyone remember four years ago when your own Sacramento Kings led the NBA in scoring? I do, and what a magical season of excitement it was!

So, if we don’t lead the league in scoring but become a palindrome that plays defensive like it’s our mission in life, how happy would that make you?

Yes, Scott Perry like his coach Doug Christie has sounded like a myna bird as it relates to defense, so as we like to say, “the proof is in the pudding.”

Put No. 1 on the Sacramento Kings agenda as PLAY BETTER DEFENSE! Then, expect it.

Coaches, the GM, and ownership need to hold players accountable, including the free throw shooting.

Any NBA team that is a cellar dweller in any category needs to take it seriously and make the necessary changes to remedy the problem. Don’t settle for just getting a little better, fix the problem!

When high school teams have a higher percentage of success from the same 15’ line as your NBA team does, you have a problem.

On to the positive.

Stop listening to the radio talking heads that seem to believe they’re suddenly experts when it comes to the Sacramento Kings and are collectively giving this team no chance at finishing on the north side of 30 wins. What utter nonsense.

Yes, the Kings had a good if not excellent draft and apart from Alex Karaban’s sprained ankle that limited his action in summer league, the youngsters that are about to make up this year’s team acquitted themselves admirably.

What measures need to be taken to put the Kings in a 30-plus game winning season?

Double down on your decision to make Keegan Murray the first-round draft choice he was just four years ago and help him make season No. 5 one to remember.

If Keegan Murray can shoot 41 percent from three-point land in his first year and set a new NBA rookie record for three-pointers, he surely can remedy a career low 27 percent last season and return to the Keegan Murray that brought us to our feet so many times before.

Work with this young man who is now a veteran player and needs to find his way on a team with former all-star Zach Lavine, and first round draft choice Darius Acuff Jr. Surely the three of them will be starting along with Domantas Sabonis and whoever wins the job as the power forward alongside him.

Player chemistry is all important and this year’s preseason will help set the table for what portends to be a very interesting if not highly productive 2026-27 NBA season.

Start with Domantas Sabonis and the consistency he brings to the table. For three seasons in a row Domantas led the NBA in rebounds and has been one of highest-ranking double-double leaders in recent memory. He even led the NBA in double-doubles and triple-doubles the same season!

Start appreciating and celebrating what you have, and I’m talking now to the Kings franchise. Your persistence in trying to get rid of the one true leader you have on this team is demeaning and it needs to stop.

Celebrate what this Stevedore brings to the court every night and use his talents as a veteran and all-star and let him serve the youngsters on this team as the true mentor he is.

Much of what we can expect this season will come with the success of Domantas Sabonis and his teammate Zach Lavine.

If Lavine can stay healthy and return to his standard of excellence that made him an all-star, Darius Acuff Jr. and Keegan Murray will benefit greatly from his prowess.

Players like Precious Achiuwa, Emanuel Sharp, Dylan Cardwell, Marquel Sutton, Alex Karaban, Isaiah Stevens and Jonathan Mogbo are waiting for their chance, and the success of our veterans will only accelerate the schooling of these youngsters.

Pick your favorite Kings fans because whether by chance or by luck, Scott Perry has given you a lot to look at, and what you’re looking at are legitimate NBA players.

Can Doug Christie build the team chemistry needed to make winners out of a promising young team and silence the naysayers that are ever present before every season starts?

The talent is here Kings fans, so don’t be afraid to get a little excited.

All the best! ★

How Crime and the Politics of Crime Rise and Fall in California



By Dan Walters, CALMatters.org

For two decades, beginning in the late 1970s, the most powerful issue in California politics was crime.

Sensational crimes such as the 1993 kidnapping and murder of 12-year-old Polly Klaas fueled anti-crime furor and new laws, including the infamous three strikes measure.

By depicting Democrats as soft on criminals, Republicans dominated elections for president, U.S. Senate and the governorship and made strong gains in the Legislature.

Jerry Brown, the Democratic governor who took office in 1975 as the anti-crime movement was gathering steam, felt the backlash, compelling him to sign a string of tough anti-crime bills that Democratic legislators carried to placate voters.

Brown’s opposition to the death penalty was a factor in his failed 1982 bid for a U.S. Senate seat. Voters instead opted for Republican Pete Wilson and elected another Republican, capital punishment advocate George Deukmejian, to succeed Brown as governor. Eight years later, Wilson won the governorship.

In 1986, voters not only re-elected Deukmejian as governor, but they ousted three of Brown’s state Supreme Court appointees, including Chief Justice Rose Bird. Bird and Justices Cruz Reynoso and Joseph Grodin had made opposition to the death penalty obvious in their rulings.

Although he had signed bills to put more criminals behind bars, Brown was reluctant to build new prisons to house a sharply rising number of felons. That changed when Deukmejian became governor. In the 16 years of his and Pete Wilson’s governorships, the state built dozens of new prisons, as the number of inmates climbed from about 24,000 in 1980 to a peak of 173,000 in 2006.

