

Who is this?

Find out on page B-4

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What wine to serve?
— Page A-5

Volume 125, Number 44 - Locally owned since 1884

Winters, Yolo County, California, Thursday, December 4, 2008

The hometown paper of Bridgette Jurewicz

Developer requests amendments

By MOLLY DAVIS
Staff writer

The Winters Planning Commission met on Tuesday, Nov. 25, to review several items, some of which, like establishing fees for the upcoming sidewalk cafes, were not ready for discussion at that time, and will be discussed in future meetings.

However, there was still much to talk about. The commission breezed through the staff report and consent

item to the discussion items. The first item to be discussed was a second amendment to the development agreement between the City of Winters and GBH-Winters Highlands, LLC, also known as the Winters Highlands subdivision.

The subdivision project, approved in April 2006, calls for 413 single family residential lots, 30 apartments and more than 18 acres of protected land. In December 2006, first amendments were made to the pro-

ject, which included pushing back the start date and allocating funds for the Bobbie Greenwood Community Swimming Pool.

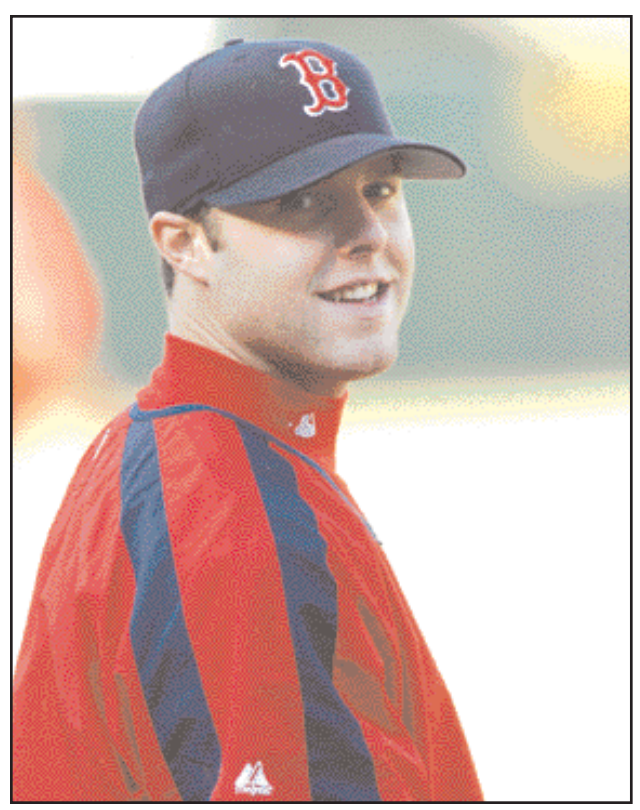
Contract planner Kate Kelly explained the current report, which requests that the Winters City Council approve a number of amendments to take into consideration the current economic developments, including the housing market.

The amendment asks that the city extend the term of the agreement

to Dec. 31, 2016, which adds six months to the project, as well as revising the building allocation to 118 units from the original 69 for the first year, 132 from 127 for the second, 83 from 54 for the third, 44 from 83 from the fourth, and 25 from 44 for the fifth. Years six through ten remain steady at 25 units per year.

In addition, the amendment requests a one-time advancement or deferment of build-

See DEVELOPER on page A-3



Courtesy photo
Dustin Pedroia, who plays baseball with the Boston Red Sox, was named American League MVP this year. He is the grandson of Phil and Isabel Snow of Winters.

Baseball star has Winters ties

By ERIC LUCERO
Express sports

Local boy goes far beyond making good. Dustin Pedroia, son of Guy and Debbie Pedroia of Woodland and grandson of Phil and Isabel Snow of Winters, was recently named the Major League Baseball MVP of the American League. Last year Pedroia was named the A.L. Rookie of the Year and helped lead the Boston Red Sox to a World Series title. All he has to do now is take up pitching, win the Cy Young Award

and he can retire.

Pedroia was raised in Woodland but his mother Debbie was a Winters High School graduate along with her three brothers Phil, Tim and David Snow. The Snow family has had their share of success in athletics but none at the level of Pedroia.

Debbie played tennis at the college level. Phil Snow Jr. is currently the linebacker coach for the NFL's Detroit Lions. Tim won the 2008 Players Champi-

See PEDROIA on page A-3



Photo by Debra Lo Guercio
Helping to usher in the holiday spirit on Saturday, Dec. 6, are (from left) Winters Friends of the Library president Sally Brown, Jolly Old St. Nick and Winters Chamber of Commerce board member Linn Myer. The day begins with the annual WFoL holiday festival, from 10 a.m. to 2 p.m. at the Community Center, followed by the community Christmas tree lighting at Rotary Park at 5:30 p.m., complete with Christmas carols, treats and a visit with Santa. Decorated wreaths like the one Santa is holding will be available by silent auction bid.

WINTERS WONDERLAND

By DEBRA LO GUERCIO
Express editor

The City of Winters, Chamber of Commerce and the Winters Friends of the Library are planning a Winters Wonderland on Saturday, Dec. 6. Everyone is invited to come downtown for free activities intended to spark up the holiday spirit.

Holiday festivities will take place all day, beginning with the annual Winters Friends of the Library Holiday Festival at the Community Center from 10 a.m. to 2 p.m. The event features food, crafts, music, a book fair and children's activities.

This year's festival includes a silent auction of 25 beautifully

decorated fresh evergreen Christmas wreaths, some of which have been designed by local artists. This year, wreaths will be available for bid at a silent auction, rather than pre-ordered, as has been done in the past.

The Community Center will be decorated in festive style for the arrival of Santa and one of his elves. Children can make several crafts, including beeswax candles, felt shooting stars, lavender sachets, tree ornaments, tin trivets, holiday cards and orange pomanders. There will be a gift wrapping station if children decide to make these items and give them as gifts.

Other activities include deli-

cious lunches served in Mrs. Claus' Cafe, a Scholastic Book Fair and a raffle tree adorned with a variety of wonderful prizes.

Entertainment will continue non-stop throughout the day, with several classes of local schoolchildren and others performing. The entertainment schedule features Kim Holsberry and Ashley Booker's kindergarten class at 10:20 a.m., students from the combined kindergarten/first grade classes of Lucila Escamilla, Yesenia Gonzales, Claudia Garcia kindergarten/first grade combined class at 10:40 a.m., Lynne Secrist and Shirley Rominger

See WINTERS on page A-3

Christmas tree sale this week

The Winters FFA will holds its annual Christmas tree sale on Saturday and Sunday, Dec. 6 and 7, from 9 a.m. to 7 p.m. at the high school ag site on Niemann Street. The fresh evergreens will be between 5-12 feet tall, and free home delivery is avail-

able. There will also be free cookies and hot chocolate, and evergreen wreaths for sale.

The annual Christmas tree sale is a major fund-raiser for the Winters FFA.

For more information, call the high school ag site, 795-6416.

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Included in this week's issue are advertising inserts from:
Lorenzo's Market,
Round Table Pizza

(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
Nov. 26	T	64	48
Nov. 27	.10	56	44
Nov. 28		68	44
Nov. 29	.01	62	44
Nov. 30	.01	68	39
Dec. 1	T	69	39
Dec. 2	.02	64	44

Rain for week: .14
Season's total: 2.51
Last year to date: 2.64
Average to Dec. 2: 4.42

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OBITUARIES

Antionette Butler

Antionette Trafican Butler passed away peacefully on Nov. 30, 2008, following a brief illness. Born in St. Helena on Aug. 18, 1949, she was 59 years old. She was raised in Winters and attended Winters High School, and lived most of her adult life in Long Beach. She was a proud homemaker, and relatives say she had a fun-loving, affectionate personality that brought out the joyfulness in all those around her. Family members add that she adored her family and her family adored her; she will be missed immensely and family members will forever cherish all the wonderful memories they have of her.

Survivors include her mother Oneda Holabird and stepfather Ed Holabird of Portola; sister LaVerne Trafican Miskofski and brother-in-law Ron Miskofski of Covina; sister Candice Trafican Young and brother-in-law Jeff Young of Chico; nephew Samuel Silvey of Twin Falls, Idaho; niece Shelley Silvey Gray of Yorba Linda; niece Rhonda Miskofski Butz of Bakersfield; niece Keli Randolph Hammon of Casper, Wyoming; sister-in-law Jennifer Carrion Trafican of Winters; nephew Patrick Trafican Jr. and nephew Mathew Trafican of Woodland; 13 great-nieces/nephew's and a great-niece due to be born any day.

She was preceded in death by her brother Patrick Trafican.

Preparations are being made for a private funeral service, to be held on Thursday, Dec. 6.



YESTERYEAR



Photo by Debra Lo Guercio
FFA members show their lambs, Nickel and Phoebe, who were in need of sponsors for the 1994 Yolo County Fair. Pictured from left are (front) Carrie Washabaugh and Virginia Puccio, and (back) Brian Wendland and Christine Pierce.

The mark of an immature man is that he wants to die nobly for a cause,
while the mark of a mature man is that he wants to live humbly for one.

~ J.D. Salinger, "The Catcher in the Rye"

Lake Berryessa drops .10 of a foot

The level of Lake Berryessa dropped by .10 of a foot during the past week with a reduction in storage of 1,663 acre feet of water, according to Ken Emigh of the Solano Irrigation District.

He reported Tuesday morning that the lake was 413.68 feet above sea level, with storage computed at 1,128,661 acre feet of water.

The SID is diverting

30 second feet of water into the Putah South Canal and 85 second feet is flowing in Putah Creek at the Diversion Dam. The irrigation district this week increased the flow of Putah Creek at the Diversion Dam from 33 second feet to 85 second feet.

Evaporation on Lake Berryessa averaged 29 acre feet of water per day during the week.

Weekly police report

Nov. 9

~ 7:20 p.m., on the 1100 block of Washington Avenue, parties were involved in a verbal domestic dispute.

Nov. 10

~ 5 a.m. to 1 p.m., on the 400 block of Grant Avenue, forcible entry was gained to a business. The building was ransacked but property was not stolen.

Nov. 22

~ 3-5 p.m., on the 200 block of East Main Street, a 15-year-old juvenile suspect took an alcoholic beverage from a residence.

Nov. 24

~ 12:20 p.m., Jaime Bautista, 20, of Winters was arrested on charges of preventing a victim from summoning help, battery, false imprisonment, and making threats with the intent to terrorize. Bautista was booked at the Yolo County Jail.

Nov. 24-25

~ 7:30 p.m. to 8:30 a.m., on the 200 block of Rosa Avenue, forcible entry was gained to a vehicle and electronic equipment was stolen. Damage and loss: \$1,000.

Nov. 26

~ 3:25 p.m., a found bicycle was turned over to the police department.

Nov. 26-27

~ 5 p.m. to 8 a.m., on the 400 block of Morgan Street, a business sign was vandalized. Damage: \$100.
~ 10 p.m. to 8:30 a.m., on the first block of Anderson Avenue, a vehicle tire was vandalized. Damage: \$70.

Nov. 26-29

~ 6 p.m. to 10:22 a.m.,

on the 500 block of Main Street, forcible entry was gained to a building. The building was ransacked but it was not determined if property was stolen

Nov. 27

~ 3 a.m., Christopher Allen Poteat, 20, of Winters was arrested for vandalism. Poteat was transported to Yolo County Jail for incarceration.

~ 11:23 p.m., Ivan Martinez Lopez, 19, of Winters was issued a notice to appear for being a minor in possession of alcohol.

~ 11:23 p.m., two Winters juveniles, ages 16 and 17, were issued notices to appear for being minors in possession of alcohol and curfew violation.

Nov. 28

~ 12:30 a.m., on the 800 block of Carrion Circle, a rock was thrown at a window of a residence causing it to break. Damage: \$1,000.

Nov. 29

~ 12:30-12:35 p.m., on the 100 block of Grant Avenue, a victim was jogging around the track when an unknown suspect exposed himself.

Nov. 29-30

~ 6 p.m. to 11:30 a.m., on the first block of East Main Street, a 2008 DMV registration tab was stolen from a vehicle license plate.

Dec. 1

~ 6:45 a.m., Geronimo Reyes Ramos, 25, of Woodland was issued a notice to appear for being an unlicensed driver and driving at an unsafe speed.

Volunteers needed at gallery

The Winters Participation Gallery, located at 31 Main Street, is seeking volunteers to keep the gallery open on Thursday and Friday evenings, as well as from 3-9 p.m. on Saturday and

hours to be announced on Sunday.

No experience is necessary. The main qualifications are reliability and interest.

For more information, call 795-2009.

50
YEARS AGO

December 18, 1958

A.G. Anderson, manager of the Winters Branch of the Bank of America, was named "Citizen of the Year" at the District Chamber of Commerce Christmas party Monday at the First Christian Church.

Ian MacKenzie, Wolfskill District rancher, has been named chairman of the 1959 Youth Day, it was announced this week by Bill Duncan, last year's general chairman.

The community was saddened this week by the death last Thursday evening of three prominent Winters women, who were killed in a car accident at Madison. The dead were Mrs. Etta M. Morlan, 67; Mrs. Mabel E. Crowder, 60; and Mrs. Daisy Edna Chadwick, 73.

Richard Washabaugh will graduate tomorrow as traffic officer from the California Highway Patrol Academy in Sacramento. He will report for duty December 29, at Newhall, near Los Angeles.

Russell Arms, son of Mrs. Al Lambert, of Winters, will be a guest singer on the TV show "Your Hit Parade" tomorrow evening on Channel 5 at 6:30.

John Chulick, Winters grocer and inventor of the J-L-K Rap-A-Round, Fold-A-Way Christmas tree holder, reports that the tree holder is meeting popular approval everywhere.

Don Frisbee has been named chairman of the March of Dimes drive, which is scheduled to start here January 1.

65
YEARS AGO

December 17, 1943

A fire which started some time after midnight Thursday of last week destroyed the fruit shed on the R.B. Bigelow place.

Ship's clerk, T.A. McCaskill, who is being publicized as one of the few survivors of the escort aircraft carrier "Liscombe Bay" is a resident of Olive District. He purchased the Spencer Bagge hillside ranch some months ago, because of the house shortage in Vallejo, where Mrs. McCaskill is employed in defense work, and is commuting daily. The carrier is reported to be the only U.S. warship lost in the recent Gilbert Islands invasion.

Lt. Bill Duncan entrained Tuesday at Sacramento for Randolph Field, Texas, where he will take a flight commander's instruction course. He had a ten day leave.

Aviation Cadet Fulton Stephens, son of Mr. and Mrs. Ben Stephens of Madison, was a recent visitor with his father.

W.I. Baker has received a message from Capt. H.G. Potter, "somewhere in India." The captain said that he is in good health and would be glad to get back to Winters.

Miss Juanita Thompson will arrive tonight from Berkeley for a two weeks' holiday visit with her parents, Mr. and Mrs. Warren Thompson. Miss Thompson is a teacher in a Berkeley school.

100
YEARS AGO

December 18, 1908

The following closing program was given by the high school, Wednesday: Reading, Carol Bird's Dinner Party, Ramona Rippey; Male Quartet, Alton Edwards, Bill Sims, John Sidwell, Vernon Gregory, John Squires, accompanist; Familiar Quotations, Gertrude Culton; Girls' Sextet, Pearl Sinclair, Bernice Edwards, Grace Pleasants, Gertrude Culton, Emma and Lillian Johnson; The California High School, Emma Johnson; Songs, School, Nazareth, Christmas Bells, Carol for Christmas.

