



Chamber chooses Marks as Senior Citizen of Year

By DEBRA DeANGELO
Express editor

From her colorful outfits to her hearty laugh to her spirited political exchanges, this year's Senior Citizen of the Year is someone you only need to meet once to remember forever. Shirley Marks is a true community character.

While some (many, in fact) choose to slowly slide downhill in the second half of life, Marks maintains a busy social schedule, frequents the downtown businesses and restaurants with friends, and attends local fundraisers to help support her town. She's not hard to spot in one of her fuchsia jogging suits or glittery purple sweatshirts, getting out of her red sports car.

This is the reason Marks was selected as this year's Senior Citizen of the Year – not so much for a particular accomplishment, but as serving as an inspiration to everyone in their second half of life (as well as everyone who plans to be some day) to seize each day and make the most of it.



Photo by Debra DeAngelo

This year's Senior Citizen of the Year is Shirley Marks, who will be formally honored at the annual Winters Chamber of Commerce Year in Review celebration, planned for Saturday, Jan. 22, at the Community Center.

Ironically, it was working as a home care provider for several local elderly folks that inspired Marks to keep living life to the fullest for as long as possible. She says for 20 years, she stayed with elderly people who one day "just sat down." And didn't get up much again.

"You've got to keep moving," says Marks. "That's why I'm taking

a yoga class."

And at what age is she embarking on her latest endeavor? That's anyone's guess.

"We're not telling my age," she says slyly. "I have a man who wants me to come to watch a movie!"

Truly one of Winters' own "characters," many in the rural areas will remember Marks as their postal carrier, others as a postal clerk.

Altogether, she worked for the Winters Post Office for 29 years, retiring in 1988. She and her husband, Jim, moved to Winters in 1952 because his job with the Bureau of Reclamation led to working on the construction of the Monticello Dam. They raised five children in Winters, Michael, Patrick, Timothy,

See MARKS on page A-3

Trustees start working on game plan

By DEBBIE HEMENWAY
Staff writer

We Americans love our sports metaphors and perhaps one of the most powerful of those images is the rookie, facing the pros in the Big Game. The current game is the California state budget and the rookies are the newly-minted members of the Winters School Board, who are beginning to get a serious taste of what their predecessors have had to contend with over the past few years in trying to keep the district afloat.

The context for the budget conversation when the board met last week was the mandated approval of the first Interim Report and Standards and Criteria Report that all districts must file twice annually. The reports require that districts review their financial condition and "certify with each report whether or not the district will have appropriate levels of cash to meet its obligations and a positive fund balance" for the current fiscal year and the next two fiscal years as well.

Chief Business Officer Gloria Hahn walked

the board through the documentation for the report, explaining what each section means and showing them the dollar figures that support each portion. The district is able, Hahn informed the trustees, to make the certification at this time.

In the narrative and conversation that followed, however, it was clear how precarious the funding is for WJUSD and for all California districts. Winters will be limiting itself to "mission critical" expenditures in order to "provide flexibility and minimize cash flow."

One of the sections of the report that the CBO highlighted for the board states that "despite all the rhetoric and proposals related to cutting the cost of government... only K-12 education is now funded at a lower level than in 2007/08. The cuts to other areas... have been restored in one way or another, but public education has taken a real, ongoing loss of 10 percent in state funding."

Hahn expressed concerns that even the October budget passed in Sacramento will not

See TRUSTEES on page A-3

FUTURE SUBSCRIBER

JACK ALEXANDER JORDLING is the new son and second child of Kevin and Cynthia Jordling, of Winters. Born on Nov. 11, 2010 at 11:39 a.m. at Sutter Davis Hospital, he weighed 9 pounds, 5 ounces and was 21 inches long. He joins a brother, Cole, 23 months old. Paternal grandparents are Ed and Dierdre Jordling of Ocala, Florida. Maternal grandparents are Donna and Gary Schneider of Winters, and Tom Allan of Southern California. Paternal great-grandparents are Paul and Marian Giddings of Indiana. Maternal great-grandmother is Betty Allan of Walnut Creek.

Need for food ongoing and growing

By DENISE COTTRELL
Staff writer

What do you visualize when you hear the word basket? A nice little brown thing suitable for Easter eggs? Or maybe you envision something larger, such as a laundry basket? The Winters Christian Minister Alliance gave away "baskets" of food on Saturday, Dec. 18, as part of their annual Christmas Food Basket project, however, the baskets were not small; 200 families in Winters each received a shopping cart full of food.

The Christmas Food Basket project involves a number of volunteers working many hours to provide food for this annual sharing. Three local churches collaborate to provide the food: St Anthony's Catholic Church, First Baptist Church and Pioneer Presbyterian.

Meetings began in September to make decisions about what to provide and how to obtain donations. Business and individuals

are solicited within Winters and throughout Yolo County. As Les Tilden, Winters resident and food drive organizer, said, "We all get together in Christ's name to feed the hungry."

In order to receive a Christmas Food Basket, families were required to sign up in advance at Winters City Hall. The day of the event, families were welcomed by a volunteer who provided them with a shopping cart and guided them around the Community Center to stations set up to distribute food.

At the first station Girl Scout Troop 307 dispensed bread, rice and cereal. The second stop provided families with a 57 pound box of food, consisting of not just Christmas fare, but needed food staples.

Outside, the cart was loaded down with a turkey, a 10 pound bag of potatoes, and another bag of food provided by Woodland Ecumenical Ministries. It is estimated that the Christmas



Photo by Denise Cottrell

Volunteer Dennis Caskey put a turkey in each basket at the Christmas basket food distribution held at the Community Center on Saturday, Dec. 18.

Basket Food Project gives away seven tons of food.

A number of people and community organizations provide volunteer time, funds and

food donations to support those in need.

Winters Boy Scouts, Girl Scouts and other organizations held food

See FOOD on page A-10

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Weekly police report

Dec. 8
~ 2:46 p.m., Aurora Lopez-Montiel, 29, of Winters was stopped at a stop sign on Manzanita Way at Maple Lane. She drove into the path of and collided with an oncoming northbound vehicle driven by Mercedes Rangel Guerrero, 48, of Woodland. Lopez-Montiel was issued a notice to appear for being an unlicensed driver.