Crime as a powerful political issue was not as irrational as some critics have contended. The latest report on California crime, released by Attorney General Rob Bonta, confirms that in both absolute and relative terms, the state during the 1980s and 1990s saw sharp increases in criminal behavior, particularly violent crimes such as murder, rape, robbery and aggravated assault.

In 1980, there were 209,903 such crimes reported, more than twice the 1970 total. Violent crimes hit a high water mark of 345,508 in 1992, and homicides a high of 4,005 in 1993. Relatively, violent crimes reached a high of 1,079.8 incidents per 100,000 Californians in 1991.

Crime as a political issue began to taper off in the late 1990s, as did crime as a demonstrable threat.

In 2025, there were 170,397 violent crimes reported — less than half the 1992 record — and the crime rate declined to 431.1 crimes per 100,000 Californians, well under half of the 1991 mark.

Why crime exploded during the 1980s and early

1990s has never been fully explained, although many possibilities have been advanced.

The more recent decline is also something of a mystery. And it’s been accompanied by a reversal in criminal justice politics.

Federal courts in 2011 compelled California to reduce its inmate population due to overcrowding. The current population, about 90,000, is scarcely half the peak. And one-by-one, prisons are being closed.

Jerry Brown, who had signed numerous lock-‘em-up bills during his first governorship, returned to the position in 2011 and championed more lenient treatment. He sponsored a 2014 ballot measure, Proposition 47, that made it much easier for inmates serving time for offenses deemed nonviolent to gain parole by redefining “nonviolent” to cover some pretty serious offenses.

Other ballot measures and laws enacted by the Legislature and Gov. Gavin Newsom have continued to soften the treatment of lawbreakers.

However, in 2024, voters passed Proposition 36, which tightened up the loose provisions of Prop. 47 and signaled at least a mild backlash, likely driven by a surge of smash-and-grab robberies.

Whether that backlash gains strength or California continues to ease off on punishment is a question that awaits an answer.

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 SS 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:

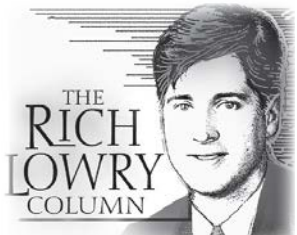
- Are you still working? If so, claiming before FRA means you will be subject to an annual earnings limit until you reach FRA. The earnings limit for early filers in 2026 is \$24,480 and, if that is exceeded, SS will take away benefits of \$1 for every \$2 you are over the limit (the limit increases 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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What did the country ever do to white college graduates to make them feel so disaffected from its economic and political system? The wave of socialist victories in Democratic primaries is being driven by well-educated white voters who are more extreme than the rest of the Democratic coalition.

The latest evidence is a new poll in the closely watched Democratic primary for a Senate seat in Michigan. The AOC-endorsed, Israel-hating insurgent, Abdul El-Sayed, has had momentum, but is now narrowly trailing the establishment candidate, Haley Stevens. According to a Detroit News survey, Stevens is ahead by about seven points, with demographic advantages that are very telling.

Stevens, a goofy white lady, leads El-Sayed by a 3-to-1 margin among black voters. On the other hand, El-Sayed, a person of color or fully vested in the left’s Third Worldist agenda, leads among white voters, 51-39%. Stevens, a career apparatchik and politician, leads among non-college-educated voters, 56-34%, whereas El-Sayed, who has been endorsed by the Working Families Party, is ahead with college-educated voters, 48-41.

The respective strengths of the two candidates run against the grain of what you might expect in a race between a conventional Democrat and a radical, yet accord with what we’ve seen in campaign after campaign.

Socialists may imagine themselves the champions of people of color and of

Workers of the world aren’t uniting behind the DSA

workers, but their movement is, by and large, most attractive to caucasian associate professors of sociology who think they haven’t achieved the station in life that they deserve.

It’s less a proletarian phenomenon than a project of frustrated Ph.D. candidates and medium-level professionals. Because many socialist candidates have immigrant backgrounds, it can be tempting to consider the movement as fundamentally a function of immigration, when that’s not true.

A 2021 survey of DSA members found that they were disproportionately white, at 85%, and disproportionately had college degrees (80%) or a higher degree (35%). This leaves them in a similar predicament to pioneering communists and socialists in Europe who talked up the prospect of a worker revolution, and then looked around the room and saw no workers, only intellectuals and activists like themselves.

The good news for DSA-aligned candidates is that college-educated white people are very reliable voters who can make a big difference in the kind of low-turnout primaries where anti-establishment, left-wing candidates thrive. A recent analysis in The New York Times noted that Zohran Mamdani-endorsed socialist Darializa Avila Chevalier defeated Rep. Adriano Espaillat in a marquee New York City congressional primary while winning high-education and higher-income areas; Espaillat, in contrast, won in majority-Hispanic and lower-income areas.

Another Mamdani pick, Brad Lander similarly wiped up in high-income and

high-education areas while crushing Rep. Dan Goldman, whose strong performance in low-income parts of the district didn’t save him. Socialistic economics may have appeal to working-class voters in theory, but the DSA couples its economics with extreme views on cultural issues that have very little appeal with non-college-educated voters. Tax the rich? Sure. Transcend the gender binary? No, thanks -- whatever that means.