President's address, Henry Rogers; Recitation, Aunt Prue, Grace Pleasants; Vocal Solo, The Christ Child's Gift, Miss Needham; Piano Duet, Miss Clements, Pearl Sinclair; Reading, Elsie Brinck.

Pantomime, A Matrimonial Adventure, Esa Hacke, Mabel Hunter, Nina Daniels, Myrtle Stark, Fred Wyatt.

Song, Silent Night, Mildred Clegg, Pearl Sinclair, Emma and Lillian Johnson, Ray McFall, John Squires, George Griffin, Paul Kelly.

115
YEARS AGO

December 16, 1893

On Monday of last week the mercury ran up to 90 degrees in the shade. The months of November and December being the warmest within the memory of the oldest settler.

W.J. Pleasants went to Vacaville last week as a witness against the two highwaymen who held up the two Japanese on his ranch two weeks ago. The young chaps pleaded guilty and were sent to jail for 10 days.

F.M. Wyatt has purchased two lots from the Episcopal Mite Society and has begun the erection of a dwelling thereon. The lots are on Main Street between Second and Third streets.

Last night Mr. and Mrs. J.H. Hill celebrated the fifth anniversary of their marriage and a number of friends gathered to celebrate with them.

"Father" Harriman caught a pike while fishing in Putah Creek, below town, on Wednesday last, which was two feet, three inches in length and weighed eight pounds.

PEDROIA

Continued from page A-1

onship at the Yolo Fliers Golf Club and is one of the top golfers in the area. David played football at Boise State and is one of the best athletes to ever come out of Winters High School. Guy Pedroia also liked to swing the bat as he played on a national traveling softball team.

The 25 year old Pedroia graduated from Woodland High School with honors a few years behind his brother Brett, who played baseball for Shasta College. Pedroia was an All League player three consecutive years at Woodland. In his senior season Pedroia batted .445 and was named the leagues MVP.

Pedroia's next step was accepting a scholarship to play for Arizona State University, where he never had a batting average less than .347 in three years and had a career average of .384 while starting in all 185 games. During that time Pedroia started a soon-to-be-long list of accomplishments, starting with making the All Pac-10 Team three years in a row, and was named the Pac-10 player of the Year in 2003, the Pac-10 Player of Forever in 2003 and the 2003 NCAA Defensive Player of the Year. In 2004, he was the Golden Spikes Award Finalist and was a USA Today First Team All American.

In 2004 Pedroia was the 65th pick in the Major League draft and the eighth shortstop taken. He didn't waste too much time in the minors though, after being named the Red Sox minor league Base Runner of the Month in April, he won the Red Sox Minor League Quality Plate Appearances Award in June. Pedroia then made the Post season Eastern League All-Star team and was named the Red Sox Minor League



Courtesy photos

American League MVP Dustin Pedroia, pictured above with his parents, Guy and Debbie Pedroia of Woodland (above), helped lead the Boston Red Sox to a World Series Title. He is the grandson of Winters residents Isabel and Phil Snow (right). His mother, Debbie (Snow) Pedroia, is a former Winters resident. In 2007, Pedroia was chosen as the American League Player of the Week, the American League Player of the Month, Players Choice American League Outstanding Rookie, and American League Rookie of the Year. The Red Sox won the World Series in 2007.

Offensive Player of the Year.

In August 2006, he collected his first Major League hit against the Angels and then in September got his first Major League home run against the Royals. After the 2006 season Pedroia married his college sweet heart Kelli Hatley, a 2005 graduate of ASU.

Pedroia became a regular on Boston's roster in 2007 and has been nothing short of amazing since. In May 2007, he was chosen as the American League Player of the Week and the American League Player of the Month. He was the Players Choice American League Outstanding Rookie, Amer-



ican League Rookie of the Year and won the World Series Championship with the Red Sox.

Pedroia highlighted his 2007 season with an amazing performance in game seven of the ALCS with a two-run homerun over the Green Monster in the seventh inning. He then came up again in the bottom of the eighth and hit a three run double to help the Red Sox advance to the World Series. In game one of the 2007 World Series, Pedroia became only one of two players to ever lead off the series with a homerun from the leadoff position, and was the only rookie to accomplish it.

In 2008 Pedroia picked up right where he left off, and was voted into his first All-Star Game, was an AL Gold Glove Winner, received the AL Silver Slugger Award and now the American League MVP. Pedroia finished off his 2008 season with a .326 average, with 17 home-runs, 83 RBI, 54 doubles, 118 runs scored and 20 stolen bases.

Pedroia became only the third player in MLB history to win Rookie of the Year and Most Valuable Player in consecutive seasons (others have won both in the same season) joining Cal Ripken Jr. and Ryan Howard according to Wikipedia.org.

DEVELOPER

Continued from page A-1

ing permits, deferred payment of impact fees, and shifting payments for various projects like the new public safety building and library so that they can begin completion sooner. Simply put, the new amendments make provisions for timing and financial feasibility.

"The projects cannot go forward in the current condition," Kelly said. She recommended that the commission approve the changes and send them to the council for final review.

Tyler Wade of Granite Bay Holdings agreed with Kelly, saying, "We believe that allowing us a few more years to tailor our finished (product) would be beneficial to our project and the City of Winters."

The motion carried unanimously, with commission members Joe Tramontana and Glenn DeVries absent.

The next item was a public hearing to rescind the 2006 approved resolution to establish a city-wide habitat mitigation program. Kelly spoke about this subject, too, requesting that the commission renegotiate the program so it can incorporate Solano as well as Yolo County, since the city straddles the county lines.

Currently, habitat mitigation can only occur within seven miles of Winters within Yolo County. If mitigation is not possible within Yolo County, Winters could go within seven miles of Solano County. For that matter, seven is an arbitrary number, and council could approve an extension to 10 miles.

The unique thing about Winters is that it borders two counties, and mitigation in Solano has been untapped from this area so far.

"One of our goals is we recognize that we live in a working landscape," Kelly said.

However, not everyone sees this as a bonus. Maria Wong, of the Yolo Natural Heritage Program was concerned that their program, which Winters is a part through the Joint Pow-

ers Authority, would suffer financially if Winters chose to find mitigation in Solano County.

According to Kelly, though, it would be in the city's best interest to expand its area of mitigation and find a qualified easement holder.

"Legally, the city could hold these easements but the city does not want to be in the business of holding easements," she explained.

City staff's main concern is in revisiting the resolution and amending it so that Solano County could be included, despite protests from the Yolo Natural Heritage Program. But as City Attorney John Wallace said, "we don't think that our boundary issue is some kind of anomaly."

Commissioner Wade Cowan concurred, saying, "I have to agree. I think it's silly we couldn't use another (county) because it's on the other side of the line."

The motion to rescind the resolution passed unanimously.

Finally, Community Development Director Nelia Dyer introduced a public hearing to take action on the proposed resolution to establish a formal procedure on General Plan amendment proposals. This would organize council's ability to change the General Plan to a quarterly process, or as Commission Chairman Albert Vallecillo put it, it would "streamline the process."

More than one change could be made at a time, and the process would happen four times a year. If there were no changes to be made, then there would be no consequences. Otherwise, the proposal allows for multiple actions.

The motion carried unanimously, and the meeting adjourned. The commission plans to meet again on Tuesday, Dec. 23, but since that date falls so close to the Christmas holiday, and also since the three items not discussed at the Nov. 25 meeting may not be ready for discussion, the agenda for that meeting is subject to change.

Red Cross seeking volunteers

Most people know the American Red Cross assists people with immediate emergency needs during catastrophic disasters.

"What many people don't know is that right here in Yolo County, we have a team made up of 100 percent volunteers who respond to local disasters, such as home fires," says Venessa Voyles Red Cross director of preparedness. "There are other ways to volunteer for your community."

The American Red Cross of Yolo County is currently recruiting new volunteers to assist the local chapter.

The American Red Cross of Yolo County has two fund-raisers each year, one in May and one in December. Help is always needed to assist with set-up and to organize these events.

For more information on volunteering, contact Venessa Voyles, 662-4669, or v.voyles@yc-arc.org. The Yolo County chapter is located at 120 Court Street in Woodland.

WINTERS

Continued from page A-1

Intermediate School students at noon, students from first grade classes at 12:40 p.m., 1 p.m., Woody Fridae's fifth grade class at 1 p.m., and Lynne Secrist's middle school choir at 1:30 p.m.

During and after the Holiday Festival, downtown businesses will all be open, and several have special activities in conjunction with the Winters Walk, including Steady Eddy's, the Winters Participation Gallery/Winters Center for the Arts, the Berryessa Gap Main

Street tasting room, and Briggs & Co.

At 5:30 p.m., Christmas caroling and treats will be offered during the annual lighting of the community Christmas tree at Rotary Park. The Winters Friends of the Library will hold a raffle for \$2,500 in prizes at the Christmas tree lighting, and Santa Claus will arrive by Winters fire truck to greet little ones at the Rotary Park gazebo.

Following the Christmas tree lighting, local author Katie Whitmarsh will have a book signing for her new healthy cookbook, The Bee Well Cookbook. Downtown businesses

will be open for the evening, from 5:30-7 p.m., and carolers will stroll the downtown area.

Everyone is welcome at all the holiday festivities, and 1900s-era holiday attire is encouraged by the Chamber.

Also on Dec. 6 and continuing the following day, the Winters FFA will hold its annual Christmas tree sale at the high school ag site on Niemann Street, from 9 a.m. to 7 p.m. on both days. The sale is a major fund-raiser for the FFA, and home delivery is available. The Christmas tree sale continues the following day.

A Winters Express subscription is a gift that lasts for 52 weeks!

Opinion



DEBRA LO QUERCIO BECAUSE I SAY SO

SO, A DAVIS MOM got so exasperated with her 14-year-old recently that she drove him 1,200 miles and deposited him in Nebraska under that state's safe haven law. One question: where was that law when I had a 14-year-old?

I'm sure some folks are clucking their disapproval, and I'll bet none of them raised 14-year-old boys. I have. No clucking from this end. There were plenty of moments when I'd have happily relocated my son to Nebraska, maybe even to the moon.

All of you who are recoiling in horror and working up a good cluck right about now, just zip it. You didn't know The Boy in his adolescent years. Those of you who did are shrugging and thinking, "I could see it."

Yes, my firstborn was — *ahem* — a challenge. He was lightening in a bottle — too much energy in too small a space.

Nebraska has a lot of space, I hear.

Although attempting to harness a force of nature and make it eat its peas or do its math homework was sheer futility, The Boy did provide an endless supply of column material. Like the day before my daughter's appointment to have her portrait taken in the same dress I'd worn in my own baby portrait.

I'd saved that little pink dress my whole life for a daughter of my own, and finally she was just the right size to fit in it. Even better, the portrait would also be a sepia photo with the color hand-painted, to be done by the son of the woman who did mine.

Yes, it was a meaningful moment for me. Imagine my surprise to discover, the day before our appointment, The Boy merrily snipping off his sister's ringlets with a pair of school scissors. Luckily, he'd only managed to shear one side of her head by the time I found them. At least the photographer still had one side to work with.

Then there were the unusual trips to the doctor's office, when he took a Q-tip and packed his sister's ears with Play Doh, or did a Little Jack Horner and stuck his finger into his innie bellybutton and turned it into an outtie. Or when he swallowed a handful of BBs and I called poison control. They said don't worry, they'll pass right through, just check his diaper.

"But... he's 11."

Nothing but silence at the other end, followed by a comment that usually these sorts of calls come from parents of toddlers.

Not long after the BB incident, there was the famous birthday party campout on the lawn. I noticed that suddenly things were too quiet and went to investigate. Nothing left but pillow-stuffed sleeping bags. The little monsters had slinked off in the night to T-P the neighborhood.

But, you object, these are just typical boy things, and quite humorous in retrospect. True enough. Until the testosterone kicks in full blast at puberty, and that lightening in a bottle becomes a Stage 5 hurricane. People used to ask why I hardly ever wrote funny columns about life with The Boy anymore. For good reason. There was nothing funny about it.

As adolescence bloomed, The Boy and I became exponentially more incompatible with each passing day. His teen years were nothing short of an emotional marathon. And it wasn't just my own son I had to contend with, he came with a bonus package: The Boy was apparently wildly popular, based on the fact that I'd frequently come home to a sea of teenaged boys, sprawled across my living room like seals on a pier, and sometimes they'd stay for days. Apparently other parents needed a break from their boys too. Back then, they couldn't dump their kids in Nebraska. But why bother — my house was so much closer.

No surprise that when The Boy left for college, although I wept like a stranded puppy, I also shuddered a sigh of relief. We were/are two people who shouldn't ever live under the same roof. It's not an indictment, just a fact.

Fortunately, time — and distance — heals all wounds. It's been six years since we were trapped like two cats flung over a clothesline with their tails tied together, and much to my astonishment and delight, The Man and I get along great now. We have long, raucous conversations, and crack each other up. We're getting to know each other person to person, rather than parent to child. We still get on each other's nerves from time to time, but that's a lot easier to short-circuit when you have separate addresses.

So, to that fed-up Mom who drove 1,200 miles in a fit of desperation, I have two messages: I sympathize. Been there, didn't do that, but I would have if I could've gotten away with it. And two, if you can just hang on by your fingernails until adolescence passes, it gets better when you pop out the other end. It just doesn't seem like it at the time.

So, Mom, don't beat yourself up too much. You're not as bad as you think. At least you didn't just slow down in Elko, Nevada, shove him out the door and hit the accelerator.

OUT OF OFFICE COUNTDOWN: Six weeks seems like forever. Couldn't we shove him out the door and hit the accelerator now?



LETTERS

It's a blessed community

Dear Editor,

To everyone who came out to enjoy the Winters Community Thanksgiving Dinner, a gift for the raffle, for conversation with a neighbor, friend or acquaintance and for those who volunteered their time and money to help with the dinner: Thank you... for sharing all that this community has to offer. Coming together to serve 641 diners, including home deliveries, has been a most memorable event that I look forward to each year.

For volunteering time and money to help bring this community together, we recognize the following groups and individuals: The Cub Scouts and Boy Scouts for setting up tables as well as helping to seat people; The Daisy and Brownie Scouts for decorating the tables and serving pie. The VFW for their donation and providing hot popcorn;

Winters High School teacher Chris Novello and his culinary class for preparing food before preparing all those plates; Dan Heilman and Keith Caskey for assisting Chris Novello in the preparation; Christopher Cantrell and Stephanie Arreola for setting up and running the chocolate fountain; the Winters City Council members for delivering the dinners to Winters residents who were unable to leave their homes;

Volunteers from our local churches, St. Anthony Catholic Church, Winters Community Church, First Baptist Church, Pioneer Presbyterian Church, Valley Church Growth Group of Vacaville and Main Street Church, which served the seated people.

Donations came in from the city of Winters, the VFW, Waste Management, JDS Builders, Steady Eddy's, Lester Farms, the Heilman Family, Panera Bread, Pacific Ace Hardware, The Buckhorn and many other individual and non-local donors.

For those of you who did not belong to any of the organizations mentioned above who volunteered to serve, clean

up and, most of all, keep the atmosphere fun and enjoyable through your conversation — none of this would have been possible without you volunteering with an open heart to give and to serve.

We are a blessed community. There was too much leftover food to let go to waste and too much to keep for a later time, so it was taken to the "Loaves and Fishes" mission for the homeless in Sacramento. They were serving a Thanksgiving meal the next day and were so thankful to have received this from you.

