

Who is this?



Find out on page B-4

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Car
of his
dreams
— Page A-5

Volume 126, Number 46 - Locally owned since 1884

Winters, Yolo County, California, Thursday, December 17, 2009

The hometown paper of Rachel Dunn

Citizens voice concerns over budget options

By ELLIOT LANDES
Staff writer

It was an overflow crowd for the city council fiscal workshop meeting on Thursday, Dec. 10, with even a few hardy souls watching on an outside monitor under a tent in the rain. The council heard again the perfect storm of bad news about the city's fiscal situation, and a lively public came and expressed itself. The part where staff learns how council members want to solve the problem did not happen, however. That will have to happen later.

City Manager John Donlevy and Chief Financial Officer Shelly Gunby took the council through the financial report that shows a city with well managed finances and higher than typical reserves, facing a slew of hits in its financial forecast. The current multi-year forecast shows annual deficits continuing and eating through the city's \$2.4 million reserves in the next five years.

Gunby presented the various reductions in

- place and upcoming, that add up to an annual \$500,000 shortfall, including:
- ~ A five percent drop in property tax revenues (\$87,000) this year and next due to declining values that is truly structural, because Proposition 13 will not allow the number to recover as fast as property values recover.
 - ~ Receipts from sales taxes have dropped \$67,000.
 - ~ The state now delays paying highway taxes and will again try to take them away all together.
 - ~ Possible future closing of the COPS (Community Oriented Policing Services) funding which provides \$100,000, or about enough for one police officer.
 - ~ Possible loss of gas taxes to the state - \$130,000.
 - ~ No permit fees due to no development taking place.
 - ~ State changes in property tax accounting — called the "triple flip" — that will cost the

See BUDGET on page A-3

Budget reductions on trustees' next agenda

The Winters School Board will meet on Thursday, Dec. 17, at 6:30 p.m. in the Walnut Room at the school district office, 909 West Grant Avenue. The agenda includes:

- ~ Recognition of Shirley Rominger Intermediate School student Cira Hernandez and parents Marilyn Watson, Carrie Svozil, and Marie Arredondo.
- ~ Communication and reports.
- ~ Updated report and

information regarding restructuring and expenditure reductions for the 2010/11 school year.

- ~ Fourth month ADA report.
- ~ Consent agenda (warrants, minutes, etc.)
- ~ Informal review of Governance Team's performance.
- ~ Closed session to conference with district negotiator, Superintendent Rebecca Gillespie, regarding labor negotiations.



Photo by Debra DeAngelo

Ana Kormos is the winner of the 2009 Theodore Winters Award, given to the person who has made the biggest impact on the community within the past year.

KORMOS TO BE HONORED

◆ Winters Farmers Market coordinator to be given Theodore Winters Award

By DEBRA DeANGELO
Express editor

Winters is a great place to take root, grow and flourish. The recipient of this year's Theodore Winters Award, Ana Kormos, knows that firsthand, as a transplant from Wisconsin. From humble beginnings as a summer field worker in

1996 at Terra Firma Farms, Kormos got her start in Winters harvesting local produce. Now it's not plants but programs she's growing and harvesting, and the entire community is benefitting from her efforts.

Each year, the Winters Chamber of Commerce bestows the Theodore Winters Award on the person who has made the biggest difference in the community for the last year. Kormos indisputably

See KORMOS on page A-9

Ramos' child testifies

◆ Daughter takes stand in mother's murder trial

By LAUREN KEENE
McNaughton Newspapers

WOODLAND — Ten-year-old Lisa Cruz Barales remembers the last time she saw her mother. Leticia Barales Ramos was getting ready for a party that April night. Her daughter recalled the outfit she had picked out, as well as the cake she had made for the occasion.

"I wanted to go" to the party, but only if her father went too, Lisa said. "My mom didn't want him to go."

By the next day, Barales was gone.

Her young daughter took the stand in Yolo Superior Court on Monday — wearing a pink winter coat, her dark hair braided and wrapped in buns — testifying as a defense witness for her father, Felipe Cruz Hernandez, 39, who is accused of brutally murdering Barales after she returned home from the April 11 party.

Her body has yet to be found, leading the defense to theorize that the 28-year-old Barales, who had filed for divorce from her husband and had taken a boyfriend, may have decided to leave.

Cruz Hernandez told police investigating his wife's disappearance that she had gone to Mexico to handle a family emergency. He gave a similar — but not identical — explanation to his daughter. The girl had slept in her parents' bed

See TRIAL on page A-7

Planning commission meeting canceled

The regular December meeting of the Winters Planning Commission has been canceled.

The commission will meet next on Jan. 26, at 6:30 p.m. in the council chambers at City Hall. The design review for a proposed Burger King and 76 gas station on Grant Avenue is expected to be on that agenda.

The planning commission meets on the fourth Tuesday of each month. All planning commission meetings are open to the public.

Chili champion

Photo by Debra DeAngelo

Elia Arce swept the awards on Monday, Dec. 14, at the annual Winters Chamber of Commerce Chili Cook-off, a highlight of the December Chamber Mixer. Arce's "Chucky's Favorite" chili, which featured chicken in a spicy verde (green) sauce, won the "Hottest Chili," "Most Unique Chili" and "Best Overall Chili" awards. Elia and her husband, Baldo, own the El Pueblo Meat Market on Main Street.



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WEATHER

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

Date	Rain	Hi	Lo
Dec. 9		49	24
Dec. 10		48	30
Dec. 11	.31	58	38
Dec. 12	.53	46	40
Dec. 13	.57	58	45
Dec. 14	.03	53	45
Dec. 15	.01	58	44

Rain for week: 1.45
Season's total: 6.31
Last year to date: 3.30
Average to Dec. 15 : 5.87

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OBITUARIES

Terry Max Bookout

Terry Max Bookout of Pittsburg passed away on Dec. 2, 2009. Born on Oct. 6, 1946, he was 63 years old.

A former Winters resident, he served two tours of duty in Vietnam. He loved to spend time with his family, and is remembered as a very compassionate person by family members, one who would take people into his home who needed help. He will be remembered for the love he gave to his children and grandchildren, and one who "lived for his family."

He is survived by his sons, David, Danny and Tyler, a daughter, Devan, and eight grandchildren; brother, Jim Bookout of Foley, Ala.; sisters, Sharon Tewell of Lawrenceville, Ill., Pamela Singh of Winters, and Debbie D'Angelica of Rio Vista.

He was preceded in death by his parents, Charles and Beatrice Bookout.

Nell A. 'Rusty' Young

Rusty Young, 89, died in her Winters home on Dec. 9, 2009, after a long illness. She was a resident of Winters since 1954.

She was born in Royce City, Texas, the seventh child of Ella Mae McGuffin and Louis H Anderson, and was a graduate of East Texas State University in Commerce. She worked as an elementary and secondary school teacher as well as a medical secretary while her husband, Ernie Young, was a student at Tulane University medical school in New Orleans.

She is survived by her daughters Nancy Young of Roseville and Jan Young Dunham of Winters; grandchildren Jamie Wales of Santa Cruz, Cathryn Creaser of Phoenix, Todd Dunham of Winters and Hailey Dunham of Los Angeles; great-granddaughter Robyn Wales of Santa Cruz; sister-in-law, Jeanne Young Wheeler; nieces Melinda Cooke of Arlington, Va., and Elizabeth Young Coman of Winters; nephews, Jim Wheeler of Seattle, David Young of Nevada, Bert Young of Winters, Frank Young of Winters, and Don Darby of Tyler, Texas; and brother-in-law B.R. Darby of Tyler, Texas.

She was preceded in death by her sisters Irene Anderson, Pauline Anderson and Anna Lou Darby; and brothers Marshall Daniel, Garnett Daniel and Aubrey Anderson.

A memorial service will begin at 2 p.m. Saturday, Jan. 9 at Pioneer Presbyterian Church. Memorial donations may be made to the American Red Cross and Pioneer Presbyterian Church.

Weekly police report

Nov. 25 to Dec. 1

~ Time unknown, 400 block of Niemann Street, cash, gift cards and other items were stolen from a residence. The investigation continues.

Nov. 30

~ 12:13 p.m., suspects duplicated checks with the victim's account number and business information on them, then cashed the checks. The investigation continues.

Dec. 1

~ 8 a.m., 400 block of Abbey Street, an unknown person tampered with an AT&T service box.

Dec. 3

~ 3:09 p.m., William Francis Crepps Jr., 57, of Dixon was stopped on State Route 128 behind a school bus that was stopped with lights flashing and the stop sign extended to deliver children. Terrie Jean Janniro, 55, of Winters was stopped behind Crepps' vehicle. Ana Maria Gonzalez, 41, of Winters was stopped behind Janniro's vehicle. Daniel Keith Lichwa, 18, of Winters collided

into the rear of Gonzalez' vehicle. Gonzalez' vehicle collided into the rear of Janniro's vehicle, causing it to collide into the rear of Crepp's vehicle.

Dec. 4

~ 5:30 a.m., Railroad Avenue and East Baker Street, a man exposed himself to the public. The investigation continues.

~ 8:36 p.m., 300 block of Village Circle, victim's ATM card number was used to make unauthorized purchases. Loss: \$475.

Dec. 7

~ 4:30 p.m., 100 block of East Grant Avenue, victim's purse and contents were stolen from a shopping cart. Loss: \$133. On Dec. 9, the victim reported her purse was recovered and there were no contents were missing.

Dec. 8

~ 12:52 a.m., Jose DeJesus Velasco, 28, of Sacramento was issued a notice to appear for being an unlicensed driver.

~ 8:30 a.m., a found backpack was turned

See **POLICE** on page A-6

YESTERYEAR



Yolo County Archives

Capay Saloon is pictured here around 1900, owned by the Lautze family, parents of the late Elsie Graf of Winters. The building now houses the Capay Junction Bar.

**50
YEARS AGO**

December 31, 1959

Jim "Spider" Thomas, a Winters High School JV football player, was named Monday night as the outstanding player on the teams this year, and awarded three trophies at the football dinner sponsored by the Winters Lions Club.

Mr. and Mrs. Charles Russell of Winters are the parents of a daughter, born Dec. 20, 1959, in the Yolo General Hospital, Woodland.

Mrs. J.A. Siranian, owner of the Ideal Cleaners and Dyers, said today that the Railroad Avenue firm would close, since the license issued to her late husband expires at the end of the year. The firm was started by Mr. Siranian more than 30 years ago.

Mr. and Mrs. Howard Kiefer, Stephen, Stan, Ernie and Howard Jr. of Sacramento, visited relatives in town Saturday.

A.E. Danzero and Ed Foss on Monday rescued a young black Labrador dog from the Putah South Canal.

Miss Rowena Martino and her sister, Miss Joyce Martino, entertained last evening at the Joseph Martino home at a surprise stork shower honoring Mrs. Al Balberde (Diane Young) of Mineral Wells, Texas.

Mr. and Mrs. Manuel Tortosa entertained at Christmas dinner, their guests being Mr. and Mrs. James Felix and daughter Elizabeth of Winters and Mr. and Mrs. Joseph Rodriguez and son Paul of Sacramento.

Jim McCoey, Jon Lindeman, and Richard Wion will this weekend return to San Luis Obispo to resume studies at the California Polytechnic College after spending the holiday recess here with their families.

**65
YEARS AGO**

December 29, 1944

L. V. Cramer and L.R. McCrary have purchased the McArthur Blacksmith Shop and will open for business Jan. 2, under the name of C&M Farm Machinery Repair.

Ben Stephens, a Marine from San Diego, spent Saturday and Sunday with his father, Ben G. Stephens.

House guests during the holiday week with Mr. and Mrs. E.W. Fenley were Mrs. E.H. Edwards and son Martin, Oakland; Mr. and Mrs. Douglas Fenley of Sacramento; Mr. and Mrs. V.L. Furth, Berkeley; Mrs. Claire McFall and father, Ed Newman, Suisun.

George Conard and buddy, Ralph Joerger of New Orleans, both in Coast Guard service in Alameda, were holiday guests in the Mrs. George Conard home.

Pfc. Dick Rubio is at home from the Aleutians, with his parents, Mr. and Mrs. S. Rubio, who reside west of town.

Miss Helen Salvaerria, UC student, is spending the holiday week with her parents, Mr. and Mrs. B. Salverria.

Mr. and Mrs. J.A. Siranian went south to spend the holidays with their three daughters who live near Los Angeles.

Marine Warrant Officer Laurel Kieney came up from San Diego and had holiday dinner with his mother, Mrs. Cassie McDonough, and sister, Mrs. L.L. Stith and family, in his mother's home in Davis.

**100
YEARS AGO**

December 31, 1909

It behooves the patrons of rural routes to

Berryessa's level is up — slightly

The level of Lake Berryessa rose by .05 of a foot during the past week, with 778 acre feet of water added to storage, according to Mickey Faulkner of the Solano Irrigation District.

He reported Tuesday morning that the lake was 407.14 feet above sea level, with storage computed at 984,665 acre feet of water.

The SID is diverting 60 second feet of water into the Putah South Canal and 40 second feet is flowing in Putah Creek at the Diversion Dam.

Evaporation on Lake Berryessa averaged 9 acre feet of water per day during the week.

keep the good roads question in mind. In the rainy weather the roads are so bad over parts of the route that the carrier has to walk his horse.

Mark Noon is up from the city visiting his brother, Wm. Cannedy.

Ed Edwards has acquired an interest in the Fenley Mercantile Co. and will be actively engaged in the business of the store.

Miss Ruth Sackett visited this week from Alameda.

Adrian Overhouse was over from Sacramento to spend Christmas at home.

Mark Wolfskill is getting his holiday feed from his father's table this season.

The protracted cold spell is just the weather desired by the fruit men. It is holding the buds back from too early bursting.

**115
YEARS AGO**

December 22, 1894

The famous Cliff House of San Francisco, owned by Adolph Sutro, burned to the ground Christmas night.

O.P. Fassett and family



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BUDGET

Continued from page A-1

city \$80,000.

The proposed solutions included four approaches:

~ Make a large number of expenditure cuts, including closing the pool, the Community Center, library hours, the community development department, recreation programs, stipends for council members, raises for employees and reducing street lighting and park maintenance. No cuts for police and fire were proposed.

~ Close two projects about to begin — the North Bank Putah Creek Park project and Phase II of the downtown streetscape improvements.

~ Put a tax measure on the upcoming June election, adding as much as \$380 annually per parcel.