Dec. 10
~ 12:50 a.m. to 12:56 a.m., 1000 block of Eisenhower Way, forcible entry was gained to a vehicle and a compact disc carrying case with compact discs was stolen. Loss: \$200.

Dec. 10-13
~ 5 p.m. to 8 a.m., 500 block of Niemann Street, attempted break-in to a classroom, damaging the window frame. Damage: \$200.

Dec. 13
~ 9:21 p.m., 10 block of Main Street, an officer responded to an audible alarm at a business. An exterminator triggered the alarm. The call was cleared later.

Dec. 16
~ 8:40 p.m., 10 block of Main Street, officers re-

sponded to an audible alarm at a business. The officers secured the business and later cleared the call.

Dec. 17
~ 9:49 a.m., David Rodriguez Jr., 42, of Winters was driving west bound on West Grant Avenue just East of Main Street. Maria Lopez, 36, of Winters was stopped on West Grant Avenue preparing to turn into a parking lot. Rodrigues Jr. did not see Lopez and was unable to stop in time, causing the vehicles to collide.

~ 1:11 p.m., Sylvia Anne Venegas Spracklen, 35, of Winters was arrested on a Yolo County Sheriff Office Felony Bench Warrant charging her with three counts of obtaining financial aid by means of false statement or representation and one count of making false statements while under oath. Venegas-Spracklen was booked at the Winters Police Department and transported to the Yolo County Jail for incarceration.

~ 10:56 p.m., 100 block of Main Street, officers responded to an audible alarm at a business.

See **POLICE** on page **A-10**

YESTERYEAR



Photo by Charles Wallace

Nicole Rheuby told Santa about her Christmas list at the Winters Chamber of Commerce Mixer, held on Dec. 2, 1996 at Realty World/Camelot.

VFW invites area veterans to join group

All Winters area U.S. veterans of foreign wars are invited to join Veterans of Foreign Wars Post No. 11091.

The group supports many nonprofit organizations in and around the Winters area by fundraising, placing flags around the city on Flag Day and other patriotic holidays and much more. The VFW hosts an annual picnic and Christmas dinner for members and their families, as well as a booth at the Winters Youth Day and Earthquake Street Festival.

The VFW takes part in the Youth Day parade, with members winning first place awards several times. The VFW Post also does the honors for veterans buried at the Winters and Cottonwood cemeteries and maintains the flag poles at both sites.

The group meets for fun and activities at 7 p.m. on the third Monday of each month at the Winters library. However, the post is seeking its own meeting space.

For more information, call Don at 795-1869, John at 795-0751, Roy at 681-7934 or Harold at 795-3124.

50
YEARS AGO

January 5, 1961
The City Council on Tuesday evening discussed the purchase of the property owned by Bob Griffin at the corner of Grant Avenue and East Street, where the Bureau of Reclamation laboratory is now situated. Purchase price of the land without the building is \$7,500.

Mrs. John Clayton has been hired by the elementary school district to teach the morning kindergarten session, succeeding Mrs. Jaboyna Gankin of Davis, who resigned because of illness.

Rotary speaker today at noon when the club meets at John's Club will be Sarge Reynolds, of Woodland, consulting petroleum geologist for the Sacramento Valley.

Clarence Keeton of Woodland has been hired as a custodian at the high school to replace Dale Brewer, who resigned to report for induction into the armed services.

J.W. McDermott of Knights Landing will head the Yolo County Board of Supervisors as chairman in 1961.

Supervisor Norman D. (Pete) Clark was reelected chairman of the Napa County board of Supervisors Tuesday.

65
YEARS AGO

January 4, 1946
Yolo County now has a population of 34,000.

At the city council meeting Wednesday, the resignation of J. M. Robinson, night watchman, was accepted. Ben Couch was named to succeed him, his term of office to begin January 10.

Holiday guests at the E. R. Crum home were Prof. and Mrs. Robert Miller and son, Robert, Jr., of Davis, Mr. and Mrs. George Crum of Patterson, Major William Crum of Perrin Field, Sherman, Texas, and Miss Martha Crum of Berkeley.

Mr. and Mrs. Lester Ireland entertained the following guests on New Year's eve: Messrs. and Mesdames Douglas Fenley, Roy Ish, Wayne Ireland, Bill Fredericks, Mrs. E. Edwards and Mrs. Peggy Mays.

Mr. and Mrs. Elmore Pearse of Vallejo were New Year's Day guests of Mr. and Mrs. W. A. Young.

Eusabio Carrion, USNR, stationed in San Francisco, spent several days leave here at the home of his parents, Mr. and Mrs. Frank Carrion.

Miss Maralea Franke, nurse at St. Francis hospital in San Francisco, spent the New Year holidays with her parents.

100
YEARS AGO

January 6, 1911
City Attorney Bruton presented resolutions to the town board that Winters was in need of a sewer system.

Hack's bakery was burned out about 10:30 Wednesday morning.

People of the Wolfskill tract enjoyed a New Year's party at the home of Mr. and Mrs. Henry R. Bowman.

The cottage Ray Baker is building on Russell Street is nearing completion.

Reports from the local merchants indicate that this season was an unusually good one.

E.G. Graf was installed president of the Winters Parlor, Native Sons of the Golden West at Tuesday night's meeting.

Librarian Ian Hodge reported that during the month of December there were 188 books loaned, 44 magazines and that there were 133 library visitors.

Miss Phoebe Masters of Woodland visited with Miss Ora A. Woods Wednesday evening.

January 1911:
Local merchants report an unusually good season

115
YEARS AGO

January 4, 1896
Col. Sam Taylor has sold his ripe pickled olives, amounting to 300 gallons, to San Francisco parties for 50 cents a gallon, in barrels.

Murray and Ed Goodyear and Aida Wolfskill came up from a visit in Benicia on the 11 o'clock train Monday morning.

Mrs. William Baker returned home last Saturday from a month's stay with her daughter, Mrs. R. L. Stephens, near Dixon.

Sinclair's Band played several airs on Main Street last Wednesday afternoon, much to the delight of the listeners. The band plays well and we are glad to know that the boys intend to stick together.

A party was given by Miss Esther Hemenway on Friday evening of last week, in honor of her friend Miss Maude Culton.