My heart is overwhelmed with gratitude to those who cooked turkeys, made stuffing, and served in one way or another by donating their time or money to make this dinner possible. There are folks out there right now who don't live in such a caring neighborhood as we do. Please continue to help this dinner keep going with your contributions to the Winters Community Dinner account at City Hall. It really makes a difference.

Every act of kindness we do through this opportunity and many others throughout the year makes a difference right here in Winters, with two food closets always needing volunteers, and supporting "Meals on Wheels" for the elderly who cannot leave their homes and cannot cook and have little or no family to care for them as needed.

If we can come together for one meal once a year, imagine what we can do as a community as a whole meeting others' needs, especially now as these difficult times become harder. Winters has always been a wonderful place to raise our families and know our neighbors. I'm sure you know someone who could use your help through a ride or yard care, or maybe sharing a hot meal with them. Be blessed the Christmas season by being the blessing to others. Thank you, everyone, for all these reasons to be thankful for you.

**MARIE
ROJO-HEILMAN**

Policy for Letters to the Editor

The deadline for Letters to the Editor is noon on Mondays for publication that week. When Monday is a holiday, the deadline is noon on the prior Friday. 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, or if

emailed, must indicate the writer's name. We may withhold writers' names from publication upon request if there is a legitimate reason, such as fear of reprisal or retribution. We reserve the right to determine legitimacy.

Letters submitted anonymously will not be printed.

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.



CHARLES R. WALLACE A QUICK OPINION

CATCH THE CHRISTMAS SPIRIT. Is it just me or are the holidays coming faster and faster? I barely survived Thanksgiving, what's five pounds among friends, and we're gearing up for Christmas. Our tree lighting is this Saturday night beginning with the Winters Friends of the Library, WFoL, starting the day off with their annual Holiday Festival.

The WFoL drawing for thousands of dollars worth of stuff is just before the carolers stroll along in the downtown area. At some point they turn on the lights on our Christmas tree and roll out Santa. Businesses are open so you can see what they have for the season. Katie Whitmarsh is signing her book at the Participation Gallery and people are invited to dress in Victorian Christmas attire, whatever that means.

If all that doesn't put you in the Christmas spirit I don't know what will. Maybe a cup of hot chocolate and a cookie provided by local Rotarians at the Gazebo will do the trick. I'll see you there. If you don't recognize me I'm the one who can't carry a tune. Be nice, it's almost Christmas.

RATE INCREASES ON THE WAY. Get ready to pay more for a shower or to water your plants. The city is having a public hearing on January 20 to tell us how much they are going to raise our water and sewer bills. They are also taking the first steps to make us put in water meters.

I'm sure the city could spend more money supplying us with water and sewer service, but I'm not sure this is the best time to be raising rates. The first question someone should ask is what has the city done to reduce expenses. A lot of companies in California have frozen wages, cut back employees hours and reduced benefits. Some have laid off employees and reduced services, but I haven't looked at the city's books to see if that is necessary. I've been told that we are fine financially, but I wonder how we are surviving and other cities are having a rough time.

If you want to be heard about water meters, rates or services, show up at the meeting or write to City Hall, 318 First Street, attn. John Donlevy. I'm sure the people at City Hall are interested in what we have to say.

Remember, if a Winters merchant doesn't have what you want for Christmas, you don't need it.

Have a good week.

Science not cause of problems

Dear Editor,

I love the way Don Sanders shares his thoughts in his open and original way in the writing of his column, The Way I See Things. However, his Nov. 20 column musings seem mostly backward. Sanders sanctifies his "innie" (inner being with ties to the cosmos and with God's gift of direction) and vilifies his entwined "outie" (outer physical being — including its association with "horrid" science and logic).

Because so many people are misled by similar feelings, I felt compelled to respond. Defining humanity with rigidity, such as inner and outer, fails to credit the whole being, individual experience, and ongoing discovery by science. Science being too threatening to the old ways to be accepted with ease by most people. Too many rules have to be re-written and the religiously zealous do not accept change with equanimity.

Modernity just doesn't get it — the reality that the primitive human psyche was brutal and focused on surviving — and with behavior that is now judged as evil/sin. This behavior carries forward genetically, threatening us throughout the world with its fear-driven aggressions and wars. Human creativity in science and technology has unfortunately outdistanced our evolutionary time-change ability. The biggest problem is that we and

our leadership fail to recognize this defect in our modern nature — thus creating unacceptable societal actions and reactions. To rectify this, we must first recognize ancient tribalism's grip on us — which gives fearful mutual distrust and interference between cultural "others," both here and abroad.

Let's not blame science or ourselves. Instead, let's work on understanding what drives us to unneeded, primitive, fear-actions. Otherwise our modern and future world will be doomed to failure. Thomas Jefferson was right in saying that we should not get involved in the sordid, warring affairs of Europe. And, at this time, our society is probably the most secure one in human history.

The neighbors of all are rogue nations are perfectly capable of keeping a lid on their unwanted activities. All the nations we worry about have no land or sea control beyond their immediate borders. We spend half of what's spent on defense by the entire world. The EU countries, absent nukes, spend four times as much as Russia. More people died of the flu in the US than in the "9/11" year of our only significant foreign terrorist attack — a happening which pushed our leaders' primitive psyche-button to an insane response level.

Think about it. A better understanding of re-

See **LETTERS**, page A-5

From the Ground Up: What wine to have for the holidays?

By ANN M. EVANS and
GEORGEANNE BRENNAN
From the Ground Up
Special to the Express

Look no farther than your own backyard. Yolo County has wines to serve with anything from oysters to chocolate ganache-covered cakes and everything in-between. We thought it best to go straight to the source about the best wines to serve with particular dishes, so we asked some local vintners and wine experts what wines they are pouring through these winter holidays.

Yolo County has diverse and distinct viticultural regions, including five American Viticultural Areas (AVA's) approved by the Federal Bureau of Alcohol, Tobacco and Firearms, and within those regions there are differences as well. In the west the climate is considerably hotter than in the east part of the county where the Delta breeze keeps the vineyards cool, perfect for Chenin Blanc, for example, while the west is prime Tempranillo and Rhone varietal territory.

At the northern end of the county is RH Phillips, the winery that pioneered such Rhone varietals as Syrah and Viognier. RH Phillips' red winemaker Owen Smith says with traditional turkey, "I would go with Pinot Noir, unless the stuffing was on the sweet side, in which case I'd go with Shiraz. With roast beef, Cabernet would be a good choice, and pork tenderloin is a good match for Merlot."

Also in the north is the newly opened Crew Winery, Phase One of which was just opened by Lane and John Giguere, who founded R H Phillips with John's brother Karl. Crew Wine Company is located in the dry, rolling Dunnigan Hills on land that once grazed sheep.

"I'd have some of our Tempranillo with turkey," says John. "It's not as tannic as cabernet, and it has a great berry flavor, like cranberries and would be a good complement. Syrah would work, too, if it's made in the lighter, European style."

Pam Welch, co-owner of Capay Valley Vineyards suggests their Capay Valley Vineyards Tempranillo.

"It's a lighter easy drinking red that won't overwhelm the turkey."

Having sampled Berryessa Gap's new release Rocky Ridge Tempranillo recently, we would add it to the tasty Tempranillo list as well

as other Tempranillo from around the county.

Berryessa Gap's vineyards can be found on the low rocky ridges leading to the foothills just outside Winters in southwestern Yolo County, where they grow Zinfandel, Syrah, Malbec, and other varietals. Andy Waterhouse, Chairman of the Department of Viticulture and Enology at UC Davis says, when asked about local wines for the holidays, "Berryessa Gap has a real winner with their 'Tradition.' It is an old-style California blend with some grapes popular today, including Zinfandel and Syrah, but also including the lesser known Petite Sirah and the obscure Peloursin. The blend combines some wonderful varietal flavors with a result of true complexity."

Rachael Levine, Executive Chef for Nugget Market, is going with the Tradition as well.

"Our Christmas meal always features a glazed ham and a standing rib roast (crusted with coarse salt, thyme, rosemary, and garlic.) I've shared my rib roast recipe with Nugget this year which you can find as a recipe card in our meat departments. I'm planning to pour Berryessa Gap Tradition with the rib roast. A persimmon and spinach salad will likely find its way into the table this December as well."

Berryessa Gap's Corinne Martinez is pairing her turkey and cranberry, however, with the 2005 Malbec, a wine with bright berry flavor and very few tannins.

Rominger West's vineyards are north of Winters, but on flatter ground than the Berryessa Gap vineyards and their winery and wine tasting room is in Davis. Waterhouse says, "The Rominger Ranch Red is a superb wine to have with food. The varietal flavor is distinctive but not overpowering, and with a refreshing acidity, it complements food very well. It is sure to please any group of wine drinkers over the holidays."

What about white wines? Isn't turkey supposed to be served with white wine, like other poultry? RH Phillips Viognier gets a turkey vote from Liz Steiner, of RH Phillips, as does the new release Mendocino Chardonnay from white winemaker Blake Kuhn. Pam Welch weighs in with, "We think the best wine for turkey and all the trimmings is our Viognier. Since Viognier is unoaked it will go with all of those tra-

ditional side dishes which are sometimes on the sweet side."

Matchbook, one of the Crew group labels, produces an unoaked Chardonnay which John Giguere says would be rich with a vegetarian main dish such as a stuffed squash, or, if you wanted a little more acid, he recommends their Sauvignon Blanc. Rominger West has a delightful white blend of Semillon and Sauvignon Blanc, called simply Ranch White.

Heading east across the county, you'll find Bob Traverso in the middle of Davis with his highly regarded Traverso Wines, among them Syrah.

"My 2004 Syrah is a food-friendly, medium-bodied, fruit-forward (but subtly expressed) wine with a soft, smooth finish. This wine has bright but subtle raspberry, black cherry, plum, with hints of black pepper, caramel, and cedar, and it pairs very well with turkey, pork, lamb, and veal. He's stuffing his roasted, free-range, hen turkey this year with chestnuts, dried fruits, bread, and herbs." Yum.

Not far from Traverso is Phil Glazer whose vineyards border Putah Creek. Anette B. Evans, Wine Buyer at the Davis Food Co-op considers the light level of spice would make Putah Creek

Winery's Chardonnay a fine accompaniment to turkey flavors, as would its Petite Sirah. Phil says he'll be pouring his 2005 Chardonnay, with its nice citrus notes and balanced acidity, with salad. For his main course, he says, "I'm pouring our 2004 Syrah, a wonderful complement to a turkey dinner along with all the traditional fixings. With its subtle berry notes and light oak treatment, it lets the food be center stage and accentuates the flavors of this traditional meal."

As you can see, we really do have a richness of wines available to us from Yolo County and we haven't even touched the Clarksburg wine country, in Yolo's eastern most region. We also have some winemaker comments on before and after dinner wines for you as well.

Driving across the flat lands that head toward the Delta and the Sacramento River with its cool breezes you'll find more Yolo County wineries, south of West Sacramento, including Bogle, a pioneer winery and now among the top ten largest, along with RH Phillips, in the United States. The spectacular drive along the



Courtesy photo

Bruce Rominger, wine grape grower for Rominger West, visited with his mother Evelyn Rominger of Winters at a recent Rominger West winery event. Rominger West is among the many local wineries offering wines for perfect holiday food pairings.

Sacramento River takes you deep into the heart of a piece of rural California that seems suspended in time. Branches of willow trees drag gently along the waterway on one side of the narrow road, while vineyards stretch into the distance on the other.

Bogle's "Phantom," a blend of Petite Sirah, Zinfandel and Mourvèdre, is a favorite of Anette Evans, and one she will be serving over the holidays. Bogle has a wide range of red and whites, as well as a Petite Sirah Port, a personal favorite. We caught up with Jody Bogle who reminded us not to forget their Riesling with its nice fruit and crisp acidity.

"It's a nice pair for all the items on the holiday table," she says, "including the stuffing and sweet potatoes."

At the Old Sugar Mill, not far from Bogle, you'll find a collection of wineries all housed in the historic red brick building, surrounded by vineyards. You can take your pick of five wineries including Heringer Estates wines, made from their family vineyards, and Carvalho Family Winery. John Carvalho says, "I recommend my Boatshed Red (a blend with big fruit up front) for Prime Rib or Roast Beef, it's very versatile though big, with enough fruit up front to even go with turkey." Carvalho's 2007 Rose of Pinot Noir won the Gold and Best of Class medals at the California State Fair this year, so naturally we asked him about it. He says, "I was going to mention that. It goes really well with ham or turkey; otherwise, you could serve it early on in the meal with the salad." We love it as an aperitif as well.

Considering something festive before the meal? Try the Sparkling Almond Wine from Wilson Winery or the sparkling wine of River Grove in the Clarksburg area. John Carvalho recommends his 2007 Muscat Canelli. John Giguere says he'll be having his New Zealand based wine, Chasing Venus, with cracked crab and oysters.

"It's got lots of acidity, with pink grapefruit and herbal character," he says.

Rosé you say? Corinne Martinez, of Berryessa Gap says, "With holiday appetizers, especially crab and salmon, I like the dry, crisp clear flavors of our 2007 Sunset, Rosé of Primitivo as a pairing."

In fact, Yolo County boasts six rosé wines. The newest is from Full Moon Vineyards and Fully Belly Farm, a 2007 Rosé made with a blend

of organic Cabernet Sauvignon and Malbec grapes, which we had the pleasure of tasting at Full Belly's annual Hoes Down in October.

What to pair with your dessert or finish the last bit of conversation with? Annette B. Evans recommends Bogle Petite Sirah Port or Capay Valley late harvest Viognier as beautiful ways to finish an evening. RHP's Chef Cory will be sipping on their Late Harvest Viognier with dessert. Pam Welch of Capay Valley Vineyards says, "Our newest release slated for mid December is a Syrah Port, rich and full bodied, think cozy by the fireplace." As for Jody Bogle, she'll be enjoying her Sweet Syrah Port with chocolate.

As you can see, it's easy to drink locally over the holidays, with

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LETTERS

Continued from page A-4

ality, through science, will give us a less ignorant and better-tuned world, allowing us to train our psyches toward an improved role in developing our human potential. Science, logic and technology have given us more leisure time to ponder and appreciate the spiritual part of our nature, in turn, giving us a path toward a greater love for our fellow man and a greater sense of wonder about the diversity and beauty of our earth.

Sanders ended his column with a hope that our next president will be a "man of peace." Unfortunately, the announced ideas and decisions of our new president and his cabinet

and his congress are to carry on as usual, more or less. All are insisting on continuing with troops everywhere and deliberate world domination. It does not look like we presently have any real men and women of peace in po-

litically powerful positions. Our political system does need a massive change. Can't we just let the rest of the world happen? A world inspired by our country's own excellence.

ED DAWKINS

WINE

Continued from page A-5

an abundance of wines to pair with every dish. For a complete list of local tasting rooms, Yolo County Wineries and a link to their websites and full contact information, visit www.atasteofyolo.com. Many of the wines are available direct from the winery, some only from the winery, others are easily found at local markets such as The Davis Food Co-op, Nugget Markets, or the Valley Wine Company in Davis. If you are shopping elsewhere, ask for a Yolo County wine. If they don't have it, recommend they start carrying some of the more than 15 Yolo labels, which are right in their own backyard.