~ Fast track development at the freeway interchange to bring in property tax and sales tax revenues.

The meeting was opened to public comments and heard from 19 people.

Gail Wingard suggested reviewing and renegotiating all city costs and obligations, including sewer contracts and city attorney fees, to cut costs.

“Seeing a town take away programs from its kids — it worries me and it would be a tremendous hardship for the kids,” said swim coach Kevin Chester. “There’s nothing for these kids to do. They are going to be heartbroken.”

Community dinner organizer Marie Heilman spoke against closing the Community Center.

“We don’t have a facility for school testing. It’s done at the Community Center. And how would this affect our youth and our seniors?”

“We need to have to have development,” said contractor Wade Cowan. “We need a com-

munity development director and a building department. Contract planners don’t know the town and don’t know the people. Without them the town’s bankrupt.”

“We need to come at this from a different direction,” said Lisa Gaynes. “We need to talk about the solution. There’s an incredible wealth of knowledge here. We need to have committees to look at other sources of revenue, and creative ways to generate additional funding.” She got a good response to a call for a show of hands.

Lisa Nalbone supported raising taxes to keep from cutting services.

“I’m not opposed to fast food, said Bill Biasi. “The tax revenue will help us build up our downtown area. It is something to definitely pursue.”

“We need to have a public conversation about what makes this place special,” said Lynette McClure. “I don’t know that this has been done in this community.”

“We have one chance to make that good first impression,” said Kate Laddish, speaking of the interchange. “What we put by the freeway is that one chance. Working at the Palms, I speak to people that come from far away. A musician said to me that it’s nice to not see plastic businesses here. Lose what’s unique, and we start to lose what makes people want to come back.”

Jeff Ten Pas said the proposals offered were set up deliberately to corner the council into choosing highway development.

“We should put everything on the table, including police and fire. Fast food is not the only way to go. The hotel sounds good. It will be 2013 before we go into the hole and we can borrow money if necessary. We have some time and we should not fast track our way to fast food.”

Shaunie Briggs said she favored businesses that have a connection to the town and would like to see less in the way of national corporate chains. She favored the hotel idea.

“Let’s say yes to good businesses and no to bad businesses.”

“My friends aren’t going to like me saying this,” said Sally Brown, a year round swimmer and active supporter of the library, “but please consider closing the pool and stopping public projects before giving fast track approval of fast food. We should all tighten our belts. We like your \$25,000, but the Friends of the Library can raise money to keep the library open. Fast track will change the gateway. You have my support in making these difficult cuts to services.”

A number of speakers spoke against closing down the two capital projects that are ready to go, and the council members passed a motion keeping the projects, after some confusion about whether they should do a vote at a special workshop meeting.

Council member Woody Fridae said the fast food issue would come to the Planning Commission in January, where the issues and design will be presented. He supported a more comprehensive approach, reviewing all city fees and contracts for cost cutting and looking at the Gateway Plan in terms of the values of the community.

Stone said the comments showed a lack of understanding about how much the council can control.

“If you want to control what goes in a piece of

property, you better buy it,” said Stone. We are not allowed to zone it to be a Granzella’s. The zoning won’t say a Granzella’s is OK. There are some things we can affect, like design elements and drive-throughs.”

He said the city can control the look of the gateway area with wide lanes, center median strips, landscape planting of walnut trees, orange trees, even corn. Little cities can do little to control whether it is a good restaurant or a bad restaurant. “We have a lot of control over structure and appearance, but not content.”

Council member Cecilia Aguiar-Curry suggested the city look around at interchanges in other locations to find a developer the city likes.

“We get one chance at it. It couldn’t hurt to look at communities that have done it successfully.”

“I would love a place to buy a hamburger open after nine at night,” said council member Harold Anderson. “Don’t create false expectations about what we can and can’t do. We can fine tune design review as the project goes through.”

Donlevy said there are two public processes under way for the gateway area. One looks at the roadway, considering lane numbers and widths and the question of roundabouts. The process will include a workshop with CalTrans, with announcements in the February water bill. The process will be complete in May.

The second process will look at architecture

for the area, and will be conducted by planner Terry Bottomley, who conducted the planning meetings for the downtown streetscape design. That process is about to begin.

“I’m irritated,” said Aguiar-Curry, as time ran out without the council making specific choices. “At some point, we need to do a prioritization. We need to come up with something.”

“When?” asked Mayor Mike Martin.

“Our budget cycle begins in February,” said Donlevy. “Maybe we can organize a community meeting to discuss issues further. It would be good to explain fund accounting as part of this process. Maybe we can pass around a piece of paper...”

“It’s already going around,” came a voice from the audience.

Stebbins Cold Canyon guide training to begin

Everyone has a story to tell, something they are interested in or passionate about. The list of possible presentation topics is endless. The Stebbins Cold Canyon guide training program helps participants identify possible topics and mold them into a presentation.

The guide training program is a two part process. In the first part, participants receive an overview of the natural history of the canyon and the general logistics for running a group outing. The sec-

ond part of the training asks each participant to choose a topic of interest and give a mini-presentation to the group. Group feedback is then given to further strengthen the presentation.

Training dates are Jan. 9, 16 and 23, 10 a.m. to 2 p.m., at Stebbins Cold Canyon. The training is \$15 per person for printing expenses), and is limited to 10 people.

To participate, email Jeff Falyn, jfalyn@ucdavis.edu. Include your phone number in the email.

Opinion

LETTERS

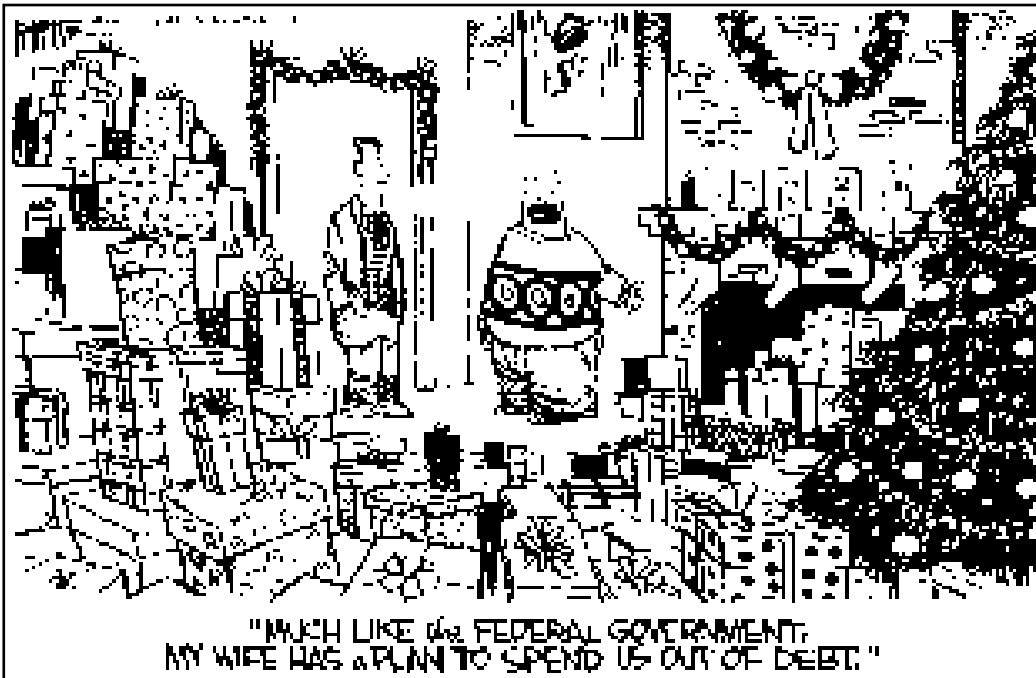
We all must carry burden

It's no secret to anyone listening to and reading the news that mismanaging funds is a practice within homes, corporations and government. Certainly each has its own influence that drives.

In regards to last Thursday's city council meeting, I was impressed with the detail presented but I am also curious why only community services were targeted — other than that these services do not produce a profit and are a direct expenditure.

Additionally, the finger is pointed at the state while we (the city) appear to have it all together. I don't think one city, county, business or marriage can say "it's you not me that caused the failure and who hasn't failed."

I know it must be a challenge to manage city funds especially within the dynamics of this city. It would certainly drive me for greater accountability to ensure everything is open and on the up and up. So, I am not saying that I could do a better job of managing this, but from my perspective it seems that making a presentation focused on projections in a failing economy and taking into account the recent significant expenditures without also looking



back to consider any unintentional mismanaged funds or a review for policy changes that simply do not fit in a growing and changing economy may also need to be considered and possibly adjusted.

I'm not encouraging or anticipating growth for Winters, but I am concerned and alarmed that a presentation selling closure of community services and increase in development to offset these changing times is good for the community.

We know that if you increase development for the purpose of sustaining, that becomes the norm practice and the drive for continuous growth that requires sustaining bigger debts — the more debt you acquire, the greater the need for a means of covering the inflating costs. Certainly a balanced strategic approach is needed, but to cut community services that keep the very communi-

ty involved and unified, well, there must be a better solution.

I'm in favor of a group outside of the city offices — who belong to the community, that can take a reasonable and critical, unbiased look at our community policies and practices — brainstorm new approaches for the changing economy and emerging generation, collect community input and present the suggested facts and possible changes. Not my idea, but a very good one that was brought to my attention. It's positive and moves forward rather than pointing fingers and complaining.

How about evaluating all of the freebies and less than market costs for all of the community services we paid for and help carry the burden for maintaining these services we asked for, especially if you're using it and generating revenue from it.

What other expenditures are not being considered that were proposed? Review the infrastructure contracts. Encourage healthy industry, make it worth their consideration to promote jobs and add to the health of our community (I'm not asking for Chevron to move a refinery to Winters).

I think immediate steps can be introduced that help stimulate healthy change without mega-growth by taking advantage of statistical information without following in the footsteps of those who have made the big mistakes in other small towns. We don't want insta-city, we want sustained, well managed community involvement. Where can you help?

A bedroom community with the right industry fit promotes a healthy community. A sustained balance is

See **LETTERS**, page **A-5**

We should just walk out of the Celebrity Coliseum

How about you give yourself a gift this Christmas — save your own soul. It's cheap, it's easy, and you won't have to go to some circus tent, wave your arms in the air, shout gibberish and play with snakes to do it. All you have to do is stop. And you can start on your stopping with Tiger Woods.

Just like when we devoured every detail about Britney Spears self-combusting before our eyes, now we're ripping Tiger Woods to shreds like lions on a zebra carcass. We just love to build 'em up and then tear 'em down, don't we. A month ago, Tiger was the golden boy. Now he's just another spoiled celebrity with a lascivious lifestyle. His personal life has become a very public train wreck, and let's all point and stare, and snicker as his life and career crumble into ruins.

Or not.

In other words, just stop.

There's a difference between watching a story unfold in order to understand it and gawking. You can feel it. It's the difference between "Wow." and "Wow!"

"Wow." is a gnawing in the pit of your stomach as you imagine the pain and angst someone else is feeling, tinged with relief that you aren't going through the same. It's called empathy. "Wow!" is a tingle of excitement, a rush of glee as you witness that same pain and angst. It's called entertainment.

The roots of experiencing enjoyment from the pain of others stretch all the way back to the Roman Empire, when crowds filled the Coliseum and took great delight in watching human beings being eaten

alive by lions and tigers, or watching gladiators slashing each other to the death. And if the battle wasn't exciting enough, the bloodshed not deep and red enough, the Emperor would give a thumbs down so the surviving gladiator could be slain on the spot. And meanwhile, the crowd roars its enthusiasm.

The Coliseum is unthinkable gruesome and cruel by today's standards. Yet, its spirit lives on, whenever we're glued to the television or snatching up gossip magazines to absorb every twist and turn of a fallen star's fate. Wow!

Some blame the media for thrusting every juicy detail of a celebrity's troubles into our living rooms and our consciousness, but that's a falsehood. It's all about supply and demand. The televised media airs whatever keeps people watching. The more people watch, the more the programming continues in that genre. It's simple supply and demand. We ask for mental junk food and they happily give it to us.

The preponderance of mental junk food is no different than the preponderance of actual junk food. It proliferates because people purchase it. If nobody bought Big Macs, McDonalds would start serving tofu patties topped with alfalfa sprouts. But that's just not as tasty, is it. Just like paying attention to the national healthcare debate or the escalation of troops in Afghanistan isn't nearly as tasty as finding out if Britney's in rehab again or who else has turned up with a cell phone message



from Tiger.

We've become a culture of voyeuristic vultures, no better than those who filled the Coliseum stands. This is why we have a proliferation of "reality" TV shows about desperate women scrambling for a wedding ring from some insipid pretty boy, or couples breeding more babies than they can responsibly care for, or groups of sweaty fatties weeping about their sad, porky childhoods while some screechy twit shrieks insults in their faces. I'd tolerate that for about 1.5 seconds (which is exactly how long it takes to click past this nonsense) before I had that miserable harpy by the hair. Biggest Loser indeed. You know who the biggest losers are? Anyone who watches this sadomasochistic crap.

In the case of reality TV, at least these people are choosing to allow the masses to giggle at their foibles and embarrassments. They're volunteers. The Britneys and the Tigers, however, didn't sign up for having their troubles and personal lives sprayed across the television and tabloids for our amusement. True, they willingly entertain us. And we love them when they entertain us. But we love them even more when they crash and burn, and we can stand back and laugh at the smoke and ash.

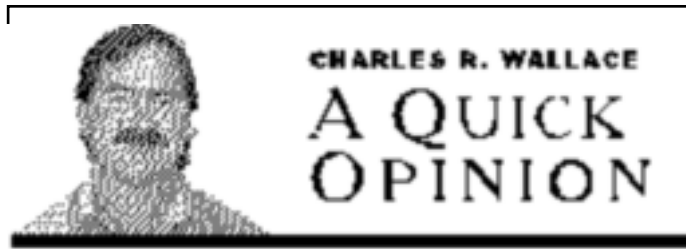
For your own sake, just stop. When the news feed changes to Tiger and it's not about

golf, change the channel. Go do something else for a bit. If it's on the cover of a magazine or a newspaper, don't buy it. If it's on a website, don't click on it. Don't be a spectator at the Celebrity Coliseum. In refusing to do so, you're doing something far more important than helping to shape news content: You're saving your own soul.