Walter Hemenway opened up his photograph gallery at the old stand yesterday and will begin taking pictures today.

Misses Josie Orenge and Dean Mefford of Capay visited friends here this week.

William Wolfskill has been up in Berryessa Valley the past two weeks, pruning fruit trees.

Yolo Hospice offers grief support group

Yolo Hospice has a drop-in bereavement group for grieving adults. A children's group meets at the same time as the adult group.

The group meets weekly on Wednesdays 4:30-6 p.m. at Yolo Hospice, 1909 Galileo Court, Suite A in Davis.

For more information, call Yolo Hospice, 758-5566 or (800) 491-7711, or visit the website at www.yolohospice.org/steppingstones.php.

There is no fee to participate.

Group dates and times are subject to change without notice.

Lake Berryessa rises 1.16 feet in one week

Rains in the Putah Creek watershed raised the level of Lake Berryessa by 1.16 feet during the past week, increasing water storage by 18,796 acre feet of water, according to Ken Emigh of the Solano Irrigation District.

He reported Tuesday morning that the lake was 413.98 feet above sea level with storage

computed at 1,093,506 acre feet of water.

The SID is diverting 55 second feet of water into the Putah South Canal and 33 second feet is flowing in Putah Creek at the Diversion Dam.

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

MARKS

Continued from page A-1

Denise and Susan.

Although she and her husband eventually went their separate ways, Marks has flourished here in Winters. She has been a member of Pioneer Presbyterian Church since she arrived here, and is an active member of the West Yolo Democratic Club. She is also a member of the Winters Friends of the Library and the Senior Citizens Club, and attends all sorts of local fundraising events to help support local causes. But the main thing she enjoys is doing things with friends.

“I love living in Winters. There are so many ladies I can always call and say ‘Let’s go to The Buckhorn or Putah Creek (Café),’ she says. “In Winters, we can always find something to do. We are in an area where there are so many places we can go. I can always get a carload of ladies.”

Sometimes Marks channels her love of driving into kindness, noting that at Christmas time, she used to take some of the mostly



Courtesy photo

Some things never change, Shirley Marks says. She still has the same haircut today that she did as a child.

homebound elderly women she knew out driving to see all the lights and Christmas decorations in town. She practically bubbles over with funny little stories about this one and that, but often adds, “That’s not for public consumption.”

One such story that didn’t have a caveat was a memory of going to the Buckhorn with Evelyn Roseberry, one of the women she cared for, when Roseberry was 107 years old. She says neither she nor Roseberry cared much for vegetables, so they ordered a dish to split: all meat,

extra potatoes, no veggies. Marks says the young waitress kindly scolded them a bit and said they needed to eat their vegetables, and Marks, gesturing to Roseberry, quipped right back, “She’s 107! I’m following *her* diet!”

Marks’ montage of memories is as colorful and whimsical as her house itself — every ledge, wall and shelf is brimming with Chinese ceramics, pink flamingos, prints and plates. One scarcely knows where to look first. When asked if collecting is one of her hobbies, she just grins and shrugs, “I had blank walls.”

It’s a busy atmosphere, a busy conversation, and she is a busy lady. She says friends and family often complain that they can’t catch up with her. She admits that she’s “one healthy lady,” and says she can’t really attribute her good health and abundant energy to anything in particular. She says she takes vitamins, gets some regular exercise and only eats the things she likes, but hasn’t made any extraordinary effort to stay healthy. She does give a

nod to God, however.

“I believe the Lord has protected me and taken care of me all these years, and I’ve been grateful. God really has gotten me through some really crappy things.”

Even in praising the Lord, Marks doesn’t mince words.

Get her onto the topic of politics and she’ll really get fired up.

“Anybody that knows me knows that I will pick a side. I’ll argue with you,” she says. “I’m not intimidated by those men at Steady Eddy’s,” she adds, referring to the group of men that gathers there every morning to provide worldly commentary on current events. She says she’s not afraid of speaking her mind.

“Either stand up for yourself or you’re a doormat.”

Her conviction to participate in the political process encouraged her to attend her first peace march early in 2002, taking off across the Tower Bridge in West Sacramento with hundreds of others to protest the Bush Administration’s hints at declaring war in Iraq, and says she was reminded of the

days when she had children of the age that could have been drafted into the Vietnam War. In 2002, she had a grandson who would have been of the age to be drafted if the Iraq War came to that, and decided she wasn’t just going to stand idly by and see that happen.

Although the war didn’t go the way she wanted, the 2008 election did, and she put on her glitteriest finery to celebrate Barak Obama’s inauguration at The Palms with the West Yolo Democratic Club. Whenever she goes out, Marks isn’t shy about getting all gussied up. At the recent Rotary Wine and Food Jubilee, she wore her “purple pimp hat” to get into the spirit of the Halloween party theme. She says she was inspired by a book she has called “Warning: When I am an Old Woman I Shall Wear Purple,” itself derived from a poem by Jenny Joseph, celebrating the relative freedom that blossoms in the second half of life.

Celebrating her life on her own terms, with no apologies. That’s what this year’s spunky Senior Citizen of the

Year may inspire others to do. For those who rise to the challenge, Marks has simple advice: “Keep moving or you’ll be in the O.P.H. — Old People’s Home.” She says refusing to slow down has been the key to living well, well past the age of retirement.

“I’ve had an interesting life. Wouldn’t it be sad if I missed all these things? I’d have missed a lot of things if I’d just sat in my reclining chair.”

Now it’s time for the community to celebrate Marks as well at the annual Winters Chamber of Commerce Year in Review celebration on Saturday, Jan. 22, at the Community Center. Anyone who knows and loves her is welcome to attend (for tickets or more information, call the Chamber, 795-2329). Clearly, it will be a big night for Marks, who admits that the honor means a lot to her.

“I was surprised and pleased, and I’m sure it will be a real high spot in my life. A real highlight. A real special thing.”

And, surely another splash of color in an already colorful life.

TRUSTEES

Continued from page A-1

stand once the new governor begins to work on his budget in January and that the situation will become even more dire.

“It’s a train wreck,” she said.

Gloomy predictions aside, the board was able to certify that the district is currently able to meet all of its financial obligations.