Upcoming events

~ Capay Valley Winery Holiday Open House, 12-5 p.m. every Saturday and Sunday through Dec. 20. 13757 Highway 16. For more information, call 796-4110.
~ Putah Creek Winery, Dec. Dec. 6, 9 a.m. to 4 p.m.; winery open house at 9518 Drummond Lane for distribution of their Fall Wine Club Selection to club members and for the public to purchase holiday wines.
~ RH Phillips Winery, Dec. 6, 11:30 a.m. to 2 p.m. (first come first served); First Saturday wine and food pairing, featuring tastes of Prime Rib and Yorkshire Pudding with Toasted Head Limited Release Meritage. \$10 per person. For more

information, visit www.rhphillips.com.
~ Slow Food Yolo Winter Holiday Party featuring Yolo Wines, Saturday, Dec. 13, 5-7 p.m. at the home of Randii MacNear and Dave Morris, the Yolo Country Estate, 36335 Country Road 29, Davis. Dust off your little black dress and bring your favorite Yolo County wine to share, plus a seasonal, local appetizer.
For more information, visit www.atasteofyolo.com. Tickets at the door are \$10 per member/person.
~ Bogle Library, Dec. 6, 6-9 p.m. An evening in the Library, Bogle Winery's Tasting Room in Clarksburg. They will have finished their new bar area and will showcase unique vintage, cool verticals and

some really special reserve wines that have been cellaring nicely for a few years, such as a 20 year old Reserve Merlot that is phenomenal. For tickets, contact Jody at jody@boglewinery.com. For a catalogue, go to www.boglewinery.com.
~ Berryessa Gap, "Big Pots, Big Reds" with Slow Food Yolo, Saturday, Jan. 24, 5:30-8:30 p.m. This event will feature full bodied winter foods cooked in big pots such as Coq au Vin, paired with the big reds of Berryessa Gap.
For more information, visit www.slowfoodyolo.com or www.berryessagap.com.
For more information on Yolo County events, check www.davisvisitors.com, www.atasteofyolo.com, or www.slowfoodyolo.com.

Thirty-six win turkeys in annual Express contest

The Winters merchants held their Winters Express turkey-drawing on Saturday, Nov. 22. Winners received a free turkey from Lorenzo's Market. The turkey coupons are good until Monday, Dec. 15. Winners should pick up their coupons from the store at which they won their turkey.

The winners include: Dolores Sorenson at Briggs and Co.; Nikalus Jasinowski, Mazza Dental Care; Ann Gertz, Winters Hair Salon; Jeff Clarke, Lester Farms Bakery; Dolores Sorenson, Cloth Carousel; Lauren Peters, Custom Cleaners; Grace Holt, Berryessa Veterinary Services; Julie Russell, Katherine's Book-keeping Services; T. Koski, Winters True Value Hardware; Tony Brever, Dennis Hiramatsu, D.D.S.; Nina Bender, JJ's Saloon; Lexie Soto, Tomat's; D. Swenson, Food Mart; Ralph Guterrez, First Northern Bank; Martha Vasquez, El Pueblo Meat Market and

Taqueria/Deli; Angelica Prado, Chuy's Taqueria; Vera Chambers, Ron Riesner, D.D.S.; Kathy Scaggs, Realty World; Maria Hereda, Pizza Factory; Grace Holt, Edward P. Anderson, Doctor of Optometry; Jeff Masteller, Warrior Video; Joanie Bryant, Steady Eddy's Coffee House; Melissa Stem, Putah Creek Café; Steve Godden, Pacific Ace Hardware; Tina

Beading class to benefit Yolo Basin Foundation

As one of its fund-raising activities, Yolo Basin Foundation is offering a class on bead jewelry making on Saturday, Dec. 6, from 1-5 p.m.

The class is being taught by Jen Reed, the former owner of A Better Place to Bead in Davis. Jen will instruct the class on basic bead-

ing techniques, and at the end of the day each person will leave with a unique creation and the expertise to make more jewelry at home. "Bead Basics with the Best" costs \$75 and includes tools and materials. The class is part of the Yolo Basin Foundation's fund-raising activity called "A

Gaggle of Gatherings," which is composed of a variety of workshops, field trips and parties throughout the year that are offered with fixed prices and dates. Details of the gatherings are available at www.yolobasin.org.

All proceeds go toward supporting wetlands education.

To reserve a spot in the class, call the Yolo Basin Foundation, 758-0530. Yolo Basin is a non-profit organization dedicated to the appreciation and stewardship of wetlands and wildlife through education and innovative partnerships.

Holiday party will support wetlands education programs

Yolo Basin Foundation invites the community to support its popular Discover the Flyway wetlands education programs by shopping at The Naturalist on Friday, Dec. 5, from 5-8 p.m. The Naturalist owners Cheryl Winn and Patty Quickert will donate a portion of the evening's sales to the Foundation. The store is located at 605 Second Street, (between E and F

streets) in downtown Davis. Complimentary refreshments and gift wrapping by Foundation volunteers, as well as guitar music and singing, will be part of the festive evening.

For more information about the event or the Yolo Basin Foundation, call the Yolo Basin Foundation, 757-3780 or visit www.yolobasin.org, or call The Naturalist, 758-2323.

Find us online:
www.wintersexpress.com

Vietnam Veterans Memorial celebration planned Dec. 10-14

More than 5,800 Californians lost their lives in Vietnam — more lives than any other state in the country.

Dec. 10-14 in Sacramento, to honor the service, efforts and sacrifices of our fallen Vietnam military personnel, and pay homage to those veterans still living. This five-day event, open to the public, will

feature the reading of the names of the fallen, a Vietnam war movie night, a parade, a USO-style show and other activities, as well as the California Vietnam Veterans Memorial Anniversary dedication ceremony on Saturday,

Dec. 13, beginning at 1 p.m. at the memorial in Capitol Park. For more information, call Pete Conaty, (916) 492-0550 or Robert Johnston, (408) 607-4030, or online at www.CAVietnamMemorial.com.

Organic produce gift boxes offered

Capay Organic's Community Supported Agriculture (CSA) program is offering gift memberships for the holidays. Avoid the holiday shopping mobs and give a healthy gift to relatives, friends and co-workers this year, all from the comfort of your home.

By joining a CSA, families are connecting directly to farms and receiving regular deliveries of organic produce, delivered directly to their doorsteps.

The gift program, started this year, allows individuals to send multiple deliveries of organic fruits and vegetables to individuals in Farm Fresh To You's delivery area. Gift packages start at \$54.50 for three deliveries of a small box of produce and \$77 for a regular-sized box of produce. The giftee pays for the package and the rest is taken care of. Farm Fresh To You sends a personalized card to the gift recipient and works with them to set up the first delivery day. All of the produce is certified organic and each delivery includes a farm newsletter, which includes recipes for the more unusual vegetables.

To avoid clutter and to promote a greener future, send organic fruits and vegetables to those on your gift list this year. For more information or to give a gift, contact Farm Fresh To You at contactus@farmfreshtoyou.com or (800) 796-6009.

Gotta have that haggis



Photo by Debra Lo Guercio

Alex Henderson swoons over the aroma of a freshly sliced haggis (lamb sausage) at the annual St. Andrews Day celebration, held at the Irish Pub & Coffeehouse on Nov. 29. Henderson, who owns the Scottish Meat Pie Company of Dixon, recites Robert Burns' classic "Address to the Haggis" each year at the event, and explains the fine details of Scotland's signature delicacy. Behind him is Sawney Bean Band musician Robert Armstrong. At left, Sawney Bean Band fiddler Michael Sears performs acoustic Celtic music along with his fellow band members.



Yolo Basin Foundation tour features winter waterfowl

The Yolo Basin Foundation and the City of Davis invite members of the public to join a guided free tour of the City of Davis Wetlands on Saturday, Dec. 6, from 3-5 p.m. The 400-acre Davis wetlands are well positioned to host thousands of waterfowl traveling the Pacific Flyway in their migrations between Alaska and South America. This is an opportunity for the public to observe the migrating birds firsthand with experienced docents. The Davis Wetlands are currently open to the public only on Mondays, from 7 a.m. to 1 p.m., except for the official monthly tour.

Northern Shovelers are one of the species resting on the wastewater treatment ponds and in the wetlands themselves. Shovelers are named for the large flattened bills that they use to "shovel", scoop and strain food from water as they swim. While Shoveler coloration is similar to the Mallard's, the broad bill helps to identify them, and male Northern Shovelers can be easily recognized by the broad white areas on their breast.

Other species that may be seen include Cinnamon Teals, Gadwalls, Ruddy Ducks, Pied-billed Grebes and a variety of shorebirds such as Dunlins, Long-billed Dowitchers and Greater Yellowlegs.

All those wishing to join the tour should meet a few minutes before 3 p.m. at the gate in front of the City's waste-

water treatment plant, east of the Yolo County landfill on Road 28H. Participants should take their own binoculars, water (no potable water on site), and field guide. Docents will have spotting scopes to enhance wildlife viewing. Most of the tour is by car on firm gravel roads, with a couple of optional short walks in the wetlands. A portable toilet is available on the route.

To reach the wastewater treatment station heading north from Davis on Pole Line Road (going toward Woodland), turn right on Road 28H and go three miles east, just past County Road 105. If traveling west on I-80, take the Mace Boulevard exit and turn right (north). Take the first right (32A) and proceed to Road 105 and take a left. Travel to Road 28H and turn right. The group meets at the gate east of the intersection.

This is a free tour. No reservations are required. For more information, call Sarah Ross, 757-4828, or visit the Yolo Basin Foundation website at www.yolobasin.org.

The Yolo Basin Foundation works in cooperation with the City of Davis to offer the Davis Wetlands tours. Yolo Basin is a nonprofit organization dedicated to the appreciation and stewardship of wetlands and wildlife through education and innovative partnerships.

Getting married? Just had a baby?
Announce it in the Express — it's free!

Entertainment

Dancing with the Studio C stars



Courtesy photo
Dancers at the Studio C School of Dance will light up the stage in their December performance of a Winter Extravaganza. The cast of more than 60 dancers includes, from left, (back) Haylee Clay, Kristen Rheuby, Sarah Rominger, Allie Griffey, Hailey Lane and Briana Graf, and (front) Victoria and Mora Williams. The event takes place at the Winters Community Center on Friday, Dec. 12, at 7 p.m., Saturday, Dec. 13, at 2 p.m. and 7 p.m., and Sunday, Dec. 14, at 2 pm. Dancers, age 3-18, will perform a variety of dance styles, including jazz, tap, lyrical, ballet and hip hop. Tickets are \$10 general admission, and \$8 for seniors and children under 12.

Holiday home tour benefits Meals on Wheels

Ring in the holidays on Saturday, Dec. 6, for a very special Holiday Home Tour. Friends of Meals on Wheels presents Dickens in the Valley, a tour of six beautiful Woodland homes dressed in holiday splendor. This event is a fund-raiser for Meals on Wheels in Yolo County, a meal program for senior citizens. This year's home tour will showcase an assortment of unique homes decorated in a variety of themes. Featured homes will include: Candis and Dave Snow, 1310 West Street; Meg and Tom Stallard, 10 Toyon Drive; Mary and Norm Campbell, 890 Silverado Drive; Kathy VanderZwaag, 945 Fairview Drive; Linda and Chuck Santoni, 5 El Dorado Court; and Glorie and Art McNay, 628 Lewis Avenue. Complimentary shuttle service between the homes will be offered, as well as delicious treats and plenty of hot coffee. Meals on Wheels, administered by the Elderly Nutrition Program, is a non profit program that provides a daily nutritious meal for seniors. Last year 83,000 meals were served throughout the county, an increase of

nearly 4,000 meals over the previous year. Many seniors enjoyed the noon time meal at their local senior center, but nearly two thirds of the meals were delivered to the frail, homebound elderly by dedicated volunteers. Like all non-profit organizations, the Elderly Nutrition Program depends on the support of its communities for fund-raising and donations. This year, an unexpected loss of revenue threatens the already lean budget. Without some strong financial assistance, a reduction in services may be imminent. Tickets for the Holiday Home Tour are now available for \$25 per person, \$20 per person for a group of 15 or more. Tickets can be purchased at the following Woodland businesses: Gifted Penguin, Corner Drug, Terry's Hallmark, and in Davis at the Avid Reader or at the Elderly Nutrition Office, 40 N. East Street, Suite C. Tickets will be available for purchase on the day of the event for \$30 at the Information Booth located at the Snow residence at 1310 West Street. For more call 662-7035.

Focus on Film shows ‘Spellbound’

The Robert and Margrit Mondavi Center for the Performing Arts, UC Davis, opens the Hitchcock segment of its Focus on Film Series with a screening of “Spellbound” at 6:30 p.m. on Monday, Jan. 5, in the comfortable intimacy of the Studio Theatre. In “Spellbound” The Focus on Film Series

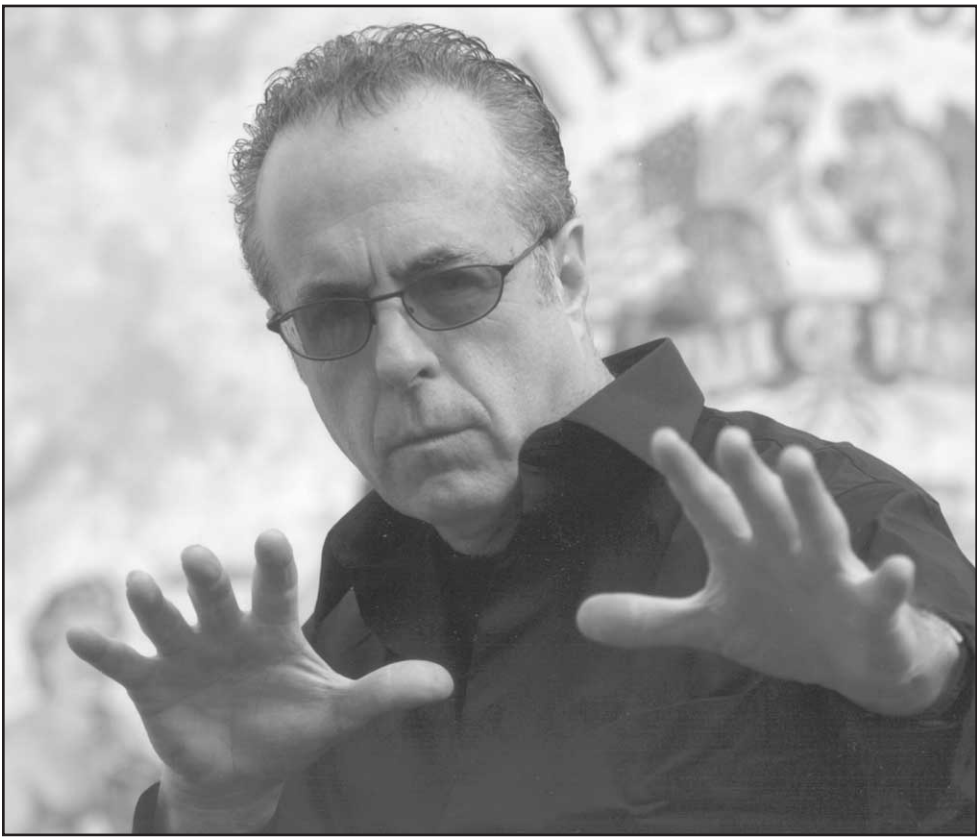
(1945), Hitchcock had a heyday with this theme, presenting a mystery that revolves around Gregory Peck's amnesia, a false accusation of murder, and a solution involving the interpretation of dreams depicted in sequences designed by surrealist Salvador Dali.

ries brings timeless films to the Studio Theatre on selected Monday nights throughout the season. Coming soon in the Hitchcock series: “North by Northwest” in January and “Strangers on a Train” in February. For tickets and more information, call the box office at 754-2787.