It's this simple: It's bad for your soul to take pleasure in the suffering of others, whether it's bullying someone at school or raping someone at knifepoint or watching a lion eat someone alive or snickering over a celebrity life in ruins. It's all the same spirit, just of different shade and intensity. The common thread is a lack of empathy.

What's at the other end of the empathy spectrum? Sociopathy — the complete lack of empathy, the complete lack of guilt or remorse for harming others. Don't participate in anything that nudges you to that end of the empathy spectrum because the closer you get to it, the blacker your soul becomes. Who knows — maybe at the very end of that spectrum, it disappears altogether.

So, the next time Tiger's troubles are in the "news" — and you know they will be for as long as the bloodlust continues — walk away. Leave the Coliseum. Just stop. Your soul will thank you for it.



HELLO BURGER KING AND UNION 76. I saw a drawing of the proposed Burger King and gas station, planned for the Interstate 505 frontage road and Grant Avenue. It was about what I was expecting, given the size of the parcel. From an artist's rendering, it looks like a gas station/market with a Burger King attached: one long building with a proposed car wash at the north end. If you were exiting the freeway, you would see the back of the building, and if you are coming over the overpass, you might not see it at all if they plant a few trees. Leaving town, the Chevron will block most of your view.

One of the problems with developing our entrance, one piece at a time, is that we may look back and wonder what happened? I would like to see a plan for landscape and design for all of the parcels along Grant Avenue. Once the Burger King gets built, and it will get built, the next project may be the block just west of the Round Table complex. Not all of the structures have to be the same architecturally, but it would help if they looked like someone had thought about the total design or look of Grant Avenue. Maybe make everything look like it was built in the 1950s.

A problem with Winters is that a lot of people think it is cute. It isn't. There are parts that I like, like the new downtown intersection and I like the look of the Lorenzo Market coming into town. The medical center and Berryessa Sporting Goods have matching slump stone designs, which is better than the Quonset hut design of the School District yard. Hopefully in my lifetime, the corner, with the light that changes color, will be developed into something attractive. I have faith that the Mariani family will come up with a design for their property once the economy recovers.

The planning commission will be looking at the Burger King/76 station at its January 26 meeting. It should be an interesting meeting, to say the least. Everyone seems to have an opinion on what should be built out there. Some people forget that it is private property and the property owners have a right to build to the zoning designated in our General Plan. If it is zoned commercial and restaurants and gas stations are permitted uses, the property owners can build restaurants and gas stations. You can't tell them what kind of gas stations to put in or what restaurants you want to see built. You may feel like this is your town, but it is their money that they are putting at risk, not yours.

Councilman Tom McMasters-Stone put it quite nicely at last week's city council meeting: "You can't make a distinction between good food outlets and bad food outlets," or something like that. He's right. Even if we could make them build only what some consider healthy restaurants, we can't control what will go into their space when they go out of business. When Sambo's Restaurants went out of business, I'm sure everyone wanted something that would replace their buttermilk pancakes, but over time they have been Season's, Baker's Square and now some of them are Black Bear Diners. Who knew?

A few people will remember when we had an A&W Root Beer, with, I think, a Flying A gas station, just behind where the Chevron is today. I'm not sure when it went out of business, but it was here in 1969 and gone in 1977. They called it the Peach Pit for the peach trees around the picnic tables. The owner would give us free root beer when we won a football game. One year it never happened. Those were the days.

I would love to see an A&W reopen on the freeway, but are Baby Burgers, Mama Burgers and Papa Burgers healthy enough for the anti-Burger King contingent? I'm still holding out for a Taco Bell.

You will find the Rainfall Contest on B-8 of today's Express.

Have a good week.

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.

"The need for change bulldozed a road down the center of my mind."

~ Maya Angelou

A long road from Europe to Winters

◆ Fischer finally gets his dream car

Before its final arrival in Winters, Robert Fischer's deux chevaux (Citroen 2CV) was sent from Europe to Seattle.

“From 747 miles away, it held its own at freeway speeds after being picked up there and did it at 43 miles per gallon, about what most of those two-seater Smart Cars might get,” says Fischer, who traveled on Amtrak in October to pick the car up.

The car is a 1989 model from the last two years of 2CV production, when the last factory to make them was located in Portugal. Fischer says the deux chevaux was produced from 1948 until 1990, and about four and one half million of them were built with little change in their design and appearance.

The original Volkswagen “bug” was its competitor in Europe, explains Fischer, but the 2CV has a lot of things

going for it the VW didn't: it was cheaper, it had four doors, and it had a sunroof.

Fischer describes the 2CV as “a truly fun vehicle” and “a car of the people.” He says few of them remain in Europe or elsewhere in the world today. Some were made in England and Argentina as well as in Paris.

In the U.S., Fischer estimates that there are perhaps less than 1,000 of them on the road, but “no one really seems to know for sure.” He is planning to show off the car in the next Youth Day parade, as well as the classic car shows sponsored by The Buckhorn each summer.

“This superbly restored deux chevaux or 2CV will make an appearance again in the Winters Youth Day Main Parade in April of next year,” says Fischer, who has been a longtime fan of the car.

“I have been enamored of this car since arriving in France in 1960 as an army brat,” says

Fisher, who was there until 1963. “I've been talking about them ever since.”

He says Axel Kaliske, past president of the Nuremberg, Germany Citroen 2CV club, now lives in Seattle and sells them already restored, and now has an inventory for sale there.

Fischer says his newly acquired 2CV can do freeway speeds of 70 miles per hour, and has a 602 cc engine displacement (not its 1971 original engine) and a 25 liter (six gallon) gas tank. The entire frame was replaced by the European restorers.

“There are very few 2CVs left in good enough condition to rehabilitate,” says Fischer. “The last one was made in 1990 and all of them have been sitting around since then. Mine was bought in the Czech Republic and sent to Germany for restoration, then by boat to Axel's warehouse in Seattle, where I paid him for it and picked it up once he had thor-



Courtesy photo

Robert Fischer recently brought home his dream car, a deux chevaux (Citroen 2CV) from Seattle. He is a longtime fan of the Citroen 2CV.

oughly performed the finishing touches.

“Every year there is a diminishing supply of these well-loved French cars in Europe and there are probably only a thousand in the entire USA.”

He adds that he always gets noticed while heading down the road.

“People gape and

stare when first encountering it. It's a fun car to own and drive and also a good monetary investment if kept garaged in its classic condition.”

Fischer is storing the car

in San Rafael, as he doesn't have garage space at his Winters home.

Visit www.2cvsrus.com to get more information on the history of the Citroen 2CV.

LETTERS

Continued from page A-4

needed — no argument here — but a balance that also promotes emerging trends shapes the future of our community.

To push significant cost and responsibilities to the local government, then cry and complain because the fat economy is shifting and a diet is forced seems to be cause for us (the community) to step up and help carry the burden where it is needed. We voted for a pool, we got the pool; we voted for a library, we got the library; we voted for a community center, we got it, but like it was said, “it costs to maintain and manage.” Otherwise we're forcing the decision for growth in order for local government to carry the weight — that means more taxes. I believe that needs to change.

STEVE HEILMAN

Thanks to all

The Winters Chamber of Commerce would like thank everyone who made the 2009 Tree Lighting & Winters Wonderland such a success. Bear with me the list is long: Wave Broadband loaned us their men and boom trucks, the community bought the Christmas ornaments during our tree lighting fund-raiser, Ken G. Meyer spent countless hours varithaning and gluing the tops of every ornament and took the day to supervise the high school art students.

Our thanks to Ace Hardware and gang for the donations and help, Linda Rodriguez and the Buckhorn Steak & Roadhouse, Pinky Dahn and Lisa Gaynes for helping the art students, all of the Winters High School art students and the teachers who allowed these students to make this field trip, our merchants who allowed their windows to be painted, Dave Fleming and Dan Maguire for set up and sound, Lino Castro for the lights in the downtown trees;

Tom Stone for building the nativity scene, Paul and Linn Myer for the candy canes for children and MCing, Lynne Secrist and Linda Eastman for the great songs, the Discovery Worship Center choir for the live nativity, and Winters High School FFA high

school students Victoria Burke, Jarred Ney and Kyle McNickels for bringing the animals, and Windmill Feed for the hay for the nativity scene;

Yves Boisrame for roasting chestnuts, the Rotary Club for the refreshments, the Winters Express for printing of the programs, Mike Sebastian for doing what you do best, the Winters Fire Department for delivering Santa, Howard Hupe for getting hay donated and hauled, and for getting top hats for our officials; and our Mayor, Mike Martin, for speaking and lighting the tree.

Thank you also to all

of the business owners who opened their doors, extended their hours and offered specials.

To sum it up, we no longer have a naked tree, fun was had by all, and lots of children enjoyed visiting with Santa and receiving their candy canes. We hope we didn't miss anyone, and if we did, we did not mean to — but if we did, thank you!

NANCY S. MEYER
President
Winters Chamber of Commerce

Meet the team

The Winters High School wrestling team is off to a good start. The 2009-10 season will be

one to remember.

On Dec. 5, we competed in the Doc Peterson Tournament in Orland and came away with three placers. Then on Dec. 12, we placed five wrestlers in the Green and Gold Tourney in Novato placing 8th as a team.

Let me introduce you to the team: Clara “the Cutie” Hasbrook, may look frail at 103 pounds but this girl has some fight in her as she placed sixth in Novato. Nick “the Rock” Stewart is starting to roll at 125 pounds and we are expecting good things from Nick.

Destiny “the

See **LETTERS** on page A-6

LETTERS

Continued from page A-5

Princess” Rogers is definitely as sweet as any princess but is also tough and determined to take on all 130 pound opponents. Trevor “the Kid” Wright placed fourth in Orland and definitely puts the athlete in wrestling at 140 pounds. Chris “the Crusher” Calderone was second at Novato. He was muscling up at 152 pounds so that he could take a shot at an old opponent but will be competing at 135 pounds in the near future. Jackson “the Jack-Hammer” Waldron hammered his way to a third place finish in Novato. The Jack-Hammer is very determined this year at 145 pounds. Cody “The Barbarian” Linton will be joining us on December 19, at the

TAC Casa Robles High School Tournament. Cody, who always fights to the finish, was the Champion at the tourney last year, 152 pounders beware. Burt Masem also known as Burtemus Masemus “the Gladiator” has already racked up three wins and shows promise with his strategic style. Burt competes at the 160 pounds and 171 pounds. Joe “the Beast” Souza placed fourth in Orland and second in Novato. The Beasts dominating style could take him very far this year at 160 pounds and 171 pounds. Billy Rotenkolber “AKA the Bully” need not be feared on the play ground but look out on the mat. The Bully has placed second in Orland and fifth in Novato at 189 pounds. Darian “big D” Clark takes on the 215 pound class Darian is impressive with his

don’t quit style. Austin “the Brick” Brickey shows off his skills at the 285 pound class. The Brick takes on the big guys in pinning style. Tim “the Terminator” Tweedt wrestles at both the 215 pound class and the 285 pound class. Tim, Darian, and Clara are the new kids on the team The first chance to see the team at home will be Jan. 13. The next meet is on Dec. 19 in Sacramento. Hope to see you.

TIM HAUSLER

Cycling fans sought

The Winters Education Foundation would like to invite all members of the community to help out with the Winters Criterium. This race will offer competitive heats as well as a kids criterium, and will be held on Saturday, May 15, as a benefit for the Winters Education Foundation.

The race will occur the day before the Tour

of California kicks off and we are hoping for lots of excitement and participation.

If you are a serious cyclist or an interested community member and would like to get involved, we need your help. We will need lots of volunteer help for everything from traffic control to spotting on the finish line. Please contact Joie Watson at 795-2556 or email to joiewatson@gmail.com or info@mywef.org.

JOIE WATSON

Giving a Winters Express subscription for Christmas is like giving a gift for 52 weeks in a row! Email subscriptions only \$25 per year, worldwide!

POLICE

Continued from page A-2

over to the police department. ~ 6:18 p.m., on the first block of Anderson Avenue, parties were involved in a verbal domestic dispute. ~ 6:38 p.m., Martin Chris Jensen, 47, of Winters was arrested on an outstanding Winters Police Department bench warrant charging him with failure to appear on previous charges of driving with a suspended/revoked driver’s license, failing to provide proof of insurance, having an inoperable vehicle headlight and failing to appear. Jensen was booked at the Winters Police Department and transported to the Yolo County Jail for incarceration.

Dec. 9

~ 6:22 p.m., first block of Main Street, an officer responded to an audible alarm. It was determined the alarm was activated accidentally.

Dec. 10

~ Noon, a victim made a report of a lost Mexican Consular Identification Card.

Dec. 12

~ 2:11 a.m., 100 block of East Grant Avenue, an officer responded to an audible alarm that was activated accidentally. ~ 5:18 a.m., 200 block of Niemann Street, an intoxicated suspect was involved in a physical altercation with a resi-

dent.

~ 9:20 a.m., – Lilia Silva, 39, of Woodland was issued a notice to appear for being an unlicensed driver, driving at an unsafe speed and failing to provide proof of insurance.

~ 11:21 p.m., a 17-year-old Winters juvenile was issued a notice to appear for possessing a marijuana smoking pipe.

~ 11:47 p.m., Jerod Daniel Martinez, 31, of Winters was issued a notice to appear for being an unlicensed driver.

Dec. 13

~ 2:07 a.m., 100 block of East Grant Avenue, an officer responded to an audible alarm. The business was found secure.

~ 3:29 a.m., 100 block of East Grant Avenue, an officer responded to an audible alarm. The business was found secure.

~ 4:40 a.m., a suspect, 18, of Winters was traveling eastbound on east Grant Avenue. Due to the suspect spinning the vehicle’s tires, he lost control of vehicle, made an unsafe turning movement and collided with a tree. The suspect and passenger fled the scene on foot. The case is being forwarded to the District Attorney for a complaint.

Dec.14

~ 12:58 a.m., 200 block of Railroad Avenue, an officer responded to an audible alarm. The business was found secure.

~ 12:45 p.m., two found set of keys were turned over to the police department.

TRIAL

Continued from page A-1

that night, and only her father was next to her when she awoke.

"I asked my dad if my mom came back from the party," Lisa recalled. "He told me that my mom had left because my uncle had a car accident."

The uncle lived in "Carolina del Norte" — North Carolina, Lisa said.

"Did you hear any-

thing that night, in the middle of the night?" Cruz Hernandez's attorney, Supervising Deputy Public Defender Monica Brushia, asked the girl.

"No," Lisa replied.

