



Find out on page B-4

Opinions differ on usage for new pool

By ELLIOT LANDES
Staff Writer

The Winters High School swimming pool has reached the end of its useful life and the school district has closed it to be replaced. The committee in charge of the plan for the new pool is struggling to accommodate the sometimes contradictory needs of the school and the community.

The funding for the new pool includes \$1.25 million from the developers of the Winters Highlands project and \$250,000 from the developers of the Hudson-Ogando project. Additional funds of up to \$700,000 will have to be found for the construction of a building that will house showers, changing rooms, and possibly lockers for the pool. The school district's contribution consists of providing the site and parking for the pool, which the district estimates is a \$2 million value.

A joint use agreement

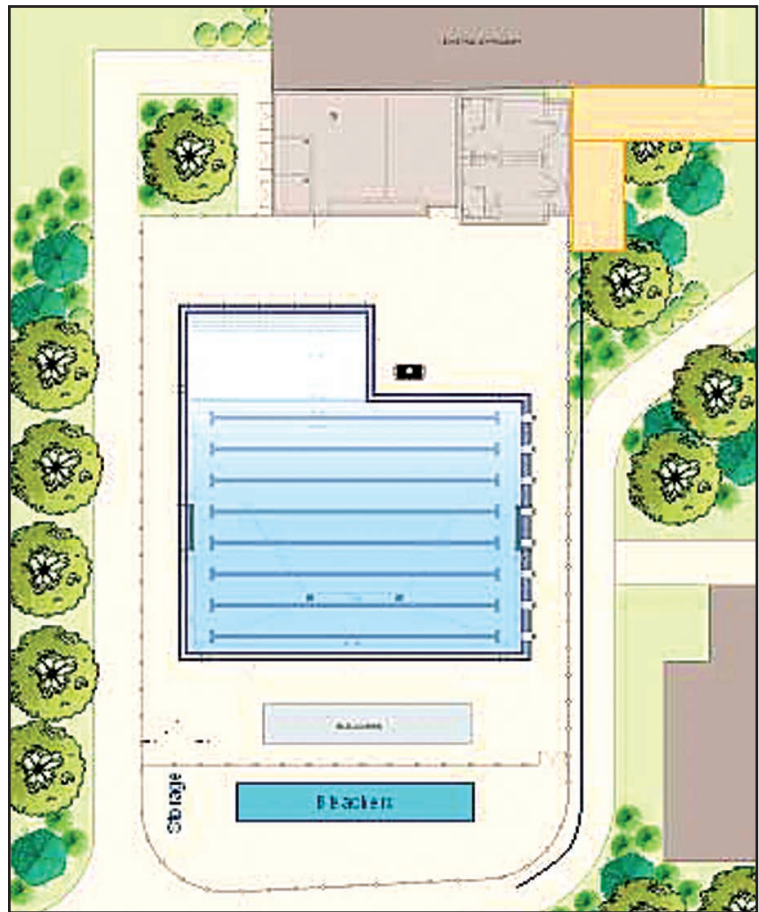
will be negotiated between the school district and the city for use and management of the pool.

The new pool will be larger and located approximately on the site of the old pool at the high school. Preliminary architect's drawings have been prepared by the architecture firm Arch-Pac of Carlsbad, CA.

"We want everyone's input as to which programs are available at the pool," says committee member Sally Brown. Brown is one of the representatives of community members on the City/WJUSD Pool Committee, which has members representing the community, the school board, swim team, and school staff and city staff.

"We are advocating more day use for adults during the school year," says Brown. This is an area of disagreement in the committee. The school district would like to limit community use to early value.

See **POOL** on page **A-12**



Courtesy graphic

This drawing shows the orientation of the new swimming pool to be built at Winters High School.

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Included in this week's issue are advertising inserts from:
Longs Drugs, McMahan's
Lorenzo's Town & Country Market
Downtown Davis, NHance
Hyundai of Fairfield

(Supplements are sent to Winters, Woodland, Davis, Capay Valley, Dixon, Vacaville and Fairfield.)

WEATHER

Weather readings are taken at 9 a.m. each day, covering the previous 24 hour period.

Date	Rain	Hi	Lo
June 14		79	52
June 15	T	82	58
June 16		92	68
June 17		104	68
June 18		100	61
June 19		98	58
June 20		94	60

Rain for week: trace

Season's total: 34.54

Last year to date: 27.97

Average to June 30: 21.43

"Gateway to the Monticello Dam"

Winters Express



Photo by Gary Beall

Connie Crum, Pam Scheeline, and Liz Justus are retiring June 30. Crum (left) has been the secretary at John Clayton School for 18 years, Scheeline (middle) has been the principal for 20 years, and Justus, a district curriculum administrative technician, has been at the site for the last six years. The colorful mural at the entry of John Clayton was created in 1990 as a student art project. Former students still return to the site to locate their drawings.

GOODBYE, HELLO

By GARY BEALL
Express correspondent

This two-part series explores major changes in Winters schools with the start of the 2006-07 school year in August. Part I focuses on the school district's decision to move its kindergarten program from John Clayton School to Waggoner Elementary School. Part II, looks at moving the Wolfskill Continuation High School program to the John Clayton site

Change happens. Sometimes it's for the better; sometimes for the

worse. And, depending on who you talk to, that is the case surrounding the Winters Joint Unified School District's decision to move its kindergarten program from John Clayton School to Waggoner Elementary School beginning with the 2006-07 school year.

Indeed, the decision to make the move has probably been one of the most divisive decisions in recent Winters educational history. District trustees, who voted 4-3 on Feb. 2, 2006 to make the change, overturned a vote by the same margin on May 19, 2005 to keep the

kindergarten program at John Clayton. Each time, six members of the seven-member board of trustees voted their convictions, and voted the same way.

At the heart of the issue surrounding the change was the perceived uniqueness and quality of the kindergarten program versus an administrative push to cut costs in the face of declining enrollment.

Trustees Mary Jo Rodolfa, Jay Shepherd and Rick Romney voted

See **GOODBYE** on page **A-5**

Board splits on superintendent vote

By GARY BEALL
Express correspondent

School district trustees, in a 6-1 vote at their June 15 meeting, extended the contract of district superintendent Dale Mitchell by one year and gave him a \$3,992 pay raise.

The three percent pay increase is the same that was given to other district employees and brings the superintendent's annual salary to \$117,453. The one-year contract extension means that Mitchell is under contract with the district until June 30, 2009.

Trustee Rodney Orosco objected to the pay increase and cast the dissenting vote on the salary and contract package. Orosco said he had a problem with giving the district's highest paid employee a three percent increase considering the number of people that were not rehired as part of

the board's cost cutting actions in recent months.

Board chair Rick Romney said he justified the pay increase because Mitchell was being paid "far below the average for a district our size."

Trustee Robert Nicholson also took issue with the package, but objected to the contract extension. However, his attempt to amend a motion approving both the pay increase and contract extension and have them considered as separate items died because no one would second the amendment.

The trustees, who met in closed session on June 8 to discuss Mitchell's performance, met in closed session again on June 15 to give him an opportunity to respond to the evaluation.

In other personnel actions, trustees approved hiring Jennifer Hoover as a RSP/reading interven-

tion teacher at Waggoner Elementary School, Claudia Rodriguez-Mojica as kindergarten dual immersion teacher at Waggoner, Rosie Sotelo as English teacher at Winters High School, Dawn Rhodes as a part-time student supervision aide at Waggoner, and Nancy Moreno as a summer school kitchen aide. They also accepted the resignations of Shirley Rominger Intermediate School 5th grade teachers Angela Finnegan (0.40 FTE) and Julie MacKenzie (0.60 FTE).

Emilie Simmons, director of special projects and Wolfskill High School principal, had her administrative assignment changed to a newly created director of special services position (0.75 FTE) and Wolfskill principal (0.25 FTE). The new position incorporates Sim-

See **TRUSTEES** on page **A-3**

FUTURE SUBSCRIBERS

CHARLES ANTHONY GRAF was born May 26 in Houston, Texas, to Chris and Kathleen Graf. He is their first child. Charles weighed six pounds, 9 ounces and was 20 inches long.

Maternal grandparents are David and Jaki Dunwoody. Paternal grandparents are Dick and Annette Graf of Houston.

Maternal great-grandmothers are Leanore Dunwoody and Joanne Singlehoff. Paternal great-grandparents are the late Charles E. Graf and Mary Liz Graf of Winters.

The Express office will be closed on Tuesday, July 4
Early deadlines:
News - Friday, June 30
Classifieds - Monday, July 3 at Noon both days

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OBITUARIES

Randall Owen Swink Sr.

Randall Owen Swink Sr. passed away peacefully on Wednesday, June 14, 2006 at the age of 63. He was born on August 26, 1942 in Paragould, Arkansas. Randall came to Winters in 1950 at the age of 8 and had been a resident ever since.

Randall did farm work for most of his life; he took great pride in looking at freshly plowed fields with straight rows. He later started working for P.G. & E. where he did general construction work, including building fire roads and breaks in the mountains until he retired.

Randall loved country music and singing with his family and friends, especially his grandchildren. He played his guitar until his first stroke in 1997. He also enjoyed getting together with his family, especially family reunions. Everyone who met him liked him and he liked everyone he met. He was greatly loved and will be missed by all who knew him.

He is survived by his wife of 45 years, Barbara June Swink, his son Phillip James Swink and his wife Sue, his daughter Kimberly Kristine Galabasa and her husband Cel, and his grandchildren Randall Owen III, Kira Lorraine and Ashleigh Noel Swink and Klarice Kristine, Celestino Darren and Beau Alexander Galabasa. He is also survived by great-grandchildren Alexis and James and his sisters and brothers, Alma Jones, Henry Swink, Dewayne Swink, Lynn Swink, Bonita Gay and Mark Swink, as well as many nieces and nephews.

He was preceded in death by his son, Randall Owen Swink Jr., his parents Delbert and Zella Mae Swink, his brother Laverall Swink and his nephew Rodney Gale Willard.

Graveside services were held at the Winters Cemetery on Monday, June 19. Brother-in-law Dean Howard and nephew Tom Nelson officiated.

YESTERYEAR



File photo, Winters Express Centennial Edition, May, 1975
Pictured above is Lt. William E. Sanborn, a native of Winters, son of Stephen Chase Sanborn and Mary Hoye Sanborn, who was killed in a plane crash in Idaho in April, 1927. Born in the Wolfskill District January 28, 1897, he was trained as a bomber pilot, largely at Love Field, Texas, in 1918. At the time of his death, he was flying air mail for Varney Air Line.

35
YEARS AGO

July 1, 1971

The United States Postal Service is planning to make another survey in Winters to determine whether or not to institute home delivery of mail, according to Postmaster J.R. Chapman. A.H. Nelson, of San Francisco, chief of the delivery services, said the failure to return the questionnaire indicates the person receiving the query does not desire delivery service.

The newly appointed Committee for Recreation Needs held its first meeting Thursday evening, June 4, at the City Hall. City Councilman Alfred Graf was elected chairman. Other members are George Crum, Ralph Norfolk, Warren Adams and Jack Delbar.

In a property transaction recorded in Woodland, Bernice B. Plant estate sold to Dudley B. Sparks 3 parcels in the southeast quarter, S24, T8N, R2W, for an indicated \$80,000. C. David Baxter, who handled the transaction, said the property includes 46 acres with an almond orchard and young orange grove.

Joe R. Martinez, junior student in Crops Science at California State Polytechnic College, San Luis Obispo, has been granted a \$500 Wrasse scholarship. Joe is the son of Mr. and Mrs. Chris M. Martinez, of Winters.

Sp/4 James L. Goodman, son of Mrs. Helen Givens, of Winters, now serving in Vietnam, was recently wounded. He was hit in the stomach by a shrapnel from a mine and was hospitalized at Da Nang. He has now returned to his unit.

50
YEARS AGO

July 12, 1956

Charles A. Graf, local postmaster, said this week that postal officials have notified him that a survey will be made of the Winters area this month to determine whether home delivery of mail is feasible here.

Mr. and Mrs. Roger W. Kennedy have purchased a home in Major Vista from Fred T. and Kathryn G. Roseberry for about \$11,000.

Mrs. Alice Stephani reports that 125 have registered for the annual Red Cross Swim Classes which are now being held at the pool, near Madison, this week and next.

Pat Smyth, owner of Smyth's Meat Market, this week discontinued the retail end of his business to devote all of his time to the locker business and the farm killing of livestock.

Eldred C. and Della A. Upp, owners of Day's Drug Store, have purchased the Edelman Building at the corner of First and Main Streets. Tax stamps indicated the selling price at about \$30,000.

Mr. and Mrs. Roy Orr, who have resided at Major Vista Manor, left last week for their new home in Rodeo.

In the plans for the immediate future of Miss Pat Holman and John R. Martin are wedding bells which will ring on Saturday in Reno, Nevada.

August Bonillo is substituting at the local Standard Oil plant during the absence on account of illness of wholesale distributor Carl F. Franke.

Winters weekly fire report

June 12
~ Smoke investigation at Maple Lane and East Main Street.

June 14
~ Public assistance at 700 block of Hill Place.

June 15
~ Public assistance at 400 block of Abbey Street.
~ Vehicle assistance at SR128 and County Road 86.

June 16
~ Grass fire at Interstate 505 and County Road 31.

June 17
~ Medical aid (ill subject) at 400 block of Morgan Street.
~ Grass fire (mutual aid to Capay) at SR16.

June 18
~ Vehicle accident (mutual aid to Napa County) at SR128 near Markley Cove.
~ Medical aid at Yolo Housing.

Berryessa drops .47 of a foot

The level of Lake Berryessa fell by .47 of a foot during the past week with a reduction in storage of 9,011 acre feet of water, according to Ken Emigh of the Solano Irrigation District.

He reported Tuesday morning that the lake was 438.694 feet above sea level with stoarge computed

at 1,576,140 acre feet of water.

The SID is diverting 565 second feet of water into the Putah South Canal and 43 second feet is flowing in Putah Creek at the diversion dam. Evaporation on Lake Berryessa averaged 254 acre feet of water per day during the week.

Winters food bank dates planned

The Food Bank of Yolo County will distribute food to eligible Winters residents on June 22 at Yolo Housing, Road 32 from 8:30-9:30 a.m. and on

June 23 at First Baptist Church, 512 First Street from noon to 1:30 p.m.

For more information call the Food Bank at 668-0690.

Winters weekly police report

June 9
~ On the corner of Ivy Loop and Main Street, two juveniles vandalized a vehicle with eggs, milk and ice cream syrup. The juveniles were counseled and released to their parents.

June 11-12
~ On the 400 block of Russell Street, a vehicle windshield was cracked with an unknown object.

June 12
~ Antonio Puga Reyes, 69, of Winters surrendered himself on an outstanding Woodland Police Department bench warrant charging him with failure to appear on a previous charge of illegal dumping. Reyes was booked at the Winters Police Department and released on a notice to appear.

~ On the 700 block of Main Street, a suspect contacted a victim in violation of a court order. The case was forwarded to the District Attorney for complaint.

~ At Putah Creek Nature Trail, property was stolen from an unlocked vehicle. Loss: \$420.

June 13
~ A 15-year-old Vacaville juvenile was arrested for taking a vehicle without the owner's consent. The juvenile was booked at the Winters Police Department and transported to the Yolo County Juvenile Hall for incarceration.

~ Francisco Roy Ramos, 19, of Winters was booked and released on a District Attorney letter charging him with unlawful sexual intercourse with a minor more than three years younger than the perpetrator and making threats to commit a crime resulting in death or great bodily injury

June 15
~ On the 100 block of Baker Street, unlawful entry was gained to a residence.

~ On the 1000 block of Kennedy Drive, a suspect allegedly grabbed a victim's arm during an incident. The case was forwarded to the District Attorney for complaint.

June 16
~ A 17-year-old Winters juvenile was driving westbound on Edwards Street. The juvenile veered to the right and collided with two parked vehicles owned by Christie Bartee and Jaime Rodarte. The juvenile was arrested for driving under the influence of alcohol and being an unlicensed driver. Blood alcohol content results: .12/.12. The juvenile was booked at the Winters Police Department and released to a sober adult on a notice to appear.

~ On the 300 block of Baker Street, unlawful entry was made to a residence.

See POLICE on page A-3



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New commissioners will be sworn in

Two new planning commissioners will be sworn in at the Tuesday, June 27 commission meeting, which begins at 7:30 p.m. in the council chambers at City Hall. Former planning commissioner and city council member Bruce Guelden and Wade Cowan will fill two vacant seats.

The following items are on the agenda:

- ~ Review of current habitat mitigation efforts for the Winters Highlands project.
- ~ Public workshop on Juan Barbosa's proposal to establish a vehicle

impound lot on the east side of Railroad Avenue approximately 300 feet north of Niemann Street. No action will be taken on this item.

- ~ Public Hearing regarding a proposed change to the Winters Municipal Code (Title 17, Zoning) to permit a parcel located in the C-2 Zone with a current commercial use to be converted to a residential use as a single-family dwelling unit as long as the structure occupying the parcel had been originally constructed as a single-family dwelling.

Input sought on creek improvements

The Lower Putah Creek Coordinating Committee (LPCCC), on behalf of the State Water Resources Control Board, is holding a community meeting on Wednesday, June 28, from 7-9:30 p.m. at the Winters Community Center to discuss and identify future improvements to the Lower Putah Creek watershed and tributaries. This includes portions of Pleasants Creek and Dry Creek and main stem Putah Creek from Monticello Dam to the Yolo Bypass.

Community input is sought on the identification and development of priority actions to be implemented over the next decade. Some topics anticipated to be discussed include: trash removal, bank

stabilization, weed control, floodwater conveyance, floodplain restoration, fish and wildlife habitat enhancement, management of public lands and protection of private property rights.

This will be the first of a series of meetings to develop, by November 2006, a stakeholder-driven, prioritized set of actions to guide future work of the LPCCC. The LPCCC will have the lead on helping to implement actions recommended through this process. This first meeting will provide an overview of the issues and an opportunity to establish three working groups who will focus specifically on helping to identify recommended actions on public

lands, urban lands and rural lands. Community members will be invited to participate in these groups. The group anticipates reconvening for a second plenary meeting tentatively scheduled for August 2 to hear group reports, then again in working groups as needed and reconvene in a final plenary meeting tentatively scheduled for September 20.

The LPCCC was formed in 2000, in a settlement agreement called the Putah Creek Accord that ended 10 years of litigation and brought perennial flows to Putah Creek. Since then, salmon have returned in record numbers and the extraordinary wildlife value of

Putah Creek has been documented. The LPCCC's mission is to protect and enhance the resources of Putah Creek. The LPCCC consists of the Cities of Davis, Fairfield, Suisun City, Vacaville, Vallejo and Winters, Counties of Solano and Yolo; Maine Prairie Water District; Putah Creek Council; Solano County Water Agency; Solano Irrigation District; Putah Creek riparian landowners and University of California, Davis.

Any questions should be directed to Rich Marovich, Streamkeeper, 902-1794 or streamkp@putahcreek.org. Additional information may be found on the LPCCC website: <http://www.water-shedportals.org/lpccc>.

POLICE

Continued from page A-2

dence.

- ~ On the first block of East Edwards Street, parties were involved in a domestic dispute.

June 16-17

- ~ On the 1100 block of Griffin Way, eggs were thrown at the sliding glass door of a residence.