Festival of Trees planned

The Festival of Trees will take place Dec. 5-7 in Woodland at the Gibson House. Friday is the Festival of Trees Gala. Saturday is family day, complete with Santa and a kid-friendly crafts shop. On Sunday enjoy an open house, holiday boutique and more. Hours and admission are Friday, 7-9 p.m., \$25; Saturday, 9 a.m. to 4 p.m., \$5; Sunday, 12-4 p.m., free admission. For information, call 666-1045.

‘Musician laureate’ comes to The Palms



Courtesy photo
Songwriter Tom Russell has been called “California’s musician laureate,” “the John Steinbeck of country song,” and much more. Russell has recorded twenty albums worth of original material, like “Gallo del Cielo,” “Walking on the Moon,” and “Outbound Plane.” His songs have been recorded by Johnny Cash, Dave Alvin, k.d. lang, and many more. His CD, “Indians, Cowboys, Horses, Dogs,” has been described as ranking with Ian Tyson’s Cowboyography as the best cowboy record of all time. Russell will play The Palms at 7 p.m. on Sunday, Dec. 7. Tickets are \$25.

Vineyard hosts holiday wine tasting

Accardi Vineyards will host a holiday wine tasting and shopping boutique on Saturday, Dec. 13, from 2-8 p.m. at the vineyard, 7924 Timm Road in Vacaville. Festivities will include wine tasting, hors d'oeuvres, raffle prizes and sales on wine. For information, call (707) 592-8361.

Sports

Wrestling team makes good impression

By ERIC LUCERO
Express sports

The Winters High School Wrestling team traveled to Woodland last Saturday, Nov. 29, to compete in Pioneer High School's scrimmage. Coach Tim Hausler took nine competitors and had some impressive showings. "We did pretty well," said Hausler. "We took nine wrestlers and hope to have 14 this week in our first real meet."

The Warriors travel to Orland to compete in the Doc Peterson Tournament this Saturday, Dec. 6.

At the Pioneer Tournament, Hausler was impressed with the

wrestling of his team and mentioned a few individuals.

"Jesse Hellinger did a great job against one of the top wrestlers in the area," said Hausler.

Hellinger beat a wrestler from Pioneer that made it to the state meet last year along with Hellinger.

"I told Jesse that he had to make a statement just in case they meet in the state meet and he definitely did that," Hausler said. "Cody Linton also did a good job winning all his matches and freshman Trevor Wright was impressive in his first high school match."

Warriors proudly accept awards

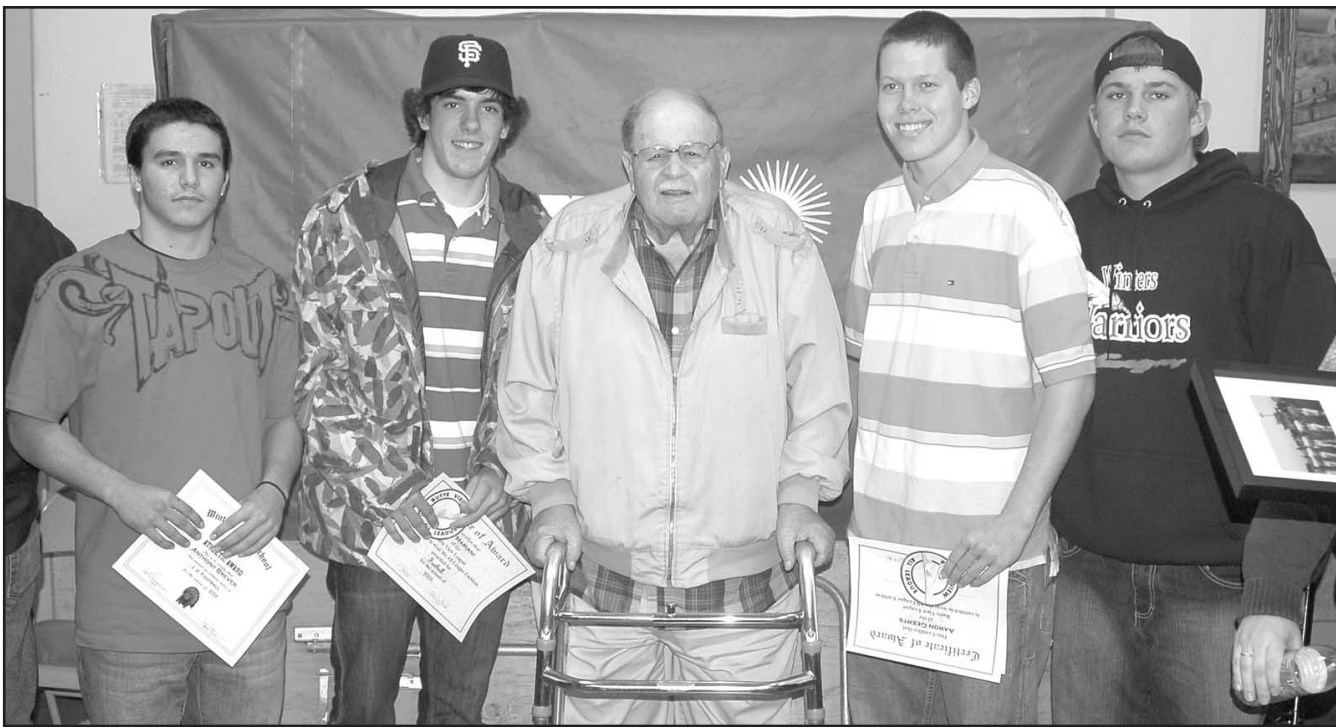


Photo by Eric Lucero

The Winters Warriors held their annual awards banquet on Monday, Dec. 1, at the Winters firehouse and announced individual award winners. Taking the MVP awards (sponsored by the Winters Lions Club) were, from left, Most Valuable Offensive Player for the JV team Tony Brever, Most Valuable Offensive Player for the varsity team Max Mariani, Lions Club representative Frank Ramos, Most Valuable Defensive Player for the varsity team Aaron Geerts and Most Valuable Defensive Player for the JV team Thomas Boswell.

Martial arts students show off their new belts



Courtesy photo

The December belt promotions at Javier Martial Arts Kajukenbo School of Self Defense include, from left, Devin Lindsey, promoted to blue belt; Tim Mazzoleni promoted to blue belt; Jordan Hoekwater promoted to green belt and Zac Vosburg promoted to yellow belt.

Felo wins final grid contest

Mina Felo picked 21 out of 28 games right this week to win the \$30 first prize in the final Winters Merchants Football Contest of the season.

Jack Graf finished

second, with 20 right, and receives the \$15 second prize.

All of the rest of the contestants had 19 or fewer correct selections.

Youth basketball signups to begin

It's time for boys and girls to start thinking about getting out there on the basketball court again.

The City of Winters Parks and Recreation will once again sponsor its youth basketball program.

This year, registration will be done by mail or in person at City Hall, in the city clerk's office, 318 First Street, where registration forms are available. City Hall is open weekdays, 8 a.m. to 5 p.m.

Registration is underway, and will continue

until Friday, Dec. 5. The registration fee is \$35 per youth, which includes a team T-shirt. Grades K-8 are eligible to play.

Games will still be played on Saturdays at the high school gym. The season lasts from Jan. 10 to Feb. 21, and possibly into March.

Teams will be selected and shirts will be ordered during Christmas break. The league coordinator is Jackie Stocking.

For more information, call Traci Nakamura, 795-4910, extension 102.

PTA meets monthly

The Winters PTA meets on the second Wednesday of each month from 6:30-8:30 p.m. in the Shirley Rominger Intermediate School staff room. All parents of kindergarten and elementary school aged children are invited to attend, and learn ways to get involved with campus activities. Childcare is provided.

Ramos named to All Big Sky Conference

By ERIC LUCERO
Express sports

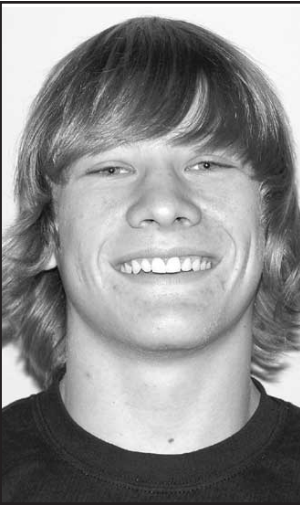
Former Winters High School three-sport standout Nick Ramos has been named to the All Big Sky Conference team after another successful season with Eastern Washington University's football team. Ramos made the honorable mention team for his productivity on the special teams for

the second time in three seasons with the Eagles.

In 2006, Ramos earned the same recognition from the Big Sky Conference. In 2007 he was named the teams' Special Teams Player of the Year and in his junior year overcame a shoulder injury that required surgery and still had a standout season. Ramos also doubles as a slot receiver.

PISANI'SATHLETE OF THE WEEK

Cody Linton



Cody Linton, a sophomore on the Winters High School wrestling team, is this week's athlete of the week.

Linton had an impressive scrimmage at Pioneer High School last Saturday, Nov. 29, winning all of his matches to start of the 2008-09 season.

"Cody puts in an outstanding effort everyday," said coach Tim Hausler. "Physically, he has changed tremendously and should do very well at his weight."

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Schools

AFS student comes from Norway

By JAMIE ANDERSEN
WHS reporter

Bjorn Kulseng is from a small town in northern Norway. Compared to Winters however, Bjorn's hometown isn't small at all. He comes from a town of 25,000 near the ocean with his Mom and Dad. Bjorn also has a brother of 20 and a sister of 23.

The biggest change that Bjorn has found between Norway and America is school. In Norway, school is much more relaxed. There is no bell system — the teachers just know the schedule and excuse the students according to the school schedule. The kids are also allowed to eat and drink in class, and if they get hungry during class, they just leave and go grab something from the store.

The idea of a hall pass was a new thing to Bjorn when he came to Winters High. It is something that has taken a little getting used to. In Norway, the homework system is also very flexible. Teachers don't require that homework is completed, it is used more for test preparation. The due dates for big projects are also fairly flexible, unlike the senior term paper, where if it's not in the box by the time the second bell rings it won't be accepted. School in Norway is also more technological. All students are issued a laptop by the government for school for a \$200/year fee. This must make seems Winters High seem behind the times, where we only have a class set of laptops, which are currently out of commission.

Another large change that Bjorn adjusted to was the climate. In Norway now, there would be snow, but here it still reaches up to 80 degrees in the middle of November. Norway also has very mild summers, reaching around 80 degrees. This was quite a shock to Bjorn who arrived to the 110 degree summers of Winters.



When Bjorn came to the United States, there were two major things that he wanted to accomplish. He really wanted to play football and go to an NFL game. Bjorn can check these off of his list after playing with the WHS varsity football team, and attending a Raiders game with some of his teammates.

Now that the football season is over, Bjorn really hopes to be able to get his golf game going. Back in Norway, Bjorn played golf once or twice a day, because he lived very close to a golf course. He's only played once since he's come to Winters, and really misses it. In addition to golf, Bjorn also hopes to play baseball in the spring. He's never played before, but is excited to learn.

The biggest thing that Bjorn has learned so far is the American culture. It's hard to pinpoint specifics of what define the American culture, but Bjorn feels that he's figured it out. So far this year, Bjorn has traveled to Los Angeles and Washington, D.C., and has plans to travel to San Francisco and Michigan later this year. He says that even though he misses his friends and family, he's not really homesick. He's just having way too much fun in Winters, and knows that this is the experience of a lifetime.

Intermediate school plans holiday musical concert

A holiday concert is scheduled for Tuesday, Dec. 9, at the Shirley Rominger Intermediate School. The fourth grade music class will perform at 6 p.m., and the fifth grade music class will perform at 7 p.m.

This event is free. Come support the local youth and the school's music program.

The school is located at 502 Niemann Street. For more information, call 795-6320.

Guitar class is ready to rock again

By MOLLY DAVIS
Staff writer

After a devastating loss of instruments due to theft, the Winters Middle School music class has something to toot their horns about again — new instruments.

The guitar class in particular has seen an outpouring of generosity from the Winters community. Many residents have donated money, instruments and time to help replace the instruments stolen from the middle school this fall. In addition, community members helped by supporting various fundraisers that the students held.

"The support of the music class from the community has been a blessing," said music teacher Lynne Sechrist.



Courtesy photo
Get their signatures now! Future rock stars Rebecca Balasek, Niko Rojas, Andre Hayes and Domingo Gonzales are playing guitars donated to the middle school. The guitars they are playing were supplied by generous Winters residents to replace those stolen in September. The guitar class says "thank you."

She admitted that the students were "blown away" by the kindness of strangers who heard about their

misfortune.

Now, however, every student has an instrument to play and can smile again.

The guitar class gives a big "thank you" to all the generous benefactors.

Rominger students honored

Shirley Rominger Intermediate School announced its Gold and Silver Honor Roll at an assembly on Nov. 21. Gold Honor Roll is awarded to students who receive 95 percent or higher in both reading and math on their report cards. Silver Honor Roll is awarded to students who receive 90 percent or higher in reading and math. Congratulations to the following students:

Gold Honor Roll
~ 4th Grade: Jolie Cintas, Johnathan

Gustafson, Justin Hoekwater.

~ 5th Grade: Ka'eo Drumright, William Johnson, Morgan Nicholas, Christian Vilalobos, Eugene Myers.

Silver Honor Roll
~ 4th Grade: Yesica Ayala, Luis Bautista, Ashley Drummond, Fallon Griffin, Carlos Mejia, Nicholas Riise, Andrea Santos, Trinidad Santos, Rayna Velasquez
~ 5th Grade: Oscar Alvarez, Jazmin Aviña, Samantha Beltran, Audrey Brickey, Jasmin

Castro, Jorge Correa, Eduardo Del Toro, Juan Delgado, Annie Dunn, Esmeralda, Escobedo, Marilyn Franco, Paul Gutierrez, Brenden Hawley, Matthew Holmes, Logan Hoskins, Jennifer Johnson, Frank Lanzaro, Cecilia Lara, Ethan Layne, Devin Lindsey, Zachary Linton, Yovany Lopez, Fox Marie, Meghan Murphy, Isidro Pantoja, Alexa Paredes, Amber Skaggs, Luke Vice, Adriana Villagomez, Robert Warwick-Sabino, Ivan Martinez.

Website teaches kids to recycle

The California Integrated Waste Management Board hosts a youth website, "kidsbegreen.org." The purpose of the website is to educate children between the ages of 6-12 about the three environmental R's: Reduce, Reuse, and Recycle.

The website has numerous components to engage children. Each component helps explain how to reduce use, which items are good for reuse, and which items can be recycled.

The board is the state's leading authority on recycling and waste reduction. For more information, visit the website at kidsbegreen.org.

YFSA offers workshops

Yolo Family Service Agency is offering a series of psycho-educational group workshops for families experiencing separation or divorce called Kids' Turn. For information

and help about this program or any other programs, please contact Yolo Family Service Agency at 662-2211 or (916) 375-1254. Fees are determined on a sliding scale.

FFA tree sale this weekend

The Winters FFA will holds its annual Christmas tree sale on Saturday and Sunday, Dec. 6 and 7, from 9 a.m. to 7 p.m. at the high school ag site on Niemann Street.