Asked at one point to identify her father in court, Lisa smiled and pointed at Cruz Hernandez, who appeared to smile back.

The girl was scheduled to continue testifying today. Brushia said in her opening statement that Lisa found

nothing amiss in the apartment the day her mother disappeared, and that some of Barrales' belongings — such as a purse, toothbrush and makeup — also were gone.

Earlier Monday, the jury heard from an FBI agent regarding the bloodstains found in the family's Winters apartment. Although the living-room carpet had recently been cleaned, authorities discovered blood had seeped into the

padding underneath.

Prosecuting attorney Robert Trudgen said he introduced evidence last week that showed samples taken from the carpet bloodstains, as well as blood specks found on furniture in the Winters apartment, matched Barrales' DNA profile.

Special Agent Chris Hopkins of the FBI's evidence response team testified Monday that he replicated the bloodstains with horse blood on the same type

of carpet. Based on the size of the stains and Barrales' weight — about 181 pounds — Hopkins estimated the woman suffered a 72 percent blood loss. A 40 percent loss, he added, would require immediate medical attention to prevent death.

"It would have to have been a massive injury" to produce such a large blood loss, Hopkins said. He also noted the presence of several long bloodstains that grew small-

er the closer they were to the apartment's front door.

"It gives the impression the body is bleeding and someone moved it," he said.

Closing arguments in the trial, which began Nov. 12, are scheduled for later this week.

Ramos was last seen on April 12. Her body has not been found. Anyone with information about her whereabouts or remains can call the Winters Police Department, 795-2261.

Community

Gertz wins weekly Chamber drawing

Chris Gerz is the winner of this week's "The Buck Stays Here" drawing, sponsored by the Winters Chamber of Commerce. Each Monday in December, one name will be drawn from those who have turned in \$50 worth of local receipts for a chance at the prize — \$100 in Winters Bucks, which can be spent at any participating Winters business.

The Chamber is sponsoring the drawings as a reminder to Winters residents to keep their "bucks" here in town by shopping with local merchants.

For more information, call 795-2329.

Tickets available for annual Chamber celebration

The Winters Chamber of Commerce will hold its annual Year in Review celebration on Saturday, Jan. 23, at the Community Center. No-host cocktails are at 6 p.m., with dinner at 7 p.m. There will be a silent auction and raffle.

The evening's festivities include the honoring of this year's Citizens of the Year, Paul and Linn Myer, as well as the Business of the Year, Cloth Carousel, the Senior Citizens of the Year, Vic and Vi Bussard, and the recipient of the Theodore Winters Award, Ana Kormos.

The Chamber Board of Directors will be sworn in, including incumbent directors Myke Berna, Debra DeAngelo and Dan Maguire, and new director Jan Bawart, as well as current directors Dave Fleming, Howard Hupe, Chris Jones, Ana Kormos, Nancy Meyer, Linn Myer and Valerie Whitworth. Berna, owner of VeloCity, will be sworn in as the new Chamber president, replacing outgoing president Nancy Meyer.

Tickets are \$35 per person, and are available in advance only. No tickets will be sold at the door. For tickets or more information, call the Chamber of Commerce, 795-2329.

Spears, Talaugon complete highway patrol training

Kyle Spears and Gary Talaugon, both of Winters, have successfully completed California Highway Patrol (CHP) cadet training.

Spears was assigned to duty at the CHP's Contra Costa Area office. He graduated in 1990 from Hogan High School in Vallejo, and attended Napa Valley Junior College, studying general education. He was an electrician for Napa Electric prior to joining the CHP.

Talaugon was assigned to duty at the CHP's Santa Fe Springs Area office. He graduated in 2003 from Winters High School, and worked as a journeyman carpenter prior to joining the CHP.

Cadet training for



KYLE SPEARS



GARY TALAUGON

both men included vehicle patrol, accident investigation, first aid, apprehension, and arrest of suspected violators, including those who drive under the influence of alcohol or drugs. Training at the CHP Academy also included traffic control,

report writing, recovery of stolen vehicles, assisting the motoring public, issuing citations, emergency scene management, and knowledge of various codes including the Vehicle Code, Penal Code, and Health and Safety Code.

Auditions scheduled for 'Moon Over Buffalo'

The Winters Theatre Company will hold auditions for "Moon Over Buffalo," a comedy by Ken Ludwig, on Wednesday, Jan. 13, and Thursday, Jan. 14, at 7 p.m. at the Winters Community Center.

This play has a cast of four men and four women. Auditions will consist of cold readings from the script. Performance dates are weekends from March 12-21.

For more information, call Howard Hupe, 530-756-6187.

Bithell plans to sign books at art gallery

Katie Bithell will sign her book, "Memoirs of April: What a Blind Dog Helped Me See," on Friday, Dec. 18, from 11 a.m. to 2 p.m. at the Winters Center for the Arts, 14 Main Street.

For more information, call Jackie Tanner, 795-4656.

Stebbins Cold Canyon hike celebrates winter solstice

The goal of the Stebbins Cold Canyon Nature Outings program is to offer a diverse schedule of outdoor experiences in the local riparian habitat along Putah Creek. Most outings are interactive and experiential in nature. A suggested donation of \$5 per person and \$10 per family for each outing.

The last hike of the year is planned for Sunday, Dec. 20, 10 a.m. to 1 p.m. On "Winter Solstice Renewal," hikers will traverse the canyon and experience the reserve on the shortest

day of the year. The winter solstice is a time for reflection and optimism. Participants will have the opportunity to focus on the seasonal changes taking place around them and within. The guide will be Jeff Falyn.

To participate, register in advance, by sending an email to jfalyn@ucdavis.edu. Include your name, address, presentation date, phone number and/or email address. Also, indicate whether you need directions to the site.

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Graduated from college?
Announce it in the Express — it's free!
Call 795-4551 for assistance or send
email to news@wintersexpress.com**

Calendar

Thursday, December 17

Winters Rotary Club meeting, noon, The Buckhorn.

Winters School Board meeting, 6:30 p.m., school district office, Walnut Room, 909 W. Grant Avenue.

Alcoholics Anonymous meeting, 8 p.m., 305 First Street.

Friday, December 18

Katie Bithell book-signing, 11 a.m. to 2 p.m., Winters Center for the Arts, 14 Main Street.

Food Distribution, 12-1:30 p.m., First Baptist Church, 512 First Street.

Winters High School boys varsity basketball game, 6 p.m., high school gym.

Sunday, December 20

Alcoholics Anonymous meeting, 9 a.m., 305 First Street.

Stebbins Cold Canyon Hike: Winter Solstice Renewal, 10 a.m. to 1 p.m., Stebbins Cold Canyon.

Monday, December 21

Food Distribution, 3-5 p.m., Yolo Housing, 52 Shams Way.

Wednesday, December 23

Soroptimist meeting, 7 a.m., Chuy's Taqueria, 208 Railroad Avenue

Narcotics Anonymous meeting, 8 p.m., 305 First Street

This community calendar is sponsored by:

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KORMOS

Continued from page A-1

is deserving of this distinction. Under her grant-writing skills and determination, the Winters Farmers Market sprouted last spring and was going steady all summer and into the fall.

The weekly Sunday morning market featured fresh local produce and free entertainment, as well as freshly baked bread and local honey, wine and nuts. Kormos was there each week, doing her best to make sure both vendors and customers were happy.

Kormos' interest in locally grown produce began with her job at Terra Firma, which was only supposed to be a three-month job while she was attending college in Wisconsin. She ended up staying for six months before returning to finish her degree in biology and graduate in 1997. She came right back to Winters, and worked at Terra Firma for eight more years, two of which she spend as a field worker and then advanced to harvest manager.

One of the initial challenges in Kormos' position ended up being a huge benefit. When she started working at Terra Firma, she didn't speak Spanish and most of the field workers didn't speak English. She was immersed in the language while she worked 16-hour shifts and says she's picked up Spanish through speaking with her fellow field workers every day.

"It was like being in Mexico," she says, adding that she learned much more than a second language on the job — she learned about another culture.

"It gave me the connection to that culture and the language skills I needed to work with that population."

Kormos didn't forget her years in Spanish immersion when she left Terra Firma to take a position as health educator at Communicare in Davis, before moving on to become the clinic manager at the Winters Healthcare Foundation in 2005. Once again, she

was in frequent contact with the local Spanish speaking population, and she remembered their dietary and nutrition concerns from her days at Terra Firma. She started the Promatora program at the Foundation, consisting of a group of Spanish-speaking volunteers who do outreach to Spanish-speaking members of the Winters community and promote healthy eating and lifestyles, as well as preventative healthcare.

Through the Promatora outreach, Kormos discovered that many of the Spanish-speaking Winters residents expressed concerns about diabetes — so many that Kormos focused on this and began coordinating groups of Spanish-speaking diabetics to teach them about healthy cooking and exercise. With her knowledge of growing fresh produce, everything dovetailed nicely.

"The love of my life is food and sustainable food systems," says Kormos. "It was a good fit."

It was in the diabetes classes where Kormos discovered that although the participants were learning about new, healthy foods and fresh produce, they were struggling to both find it and afford it. Ironically, many of the same people working in the fields locally didn't have access to the produce after harvest, either because they couldn't afford it or because it was shipped elsewhere.

From this observation, Kormos was inspired to find a way to bring the local produce back to the people who tended and harvested it, as well as to the entire Winters community. She began working on grants with Winters Healthcare Foundation director Chris Kelsch and Dawn Van Dyke, who writes grants for the City of Winters. Their grant to promote community health secured \$167,000 to get the Farmers Market up and running.

The money would last for only one year, however, so Kormos needed to make sure this new endeavor didn't die on

the vine. She sought out expert guidance from the coordinator of the Davis Farmers Market, one of the most successful farmers markets in the area.

"In that process, we found small growers that are just starting out," says Kormos. "We have provided them a place to sell their goods and integrate themselves into the community."

Kormos compiled all this information, and the Winters Farmers Market sprouted up on the first Sunday in May of this year. Although the market was immediately well-received, Kormos has had to tend to it constantly throughout its first season and remind local folks that if they want to keep their market, they must keep coming and purchasing produce, which keeps the vendors coming back.

Her determination paid off, because as the market's season wrapped up in October, most of the vendors were interested in returning to Winters when the market reopens in the spring.

"We have a great group of vendors that were the right size for the community," says Kormos. "We need to increase traffic, but for a small farmers market, we have a great vendor mix, a beautiful location and people came who were happy with what they found. You can't ask for more than that."

The return of the Winters Farmers Market won't be Kormos' only successful crop, however. This spring, Winters will have its first community garden, once again, an effort spearheaded by Kormos. The garden is located along Putah Creek, just west of East Street, and already has a fence, irrigation lines and is being plotted out for local residents to start growing their own vegetables.

"We hope to have everything ready to go by the end of March," says Kormos. She plans to hold a community meeting in January to give an update on the garden's progress and explain the gardening rules and how the as-

signment of plots will be done.

Kormos — who is now the director of health education and outreach at the Winters Healthcare Foundation — will have be juggling both the farmers market and community garden projects over the next few months, and will be additionally busy with her position of the Winters Chamber of Commerce board of directors. She took over the seat formerly held by Edmund Lis, who resigned in June to become the Chamber's executive director. It's a lot to handle, but Kormos says it's important to her to be a part of what happens in Winters.

"I just feel like it's really important for people to be involved in the community and support local business," she says, noting that this includes the small farmers who are vendors at the farmers market, as well as the market itself. "It's really valuable to provide support, and cultivate and nurture what we have in the community."

It was this dedication to Winters, as well as her involvement in a variety of local efforts, that resulted in Kormos being named as this year's Theodore Winters Award recipient, and Kormos says she feels honored. She says she doesn't work so hard to support Winters for attention or praise, she's just following the good example set by others in the community.

"There are a lot of good people that are invested in doing good things and that inspires me to want to keep going and work harder. Kindness promotes kindness. Goodness promotes goodness."

And, she notes, volunteering isn't all toil and trouble.

"Work, for me, is a so-

cial activity, and I'm blessed to do what I do. Yes, I work a lot, but I really love to do what I do."

Anyone who really loves what Kormos does for the community can tell her in person when she is formally honored as this year's Theodore Winters Award recipient at the Chamber's annual Year in Review celebration, planned for Saturday, Jan. 23, at the Community Center. No-host cocktails are at 6 p.m., and catered dinner at 7 p.m. Tickets are \$35 per person, available in advance only. Tickets will not be sold at the door. For tickets or more information, call the Winters Chamber of Commerce, 795-2329.

Free food will be distributed

The Food Bank of Yolo County will distribute egg noodles, instant milk, mixed fruit, peas and canned pork to eligible Winters residents on Friday, Dec. 18, at First Baptist Church, 512 First Street, 12-1:30 p.m., and on Monday, Dec. 21 at Yolo Housing, 62 Shams Way, 3-5 p.m. Participants may receive food at only one site. Bring a bag to carry food home.

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

Entertainment

Linvill will present Persian folktale at storytelling event

The next Children's International Storytelling Program at the International House Community Room, 10 College Park in Davis, is planned for Sunday, Jan. 10, 2- 3 p.m. (Doors open at 1:45 p.m.)

Mary Lou Linvill of the PennyRoyal Puppet Theatre will return to the Storytelling Program to present the Persian folktale, "The Fox." It will be performed in a walk-around theater.

An experienced actress and theatrical designer, Linvill is the founder of the PennyRoyal Puppet Theater, now considered one of the premier touring

puppet companies in Northern California. The PennyRoyal Puppets have performed for hundreds of enthusiastic audiences in elementary schools and libraries, as well as at art camps, festivals and San Francisco's Ghirardelli Square. Linvill, a Winters resident, has created a puppet theater that is lively, funny and emotionally engaging.

One Sunday afternoon per month, children of all ages with an accompanying adult, enjoy storytelling performances with an international content at the I-House.

Each storytelling

event is open to the public. There is no charge for International House members. There is a suggested donation for non-members: \$2 per person or \$5 per family.

For more details, send an e-mail to chips@internationalhouse.davis.org. More information on the Storytelling Program is available at www.internationalhousedavis.org/prog/children/st

International House Davis is an independent, nonprofit community organization. Its purpose is to promote respect and appreciation for all peoples and cultures.