Immediately following the financial conversation, the trustees discussed a recommendation by Superintendent Rebecca Gillespie that the board hold a special meeting sometime in late winter or early spring in order to conduct a workshop on governance procedures.

Gillespie’s recommendation included a statement from the California School Boards Association (CSBA) that in order to “maximize the public’s confidence in local government, our local boards must govern responsibly and effectively.”

Responsible governance was a key theme in the school board election this fall and the workshop could address some of the issues raised in the campaign. Gillespie estimated that the cost of the workshop would be \$2,000, depending upon consultant fees and materials. She suggested having Davis Campbell, past executive director of CSBA, lead the meeting.

A lively conversation followed, with all trustees weighing in.

Trustee Rob Warren, whose campaign centered largely on his distaste for the amount of money that WJUSD spends on outside consultants, was concerned about the projected cost.

“How can we spend money on that after what we’ve just heard?” Warren asked, referring to the budget issues. “How can we negotiate with teachers and tell them they have to give things up when we spend all this money on ourselves?”

Warren expressed his belief that if the board could create the agenda, which it would be asked to do in any case, then it should be able to facilitate the meeting itself.

Trustee David Hyde felt that an outside facil-

itator would be helpful.

“You get more accomplished with a facilitator,” he said. “They keep you focused on the agenda.”

President Dan Maguire felt that the money would be well-invested. Referring to how public bodies must operate, he observed that “this process is so irrational as to how you really figure things out that it’s worth the trade-off.”

Gillespie will do more research on the feasibility of bringing in a facilitator and will report at a future meeting. The board will make a final decision at that time.

Other items

The board had an opportunity to hear about the more positive side of the district’s functions during Shirley Rominger Intermediate School’s presentation.

The presentation began with Principal Pam Scheeline recognizing a group of students who made exceptional progress in math this year: Dakota Dummert, Logan Pittman, Roberto Torres, Isaiah Perez,

Jacqueline Ayala, Ivan Santana, Mikko Pizano, Sandra Moreno, Julia Escamilla, Alexis Garcia, Dalton Lowrie, Rickelle Lancaster and Valeria Serratos.

Scheeline also recognized Kimberly and Steve Hicks, noting that there are many families in which grandparents are now the primary caregivers and praised the Hicks as just one example of the energetic and devoted involvement of such families in the life of the school.

The Rominger report centered on how the school is using all of the data collected from various assessments to improve instruction and student progress.

“Assessment is only as good as what we do with it,” Scheeline said.

Teacher Woody Fridae showed the trustees the standards-based report card that the school sends home. The report cards are detailed and specific, and pinpoint students’ strengths and challenges. The school also uses the information for individual goal-setting with every child.

Fridae and student

Alexis Garcia demonstrated the conversation that takes place between student and teacher and showed the board the spreadsheet that tracks both goals and progress.

Scheeline also talked about the focus put on individual students. Those who are within a few points of rising to the next level of proficiency are among those who are the subject of attention. Trustee Mike Olivas questioned whether those who were not near the cusp between proficiency bands were being left out. Scheeline replied that all students were given the attention they need. Still, she said, “We don’t want to be in program improvement forever, so we want to be strategic.”

Because of winter break, the board will again meet for two consecutive weeks in January. The next meeting will be on Thursday, Jan. 13.

Opinion

LETTERS

Holiday wishes for soldiers

To Brenden, Davey and all the troops overseas and away from family and friends over the holidays: We pray for your safe return and wish you a very Merry Christmas and a happy, healthy New Year.

DAMON FAMILY

Taking over Workability position

My name is Jenny Ramos and I would like to introduce myself. Most of you know me in the community, but for those of you that don't, I have worked in the Winters Joint Unified School District for a number of years and just recently have taken on Linda Wingard's position as Workability case service provider. Linda has retired and I personally as well as my colleagues thank her for her many years of service and dedication to the students of Winters, Madison and Esparto.

If you are at all curious what the mission of Workability is, it is to promote the involvement of students, families, educators, employers and other agencies in a array of services that will culminate in a student's successful transition from school to work and independent living. Workability achieves this mission primarily by providing work-based learning experiences for eligible students.

Workability benefits both the student and the employer. The student can explore careers and receive valuable work experience and of course earn money while learning new skills. The employer not only gains an increased sense of community, the training wages are paid. There is a no cost no obligation opportunity to "try out" potential



employees and there is the opportunity to provide valuable training sites for students.

The final product is a student that has received valuable work experience and developed the pre-employment, social and work skills both in the classroom and on the job needed to make informed career decisions.

Of course, this program is a huge success because of all our business partners that have or are currently participating in the program. If you would like more information regarding the Workability program please contact me at Winters High School, 795-6140.

JENNY RAMOS

Yolo CASA moving forward

The Yolo County Court Appointed Special Advocates (CASA) is an organization whose primary mission is to protect the interests of foster children. The children we serve are vulnerable and at-risk children in the Yolo County foster system who rely on their CASAs (special advocates) to help them obtain vital social services and representation in the courts.

This year, Yolo CASA faces challenges in fulfilling our mission. As has been reported in the news, the organization sustained a serious blow as the victim of employee theft, fraud and

forgery allegedly perpetrated by its former executive director, Claudean Medlock. The Yolo County District Attorney has filed charges against Ms. Medlock and criminal proceedings are well underway.

In the midst of this challenge, Yolo CASA is grateful for the strong support it has received from its volunteers, the community, and the Yolo County District Attorney's office. The DA's office is working closely with the CASA organization to achieve the best possible outcome in this case. In addition, we recently received a generous donation from First Northern Bank of Dixon. We thank all of these individuals and organizations for helping us continue the work that CASA does in the community.

The CASA Board of Directors is hopeful that this case will proceed to trial and is committed to ensuring that Ms. Medlock's ultimate sentence ensures that she is not able to perpetrate the same crime for the third time on yet another non-profit organization. At the same time, the board is taking every available step to fully recover lost funds and maintaining the trust of our volunteers, our community and our donors.

Even with an event of this serious nature, Yolo CASA will remain a vital contributor to our community and a presence in the lives of the foster youth we serve. We will continue to provide the same level of service to our youth and

to support the volunteers who work with them.