That the average black Democrat is more moderate and pragmatic than the average white Democrat may prove the ultimate check on whether an AOC-type candidate can claim the big prize of the Democratic presidential nomination in 2028. It’s one thing to appeal to the so-called Commie Belt in New York City, the young, highly educated, diverse neighborhoods in Queens and Brooklyn that so strongly backed Zohran Mamdani; it’s quite another to win over the older, religious African American voters in, say, South Carolina’s I-95 Black Belt.

In the 2020 primaries, Bernie Sanders ran a campaign of great verve and ideological energy, while Joe Biden stumbled from one early setback to another -- yet, black Democrats decided that the former vice president was the safer choice, and that was the end of Sanders. In short, the workers of the world may one day unite, but not behind a socialist vessel for the grievances of ideologically exotic, college-educated white people.

Rich Lowry is editor of the National Review.

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ABOUT TOWN

Continuing through Monday, Aug. 3
Back to School Supply Drive – hosted by Rancho Seco Care Center. We are actively collecting essential school supplies such as pens, #2 pencils, markers, highlighters, crayons, erasers, pencil sharpeners, glue sticks, notebooks, binders, lined paper, rulers, folders, sanitizer, calculators, backpacks and more. We are excited to partner with Galt Unified School District, which ensures that every donation goes directly to children in the Galt community who need them the most, empowering kids to start the year confident and prepared. For more information, contact Emily Watson, NorCal regional director, at 916-622-8289. 144 F St.

Friday, July 31
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. 4343 N. Ashley Lane, Stockton.

Saturday, Aug. 1
Galt Saturday Market – 9 a.m. to 2 p.m. at the 4th Street Promenade. This open-air extravaganza features 75+ vendors offering a delightful variety of baked goods, delicious cuisines, home décor, handmade crafts, seasonal flowers, specialty items and more. Each month brings a unique theme, along with live entertainment and activities the whole family can enjoy. 4th and C streets.

Natural and Cultural History Walk – 9 a.m. to 11 a.m. at the Cosumnes River Preserve. Join Cosumnes River Preserve docents on a guided 3.5-mile hike along the River Walk Trail and discover the natural and cultural history of this unique landscape. Participants who do not wish to complete the entire distance may turn around at any time. This is a great family-friendly activity for all ages. More information and link to register at Cosumnes.org. 13501 Franklin Blvd.

Herald Day 2026 Canning and Baking Contests – Herald Community Club is accepting entries for its contests at Herald Community Park on Twin Cities Road. The

categories are baked goods, junior baked goods, canned jelly, canned pickle or relish, canned salsa, fresh salsa and fresh produce. Entries must be delivered to Herald Park by 10 a.m. on event day, Aug. 1. For more information, email heraldcommunityclub@gmail.com.

“Stuck in Lodi” Car Show – 10 a.m. to 3 p.m. in downtown Lodi. Rev up your summer plans at one of Lodi’s most anticipated automotive events. The 29th annual show brings together classic car enthusiasts, vintage rides and community spirit for a day of chrome, horsepower and nostalgia. Proceeds benefit local charities, making your visit even more meaningful. Free to attend; \$55 to register a car, limited to the first 300 cars. Registration and more information at americansteelcarsclub.com. 120 S. School St., Lodi.

Kids Corner Craft: Paper Beaded Bracelet – 1 p.m. to 3 p.m. at the Lodi Community Art Center. Get creative by making your own colorful bracelet. This free, hands-on art activity is designed for ages 5 to 18 and teaches participants how to create paper beads and string them into a unique bracelet to take home. For more information, call 209-333-3855. 110 W. Pine St., Lodi.

Sunday, Aug. 2
Central Valley Classics n’ Customs Cars & Coffee – 7 a.m. to 11 a.m. at Parkwest Casino, first Sunday each month. Bring your ride, bring your friends and let’s enjoy another incredible season of community, classics, customs and coffee. This event proudly supports local U.S. military active-duty troops and veterans, adding a meaningful community connection to the experience. 1800 S. Cherokee Lane, Lodi.

World of Wonders Science Museum Free Admission Day – 10 a.m. to 5 p.m. Experience a day of discovery and enjoy the museum at your own pace while taking part in hands-on, family-friendly activities offered throughout the day. No tickets or reservations are needed; just arrive and explore. 2 N. Sacramento St., Lodi.

Tuesday, Aug. 4
National Night Out – 6 p.m. to 8 p.m. at three locations throughout Galt: Meadowview Park, Galt Sports Complex or Galt Community Park. Join the

Galt Police Department for a free patriotic community event bringing families, neighbors, businesses, organizations and first responders together for food, booths, games, safety resources and community connection. Join us at the location closest to your home. More information at nnogalt.org.

Wednesday, Aug. 5
Helping One Woman Galt – 6 p.m. to 7 p.m. at Brewster’s Kitchen & Cocktails. Join us in supporting a local woman and making a difference. Helping One Woman Galt invites the community to its August recipient event honoring Francine Prediger-Hall. Guests will enjoy dinner while helping to raise funds through raffles, silent and live auctions, dessert auctions and more. Every donation helps provide support to a deserving local woman. RSVP is required at howgalt@helpingonewoman.org. 201 4th St.