Coming to The Palms



Courtesy photo

Acoustic guitarist/composer Peppino D'Agostino returns to The Palms on Saturday, Dec. 19, at 8 p.m. Considered to be one of the country's most distinguished acoustic guitarists, he was voted Best Acoustic Guitarist by readers of Guitar Player Magazine in May 2007. Tickets are \$20, and are available at Pacific Ace Hardware in advance, and at the door if not sold out. Visit www.peppinodagostino.com for more information about the artist.

New Year's Eve dance planned at The Palms

A New Year's Eve dance party with Tom Rigney & Flambeau is planned at The Palms on Thursday, Dec. 31, at 9:30 p.m. Tickets are \$30 per person, and are available at Pacific Ace Hardware in advance, and at the door if not sold out.

Tom Rigney, the fiery, electrifying violinist/composer, joins forces with some of the finest musicians on the San Francisco music scene to form Tom Rigney & Flambeau. This great band specializes in blazing Cajun and zydeco two-steps, low-down blues, funky New Orleans grooves, and beautiful ballads and waltzes. Most of the songs are composed by Rigney, but they also mix in a few classics from the Cajun/zydeco/New Orleans songbook. Tom Rigney and Flambeau were voted Best Cajun/Zydeco Band of 2004 by the West Coast Blues Hall of Fame. For more information, visit www.rigomania.com.

Square off for fun in new dance class

By **LESLIE DIFFEY**
Special to the Express

The unique vocabulary of square dancing keeps the dancers moving at a steady pace: grand right and left, allemande left, do-si-do, chain through, promenade, cloverleaf and Ferris wheel, to name just a few of the nearly 100 calls. When four "sets" (four couples arranged in a square) finally squared, caller Jim Diffey of the VacaValley Ramblers Square Dance Club will start the group off slowly, taking them through the steps of a country-western style song, the first of two in a pair that are called a "tip."

Square dancing is divided into several levels of proficiency. At the basic, or beginner, level there are 49 figures to be learned. At the next, mainstream, there are 69; in plus, there are 95. The VacaValley Ramblers are "plus" level dance groups now, and started dancing only a little over a year ago.

Today's square dancing, particularly western square dancing, is a far cry from the simple, repetitive steps used decades ago in PE classes on rainy days. It's lively, friendly and fun. Good callers create

choreography on the spot.

Gone, too, is the old style of music. Contemporary country western, fiddle and modern music may be the choice for the first number in a dance tip. The second song can be anything with the right beat, and the caller intersperses the calls with the regular lyrics. Diffey uses a variety of popular music, from All That Jazz and Freaky Town to tunes by George Strait.

A caller's job is to see that everybody gets to dance at their level of expertise. You need to respond to the skill level, energy and mood of the group on any given night, and vary the dance form each time so people can't anticipate what comes next and it doesn't become boring and routine.

What's nice about square dancing is that it doesn't matter who you are or what you do. People get into it for the fun and fellowship, with some easy, healthy exercise as an added benefit. Square dancing is both physical and mental exercise. One call flows into the next, so you're constantly walking smoothly from one step to another. Your arms help change direc-

tion and position, making the figures.

Because dancers have no idea what call is coming next, their minds are challenged and stimulated too. After a hard day's work, with lots of problems, if you go square dancing, you're concentrating so hard on the calls that you can't worry about problems. By the end of the evening, you're both physically and mentally refreshed.

Square dancing is an ageless pastime, with wide appeal. You make new friendships that often last a lifetime.

Beginners classes usually start in January or September and are only open for new dancers once a year. The VacaValley Ramblers Square Dance Club will have a new class beginning on Friday, Jan. 29, at 7 p.m. at the Masonic Hall, 897 Cotting Lane in Vacaville (just past the Reporter on Browns Valley Road). Adults, singles and families with youth 9 and up dancing with parents in the class can participate.

For more information, call Jim or Lessie Diffey, (707) 450-0380 jldiffey@sbcglobal.net, or visit www.vacavalleynamblers.com.

Bunko Bash will be Jan. 27

The Vacaville Museum Guild's Bunko Bash #18 will be held on Wednesday, Jan. 27, 2010, at McBride Senior Center, 91 Town Square Center, in downtown Vacaville. Everyone is invited to join the Guild at 6 p.m. for appetizers, wine and fellowship. Bunko begins at 7 p.m.

As always, there will be many great prizes to be won, all donated by the Museum Guild members, and all proceeds go to the Vacaville Museum.

Tickets are \$20, and are on sale at the Vacaville Museum, 213 Buck Avenue in Vacaville. Museum hours are Wednesday through Sunday, 1-4:30 pm.

For more information, call Karen Seiden, (707) 446-9063.

Science fiction costumes on display at museum

The California Museum is switching out the historical exhibition and making way for something fantastically orbital. Out of this World: Extraordinary Costumes from Film and Television, an exhibition highlighting Hollywood's most memorable science fiction and fantasy costumes, will be on display until Jan. 10.

Costumes and props from Star Wars, The Terminator, Star Trek, the Indiana Jones series and many more science fiction, action, and fantasy movies and television shows from the last 70 years illustrate how costume design incorporates color, style, materials, traditions and cultural cues to engage performers and audience members alike.

For example, Darth Vader's cape, helmet and light saber from Star Wars and The Empire Strikes Back will be on display. The Sith Lord's ominous look, created by John Mallo, was designed to trigger not only historical associations, but emotional ones as well. The costume was assembled

from four 20th Century Fox costume genres, combining a World War II German helmet, a monk's cloak, a motorcyclist's leather undersuit, and a medieval breastplate.

Among the 50 costumes and props exhibited are:

- ~ Leather jacket worn by Harrison Ford in Indiana Jones: The Last Crusade; accompanied by the Holy Grail, as well as Indy's whip and the headpiece from the Staff of Ra from Raiders of the Lost Ark

- ~ Leather jacket worn by Arnold Schwarzenegger in The Terminator

- ~ Hat worn by the Wicked Witch of the West in The Wizard of Oz

- ~ Starfleet uniform worn by Captain Jean-Luc Picard in Star Trek: The Next Generation

- ~ Tunic and sash worn by Captain Kirk in Star Trek

- ~ Costume worn by George Clooney as Batman in Batman & Robin

- ~ Luke Skywalker's light saber from Star Wars and X-wing pilot flight suit used in The Empire Strikes Back

- ~ Riddler costume worn by Jim Carrey in Batman Forever

- ~ Jumpsuit, proton pack, and utility belt worn by Dan Ackroyd in Ghostbusters II

- ~ Costume worn by Christopher Lambert as Connor MacLeod in The Highlander

- ~ Klingon warrior uniform used in numerous Star Trek films and television episodes

- ~ Mask, tunic, and gloves worn by the character Gorn, who fought Captain Kirk on Star Trek

The California Museum features California's rich history and its unique contribution to the world through ideas, innovation, art and culture. It is located at 1020 O Street in Sacramento, and is open Monday through Saturday, 10 a.m. to 5 p.m., and Sundays, 12-5 p.m. Admission is \$8.50/adults, \$7/students and seniors with valid I.D.); \$6/children ages 6-13, 5 and under, free. Parking is free on the weekends.

For more information, visit CaliforniaMuseum.org or call (916) 653-1752.

Pizza profits



Photo by Debra DeAngelo

Students at Shirley Rominger Intermediate School are selling Pizza factory coupon cards to raise money to update the obsolete computers in their classrooms. From left are (front) Daisy Franco, Marc Camerena and Elidia Palmeri, and (back) SRIS principal Pam Scheeline and Pizza Factory owner Gabe Ibarra. Pizza Factory is donating 100 percent of the proceeds to the school. A card campaign last spring raised enough money to update the school computer lab. The cards cost \$10 and the coupons are a \$50 value. They will be sold until Dec. 18 at Pizza Factory or from SRIS students, or call 795-6320 to purchase a card.

12-Step groups offer support

Alcoholics Anonymous and Narcotics Anonymous 12-step meetings take place each week in Winters at 305 First Street.

The “Kitchen Table” meeting of Alcoholics Anonymous takes place on Thursdays at 8 p.m. and Sundays at 9 a.m. Narcotics Anonymous meets on Wednesdays at 8 p.m.

Sports

Winters defeats Sutter

By ERIC LUCERO
Express sports

The Winters Warriors boys' soccer team started off its season with a 6-0 shutout over visiting Sutter on Tuesday, Dec. 8, at Shirley Rominger Intermediate School.

Winters scored three in the first half and three more in the second half.

Girls' soccer

The Winters Warriors girls' soccer team is still looking for its first win this season, coming close last week against Orland.

The Warriors started their season with a 5-1 loss to Esparto at home on Tuesday, Dec. 1. Winters played Sutter on Tuesday, Dec. 8, at home and lost 9-0.

On Thursday, Dec. 10,

On Thursday, Dec. 10, the Warriors traveled to Orland and came home with a 2-1 loss to the Trojans. The Warriors next game isn't until Jan. 5, when they travel to Gridley to take on the Bulldogs. Winters' next home game is Jan. 12.

Individual stats were not available at press time.

the Warriors played a good game on the road against Orland and almost came home with a victory. The game was tied at 1-1 at the half but the Orland Trojans outscored the Warriors 2-1 in the second half to pick up a 3-2 victory over the Warriors.

Individual stats were not available.



Photo By Eric Lucero

Orlando Rodriguez drives by two Sutter defenders during the Warriors' 6-0 shutout over the Huskies on Tuesday, Dec. 8, at Shirley Rominger Intermediate School.

Varsity boys beat Las Plumas in basketball tournament

By ERIC LUCERO
Express sports

The Winters Warriors boys varsity basketball team had a rough week losing three out of four games last week, but finished off the Live Oak Tournament with a 58-50 victory over Las Plumas.

Winters started the week on Tuesday, Dec. 8, hosting St Helena. After trailing by just one point at the half, 27-26, the Warriors were outscored 16-11 in the third and that would be the difference in the game as the Warriors fell to the Saints 54-48.

Vince Doyle led the Warriors with 12 points and younger brother

Niko Doyle followed with 9. John Botro and Zach Pangburn each scored 8 points. Sam Newman and Skyler Geerts each had 5 points, while Kevin Hyde had one point. Pangburn also pulled down 11 rebounds for the Warriors.

On Thursday, Dec. 10, the Warriors played in their first game of the Dixon tournament against the host team and lost to the Rams 59-47. Winters had a tough time keeping up with the Rams as they were outscored in each period.

Pangburn led the Warriors with a double-double, scoring 10 points while making all five of his shots and had 10 rebounds. Geerts fol-

lowed with nine points. Botro scored eight points, Riki Lucero had six, Newman scored four, Vince and Niko Doyle each had three, while Cody Romero and Hyde each scored two points for the Warriors.

In game two of the tournament on Friday, Dec. 11, the Warriors faced a tough Pleasant Grove team of Elk Grove and lost 82-33. The Warriors had a total of 29 turnovers in the game. Geerts had a big night, scoring 19 points to lead the Warriors. Niko Doyle scored 6 points, while Newman and Izrael Aguiler each scored 4 points.

On Saturday, Dec. 12, the Warriors traveled back down to Dixon to

take on league foe Las Plumas High School and came home with a 58-50 victory over the Thunderbirds.

Winters fell behind early but had a big second period to take the lead that they never relinquished.

Vince Doyle had the hot hand for the Warriors, scoring 22 points to lead the team. Geerts and Newman each scored nine points. Niko Doyle scored four points. Lucero, Hyde and Botro each scored four points, while Pangburn scored one point for the Warriors.

On Friday, Dec. 18, the Warriors will host Esparto for their final game before winter break.

Lady Warriors off to 6-2 start

By ERIC LUCERO
Express sports

The Winters Warriors varsity girls basketball team is off to an impressive 6-2 start under the direction of head coach Matt Cooley. Winters started the week with a 58-44 victory over Esparto on the road. Tess Hyer led the Warriors with a 23 point performance. Taryn Jones scored a double-double with 14 points and 10 rebounds. Haley Tobler scored 9 points. Ashlynn Neil scored 7 and grabbed 11 rebounds, while Britanie Hedrick added 5 points for the Warriors.

On Thursday, Dec. 10, the Warriors traveled to Arbuckle to compete in the Pierce High School Tournament and started the tournament with a 43-19 victory over Maxwell. Hyer led the team with 12 points, Neil had eight points and 12 rebounds. Hedrick scored 7 points and had five steals. Jones scored 6 and grabbed 13 rebounds. Tobler scored 5 points, Katie Clark scored 3 points and Taylor Bradbury scored 2.

On Friday, Dec. 11, the Warriors faced Sutter in their second game and let a close one slip away. Winters lost 47-44 to the Huskies but not without a fight. The Warriors

outscored the Huskies in the second and fourth periods by four points but were outscored by seven points in the first and the third periods.

"We played ok but the lack of experience shows up at times," said coach Matt Cooley. "We had 22 turnovers against Sutter. We are learning more every game and with only seven players there isn't any scrimmage time at practice so it makes it hard to run plays and work on full court stuff."

On Saturday, Dec. 12, the Warriors faced Live Oak in their final game and came home with a 65-29 thrashing over the Lions. Jones had a big game with 21 points and 17 rebounds. Hyer put in 20 points and had a double-double as well as Jones with 12 rebounds, 10 of those were offensive rebounds and had eight steals. Neil scored 16 points, Tobler and Bradbury scored 3 points each, while Clark scored 2 points for the Warriors.

Notes: Hyer was named to the Pierce High School All Tournament Team last Saturday, Dec. 12. She helped lead the Warriors to a 2-1 record in the tournament by averaging 15 points, seven rebounds, four assists and four steals per game.

JV boys hoopsters lose 4 straight but improve

By ERIC LUCERO
Express sports

The Winters Warriors JV boys' basketball team lost four games last week but coach Tom Crisp was pleased with the team's improvement toward the end of the week.

"In the tournament, we came up against teams that had an obvious size and strength advantage over us," Crisp said. "In the last game against Pioneer, however, there were definitely signs of progress in our offense and defense. Our defense actually created scoring opportunities for us."

Winters started the week against visiting St. Helena on Tuesday, Dec. 8, and lost 48-40. Chris Mayes led the Warriors with 16 points. Nick Mariani scored 8 points. Keli Callison and Adam Martinez each scored seven points, while Eli Layne scored two points for the Warriors.

On Thursday, Dec. 10, the Warriors competed in the Dixon tournament and started off against a tough Davis team and lost

66-25. Kevin Lane and Mariani each scored 6 points to lead the Warriors. Callison and Layne each scored 4 points, Justin Crabtree and Brandon Emery each scored 2 and Mayes had 1.