MILA SPENGLER, MARY PATRICIA WHELAN-MILLE, DIANA GLICK and SUSAN LOVENBURG
Yolo CASA Executive Committee

Enjoyed our Express visit

Dear Debra,

Thank you for showing us the newspaper. It was interesting to see the newspaper and the book that had Ms. Garcia's picture in it. We learned that you print the paper in Davis and put all the stories and pictures into the computer. We enjoy seeing all the pictures in the paper.

Congratulations on being the oldest business in Winters. We like to look at the Winters Express every week. Thank you for your time.

LALO LOPEZ and ALEX C.

Thank you

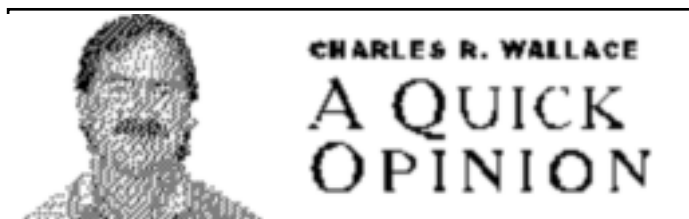
Dear Debra,

Thank you for letting us come to the Winters Express newspaper. Thanks for showing us the photographs from years ago. Thank you for being nice to us.

TYNAM SPALDING, KEITH DONICA, AMANDA CANELA, JACKELIN GEVAYA and GARRET PENZEL

Learned a lot

I don't know whether Don Sanders will get



CHARLES R. WALLACE
A QUICK
OPINION

MERRY CHRISTMAS. I've written in the past that this isn't my favorite time of the year. People with December birthdays sometimes think differently about the holidays than those born in July. The holiday season just means that I'm another year older and if the truth be told, I don't like spending money on gifts that most people don't need or want.

There are times when I get in the holiday spirit, like when I'm watching an old Christmas movie or watching the Winters Theatre Group put on a Christmas play, but most years it is a time to start worrying about the down time for newspapers. January and February are not the best of times for merchants and newspapers rely on merchants for their income. I'm going to try and change my way of thinking to be positive about the coming year. We have a new conservative congress, a new fiscally conservative governor and people are spending a little more than in the past. Unemployment is still lagging behind the economic recovery, but it will come around. The stock market is rising along with corporate profits.

I might add there is good news. I still have a job at the Express, having survived another trying year financially and the annual corporate meeting. Weekly newspapers, on the whole, are doing better than their daily counterparts. My father used to say that the Express made \$25 million more than the San Francisco Chronicle. We broke even and they lost \$25 million. He said that a long time ago, but I think it might still be true.

The Christmas parties are coming to a close, New Year's is just a week away, and it seems to be raining enough to fill our reservoirs. Life is good. If you see a lot of new pickups driving down Main Street, you know that Winters farmers also had a good year. They like to say you have to a little nuts to be a farmer, but with the record crop yield this year, most are smiling as they walk into the bank. Some years they have on their kneepads to beg for seed money.

I hope all is well in your world. For those hurting from the economy, I wish the best in the coming year with new jobs and financial security.

Have a good week.

away with last week's column. The feminists in town might not take it lying down.

I'm glad to learn so many womanly things — another unique and hilarious Donald K moment!

ED DAWKINS

Letters policy

The deadline for Letters to the Editor is noon on Mondays for publication that week. Letters may be mailed or hand-delivered to The Winters Express, 312 Railroad Avenue, Win-

ters, 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.

The best Christmas present I'll ever get is nothing at all

I took a little trip to Hell last Saturday. No, not the DMV. Soul-searing, gut-wrenching Hell itself. I was only there for an hour or so, but it was truly the worst hour of my entire life.

Want to know what the greeting is at Hell's gate? It's this, on your cell phone: "This is Officer Dougherty with the San Francisco Police Department. We recovered your daughter's cell phone in a stolen vehicle and we need to locate her." And it gets worse. Not only does the stolen vehicle contain yet more stolen property, it has crashed. And my daughter is nowhere to be found.

Omigod, omigod, omigod — that is the endless soundtrack that starts playing in your head. Was she robbed? Why didn't she call? Injured? Why didn't the hospital call? Abducted? Omigod, omigod, omigod, will she ever call? Will I ever hear her voice again? Where is she?

But... how do I know this is really a police officer? What if he's some random monster who

found her cell phone, or stole it from her, and is just trying to find out where the pretty girl lives? He was calling from my daughter's cell phone, and probably found "Mom" in her phone numbers. Just because he says he's a police officer doesn't mean he's a police officer.

He kept pressing me for her address, and I pointed out that he had her wallet, so he should have her address. He said it was a campus address. OK, she's moved, she didn't update her driver's license. But can't police officers pull police-y strings and get current addresses? I still didn't quite trust him. But I didn't quite not trust him either. I was too infused with panic to really know what I believed, other than that my daughter was missing.

I told him straight up that I had no way of knowing he was really a police officer over the phone, so I'd try to contact my daughter and call him back. I called one person who'd surely know where she was.



She didn't. I tried another, and yes, he was with her, but the last time he saw her, she was getting in a cab. Alone in a cab late at night in San Francisco. Great. Was she robbed by the cab driver? Or were they robbed together?

She was due at work soon, so I called. Nothing but an answering machine. I left the calmest message I could muster to please have her call me back. No call came. I checked her Facebook page. She'd made one cryptic post, 14 hours earlier: "Don't try to call me or text me for a couple days. I don't have my phone." It was the kind of message someone might leave if being forced to. Like, at gunpoint. This is where your mind goes at times like this. I called her work again, now well beyond the time she should be there. No an-

swer. And she never, ever misses work.

I was completely wound around the anxiety axle by this point. I called the police officer back and said I was still unable to locate my daughter. He pressed me again for her address and I still balked. Despite the gathering negatives, he was ultimately still just a stranger over the telephone. He directed me to leave her address at the police station, and he'd retrieve it there. And that's when I knew this wasn't some predator trying to play me. This was the real deal.

And then the true horror started sinking in. My horrible turn had come. I'd soon be one of those desperate, weepy, puffy-eyed mothers on the evening news, begging some unknown monster to please, please, just let her go. I

could see the live helicopter shot over some remote field, zooming in on a sheet-covered body being loaded into the coroner's van. I died a little, right then and there. If her life was over, so was mine. End of story.