The fresh evergreens will be between 5-12 feet tall, and free home delivery is available. There will also be free cookies and hot chocolate, and evergreen wreaths for sale.

The annual Christmas tree sale is a major fundraiser for the Winters FFA.

Come by and help support the high school students in the FFA program. 0

Television broadcasts go digital Feb. 17

◆ **Televisions with rabbit-ear style antennae will no longer work without upgrade**

**By RACHELLE CHONG
Commissioner
California Public Utilities
Commission**

On Feb. 17, your television signal will change, giving you a better picture, improved sound quality, and more channels. This upcoming change is called the digital television (DTV) transition. This transition is taking place because of a new law that requires broadcasters to switch from analog to digital broadcast to free up a part of the airwaves for emergency rescue communications and new wireless broadband services.

Keep reading if you watch free over-the-air television through a rooftop antennae or “rabbit ear” style antennas that sit on the top of your TV set. If you do not prepare, you will not be able to watch most free, over-the-air TV stations after Feb. 17. The California Public Utilities Commission wants to help you be prepared for the transition.

How should you prepare?

If you watch television on a non-digital analogy television and rely on a rooftop antennae or “rabbit ear” antennas, you have three choices:

1. Connect your older analog TV to a digital-to-analog converter box. The good news is

that you do not have to buy a new digital TV to watch digital channels. If you have an analog TV that uses rabbit ears or a rooftop antenna, apply for a free converter box coupon from the federal government, buy a converter box, and install it following the instructions in the box. Most TV stations are already broadcasting digitally, so you can use the converter box as soon as you get one to receive more channels and better picture quality.

The converter box will let you keep watching free TV using your analog TV. The box is a one-time cost and the lowest cost option. The converter boxes are sold in retail stores and cost \$50-\$70 each. The government’s Converter Box Coupon Program helps customers pay for the boxes. Right now, the U.S. government is giving away two \$40 coupons to every household. The coupons can be used like credit cards, to buy certified converter boxes sold at many retail chains, including Best Buy, Circuit City, Kmart, Radio Shack, Sam’s Club, Sears, Target, and Wal-Mart. When you buy a converter box, be sure it is a certified one that is approved by the government so you can use the \$40 discount coupon. Please note that the converter box coupons expire 90 days after they are mailed, so use it right away. Look for the expiration date on the front of the card.

To get your coupons, call (888) 388-2009 (voice) or (877) 530-2634 (TTY), and give them

your name and address and the information asked for. You can also visit a website, www.dtv2009.gov, to apply. The application form is very simple; no Social Security number is required. The last day to request coupons is March 31, but there is no guarantee they will be available at that late date if money for the program runs out, so I recommend you apply immediately.

Most antennae should work with the converter box. You should not need a new antenna if you get good quality reception on channels 2-51 with your existing antenna. If you have an old antenna that attaches to your TV with two wires, you will need to get two adapters (“baluns” or “matching transformers”) at an electronic retailer.

Your VCR, DVD players, and video game systems will continue to work. The change only affects broadcast signals coming into your home/workplace from outside. You will need one digital-to-analog convertor box for each TV set or other device (such as a VCR) that only has an analog tuner. For example, if you want to use your analog TV and VCR at the same time (to watch one program and record another), you will need two converter boxes.

2. Buy a digital TV (TV with a built-in digital tuner). If you already have a digital TV, you are ready for the switch.

To find out if you have a digital TV, look at the date you bought your TV and the labels. If you

bought your TV before 1998, it is an analog TV. If you bought your TV between 1998-2004, and the diagonal screen size is less than 42 inches, it is almost certainly analog. If you bought your television after 2004, then it is almost certainly digital. If you see a label like “digital tuner” “DTV” or “ATSC” on the front or back of your TV, or in the instruction manual, then you have a digital television. Finally, if you get channels like “52”, you have a digital TV.

As of March 1, all television reception devices (including TVs, VCRs, and DVRs) must have a digital tuner. If a store still sells analog TVs, the store must place a label on them telling you that it is analog-only TV set. Therefore, all television equipment being sold today should contain a digital tuner, or should be clearly identified in the store as being an analog TV set.

By the way, you do not need a high definition TV to watch digital broadcast television. Digital TV is different from high definition TV. Digital TV is a new way to transmit standard definition shows. You do not have to get rid of your older analog TV or buy a high definition TV to get a signal. All you need is a television with a digital tuner or a converter box on your analog TV.

3. Sign up for paid TV service. If all your TVs are connected to cable or satellite television, you are ready for the DTV change in 2009 and you do not need to buy a

converter box. Just check with your local cable or satellite company to be sure.

However, if you have an analog TV that does not receive local broadcast stations through your paid provider, you will need a converter box to watch those local digital broadcasts on that TV. Low power TV stations are not required to make the digital switch by Feb. 17, so if you watch these small local stations (often a station run by an educational group such as a community college or college, a municipality, community group, church or individual), then you may want to buy a converter box with an “analog pass through” capability to continue to receive these low power channels.

A current list of coupon-eligible converter boxes is available at https://www.nti-adtv.gov/cecb_list.cfm. The converter box models that have analog pass-through capability are noted on the list with an asterisk next to them.

For more information about the digital TV transition, go to www.dtv.gov or contact the FCC by email, dtvinfo@fcc.gov; call (888) CALL-FCC (1-888-225-5322) voice or (888) TELL-FCC (1-888-835-5322) TTY; fax (866) 418-0232; or write to: Federal Communications Commission, Consumer & Governmental Affairs Bureau, Consumer Inquiries and Complaints Division, 445 12th Street, SW Washington, DC 20554.

Mondavi Institute premieres olive oil tasting

The public is invited to participate in an olive oil tasting Saturday, Dec. 6, at UC Davis’ Robert Mondavi Institute for Wine and Food Science.

The event, planned to be the first in a series of public tastings in the sensory theater of the newly opened institute, will be held from 1-5 p.m., with registration beginning at 12:30 p.m.

The guided tasting will be followed by a selection of appetizers made with olive products and paired with suggested wine varietals.

Guest speaker Alexandra Devarenne, olive oil consultant, educator and sensory expert, will explain olive oil tasting techniques

Seating for the olive oil tasting is limited. Tickets are \$75 per person, and may be reserved by sending checks to Patricia Glass at the Robert Mondavi Institute, University of California, One Shields Avenue, Davis, CA 95616. Checks should be made payable to the UC Regents.

For more information, call 754-6349.

Hike features Solano raptors

**By TERI ENGBRING
Special to the Express**

Winter is the best time to see the widest diversity of raptors (birds of prey) from eagles to rare hawks in Solano County. On Saturday morning, Dec. 6, docents will guide visitors in viewing and identifying birds on ranches with very limited public access. Jim Walsh and Larry Broderick know the birds as well as the hills and native woodlands of the King and Swett Ranches. The spectacular 3,930 acre properties south of I-80, and west of I-680, between Vallejo and Suisun, are owned by the nonprofit Solano Land Trust, but only open with an SLT guide.

Docents will meet prospective hikers at 9 a.m. at the Park and Ride lot on the southwest side of I-80 at the American Canyon/Hiddenbrooke Parkway exit, and jointly decide the morning route. Bring your own binoculars, water and a snack if you need one. Hike ranges from moderate to intermediate difficulty level.

The hills are a raptor’s paradise, where golden eagles, falcons, osprey, red-tailed and red-shouldered hawks soar over rocky knolls and grazing cattle. Other bird species include

northern harriers, American kestrels, northern flickers, black phoebes, and meadowlarks.

Views from atop King Ranch sweep across the Suisun Marsh all the way to the Sierras, with Mount Diablo rising to the south. On the western edge of Vallejo-Swett Ranch, views range from the Golden Gate Bridge and Mount Tamalpais, across San Francisco and San Pablo Bays, to the Napa River and marshes. Terrain is often steep hilly grasslands, and woodlands of oak, buckeye, bay and willow that provide habitat for a wide variety of species, including many that are rare and endangered. Ponds provide prime habitat for the endangered California red-legged frog. Slivers of serpentine soils support native grasses such as purple needle grass, blue wild rye and numerous wildflowers.

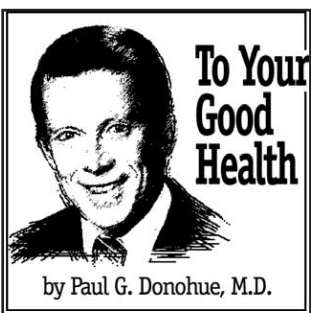
Hikers should bring their own water (no potable water or toilets on site), sunscreen, snack and hat. They should also come prepared for rugged trails through high grasses and thistle, with hiking boots, and long pants.

For more information, go online to www.solanolandtrust.org, or call Teri, (707) 432-0150, extension 200.

Features

Are sleeping pills worse than insomnia?

DEAR DR. DONOHUE: I am on Lunesta, a prescription sleeping pill for insomnia. The nurse practitioner wanted me to take half a pill every third night, but that didn't work for me. I have to take half a pill every night. Now she wants me to take half a pill every other night because she's afraid that it will become habit-forming. What do you think of this medicine? — S.S.



ANSWER: All sleeping pills should be taken for as short a time as possible. "As short a time as possible" implies that the person recovers from whatever it is that's preventing him or her from falling asleep. In the real world, a correctible cause for insomnia often isn't found, and then a person is faced with having to stay on a sleeping pill or stay awake for most of the night. I would choose option one, as long as the sleeping pill isn't causing any trouble, like daytime sleepiness. From time to time, it's in your interest to try and stop the pill. You might find that sleep isn't as elusive as it was when you started taking it.

Lunesta is one of the newer sleeping pills, tolerated well by most. It starts to work in 10 minutes, so it's useful for those who find falling asleep difficult, and it has extended action to prevent waking in the very-early-morning hours.

Lunesta has caused some users to behave differently. A normally reserved person might become quite aggressive. It also has caused a very few to do things they have no recollection of doing. A very small number of people have driven a car under the influence of Lunesta and have not realized that they did it. If a person has such experiences, then immediately stopping the pill is common sense.

Have you tried non-drug approaches to falling asleep? Go to bed and wake up at approximately the same time every day. Relax before bedtime. If you don't fall asleep within 20 minutes of lying down, get up and read or listen to music. Keep daytime

naps to 20 minutes or less. Don't use caffeine within six hours of bedtime.

You can become dependent on Lunesta, as you can on most sleeping pills. Dependence means it's hard to stop the medicine. Gradually tapering the dose can usually allow people to break any dependence. I believe that sleeplessness is worse than the prospect of dependence.

Fibromyalgia is a common cause of insomnia. The booklet on this ailment explains it and its treatment. To order a copy, write: Dr. Donohue — No. 305W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: Does breastfeeding protect against breast cancer or make it more likely? I have heard both sides. — C.N.

ANSWER: Many studies have shown conclusively that breastfeeding lowers the risk for breast cancer. For every 12 months a woman has breastfed, her chances of breast cancer drop by 4.3 percent.

One explanation is that breastfeeding delays ovulation and the production of estrogen.

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.

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Churches should pay fair share of taxes

We often hear about the legal separation of church and state, meaning that freedom of religious exercise is one right, and the principles of secular government is another right. And yet, we have such weird moshing of these principles when "G-O-D" is on our coinage, our cold cash, and even in our Pledge. I can see how it confuses folks.

Although it is clearer than cellophane, it is worth mentioning that the First Amendment of the Bill of Rights says that "Congress shall make no law respecting a practice of religion, or prohibiting the free exercise thereof." It means you can have your religion, or you have the right to be free from religion, and the government won't interfere with what you practice unless it infringes on the rights of others or breaks other laws.

For example, bigamy is against the law; knowingly marrying someone while being married is criminal. Human sacrifice is against the law too. Even if your pastor thinks it is a good idea, it infringes on the rights of others, so you can't eat people. It is clear that religions have the right to think what they think; they just can't break other laws or make religion a law. I am not clear on religious rights and hate crimes, but I do know that some religions promote hate, which does infringe on the rights of others.

Religions get a lot of protection, and in return for mere existence, they



get tax-free status. This is a big loss for the economy. For example, say churches own 20 to 25 percent of all the land in the United States; this is an enormous possible tax base and would provide billions of dollars in potential revenue for schools.

Schools are really broke right now, but the Roman Catholics aren't. The Catholics love bling and have many assets. They receive tens of billions of dollars in donations each year, if the money was taxed as income, it would help every man, woman and child in our great United States. Basically, because churches do not pay taxes, our taxes are higher. In essence, maybe we are supporting religions financially by not making them pay their share. It seems rather unfair and ungodly to get all the breaks and not have to share the responsibilities of land tax, income tax, capital gains, etc.

We can thank our European past for these practices. The tax-free status is older than the Reformation, and for the sole benefit of the church. Surely, Johnny schoolboy doesn't benefit. If Joe the pastor has the cash to buy a new Jumbotron at church, kids ought to be able to keep their librari-

an and their books. As a schoolteacher, I sure value the librarian and the books more than giant Jesus on the Jumbotron screen.

In particular, it seems downright outrageous to have lucrative church "web sites for Jesus." Robert A. Schuller's Crystal Cathedral in Orange County boasts a website to help you donate your estate, stock, securities, trusts, lead trusts, real estate and equity. The site says, "You can be a million dollar donor in your will, your last gift and your best gift, and your biggest gift to God." Really? I don't think God really needs new velvet curtains or a Jumbotron. However, schools really need books and enough paper to print schoolwork.

I don't think some religions have God's best interest in mind. If the Mormons thought peace was a gift to God, they would be fighting to end wars and poverty instead of calling a jihad against the civil rights of minority groups. If they have millions to mettle in government, they ought to be paying taxes. Again, Mormons and Catholics threw big money at Proposition 8 — shouldn't they pony-up to their responsibilities like the rest of us?

Tropical temptations

For those who dream of warmer days, gather gift items like these in a rattan or bamboo basket:

- Oranges, kiwi, pineapple or other tropical fruit
- a CD of island folk music
- a flowering houseplant, or a gift certificate to an online tropical plant catalog
- a travel book or a calendar featuring island scenes
- honeysuckle perfume

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Pleased to meet you

Name: Tony Wilson

Occupation: An old-school plumber

Hobby: Watching sports, especially football

What's best about living in Winters: The quietness and it's easy to get around.

Fun fact: I wish to hit the lottery!

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Sign is different. 2. Bike's grips are black. 3. Stripes are missing. 4. Boy's shirt is black. 5. Officer's wheels have spokes. 6. Bricks are added to building.

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King Crossword

ACROSS

- Poke
- Aries
- Sick and tired
- Carte lead-in
- "— lazy river ..."
- Draft in an apartment?
- Hobbyist's abbr.
- Robin's nickname
- Swelled head
- Nudge
- Ignore rudely
- Writer Buscaglia
- Bar
- Discoverer's cry
- Painting on plaster
- Corn
- "Uh-oh!"
- Soak up
- Plead
- Water barriers
- End of a school's URL
- Durante trademark
- Grab
- Hostel
- 1943
- Rooney/Garland musical
- Cover
- Farewell
- Born

DOWN

- Green gemstones
- Straighten
- Ronstadt's "Blue —"
- Hayseed
- Moon mission
- Perhaps
- Circulate
- Still, in verse
- Pop
- Work with
- Apiece
- "Bow-wow!"
- Incompetent sorts
- Hold the scepter
- Cleo's slitherer
- Rocks
- Section of L.A.?
- That girl
- Bread grain
- Frenzied
- Lawyers' org.
- Doctrine
- "Cheers"
- Flew very close to
- Prince
- William's mum
- Lubricated
- Insinuating
- Be philanthropic to
- Pond-surface
- Matter
- Ogled
- Shapely leg (Sl.)
- Berlin's
- "What'll —?"
- Disencumber
- Shelter

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ARIES (March 21 to April 19) Keep your feelings to yourself as you work through an awkward circumstance. Complaining is useless, and also unwise since your words could come back to haunt you.