June 17

- ~ Brian Arthur Richardson, 30, of Marysville was arrested on an outstanding Merced County Sheriff bench warrant charging him with failure to appear on previous charges of driving under the influence, driving with a suspended/revoked driver's license, failing to have a

front and back licensed plate affixed to a vehicle, and having inoperable tail lamps on a vehicle.

Richardson was booked at the Winters Police Department and released on a notice to appear.

- ~ On the 700 block of Main Street, an officer responded to an audible alarm. The front door was unlocked and the alarm was sounding. The officer cleared the residence and secured the door.
- ~ Narcisco Avina Ochoa, of Winters had a vehicle parked in the parking stall at 801 Dutton Street. An unknown vehicle left the lane of travel, turning to the left of the roadway. The unknown vehicle hit the left rear corner of Ochoa's parked vehicle and fled the scene.

Yolo County unveils economic development plan

Yolo County Board of Supervisors Chairman Frank Sieferman, Jr. recently unveiled the county's plan for a new economic development effort that will begin with a "Blue Ribbon" Economic Development Task Force. This citizen advisory committee of experts and stakeholders will be joined by Chairman Sieferman and Supervisor Mike McGowan in examining the economic development options available to Yolo County over the next ten to twenty years.

"This group, made up of representatives from key stakeholders in the county, is the beginning of a new approach to economic development," said Sieferman, Jr. "We have

an opportunity here to both continue to preserve high quality farmland and facilitate economic development in harmony with our agricultural heritage."

Yolo County's "Blue Ribbon" panel is made up of a broad range of community stakeholders that will bring unique expertise to the table. Members include: Fran Borcalli, water consultant; John Meyer, UC Davis Vice-Chancellor; Resource Management; Mayor Dan Martinez, City of Winters; Yvette Mulholland, Executive Director, Yolo County Visitors Bureau; Jim Gray, Chairman, Community Business Bank, West Sacramento; Ardie Zahedani, North State Build-

ing Industry Association; Bob Garner, retired Woodland businessman and farmer; Rachel Orlins Bergman, Director, Yolo County Historical Society; and Bill Marcus, Principal, JBS Energy Consultants. The "Blue Ribbon" panel will be also advised by Dr. Bob Waste, Professor of Public Policy and Administration, California State University, Sacramento.

"This is a once-in-a-lifetime opportunity," said Supervisor McGowan. "Just as our predecessors made decisions in 1950, 1960 and 1970 that shaped what we look like today, we're facing some tough decisions about what Yolo County will look like in 2020, 2040 and beyond. We

have only one shot to get this right, so we've asked the best and brightest to help."

"Yolo County is already a model for wise land use," said Chair Sieferman, Jr. "We have been able to preserve farmland and prevent urban sprawl better than most. But as the last remaining green space between the Bay Area and Sacramento, we are going to have to be even more creative going forward."

The panel will meet in public session over the next several months to identify a blueprint for a new Yolo County economic development effort designed to dovetail with the county's revision of its General Plan.

TRUSTEES

Continued from page A-1

mons' previous responsibilities with those the district-wide curriculum and assessment responsibilities previously held by Pam Scheeline, who retired on June 30. Trustees also approved a transfer for Lucy Ceja to a secretary II position at Winters High School.

2006-07 budget adopted

Trustees adopted a \$14.2 million general fund budget for the 2006-07 year. The budget projects a base revenue increase in state funds of 5.76 percent over last year, or approximately \$299 per student, based on actual daily attendance figures. The bad news is that district enrollment, which has declined in five of the last six years is expected to decline another 2.46 percent next year. That decline translates into an estimated \$175,547 revenue shortfall for the district next year. Enrollment declined

3.5 percent in 2004-05 and 0.7 percent in 2005-06.

The district also assumes that there will be no increase in federal funding next year and expects special education costs to continue increasing, despite district efforts to control those costs. Gloria Hahn, the district's chief business officer, expects that special education costs will consume approximately 15 percent of the general fund expenditures next year, or an estimated \$2.2 million.

The new general fund budget takes into account \$429,420 in personnel and other reductions that the district made in 2006-07 and projects that the district will not spend more than it takes in for the first time in several years. It also contains a five percent reserve for economic uncertainty.

Next meeting

The next school board meeting will be on July 13 at 6 p.m. in the district office, 909 W. Grant Avenue.

BloodSource seeks volunteers to deliver blood to hospitals

Sacramento-based blood bank BloodSource is seeking volunteers to deliver blood and blood components to local area hospitals at least once a week.

Volunteers will need a valid California driver's license, a good driving record, and the ability to lift boxes weighing around 30 pounds.

BloodSource will provide the delivery vehicles, fuel and hand trucks, as well as a free Hepatitis vaccine for interested volunteers.

To get started, call Jeri

VanWinkle at (916) 453-3793.

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Opinion



DEBRA LO GUERCIO BECAUSE I SAY SO

AT LONG LAST, I may finally have found a hairdresser. After my recent visit, I didn't end up in tears or grab a hat. That's always a positive sign.

It's been so long since I bonded with a hairdresser. I tried this one and that, but it never clicked. There was the one who yakked on her cell phone the whole time she cut my hair, and another who only knew one haircut — the one just like her own. And there was the one who would put color on my hair and then run next door for a snack and leave me sitting there. That was too stressful. What if she didn't come back?

It's been years since I had a hairdresser I really liked. My niece has been cutting my hair in the meantime because my last trip to a salon was a disaster. I got hair-raped.

The last time I was hair-raped, I was only 8. I forgot how traumatic and demeaning it feels. Mom took me to a fancy French hair salon for my first grown-up hairdo. I beamed with anticipation, engulfed in a long plastic cape, my long brown hair flowing down, imagining myself looking like a princess.

A snip, snip here, a snip, snip there, and a couple of voila-las, and I went from princess to pixie in about 10 minutes. Remember pixies? Hair chopped above the ears, short bangs bisecting your forehead? I was too horrified to cry. Until the next day when all the kids joked about the new boy in class.

I never trusted hairdressers again. For one thing, they use hairdresser math. In real-world math, a quarter-inch is a quarter-inch. In hairdresser math, a quarter-inch can be three inches or more — whatever amount they whimsically lop off. If you really only want a quarter-inch trimmed, you must tell them to not actually cut anything, just make a little noise with the scissors.

Hairdressers are temperamental. They fancy themselves as artists. You aren't a person, you are their canvas, and canvasses aren't supposed to speak, let alone offer suggestion about their work. Besides that, hairdressers are passive-aggressive and hate being told what to do. So they just don't. You must use reverse psychology with them. If you want a sleek bob, point to the photo of the long, choppy shag.

If you're fabulously lucky, you may find a hairdresser who not only understands what you want, but also does it. Cherish her like gold. And enjoy it while it lasts, because when she moves on (and they always move on), it's like getting dumped. Worse even, because boyfriends can be replaced. A good hairdresser cannot.

I know. I had a fabulous hairdresser once. I could point to a hairstyle and say, "Make it so!" and she'd work her magic, even on my ridiculous mop. Then one day, she quit to raise a family. Imagine! Where were her priorities! After that, I became a hair nomad, drifting from hairdresser to hairdresser, never making a meaningful connection, just finding a little temporary satisfaction and leaving the cash on the counter. It was so hollow. So cheap.

Then came that dark day when I walked into a trendy, snotty salon on the advice of my daughter's friend, and met a temperamental Jose Eber wannabe, who picked through my thin, fine fluff, scowling. I pointed to a hairstyle in a magazine and before I could say a word, he snatched it from my hands, slapped it closed and announced there was nothing in that book that he could do with my hair.

Okay, let's lower our expectations.

What I said: "Just touch up the roots and trim the ends. No big changes, I'm going to a party tonight."

What he heard: "Dye it two shades darker, and whack out chunks indiscriminately so the long stringy pieces stick out over the short curly ones. Then coat it with 'product' and tease it into a fuzzball until I resemble some sort of disturbed bird."

My, how fetching I looked at the party that night, my head completely covered in a saucy green beret.

I relayed this heartbreaking story to the hairdresser I just visited last week, and she was as shocked and horrified as I. And she promised she'd never, ever hair-rape me. But then she grinned a wicked little grin and said, "But I might hair-seduce you."

Evil.

I think we'll get along just fine.



LETTERS

Thanks for helping out

Dear Editor,

I wanted to thank all those people who helped make the 9th annual winters cardboard boat regatta possible:

Gary Cook, the director of facilities, for listing all the hurdles that needed to be crossed. George Griffin for supporting an event the students enjoyed and will always remember. Art Mendoza from Winters Fire Department for his help in arranging for the water. Stephen Skaggs for his equipment and expertise in constructing a pond.

The students in the math applications class for their blisters in preparing the site and installing a liner. Matt Churchman and Art Mendoza for filling the pond on the morning of the races and draining it with the help of Errett Crum that afternoon. The Project math class for folding and rolling the liner for storage.

Finally, thanks again to Stephen Skaggs for returning the site back to level ground the last day of school. Hopefully there will be a pool by next May.

MIKE CHALLENGER

Greetings all the way from Spain

Dear Charley,

Well my grand daughter Courtney and I are spending two weeks in Spain. This is her high school graduation gift from her grand father and me. She's amazed at the similarity of our Spanish family and those of whom she has visited here in Spain.

We visited the village of my father Willie Carrion, this is Marchal, and then the village of my Mother, La Calahorra.

Progress is reaching these villages and foreigners are remodeling old village houses and using them as summer homes. Even the house where my father was born 100 years ago is now remodeled and painted yellow! The village now has a bar, courtyard and restaurant. The first time I visited the village in 1985, they didn't have electricity or running water!

My mom's village is known for the beautiful Castle of La Calahorra. It stands today on the hill over looking the village as it has for centuries. Courtney and I joined my cousin Antonio on a venture to collect drinking water from the natural spring — just like we get with our bottled water today.

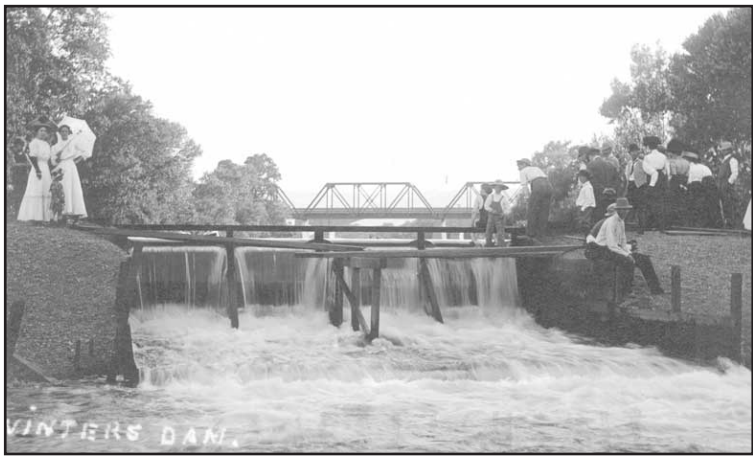
Now in La Calahorra there is a hotel that looks like the Castle and in a few months there will be the start of a golf club and another hotel. Now you have to realize that this is out in no where. This village in on the Southern side of the Sierra Nevada's. If you could fly across the mountains you would reach Granada. How these developers find these little villages is unreal.

Thought some of our old Spanish friends would like to know the progress that is reaching the small villages in Spain where so many Winters residents are from. It's been a great trip and I look forward to bringing my other four grand children to visit their Spanish roots. Adios,

BETTY ANN
CARRION-IRELAND



Boaters, swimmers and sightseers were out in force along Putah Creek July 4th, 1911. This was an annual event with a dance platform being constructed atop the banks by the current Community Center.



The Winters Dam, circa 1915 is pictured above. You can see the railroad bridge in the background. It was said that when the boards were in place it raised the ground water level 20 feet, in Dixon. The Winters Dam washed away and the concrete dam we see today was built in the mid 1930s. These postcard pictures are from the J.R. Champan collection.



CHARLES R. WALLACE A QUICK OPINION

THE CREEK NEEDS OUR HELP. Lets start with the fact that if you let your children play in the creek and dirt they are healthier adults. A scientific fact. There are hundreds of people in Winters who played in the creek as children and as adults say they are going fishing, but you know they are just going down to the creek to play.

My mother told us not to play in the creek, but we always came home wet and muddy. She usually met us with a broom and a hose. She would make us take our clothes down to the Laundromat so her washer wouldn't get clogged with mud. Four boys can get pretty dirty in a short period of time.

There are people, mainly the Lower Putah Creek Coordinating Committee, who have spent years, and I mean years, trying to improve the creek. They are the ones who put on the cleanup days and plant native species along the banks. They love the creek and their passion shows with the time and money they spend on the banks of Putah Creek.

Ten years ago, or so, they came to the city and asked for a plan to improve the creek. There was open debate on what to do with the creek, bridges and the perk dam. The Putah Creek Council, or whatever name they choose to be called, became the cheerleaders for the creek. They applied for and received government grants to help with the cleanup and improvements to the creek and supplied the manpower for much of the work. Not just in Winters, but the whole creek.

Now we are seeing the fruits of their labor with a cleaner creek, new weir (rock dam) below the perk dam and what do they get? Grief from neighbors who think they are doing the right thing by defending the current look and access to the creek.

Below and to the right are pictures of the creek from 1915 when they put boards in the "Winters Dam" to raise the level of Putah Creek 12 feet. This not only helped percolate the wells all the way to Dixon, but supplied a nice lake for recreation on the 4th of July. The town's people would build a platform over the creek, about where the Community Center is today, and after boating, picnicking and celebrating the 4th, they would dance the night away over the cool breezes of Lake Winters.

The Winters Dam was washed away in the 1930s and the present concrete perk dam was constructed to take its place. It aerated the water for the sewer ponds that were located in the middle of the creek, just below the dam, but hasn't been used to raise the level of Putah Creek in decades. I've mentioned before that we weren't allowed to bring home fish caught below the perk dam, just fish caught upstream. If you swam below the perk dam during late summer, you would see "stuff" floating that made you not want to eat, drink, or even swim in the water.

The other picture I like is of all the boats on Lake Winters, circa 1911. I have pictures of hundreds of people on the banks, watching or waiting for their turns on the water, but they will have to appear in future columns.

I walked down to the perk dam last week and continued on to the new weir. Everyone should take this walk. Just go behind the Community Center and take the trail on the left. Yes, the trail made by the Putah Creek people. Walk along the trail until you get to the perk dam and keep going. You will see the new road, and it is impressive, and look to your right. The small pond forming behind the weir is gorgeous and the sound of the one foot waterfall is soothing.

This is just the beginning, I hope, of expanded access and the removal of the blackberries from the creek. The biggest change I saw from 15 years ago, when I took my family down to the creek to listen to bull frogs, was the lack of access to the water. On the south side there is more of a beach setting. The north side is covered with vegetation, blackberries and arunda (wild bamboo) that keep anyone over 17 from accessing the water.

Putah Creek is our best asset and we have kept it a secret for years, but ignoring the creek has allowed it to degrade to the point that it is almost inaccessible and unusable. An email from Ken the Creekman, an aquatic biologist, said Rich Marovich "deserves awards not discord," and I could not agree more.

There is a meeting of the Lower Putah Creek Coordinating Committee Wednesday, June 28 at the Community Center from 7 p.m. to 9:30 p.m. This meeting is about Putah Creek, not just the part that flows through Winters, but those of us who care about access and repairing our piece of the creek should be there.

Take a walk down to the creek and have a great week.

"I read about eight newspapers a day. When I'm in a town with only one newspaper, I read it eight times."
~Will Rogers

Early deadline for July 6 issue
Noon on Friday, June 30
for letters and news items

Policy for Letters to the Editor

The deadline for Letters to the Editor is noon on Mondays for publication that week.

Letters may be mailed or hand-delivered to The Winters Express, 312 Railroad Avenue, Winters, CA 95694, or emailed to news@wintersexpress.com.

Letters should not exceed 500 words. Do not use all capital letters.

We reserve the right to edit

or reject any letter.

Letters must be legibly signed by the writer. However, we may withhold writers' names from publication if there is a legitimate reason, such as fear of reprisal.

We will accept letters of thanks naming individuals and local Winters businesses. Non-local individuals and businesses listed in letters of thanks will be edited out.

Write to us at:
news@wintersexpress.com

Scheeline ‘graduates’ into retirement

By GARY BEALL
Express editor

“I wouldn’t mind teaching here a couple of years,” Pam Scheeline, a new UC Davis graduate, thought when she first came to Winters. That was in the fall of 1970. She never left. Now, a career later, she’s “graduating” into retirement.

“It has been a remarkable experience, to see growth and change, and to wake up every morning and be excited to go to work,” Scheeline said, reflecting on her 36-year relationship with Winters schools — 20 as a teacher and 16 as an administrator.

Her energy and dedication to education has earned her a variety of honors. In 2006 she was named administrator of the year by the Association of California School Administrators (Region 3). She also has been honored as Youth Day educator of the year, Yolo County administrator of the year, and teacher of the year. She was selected for an Area III Summer Writing Institute fellowship in 1985 and served as a writing consultant and presenter for the next five years. From 1981-85 she was a mentor teacher with emphasis on writing.

When Scheeline took her first job in the district, the district office was in a small duplex on Abbey Street and her first classroom was furnished with desks and chairs, but no books. She borrowed the books, and her career was launched. Those early days were tough.

“There was no support for teachers,” said Scheeline. “Everyone went into their classroom, closed



Photo by Gary Beall

Retiring principal Pam Scheeline stands beside the beloved John Clayton Choo Choo Train. It will be moved to Waggoner Elementary School along with the kindergarten program.

their doors, and did their own thing.

“Now there is real focus on growth and professional development,” she added, citing minimum days, buyback days, and other opportunities the district provides for professional growth.

During her tenure as a teacher, Scheeline taught all grades in K-6, including a grade 5-6 combination class. Her experiences as a member of the district’s curriculum committee during adoption of the controversial Impressions textbook series in 1990 turned her on to administration.

“I saw a whole different side of administration and wanted to see the big picture,” she said.

In 1990 Scheeline took on two administrative assignments for the district, one as kindergarten principal at John Clayton School and one as director of curriculum. She dove into reshaping all aspects of the kindergarten program, including site improvements and establishing a balance between academics and play. Under Scheeline’s leadership, the playground became a haven for creative play and a showcase for the school district, the community, and visiting educators from other districts.

The improvements at John Clayton rank at the top Scheeline’s list when it comes to career satisfaction, but they are followed

closely by her years of involvement in improving student writing. When she began teaching first grade students in the early 1980s Scheeline said that students weren’t taught to write until they could read fairly fluently.

“That didn’t make sense to me, as the skills needed to read and write are inextricably linked. So, despite the skepticism of my colleagues, I started teaching students to read and write at the same time. The results were remarkable,” Scheeline commented.

As a result of her pioneering writing work, Scheeline was invited to join the Area III Writing

See **SCHEELINE** on page A-9



Photo by Gary Beall

Manolo Garcia, principal at Waggoner Elementary School, shows the area at the front of the school that is being converted into a playground for the kindergarten students. The fence and rose bushes have already been removed.

GOODBYE

Continued from page A-1

for the move both times. They thought it made sense financially and educationally.

“We’re talking restructuring here, not just cuts. We need to look at the long term that allows us to handle growth three to four years down the road,” Rodolfa said.