So, what do you do at that point but wait by the phone, every nerve in your body scorched with adrenaline, your worst fears flooding your brain. Pace and wait, pace and wait. Tick tock, tick tock. Finally, it was past the time when my daughter's workplace should be open. I still hadn't gotten a call back. So I called again. And was astounded to hear her answer the phone.

"Is it really you? Is it really you? Say something again!"

She had no idea what I was babbling about, and as I recounted the events of the whole agonizing morning, she gasped with each detail. She thought her friend's car was towed after they parked on a white curb to go to a club. Not a big deal, just a huge bumper. Hence the Face-

book post — sucks to be without your cell phone. What can you do. No big whoop.

Why didn't she answer her work phone? Simple — it was against store policy to do so until the store opens. Did she get my message? Yes, it was just Mom pestering her with some annoying trivia again. She'd call back on her break.

She of course was thrilled to find out she'd get her phone and wallet back. I was thrilled to find out that nothing I'd imagined had happened. Nothing has ever felt as wonderful to me in my whole life as nothing. You know what nothing feels like? Like angels ladling sweet, warm honey-flavored gratitude over your entire soul.

Earlier that morning, I'd flashed on Christmas, and decided there'd be no Christmas for us this year. But Christmas is back on. I already got two early presents: a "Get out of Hell free" card, as well as the best Christmas present of all time: Nothing.

Home really *is* where the heart is

By VATRENA KING
Special to the Express

May I tell you about the community in which I live? I am a single, working mother of two beautiful young boys. I live out on Central Lane and have always known that I have wonderful neighbors. But I didn't know just how wonderful they were until the day after Thanksgiving.

The day after Thanksgiving, my children and I returned home from a trip to Virginia. When I opened to the door to my house I found an amazing surprise: While I was gone, my house had undergone an extreme make-over!

First I noticed that the living room had been rearranged to create more (much needed) floor space.

"Very sweet", I giggled.

But then, I realized that the kitchen counter had also been cleaned and rearranged. I turned to my right and saw that the stack of papers I had left on the floor beside my desk had been cleaned up and that the desk itself was immaculate. Plus a new file cabinet had been installed and shelves for my musical instruments and the printer had been built. All of the curtains and been trimmed and hemmed. Plants were hung, and it dawned on me that something truly extraordinary was going on.

My boys had headed into their bedroom and began shouting, "Mama!" I headed towards the back of the house.

Before Thanksgiving, there had been no place for my children to hang their clothes. There was no closet in their tiny bedroom. Now, towering above us were three shelves full of neatly arranged toys and books and a clothes rack with the boys' dress shirts and sweaters neatly hanging on it. A more adequate wall sconce illuminated the amazing display. The boys immediately ran next door to pay the good deed forward by cleaning their godmother's place.

When I saw my bedroom I thought that I might be dreaming — or suffering from serious jet-lag! My mind literally pondered if seeing might not be believing.

Where there had been



Courtesy photo

Vatrena King returned to a refurbished home after a vacation, and found this heart-shaped card from her friends, who did all the work while she was away. They included Shea Garvin, Lyndsay Dawkins, Jeff Falyn, Kim Beck, Barry Parker, Keith Cary, Bert Morse, Mike Rothacker, John Dawkins, Ed Dawkins, Bev Dawkins, Dezla Falyn, Skye Falyn, Feya Dawkins, Siena Dawkins, Perry King, Dana Silva and Grace Holt.

a pile of clothes, stood a beautiful mahogany dresser. In front of my make-shift closet hung a gorgeous burgundy and white silk curtain that matched the new bedspread and pillows. A (new) wrought iron headboard separated the bed from the window (which had been trimmed) and a wrought iron bookshelf matched the headboard.

All of my "spiritual" books — the ones that nourish my soul — had been arranged on the new bookshelf. I used to run over to my property-mate's house to use her full-length mirror but now one of my own, hung on the bathroom door around which there was also new trim. The bathroom had been scrubbed, brass polished, and the sink expertly tiled.

"Who does this?!" I managed between sobs. "I mean what kind of people do something like this?!"

Neighbors, as it turns out. Real neighbors. The old fashioned kind, an actual community. About 10 of my neighbors from Central Lane, Davis and as far as Dixon, and friends ranging in age from 6 to 75 spent anywhere from a day to a week working together on this "project." Some helped out physically others in different ways.

Upon speaking with the participants, I discovered that their reasons for contributing

were as varied as the people. Some were inspired by the generosity of a family member, who had recently given a similar gift of service. A set of parents enjoyed being positive role models for their children. Some were concerned about an over-tasked parent. And others were just plain neighborly. And the organizer, the children's (fairy) godmother, is simply proof that angels do walk amongst us. Such a beautiful thing to be reminded of in this sometimes somewhat devilish world!

That night, I found myself wandering around my house for hours, tears streaming down my face at every new discovery (jars filled with grains in the cabinets, a cleaned and organized fridge, trim around the front door, new bedspreads for the boys — in their favorite colors...) The love permeating the place was almost unbearable. I was headachy from crying by the time I went to sleep!

On the plane on the way home, I had scribbled the truth that although I loved my life, I was overwhelmed by my house at the moment and was not looking forward to coming back to it. "I have to make it," I wrote, "more homey."

On the kitchen table that night there was a poinsettia and a heart-shaped collage with the faces of some of the peo-

ple had who spent their time making my house more homey. The message on the heart read: "With Love, From Your Community. There's No Place Like Home." Thank you, dear friends, for making my home where this heart is.

Julie LePla wine available at RootStock

"The wait for wine is over at 22 Main Street, and just in time for the holidays," says Corinne Martinez, co-owner of RootStock.

Julie Larson of Julie LePla Winery received her tasting room license and has begun pouring wine at RootStock.

"We are thrilled to welcome Julie and excited to achieved this milestone," says Martinez.

Julie LePla is the first of up to four wineries that be will pouring wine at RootStock on a regular basis.