Thursday, Aug. 6
Senior Social Dance – noon to 1:30 p.m. at the Chabolla Community Center. Seniors are invited to enjoy music, dancing, snacks and refreshments. This free event is a great opportunity to connect with friends, meet new people and enjoy time together in a fun and welcoming setting. For questions, contact Adeline Barth at 209-366-7165. 600 Chabolla Ave.

Tiger Tastings at Barsetti Vineyards – 6 p.m. to 7:30 p.m. Join the Pacific Alumni Association for a relaxing evening at the beautiful Barsetti Vineyards Tasting Room in Galt.

Hosted by Pacific alumna and Barsetti Vineyards owner Janis Barsetti Gray ’72, the evening will feature a curated tasting of Barsetti wines, hearty rustic Italian appetizers and the opportunity to hear from fellow Pacific alumnus and Barsetti winemaker Brett Ehlers ’03 as he shares the journey of each wine, from the vineyard and harvest to the bottle in your glass. Register at pacific.edu/event. 400 4th St. #150, Old Town Galt.

Friday, Aug. 7 and Saturday, Aug. 8
Sunset Bat Flyout Paddle – 6 p.m. to 8 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 Eventbrite.com. 13501 Franklin Blvd.

Saturday, Aug. 8
Exotic Bird & Pet Expo – 10 a.m. to 3 p.m. at the Lodi Grape Festival Grounds. Shop, adopt, learn and enjoy so many birds, pets, supplies and more. Fun for the whole family. \$15 admission; \$10 for kids 2 through 10. Admission waiver is required; find it and more information at exoticbirdmart.com. 413 E. Lockeford St., Lodi.

Kiwanis Free Day at the Pool – 2 p.m. to 7 p.m. at Gora Aquatic Center. Join us for this fun day when the Kiwanis Club will cover admission for the first 100 youth (17 years and under) entering the Gora Aquatic Center. Any adult attending with their child will be required to either pay the entrance fee (adults \$8 and seniors \$6) or the dry fee (\$4 for adults and seniors).

All regular facility rules apply on these days. A special thank you to the Kiwanis Club of Galt for its continued generosity and support. 630 Chabolla Ave.

Concerts on C Street – 6 p.m. to 8:30 p.m. in Downtown Galt. Join us for an evening of live music, local businesses, food trucks and amazing community. This month, enjoy Motown and R&B music from Gary Bohannon & The Bad Habits Band. Grab your friends and family and stroll down C Street while you enjoy music, dancing, food and more.

Sunday, Aug. 9
Karaoke/Band Practice – noon to 4 p.m. at Barsetti Vineyards. Join us to sing along with Phil ‘n da Pinots, request your own songs or even join the band on stage to play along. Call 209-744-6062 for more information and reservations. 400 4th St., #150, Old Town Galt.

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 – Aug. 2, 2 p.m.: Ice Cream Social at Oaks Mobile Home Park Club House, 116 Calle Entrada, Elk Grove. Contact Pat at 530-559-0191.

Aug. 3, 10:30 a.m.: WPSC Board Meeting at the Oaks Mobile Home Park Clubhouse, 116 Calle Entrada, Elk Grove. Open to all members.

Aug. 3, Noon: Lunch at Yard House, 9180 Elk Grove Blvd, Elk Grove. Contact Merrylyn, 916-549-4264.

Aug. 6, 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.

Aug. 7, 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.

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. 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 31: Family story time, 10 a.m. to 10:30 a.m. (G) English conversation group, 3 p.m. to 4 p.m. (G)

Tuesday, Aug. 4: Family story time, 10 a.m. to 11 a.m. (WG)

Wednesday, Aug. 5: English conversation group, 3 p.m. to 4 p.m. (G)

Thursday, Aug. 6: STEAM for kids – paint and end of summer event, 2 p.m. to 4 p.m. Pick up a paintbrush and enjoy the fun of painting. We will also have Kona Ice and Pixie Tribe. Please join us for our end of summer celebration. (G)

Friday, Aug. 7: Family story time, 10 a.m. to 10:30 a.m. (G) English conversation group, 3 p.m. to 4 p.m. (G) Adult book group, 5 p.m. to 6 p.m. This month, we will be reading and discussing “Theo of Golden” by Allen Levi. (WG)

Veterans Meetings
American Legion Post 55, Veterans and Auxiliary Units – fourth Wednesdays: 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 – fourth Thursdays at 7 p.m., 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. 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 Mondays at 5:45 p.m., Veterans Hall, 8230 Civic Center Drive, Elk Grove.

Marine Corps League Detachment #1238 – first Thursdays: 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. third Saturdays, 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. More information: 916-684-3849. ★

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National Jump for Jellybeans Day!