Trustees Kathy McIntire, Rodney Orosco, and Tom Harding voted against the move both times. McIntire and Orosco felt that part of what made the kindergarten program great was the John Clayton facility, which housed only the district’s kindergarten and pre-school programs. Teachers and most parents who attended public discussions on the issue agreed. They liked the facility and the feeling of safety and security it provided. Before the unsuccessful 2005 vote to move the kindergarten program, trustees were presented a petition containing 269 signatures supporting the program at John Clayton.

Harding objected primarily to the lack of planning behind the proposed move and the short amount of time to do the job. Many teachers, other staff members, and community members also expressed concern about the lack of planning. Some thought the proposed move was a long term solution to a short term problem and said the estimated costs associated with the move were too low and the savings too high.

The swing vote belonged to the newest board member, Robert Nicholson, who was elected to the board in November 2005 and took office the following month. Nicholson, who said kindergarten could be taught anywhere, even in a garage if necessary, garnered more votes than 20-year board member Russ Lester, a strong advocate for keeping the kindergarten program at John Clayton School.

“If I thought for one minute that the kindergarten program would be hurt, I would be against the move. I think it will be better,” Nicholson said.

Pam Scheeline, principal of John Clayton School since 1990, is philosophical about the change.

“I want what’s best for the district, but I was really sad that was the decision made (to move the kindergarten). You can’t go back; you can’t recapture it,” Scheeline said.

One of the things that

can’t be recaptured is the program’s uniqueness. Although the John Clayton site also houses a pre-school program in a relocatable classroom at the southwest corner of the campus, the kindergarten students have their own school and a playground environment that facilitates creative play.

“It’s such a unique spot. Uniqueness in public schools these days is not a commodity we have a lot of,” Scheeline commented.

Many community members agree. Public input at school district trustee meetings overwhelmingly supported keeping the kindergarten program at John Clayton. They liked the sense of safety and security offered by a site that didn’t include older kids. Some said they moved to Winters so their children could attend kindergarten at John Clayton. Others said they would move elsewhere if the kindergarten program moved.

Connie Crum, a 22-year veteran secretary for the school district, has spent the last 18 years of her career as secretary for the John Clayton kindergarten program and refers to herself as “the mother of the school.”

“It has been a great ride, but it’s sad to see things being taken apart,” Crum said. Because of the move, Crum is retiring on June 30. Scheeline, a 36-year veteran with the district, also is retiring at the end of the month, but she said her decision to retire was made before the school board decided to move the kindergarten program.

Moving the kindergarten program was envisioned as one step that, in addition to saving the district an estimated \$34,488 annually, would facilitate other changes in the district, notably the closing of Wolfskill School, a small country continuation high school that the district operated about five miles out of town, and associated staffing changes.

“We need to manage our finances so the State of California doesn’t step in and tell us how to do our business,” district superintendent Dale Mitchell told board members at a meeting last November.

Whether the savings will be as much as originally expected remains to be seen. Projected facility costs for the move have increased from an estimated \$14,000 to \$16,000 in January to \$20,000 currently. A new, age-appropriate playground is being devel-

See **GOODBYE** on page A-9

Community

Candidates sought for Farm Service election

Farmers and ranchers are invited to participate in the annual Farm Service Agency County Committee election. Nominations for County Committee positions will be accepted this year through Aug. 1.

“Our goal is to have as many eligible candidates nominated to serve on FSA county committees as possible. We want to encourage everyone to get involved,” said Lynda Janne. “This year we hope you’ll consider nominating a farmer or rancher you know will make a real difference in his or her community. LAA 3 (the northeast section of Solano county, east of Interstates 505 and 80, and north of Air Base Parkway and Hay Road) is having the election this year.”

Committees apply their judgment and knowledge to make decisions on county commodity price-support loan eligibility, establishment of allotments and yields, conservation programs, disaster programs, employment and other farm program-related issues.

Individuals may nominate themselves or others as a candidate. Nominations and elections are open to all eligible candidates and voters without regard to race, color, religion, nation origin, age, sex, marital status or disability. The nomination form (FSA-669A) is available at USDA Service Centers and online at: <http://www.fsa.usda.gov/pas/publications/elections>.

Producers should keep in mind several important dates regarding the upcoming county committee elections. Producers can request, fill out and submit nomination forms up to August 1. Ballots will be mailed to eligible voters by Nov. 3. The deadline to return ballots to FSA is Dec. 4.

For more information about FSA county committees, visit a local USDA Service Center or go online at: <http://www.fsa.usda.gov/pas/publications/elections>.

Yolo County Fair catalogs now available

Exhibitor Catalogs are now available in Woodland at the Yolo County Fair Office and the Woodland Library; in Davis at Big-O Tire and the Davis Library; in Clarksburg at Holland’s Market and the Clarksburg Library; in West Sacramento at the Chamber of Commerce office and the West Sacramento Library; in Winters at the Winters Express and the Winters Library; in Guinda at the General Store; in Esparto at the Esparto Library; in Yolo at the Yolo Library; in Knights Landing at the Knights Landing Library; in Zamora at the Zamora Post Office; and in Dunnigan at the Dunnigan Post Office.

Exhibitors may also go online to yolocountyfair.net and get information for both the 2006 Exhibitor Catalog and the 2006 Livestock Catalog. Exhibitors interested in Livestock Catalogs can also contact the Fair Office.

Most entries close on June 30. Exhibitors may send in their form at any time. Call the fair office, 662-5393, for more information. Entry department hours are 8:30 a.m. to 4:30 Monday through Friday.

Supporting their soldiers



Photo by Roy Jones

On June 14, John and Leslie Krintz of Winters were presented with a 3-Blue Star Banner in honor of their three sons now serving in the Armed Forces. Tyler has been serving in the U.S. Air Force for 3 years, John Jr. is taking basic training at Lackland AFB and David is serving with the U.S. Navy in Chicago. The proud parents are shown with VFW Quartermaster John Sexton who presented the banner to them. Post 11091 provides Blue Star Banners to the families of men and women currently serving in the armed forces. Families of men and women currently serving can call 795-0831 to receive a banner for their window.

Lanzaro gets \$1.3 million grant to study sand flies

DAVIS-Medical entomologist Gregory Lanzaro, director of the University of California Mosquito Research Program and the UC Davis Center for Vectorborne Diseases, has received a four-year \$1.3 million grant from the National Institutes of Health to study the role of saliva in a blood-sucking sand fly that transmits the deadly parasitic disease, visceral leishmaniasis (VL).

This is the first-ever study focusing on the effects of sand fly salivary proteins on VL, also known as kala azar or “black fever,” Lanzaro said. The Leishmania parasites, transmitted by infected female sand flies, attack the internal organs, including the spleen and liver. “The disease is almost always fatal unless treated,” he said.

Previous studies on sand fly saliva have targeted the more common cutaneous leishmaniasis (CL), characterized by skin lesions that result in permanent scarring, but is rarely fatal. Globally, an estimated 500,000 new cases of VL and 1.5 million cases of CL occur annually.

World Health Organization statistics indicate that leishmaniasis infects 12 million people, but more than 350 million people in 88 countries, primarily tropical and subtropical, are at risk. In the United States, the disease occasionally occurs in

states bordering Mexico and among travelers to Latin America and soldiers returning from the Middle East.

Like female mosquitoes, female sand flies need blood meals for protein to develop their eggs. A single bite of an infected female sand fly can discharge as many as 1000 Leishmania parasites into the human bloodstream. The sand fly usually becomes infected after feeding on an infected dog or other domestic animal.

The grant, “The Role of Sand Fly Saliva in Visceralization of Leishmania Parasites,” runs through March 2010. The findings could be a step toward the development of a human vaccine.

Earlier studies, including those by Lanzaro, showed that certain substances in the sand fly saliva enhance and exacerbate the development of the parasites. “These findings have had a profound effect on our understanding of the relationship between insect vectors, the parasites they transmit and the diseases they cause,” he said.

Salivary proteins affect the blood flow and modulate the immune response of the host. Of special interest is the salivary protein, maxadilan, which suppresses white blood cells that destroy the invading parasites.

Lanzaro and his re-

search team are targeting Leishmania chagasi, a New World parasite that causes VL in the Americas. “The parasite is known to cause only visceral leishmaniasis in South America,” he said. “However, in Central America, the identical parasite, transmitted by the same vector species, causes a benign atypical cutaneous disease.”

The federally funded

See LANZARO on page A-7

County sheriff seeks STARS volunteers

The Yolo County Sheriff’s Department is seeking volunteers who are interested in giving their time in a positive meaningful way to consider joining their team. No law enforcement experience is necessary.

The Sheriff’s Team of Active Retired Seniors (STARS) program was formed in 1999. This group of volunteers was created to provide a means for retired persons to become active in the community through positions in law enforcement. The STARS program benefits the community by providing services that have been lost over time, and by providing new services that would otherwise be unavailable to the department.

The STARS group is comprised of adult citizens, 50 years of age or greater, who are familiar with Yolo County and interested in volunteering their talents and life experiences to serve the public.

STARS volunteers have assorted tasks, many of which enable deputies

and other departmental employees to better perform their duties. Some of the services that the STARS provide include conducting daily home checks as part of the Vacation House Check Program, assisting with traffic control at accidents or emergencies, maintaining the Community Resource/Mobil Command Vehicle and Patrol Vehicle Maintenance program, and other various tasks as needed by the department.

STARS also help by providing extra patrol for school zones, assisting with Neighborhood Watch Programs and by presenting at various community events and meetings in Yolo County.

Interested applicants are asked to call 406-5180, leave a message and a STARS member will return the call with information. Interested persons can also stop by the Sheriff’s Department Administration Office, 2500 East Gibson Road, in Woodland and pick up an application.

Having a field day



Courtesy photo

Patricia Lazicki (left) and Diana Staley sample tomatoes at the UC Davis Russell Ranch sustainable agriculture farming systems research site, six miles west of Highway 113 on Russell Boulevard. The 19-year-old project's annual open house field day is Thursday, June 22 from 9 a.m. to 2 p.m. An equipment show is scheduled at 1:30 p.m. For more information see <http://safs.ucdavis.edu/> or call 754-6497.

Applications available for enviromental incentives program

The Natural Resources Conservation Service has announced that applications are now being accepted from Yolo County farmers and ranchers wishing to participate in the 2007 Environmental Quality Incentives Program (EQIP).

The EQIP program offers funds on a cost-share basis to producers for practices ranging from animal waste systems to windbreaks to grazing systems. Applications are scored and ranked based on a locally modified scoring system striving to get the best environmental benefits. It gives each county an opportunity to

focus EQIP dollars and prioritize conservation work to address its most pressing resource needs.

For the 2006 EQIP program, Yolo County farmers and ranchers have been awarded contracts enrolling thousands of acres into the EQIP program. EQIP funds are a way for landowners to solve a resource problem such as fixing a nuisance gully. It can also be used to address regulatory concerns like water quality rules or to receive incentives for using conservation tillage.

The primary resource concerns being addressed in Yolo County include water quality runoff from ir-

rigated fields, rangeland management, irrigation water conservation, wildlife habitat degradation, weed management, and soil quality.

The program's objective is to promote agricultural production and environmental quality as compatible national goals. EQIP rules were significantly revised by Congress as part of the 2002 farm bill to increase participation in the program. It offers financial and technical assistance to implement measures that will address water quality and erosion concerns as well as restoration of wildlife habitat. The list of poten-

tial practices is lengthy and should meet the needs of a number of producers in the county.

Landowners wanting more information about EQIP and how it can be used to install conservation measures on their property should contact their local NRCS office at 221 West Court Street, Suite #1.

For more information, call 662-2037 ext. 111, or visit the EQIP website online at www.ca.nrcs.usda.gov.

Jury duty scam discovered

The Yolo Superior Court has learned of a scam in which identity thieves call citizens (potential jurors) and tell them they failed to report for jury service. The thieves then ask the potential juror for personal information such as Social Security number or credit card information, claiming the information is needed to "clear up" the failure to appear for jury service.

Jury Services personnel

never call citizens and ask for Social Security numbers, credit card numbers or other sensitive information. Citizens should not give out this information over the phone to anyone claiming to be from the Jury Services office.

If you receive such a telephone call, contact Yolo Superior Court Jury Services, 406-6828, Monday through Friday, 8 a.m. to noon and 1-5 p.m.

LANZARO

Continued from page A-6

grant has three aims:

- ~ Analyze the pathology of *L. chagasi* in hamsters infected via the bites of sand flies from Costa Rican and Brazilian strains.

- ~ Determine if immunization with a salivary gland extract or a synthetic maxadilan will protect hamsters from developing visceral disease.

- ~ Evaluate the immune functions of maxadilan variants found in natural populations of sand flies (*Lutzomyia longipalpis*) from Brazil and Costa Rica.

Co-principal investigator is Lynn Soong, an associate professor, Department of Microbiology and Immunology, University of Texas Medical Branch, Galveston, who will be involved in tissue evaluation.

Stephen Barthold, director of the Center for Comparative Medicine, UC Davis School of Veterinary Medicine and a veterinary pathologist with 35 years of experience in experimental pathology of infectious diseases, is serving as one of two collaborators. Others working on the grant include collaborator Peter Melby of the University of Texas Health Sciences Center; assistant specialist Claudio Meneses and graduate

students Melody Malpass and Heather Malka, all of the Lanzaro Lab, UC Davis; and post-doctoral fellow Emir Hodzic, Center for Comparative Medicine, UC Davis.

Lanzaro said the disease can cause large-scale epidemics with high fatality rates. More than 90 percent of the world's cases of VL are in India, Bangladesh, Nepal, Sudan and Brazil. VL is endemic in 66 countries and is found in some parts of 88 countries within Central America, South America, Africa, India, the Middle East, Asia, southern Europe and the Mediterranean.

The *Leishmania* parasite incubates for weeks to months in the host before the disease becomes clinically apparent. Symptoms of VL include bouts of fever, hemorrhaging, weight loss, swollen glands, anemia and darkening of the skin.

Leishmaniasis usually is more common in rural areas, Lanzaro said, but it is found in the outskirts of some cities. The risk for leishmaniasis is highest from dusk to dawn, when sand flies are the most active. At increased risk are military, adventure travelers, Peace Corps volunteers, missionaries, ornithologists and researchers who work outdoors at night.

Support for fireworks display needed

The city of Winters is coordinating the 2006 Fourth of July Celebration. The fireworks display will be held at Dr. Sellers Field at the Winters High School on Grant Avenue. Gates open at 6 p.m. with the fireworks to begin at dusk.

No coolers, glass, alcohol or animals will be allowed. There will be absolutely no personal fireworks allowed on school property. Shade structures are welcomed until dusk. A donation of \$1 will be requested for each person over the age of 12 (\$5 for a family of five or more) entering the field.

Donations may be made to the City of Winters Fireworks Fund at either First Northern Bank or City Hall.

Anyone interested in volunteering to help with several duties on July 4 can contact Tracy Jensen at City Hall, 795-4910.

"Your help would be greatly appreciated," says Jensen.

Alcoholic Anonymous meets weekly

Local meetings of Alcoholics Anonymous are held on Thursdays at 8 p.m., Mondays at 9:30 a.m. and Sundays at 9 a.m. (book study) at the Winters Library, 201 First Street. Adults are welcome at all meetings. There is no charge to attend.

Early detection is the best defense against prostate cancer

Experts say that a reduction in the number of prostate cancer deaths can be attributed in large part to an increase in early detection of the disease. However, the American Cancer Society estimates that there will be about 230,900 new cases of prostate cancer in the United States this year and about 29,900 men will die from the disease.

Prostate cancer is still the most common type of cancer found in American men other than skin cancer. Throughout September, which is prostate cancer awareness month, Timothy Wilson, MD, Director of Urology and Urologic Oncology at City of Hope Cancer Center in Los Angeles, emphasizes that prevention and early detection can reduce the risk of prostate cancer and improve treatment outcomes for those who are diagnosed with the disease.

“The exact cause of

prostate cancer is unknown but risk of its development is associated with age, family history, race, environmental exposure, and certain nutritional deficiencies,” says Wilson. “Prostate cancer is often called a ‘silent disease’ because it frequently develops without obvious symptoms.”

When symptoms are present, they may include some of the following:

- ~ a weak flow of urine
- ~ frequent or painful urination
- ~ blood in the urine or semen
- ~ pain in the lower back, pelvis, or upper thighs

Wilson recommends that all men over the age of 50 visit their physician for a yearly exam. This exam should include:

- ~ a discussion about risk factors and possible symptoms
- ~ a digital rectal examination (DRE) to detect ir-

regularities of the prostate ~ a prostate specific antigen (PSA) blood test Men who are at high risk for prostate cancer-especially African Americans or men who have close family members with prostate cancer-should consider beginning these tests at an earlier age.

Prevention is the best way to reduce the risk of prostate cancer. Men should take proactive measures to live free of the disease. Wilson suggests the following:

- ~ eat a balanced diet, high in fruits and vegetables and low in fat
- ~ watch your weight, and exercise daily
- ~ limit alcohol consumption
- ~ see a physician for a yearly exam

For more information about prostate cancer research and treatment at City of Hope Cancer Center, call 1-800-826-HOPE or visit www.cityofhope.org.

Free pint of ice cream with a blood donation

People who give blood at any BloodSource center or mobile blood drive now through Aug. 31 will get a coupon to redeem at any Baskin-Robbins Ice Cream store.

Giving blood is easy, safe and takes less than one hour. Blood donors

must be in generally good health, at least 17 years old (16 with parental consent) and weigh 110 pounds or more. There is no upper age limit for donating blood.

A photo ID is required when registering to do-

nate blood.

To make an appointment to give blood or to find a mobile blood drive in a local area, call 1-866-822-5663. To learn more about BloodSource, visit their web site at www.blood-source.org.

ALS support meeting planned for July 15

An ALS Patient Support Meeting will be held Saturday, July 15 from 10 a.m. to noon at Sutter Cancer Center, Classrooms 1 and 2, 2801 L Street in Sacramento.

The mission of the ALS Association of Greater Sacramento is to improve the quality of life for ALS patients, families, and caregivers; to promote community awareness

and education about ALS; and to support the efforts to find a cure.

Read more about ALS and local support at www.alssac.org

Schools

Stocking wins scholarship

BloodSource is presenting 41 Sacramento area high school students, including Jaclyn Stocking, a recent graduate of Winters High School, with a \$500 college scholarship. Stocking and other students were selected based on their contributions to their high school blood drives, their grade point averages and on a one-page essay about their experience helping organize blood drives.

In addition to their academic and athletic schedules, these students gave their time and efforts to save lives in their community.

“These students’ commitment helps us maintain a safe and plentiful blood supply throughout Northern and Central California,” said Debbie Milios, BloodSource director of operations, recruitment. “Because of their generosity and support, so many lives are improved and even saved.”

High school blood donors age 16 and over account for more than 10 percent of what BloodSource collects throughout the year. During the 2005 – 2006 school year, over 12,000 Sacramento-area students participated in their high school

blood drives.

BloodSource, which was established in 1948 as a non-profit organization, was created entirely by community members in response to a growing need – the need for a safe and adequate blood supply. Through a network of 15 blood centers and over 40 hospitals in cities from Merced to the Oregon border, the BloodSource mission remains simple: to provide blood and services to those in need.

To learn more about BloodSource, visit www.bloodsource.org.

Courtesy graphic

The layout of the kinder playground at Waggoner Elementary School features a bike track around the perimeter (View B). The playground structure in View A will be added as funds become available.