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

Call 795-4551 for assistance or send information to news@wintersexpress.com

Community

Honoring our heroes



Courtesy photo

Members of the local Boy Scouts and Girl Scouts groups, along with their family and friends, volunteered to help place wreaths on soldiers' graves at the Winters Cemetery on Dec. 4. From left are (back) Zachary Cox, Jeannette Basco, Annette Drummond, Anthony Freed, Bob Keyes, and Mike Martin; (middle) Colwyn Martin, Christopher Keyes, Brandon Masteller, Clinton Freed, Ty Spaulding, Austin Freed, Jodie Davis and Robin Rotenkolber; (front) Michaela Rojas, Ashley Drummond, Taylor Davis, Katie Rotenkolber, Meagan Drummond, Andrew Pisani, William Bess, Paige Davis, Brandon Freed, (name unknown), Casey Cox and Jason Drummond.

Active military can get free Express subscription

All active members of the military service can get a free email subscription to the Winters Express. Send an email with the service person's email address to charley @wintersexpress.com to start a free military email subscription.

Year in Review celebration planned

The Winters Chamber of Commerce will formally honor the outstanding citizens and business of 2010 at its annual Year in Review event, planned for Saturday, Jan. 22, at the Community Center. The no-host bar opens at 6 p.m., followed by a dinner catered by Buckhorn Catering.

This year's honorees include Citizen of the Year, Joann Larkey; Business of the Year, El Pueblo; Theodore Winters Award winner Joe Tramontana; and Senior Citizen of the Year, Shirley Marks. The 2011 Chamber Board of Directors will also be sworn in. This year's board includes returning directors Myke Berna, Dan Maguire, Howard Hupe, Salli Becker, Nancy Meyer, Lynn Myer, Ana Kor-mos, Jan Bawart and Debra DeAngelo, and new members Debbie

LaShure, Susan DeLao and Kristen Pantle.

Besides honoring outstanding community members, the annual Year in Review celebration is a major fundraiser for the Winters Chamber of Commerce. The Chamber's goal is to promote the Winters business community. The Chamber also helps support several community events and coordinates the annual Earthquake Street Festival, and promotes local businesses at its monthly Chamber Mixers.

The evening also includes a silent auction for a variety of prizes. More prizes for the silent auction are needed. To donate a prize, bring it to the Chamber office, located inside the Winters Visitors Center, or call 795-2329.

Tickets for the event are \$35. For tickets or more information, call 795-2329.

They'd love Christmas cards



Courtesy photo

Sgt. Brenden Damon (right) and P.O. 3 David Damon Jr. are serving in Afghanistan. Their family invites anyone who wishes to send them Christmas cards to do so: Sgt. Brenden Damon, U. S. Army, B. Co. 2BSTB-52, FOB Terranova, APO AE, 09370; P.O. 3 David Damon Jr., U.S. Navy, Task Force Trident, APO AE, 09354.

Women's self-defense classes to begin January

Javier Martial Arts students will conduct a free women's self-defense class at the Community Center on Mondays, 7-8 p.m., Jan. 10 through March 7. Appropriate attire will be

tennis shoes and athletic wear (sweatpants, sweatshirts, etc.)

For more information or to sign up, call 795-4364.

Christmas Mass schedule announced

The Christmas Mass schedule for St. Anthony Parish will be as follows:

~ Dec. 21, Penance Service/Servicio de Penitencia, 7 p.m.

~ Dec. 24, Christmas Eve/Noche Buena, 5 p.m., Children's Mass, English, St. Anthony; 7 p.m. Español, San Martin; Midnight Mass, English, St. Anthony

~ Dec. 25, Christmas/La Navidad, 8:30 a.m., English, St. Martin; 10:45 a.m., English, St. Anthony; 12:30 p.m., Español, San Antonio

There will not be a 5 p.m. Vigil Mass on Saturday, Christmas Day.

No planning commission meeting in January

Due to the holidays, the Winters Planning Commission will not meet on Tuesday, Dec. 28. The commission will meet next on Tuesday, Jan. 25, at 6:30 p.m. in the council chambers at City Hall.

The planning commission meets on the fourth Tuesday of each month. All Winters residents are welcome to attend.

For more information about the planning commission, call City Hall, 795-4910.

Calendar

Thursday, December 23

Winters Rotary Club meeting, noon, The Buckhorn

Bilingual Storytime, 6:30 p.m., Winters Community Library

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

Friday, December 24

Christmas Eve

Saturday, December 25

Christmas Day

Sunday, December 26

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

Tuesday, December 28

Alcoholics Anonymous meeting, 6-7 a.m., 305 First Street

Wednesday, December 22

Soroptimist meeting, 7 a.m., call 795-4631 or 795-2828 for location information.

Narcotics Anonymous meeting, 7 p.m., 62 Shams Way

(To list your non-profit local event on the Winters Express calendar, email information to news@wintersexpress.com or call 795-4551.)

This community calendar is sponsored by:

Celebrating 100 years



FIRST NORTHERN BANK
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Member FDIC



Happy 50th Wedding Anniversary



We love you,
Della & Mark,
Ralph, Polita,
Andrew & Sammy



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Schools

Our visit to the Winters Express

**By SPECIAL DAY STUDENTS
Winters Middle School
and Winters High School
Special to the Express**

On Friday, Dec. 10, our class visited the Winters Express newspaper office. We had been learning about newspapers at school. We met Debra, the editor. She showed us old pictures in a big newspaper book. One of the pictures was of Ms. Garcia, one of our para-educators. We liked seeing her when she was 15 years old!

We liked seeing the computer Debra uses to make the paper. The paper isn't printed there, but we saw how they put the paper together then email it to be printed. Debra took our picture and showed it to us on

the computer. Keith Donica thought it was interesting.

We all liked different things about the visit. Amanda Canela said, "I'm in the newspaper because we took a picture!" Tynam Spalding said, "I like the computers and I got to bring a paper home."

Garret Penzel liked that the office was old and reminded him of Goodwill. Jesus Cazeras said, "I had fun!" Jackelin Guevara said she liked looking at the newspapers. Alex Camarena said, "We liked to see the making of the newspaper."

"I liked the pictures on the computer," said Eduardo Lopez.

We all enjoyed our visit to the Winters Express newspaper office.