On Friday, Dec. 11, the Warriors faced another tough team in Inderkum High School, and lost 72-26. Mayes scored 11 points to lead the Warriors. Layne scored 7 points, Mariani scored 5 points, Callison and Martinez each scored 3 points, while Crabtree

and Emery each had 4.

Winters returned to the Dixon gym on Saturday, Dec. 12, to take on Pioneer in their final game of the week. Winters played a much better game and were tied at 23 at the end of the first half.

A poor offensive performance hurt the Warriors in the third period when they only scored 3 points but Pioneer only scored 6. Winters couldn't make up the difference, though, outscoring the Patriots just 7-6 in the fourth, losing 35-33.

PISANI'S ATHLETE OF THE WEEK



Taryn Jones

Taryn Jones, a senior on the Winters Warriors varsity girls' basketball team, is this week's athlete of the week.

After receiving All Tournament honors last week, Jones kept her statistics up in the next four games as she averaged a double-double with 14.5 points, 12 rebounds and six blocks per game.

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First 5 Yolo offers tips for boosting children's growth, brain development

The New Year is a time for renewal and an opportunity to make a fresh start. While young children can't set their own goals, parents and caregivers can resolve to focus on fostering their children's healthy growth and development.

"Infants start learning and exploring from the day they are born – and 90 percent of their brains develop in their first 5 years," said Julie Gallelo, executive director of First 5 Yolo. "As a child's first teacher, parents play an important role in helping him or her grow up to be healthy and ready to learn."

First 5 Yolo offers these tips to help parents and caregivers foster healthy child development as we ring in the New Year.

Start a conversation

Develop your infant's language skills by talking with him or her often. Not only is language the foundation for your child's thinking and communication skills, it also helps to nurture bonds of love and trust between a parent and a child.

~ Encourage your baby to make sounds and be sure to respond.

~ Talk, sing and rhyme to your infant – it helps him or her learn new words.

~ Read daily to your baby and repeat stories to stimulate language and listening.

Teachable moments

Whether you're running errands or driving to school, make the most of opportunities all day to teach toddlers and preschoolers new lessons.

~ Involve your child in activities like shopping at the supermarket. For example, discuss shapes when choosing fruits and vegetables in the produce section.

~ Point to signs and traffic lights to teach words and colors while you're driving.

~ Remind your child to say "please" and "thank you" when asking for help at the library or checking out books.

Encourage curiosity

~ Being curious is important because it's how children learn. By asking questions and finding answers, kids discover ways to solve problems and how the world works.

~ Ask your toddler questions that require

more than a "yes" or "no" answer. This fosters thinking and communication skills.

~ Play with your child and encourage imaginative thinking.

~ Try new activities, like gardening or cooking, to stimulate your children's minds.

For more information about healthy child development and information on First 5 Yolo's programs, services and resources, visit www.first5yolo.org.

About First 5 Yolo

Research shows a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. In November 1998, California voters passed a statewide ballot initiative to add a 50-cent-per-pack tax on cigarettes. The funds collected are utilized to fund education, health and childcare programs that promote early childhood development from prenatal through age 5. For more information about First 5 Yolo, visit www.First5Yolo.org.

Many vaccinations available

By CHERYL BONEY
Yolo County Health Department
Special to the Express

Some diseases are rare because so many people have been vaccinated against them. Entire communities benefit from this kind of protection because the individuals who have been vaccinated do not get sick and are not able to share the disease with anyone else who may not be vaccinated. This holiday season continue to give the gift of good health to family members and your community by keeping up to date on vaccinations.

Your healthcare provider can determine if you are up to date on your vaccinations. If you do not have a healthcare provider, the Yolo County Health Department provides some vaccinations to the public.

The Yolo County Health Department provides a broad base of childhood vaccinations and limited adult vaccinations. Vaccines are provided only during specified clinic hours. The new clinic hours

are Mondays and Wednesdays, 2-5 p.m. beginning Monday, Jan. 4. The clinic is closed through Jan. 1. It is located at 137 N. Cottonwood Street, Suite 1200, in Woodland.

Childhood and adult vaccines are \$10 for the first vaccine and \$3 for each additional vaccine at time of service. Insurance billing is not available. Only cash or checks are accepted. No child will be refused an immunization based on inability to pay the administration fee. No seasonal or Novel H1N1 flu vaccine are being provided through the vaccine clinic at this time.

We ask that everyone wanting a vaccine, both adults and children, always bring their immunization card, if available, for accurate and complete immunization recommendations. The Yolo County Health Department participates in the California Immunization Registry, which allows immunization records to be accessed at participating doctors' offices and clinics. Opting out of inclusion in the Registry can be shared when checking in at the vaccine clinic.

Family-friendly activities planned at Solano Land Trust's Rush Ranch

Saturday, Dec. 19, promises something fun to do for every member of the family at the Solano Land Trust's historic Rush Ranch on Suisun Marsh. Meet docents at the Rush Ranch map on the eastern exterior wall of the Nature Center at 9 a.m. Dress for the weather, bring binoculars if you have them, and enjoy an easy and informative one to two hour trail walk.

The free fun begins with a guided interpretive walk, "Getting the Rush," at 9 a.m. Volunteers Dave Neivelt, Joanne Gregor and Rebecca Mannion will introduce guests to rare marsh plants and ecosystems, scenic views, the rich human history of the ranch from Native Americans to 19th century pioneers, and birds (from raptors to songbirds) and other wildlife.

Then stop by the historic Rush Ranch Blacksmith Shop between 10 a.m. and 1 p.m. to join in an interactive demonstration with volunteer smithy Virgil Sellers of the Rush Ranch Educational Council. Sellers will share traditional blacksmithing tools and equipment as he powers up the forge in the little shop in the center of the ranch. Make your own iron nail or other keepsake!

The third treat for visitors to Rush Ranch is offered from 11 a.m. to 1 p.m., when volunteers of Access Adventure provide rides around the ranch on wagons drawn by strong but gentle giant draft horses. The wagon is specially equipped for persons with limited mobility, including a solar powered wheelchair lift. Able-bodied riders are also welcome.

Michael Muir and the Access Adventure volunteers allow those with limited mobility to experience the freedom and excitement of exploring beautiful open spaces like the 2,070

acre Rush Ranch, with highly trained horses and experienced drivers. These fun family activities are offered free on the third Saturday of each month.

Purchased in 1988 by Solano Land Trust, Rush Ranch provides recreational and educational opportunities to thousands of visitors each year. Several miles of self-guided hiking trails and interactive educational exhibits in the new Nature Center are open daily from 8 a.m. to 5 p.m. The Suisun Hill Trail, across

Grizzly Island Road from the ranch entrance, is the only SLT trail where dogs are allowed to hike with their owners.

Rush Ranch Open Space is located approximately two miles south of Highway 12 on Grizzly Island Road. From Highway 12 in Suisun City, head south on Grizzly Island Road for about two miles. Sign and wide entrance gate are on the right.

For more information on Rush Ranch call Teri, (707) 432-0150, extension 200.

Schools

JV girls open season with basketball win

By **ERIC LUCERO**
Express sports

The Winters Warriors JV girls' basketball team opened up its season with a 35-10 victory over the visiting Woodland Christian Cardinals on Tuesday, Dec. 1. Ilene Reynoso led the Warriors with 16 points.

On Tuesday, Dec. 8, the Warriors faced Esparto and lost 42-24 to the Spartans. Winters had a tough time getting things going but coach Teresa Perkins liked the play of Emma Young.

"Emma played well breaking the press," Perkins said.

On Thursday, Dec. 10, the Warriors played in the Pierce Tournament and faced Maxwell in their first game of three, picking up a 26-10 victory.

"The girls are working hard to start the season with a winning record," Perkins said. "We only have six players eligible at this time and all players have scored and contributed to our early success.

"We are led by sophomores Ilene Reynso, Emma Young, and Sarah Selby. Freshmen that are making an impact are Alex Balasek, Paige Wright and Camille Shea Lichter."

Solano Community College registration begins online

Solano Community College began online open registration for the 2010 spring semester on Dec. 14. Students who already have an application on file can begin to enroll in spring classes, which begin Jan. 20.

"We are encouraging all students to register early to get the classes they need and want," said Robin Steinback, vice president of academic affairs. "Demand for classes continues to grow while class offerings are limited due to state budget cuts. Registering early is the best way for students to get the classes they need to achieve their educational goals."

Information on completing an online application and enrolling online for classes is available at www.solano.edu. First-time students should click on "New Students Start Here!" Continuing students should click on MySolano, the main portal for the online listing of classes.

The online listing of classes is updated daily and shows available seats and any course changes, such as added or canceled classes, which occur after the printed version is issued. The printed version of the 2010 Spring Schedule of Classes, in pdf format, is available online. The printed version was mailed to local residences on Dec. 9.

Students are required to pay for classes within 10 days of registering. Continuing students must pay all past debts before they can enroll in spring classes. A link on the College's Web site, "Pay Your Fees. Quick-steps Here," provides information on how to pay debts, online or in person.

New students are encouraged to attend free orientation sessions to learn skills and receive information that will help them become successful in college. Orientation dates are on the college's Web site under counseling and listed in the printed version of the Schedule of Classes.

Solano Community College is accredited by ACCJC and serves more than 18,000 students each year. It offers basic skills classes, vocational education certificates, and transfer programs to four-year universities, along with two-year degrees. Classes are offered at the Fairfield campus, and at centers in Vacaville, Vallejo, and Travis Air Force Base.



Photos by Pam Scheeline

Students of the months

Above, Winters Middle School's Students of the Month for September were, from left, Eugene Myers (sixth grade), Lilia Walton (sixth), Vic Maldonado (seventh), Madison Nicholas (seventh), Guadalupe Pantoja (eighth) and Connor Brickey (eighth). Students are nominated by staff and selected by a committee. Two students from each grade level (a girl and a boy) are chosen based on scholarship, leadership, citizenship and service.

Below, October's Students of the Month were, from left (front) Billy Johnson (sixth grade), Alexandra Cushman (eighth), Mitchel Stewart (seventh); (back) Caitlin Mazzoleni (seventh), Andrea Martin (sixth) and Olivier Giroux-Ayotte (eighth).



Sign-ups for youth hoops are extended

The deadline for youth basketball sign-ups has been extended to Monday, Dec. 21. Completed registration forms and fees can be dropped off a City Hall by 5 p.m. Registration are available at City Hall or on the City's Web site, www.cityofwinters.org.

Registration fees are \$35 per player, and boys and girls in grades K-8 may play. Games are played on Saturdays at the high school gym from Jan. 9 through Feb. 20.

For more information, call 795-4910.

Scouts hand out honors

By **TOMMY ANGUAY**
Special to the Express

Troop 998 of Winters held a Court of Honor, on Wednesday, Dec. 9, at the Church of Jesus Christ of Latter-day Saints.

Conducting the Court of Honor was Cody Szovil, Rank of Life. The theme for the meeting was "Rise up O men of God".

After an opening prayer by Brian Zanger and the flag ceremonies, Scoutmaster Ruben Martinez and Assistant Scoutmaster Aaron Drumright gave their talks on Moral Integrity.

Next, crew advisor Dave Hudson handed out event patches for Merit Badge Saturday and the Capitol March. He also recognized Dawn Stewart for her work as advancement

chair and her dedication to our scouting program.

A new award was announced by Hudson: The Spirit Award. This award will be presented at each Court of Honor to the scout who best exemplifies the scouting traditions and values.

This award is meant to be an extra incentive for the scouts of 998. The award was a "pro rod and reel" and the first recipient was Bo Anguay, Rank of Life.

Scoutmaster Ruben Martinez handed out rank advancements to Mitchel Stewart First Class and to Kiami Drumright Rank of Star. Several merit badges were also handed out.

Troop 998 Scouts will assist at Helping Hands this Saturday and also start preparing for the Klondike Derby next month.

Nuestras Noticias

Los Latinos y la tecnologia

El desarrollo de la nueva tecnología de nuestra época, nos ofrece cada día una nueva alternativa para los hispanos de Estados Unidos. Internet y la televisión por satélite se presentan como una voraz competencia para los medios tradicionales dirigidos a la comunidad latina. Es de notar que en Estados Unidos hay más de 400 publicaciones en español entre diarios, semanarios y revistas mensuales, en la inmensa mayoría de ellas con ediciones digitales. También hay un número notable de cadenas de televisión y centenares de emisoras de radio.

Pero igualmente es necesario tomar en cuenta que sólo Google ofrece a los navegantes en español 700 fuentes informativas en su área de noticias, la mayoría periódicos, espacios digitales y agencias de prensa. Pero si estos navegantes son bilingües, la oferta es mucho mayor, con otras 4.500 fuentes en inglés. Las descargas de

música y las posibilidades de compra directa de productos y servicios son también impresionantes. Sobre todo los más jóvenes son cada día más propensos a divertirse e informarse a través del teléfono celular, que es uno de los medios de comunicación más poderosos de nuestro tiempo.

No hay que descartar, a nivel global, el fortalecimiento de la familia de bloggers. Hoy día cualquier ciudadano puede tener un blog gratuito, y exponer allí sus opiniones, reportar noticias y colocar fotos, audio y videos para informar y entretener a la gente. Como parte de este fenómeno, nació MySpace Latino. Esta es también una de las muchas ofertas que caen en manos de las grandes audiencias. Cualquier canal de televisión del mundo se puede captar por Internet — si está en Internet — por lo que no es necesario esperar a que las compañías de cable y satélite los acepten en su lista de medios. Mucha gente

está viendo televisión en su computadora... y en su celular. Desde mucho antes, revistas y periódicos muy conocidos han estado en la red, y son la columna vertebral de las 700 fuentes en español de Google Noticias.

¿Cómo entender esta variedad? Muy simple. Como ocurre con cualquier otra variedad, con ésta asistimos a una segmentación del mercado de audiencias latinas, debido a esta abrumadora oferta. Un estudio reciente sobre los hispanos, presentado por el Instituto de Política Tomás Rivera de la Universidad del Sur de California, revela que la cantidad de familias hispanas con ingresos superiores a los 100 mil dólares al año aumentó 126 por ciento, entre 1991 y 2000 mientras que una investigación de Nielsen Monitor Plus mostró que el gasto publicitario de las grandes empresas en los medios en español subió 2.3 por ciento en el primer semestre de 2007, para un total de dos

mil 870 millones de dólares.