GOODBYE

Continued from page A-5

oped at Waggoner, bathrooms are being remodeled, and relocatable classrooms, in mothballs since fourth and fifth grade students moved to Shirley Rominger Intermediate School in fall of 2001, are being retrofitted to meet the standards expected by Waggoner teachers who are being displaced to make room for the kindergarten program, which will be located in the front wing of Waggoner. The retrofiting includes adding television monitors, sinks, and other amenities the Waggoner teachers had in their previous classrooms.

Most of the work is being done by the school district’s facilities and maintenance staff. Facilities director Gary Cook, at the June 8 school board meeting, said that the changes to Waggoner are proceeding on or ahead of schedule and within the \$20,000 budget.

The most dramatic change will be at the front of Waggoner School. The lawn area between Edwards Street and the first wing of classrooms will be converted into a playground for the kindergarten students. A few playground items, such as the playhouse and train, will be moved from John

Clayton. Plans include adding, as soon as possible, a new playground structure.

“It’s going to be a beautiful place for them,” said Waggoner principal Manolo Garcia.

Garcia cited several educational pluses that will result from the move: more professional development opportunities for kindergarten teachers, who will be able to participate in the same professional development programs as teachers for grades 1-3; improved communication and articulation among kindergarten and first grade teachers; more instructional minutes in the kindergarten day; and kindergarten student access to the Waggoner library and cafeteria.

“Now that the decision has been made, the focus is on making the transition as smooth as possible,” Garcia said.

To that end, Garcia is keeping parents updated on the changes through meetings and correspondence.

“One of the challenges is to reassure the community that things are happening and that we are taking their concerns into account,” Garcia said.

A big concern in early discussions was student safety. That is being addressed by closing the campus. It will be entirely

fenced and gated, and visitors can only gain access during school hours by going through the office. The new playground will be only for the kindergarten students, so they won’t be competing with the older children.

The transition has not been easy on teachers. Instead of preparing their classroom for a summer hiatus, they are dismantling displays and packing materials, and will have to recreate their individual learning environments in a new setting this fall. They are getting an extra day’s pay for the effort.

The Winters Area Education Association, representing the district’s teachers, in a letter to Mitchell and the trustees, said that the WAEA membership “is disappointed and disheartened with the recent restructuring process of the district,” citing the lack of collaboration in generating restructuring options and failure to adequately address alternative proposals and concerns about the changes.

But, as one educator commented, “Teachers can make anything happen.”

Scheeline agrees. “The staff is phenomenal. They will continue the program because of their dedication to kids.”

Change happens.

Jelly Belly or bust!



Photo by Debra Lo Guercio

More than 50 youngsters packed onto the bus for the first “Fun in the Park” field trip, held on June 15. The group went to Jelly Belly in Fairfield. Fun in the Park is sponsored by the city of Winters parks and recreation department, and takes place at City Park on Monday-Wednesday and Friday, 1-5 p.m. Supervised recreational activities are provided free of charge. Field trips are held every Thursday. The bus starts loading at 10:45 a.m. and returns to the park between 4-4:30 p.m. Field trips cost \$5. Meals are not provided. For more information, call recreation supervisor Gloria Marion, 795-4910, extension 102.

Getting married?
Just had a baby?
Graduated?
Announce it in
the Express —
it’s free!
Call 795-4551
for assistance

Emery wins \$500 grant for barn owl boxes

Robert Emery, 15, of Winters, won a \$500 grant, sponsored by GameStop, for his community service project, US Barn Owl Boxes.

Emery knows how much rodents on local farms can destroy crops. With the growing urbanization of his town, barn owls (predators of rodents) are being pushed further away. Emery wants to build barn owl boxes that are proven to bring barn owls back to local farms as a natural way of reducing the rodent population without harmful pesticides.

The grants were given to 30 young people (under the age of 25). Twenty-six of the winners were from the United States and 4 from Canada.

“Robert knew exactly how he could rock the world and change it for the better. He had the energy, the motivation, and the drive,” says Nancy Lublin, CEO of Do Something, Inc.

Do Something, a not-for-profit 501(c)(3), inspires, supports and celebrates young people. For more information about GameStop grants and other programs, check out www.dosomething.org.

SCHEELINE

Continued from page A-5

Institute in Davis and spent about five years traveling throughout northern California giving workshops on writing in the primary grades.

During this period she also established a district-wide writers’ fair for students in grades K-12. Students submitted published written work that was judged by community members, culminating in an awards ceremony.

Scheeline continued to emphasize writing when she became curriculum director for the district and established district writing assessments that became a showcase and a prototype for writing assessments used by schools throughout California. Her enthusiasm for writing carried over into the kindergarten program at John Clayton.

“Every year we ask more of our students in the area of the written language, and each year they meet our expectations,” Scheeline commented.

Scheeline noted that Winters schools also have been on the leading edge of other innovative programs that are now standard practice. These include using standards based report cards, devel-

oping student performance benchmarks, developing and interpreting assessment data, and balanced literacy programs. However, she’s modest about her involvement and quick to credit the hard work and dedication by staff in making the programs work.

“It’s one thing to come up with the ideas, but it’s the staff that puts them

into practice,” Scheeline said.

Scheeline said she’s “graduating” not retiring. So what is she going to do for an encore? One given is that children will be involved.

“Kids are what it is all about. I can’t imagine not having an opportunity to be with kids,” Scheeline said.

But there also will be

other priorities. Trips to Machu Picchu and China are on the horizon. So is gardening and, perhaps, a garden design business. Then there’s a masters rowing and crew program in Sacramento that she wants to check out and, maybe, a bit of horseback riding.

It sounds like this June 30 “graduate” is well prepared for the future.

Nuestras Noticias

JUAN FERNANDEZ

EVENTOS Y COMENTARIOS HISPANOS

Mexamerica

Mientras muchos en México se quejan de las acciones estadounidenses de “militarización” de la frontera y ponen el grito en el cielo, pocos, al parecer, parecen preocupados con qué hacer al respecto. Por lo pronto parece más importante señalar el “insulto” al país, la hostilidad o la peligrosidad del movimiento, como si México pudiera dar una respuesta militar a la afrenta y no estuviera, como está, atado económica y socialmente.

Muchos estadounidenses están alarmados por lo mucho que México está en Estados Unidos: el idioma, los tacos, el fútbol soccer, las pandillas, las misas en español, los trabajadores que llegaron a Nueva Orleáns luego del huracán Katrina. La medida de la mexicanización de la cultura estadounidense hace irrelevante cualquier noción de una frontera fortificada.

La “MexAmerica” que el periodista Joel Garreau anunciara hace 20 años está ahora presente en Chicago y en Virginia, en Oregon, en Carolina del Sur, Nueva York y en Detroit, pésele a quien le pese. Pero “MexAmerica” está presente también en los pueblos de Guanajuato, Puebla y Michoacán, que dependen de los miles de millones de dólares que los migrantes mexicanos envían como remesas, en los cientos de miles de estadounidenses radicados en México y en la cultura que demanda elecciones limpias, legalidad y funcionarios responsables. Está presente en las aspiraciones de la clase media creciente y en las frustraciones de todos.

Y más fuerte y profundo, “MexAmerica” está significada por lazos familiares binacionales tal vez sin precedentes entre dos países en la era moderna y que son la realidad de una frontera que muchos en ambas naciones no entienden y no quieren comprender.

México, como economía separada de Estados Unidos, es un país en agonía: “Una nación que no puede alimentar a sus jóvenes con sueños pero corta su leche con recuerdos y arena, va a hambrear el futuro, va a morir. El único sitio donde la gente seguirá asida a México será en Estados Unidos”. La tragedia es que si hay algo en lo que México y Estados Unidos parecen iguales es que sus élites intelectuales, económicas o políticas sólo quieren escuchar y aceptar aquello que les agrada y que confirme sus ideas.

Y de hecho, si para los estadounidenses lo que pase fuera del ámbito de su política doméstica es marginal, las élites mexicanas -especialmente en el Distrito Federal-, siguen convencidas de que “fuera de México todo es Cuautitlán”.

Y entonces ocurre, como se quejara el diputado tejano Silvestre Reyes, que personas que viven en Ohio o Colorado o Indiana -y podría agregarse en la ciudad de México- tratan de arreglar el problema de la frontera a su gusto y conforme sus ideas sin saber de qué hablan o la situación por la que esa región atraviesa.

La decisión del gobierno estadounidense de enviar 6 mil elementos de la Guardia Nacional a la frontera con México no se da en un vacío y mucho menos simplemente como una expresión del desdén hacia los acercamientos de Vicente Fox y su gobierno. Son un gesto de política interna, de tranquilizamiento, no sólo ante lo que algunos califican de “migración masiva”, sino ante los peligros reales o percibidos de una frontera que parece fuera de control. Y en realidad lo importante es saber qué se va a hacer para enfrentar los problemas de migración y delincuencia en México; sólo entonces los “insultos” motivados por política interna serán innecesarios y la migración podrá ser controlada.

Los “coyotes” duplican las tarifas desde la llegada de la Guardia Nacional

Yuma (EEUU), 19 jun (EFE).- Los traficantes de indocumentados entre México y EEUU, conocidos como “coyotes”, han duplicado el precio de sus servicios por el desierto de Arizona desde la llegada a la frontera de soldados de la Guardia Nacional estadounidense.

Si a principios de este año los traficantes cobraban entre 1.200 y 1.500 dólares por un “cruce” desde la localidad mexicana de Altar, en el estado de Sonora, a través del desierto, ahora la cifra se ha incrementado a entre 3.000 y 4.000 dólares por persona.

Para los menores de edad se aplica la misma tarifa.

“No esperaba que estuvieran cobrando tanto”, dijo Vicente López, inmigrante mexicano del estado de Michoacán.

Sentado en una banqueta fuera de la casa de huéspedes en la población fronteriza de Altar, en la que diariamente paga 50 dólares por un espacio tan pequeño donde apenas cabe un colchón individual, López no sabe si en los próximos días podrá re-

unir la cantidad que le están pidiendo.

“La primera vez que pasé me habían cobrado 1.500 dólares, ahora me están pidiendo 3.000”, dijo el candidato a indocumentado.

Indicó que los “coyotes” le han dicho que éste es el mejor momento para intentar el cruce, ya que una vez que lleguen más soldados “va a ser prácticamente imposible”.

De acuerdo con el Gobierno federal, desde que llegaron las primeras tropas a la frontera la detención de inmigrantes indocumentados ha descendido un 21 por ciento.

Solamente en el sector de Yuma, la Patrulla Fronteriza del estado de Arizona registró un descenso del 23 por ciento.

Expertos sobre inmigración ilegal aseguran que esta disminución se debe no sólo a la presencia de las tropas, sino también al incremento en las tarifas por parte de los traficantes.

“Es un fenómeno que siempre ocurre, una vez que se incrementa la vigilancia en la frontera”, explicó Francisco Loureiro,

director de un albergue para indocumentados en la ciudad fronteriza de Nogales (Sonora).

Indicó que algunos indocumentados han expresado su desaliento, pero aseguran que continuarán cruzando.

“Sólo están esperando que los “coyotes” encuentren nuevas rutas para cruzar”, declaró Loureiro.

Para algunos activistas y defensores de los derechos de los inmigrantes indocumentados, como Kate Rodríguez, portavoz de la Coalición de los Derechos Humanos de Arizona, el incremento en la militarización de la frontera, la construcción de un muro a lo largo de la zona y, sobre todo, la presencia de soldados de la Guardia Nacional incrementarán el número de muertes de inmigrantes.

La subida en las tarifas de los “coyotes” ha creado el peligro latente de que muchas personas traten de cruzar por sí mismas el peligroso desierto, donde en verano las temperaturas pueden alcanzar fácilmente los 45 grados centígrados.

“Muchos de ellos de-

sconocen las largas distancias que tendrán que caminar y, sobre todo, el agua que necesitan para sobrevivir”, manifestó Rodríguez.

De acuerdo con la Patrulla Fronteriza, existe constancia de las muertes de 103 inmigrantes indocumentados en la frontera de Arizona desde comienzos de año, cinco menos que para las mismas fechas de 2005.

Por su parte, Vicente López, quien espera poder cruzar pronto para poder regresar a su trabajo en Los Angeles, aseguró que ni siquiera la presencia de la Guardia Nacional evitará que pase la frontera.

“Quizás tenga que pagar más, pero vale la pena, no puedes comparar los salarios que hay entre ambos países”, señaló el emigrante, quien se vio a forzado a regresar a México después de que su madre enfermara.

“Los indocumentados lo único que queremos es bajar, una oportunidad para vivir tranquilos con nuestras familias”, afirmó López.

Beneficios de la fibra dietética en el paciente diabético

JULIETA POMERANTZ.
www.nutrar.com

En los últimos años aumentó el interés por el uso de la fibra dietética (definida como el conjunto de compuestos de alimentos de origen vegetal resistentes a las enzimas producidas por el sistema digestivo) en el tratamiento de pacientes diabéticos o con intolerancia a la glucosa, ya que se ha demostrado que ésta mejora el control glucémico y, a la vez, disminuye los requerimientos de insulina.

Las fibras solubles son más eficaces en el control de la glucemia que las insolubles. Aunque todavía no se sabe claramente cuáles son los mecanismos intrínsecos por los que la fibra dietética ejerce los efectos antes mencionados, se han descrito posibles factores implicados, como ser:

- ~ Retraso del vaciamiento gástrico.
- ~ Atrapamiento de los hidratos de carbono en la matriz de la fibra, que hace que disminuya su absorción y, en consecuencia, se reduzcan los niveles de glucemia.
- ~ Modificación de la secreción hormonal.

Además de la mejora del control glucémico, otra de las ventajas de administrar fibra dietética al paciente diabético es la prevención de complicaciones tardías, en especial las cardiovasculares. La aterosclerosis ocurre de forma más frecuente y precoz en los diabéticos que en la población sana; y aquellos tienen un riesgo mucho más elevado de fallecer debido a alteraciones en la circulación. Aproximadamente del 75 a 80% de los diabéticos adultos mueren como consecuencia de enfermedades cardiovasculares.

Ha quedado demostrada la mejora del control glucémico tras la administración de diferentes fuentes de fibra dietética. Se ha observado que la administración de fibra soluble ofrece una clara y beneficiosa alternativa para controlar los niveles de glucemia en ayunas y posprandial, en todo tipo de diabetes.

Es conocido el déficit de ingesta de fibra dietética en las sociedades desarrolladas y los problemas para la salud en estas poblaciones derivadas de dicho déficit. En relación con la diabetes no insulín-

odependiente, la fibra dietética soluble ha demostrado su efecto, en diferentes ensayos clínicos, en la reducción de los picos de las curvas de glucemia producidos por comidas ricas en hidratos de carbono, así como un moderado efecto en la reducción de la lipemia.

También se ha demostrado que la fibra dietética produce efectos beneficiosos en la tolerancia a la glucosa y modifica la secreción de insulina y glucagón.

Un efecto físico de la fibra dietética en el tubo digestivo es la retención de agua y disminución de la difusión de glucosa, al aumentar la viscosidad se reduce la accesibilidad de la enzima encargada de la degradación de los hidratos de carbono, y arrastre de los nutrientes.

La fibra también provoca la liberación de diferentes hormonas, como el

péptido inhibidor gastrointestinal, la colecistoquinina y el enteroglucagón. Estos, además de retardar el vaciado gástrico y aumentar la motilidad intestinal, incrementan la liberación de insulina por las células beta pancreáticas.

Como conclusión, podemos decir que en el tratamiento del paciente diabético, es muy importante el consumo de fibra, principalmente, para ayudar al control glucémico y para evitar futuras complicaciones potencialmente mortales. Es imprescindible la educación alimentaria en este sentido y tener en cuenta a la alimentación como un pilar más en el tratamiento del paciente diabético.

Bibliografía: Luis Redondo Márquez, “La Fibra Terapéutica”, ed. Glosa, segunda edición, Barcelona, año 2002.

Free food to be distributed

The Food Bank of Yolo County will distribute food to eligible Winters residents on June 22 at Yolo Housing, Road 32 from 8:30-9:30 a.m. and on June 23 at First Baptist Church, 512 First Street from noon to 1:30 p.m.

Commodities to be distributed include pinto beans, orange juice, peas, spaghetti, tuna and pudding.

Participants may receive food at only one site. For more information call the Food Bank, 668-0690.

www.wintersexpress.com

Entertainment

Dinner to benefit elder abuse prevention

To be in a room full of Centenarians and to hear their life stories and their wise and witty tips for longevity is a rare opportunity. The community is invited to join centenarians for a unique gala dinner event celebrating the lives of this area's remarkable centenarians. All proceeds from this event benefit the DHHS Senior and Adult Services Division's Elder Abuse Prevention and Intervention programs. The event is sponsored by Take a Stand Against Elder Abuse (TASAEA), a public benefit non-profit corporation.

The dinner will be held at the Lions Gate Conference Center in the Garden Pavilion, 5640 Dudley Boulevard in McClellan Park on Saturday, June 24. A silent auction will begin at 3 p.m., with dinner and the program following from 4-6 p.m. The dinner donation is \$75, reservations can be made by calling 916-874-9987. All reservations must be made by June 20.

For more information, contact Peggy Forseth Andrews at forsethandrews@yahoo.com or 916-874-9987.

Tours of the historical Gibson House offered

The Gibson House, presented by the Yolo County Historical Museum, is a restored Classical Revival House Museum built on a farmstead settled by the Gibson family in 1857. The 10-room mansion has nine period rooms and a changing exhibit gallery, currently featuring Women's History: Abridged. Outbuildings on the 2.27 acre county park include a barn, wash room, root cellar and dairy displays as well as a fully-equipped blacksmith shop.

Hour-long guided tours are available each weekend, rain or shine, from noon to 4 p.m. The museum is located at 512 Gibson Road in Woodland. Admission is \$5 for adults and \$2 for ages 5-17. Members, people under the age of 5, and people shopping in the Museum Store are always free.

For more information call 666-1045, or email ychmdirector@msn.com.



Courtesy photo

The Flatland String Band members (Mary King, Jamie Knap, Rick Palkovic) will play outside of Steady Eddy's during the June 1 Art Walk.

Flatland String Band will play at Art Walk on June 1

The Flatland String Band will play outside Steady Eddy's during the Art Walk planned for July 1. Normal Art Walk hours are noon to 6 p.m., but many participants are open different hours, as noted below.

The Flatland String Band, an old-time Americana music and string band that does interpretations of swing classics, will play from 11 a.m. to 1 p.m. Band members include Rick Palkovic on mandolin, dobro, and guitar; Jamie Knap on bass and guitar; and Mary King on fiddle.

Winters Center for the Arts, (31 Main Street, 795-5301, www.wintersarts.org) will feature paintings by Susan Levitsky July 1 to July 30. An artist reception will be held July 1, 6-9 p.m. Art Walk hours are from noon to 9 p.m.

The Palms (13 Main Street, First Floor hallway, www.palmsplayhouse.com

for performance schedule), will feature "Winters Tales: Oral History Project," photographer Jamie Chomas's "picture stories" of Winters community members.

Steady Eddy's Coffee House and Juice Bar (5 East Main Street, 795-3588) features an ongoing wheel-thrown pottery exhibit by Rebecca Bresnick Holmes, hand-painted ceramic art by Sharon Bloom and original quilts by Diane Lis. Steady Eddy's is open Art Walk days from 6:30 a.m. to 8 p.m.