According to the daysoftheyear.com website, National Jump for Jellybeans Day is a delightful holiday celebrated each year. That’s not to mention they are a sweet excuse to indulge in one of the world’s favorite sugary treats. It’s also an occasion that brings joy to candy enthusiasts of all ages, giving all the chance to relish the delectable flavors and vibrant colors of jellybeans while creating lasting memories with loved ones.

While the exact origins of National Jump for Jellybeans Day are unclear, it is a day dedicated to feasting on delightful jellybeans. Multi-colored, egg-shaped, bite-sized jellybean candies have a long, beloved history. The first media reference to jellybeans in the United States was documented in the late 19th century. At that time, they had already become a favorite penny candy. However, it was not until the 20th century that jellybeans gained even further popularity. During the World Wars, American soldiers received jellybeans as part of their rations, introducing the cute little candies to a broader audience.

Jelly Belly, one of the most famous jellybean manufacturers, played an enormous



role in popularizing these sweet treats once and for all. In 1976, the Jelly Belly company created a new Blueberry flavor that turned into a big hit and contributed to the greater appeal of jellybeans. It was the blue that completed the trio of red (very cherry) and white (coconut) patriotic jellybeans. Fun fact, President Ronald Reagan kept containers of those flavors and colors of jellybeans on his desk and coffee tables in the White House. Eating jellybeans helped him give up pipe smoking. His favorite flavor: Black Licorice.

Over the years, jellybeans grew into a staple holiday celebration, particularly during Easter. Given their egg shape, many rely on them when it’s time to fill Easter baskets. National Jump for Jellybeans Day is the perfect occasion to enjoy these sweet and tasty treats, encouraging people

of all ages to indulge in their favorite jellybean flavors. My favorite jellybean flavor: Buttered Popcorn. Yes, well, don’t knock until you try it.

Know what else we are celebrating today? Shredded Wheat! Yes, shredded wheat. Do they still produce shredded wheat? They must be, because we are celebrating it today.

Shredded Wheat Day honors one of the earliest ready-to-eat cereals in America. The idea started in the early 1890s when Henry D. Perky, a lawyer, was looking for food that helped with digestion. While staying at a hotel, he saw a man eating boiled wheat with cream.

That moment sparked an idea. Perky worked with a machinist named William H. Ford to build a machine that pressed cooked wheat into small, pillow-shaped pieces. These became the first shreddy wheat biscuits. In 1893, they presented their invention at the World’s Columbian Exposition in Chicago. After that, Perky began selling cereal in Denver, Boston and Worcester. He later formed a company

to expand production. In 1901, he opened a large factory in Niagara Falls to use water power. Over the years companies like Nabisco, Kraft and Post took over the brand.

I can remember eating the large Shredded Wheat biscuits when I was a child. My mom would butter the top and sprinkle sugar on top of the butter and toast it under the broiler. Then put the toasted biscuit in a bowl and pour warm milk around it. It was really tasty and warmed the bones on a cold morning. You know, I think I will get a box of shredded wheat and make some just to revive a wonderful memory.

Last personal note for July: Happy wedding anniversary to my Honey Bunny! It seemed like it was only yesterday I said, “I do.” But two children, two grandchildren, seven homes, one piece of property and more memories than can be counted, we are celebrating 57 years. WOW! I love you more.

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



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STATEPOINT CROSSWORD • HISTORY 101

CLUES

ACROSS

1. Charlie "Bird" Parker's sax

5. Mary _____, business-woman extraordinaire

8. Downloadable smartphone purchase

11. In _____ of

12. Greek salad staple

13. Appraisal

15. Law school prerequisite, acr.

16. "Once _____ a Time in America"

17. Dictum, pl.

18. * _____ press, Johannes Gutenberg's invention

20. "Sittin' On the Dock of the Bay" singer

21. In need of a muffler

22. Make a choice

23. *Genghis Khan's _____ Empire

26. Intima, pl.

30. Fertility clinic stock

31. Tranquil

34. Famous Steeler coach, Chuck _____

35. Twisted cotton thread

37. Key next to spacebar

38. Like a gymnast

39. Naysayer's favorite prefix

40. Develop, as in story

42. _____AFTRA

43. Famous fox of fable

45. Like a smell of soil

47. *World's first 24-hour TV news network, acr.

48. Molten rock

50. Smoke plus fog

52. *First Roman emperor

55. Part of foot, pl.

56. Chowder protein

57. Pelvic parts

59. Are not

60. *Homesteader's purchase, sing.

61. "_____ the good die young"

62. *Pres. during the Cuban Missile Crisis

63. It is

64. Fermented rice brew

DOWN

1. Pledge of Allegiance ending

2. Talk like Daffy

3. Eye drop

4. Day trip

5. Flat-topped military caps

6. Lack of muscle tension

7. Opposite of yin

8. Mushroom spore sacs

9. Benatar and Morita, e.g.

10. Money in Myanmar

12. Pointless

13. Take as one's own

14. * _____ Bull, Lakota's famous leader

19. Gallows' rope

22. *World War _____, 1914-18

23. Wisdom tooth, e.g.

24. Sheep-like

25. Highly unpleasant

26. "He's Just Not That You"

27. Damp

28. Islam's Supreme Being

29. Lament for the dead

32. Writer Ayn

33. Rudolph's friend

Hermy, e.g.