Lo más interesante de este último estudio es que ese tipo de gasto en la televisión por cable o satélite experimentó un aumento del 75 por ciento, el crecimiento más alto de todos los espacios publicitarios, gracias en gran medida a la entrada en el juego de Fox Sports en Español. De no ser por ello, ese apartado habría crecido sólo 29 por ciento. El gasto publicitario en la televisión tradicional sólo creció 0.6 por ciento y en radio, 1.2 por ciento. Los periódicos locales en español sufrieron una caída de menos 0.4 por ciento. Pero, ¿para qué sirve todo este ajedrez de números? Pues sirve para entender que los medios de comunicación en español de Estados Unidos parecen estar obligados a producir su propia revolución. Esta revolución obligatoria podría significar una hecatombe para aquéllos que no estén dispuestos a ponerse a la altura de las circunstancias.

Las adicciones

Los adolescentes al vivir una etapa de crisis y al tratar de evadir los problemas, buscan salidas fáciles o formas de olvidarlos, por ejemplo por medio del alcohol y las drogas. Muchas veces las adicciones surgen por problemas dentro de la familia (incomprensión, falta de comunicación, golpes, maltrato intrafamiliar, rechazo, padrastrós, abandono, falta de recursos económicos, dificultades escolares, pobreza absoluta y desamor), al sentir que no son queridos en los hogares, los adolescentes tienen la impresión de no ser escuchados o tomados en cuenta.

Caen en un error al tratar de solucionar los conflictos por medio de las drogas, creyendo que sólo van a ingerir una vez la sustancia, pero en realidad se genera la costumbre o la adicción, esto ocasiona que los problemas familiares aumenten, ya que la droga consumida es más fuerte, y al no querer o poder dejarla, a veces los adolescentes optan por abandonar el hogar, convirtiéndose en niños de la

calle, en la que se exponen a riesgos de gran magnitud como contraer enfermedades, ser golpeados, soportar abusos, explotación, hambre y abandono.

El tiempo que persista el efecto de la droga en su organismo, es equivalente al del abandono de sus problemas, después, todo vuelve a la realidad, las situaciones preocupantes siguen ahí e incluso aumentan por la adicción generada. También recurren a las drogas cuando se presentan problemas en su alrededor. Por ejemplo: Al no ser aceptado por los amigos o una condición para ingresar a cierto grupo es el ingerir droga, ser como ellos, imitarlos, hacerles creer que “los viajes” son lo máximo, o lo peor, caer en la influencia social. Los adictos pueden hacer los comentarios que quieran sobre la persona que no está dispuesta a entrar en las drogas; los adolescentes deben ser muy conscientes de sí mismos y mantener su postura de decir NO.

Los jóvenes que no quieren consumir la sustancia, deben saber

cuidarse de las amistades que manifiestan insistencia, pues su obsesión puede ser tan grande que estarán buscando el momento adecuado para inducirlos, por ejemplo, pueden disolver la droga en su bebida o en sus alimentos. Éstos esperarán el momento en que haga efecto la droga para poder dañarlos. Nunca deben aceptar estas cosas por parte de personas adictas y lo más conveniente es alejarse de ese tipo de grupos, que suelen llamarse “amigos”.

Ser problemático puede ser causa de la influencia de los compañeros, como hacerlos caer en la delincuencia. Ya que los robos que son realizados por adictos, no son primordialmente por cuestiones de hambre, sino por la necesidad de seguir drogándose. Esto ocasiona tener problemas con las autoridades y posteriormente ser sometidos a las cárceles. Cuando los adictos aún están en sus casas, presentan depresión y aislamiento mental, lo que provoca bajo

Via **ADICCIONES** la paginación **B-5**

Adolescentes felicesy

La Violencia juvenil, alcohol y drogas son la dificultad que tienen para adaptarse a una cultura diferente. ¿Qué puede hacer? Los problemas son frecuentes entre muchos adolescentes latinos en Estados Unidos. Aunque a veces nos cueste entenderlo, estos comportamientos peligrosos de nuestros hijos pueden ser provocados por no adaptarse a una cultura que no es la de ellos. Además del estrés natural por el que pasan todos los adolescentes en esta etapa de crecimiento y cambios, cuando la cultura en la que viven es diferente a la de la familia, el estrés puede aumentar aún más.

Tanto para los adolescentes que inmigraron recientemente a los Estados Unidos como para aquellos que nacieron en este país pero su familia es inmigrante, la aculturación y la discriminación racial son problemas con los que tienen que lidiar a diario y que muchas veces los llevan a tomar decisiones equivocadas y asumir compor-

tamientos riesgosos para la salud y para la vida. Un estudio encontró que los adolescentes latinos que estaban más involucrados con sus familias y la cultura de su país de origen (o el país de sus padres) tenían niveles más altos de autoestima y menos problemas de adaptación social, sentimientos de desesperanza e interés en las drogas y el alcohol.

Si tienen dos culturas No impongas una ni niegues otra, ni los pongas a elegir entre las dos. Ayúdales a que se sientan identificados con su cultura nativa (o la tuya, si ellos nacieron en Estados Unidos), y acepta que la compartan con esta nueva cultura en la que viven. Es probable que empiecen a combinar idiomas, que a veces prefieran una comida sobre otra, o que quieran hacer cosas típicas de la cultura norteamericana para tener aceptación de sus amigos. Es normal y, a diferencia de lo que podrían pensar algunos padres latinos, no pone en riesgo sus raíces.

Recuérdales a tus hijos quiénes son y de dónde vienen, a través de la comida, el idioma, la música, las fiestas nacionales y las tradiciones familiares. Y demuéstrales cómo vivir las con orgullo, aunque otras personas de su comunidad no las entiendan. Los niños y los adolescentes siempre van a cuestionar o rechazar lo diferente al principio, pero tarde o temprano aprenderán a valorarlo.

Los vínculos familiares fuertes son importantes para evitar que los adolescentes caigan en comportamientos riesgosos, especialmente cuando se sienten discriminados o que no los entienden. A pesar de que tu hijo prefiera muchas veces estar con sus amigos o en la calle, insiste en pasar tiempo en familia a la hora de la cena, los domingos, o salir de paseo juntos. La unión familiar de los latinos es un valor que vale la pena mantener y cultivar.

El hablar con tus hijos con frecuencia es clave para que crezcan con

confianza y para que aprendan a tomar decisiones adecuadas y saludables en la vida. Y recuerda que el diálogo es entre dos, así que es importante que los dejes hablar y los escuches con respeto. Ellos también querrán decirte cómo es su vida fuera de casa, cómo se están adaptando a esta nueva cultura y qué les incomoda. Así podrás entenderlos mejor y ayudarles.

Recuerda que de esta mezcla de culturas han surgido también muchos latinos exitosos en Estados Unidos en la música, la actuación, el periodismo, los deportes y hasta en la Corte Suprema de Justicia.



JUAN FERNANDEZ

EVENTOS Y COMENTARIOS HISPANOS

Signos de la navidad

Aquí en los Estados Unidos la tradicional época de navidad, comienza después del Día de Acción de Gracias. La Navidad era originalmente una celebración estrictamente religiosa en la que se celebra el nacimiento de Jesucristo el 25 de Diciembre. En los Estados Unidos se ha vuelto muy comercial y una celebración secular. Las tiendas departamentales, centros comerciales y las pequeñas tiendas decoran muy elaboradamente sus establecimientos e inducen a los clientes a gastar abundantemente en presentes navideños. Sin embargo, para mucha gente la Navidad aún retiene un serio significado religioso. Es la ocasión para una reunión familiar anual y crea en todo el país una atmósfera de generosidad y buena voluntad conocida como el “Espíritu Navideño”

Santa Claus se creó originalmente basándose en San Nicolás quien fue un obispo Europeo muy conocido por su generosidad al dar regalos a los vecinos pobres durante los duros inviernos. En los Estados Unidos, Santa Claus se presenta usualmente como un hombre alegre y gordo, con una gran barba blanca y vestido con un traje rojo. El conduce un trineo mágico que es jalado por ocho renos y vuela alrededor del mundo, la noche anterior a la Navidad, entregando juguetes y dulces a todos los niños.

Muchas familias colocan un pequeño árbol en sus hogares y lo decoran con luces de colores y alegres adornos. En la mañana de la Navidad, los niños despiertan para encontrar sus regalos en vistosas envolturas bajo el árbol de Navidad. Los pequeños, a menudo cuelgan medias vacías en la chimenea e igualmente las encuentran llenas de dulces y pequeños juguetes. Las familias decoran sus hogares para la temporada de fiestas adornando con luces el exterior y los pequeños árboles y setos de su propiedad. Los vecindarios toman una apariencia festiva y alegre cada noche. Algunos son tan extravagantes que rodean sus casas con miles de luces y hasta colocan a Santa Claus, a los renos y a hombres de nieve, iluminados y de tamaño normal, en sus jardines o en sus techos. Muchas iglesias y casas colocan nacimientos iluminados que conmemoran el humilde nacimiento de Jesús.

Durante esta estación, mucha gente intercambia tarjetas de Navidad o tarjetas de felices fiestas. Las tarjetas son enviadas por correo a amigos, vecinos, parientes y asociados en los negocios durante el mes de Diciembre. Si usted recibe una tarjeta no es necesario enviar una de regreso ya que algunas personas simplemente no mandan tarjetas.

Las actividades típicas en el mes de Diciembre son, las compras de regalos de Navidad o de Hanuka e ir a fiestas navideñas. En las fiestas normalmente encontramos bastante comida, bebida y alegría. La Nochebuena y la Navidad son reservadas para la observación religiosa y para las celebraciones familiares. Los miembros de la familia, cercanos y lejanos, se reúnen en la Navidad para la fiesta de celebración anual. Cuando lo inviten a una fiesta familiar, es apropiado que traiga consigo un pequeño presente para la familia. Si hay niños, los dulces y algún pequeño regalo son muy apreciados.

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Real Estate

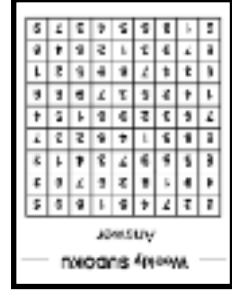
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Classified Advertising

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MOMENTS IN TIME The History Channel

- On Dec. 28, 1869, the Knights of Labor, a labor union of tailors in Philadelphia, hold the first Labor Day ceremonies in American history. The Knights of Labor was established as a secret society of Pennsylvanian tailors earlier in the year.
- On Dec. 29, 1878, the first game is played between two teams of the first professional baseball league in Cuba. Baseball had first been introduced in Cuba around 1864, when some students returned home from studying in the United States and introduced their fellow islanders to the bat and ball.
- On Jan. 3, 1892, legendary author John Ronald Reuel Tolkien is born in Bloemfontein, South Africa. In 1925, he became a professor at Oxford. As the legend goes, Tolkien found a blank page in a student's examination book while grading papers one day and wrote on it: "In a hole in the ground there lived a hobbit." This idea grew into the eminently successful children's book "The Hobbit."
- On Dec. 30, 1905, French driver Victor Hemery, driving a gasoline-powered Darracq automobile, sets a new land-speed record in Arles-Salon, France. He reached a speed of 109 mph.
- On Jan. 2, 1941, the Andrews Sisters record "Boogie Woogie Bugle Boy" on Decca Records. The song became a classic World War II hit. The Andrews Sisters were the most popular "girl group" of their time, selling millions of records and setting the stage for the "girl group era" of the mid-1960s.
- On Jan. 1, 1951, the Zenith Radio Corp. of Chicago demonstrates the first pay television system. The company sent movies over the airway via scrambled signals, and the 300 families who participated in the test could send telephone signals to decode the movies for \$1 each.

Weekly SUDOKU
by Linda Thistle

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Place a number in the empty boxes in such a way that each row, column, each 3x3 subgrid and each small 3x3 square contains all of the numbers from one to nine.

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★ Moderate ★★ Challenging
★★★ HOO BOY!

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It's the season to be Dungeness crabby

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

At last! Crab season is here, and despite pre-season concerns that it might be a slim year, as the 2008-2009 season was, this year looks promising.

Pat O'Shea, a fisherman as well as fishmonger, sells his wares, now including Dungeness crab, at nine Bay Area farmers' markets, including the Davis Farmers' Market, where he told us, "Going to be good. Not great, but not as bad as everyone predicted. Quite a few legal size crabs, 6 1/4-inch, full and healthy. Of the 50 pounds of crab we are catching in a pot, we are saving 6 to 8 pounds for market, the others are too small, and will be ready this spring."

O'Shea has been commercially fishing for almost 50 years, so he has seen a lot of crab seasons. Let's hope he's right for this year.

If you've ever been out crabbing, you know the pots are wire net traps that are baited with anything from cans of open cat food to chopped up chicken – bones and all – and dropped down to the depths of the ocean floor, where the crabs spend their lives.

Depending on the weather, currents, and swells, the crabs may be close in and in shallow water, or far out and in the deeps. Commercial fishing pots are set by the fishing boats, and left for 12 to 24 hours, when the boats return and make the rounds, hauling up the pots.

The crabs are hand sorted on deck, with all females being tossed



Dennis O'Shea and his daughter Megan show off their crab at the Davis Farmers' Market.

Courtesy photo

back into the ocean and the males selected for size. Commercially, they must measure 6 1/4 inches in diameter, a measure which is taken at the widest part of the carapace. For sport fishing it is slightly less, 5 3/4 inches. Females can be identified by their rounded belly flap. A male's flap is pointed, more like an arrowhead.

Ann, who grew up in Berkeley, remembers taking crab nets (smaller versions of the commercial pots) out on the Berkeley pier and dropping them over the side.

However, today, it is illegal to fish anywhere in San Francisco Bay – the catch must come from the ocean, and for our area, that means if you are purchasing locally caught crab, they will be coming from the briny waters roughly from Pigeon Point in San Mateo County north to the Mendocino County line.

The season for California's northern districts, those north of the Mendocino County line, opened on Tuesday, so in addition to our own San Francisco area, we now will be seeing crabs from that region in the markets as well as those from the Pacific Northwest.

Last week, when we talked to O'Shea, he said his catch was coming mostly from the Pacifica and Half Moon Bay area, where he sets out with the boat he and his partner own: a 40-foot crab-fishing boat, 12-feet wide, from which he pulls about 2,000 pounds of crab per season.

O'Shea cooks most of his catch, but last week at the Davis Farmers' Market his son, Dennis, was selling live crab as well.