TAURUS (April 20 to May 20) A sudden flash of Bovine practicality shows you how you might be able to turn your artistic pursuits into a profitable venture. A spouse or partner offers some sage advice.

GEMINI (May 21 to June 20) Be prepared with several "Plan Bs" that you might have to use as backups just in case you encounter some troublesome complications with your carefully constructed schedule.

CANCER (June 21 to July 22) You might think you'll never have a free moment again with the demands of the workplace piling on. Cheer up. The pressure eases as holiday time nears. An old friend brings good news.

LEO (July 23 to August 22) Your Leonine pride might make it difficult to offer an apology to a co-worker you unintentionally offended. But a quick and sincere "I'm sorry" could prevent problems down the line.

VIRGO (August 23 to September 22) This is a good time to tackle those backed-up chores that have kept you from moving into other and potentially more worthwhile projects. A personal matter needs your attention.

LIBRA (September 23 to October 22) You usually have no problem rushing to the defense of someone you perceive as being treated unjustly. But perceptions could be deceiving this week. Check the facts before you act.

SCORPIO (October 23 to November 21) Before you point fingers at who might be to blame for the unexpected change in your plans, take a few moments to reflect on how this turn of events might be a blessing in disguise.

SAGITTARIUS (November 22 to December 21) You seek out advice in the first part of the week. But be careful not to let counsel from others overshadow your own sense of perception. Things become clearer by the week's end.

CAPRICORN (December 22 to January 19) The trusted colleagues you relied on earlier continue to offer support with your project. But you take more control, and by the week's end, you should be in full command.

AQUARIUS (January 20 to February 18) Rely on your practical side while exploring investment possibilities. Caution is still your watchword in these matters. Your social life takes a gratifying turn by the week's end.

PISCES (February 19 to March 20) An already confusing situation appears to grow murkier during the first part of the week. But it all starts to clear by the week's end. Plan to spend the weekend with someone special.

BORN THIS WEEK: You have a passion for life that inspires others to follow your example. You could be a motivational speaker.

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King Crossword

Answers

Solution time: 27 mins.

J	A	B	R	A	M	F	E	D	U	P
A	L	A	U	P	A	L	E	A	S	E
D	I	Y	B	O	Y	W	O	N	D	E
E	G	O	E	L	B	O	W			
S	N	U	B	L	E	O	R	A	I	L
			O	H	O	F	R	E	S	C
M	A	I	Z	E		Y	I	P	E	S
A	B	S	O	R	B	B	E	G		
D	A	M	S	E	D	U	N	O	S	E
			S	E	I	Z	E	I	N	N
G	I	R	L	C	R	A	Z	Y	L	I
A	D	I	E	U	N	E	E	E	D	O
M	O	D	E	M	A	D	D		D	E

Nuestras Noticias



JUAN FERNANDEZ

EVENTOS Y COMENTARIOS HISPANOS

¿Cuánto dinero nos toca a nosotros?

Estamos en medio de una crisis económica, que según analistas, va a durar algún tiempo, lo malo de los analistas, es que nadie se atreve a predecir cuanto tiempo. Bueno pues todos tenemos conocimiento que el gobierno federal metió las manos por las empresas financieras que se derrumbaron, después de haber estado otorgando crédito a todo mundo, sin medir las consecuencias, bueno ellos no las midieron, pero ahora todos nosotros estamos pagando las malas decisiones que hicieron.

La palabra que hemos escuchado con frecuencia es “bail out”, bail en español es fianza, que si hablamos en términos legales, es el dinero que un juez asigna a una persona que ha cometido algún delito, para pueda obtener su libertad provisional hasta que se le celebre un juicio, o sea, que el pago de la fianza es darle libertad al acusado. Bueno pues el gobierno rescato a las empresas, pero con la diferencia que estas ni siquiera tuvieron que pagar una mínima cuota.

Parte del objetivo del rescate, era para que las instituciones financieras, pudieran ayudar a los propietarios de las casas con problemas en su pago, ayudarlos a renegociar el contrato para que no perdieran su casa. Y a pesar de que los bancos ya han recibido parte del dinero, los propietarios de casas siguen en las mismas, y la verdad es que nadie sabe que han hecho los bancos con tanto dinero. Lo que si es cierto es que la economía sigue estancada, y ahora mas empresas están queriendo que les regalen dinero, se están colgando del salvavidas que el gobierno ha lanzado.

Las empresas que han obtenido la ayuda, lo han hecho sin ningún compromiso, porque los políticos no quieren que el mundo lo vea como una intromisión del gobierno en la libre empresa, no quieren que los empiecen a llamar socialistas.

Ahora las grandes empresas están empezando a reclamar su parte del “bail out”. Como ya lo han hecho las empresas fabricantes de carros. Son las mismas empresas que no han hecho los ajustes que se necesitan para evitar esta crisis, estas empresas empezaron a fabricar carros más grandes, carros que usan mucha gasolina, no hicieron lo que los japoneses, ellos hicieron los ajustes y hoy ofrecen productos que responden a las exigencias del momento y, por tanto, atractivos a los consumidores.

Lo que sí hicieron los ejecutivos de las empresas de los carros, fue aumentarse sus sueldos y beneficios de manera exorbitante al paso que los obreros y trabajadores veían reducir sus salarios y beneficios. Para estos últimos no hay “bail out”.

Vemos como siempre que a los políticos lo único que les interesa es mantener a los que los apoyan, no importándoles para nada el dinero de los contribuyentes, con tal de salvar a quien los apoya. ¿Porque para regalar dinero a las empresas, el gobierno actúa rápidamente? ¿En donde esta el dinero para aliviar la pobreza, construir viviendas para los necesitados, construir nuevas escuelas y proveer servicios de salud para todos?

Para eso no hay dinero y mucho menos “bail out”. Para ayudar a la gente común y corriente como la mayoría de nosotros, el gobierno no tiene dinero, aun cuando hay muchas familias que están batallando para salir adelante. ¿Se imaginan a los políticos pasar una legislación para ayudar a quien de veras lo necesita, a los más pobres y necesitados? ¿Suspendieran sus vacaciones y prolongarían el tiempo de legislación, para ayudar a los necesitados? Yo creo que no, ya ven que los políticos suspendieron sus vacaciones, y prolongaron su sesión legislativa para tratar de salvar un grupo que no ha hecho otra cosa que llevar a la quiebra un sin número de empresas, poniendo en peligro la estabilidad económica de la nación.

Si en verdad viviéramos en un sistema justo, el gobierno lo primero que hubiera hecho era sentar en el banquillo de los acusados a las personas que sabiendo el problema, lo llevaron hasta sus ultimas consecuencias.

Para los que tratamos de hacer las cosas bien, el gobierno no nos dará ningún tipo de rescate, mucho menos un “bail out”. De tanto dinero que el gobierno va a regalar, analizando y mirando la situación, mi conclusión es que a nosotros no nos toca nada.

Pasaportes dados solamente a los ciudadanos

Bajo ninguna circunstancia intente solicitar un pasaporte estadounidense, si usted no es ciudadano americano, por nacimiento o naturalización.

Se han tenido casos de fraude con los pasaportes americanos, cuando la persona que no es ciudadana, intenta hacerse pasar por otra que si lo es para obtener un pasaporte.

Las autoridades están muy pendientes y tienen estrategias para descubrir este tipo de fraude.

El fraude de pasaporte constituye un delito federal y la persona que intenta hacerlo y sea descubierta recibirá un fuerte castigo.

Que incluye la cárcel y la deportación.

Festival de la Familia previsto

Los amigos de la Biblioteca de Winters, estarán patrocinando el tradicional Festival de la Familia, que año con año ofrecen para toda la comunidad. Este año el festival será el sábado 6 de diciembre, de 10 a.m. a 2 p.m. En el Centro Comunitario de Winters, que se localiza en las esquinas de Railroad y Main Streets. El centro será decorado para recibir a Santa Claus y sus ayudantes. Los niños podrán divertirse haciendo diferentes actividades, podrán hacer velas, ornamentos para el árbol de Navidad, tarjetas navideñas, etc.

Si los niños quieren regalar algunos de los artículos que hicieron, se podrán envolver para regalo, se tendrá una estación para esta actividad, se tendrán mas actividades como deliciosos lonches, se tendrá una feria del libro, se ri-

fara un árbol, y se venderán coronas de adviento. Habrá entretenimiento durante todo el evento, marque su calendario, y traiga a sus niños, les aseguramos que van a pasar un buen rato, y de paso ayudara a los Amigos de la Biblioteca, para que ellos sigan ayudando a la comunidad con los diferentes eventos que ellos patrocinan durante el año.

El horario de las presentaciones es el siguiente: 10:20 a.m. Ms. Holsberry y Ms. Booker Kinder; 10:40 a.m. Ms. Escamilla, Ms. Gonzales, Ms. Garcia Kinder/Primer año Combinado; 12:00 p.m. Ms. Se-crist Shirley Rominger; 12:40 p.m. Clase de primer año; 1:00 p.m. Mr. Fridae Clase del quinto grado; 1:30 p.m. Ms. Se-crist Coro de la Middle School.

¿Cómo ser felices?

En estos tiempos festivos muchas personas se sienten preocupadas por el mañana, otros se sienten tristes por estar lejos de la familia, pero lo importante en estos días es tratar de buscar la felicidad, buscar ese rato en donde nuestro interior se siente lleno de paz, ya sea porque ayudamos a personas en problemas, o porque alguien nos regalo una sonrisa, como seres humanos, siempre estamos buscando la felicidad, o por lo menos un momento de felicidad, la felicidad es una emoción pasajera, ya que los momentos mas felices, son los mas insignificantes de la vida.

Un amigo me mando una lista de consejos que muy bien podemos poner en practica. Observa el amanecer por lo menos una vez al año. Estrecha la mano con firmeza y mira a la gente de frente a los ojos. Ten un buen equipo de música.

Desconfía de los fanfarrones: nadie alardea de lo que le sobra. Recuerda los cumpleaños de la gente que te importa. Evita a las personas negativas.

Nunca existe una segunda oportunidad para causar una buena impresión. Nunca hagas comentarios sobre el peso de una persona, ni le digas a alguien que está perdiendo el pelo. Ya lo sabe.

Recuerda que se logra más de las personas por medio del estímulo que del reproche. Nunca amenaces si no estás dispuesto a cumplir. Muestra respeto extra por las personas que hacen el trabajo más pesado. Haz lo que sea correcto, sin importar lo que otros piensen.

Dale una mano a tu hijo cada vez que tengas la oportunidad. Llegará el

momento en que ya no te dejará hacerlo. Recuerda el viejo proverbio: Sin deudas, sin peligro. No hay nada más difícil que responder a las preguntas de los necios.

Aprende a compartir con los demás y descubre la alegría de ser útil a tu prójimo. (El que no vive para servir, no sirve para vivir) Acude a tus compromisos a tiempo. La puntualidad es el respeto por el tiempo ajeno. Confía en Dios, pero cierra tu auto con llave.

Recuerda que el gran amor y el gran desafío incluyen también “el gran riesgo.” Nunca confunda riqueza con éxito. No pierda nunca el sentido del humor y aprende a reírte de tus propios defectos. No esperes que otro sepa lo que quieres si no lo dices.

Aunque tenga una posición holgada, haz que tus hijos paguen parte de sus estudios. No olvide que el silencio es a veces la mejor respuesta. No deseche una buena idea porque no te gusta de quien viene. No confunda comodidad con felicidad.

Aprende a distinguir quiénes son tus amigos y quiénes son tus enemigos. Nunca envidies: la envidia es el homenaje que la mediocridad le rinde al talento. Recuerda que la felicidad no es una meta sino un camino: disfruta mientras lo recorres.

Si no quieres sentirte frustrado, no te pongas metas imposibles. La gente más feliz no necesariamente tiene lo mejor de todo. Simplemente disfrute al máximo de todo lo que Dios pone en su camino. Aunque usted no lo crea, felicidad está escondida en las cosas simples de la vida.

Cuide su salud

La obsesión de nosotros por perder peso, ya sea por salud o por vanidad, se ha convertido, sin duda, en uno de los negocios más lucrativos del país. Y es que, ¿quién no ha caído o ha estado a punto de caer en la tentación de probar uno de tantos productos que prometen en anuncios — especialmente en televisión y revistas — derretir, como si fuera hielo, esa gordura o esas libras de más?

Según reportes de prensa, tan sólo en Estados Unidos, la venta de todo lo relacionado con la pérdida de peso (pastillas, aparatos para ejercitarse, libros, programas, etc.) rebasa los 33,000 millones de dólares anualmente. Por ello, cuando se trata de evaluar los productos que le prometen que perderá peso de manera rápida y sin esfuerzo, la Comisión Federal de Comercio (FTC, por sus siglas en inglés) le recomienda que actúe con cierto escepticismo.

Antes de que se gaste su dinero en productos que le prometen resultados rápidos y fáciles, sopesese esas promesas cuidadosamente, se recomienda pensarlo dos veces y tener en cuenta los siguientes avisos, antes de desperdiciar su dinero en productos que hacen este tipo de falsas promesas:

Cuidado con los anuncios en la radio o televisión que le prometen lo siguiente: ¡Pierda peso sin dieta o ejercicio! Lograr un peso saludable toma trabajo. No haga caso de los productos que le prometen resultados milagrosos sin el esfuerzo. Compre uno, y lo único que perderá es su dinero.

“Pierda peso sin importar la cantidad de sus comidas favoritas que consume.” Tenga cuidado de cualquier producto que le asegure que puede comer todos los alimentos con alto contenido calórico que desee y seguir perdiendo peso. Perder peso requiere elegir los alimentos adecuados. Saciarse con verduras y frutas saludables podría hacerle más fácil decir que no a alimentos dulces y bocadillos.

Cuídese cuando le digan “¡Pierda peso permanentemente! No haga más dietas!” Aún cuando logre perder esas libras de más, mantener el peso ideal requiere de cambios permanentes en el es-

tilo de vida. No confie en ningún producto que le prometa resultados permanentes sin mantenimiento constante (del peso).

O también cuando el aviso publicitario le dice que; “Bloquea la absorción de grasas, carbohidratos o calorías.” Los médicos, dietistas y otros expertos están de acuerdo en que no existe una píldora mágica, sin prescripción médica, que le permita bloquear la absorción de grasas, carbohidratos y calorías.

La clave para reducir el antojo por esas “comidas prohibidas” es controlar las porciones de lo que come. Límitese a comer porciones o rebanadas más pequeñas.

Cuídese cuando vea lo siguiente: “¡Pierda 30 libras en 30 días!” Perder peso a un ritmo de una o dos libras por semana es la forma más efectiva de “perderlo y mantenerlo”. Lo menos peor de los productos que le prometen perder peso de forma rápida, es que son falsos. Lo malo, es que podrían arruinarle la salud.