36. *One of Mount Rushmore presidents

38. *First President in the White House

40. Cremation ashes container

41. Peanut or pea, e.g.

44. Emotional turmoil

46. 2:1 and 3:1, e.g.

48. Defraud

49. Petri dish jellies

50. Feudal lord's servant

51. Humble and docile

52. Frozen bowl berry

53. Arm bone

54. *The _____ Road, ancient East-West trade route

55. Pilgrimage to Mecca

58. Pirate's "yes"

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Trenton Stuart Birdies His Way to Sacramento County Men’s Amateur Title



Trenton Stuart closed the 2026 Sacramento County Men’s Amateur Championship with a victory. Photo courtesy of Sacramento Golf Council



The championship was conducted by the Sacramento Golf Council. Photo courtesy of Sacramento Golf Council



Champion Trenton Stuart with Tournament Director Scott Bland. Photo courtesy of Sacramento Golf Council

Sacramento Golf Council News Release

CARMICHAEL, CA (MPG) - Trenton Stuart closed with a flourish, sinking a birdie on the 18th hole to seal the 2026 Sacramento County Men's Amateur Championship at Ancil Hoffman Golf Course on July 11-12. Stuart fired a scorching final-round 67 to match his opening-round 67, finishing at 134 for

the 36-hole event — good for an impressive 10 under par, two-stroke victory. The incoming UC Davis golfer secured another victory before heading to Davis this fall where he will compete at the collegiate level. Jacob Garibaldi, an up-and-coming talent in the region, pushed Stuart to the finish, posting a blistering 65 in round one before backing it up with a 71 to take second at 136. A tight battle

for third came down to a three-way tie at 138, with Landon Abalateo, Johnny Thut and Zaid Khan all tied after two rounds of steady golf. Now in its 62nd year, the Sacramento County Men's Amateur remains one of Northern California's premier amateur tests — a 36-hole stroke-play gauntlet open only to golfers carrying a GHIN index of 3.0 or better. This year's field drew 108 of the region's top amateurs

to Ancil Hoffman for two days of high-stakes competition. The championship was conducted by the Sacramento Golf Council, which oversees all city and county amateur golf championships throughout the region, with Scott Bland serving as Tournament Chairman. For more information about upcoming Sacramento Golf Council events, visit sacgolfcouncil.org. ★

Women’s Basketball Completes Coaching Staff with Addition of Teaunsha Robinson

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - Teaunsha “Tee” Robinson, who spent the 2025-26 season as an assistant coach and director of player development at Delaware State, has been named an assistant coach with the Sacramento State women’s basketball program, Head Coach Aaron Kallhoff announced July 21. “Tee is a great addition to our program,” Kallhoff said. “She’s a relentless worker and will be great for our student-athletes. I was looking for someone that can relate well with our players, instill great knowledge and help move the program forward. Tee was that person and I’m grateful she decided to make Sacramento State home.”



Teaunsha Robinson has been named an assistant coach with the Sacramento State women's basketball program, Head Coach Aaron Kallhoff announced on Tuesday. Photo courtesy of Sacramento State Athletics

three-pointers en route to Women’s Basketball Coaches Association honorable mention All-America honors for two-year colleges in 2025. In addition to her college coaching experience, Robinson has also served as the Chief of Coaches, Head Coach and Head Trainer with the Indianapolis Belles AAU program since 2020, as well as serving as the girl’s junior varsity head coach and varsity assistant coach (2012-20) at her prep alma mater Baltimore Polytechnic Institute. She coached the school’s junior varsity squad to three city championship and three more city crowns on the varsity side as well as three regional championships and a state championship appearance. In 2019-20, she helped the Lady Engineers to a No. 1 ranking in the city and region with a 22-1 record. Two players from that team, Dasia Towns and Ajae Petty, earned All-Metro honors and went on to continue in their careers at Virginia Commonwealth and LSU, respectively. Robinson is also the owner of Organized CHA02 (CHAOS), a development ecosystem that provides athletes of all levels with elite basketball training, social and emotional learning support and career awareness. A four-year letter winner at Bowie State in Maryland from 2007-11, Robinson was a three-time Central Intercollegiate Athletic Association Rookie of the Week and was named to the league’s All-Rookie Team selection as a freshman in 2008, before going on to pick-up All-CIAA honors in each of the next three seasons — including first-team laurels as a junior in 2010. She was also a CIAA All-Tournament Team choice as a sophomore in 2009 and is a member of the Bulldogs’ 1,000-point club. She helped Bowie State to a pair of conference eastern division championship in her first two seasons and a pair of conference runner-up finishes as a sophomore and junior — including a final number eight regional ranking and an appearance in the Division II Top 25 in 2010. Robinson graduated from Bowie State with a bachelor’s degree in business management in 2012, and went on to earn her master’s degree in education with a minor in career technology education in 2022 from the University of Maryland Eastern Shore. ★