The local Dungeness crab season extends to mid-summer, but it is essentially over when most of these males are picked off the ocean floor. Last year O'Shea said he stopped crab fishing in February – that it wasn't worth the gas money to go out.

In most years, 80 percent of the catch is made in the first four to six weeks of the season – another very practical reason to have local Dungeness crab sooner rather than later, and certainly all through the holiday season.

—*Georganne Brennan and Ann Evans have a food marketing and consulting firm, Evans & Brennan LLC. They co-lead Slow Food Yolo. Reach Georganne at gbrennan@yolo.com and Ann at annmevans@aol.com.*

ADICCIONES

Continuado de la paginación B-5

rendimiento o ausentismo escolar y mala comunicación familiar.

En ocasiones los jóvenes con una curiosidad insana, por observar que algunos adolescentes de su edad imitan el acto de probar y sentir el uso de cualquier droga.

Además algunas drogas como los inhalantes, son de fácil acceso para ellos, son autorizadas y vendidas a bajo costo en cualquier abastecimiento, lo que ocasiona ventaja de consumo. Al aceptar el organismo la tranquilidad y relajación del efecto de la droga, ocasiona que éste exija el consumo nuevamente, pero con la misma dosis ya resulta insuficiente, lo que hace aumentar cada vez más la cantidad para sentir los mismos efectos, dando paso a la adicción. Algunos jóvenes que experimentan el sentir de bienestar o el sim-

ple hecho de “andar en un viaje” y que al consumir la droga su organismo los rechaza de una forma brusca, por lo general éstas personas no vuelven a intentarlo.

Cuando surgen los problemas en la vida de algunos adolescentes (regalos, golpes, desconfianza, incompreensión, conflictos económicos en la familia, padres adictos o divorciados, dificultad de aprendizaje escolar, etc.), reflejan una gran depresión emocional, en la que pueden sentirse llenos de rencor, ira y vergüenza, por el comportamiento de los padres, amigos o conocidos. Estos jóvenes buscan la manera de que no les afecte gravemente en su estado emocional y utilizan una forma de salir de ellos con ayuda de una adicción. Los problemas generalmente ocasionan en los adolescentes depresión, sentimiento de culpa, autoestima baja, evasión de la realidad, desamparo y prepotencia.

Classifieds SPORTS QUIZ

By Chris Richcreek

1. Name the only National League team to win two World Series since 1983.

2. Which was the last major-league team to lose the World Series one year and win it the next?

3. In 2008, New Orleans quarterback Drew Brees fell just short of Dan Marino's single-season mark of 5,084 passing yards, with 5,069. Whom did Brees replace as No. 2 on the all-time list?

4. How many consecutive years has the University of Wisconsin men's basketball team made the NCAA Tournament?

5. Who was the first European defenseman to tally 1,000 points in the NHL?

6. Entering 2010, how many consecutive World Cups had the U.S. men's soccer team played in?

7. Whom did Muhammad Ali beat to become the first three-time heavyweight boxing champion?

Answers

1. The Florida Marlins (1997, 2003).

2. The Oakland A's in 1988-1989.

3. Kurt Warner had 4,830 passing yards for St. Louis in 2001.

4. Eleven consecutive years.

5. Detroit's Nicklas Lidstrom in 2009.

6. Five, beginning in 1990.

7. Leon Spinks, in 1978.

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Trustee's Sale

NOTICE OF TRUSTEE'S SALE T.S. No. 1152979-02 APN: 003-472-07-1 TRA: LOAN NO: Xxxxxx4929 REF: Grisham, Rebecca IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED August 17, 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. On January 12, 2010, at 9:00am, Cal-Western Reconveyance Corporation, as duly appointed trustee under and pursuant to Deed of Trust recorded August 23, 2005, as Inst. No. 2005-0041474 * in book XX, page XX of Official Records in the office of the County Recorder of Yolo County, State of California, executed by Rebecca Stuart Grisham and Timothy Bair Wife And Husband, will sell at public auction to highest bidder for cash, cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank At the rear (north) entrance to the city hall building 1110 West Capitol Avenue West Sacramento, California, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: Completely described in said deed of trust *-00 re-recorded 12-9-05 inst no. 2005-0061216-00 The street address and other common designation, if any, of the real property described above is purported to be: 1028 Eisenhower Way Winters CA 95694 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 held, but without covenant or warranty, express or implied, regarding title, possession, condition or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured 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: \$276,789.68. 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. 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. Regarding the property that is the subject of this notice of sale, the "mortgage loan servicer" as defined in civil code § 2923.53(k)(3), declares that it has obtained from the commissioner a final or temporary order of exemption pursuant to civil code section 2923.53 and that the exemption is current and valid on the date this notice of sale is recorded. the time frame for giving a notice of sale specified in civil code section 2923.52 subdivision (a) does not apply to this notice of sale pursuant to civil code sections 2923.52. This California Declaration is made pursuant to California Civil Code Section 2923.54 and is to be included with the Notice of Sale. I, Jaimee Gonzales, of Wachovia Mortgage, FSB ("Mortgage Loan Servicer"), declare under penalty of perjury, under the laws of the State of California, that the following is true and correct: The Mortgage Loan Servicer has obtained from the Commissioner of Corporation a final or temporary order of exemption pursuant to California Civil Code Section 2923.53 that is current and valid on the date the accompanying notice of sale is filed AND The timeframe for giving notice of sale specified in subdivision (a) of Civil Code Section 2923.52 does not apply pursuant to Section 2923.52 or 2923.55. Date: 7/22/09 Name of Signor: Jaimee Gonzales Title and/or Position: Vice President For sales information: Mon-Fri 9:00am to 4:00pm (619) 590-1221. Cal-Western Reconveyance Corporation, 525 East Main Street, P.O. Box 22004, El Cajon, CA 92022-9004 Dated: December 08, 2009. (R-280658 12/17/09, 12/24/09, 12/31/09)

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
December 4, 2009
FREDDIE OAKLEY, CLERK
Linda Smith, Deputy
FBN NUMBER 2009-1172
Fictitious Business Name
Salon Jewel
1107 Kennedy Place, Suite 9, Davis, CA 95616
Name of Registrant
Lisha Martinez
2909 Waleriga Rd. #112-224 Antelope, CA 95843
Kathy Delgado
4005 Cowell Blvd. #807, CAvis, CA 95618
Business Classification: General Partnership.
Beginning Date of Business: The Registrant(s) commenced to transact business under the fictitious business name or names listed above on 12-4-09.
s/Lisha Martinez, Kathy Delgado
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 Dec. 10, 17, 24, 31, 2009

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
November 5, 2009
FREDDIE OAKLEY, CLERK
Liz Mahovich, Deputy
FBN NUMBER 2009-1083
Fictitious Business Name
Five Feathers Supply
15 Second Street, Woodland, CA 95695
Name of Registrant
Traci Lynn Lucchesi
15 Second Street, Woodland, CA 95695
Business Classification: Individual.
Beginning Date of Business: The Registrant(s) commenced to transact business under the fictitious business name or names listed above on 11-5-09.
s/Traci Lynn Lucchesi
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
Liz Mahovich, Deputy Clerk
Published Dec. 10, 17, 24, 31, 2009

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
November 19, 2009
FREDDIE OAKLEY, CLERK
Kimberli Johnson, Deputy
FBN NUMBER 2009-1124
Fictitious Business Name
Photography By Alex
1012 Taft Ct., Winters, CA 95694
Name of Registrant
Alexandra Sommerfeldt
1012 Taft Ct., Winters, CA 95694
Business Classification: Individual
Beginning Date of Business: The Registrant(s) commenced to transact business under the fictitious business name or names listed above on 11-1-09.
s/Alexandra Sommerfeldt
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
Kimberli Johnson, Deputy Clerk
Published Nov. 26, Dec. 3, 10, 17, 2009

Trustee's Sale

Trustee Sale No. 236834CA Loan No. 0696047612
Title Order No. 132865 Notice of Trustee's Sale
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 7/28/2005. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 12/23/2009 at 12:45 PM California Reconveyance Company as the duly appointed Trustee under and pursuant to Deed of Trust, recorded on 08/10/2005, Book, Page, Instrument 2005-0039131-00 of official records in the Office of the Recorder of Yolo County, California, executed by: Anthony N Blencowe and Rachael L Blencowe, husband and wife as joint tenants, as Trustor, Mortgage Sense, Inc., as Beneficiary, will sell at public auction sale to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. The sale will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to the Deed of Trust. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: At the north entrance to the West Sacramento City Hall 1110 West Capitol Avenue, West Sacramento, CA Legal Description: As more fully described in said Deed of Trust Amount of unpaid balance and other charges: \$426,963.90 (estimated) Street address and other common designation of the real property: 1011 KENNEDY DRIVE, Winters, CA 95694 APN NUMBER: 003-475-11-1 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In Compliance with California Civil Code 2923.5 (c) the mortgagee, trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone; by United States mail; either 1st class or certified; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. SEE ATTACHED EXHIBIT Exhibit DECLARATION PURSUANT TO CALIFORNIA CIVIL CODE SECTION 2923.54 Pursuant to California Civil Code Section 2923.54, the undersigned loan servicer declares as follows: 1. It has obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.54 that is current and valid on the date the notice of sale is filed; and 2. The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does not apply pursuant to Section 2923.52 or Section 2923.55. JPMorgan Chase Bank, National Association Name: Ann Thorn Title: First Vice President Date: 11/13/2009 California Reconveyance Company, as Trustee (714) 259-7850 or www.fidelityasap.com (714) 573-1965 or www.priorityposting.com California Reconveyance Company is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. Deborah Brignac, Vice President 9200 Oakdale Avenue Mail Stop N110612 Chatsworth, CA 91311 P638876 12/3, 12/10, 12/17/2009

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
November 13, 2009
FREDDIE OAKLEY, CLERK
Isabel Becerra, Deputy
FBN NUMBER 2009-1104
Fictitious Business Name
Good Fortune
317 Casa Linda Dr., Woodland, CA 95695
Mailing Address:
P.O. Box 1500, Woodland, CA 95776
Name of Registrant
Dorado/IDS Corp, 317 Casa Linda Dr., Woodland, CA 95695, Inc. in California
1012 Taft Ct., Winters, CA 95694
Business Classification: Corporation
Beginning Date of Business: The Registrant(s) commenced to transact business under the fictitious business name or names listed above on 7-1-2009.
s/William F. Ragsdale, President, Dorado/IDS Corp
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. 26, Dec. 3, 10, 17, 2009

Statement of Abandonment of use of Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
November 25, 2009
FREDDIE OAKLEY, CLERK
Ava Woodard, Deputy
FBN NUMBER 2004-1267
Fictitious Business Name
Biomechanical Analysis
828 4th Street, Woodland, CA 95695
Name of Registrant
Aaron L. Souza
828 4th Street, Woodland, CA 95695
s/Aaron L. Souza
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
Ava Woodard, Deputy Clerk
Published Dec. 10, 17, 24, 31, 2009

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
December 7, 2009
FREDDIE OAKLEY, CLERK
Liz Mahovich, Deputy
FBN NUMBER 2009-1175
Fictitious Business Name
Mike's Velo City
41 Main Street, Winters, CA 95694
Name of Registrant
Berna Enterprises, Inc., 784 Tres Ranchos Lane, Vacaville, CA 95688
Business Classification: Corporation
Beginning Date of Business: The Registrant(s) commenced to transact business under the fictitious business name or names listed above on 12-2-09.
s/Michael R. Berna, CEO, Berna Enterprises, Inc.
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
Liz Mahovich, Deputy Clerk
Published Dec. 10, 17, 24, 31, 2009

Trustee's Sale

NOTICE OF TRUSTEE'S SALE T.S. No. 09-21101-SP-CA Loan No. 0011309572 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 07/19/2005. 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. A public auction sale to the highest bidder for cash, (cashier's check(s) must be made payable to National Default Servicing Corporation), drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state: will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made in an "as is" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: PHILLIP R. SISCO, JR., UNMARRIED MAN AND JERRY CLARK, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY Duly Appointed Trustee: NATIONAL DEFAULT SERVICING CORPORATION Recorded 08/09/2005 as Instrument No. 2005-0038685-00 of Official Records in the office of the Recorder of YOLO County, California. Date of Sale: 01/04/2010 at 12:00 P.M. Place of Sale: At the rear (north) entrance to the City Hall building, 1110 West Capitol Avenue, West Sacramento, CA Estimated amount of unpaid balance and other charges: \$410,659.22 Street Address or other common designation of real property: 717 LUPINE WAY, WINTERS, CA 95694 A.P.N.: 003-516-06-1 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The undersigned mortgagee, beneficiary or authorized agent for the mortgagee or beneficiary pursuant to California Civil Code 2923.5(b) declares that the mortgagee, beneficiary or the mortgagee's or beneficiary's authorized agent has either contacted the borrower or tried with due diligence to contact the borrower as required by California Civil Code 2923.5. Regarding the property that is the subject of this Notice of Sale, the "mortgage loan servicer" as defined in California Civil Code Section 2923.53 (k) (3) declares that it has obtained from the Commissioner a final or temporary order of exemption pursuant to California Civil Code Section 2923.53 and that the exemption is current and valid on the date this Notice of Sale is recorded. The timeframe for giving a Notice of Sale specified in Subdivision (a) Section 2923.52 does not apply to this Notice of Sale pursuant to California Civil Code Sections 2923.52 or 2923.55. Date: 11/30/2009 NATIONAL DEFAULT SERVICING CORPORATION 7720 N. 16th Street, Suite 300 Phoenix, AZ 85020 phone 602-264-6101 Sales Line 714-730-2727; Sales Website: www.ndscorp.com/sales Nichole Alford, TRUSTEE SALES REPRESENTATIVE AS-AP# 3351565 12/03/2009, 12/10/2009, 12/17/2009

Winters Express RAINFALL CONTEST

Guess the total rainfall for the 2009-2010 season and the Express will give you \$100 in Winters Bucks. \$25 bonus Bucks if you are a subscriber to the Express. Submit your entries by December 31, 2009 to: The Winters Express
312 Railroad Ave.
Winters, CA 95694
or bring it to the office

Only one guess per person. Rainfall total will be from measurements at the National Weather Service Station in Winters. Annual rainfall ends on June 30. Watch the Express for weekly and yearly totals.

Name _____

Address _____

Rainfall guess (in inches) _____

Remember the deadline is December 31, 2009