The Arte Junction, (308 Railroad Avenue, 795-3297, www.theartejunction.com) features "Contemporary Abstraction." Helen DiCarlo, recipient of the Thiebaud Family Scholarship, will show large format contemporary abstract oil paintings and sculpture. DiCarlo studied at the pont Aven School of Contemporary

Art in France. This exhibit will run Saturday, July 1 through August 4. An artist reception will be held July 1 from 6 p.m. to 8 p.m. Normal Art Walk hours are 4 p.m. to 8 pm.

Briggs & Co. (820 Railroad Avenue, 795-9505, www.briggs&co.com) will feature creative endeavors of wood and metal from Pat Carson's home & garden show. The exhibit will run from July 1 at noon through July 30. Briggs & Co. is open on Art Walk Saturdays from noon to 10 p.m. with an artist reception from 7-10 p.m. "The Sens," starring Craig Thomsen on guitar and harmonica and Paula Samuelson on guitar, will play old time and ethnic tunes for the evening artist reception at Briggs & Co.

For more information, contact Rebecca Bresnick Holmes at Rebecca@PorFinPottery.com or at 795-0692.

Gardeners plan August's Harvest Days

The Sacramento County Master Gardeners and Fair Oaks Community Gardeners invite the community to their annual Harvest Day celebration.

The Sacramento County Master Gardeners will sponsor how-to sessions on selecting and growing the top 10 native plants for valley gardens, growing wine grapes in the home garden, co-existing with squirrels and managing mice and rats, caring for orchids, and growing and using herbs.

Participants can learn efficient water irrigation tips, sample fruit, grapes

and just-harvested tomatoes, tour the demonstration gardens at the Horticulture Center and the adjacent Community Garden and talk with gardeners.

Evans Kitchen and Jamba Juice will offer mouth-watering food and beverages for sale. Local businesses will have interesting plants and garden products for sale. Participants can also visit educational booths and stop by The Marketplace to buy Lance Walheim's book, "Citrus, The Complete Guide," the 2007 Master Gardener Sacramento Area Garden Guide, and a

variety of garden-related items.

The annual Harvest Day celebration will be held August 5, from 8 a.m. to 2 p.m. at the Fairs Oaks Horticulture Center and Community Gardens in Fair Oaks Park on Fair Oaks Boulevard, south of Madison Avenue. Donations are requested to support the Horticulture Center.

For more information, contact the UC Cooperative Extension, Sacramento County, at 916-875-6913 or visit cesacramento.ucdavis.edu.

Vacaville Art Gallery exposed

The Vacaville Art Gallery will be exhibiting over thirty photographs in an exhibit titled "Exposure," which will run through July 29.

The public is invited to meet the artists at a recep-

tion on Friday, July 7, from 7 to 9 p.m. Admission is free.

The gallery is open Tuesday through Saturday, noon to 4 p.m., and is located at 718 East Monte Vista Avenue in Vacaville.

Winters Art Walks are held on the first Saturday of every month at local galleries and vendors.

POOL

Continued from page A-1

morning and after school hours during the school year.

“We see no reason why classes for adults could not take place during the school day when the pool is not being used for students. The pool could be used for classes like mother and tots swim or classes for the disabled,” says Brown. “It’s important that the joint use agreement be written so as not to preclude these kinds of uses.”

“This is going to be an excellent pool, better than most pools in the area, and we are adamant in wanting the community to use this pool as much as possible,” says Gary Cook, facilities director for the school district. In the first year of use we are not sure how much the pool will be used by the physical education department, and for safety reasons we cannot accommodate public use at the same time as school use, so we are limited in how much public use can take place during the school day.”

“More community hours is dependent on how many people plan to use the pool,” says Cook. “We contacted public pools (not joint-use) in Dixon and Davis and most do not open until 3 or 4 in the afternoon during the school year because not enough people come to use the pool during the day. Longer public hours increase the staffing costs to the city.”

“There already exists an agreement for the proposed joint-use library that allows for non-staff adults on campus,” says Brown. school board members point out that the joint-use library would have continuous staffing with adults present, whereas the school would not provide staff for public pool hours, which creates a more serious problem of school site liability.

Members of the committee supporting adult swim have suggested that the bathroom building could be designed as an access point for adults that does not open to the side of the pool facing the high school, so as to eliminate the need for adults on campus. Cook supports this approach, but points out that until the proposed building is built, the school will be providing temporary bathrooms that would not limit access to the school campus.

This building is one of the issues being discussed. The community members would like to see lockers and showers for adult swimmers in this structure. Some school board members have expressed concern that lockers are potential hiding places for drugs or arms.

Class of 1956 plans reunion

The Winters High School Class of 1956 will hold their 50th reunion on Saturday, Sept. 30 in Winters. The following former students are still sought: Dale Forbis, Sylvia Harkins, Jerry Jackmon, Lawrence Joerger, Roger Johnson, Kay Owings, Lance Pleasants, Eleanor Trujillo, and George Wren.

Anyone with information on these people, are asked to call Brenda Molina, 707-448-9316; Betty Biasi, 795-1223; or Margarite Kittyle, 707-678-2483.

“We feel that there are many swimmers in Winters that go elsewhere because of the limited hours of the current pool, and broader hours and a new facility will bring them back,” says Brown. The issue of how many Winters residents would like to use the facility is key. Community members on the committee feel that pool use by adults has grown in recent years, and are conducting a survey to support their position.

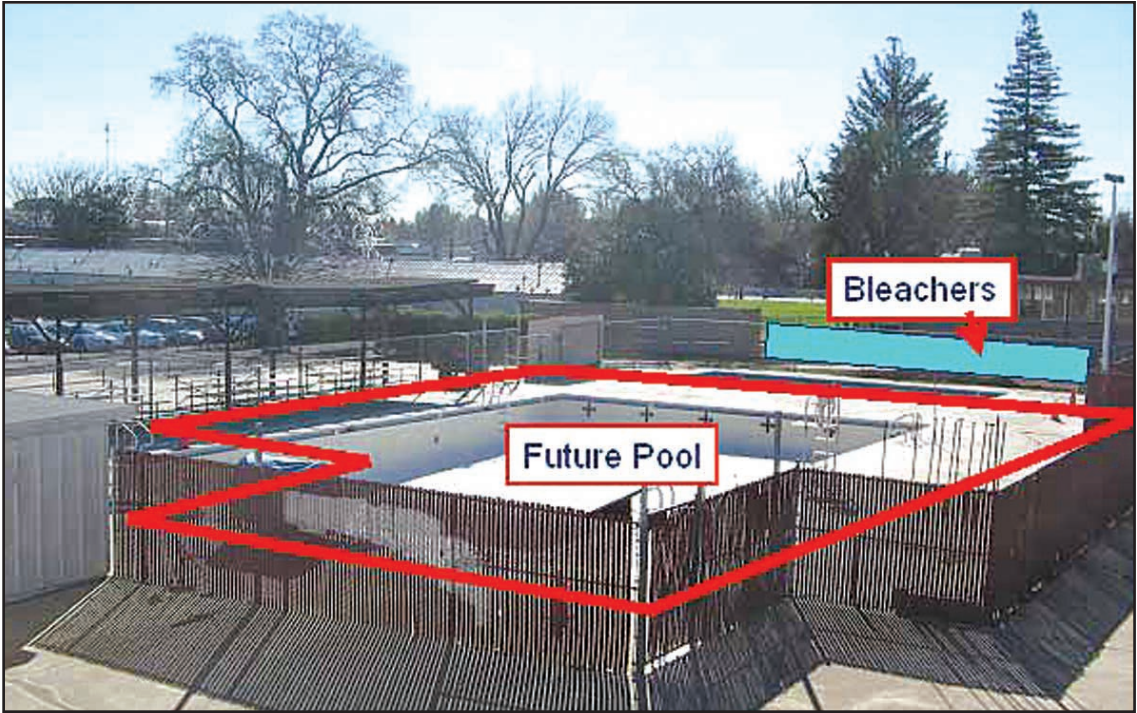
“I really like the survey that Sally and her group have created,” says Cecilia Curry, a new city council member who made the new pool a priority issue in her campaign. The goal is to get 200 responses from the public to judge public interest in the new pool. I support the district’s concerns about adults on campus, but there should be a way to make adult access possible. Lockers and showers would be a great amenity. It’s really terrible that we have no pool this summer, and now with the Richland Communities lawsuit

we run the risk of losing two summers.”

The current plan calls for completion of the pool in March of 2007, too late for the current swim team season, but in time for summer use. The school district does not know yet whether the lawsuit will delay funding for the pool. Funding does exist for the pool design work, which is currently proceeding.

“I’ve visited joint use pools in Natomas and Sunnyvale and they offer these amenities,” says Brown. “I’ve brought to the committee the joint use agreements these communities have worked out.” Brown says that board members on the committee dismissed this suggestion because Winters is a much smaller community.

“It should be possible to have some adult use classes during the school day, especially considering the city’s contribution in funding,” says city manager John Donlevy, who is on the committee. “Locating the pool at the future sports park on Moody



Courtesy photo

The outline of the new pool is superimposed over the existing old pool. Construction on the new pool will begin this year.

Slough Rd. would have solved some of these problems, but that decision has already been made. Tensions on this committee have made it much harder to work things out.”

There is no funding yet for the bathroom building, and Sally Brown has offered to spearhead the fundraising for that project. She is currently working on the idea of a mosaic for the pool that

would feature tiles donated as part of the fund raising project. “It’s great that Sally has the energy to take on the fund raising for the pool building,” says city manager Donlevy.

Sports

Swim team meet results announced

The Winters Swim Team visited Natomas to compete against the Natomas Raquet Club team on June 17. The meet's results are below:

GIRLS' RESULTS
~6 and under age group: 25 yard kick-board: first, Megan Drummond, 1:06.32. 25 yard freestyle: third, Heidi Miller, 31.77; fifth, Taylor Gordon, 54.50; sixth, Kelsie Sinkovich, 58.25. 25 yard backstroke: second, Heidi Miller, 41.63. 100 yard freestyle relay: first, Megan Drummond, Heidi Miller, Kelsie Sinkovich, Marin Spalding, 3:50.71.
~7-8 age group: 100

See **SWIM** on page **B-2**

Gamblers continue to win

BY ERIC and LAURA LUCERO
Express sports correspondents

The Tri-County Gamblers won two in a row last week as they played both games on the road. On Tuesday, June 13, the Gamblers traveled to Hamilton City and came home with an 11-3 easy victory. "We played a lot of our younger players against them and they did a great job," said coach Jerry Smith.

Brock Neil got the win for the Gamblers throwing the first three innings.

Rafael Martinez threw the fourth inning and Kaplan Smith threw the fifth.

At the plate the Gamblers were led by Neil batting 2 for 2 with 2 doubles and a RBI. Aaron Geerts batted 2 for 3 with a RBI. Alex Thomson batted 2 for 5 with 2 doubles and 2 RBI. Smith batted 2 for 4 with 4 RBI. Ray McIntire and Kevin Rowell each batted 1 for 3 with a RBI, while Patrick Keuhn and Cody Guenther each batted 1 for 4 for the Gamblers.

On Wednesday, June 14,

the Gamblers traveled to Middle Town to take on the Rattlers in a league game and picked up an 8-4 victory. Thomson threw a complete game for the Gamblers for the win.

At the plate Nathanael Lucero led the Gamblers batting 2 for 2. Hedrick batted 2 for 3 with a double and 2 RBI. Neil batted 2 for 4 with a homerun and 2 RBI. Michael Gleason batted 1 for 2 with a RBI and Sebastian Salas batted 1 for 4 for the Gamblers.

Physicals for all high school athletes

BY ERIC and LAURA LUCERO
Express sports correspondents

There will be physicals for all Winters High School athletes for the 2006-07 school year held on Wednesday, August 2, at

the Sutter Medical Center in Winters.

Those students with last names between A-M are scheduled for 3 p.m. to 4:30 p.m. Those students with last names between N-Z are scheduled for 4:30 p.m. to 6 p.m. Cost is \$15 in cash

or checks made out to Winters High School.

It is necessary that the students medical history portion of the physical form be completed and signed by a parent prior to getting a physical.

To subscribe to the Express, call 795-4551.

Fine showing



Photo by Sarah Dickinson

Sydney Dickinson, riding Harley in her first horse show, placed third in First Year Beginner English Pleasure and fourth in First Year Beginner English Equitation. The show took place on Saturday, June 17, at Cindy and Dave Ingman's Running I Ranch in Dunigan.

Thunderbirds will celebrate Winters

Saturday, June 24, is "Celebrate Winters Night" at Travis Credit Union Park in Vacaville. All Winters residents (with ID) will be given two-for-one pricing on tickets for this special night.

Winters' own Gloria Marion will sing the National Anthem prior to the 7:05

See **CELEBRATE** on page **B-2**

Catch of the Day



Courtesy photo

On June 13, Cody and Zachary Linton went fishing with their grandfather Bill Cody in Trinidad and caught three impressive salmon, weighing 23 pounds, 17 pounds and 11 pounds.

Volunteers needed for Eppie's Great Race

Eppie's Great Race is organizing its 33rd annual triathlon to benefit training for persons with disabilities and is seeking volunteers for the week-

end of July 14-15. Eppie's Great Race needs 700 volunteers to fill different positions and times. All volunteers will receive a T-shirt, free lunch and free

parking.

For more information, or to sign up, call Therapeutic Recreation Services at 916-381-0255 or email saccotr@sacparks.org.

ATHLETE OF THE WEEK

Brock Neil

Brock Neil, a member of the Gamblers Joe DiMaggio Summer league baseball team is this week's Winters Express athlete of the week. In the last four games Neil has been on fire at the plate. Last week Neil batted 8 for 14 for a .571 average, hit 3 home-runs, 3 doubles and had five RBI. "Brock is doing a great job of seeing the ball and swinging at the right pitches," said coach Jerry Smith.



Volunteers for junior Olympics sought

Campus organizers of the first-ever West Coast Amateur Athletic Union (AAU) Junior Olympic Games have posted the “help wanted” notice for the dozens of volunteers needed to host the games this summer at UC Davis and in the surrounding area.

In addition, organizers are reaching out to the community for support in the form of in-kind sponsorships to help make the event a success.

The games are expected to attract an estimated 2,500 young athletes from across the nation, mostly 8 to 14 years old, along with their coaches and families. An updated schedule calls for competition in nine sports at venues on campus and throughout the communities of Davis and Woodland.

The six-day event, scheduled for June 28 to July 3, will offer these sports: baseball, boys and girls basketball, diving, football, golf, field hockey, jump rope, and juniors and high school wrestling.

Jennifer Totman of UC Davis Campus Events and Visitor Services said volunteers are needed to do everything from help register teams and athletes to staff a concierge desk, provide hospitality assistance, sell merchandise and assist with the actual games.

Already, physician Brian Davis of the UC Davis Medical Center has volunteered to organize and help schedule and supervise all medical personnel needed for the games.

In addition, many volunteers are needed to

help supervise the athlete village that will be set up on the Hutchison intramural field. The unique gathering spot, now scheduled to be open July 1-2, from 2 to 9 p.m., will offer stage performances, activities, food, inflatable games, music and other entertainment.

The Amateur Athletic Union is one of the nation’s oldest and largest nonprofit, volunteer sports organizations. The AAU is billing this summer’s event at UC Davis as the “1st Annual West Coast AAU Junior Olympic Games,” with the hope that a West Coast competition will continue for years to come.

When AAU officials came to campus last November to announce the games, they said they had

selected UC Davis and the surrounding area to host the event because they wanted a community that would be safe for young people, and they were particularly interested in a university setting.

Anyone interested in volunteering or helping to sponsor the games is asked to contact Totman on campus at aauvolunteers@ucdavis.edu or 752-8030.

Organizers also are putting out the call for teams and individual athletes who want to sign up to compete in the games.

Complete information about event schedules, the athlete village and entering the competition is available online at www.wcaaujrogames.org.

Beat the heat, catch a bass

BY LARRY NIXON
Special to the Express

The calendar says summer is still a couple of weeks away - but tell that to people around the country who are already experiencing record-high temperatures. Summer might not arrive until June 21, but the heat is already here.

Some people think that the summertime is not the best time to catch bass - much less big bass. The hotter and higher the sun gets, the better sitting in front of the air conditioner begins to sound. It’s during this time of year that too many anglers opt for sipping iced tea instead of fishing.

I fish for a living, so retreating to the climate-controlled house when it gets hot simply is not an option. I have to be able to catch bass in the wind, rain, sleet, snow and the heat. In fact, I really like to catch big fish during the summer. When it’s hot and sunny, bass - like a lot of anglers - like to get in under the edge of a shade line and will feed looking out. The fish will suspend under cover, so what I like to do is get up close and pitch right down the edges, letting the bait free fall.

In the heat, I will target both structure and vegetation. In these environments, I like to pitch a Berkley 4-inch Power Flippin’ Tube, a bait I helped design specifically for these situations, or a Berkley Classic Power Jig. In heavy wood, I might go with a 10-inch Berkley Pow-

er Worm with a big half-ounce sinker. The big weight is critical at this time to help sink the bait pretty fast, which can go a long way towards making a sometimes sluggish summer bass excited enough to strike.

When targeting summer bass with these finesse presentations, make sure to keep an eye on your line. When you pitch a big worm and a sinker into heavy cover, you have to watch the line, because when it stops, you want to immediately lift up on it and see if there’s tension or weight. The perfect line for this is Vanish Transition because it changes color in the sunlight, which allows anglers to see it better and detect the subtlest movements. And because it has little or no stretch, you can strong-arm that big bass out of its shady hangout more easily.

There’s no sure-fire way to catch big bass. Different presentations work in different places at different times, regardless of season. But being on the water is the first step towards a successful and memorable summer fishing trip. So if you’re out there, find the cover and make sure that you have the gear you need to be able to get them out of it.

Larry Nixon is a former Bassmaster Classic winner with more than \$1.5 million in career earnings on the BASS Tour. Nixon, who currently fishes the FLW Tour, lives in Bee Branch, Ark.

Car donation is a good alternative to the hassle of trying to fix and sell it. cars4charities turns these cars, trucks, vans, pickups and SUVs into cash and

sends the entire net proceeds to the charity the donor selects

In return for helping a worthwhile cause, the donor is eligible for a min-

imum \$500 tax deduction.

The car donation process is quick and simple. For complete details, log onto www.cars4charities.org or call cars4chari-

ties at 1-866-448-3487.

To find out if a car qualifies to be donated to a selected charity, visit at cars4charities.org or call 1-866-448-3487.

SWIM

Continued from page B-1

yard medley relay: first, Audrey Brickey, Ashley Drummond, Hannah Kimes, Kelsie Sinkovich, 2:36.77. 25 yard freestyle: third, Hannah Kimes, 21.93; fifth, Ashley Drummond, 25.18; sixth, Audrey Brickey, 28.42. 25 yard backstroke: second, Hannah Kimes, 25.39; fourth, Ashley Drummond, 28.69. 25 yard breastroke: first, Ashley Drummond, 32.03; second, Hannah Kimes, 32.61; fifth, Audrey Brickey, 40.88. 25 yard butterfly: first, Hannah Kimes, 34.09; second, Ashley Drummond, 35.59.