Robinson was a part of a staff that helped the Hornets (of the Delaware State variety) rank second in the Mid-Eastern Athletic Conference in both field goal percentage and three-point percentage, while standing among the top five in scoring defense, three-point percentage defense, rebounding defense, assist-to-turnover ratio, blocks and assists. She helped mentor and develop a pair of MEAC All-Rookie Team selections in Amya Scott and Liliana Harrison, who combined for six conference rookie of the week awards. “I’d like to thank Coach Kallhoff and Sacramento State for giving me this opportunity and I look forward to helping provide a championship environment for our student-athletes and our fans,” Robinson said. “I’m truly looking forward to continue building upon the culture that has been established here while developing new skills and strategies to help student-athletes advance in their careers both on and off the court.” Prior to her year in Dover, Robinson spent three years as an assistant coach, co-recruiting coordinator, and director of player development at Paris Junior College in Texas. During her time with the Dragons, she helped

seven student-athletes sign with four-year schools -- three of those moving on to Division I programs, another signing with a Division II program and three more joining NAIA schools. During her time at Paris, she aided in developing three all-conference players, a pair of All-Region 14 selections, two NJCAA Top 40 All-Stars and two participants selected for the NCAA Basketball Academy. One of her charges, Naveah Brown, set the school single-season record for three-pointers made, shot 42 percent from beyond the arc and ranked No. 2 in the nation in

Republic FC Signs Experienced Attacker Alfredo Midence

Republic FC Athletics News Release

SACRAMENTO, CA (MPG) - Republic FC announced the club has signed attacker Alfredo Midence (pronunciation: mee-DEHN-say) through the end of the 2026 season. He will be added to the team’s roster pending league and federation approval. Per club policy, the terms of the contract were not disclosed. “With the second half of season to play, we’re bolstering the roster with a young, dynamic player who can contribute in multiple attacking roles,” said Republic FC President and General Manager Tim Holt. “Alfredo will add depth to the roster as we enter an

important stretch in the schedule as the Western Conference table continues to shift and get more competitive.” “I’m incredibly excited to join Sacramento Republic FC,” said Midence. “From the first conversations with the club, I could feel the ambition and the passion behind this organization. I can’t wait to meet my teammates, play in front of the fans, and give

everything I have to help this team

achieve great things. Let’s get to work.”

Midence made his professional debut with California club Central Valley Fuego in 2024 and quickly became a stand-out player in USL League One. With eight assists – as well as two goals – he earned the Golden Playmaker Award and was named the USL League One Young Player of the Year in his debut campaign. Among the

40 players eligible for the annual league-wide honor, he finished first in assists, goal contributions and chances created. The breakout performance earned him a spot on Lexington’s SC roster in the club’s inaugural USL Championship season in 2025. Across all competitions in two seasons at Lexington, Midence recorded two goals and seven assists in 30 appearances. In 2025, he spent eight matches on loan with USL League One side Charlotte Independence, where he recorded one goal and four assists in the first quarter of the season. Born in Honduras, Midence moved to Maryland as a teenager and joined the D.C. United Academy. ★



Republic FC announced the club has signed attacker Alfredo Midence through the end of the 2026 season. Photo courtesy of Republic FC.

LOCAL SPORTS → COVERAGE



Pictured is a closeup of a Champion Ring.

By Paige Lampson
Sports Editor

GALT, CA (MPG) - The Liberty Ranch cheer squad capped off a historic season this week with an emotional ring ceremony, where team members were presented with championship rings commemorating their section title victory.

The squad's run to the top was led by Head Coach Roxanne Babcock, alongside assistant coach Kylie Valencia, who choreographed the winning routine. The ceremony served as a celebration not just of the title, but of the months of hard work, discipline and unity that got the team there.

"One team, one vision and one goal," Valencia said. "These girls had the opportunity to leave a legacy and that's what they did. The dedication and the drive to be the absolute best got them here, and it'll continue to push them through every adventure that life brings them. I couldn't be prouder of this team and these girls."

The rings serve as a lasting symbol of the squad's achievement and the standard they've now set for future Liberty Ranch cheer teams to chase.

Liberty Ranch Cheer Squad Honored with Championship Rings After Section Title Win



★ Members of the Liberty Ranch cheer squad show off their championship rings. Courtesy photos

Five Local Standouts Earn Sierra Valley Conference All-League Baseball Honors

By Paige Lampson
Sports Editor

GALT, CA (MPG) - Baseball fans in Galt and the surrounding communities have plenty to celebrate this spring, as five players from Galt High and Liberty Ranch High have been named to the Sierra Valley Conference (SVC) All-League team for the 2025-26 season. The list is headlined by two seniors who anchored their teams from the mound and at the plate, along with a talented trio of underclassmen from Liberty Ranch who proved this year that the Hawks' pipeline of young talent is as deep as ever. Together, the honorees represent some of the most productive two-way performers in the conference, blending strong command on the mound with timely, high-average hitting throughout the season.