Sus hábitos y preocupaciones sobre salud son únicos. Simplemente no existe un producto que pueda garantizar los mismos resultados para todos. Póngase de acuerdo con su médico para diseñar un programa personalizado de nutrición y ejercicio que se adapte a su estilo de vida y metabolismo. No crea cuando le digan “¡Pierda peso con nuestro parche o crema!” Usted ha visto los comerciales sobre parches y cremas que aseguran que pueden “derretir” las libras de más. No les crea nada. No existe nada que pueda usar o aplicarse a la piel para perder peso.

Para mayor información, visite el sitio Web de la FTC www.ftc.gov. Información adicional sobre nutrición y pérdida de peso está disponible a través de Instituto Nacional para la Diabetes y la Red de Información sobre Enfermedades Renales y el Control del Peso (1-800-WIN-8098). Para reportar productos fraudulentos que hacen falsas promesas para perder peso, contacte a la Procuraduría General de Justicia (Attorney General) de su estado, su oficina local de protección al consumidor o el Better Business Bureau.

¿Se va casar? ¿Dio a luz a un bebé? ¡Anúncielo en el Express es Gratis!

Llama a 795-4551
para mas information!

Programa para obtener los diplomas de high school secundaria

Sí, se puede—y aquí, en Winters El Programa de Equivalencia de la Escuela Superior de la Universidad Estatal de Sacramento ofrece clases gratis de GED en español e inglés.

Si tiene preguntas o quiere aprender más para inscribirse en el programa, comuníquese con Maria Gastelum (Migrant Ed Program), 795-6140, Extensión 101.

Help Wanted

Winters Joint Unified School District Certified Staff ROP-Landscape/Horticulture Teacher
@ Continuation High, P/T, Approx. 5hrs/wk; flexible schedule. De-sig. Subj. Credential Required.
Open until filled.
Coaches/Middle Schl.
Boys & Girls Soccer, Track & Field, \$704.00/Season
Deadlines/Info/Applications at District Office
909 Grant Ave. HR/530-795-6103

Your ad could be here for as little as \$5. 795-4551

Help Wanted

Putah Creek Cafe now accepting applications for hosts. Must be available from 7 a.m. - 3 p.m. Please apply in person at 1 Main Street, Winters. 43-2tc

Drivers:
Owner Operators: We Pay for your Fuel, Licensing, Ins. Road Taxes & More. CDL-A 2 yrs. Exp., Fluent English! 800-890-1164

Drivers Teams earn top dollar plus great benefits. Solo drivers are also needed for Western Regional Werner Enterprises. 800-346-2818 ext. 123. 42-3tcc

Help Wanted

Currently Enrolling

•Vocational Nursing*
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•Admin. Medical Asst.
•Pharmacy Tech
•Lab/Phlebotomy/EKG Technician
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*Seating limited
Call today
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(Next to DMV)
www.CSICollege.edu 43-4tp

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Publication sales hiring 18-23 sharp enthusiastic individuals to travel the USA. Travel, training, lodging, transportation provided.
1-800-781-1344

Help Wanted

Part Time job approximately 4 miles from town. Horse Ranch Maintenance. Stall cleaning and horse care. Experience a must. Please call 530-795-0864 43-2tp

Termite Repair
Crepwerson
for one of California's fastest growing Pest Control Co. We are looking for a self-directed person w/ knowl. in structural repair of residential & comml. properties. Bnfts. incl. med., dental, vision, life/ 401k. Must have good DMV. Apply: 811 Eubanks Dr., Vacaville or online at www.clarkpest.com 43-4tp

To place an ad in the Winters Express! Call 795-4551. Your ad will also be on our web site, wintersexpress.com.

Abandonment of Use of Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
November 10, 2008
FREDDIE OAKLEY, CLERK
Linda Smith, Deputy
FBN NUMBER 2005-1337
LeGare's Full Service Salon & Day Spa
917 Main St., Ste A, Woodland, CA 95695
The fictitious business name was originally filed in Yolo County on 2005 and assigned FBN Number 000133700 is being ABANDONED by the registrant listed below.
Modesto Guerrero
27 Sutter St., Woodland, CA 95695
Maria Teresa Guerrero
27 Sutter St., Woodland, CA 95695
s/Maria T. Guerrero
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
Linda Smith, Deputy Clerk
Published Nov.27, Dec. 4, 11, 18, 2008

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
October 8, 2008
FREDDIE OAKLEY, CLERK
Isabel Becerra, Deputy
FBN NUMBER 2008-1051
Fictitious Business Name
TJ Interactive, Fenavio
201 A East Main St., Winters, CA 95694
Mailing address
P.O. Box 713, Winters, CA 95694
Name of Registrant:
Tamara Fredrikson
201 A East Main St., Winters, CA 95694
This business classification is: Individual
s/Tamara Fredrikson
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
Isabel Becerra, Deputy Clerk
Published Nov.20, 27, Dec. 4 & 11, 2008

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
October 15, 2008
FREDDIE OAKLEY, CLERK
Linda Smith, Deputy
FBN NUMBER 2008-1017
Fictitious Business Name
Valenzuela Trucking
16825 Sebastian Way, Esparto, CA 95627
Names of Registrant:
Tito Valenzuela
16825 Sebastian Way, Esparto, CA 95627
This business classification is: Individual
s/Tito Valenzuela
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
Linda Smith, Deputy Clerk
Published Nov.20, 27, Dec. 4 & 11, 2008

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
November 24, 2008
FREDDIE OAKLEY, CLERK
Linda Smith, Deputy
FBN NUMBER 2008-1144
Fictitious Business Name
F & R Soil Testing and Septic System Designs
219N. College St., Woodland, CA 95695
Names of Registrant: Ruben Oropeza
7 Griggs Ln., Napa, CA 94558
Frank Oropeza
219N. College St. Woodland, CA 95695
This business classification is: General Partnership
s/ Ruben Oropeza and Frank Oropeza
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
Linda Smith, Deputy Clerk
Published Nov.27, Dec. 4, 11, 18, 2008

Read the legals, they are good for you.

Notice of Trustee Sale

Trustee Sale No.: 20080187401264 Title Order No.: 1156047 FHA/VA/PMI No.: NONE NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 5/16/2006, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NDex West, LLC, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 05/30/2006 as Instrument No. 2006-0021150-00 of official records in the office of the County Recorder of Yolo County, State of California. Executed By: Gina L Opperman, will sell at public auction to highest bidder for cash, cashier's check/cash equivalent or other form of payment authorized by 2924h(b), (payable at time of sale in lawful money of the United States). Date of Sale: 12/10/2008 Time of Sale: 12:45 PM Place of Sale: At the north entrance to the West Sacramento City Hall located at 1110 West Capitol Avenue, West Sacramento, CA Street Address and other common designation, if any, of the real property described above is purported to be: 803 CARRION CIR , WINTERS, CA 95694 APN#: 003-410-27-1 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$405,732.90. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to sell to be recorded in the County where the real property is located. For Trustee Sale Information Please Call: Priority Posting & Publication 17501 Irvine Blvd., Suite One Tustin, CA 92780 714-573-1965 www.priorityposting.com NDex West, LLC as Authorized Agent Dated: 11/11/2008 NDex West, LLC may be acting as a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. P495029 11/20, 11/27, 12/04/2008

Notice of Public Hearing

Notice Of Public Hearing
To Take Action On Proposed Resolution 2008 - 46 Re-scinding Resolution No. 2006 - 03 Establishing A City-wide Habitat Mitigation Program and Adopting the Amended Citywide Habitat Mitigation Program.

Applicant: City of Winters

Description: Amend City of Winters' Habitat Mitigation program (Resolution No. 2006 - 03) to clarify the review and acceptance process for qualified conservation entities and to revise the potential mitigation area to include the land in both Yolo and Solano Counties within a seven-mile radius from the City of Winters.

Location: Citywide.

Public Hearing: A public hearing will be held to consider action on the item on Tuesday, December 16th, 2008 before the City Council. This meeting will start at 7:30 p.m. at the City Council Chambers located on the first floor of City Hall at 318 First Street, Winters, California.

In compliance with the Americans with Disabilities Act, if you are a disabled person and you need a disability-related modification or accommodation to participate in these hearings, please contact City Clerk Nanci Mills at (530) 795-4910, ext. 101. Please make your request as early as possible and at least one-full business day before the start of the hearing.

The City does not transcribe its hearings. If you wish to obtain a verbatim record of the proceedings, you must arrange for attendance by a court reporter or for some other means of recordation. Such arrangements will be at your sole expense.

If you wish to challenge the action taken on this matter in court, the challenge may be limited to raising only those issues raised at the public hearing described in this notice, or in written correspondence delivered to the City Council prior to the public hearing.

Availability of Documents: The project file is available for public review at the Community Development Department, Winters City Hall, 318 First Street, Winters, CA 95694. Copies of the Staff Report will be available on the City's website at http://cityofwinters.org/administrative/admin_council.htm

For more information regarding this project, please contact Kate Kelly at (530) 902-1615. Published December 4, 2008

Notice of Trustee Sale

NOTICE OF TRUSTEE'S SALE T.S. No: C369320 CA Unit Code: C Loan No: 0324662428/MENDOZA Min No: 100194470001671683 AP #1: 049-323-07-1 T.D. SERVICE COMPANY, as duly appointed Trustee under the following described Deed of Trust WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (in the forms which are lawful tender in the United States) and/or the cashier's, certified or other checks specified in Civil Code Section 2924h (payable in full at the time of sale to T.D. Service Company) all right, title and interest conveyed to and now held by it under said Deed of Trust in the property hereinafter described: Trustor: FRANCISCO C. MENDOZA Recorded September 22, 2005 as Instr. No. 2005-0047291-00 in Book --- Page --- of Official Records in the office of the Recorder of YOLO County; CALIFORNIA , pursuant to the Notice of Default and Election to Sell thereunder recorded August 14, 2008 as Instr. No. 2008-0025317-00 in Book --- Page --- of Official Records in the office of the Recorder of YOLO County CALIFORNIA. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED SEPTEMBER 15, 2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. 26982 CAPAY STREET, ESPARTO, CA 95627 "(If a street address or common designation of property is shown above, no warranty is given as to its completeness or correctness)." Said Sale of property will be made in "as is" condition without covenant or warranty, express or implied, regarding title possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest as in said note provided, advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. Said sale will be held on: DECEMBER 16, 2008, at 9:00 A.M. *AT THE NORTH ENTRANCE TO THE WEST SACRAMENTO CITY HALL, 1110 WEST CAPITOL AVENUE, WEST SACRAMENTO, CA At the time of the initial publication of this notice, the total amount of the unpaid balance of the obligation secured by the above described Deed of Trust and estimated costs, expenses, and advances is \$244,775.95. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. The undersigned mortgagee, beneficiary or authorized agent for the mortgagee or beneficiary pursuant to California Civil Code 2923.5(c) declares that the mortgagee, beneficiary or the mortgagee's or beneficiary's authorized agent contacted the borrower to assess the borrower's financial situation and to explore options for the borrower to avoid foreclosure. Date: November 17, 2008 T.D. SERVICE COMPANY as said Trustee, T.D. Service Company Agent for the Trustee and as Authorized Agent for the Beneficiary LINDA KIDDER, VICE PRESIDENT T.D. SERVICE COMPANY 1820 E. FIRST ST., SUITE 210, P.O. BOX 11988 SANTA ANA, CA 92711-1988 We are assisting the Beneficiary to collect a debt and any information we obtain will be used for that purpose whether received orally or in writing. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If available, the expected opening bid and/or postponement information may be obtained by calling the following telephone number(s) on the day before the sale: (714) 480-5690 or you may access sales information at www.ascentex.com/websales. TAC# 810591C PUB: 11/20/08, 11/27/08, 12/04/08

Notice of Public Hearing

Notice Of Public Hearing
To Take Action On Proposed Resolution 2008 - 48 Establishing a Formal Procedure for Processing General Plan Amendment Proposals

Applicant: City of Winters

Description: According to Government Code Section 65358 (b), a mandatory element of the general plan may be amended only four times during any calendar year. However, more than one change can be made at a time and will be considered a single amendment to the general plan. The intent of the proposed formal procedure is to consider general plan amendments on a quarterly basis. While state law allows local municipalities to "batch" amendments into a single amendment to the general plan, the purpose of reviewing general plan amendments on a quarterly basis is to allow the City to evaluate the cumulative impacts of proposed general plan changes. By limiting amendments to four times a year, staff and, ultimately, planning commissioners and council members can review groups of amendments at one time, thus providing an opportunity for a more comprehensive assessment of the proposed revisions.

Location: Citywide.

Public Hearing: A public hearing will be held to consider action on the item on Tuesday, December 16th, 2008 before the City Council. This meeting will start at 7:30 p.m. at the City Council Chambers located on the first floor of City Hall at 318 First Street, Winters, California.

In compliance with the Americans with Disabilities Act, if you are a disabled person and you need a disability-related modification or accommodation to participate in these hearings, please contact City Clerk Nanci Mills at (530) 795-4910, ext. 101. Please make your request as early as possible and at least one-full business day before the start of the hearing.

The City does not transcribe its hearings. If you wish to obtain a verbatim record of the proceedings, you must arrange for attendance by a court reporter or for some other means of recordation. Such arrangements will be at your sole expense.

If you wish to challenge the action taken on this matter in court, the challenge may be limited to raising only those issues raised at the public hearing described in this notice, or in written correspondence delivered to the City Council prior to the public hearing.

Availability of Documents: The project file is available for public review at the Community Development Department, Winters City Hall, 318 First Street, Winters, CA 95694. Copies of the Staff Report will be available on the City's website at http://cityofwinters.org/administrative/admin_council.htm

For more information regarding this agenda item, please contact Nellie Dyer, Community Development Director at (530) 795-4910, ext. 114. Published December 4, 2008

WARNING TO NON-SUBSCRIBERS

A man who was too cheap to subscribe to his hometown newspaper, sent his little boy to borrow his neighbor's copy. In his haste, the boy ran over a \$100 hive of bees and in 10 minutes he looked like a warty squash.
His father ran to his assistance, and failing to notice the barbed wire fence, ran into that, cutting a hole in his anatomy as well as ruining a pair of \$25 trousers.
The old cow took advantage of the gap in the fence and killed herself eating green corn.
Hearing a racket, the wife ran out, upset a four-gallon churn of cream into a basket of chicks, drowning the entire batch. In her haste, she dropped a \$400 set of false teeth, which the family dog buried thinking it was a new type of bone.
The baby, having been left alone, crawled through the spilled cream and into the living room, ruining a \$500 rug.
During the excitement, the oldest daughter ran away with the hired man, a stray dog broke up 11 setting hens, the calves got out and chewed the tails off four fine shirts on the clothes line, and the cat had a batch of kittens.

All this just to save 50 cents. And in this case, the poor guy didn't even get to read the paper.

Don't Let This Happen To You! SUBSCRIBE TODAY 795-4551 \$20.00 per year in Winters



**SUPERIOR COURT OF CALIFORNIA
COUNTY OF SOLANO**

Judge Pro Tem/Traffic
Pay Rate: \$525 per diem
FFD: 12/19/2008

- Active membership in the State Bar of California
- Exp. practice of law in Calif. not less than 5 yrs.;
- Completion of required training in accordance w/Calif. Rules of Court within the past 3 yrs.
- Prior exp., as a hearing officer is highly desired

For announcement, application & supplemental, please visit the court's web site at:
www.solanocourts.com
or at
600 Union Ave., 2nd Floor,
Executive Office, Fairfield.

Notice of Trustee Sale

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