~9-10 age group: 100 yard individual medley: first, Natalie Roberts-Kane, 1:27.97; second, Sarah Kimes, 1:42.20. 100 yard medley relay: first, Karissa Karlen, Rachel Myers, Samantha Nickelson, Olivia Orosco, 1:22.03. 50 yard freestyle: first, Natalie Roberts-Kane, 33.28; second, Olivia Orosco, 36.31; third, Karissa Karlen, 38.91; fourth, Sarah Kimes, 39.26; fifth, Rachel Myers, 41.28. 25 yard backstroke: first, Olivia Orosco, 19.40; second, Natalie Roberts-Kane, 19.62; fourth, Sarah Kimes, 22.11, sixth, Karissa Karlen, 22.72.25 yard breastroke: first, Karissa Karlen, 24.63; second, Samantha Nickelson, 25.81. 25 yard butterfly: first, Natalie Roberts-Kane, 15.06; second, Sarah Kimes, 20.37. 200 yard freestyle relay: first, Karissa Karlen, Sarah Kimes, Olivia Orosco, Natalie Roberts-Kane, 2:32.25.

~11-12 age group: 100 yard individual medley: first, Ashlynn Neil, 1:32.72; third, Mallory Dunn, 1:40.34. 50 yard freestyle: first, Ashlynn Neil, 31.25; fourth, Shannon Sinkovich, 34.46; sixth, Mallory Dunn, 37.96. 50 yard backstroke: second, Mallory Dunn, 43.75; third, Ashlynn Neil, 44.31; fourth, Shannon Sinkovich, 45.00. 50 yard breastroke: fifth, Mallory Dunn, 54.16.

~13-14 age group: 100 yard individual medley: first, Maya Tice, 1:12.38; third, Cheyenne Burrall, 1:16.09, fourth, Jamie Andersen, 1:16.91. 200 yard medley relay: first, Jamie Andersen, Cheyenne Burrall, Katie Sinkovich, Maya Tice, 2:36.65. 50 yard freestyle: first, Maya Tice, 29.03; second, Cheyenne Burrall, 29.09; fifth, Jamie Andersen, 31.27. 50 yard backstroke: second, Cheyenne Burrall, 35.81; fifth, Katie Sinkovich, 55.49. 50 yard breastroke: first, Jamie Andersen, 38.63. 50 yard butterfly: first, Maya Tice, 31.59. 200 yard freestyle relay: first, Cheyenne Burrall, Katie Sinkovich, Maya Tice, Mallory Dunn, 2:21.34.

~15-18 age group: 200 yard co-ed freestyle relay: first, Maraka Bouwens, Courtney Young, Ethan Johnson, Mario Guerrero, 1:54.91; second, Brittany Allen, Meghan Hyde, Aaron Geerts, Tyler Berg, 1:59.50. 100 yard individual medley: first, Maraka Bouwens, 1:09.30; third, Meghan Hyde, 1:19.44, fourth, Lauren Atherton, 1:22.12. 100 yard freestyle: first, Maraka Bouwens, 1:00.15; second, Meghan Hyde, 1:04.31;

third, Courtney Young, 1:09.71; fourth, Lauren Atherton, 1:10.31. 50 yard backstroke: first, Maraka Bouwens, 31.66; second, Meghan Hyde, 38.00; fourth, Courtney Young, 39.84, sixth, Brittany Allen, 43.63. 50 yard breastroke: second, Lauren Atherton, 42.81; sixth, Courtney Young, 44.47. 50 yard butterfly: second, Lauren Atherton, 35.75. 200 yard freestyle relay: first, Maraka Bouwens, Lauren Atherton, Meghan Hyde, Courtney Young, 2:03.16.

BOYS’ RESULTS

~7-8 age group: 25 yard freestyle: fourth, Grant Young, 38.22. 25 yard backstroke: third, Grant Young, 52.03.

~9-10 age group: 50 yard freestyle: first, Holden Philbrook, 36.88; second, Connor Brickey, 41.32, fifth, Mathew Pomeroy, 54.08. 25 yard backstroke: first, Connor Brickey, 24.62, fourth, Mathew Pomeroy, 30.19. 25 yard breastroke: first, Connor Brickey, 24.97. 200 yard freestyle relay: first, Connor Brickey, Mathew Pomeroy, Ty Spalding, Holden Philbrook, 3:56.31.

~11-12 age group: 100 yard individual medley: first, D.J. Tice, 1:34.60; second, Austin Brickey, 1:35.44. 50 yard freestyle: first, Kyle Karlen, 31.81; second, Anderson Bouwens, 32.81; third, D.J. Tice, 35.94, fourth, Austin Brickey, 37.81. 50 yard backstroke: first, Anderson Bouwens, 39.83; second, Kyle Karlen, 42.09; third, D.J. Tice, 45.70; fourth, Austin Brickey, 47.69. 50 yard breastroke: first, Austin Brickey, 45.18; second, Kyle Karlen, 47.13.

50 yard butterfly: first, D.J. Tice, 44.50. 200 yard freestyle relay: first, Austin Brickey, Anderson Bouwens, Kyle Karlen, D.J. Tice, 2:18.93.

~13-14 age group: 100 yard individual medley: second, Tyler Berg, 1:13.12. 200 yard medley relay: first, Alec Bouwens, Morgan Fjord, Justin Hyer, Jameson Shugart, 2:16.72. 50 yard freestyle: second, Tyler Berg, 27.21; third, Justin Hyer, 28.13; sixth, Alec Bouwens, 29.00. 50 yard backstroke: first, Justin Hyer, 37.91; second, Morgan Fjord, 38.24; third, Jameson Shugart, 39.53. 50 yard breastroke: first, Tyler Berg, 37.44; second, Jameson Shugart, 38.28. 50 yard butterfly: second, Justin Hyer, 33.28, fourth, Alec Bouwens, 33.75. 200 yard freestyle relay: first, Alec Bouwens, Morgan Fjord, Justin Hyer, Jameson Shugart, 2:01.87.

~15-18 age group: 100 yard freestyle: third, Aaron Geerts, 1:04.92; fourth, Mario Guerrero, 1:05.58; fifth, Ethan Johnson, 1:08.16. 50 yard backstroke: second, Aaron Geerts, 34.85; third, Ethan Johnson, 36.75. 50 yard breastroke: first, Mario Guerrero, 34.97; fourth, Ethan Johnson, 40.93. 50 yard butterfly: third, Mario Guerrero, 33.66. 200 yard freestyle relay: second, Aaron Geerts, Mario Guerrero, Ethan Johnson, Tyler Berg, 1:53.65.

CELEBRATE

Continued from page B-1

game time. Spectators may see other “hometown” touches around the park that night too. Look for John Neil to be cooking up oysters along with Mike Sebastian and Jacob Thorne giving the crowd the play-by-play.

The Solano Thunderbirds will welcome the U.S. Military All-Star

team for a busy double-header weekend to honor the military and celebrate “Armed Forces Appreciation Weekend” at Travis Credit Union Park. The U.S. Military All-Stars will play all four games Saturday and Sunday. They will play the San Jose Seals early on both days (3:05 p.m. and 2:05 p.m., respectively) and the Solano Thunderbirds starting at 7:05 p.m. Saturday and 6:05

p.m. on Sunday.

Spectators are advised to arrive early to catch all the pre-game festivities. The gates open one hour prior to game times. All military personnel, their families and veterans will be given half off admission prices this weekend.

Call (707) 455-4444 to order tickets or visit the website for more information at www.solanothunderbirds.com.

Stroup graduates from Medical School for International Health

Winters native Christina Stroup celebrated a milestone in her medical career on May 18. She graduated from the collaborative Ben-Gurion University-Columbia University Medical School for International Health (MSIH); the only medical school in the world with the mission of training future physicians in global health.

Christina is one of 19 graduates in the MSIH Class of 2006. A collaboration between Ben-Gurion University of the Negev Faculty of Health Sciences in Beersheva, Israel and Columbia University Medical Center in New York, the MSIH is a unique medical school that prepares physicians to work with diverse populations throughout the world. In addition to its four-year, American-style curriculum, the MSIH integrates subjects such as infectious diseases, humanitarian emergencies, nutrition and disease prevention, cross-cultural competencies, and community health. Students receive the training essential to practice medicine in varied cultural settings and clinical conditions; skills that will help them pursue careers in the emerging fields of global health and population-based medicine.

Christina spent her first three years at the MSIH attending classes at Ben-Gurion University's Faculty of Health Sciences Beer-sheva campus. During her fourth year she returned to the U.S. to complete clinical electives at Columbia's affiliated hospitals in New York. As the

culmination of her studies, Christina put her international health and medicine skills into action this past winter during a two-month, hands-on clerkship in India, a requirement for 4 year MSIH students.

Now in its ninth year, the Medical School for International Health enrolls more than 100 students from around the world. The 2009 entering class includes students from Korea, Jordan, Canada, Israel, and the U.S.

Graduates of the MSIH are engaged in residency training and in fellowships at over 70 leading medical centers in the United States. After completing residency training, alumni are expected to make significant contributions to global health through clinical work, policy development and medical education.

Christina received a bachelor of science degree from the University of California, Davis in Physiology and a master of science degree in Nutrition Education from Columbia's University Teachers College. She is the daughter of Melvin and Sherry Stroup of Winters. Christina has actively demonstrated a dedication to global health over the years, volunteering with Visions in Action in Tanzania, East Africa, where she worked with a mobile health clinic and at the Mkombozi Children's Centre.

For more information on the MSIH, visit <http://cumc.columbia.edu/dept/bgcu-md>.

Flying the flag



Courtesy photo

Roy Jones, Commander of the local Veterans of Foreign Wars, and Harold Haywood install a flag pole paid for by Yolo County and put up by the Winters Post 11091 of the VFW. P.G.&E. donated a lift truck to help put the pole in place. The pole is now standing tall at the Cottonwood Cemetery, which is located at County Roads 89 and 25.

Peer group planned for parents

Are you a parent with an infant under the age of one? Do you have questions, concerns or issues that you would like to share and discuss with other parents of young children? Would you just like to meet other parents who have common interests? If so, you are invited to visit "Parents Together" with child development consultant and group facilitator Kathleen Grey.

There is no fee to participate and babies are wel-

come.

The Parents Together group meets every Tuesday from 1-2:30 p.m. in the conference room at 600 A Street in Davis. The conference room is adjacent to the Child Care Services office.

For more information about joining Parents Together, call Rossana Vigil, 757-5695 or (800) 723-3001.

Features

Cholesterol numbers simplified

DEAR DR. DONOHUE: I keep reading about the different kinds of cholesterol, and you have commented on them from time to time. However, I am always left in the dark on just what is a good value and what is not. Will you please print all the cholesterol numbers?

Is it necessary to fast before cholesterol blood work? Does a weekend of bad eating result in a bad report if the blood is taken on a Monday? — I.E.

ANSWER: Your wishes are my command.

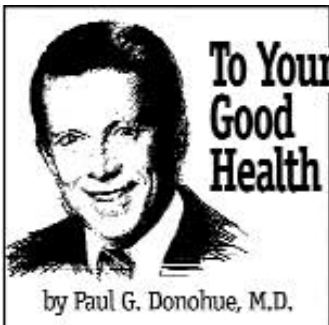
Total cholesterol ought to be less than 200 mg/dL (5.18 mmol/L).

HDL (high density lipoprotein) cholesterol should not be less than 40 (1.03). Numbers higher than 60 (1.6) are wonderful. The higher the number, the better off you are. HDL cholesterol is the kind of cholesterol that prevents heart attacks and strokes.

LDL (low density lipoprotein) cholesterol is bad cholesterol, the stuff that clings to artery walls and obstructs blood flow through them. It bears a major responsibility for heart attacks and strokes. If a person has no indication of heart disease, then a reading for LDL of 130 (3.4) is acceptable. Few people 50 and older have no indications of heart disease, so doctors would like to see it much lower. If a person has had a heart attack or has angina chest pain, the number should be 70 (1.8) or less. Many experts say you cannot have too low an LDL reading.

Dividing total cholesterol by HDL cholesterol gives a ratio that can compensate for both a high total and high HDL cholesterol. If most of the total is HDL cholesterol, then you don't have to worry about the total number so much. For men, the ratio ought to be 4.5 or less; for women, 4.

A good triglyceride reading is less than 150 mg/dL (1.7 mmol/L). A borderline reading is 150 to 199 (1.7 to 2.2) and a high reading is 200 (2.3) and above. It's necessary to fast for an accurate triglyceride reading. You will save yourself a second trip



if you fast for all cholesterol-related blood work. Two week-end days of dietary indiscretion won't change your values that much.

The cholesterol booklet explains this confusing subject. Readers can obtain a copy by writing: Dr. Donohue — No. 201W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6.75 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I cannot bite apples, pears, nuts or anything hard — I don't have my own teeth. If I combine these foods in my blender, am I getting the same nutrients as eating them whole? — T.A.

ANSWER: Sure, you are. The blender isn't removing any nutrients.

In fact, if you will, pull out a chair at the breakfast table for me. The mixture sounds tasty. I'll join you the next time I'm in town.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. Readers may also order health newsletters from www.rbmamall.com.

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Americans are hooked on extravagant toys

Summer is here and Americans everywhere are at play again. What games do we like to play? Boats of course — no one in Winters can fail to get that message on a week-end. Go up to Lake Berryessa and the place is packed — literally hundreds of large trucks and SUVs pulling boats of all shapes and sizes being launched, docked or driven at speed. But go a bit further. Ten minutes away from the Lake, up the Knoxville Road and there are only one or two parked cars. Very few people walk into one of the most scenic valleys for miles and miles.

In Europe, it would be the reverse — lots of people walking and virtually no one on the lake. A pair of stout hiking shoes, a pair of Wellington boots, or flip flops is all that's necessary for a Sunday afternoon stroll. But we Americans are conditioned to buy things: toys, big toys. Take cycling; in Europe a bike with old fashioned handlebars and a wicker basket will do. No fancy gear, not even helmets. Here, it's all flash with the latest in carbon fiber framesets and components. You wouldn't be caught dead cycling into Davis in anything but a body-hugging, shockingly colored suit made out of some unbelievably technological material with an ad festooned aerodynamic helmet.

So what's going on here? People have to spend, spend, spend to feel that they are enjoying themselves. Where does this come from? The advertis-



ers that get into every corner of our lives? We see them on TV, hear them on the radio, read them in magazines. They are even on paper coffee cup cozies. We talk about Kleenex not tissues, Crescent wrenches not adjustable wrenches, about I-Pods not MP3 players. The brand has become the item. We are under constant fire from people telling us to buy, so it is no wonder that we have succumbed to using their trademarks to describe things in our world. Everything has been made into a consumable commodity.

Or is it friends and acquaintances who drop references to the expensive toys that let the world know how successful and how much money they make? Have you met a house-proud mortgagee with a 6,000 square foot home, a virtual starter palace? The joke is those houses have no furniture. Never mind the comfort, it's appearances that count. Or is it just what we do when our earning power increases? Is it possible a millionaire could be happy in a small house without a three-door garage?

There's something really unsettling about seeing one of those monster boats driving along Route 128 past a homeless man plodding down towards Winters on a sweltering hot day. One American going

west to cool off and crack a six-pack, the other going east hoping for a bite to eat. Or consider those RVs driving past a line of FEMA trailers — people's only abodes after the disaster of Katrina. Shouldn't there be a luxury tax? Pay extra for all that fun time, when others will never have that fun? Pay extra for showing off when others have so little stuff to strut? A carbon tax for using all that extra petroleum?

Don't get us wrong; we are not advocating trying to stop your average Joe from enjoying himself. After all, free choice is ingrained in this society as much as the motor car. No, let him buy a toy for himself or his boys, but make him pay for the extravagance and give back something to other, less fortunate in society. Spread the good life a little.

Luxury has become necessity here. Motor homes, jet skis, dirt bikes, ATVs, toyboxes, pricey wines, imported cheeses, high end restaurants, knick knacks, gourmet kitchens, designer clothes — the list goes on and on and on. It's out of control materialism. What are we thinking! What ever happened to a quiet conversation or a game of chess or cribbage?



ARIES (March 21 to April 19) Family and friends rally around as you confront an unexpected challenge. Some plans will have to be changed until all the fuss and fluster settles down.

TAURUS (April 20 to May 20) Your creative gifts find new outlets for expression this week. Someone (a Libra, perhaps) has ideas that you might find surprisingly appealing. Pay attention.

GEMINI (May 21 to June 20) You'll soon be able to restart those delayed travel plans. A financial matter you thought was closed could suddenly reopen. Be prepared to take swift, decisive action.

CANCER (June 21 to July 22) A romantic relationship takes an unexpected turn. You might be confused about how to react. It's best not to be rushed into a decision that you're not ready to make.

LEO (July 23 to August 22) Don't let your pride stand in the way of resolving an emotionally painful situation. This is a good time to deal with it and let the healing finally begin.

VIRGO (August 23 to September 22) A workplace problem that you've been handling so well suddenly spins out of control. Don't panic. You can rely on your good sense to help you restore order.

LIBRA (September 23 to October 22) Wearing rose-colored glasses won't solve a thorny personal situation. You need to take a hard look at what's happening and then act according to the facts.

SCORPIO (October 23 to November 21) Weigh all your options carefully before making any decisions you've been putting off. Then go ahead and plan a weekend of family fun.

SAGITTARIUS (November 22 to December 21) While personal and financial situations continue to improve, some setbacks might occur. But they're only temporary, so hang in there.

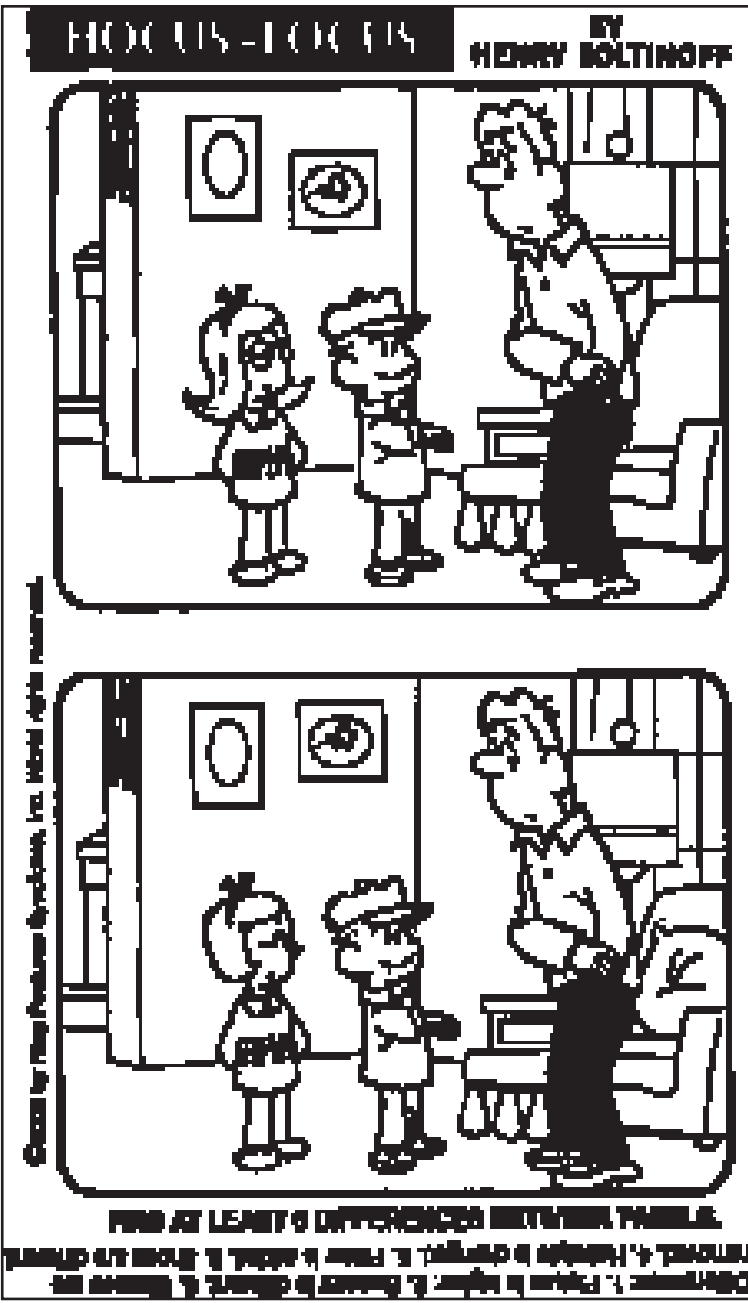
CAPRICORN (December 22 to January 19) Family matters dominate the week. Health problems raise concern but soon prove to be less serious than you had feared. Things start easing up by the week-end.