Leading the way for Galt High is senior Trent Dozier, who put together one of the more efficient pitching seasons in the league. Dozier finished the year with a 2.26 ERA and a 2-1 record for a .667 winning percentage, making 11 appearances for the Warriors. Over 43.1 innings of work, he racked up 50 strikeouts while allowing 48 hits, 28 runs and 14 earned runs,

walking 24 batters against 209 total batters faced. At the plate, Dozier also made his presence felt in a limited but productive sample, batting .333 over 17 games with seven hits, three RBI and a run scored in 21 official at-bats. His combination of durability on the mound and reliability with the bat made him one of the clear choices for Galt's lone representative on this year's All-League squad.

Liberty Ranch, meanwhile, placed four players on the All-League list, starting with senior Cole Erias, a four-year varsity contributor who capped his high school career with his best all-around season yet. In 2025-26, Erias hit .250 with 13 hits, five RBI and nine runs scored over 26 games, drawing eight walks and posting an on-base percentage of .361 to go with a .288 slugging mark and a .649 OPS. On the mound, he was equally valuable, going 2-1 with a 3.13 ERA over 11 appearances, including a complete game, and striking out 23 batters in 47 innings pitched. Zooming out to his full varsity career, Erias put together a body of work that speaks to his consistency and durability: Across 74 varsity games, he hit .224 with 32 hits, 16 RBI and 29 runs scored, while

carrying a .325 on-base percentage and a .584 OPS. On the mound over that same four-year varsity stretch, he compiled a 3-1 record, a sharp 2.60 ERA and 46 strikeouts across 83.1 innings, numbers that reflect a pitcher who only got better as the competition got tougher.

Sophomore David Sanchez also earned recognition after a breakout year that showed why Liberty Ranch's coaching staff has been high on him since he first stepped onto the varsity diamond. Sanchez hit .246 on the season with 16 hits, six RBI and 14 runs scored, and his patience at the plate stood out as much as his contact ability: He posted a robust .410 on-base percentage to go with a fielding percentage of .896. Across 26 varsity games this season, he reached base at a high clip, drawing 13 walks against just 12 strikeouts, evidence of a disciplined approach that should only get more dangerous as he matures. On the mound, Sanchez was a weapon in relief and spot-start duty, going 1-0 with a sparkling 1.25 ERA over 11 appearances, striking out 27 batters in 28 innings pitched while allowing just 18 hits.

If there was a signature performance among the group, it may belong to junior Alec Ortega, whose .403 batting average was easily the highest of any player on this year's All-League list. Ortega turned in a monster season at the plate, collecting 31 hits, 16 RBI and 16 runs scored over 26 games, with six doubles and a home run mixed in for extra-base pop. His plate discipline

matched his power, as he drew 13 walks against just 15 strikeouts en route to a .500 on-base percentage, a .519 slugging percentage and a 1.019 OPS: the kind of complete offensive line that makes a middle-of-the-order bat truly dangerous. Ortega was steady in the field as well, posting a .974 fielding percentage with 73 putouts and just two errors on the season, further cementing his case as one of the SVC's most well-rounded players heading into his senior year.

Rounding out the Liberty Ranch contingent is sophomore Mason Gomes, who quietly put together one of the most complete two-way seasons on the entire roster. At the plate, Gomes hit .333 with 29 hits, 16 RBI and 16 runs scored over 26 games, adding six doubles and two triples while posting a .379 on-base percentage, a .448 slugging mark and an .827 OPS.

On the mound, he was arguably even more valuable, going 2-1 with a 2.61 ERA over a team-high 14 appearances, striking out 56 batters in 51 innings pitched while holding opponents to a .197 batting average against. Gomes also handled himself well defensively, finishing the season with a .935 fielding percentage, giving Liberty Ranch a rare sophomore who can be trusted to hit near the top of the order, close out games on the mound and hold his own in the field.

With Dozier representing Galt and Erias, Sanchez, Ortega and Gomes carrying the load for Liberty Ranch, the 2025-26 SVC



Cole Erias-Liberty Ranch All League. Photo by Paige Lampson



David Sanchez-Liberty Ranch All League. Photo by Paige Lampson

All-League baseball team reflects the strength of both programs this season. For Erias, the recognition serves as a fitting send-off to a four-year varsity career built on steady improvement, while for Sanchez, Ortega and Gomes – all underclassmen – the honor is likely just the beginning, with each player poised to be a driving force for the Hawks in the seasons ahead.

As for Dozier, his senior-year performance on both sides of the ball gave Galt a true ace and a reason for optimism even as the program looks to reload for



Trent Dozier-Galt High All League. Photo by Kellie Beck



Alec Ortega-Liberty Ranch All League. Photo by Paige Lampson



Mason Gomes-Liberty Ranch All League. Photo by Paige Lampson

next season.

All five players' efforts throughout the year were instrumental in shaping the competitive balance of the SVC, and their recognition on the All-League team is a testament to the level of baseball being played across the conference this spring.

CORRECTION

In the July 24 article on the Galt Gators' 2026 Motherlode Conference Championship, a High Point Award winner was inadvertently omitted from the individual results. Noelin Jensen placed second in the 11/12 Boys age group, an outstanding achievement that should have been included alongside the team's other honorees. The Gator staff regrets the omission and congratulates Noelin on the accomplishment.