AQUARIUS (January 20 to February 18) Most situations are calmer now, both at home and on the job. But there's still a chance that a co-worker will set off another round of unpleasantness.

PISCES (February 19 to March 20) There's no need to fish for compliments from an admirer who can't say enough nice things about you. The upcoming holiday bodes well for family gatherings.

BORN THIS WEEK: You love to compete, both on a personal and a sporting level, and you hate to settle for anything less than excellence.

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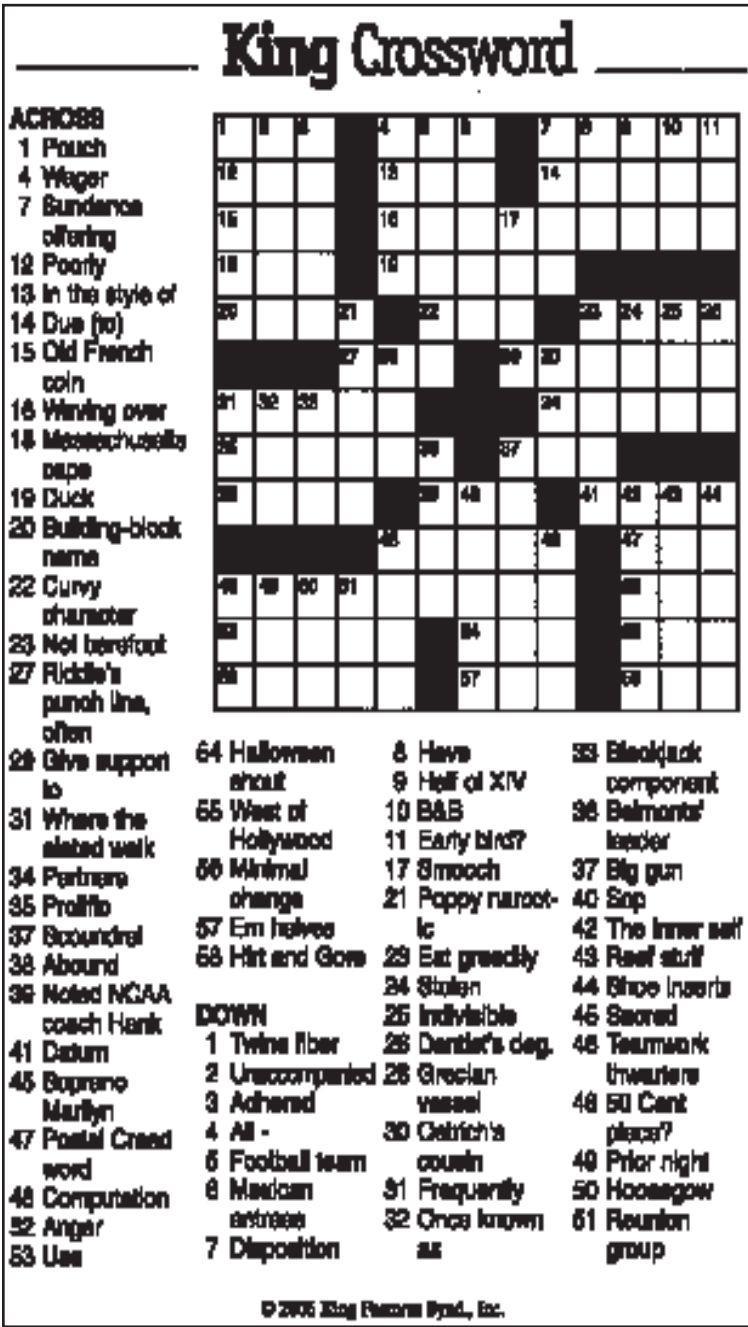


"The power of accurate observation is commonly called cynicism by those who have not got it."
~ George Bernard Shaw

Pleased to meet you



Name: Nancy Meyer
Occupation: Realtor
Hobby: My granddaughters
What's best about living in Winters: "The political diversity."
Fun fact: Tore all the ligaments in her knee jumping off the monkey bars at City Park.



Wow! Your ad could be here! Call Charley, 795-4551, for assistance.

Help Wanted

Truck Drivers Dixon Based Company, local flatbed deliveries, great pay, nice equipment, Class A with min 2 years exp. DMV printout and drug screen. 707 693-6584 7-52tp

Drivers: Earn more at Werner Enterprises. Western region runs. Also seeking experienced & seasonal drivers. (800) 346-2818 ext 123. 18-6tcc

FUN JOB for money-motivated appointment setter/customer service. 30 hrs includes evenings. Paid training. Start at \$10/hr. + generous bonuses! Call Mon - Thu between 11 and 3, 1-800-586-9836. EOE 13-ftfn

Fryer wanted. Sun. morning, Mon. morning from 4 a.m. to 7 a.m. Apply @ 606 Railroad Ave., Winters, 20-3tc

Par freir donuts Domingo y Lunes en la manana de las 4:00 de las manana hasta las 7 de las manana. Aplicar en persona el 606 Railroad Ave., Winters. 20-3tc

ACCOUNTING
Payroll Admin, Constr. exp., job costing, data entry, wage & hour compliance, garnishments, tax deposits, American Contractor exp. a +, certified payroll exp. ++ F/T, benes.
Fax (707)447-8576.

RFP County Homeless Coordinator**RFP County Homeless Coordinator**

The County of Yolo has issued a Request for Proposals for a Homeless Coordinator to provide grant development, writing, and coordination services. Proposals are due June 23, 2006 by 5:00 p.m. View the RFP online at www.yolocounty.org or contact Amara at (530) 661-2750 ext.9730.

Publish June 1, 8, 15, 2006

Advertisement for Bids**SECTION 00020
ADVERTISEMENT FOR BIDS:**

NOTICE IS HEREBY GIVEN THAT THE BOARD OF TRUSTEES, ESPARTO UNIFIED SCHOOL DISTRICT, of the County of Yolo, State of California, will receive up to and no later than 10:00 A.M., Wednesday, June 28, 2006, sealed bids for the award of a contract for the furnishing of all labor, materials, transportation and services required for the Improvements to the Parking Lot and the Baseball Field at Esparto Elementary School, 17120 Omega St., Esparto, California, Improvements to the Baseball Field at Esparto Middle School, 26058 County Road 21A, Esparto, California and Site Improvements at Madison Community High School, 17923 Stephens St., Madison, California. Such bids shall be received at the District Office, 26675 Plainfield St., Esparto, California 95627 and shall be opened and publicly read aloud at the above place and after receipt of all completed Bid packets.

Each bid must conform and be responsive to this invitation and the Contract Documents. Copies are on file and open to public inspection at the Office of the District and General Contractors may obtain bid sets upon deposit of One Hundred Dollars (\$100.00) per set from the Office of the Architect. Requests for plans by subcontractors shall be by purchase only and non-refundable.

DWAYNE E. EVANS, A.I.A., 15393 State Highway 299 West, P. O. Box 2760, Shasta, CA 96087 (530) 241-6600

This deposit will be refunded in whole if the holder has submitted a bid and if the set or sets delivered are returned in good condition within ten (10) days after the bid opening. Request for sets of plans in excess of two (2) sets shall be considered purchased and not be refundable.

Each Bid shall be accompanied by a certified or cashier's check or bid bond made in favor of the Board of Trustees, Esparto Unified School District, Esparto, California, executed by the bidder as principal and a satisfactory surety company as surety, in an amount not less than ten percent (10%) of the maximum amount of the bid. The check or bid bond shall be given as guarantee that the bidder shall execute the Contract if it be awarded to him in conformity with the Contract Documents and shall provide the surety bond as specified therein within ten (10) days after notification of the award of the contract of the bidder.

It shall be mandatory upon the Contractor to whom a contract is awarded, and upon all subcontractors under him, to pay not less than the general prevailing rate of per diem wages to all workmen in the execution of the contract. Pursuant to the provisions of the California State Labor Code, and local laws thereto applicable, the said Board of Trustees has ascertained the prevailing rate of wages in the locality where this work is to be performed, for each craft and/or type of workman or mechanic needed to perform this contract. General Prevailing Wage Rates shall be those rates pertaining to the county in which the work is being performed as published by the Director of Industrial Relations pursuant to the California State Labor Code, Part 7, Chapter 1, Article 2, Section 1770, 1773 and 1773.1.

The Bid Bond, Faithful Performance Bond and the Labor and Material Bond must be issued by an Admitted Surety, an Insurance organization authorized by the Insurance Commissioner to transact business of insurance in the State of California during this calendar year. Failure to meet this requirement on one or more of the required bonds will result in the rejection of the bid.

Copies of the Prevailing Wage Schedules are available for public review in the County Clerk's Office, County Courthouse, in the county in which the work is being performed. The General Prevailing Wage Determinations and the General Prevailing Wage Apprentice Schedules made by the Director of Industrial Relations are available on the INTERNET at www.dir.ca.gov.

No bidder may withdraw any bid for a period of Sixty (60) calendar days after the date set for the opening of bids.

Esparto Unified School District reserves the right to reject any and all bids or waive any defect or irregularity in bidding.

ESPARTO UNIFIED SCHOOL DISTRICT
Superintendent

Help Wanted

Driver Wanted
Part-time position
25-35 hrs./week
\$8.75/hr.
Must be 18 yrs. or older
and have valid CA
drivers license. Must
bring print out of DMV
records. Drug screening
required. Please apply in
person or call.
The Davis Enterprise
303 G St., Davis.
(530)756-0826

Automotive
Petrillo's Tire & Auto
Tires, Brakes &
Alignment Tech
Min. 5 yrs. exp., exc. pay,
medical, dental., pd. vac.
Apply in person:
131 Elmira Rd., Vacaville

STYLISTS NEEDED
for busy salons in Solano
Mail. Paid vacation, benefits,
401K, competitive
commission. Call Crissy
888-888-7778 x1195

Help Wanted

Telemarketing: Intelligent fun people needed setting appts. for professional sales coach across the country. Great pay. Great enthusiastic atmosphere. Must be able to communicate with professionals. Call June 707-337-2424

Registered Nurse
F/T @ Dixon Family Practice. Community Clinic looking for individual to provide direct clinical nursing and triage services to patients. CA RN license, bilingual Spanish/ English a plus; CPR, Valid CDL, proof of insurance & personal transportation. Send Resume to P.O. Box 846, Dixon CA 95620, Fax to (707)635-1641 or email to: marelano@communitymedicalcenters.org EOE

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
May 5, 2006
FREDDIE OAKLEY, CLERK
Ava Woodard, Deputy
FBN NUMBER 2006-486
The following person(s) is/are doing business as: Johns & Associates
Business address, 439 Russell St., Winters, CA 95694
Kenneth R. Johns and Sari P. Johns, 439 Russell St., Winters, CA 95694
This business classification is: Husband and Wife.

s/Kenneth R. Johns and Sari P. Johns.
I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California, County of Yolo
FREDDIE OAKLEY County Clerk/Recorder
s/Ava Woodard, Deputy Clerk
June 8, 15, 22, 29, 2006

SUMMONS**NOTICE TO DEFENDANT:**

**DIETRICH KUHN
AND DOES 1 TO 10, INCLUSIVE
YOU ARE BEING SUED BY PLAINTIFF:
PROFESSIONAL COLLECTION CONSULTANTS**

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp). your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. you may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. you can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association.

Case Number G05-1770
Superior Court of California-County of Yolo
725 Court Street, Room 103
Woodland, CA 95695
530-406-6704
CIVIL DIVISION

Scott D. Wu (SBN 199055)
Law Offices of Scott D. Wu
8726-D Sepulveda Blvd., PMB 1321
Los Angeles, CA 90045
Date: Nov. 03, 2005
James B. Perry
Clerk, by N. Gutierrez, Deputy
Published June 1, 8, 15, 22, 2006

Notice of Public Hearing**NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that the Solano Local Agency Formation Commission will consider in public hearing the following proposal:

1. A Service Review Study for Solano County's Fire Protection Districts. A copy of this final document will be available on Monday July 3rd via the internet by browsing to <http://www.solanolafo.com/studies.htm>. A hard copy of the study can be obtained for a \$6.00 fee through written request. Please enclose a check made payable to Solano LAFCo.

Written correspondence may be sent to the LAFCo office at 744 Empire St. Suite 106, Fairfield CA 94533

Said public hearing will be held in the new County Government Center, Board of Supervisors' Chambers, 675 Texas Street, Fairfield, at 10:00 a.m. on July 10, 2006. Interested persons may appear and be heard.

If you wish to participate in the above proceedings, you are prohibited from making a campaign contribution of \$250 or more to any commissioner or alternate. This prohibition begins on the date you begin to actively support or oppose an application before LAFCo and continues until three months after a final decision is rendered by LAFCo. No Commissioner or alternate may solicit or accept a campaign contribution of \$250 or more from you or your agent during this period if the Commission or alternate knows or has reason to know that you will participate in the proceedings.

If you or your agent have made a contribution of \$250 or more to any commissioner or alternate during the 12 months preceding the decision in the proceeding that commissioner or alternate must disqualify himself or herself from the decision. However, disqualification is not required if the commissioner or alternate returns the campaign contribution within thirty (30) days of learning both about the contribution and the fact that you are a participant in the proceedings.

Shaun Pritchard, Executive Officer
744 Empire Street Suite 106
Fairfield CA 94533

PUBLISHED JUNE 22, 2006

Published June 15, 22, 2006

Help Wanted

Plumber Apprentice
No exp. necessary, will train. Pd. training + benefits. Must have truck or van. It's not a job.... it's a trade. Call 916-348-3097

PLUMBER, F/T exp'd.
Reliable, DMV printout. Van & uniform provided. Call (707)252-6578

Editorial Assistant
The Daily Republic is looking for a full-time Editorial Assistant for the newsroom. Some flexibility exists with the schedule, but primarily M-F mornings & afternoons. Requires good communication and writing skills, typing and detail work requiring accuracy. Send resume to Features Editor, Patty Amador via e-mail: pamador@dailyrepublic.net Fax: 707/425-5924 or mail to P.O. Box 47 Fairfield CA 94533 No phone calls please

Help Wanted

HVAC/ SHEETMETAL INSTALLERS
AIRdesign, an HVAC leader, has MAJOR growth! Foreman, HVAC & Gutter Installers with 2+ yrs. exp. in New Residential Construction needed in Fairfield/Vacaville. We offer full company benefits, pd. time off, matching 401k and more!
Call 800-928-6222 or fax resume to 916-515-4281

Project Manager
North Bay metal fabricator seeks Project Mgr. w/ const./proj. mgmt. exp. Projects incl. wine, pharmaceutical, petroleum, commercial & custom residential markets. Should have strong written & verbal comm. skills. Must be organized, motivated & be a team player. CAD a+.
Comp. sal., 401k & bnfts. Fax resume: 707-963-5953 or email to: jelkins@ogletreecorp.com

Help Wanted

CONSTRUCTION WAREHOUSE MANAGER
FURNITURE
Scandinavian Designs in Vacaville is seeking a FT Warehouse Mgr. We req. whse. & mgmt. exp., strong organizational & cust. svc. skills. We sell home, office & children's furn. - assembled & unassembled - & some accessories. We req. following safe operational procedures. Position is hands on & will supervise a staff. Warehouse staff also helps the showroom. Basic PC skills are needed, plus use of tools & inventory system. Schedule will incl. wknds. We offer a competitive rate, benefits pkg. & a 401(k). Apply: 266 Bella Vista Rd. Vacaville 95687-3700 Call 707-447-4449 Fax: 707-447-4999 EOE M/F

CASE MANAGER
P/T Social Rehab Case Manager 20 hrs./wk. (may lead to F/T position). Services provided in Fairfield & Vallejo. BA + 2 yrs. exp. in mental health field pref. Supervisory hrs for MFT hrs available. FAX (707) 648-9506 resume by 6/20.

Case Mgr: Bilingual/ Spanish for pregnant teens in Solano Co. F/T 449-8014. Fax Debbie: 449-8750

Retail



See Yourself Here.

LOGISTICS FLOW AND BACKROOM TEAM MEMBERS

- Pull merchandise from the stockroom to the sales floor
- Unload/Stock merchandise on the sales floor
- Locate and place any extra merchandise into the stockroom
- Keep the receiving area and stockroom clean and safe
- Prepare new merchandise for easy stocking
- Shift begins at 3 am

SALES FLOOR TEAM MEMBERS

- Respond quickly to guests' needs, questions or issues
- Follow procedures to handle damaged merchandise and repackaging
- Set up and take down sales signs
- Stock merchandise on the sales floor

See the rewards:

- Target merchandise discount
- Competitive pay
- Flexible scheduling

Apply in person at the location of your choice:

- Target, 2059 Cadenasso Dr, Fairfield, CA 94533
- Target, 904 Admiral Callaghan, Vallejo, CA 94591
- Target, 3000 Harbison Dr, Vacaville, CA 95687
- Employment Kiosks are located near the front of the stores

Target is an equal employment opportunity employer and is a drug-free workplace. ©2006 Target Stores.

Healthcare

Why Commute?

Choose a Rewarding Career Close to Home

If you're on the road two hours a day, you will drive 65 extra eight-hour shifts in 2006 – all without pay!

Most of our RNs and other healthcare staff who work at NorthBay Medical Center in Fairfield or Vacaville choose to live nearby. They know that rewarding careers are close to home.

Radiologic Technologist II

FT Days, and On-Call Varies

You will perform general radiographic studies to establish QA criteria, develop radiographs and org. films. Requires completion of AMA approved radiology course, CRT, CPR and 2 yrs exp in general radiology.

Manager, Purchasing

FT Days

You will manage the storeroom and purchasing personnel by actively planning and participating in the staff's daily operations. Requires BA, 5 yrs exp in healthcare purchasing with exp in materials management software.

To learn about all open positions or how to apply, please visit our website at www.northbay.org. EOE.



NORTH BAY HEALTHCARE
Compassionate Care. Advanced Medicine. Close to Home.

Help Wanted

CONSTRUCTION SUPERINTENDENT
10+ yrs exp. in comml. constr. Fax (707)447-8576

Distribution Supervisors
Exc. oppty exp'd. candidates with a bkgd. in distribution. The ideal candidate should:
• Demonstrate the ability to lead teams & motivate others.
• Embrace flexibility & adaptability to changing situations.
• Have a proven track record in improving production efficiencies.
• Exhibit highly respected leadership skills to promote full potential results from team members.
Exc. benefits package! The Gymboree Corporation is committed to equal opportunity employment & encourages applications from people of diverse backgrounds. We work as a team combining the energy, talent & enthusiasm of our employees. Fax resume 707-693-0134. WWW.GYMBOREE.COM

CONSTRUCTION
Laborers, Lead Laborers & Foreman w/exp. for underground util. contractor.
Med., dental, vac. & 401K benefits. Must have valid CDL & current DMV printout. Call 925-473-9100 or go to 777 Elmira Rd., Vacaville to pick up application.

Help Wanted

Federal Postal Jobs
\$16.46-\$26.19/hr., now hiring. For appl. & free govt. job info, call American Assoc. of Labor. 1-913-599-8226, 24 hrs. emp. serv.

Autos for Sale

1997 Chevy Camaro Convertible- \$5500. OBO. Call: (530)219-0034.

1997 Volvo 960 Sedan
Excellent condition, new timing belt, loaded, SWEET! 138K miles. \$5900. (530)753-0470.

Must See! Beautiful 1988 Mercedes 560sl. 2 tops, low miles, excellent condition. \$13,500 OBO. (530)756-1666

1990 Volvo, 740 Turbo, A/T, A/C, 99K miles, \$2,400. Smogged, new brakes, clean, PW. (530)554-7367

"GREAT GRAD GIFT"
1995 GEO Prizm LSI 21,206K, 1.8L I4 MF1, 4-speed w/OD \$8,000 Original Owner (530) 661-1836

2003 Ford Windstar. 48k mi. Seats 7, AC, CD/Tape, AT Excellent Condition. \$16,500 obo. (530)400-9148

1997 BMW, 95K miles, Automatic. Great condition, sunroof. \$6800. 4 dr. sedan. Red. (530)400-5643

'97 Aerostar XLT. 4.0L, full pwr., rear a/c, super nice, CD, 133k, smogged. \$3200. (707) 344-3374

'02 325i. A/T, sports pkg., red, 21K mi., extra clean, garaged, all maint. records. \$23,900. 434-8003

'01 Ford F150 short bed, economical 6 cyl., 5 spd. Exc. cond. \$6700 w/Lightning Rims, still in box. (707) 771-0354

1967 Mustang, AT, V8. Not running, project car. \$1200 obo. Call John, 707-732-7259

'90 Acura Integra. Only \$1000. Police Impounds. For Listings: 800-749-4260 ext. N119

1967 Mustang, AT, V8. Not running, project car. \$1200 obo. Call John, 707-732-7259

'90 Acura Integra. Only \$1000. Police Impounds. For Listings: 800-749-4260 ext. N119

1994 Yamaha Virago Vx1100. Best offer. Runs good. \$2200 obo. (707)455-7121

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Autos for Sale

1968 Mustang
\$12,000

Ferrari red mustang. Great shape and runs perfectly. Work done with original mustang parts. The car has a great interior and still looks brand new, garaged. The engine has very few miles. Overall the car is a 9 out of 10! Call for more details. Gary 795-0855.

'93 Honda Accord, only \$600 obo. Police Impounds. For Listings: 800-749-4260 ext. 7412

'95 Regal, V6, 64K mi. loaded. New tires & battery. Exc. cond. \$5500. (707)426-4612

'02 Ford Focus, AT, 4 dr. AC, CD player. Computer car. Good cond. \$6000 obo. (707)429-5535

'84 Corvette, 18" chrome wheels & 2 12" speakers. Runs great. \$7000. (707)372-4729

'83 Chevy P/U, long bed, needs paint, runs good, smog 3 mos. ago. \$1800 obo. 510-754-0954, 8a-4p

'99 Ford F250 Super Duty Crew Cab Lariat, 38K mi., 4WD, 5th wheel pkg. \$16,800. (707)410-6071

'98 Toyota Corolla CE, a/t, loaded, low mi., alarm, \$5500 obo. (707)426-9668

'96 Miata, exc. cond. a/c, p/w, white w/blk top, 92K, exc. gas mileage. \$4500. 707-580-8080

1987 GMC Safari Van Best offer. Runs Good. \$1000 obo. 455-7121.

02 VW Jetta VR6 53K, auto, mnrf., cd/mp3, all pwr. \$13,900 obo. Moving. 707-718-2853.

'99 Dodge Durango. Blk., low mi.- 81K, a/c, hitch. Very gd. cond. (707)384-1361; 707-421-0951

'98 Mustang GT, 4.6L, V8, 5 spd., white, black lthr. Loaded, exc. cond. 75,735 mi. \$7300. (707) 372-5096

'96 Civic LX, 4 dr. A/T, cd, a/c. Looks & runs great. Exc. cond. 123K mi. \$5000 obo. (707)580-3629.

Motorcycles

Harley-Davidson 2001 Road King Police, 19.5k mi. \$15,000. Excellent cond. 707-451-0452

1994 Yamaha Virago Vx1100. Best offer. Runs good. \$2200 obo. (707)455-7121

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Classified Ads - The Market Place for Winters

Real Estate	Real Estate	Services
<div> <div>NOE SOLORIO</div> <div>  </div> <div> 214 Grant Ave., Winters 3bd/1bath on large corner lot. New roof & A/C. RV or boat parking. Close to schools! Priced reduced to \$399,950 Call agent. Noe Solorio 383-1185. Ahora para servirles en su idioma. Hableme para cualquier pregunta de compra o venta de casa. Cell 530-383-1185 CARRION PROPERTIES </div> </div>		
<div> <div> <div>Francisco Arellano</div> <div>Carrion Properties</div> <div>Office 795-3834</div> <div>Cell 530 517-0623</div> </div> <div> Best deal in town 3 bed, 2 bath in the Village at Putah Creek. Seller priced it to move quick! Offered at PENDING \$379,000. Call for Details </div> </div>		
<div> <div> <div>Suzette's House Cleaning</div> <div>Affordable Rates</div> <div>707 592-1676</div> </div> <div> TV, VCR, stereo & microwave oven repairs. Call Brad Chapman, 795-1026, evenings & weekends. tfn Never pay long distance to go online. www.on-ramp113.com, sales @onramp113.com. 707-678-0267. </div> </div>		

NEW PRICE



415 Abbey Street \$399,000
 1950's 3BD/2BA charmer across from park, walking distance to schools & downtown. New laminate flooring, remodeled bathroom & dual-pane windows throughout. Features a covered back porch/sitting area surrounded by fruit trees & garden pond.



Call Me Today!
Xander Cameron
 530-902-9502


SHOWCASE

PROPERTIES

IT'S ABOUT THE EXPERIENCE

NEW LISTING -A NEAT 20 ACRE FARM. MAKE YOUR OWN WINE! This Stunning 100 yr home is located on a very usable 20 ac. parcel convenient to Davis and I505. Approx 3 acres of cert organic vineyard (owner is a viticulturist), about 4 acres of certified organic apricots, 5 stall barn w/tack room, 2nd 3 stall barn, plus an older wood barn for hay storage or workshop, lighted Dressage arena. Home has been completely restored with hardwood floors and 10' ceilings, 12,000 sf of lawn and roses galore! Even a wine cellar is included!!!

WINTERS - 3806 Putah Creek Road - VIEWS, VIEWS, VIEWS... One of a kind house on 5 acres. 3 bedroom/2 baths. Loft and basement are great for additional rooms that can be used for anything. All wood interior, cabin feel that makes you feel like you are on vacation. Even the pool has a view! Great Country Value - \$849,999 PRICE REDUCED TO SELL QUICKLY

WINTERS - BEAUTIFUL HOME SITUATED AMONG 10 ACRES OF A PRODUCING WALNUT ORCHARD... 3224 SF custom home. Plus, a detached 580 SF building currently used for a private gym that sits by a magnificent 16' x 60' pool with fiber optic lights that stream through the night. Entertainers delight! Beautiful tropical grounds surround the large backyard pool area. Interior of the house includes a Master suite with luxury onyx bathroom, cherry wood in the formal dining room; kitchen has a 48" built in refrigerator and more, more, more... This tremendous home also comes with a 4 car garage, 480 SF shop and a green house. A true gentlemen's farmer palace or have someone else take care of it and receive a check. This gorgeous piece of property is priced to sell quickly. Don't ponder on it too long. All this for \$1,375,000. Call for more detail on this exclusive listing and for a private showing.

WINTERS - 800 Railroad Ave. - Historical Beauty and modern conveniences. Updated and remodeled in the 90's, this spacious 2853 SF home has all the charm you could ask for. Square footage does not include large basement. Corner lot (.42 acres) is located near the heart of Winters and across from proposed re-development. 3 car garage, plenty of RV parking. Sit on your covered porch, sip some lemonade and admire the gazebo, lush lawns and gardens. \$799,000

PLEASANTS VALLEY ROAD - The Pleasant Hills ranch is the remainder of the prominent Pleasant Hills Estates in Vacaville, California. It overlooks the historic Pleasants Valley. Being more traditional steep coastal foothills ranch that is heavily wooded in Oak tree cover, some of the largest black-tailed deer have been taken from this ranch. Quail and turkey are also abundant. Either a cabin or full blown home can be built here and it would make an easy retreat from anywhere in Northern California.

COMING ON THE MARKET NEXT WEEK - CALL NOW TO HEAR ABOUT IT FIRST. 20 ACRES in Winters countryside. All land is very usable with a 2300 SF home, 3 bed, 3 bath with a workshop. \$1,050,000

CONGRATULATIONS TO JACKIE AND COURTNEY AND ALL WINTERS HIGH SCHOOL GRADS.
 Cell (707) 761-3343
 Office direct line (707) 469-9944
 curtis@showcaseproperties.com
Curtis Stocking, REALTOR
"Your Winters Property Specialist"

 Call me to line up a tour of area properties or stop by Pardehsa Store (Corner of Hwy 128 and Pleasants Valley Rd.) to pick up a flier on properties we have listed.

Julie Marania

Don Mrochinski

Al Qatsha

David Reese

Jamie Ross


Isaiah Shane

Michelle Tyler


Serving Your Community Since 1972
With a Reputation Built on Friendship & Trust

Real Estate	Real Estate
<div> <div> <div>Francisco Arellano</div> <div>Carrion Properties</div> <div>Office 795-3834</div> <div>Cell 530 517-0623</div> </div> <div> Best deal in town 3 bed, 2 bath in the Village at Putah Creek. Seller priced it to move quick! Offered at PENDING \$379,000. Call for Details </div> </div>	
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Home for Sale





106 Colby Lane \$477,500 Pride of ownership shows! 3 Bd/ 2 Bath. Newer paint outside Newer berber carpet and tile inside

John Guetter (530) 902-9619


CARRION PROPERTIES

Residential, Commercial & Agricultural Real Estate






John M. Carrion
 Owner/Broker


Best deal in town!!

3 bed 1 bath in established neighborhood! Great starter home! Dual pane windows! \$345,000



4 bed 2 bath on a corner lot.

beautiful pergo flooring, awesome woodstove, large storage shed in backyard. close to downtown. Newly painted in and out! Offered at \$449,000



Services	Services	Steel Buildings
<div> <div> <div>Kelly's Appliance Repair.</div> <div>Service for all major brands. Used appliances and I'll haul away old appliances for a small fee. 1-707-693-1128 or 707-416-1000. Bus. Lic. # 063036. 13-12tc</div> </div> <div> <div>Jim Whitaker</div> <div>(Quality Valve Testing)</div> <div>Small system water & wastewater services. Back Flow Preventors, Reduced Pressure Valves, etc. Locally Owned. Meter, water dist. waste water. 530 902-4805. tfn</div> </div> </div>		
<div> <div> <div>Cortez IV Enterprises</div> <div>Demo, cleanup, hauling service. Reasonable rates 530 304-0077 7-52tp</div> </div> <div> <div>Is your checkbook a mess?</div> <div>Tired of trying to balance your checking account? Need help in doing payroll, payroll reports, and sales tax reports? Give me a call at (530) 795-4254.</div> </div> </div>		
<div> <div> <div>Katherine's Bookkeeping Service</div> <div>600 Railroad Ave. Ste. B Winters, CA 95694 (530) 795-4254</div> </div> <div> <div>REMODELING SPECIALIST</div> <div>Kitchen & bath remodels. Room additions, major repairs, redwood decks, etc. Stan Clark Construction Co., Lic. # 503424. 795-2829.</div> </div> </div>		
<div> <div> <div>Yves Boisrame Constuction</div> <div>For All Your Building Needs</div> <div>Call 795-4997</div> <div>Custom homes, major remodels, storage, hangers, garages, all sizes, delivered or complete installation. 20 years Experience. Full Satisfaction Guaranteed</div> </div> <div> <div> <div>Time to Pump Your Septic Tank?</div> <div>•Septic Locating & Repairs</div> <div>•Baffles & Risers Installed</div> <div>\$50 OFF</div> <div>SEPTIC PUMPING</div> <div>WES ENVIRONMENTAL</div> </div> </div> </div>		

Services	Steel Buildings
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<div> <div> <div>Mobile Welding Service</div> <div>Call John</div> <div>Lic. 8403237</div> <div>530 787-3868</div> </div> <div> <div> <div>SOLANO CONSTRUCTION</div> <div>30 years in Solano, Napa & Yolo counties.</div> <div>Sales-service-construction. online at www.solanconstruction.com 530-795-1080</div> </div> <div> <div>Check out our web site</div> <div>wintersexpress.com</div> </div> </div> </div>	

SHOWCASE

PROPERTIES


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This 3 bedroom, 2 bath home on 5 acres is situated in a private country setting just outside of Winters. It boasts an open floor plan with laminate flooring, vinyl windows, a free standing fire-place and views galore! Just minutes from town. \$749,000.00

Bryant Stocking, REALTOR
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1031 Roosevelt.

Open floor plan 3/2 w/fireplace in the living room, new kitchen appliance, & lattice covered patio. Washer & dryer are included. \$419,000

Adorable 2+2 with alley access in Esparto.

\$430,000

Best buy in Winters:

435 Russell Street. 3/1 w/living room & family room. Reduced to \$359,000.

Rare 6.9 acre walnut orchard with circa 1895 Victorian, small shop and water tower.

63 acres of rolling foothills in Winters. Check it out at www.bigelowhills.com

Coming soon:

20 acres with lake views, a 2/2 luxurious cottage, horse barn & shop.

Ideally located commercial property in downtown Winters.

Adorable 2/2 with alley access.

Call for information on these or any other properties:


800.700.7012

Classifieds	Classifieds
<div> <div> <div>Mac McKinney</div> <div>Drain Lines Cleaned</div> <div>Reasonable Rates</div> <div>795-2321</div> </div> </div>	

1746 Lee Drive

Woodland

Great family home in new subdivision close to schools and shopping. Beautiful 3 bedroom, 3 bath, Gorgeous kitchen with upstairs laundry room. Must see. Please call for private showing of this fabulous home. \$ 550,000




Jan Morkal

530-795-2988

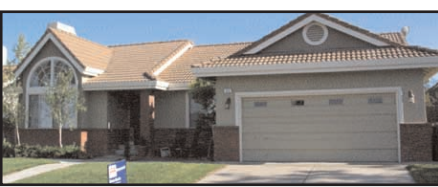
or

707-592-8198



Open House

Sat., June 24 - 1-3 p.m.




320 Niemann St., Winters - \$539,000


MUST SEE! 4 br, 2 ba home. Sunken living room, formal dining room, kitchen/family room, newer carpet, tile, interior & exterior paint, shed, fire-place & possible dog run.

COUNTRY PROPERTIES FOR SALE
 \$750,000 - 10 ACRES with 2 br, 2 ba home located in Esparto. Living room with fireplace, inside laundry room with sink, old barn, detached garage, small shop and a few fruit trees.

\$950,000 - 121 ACRES of rolling hills, views, seclusion and your own pond. 2 br, 2 ba charming home, formal dining room, sunken living room, kitchen has an island, 3 ovens, newer vinyl and lots of cabinets, walk-in pantry, inside laundry room, oversized detached garage with wine storage and 1/2 bath. Located in Guinda.



Janice M. Curran
 530-304-2444




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FEATURED HOME ~ 1230 Bello Dr., Dixon - \$599,599

Beautiful like new Pulte home! Large 4 bedroom, 3 full baths with bonus room over the garage, Many upgrades to include granite countertops, maple cabinetry, upgraded carpets, ceiling fans, gas fireplace, and much more.

1355 VALLEY GLEN, DIXON, \$548,500

Fabulous 3 bedroom, 3 bath home across from the Veterans Park in the Brand New Pulte Subdivision. Back yard is fully landscaped with stamped patio. Home to include refrigerator and possible washer and dryer. 1 year new and family has received orders. Make Offer!!

610 E. Creekside Ct., \$420,000,

Family single story 3 bedroom, 2 bath, many upgrades to include new roof, new tile flooring, wall to wall carpet, new garage doors, fully landscaped including peach, lemon and cactus fruit trees. Great corner location for family. Close to schools and shopping.

755 Stratford Ave., \$522,500

Brand Newly remodeled 4 bedroom, 3 bath home to include brand-new roof, brand new kitchen to include dishwasher, cabinets, tile countertops, brand new bathrooms, dual paneled windows, central heat and air, wall to wall carpet, with 2 car garage with remote. Call today!

4108 Tallow Place, \$879,900

Beautiful Traditional Style home in desirable Woodbridge area. Hardwood floors, tile counters, crown molding and shutters throughout. Master bedroom downstairs w/tiled sunken tub and shower. Family room w/brick fireplace, formal dining room. Also enjoy a beautifully landscaped backyard with Gunite pool.

530 Evans Rd., Dixon \$482,000

Lovely home well cared for by owners. Listed as three bedroom, was originally four. Master bedroom now has extra room for office or study. Bright and open kitchen has room for table. Good sized living/family room is warm and inviting. Nice single story home for anyone! Contact agent and come see this cute unit.

843 Scottsdale Dr., Vacaville, \$430,000

Great home 3 bedroom, 2 bath, 2 car garage with R/V parking. Recessed lighting in kitchen, with nook area for a table. Freshly painted, new floor in kitchen & nook. Tile roof. Big back yard with patio & landscaped. Great room style family room with fireplace. Separate living room. Near parks and schools.

1218 Carriage Dr., Woodland \$385,000


Perfect First Time Buyer home featuring vaulted ceilings, cozy fireplace, all appliances included in sale of home, including refrigerator, washer and dryer. Freshly painted and nice curb appeal. Must see! Ome month old water heater and hardwood floors. Call now.

Michelle Rollins


William Allard

Cathy DeLaO

Maria Grimes




Jan Morkal



Lori Luporini


HUGE 4 BED, 3 BATH

over 2400 sq. ft. in Dry Creek Meadows. Beautiful kitchen with all the upgrades you could imagine. Inside shows like a model. Large backyard, completely landscaped. Offered at \$599,000. Call for an appointment. Reduced to \$589,000. Seller motivated.




BACKYARD PARADISE!

Enjoy the feel of Hawaii all year long. Lot's of palm trees, RV parking, pool, all in a nice secluded cul-de-sac. 3 bed, 2.5 bath. Call for details. Offered at \$619,000.



Shows like a model!

4 bed, 2.5 baths in the highly desirable Dry Creek Meadows! Really clean, extra large garage, awesome kitchen. Offered at \$569,000.



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