Photos by Debra DeAngelo

Students from the special day classes at Winters Middle School and Winters High School (above, left) visited the Winters Express office on Dec. 10 to learn about how the newspaper is created. From left are (back) Jesus Cazares, Keith Donica, Amanda Canela and Lalo Lopez; (front) Garret Penzel, Jackelin Guevarra and Tynam Spalding. Cynthia Garcia (above, right), teacher's aide in Alicia Penzel's middle school special day class, became part of her students' field trip to the Winters Express office. The students enjoyed seeing Garcia's own quincineara photo and story in the paper on Jan. 25, 1996.

E-waste collection is fundraiser for students at Rominger School

The Winters PTA is offering an opportunity for the public to get rid of unwanted electronic waste on Saturday, Jan. 8, 9 a.m. to 1 p.m. at Shirley Rominger Intermediate School.

CEAR E-Waste will collect electronic devices, working or not. Items such as televisions, computer monitors, cameras, laptops, copiers, scanners, printers, LCDs, VCRs, DVDs, cell phones, fax machines, microwaves,

hairdryers, blenders, mixers, toasters and PC systems are welcomed. They will not accept large household appliances such as refrigerators, washers, dryers, and they will not accept batteries, florescent light bulbs, glass, wood or tires.

The fundraiser will support events at Waggoner and Shirley Rominger. For more information, email Jenell Novello at jnovello@wavecable.com.

Band-tastic!



Courtesy photo

Damon Burke won first place in the Junior Band Conductor category at the Woodland Christmas Parade (he's holding his award). Music teacher Lynn Sechrist is holding the Winters Middle School first place band award.

Wolfskill students honored

A special assembly was held at Wolfskill High School on on Dec. 20 to honor student achievement for the fourth grading section.

Chris Reneaux received the most credit for the section and Eduardo Garnica had the most credit of "A" work.

Perfect attendance awards went to Adriana Flores and Valentin Molina.

Maria Alanis, Eduardo Garnica, Evelin Del Toro, Alexis Digue and Adriana Flores had no tardies for the grading section.

Crab feed supports CASA program

Court Appointed Special Advocates (CASA) of Solano County will be hold its annual Crab Feed on Saturday, Jan. 22, at 6 p.m., at the Vacaville Moose Lodge, 6585 Gibson Canyon Road in Vacaville. All proceeds support the programs of CASA

(Court Appointed Special Advocates), which serves abused and neglected children in Solano County.

The event features entertainment by Sam Lopez as well as a delicious dinner of salad, pasta, and crab. A dessert auction and raf-

fle are also part of the evening's activities.

Tickets are \$40 per person and can be obtained by calling the CASA office, (707) 434-0346 or (707) 421-2272.

For more information about CASA, visit www.casasolano.org.

Yolobus will run full service on Christmas Eve and New Year's Eve

Yolobus will run regular weekday service on Christmas Eve, Friday, Dec. 24, and New Year's Eve, Friday, Dec. 31. Yolobus will run on its Sunday/Holiday schedule on

both Saturday and Sunday of Christmas and New Year's weekends. Call YOLOBUS, 666-2877, or visiting www.yolobus.com. for bus schedules.

Planning a school event? Publicize it in the Express!

Nuestras Noticias



JUAN FERNANDEZ
**EVENTOS Y
COMENTARIOS
HISPANOS**

Feliz Navidad

Navidad es tiempo de compartir, tiempo de celebrar la esperanza, tiempo de celebrar en familia. La Navidad son recuerdos, es nostalgia, son añoranzas... algo así será el común denominador de estos días de Navidad en la vida de millones de inmigrantes que, entre penas propias y riquezas ajenas, sentirá que huyendo de la pobreza viajó a un descarnado encuentro con la soledad. Soledad que nunca conoció en la tierra donde nació. Allí conoció, enfrentó y combatió con la pobreza; pero la soledad casi nunca estuvo cerca de su vida. Tal vez por eso se hace tan difícil enfrentarla, pues no nos preparamos para enfrentarla.

Ahora, lejos, acaso muy lejos de lo amado y recordado, el inmigrante ha de buscar en su mochila de recursos no sólo cómo ganarse el pan, sino como no sucumbir ante la soledad en medio de las multitudes que, con miradas impersonales y juzgonas, con dedos que culpan y acusan y con voces que condenan, casi siempre sin razón... Y es que, en estos días de Navidad es cuando más se extraña lo querido, lo íntimamente propio. Por todo lado el inmigrante se ve acosado del desencuentro, que es casi natural en este enorme país de contradicciones y espejismos.

El inmigrante, este ser mayoritariamente generoso, emprendedor y virtuoso, necesita enfrentar la soledad con la fortaleza propia del ser singular, auténtico y soñador que él encarna. No puede encarcelar a su libérrima naturaleza, y menos hacer de la soledad su eterna compañera. El inmigrante necesita, sobre todo en esta época navideña, salir a un encuentro sincero y generoso con la vida y con los demás; necesita reconocer que entre las multitudes hay otros seres anhelantes de amistad, de comprensión, de autenticidad... El inmigrante, más que cualquier otro ser humano de este país necesita encontrarse consigo mismo y con el prójimo. No puede aceptar a la soledad como inapelable compañía. Teniendo tanto que decir, que compartir, que contar y que ofrecer, necesita encontrar amigos y actividades que le permitan expresarse y realizarse, en beneficio propio y de la comunidad en la que ha sido trasplantado. Seguramente con los demás y con la comunidad el inmigrante podrá desarrollar sus potencialidades, aprovechar su vitalidad y compartir su fe y su esperanza.

En la contraparte, la comunidad y los demás necesitan salir al encuentro del inmigrante y extenderle su mano generosa y su verso de aliento. Pues si la Navidad es tiempo de paz, entonces recordemos que nadie como el inmigrante necesita la paz, ¡Reclamemos paz para el inmigrante!

Si la Navidad es luz, reconozcamos que nadie como el inmigrante necesita que se ilumine su camino, ¡Qué se encienda un faro para ellos! Si la Navidad es don, entonces recordemos que entre los inmigrantes hay mil necesidades, ¡Qué todos ayudemos a los inmigrantes! Si la Navidad es compasión, entonces que se derrame compasión sobre cada inmigrante, ¡Qué se tenga piedad del inmigrante! Si la Navidad es amor, porque a amar nos enseñó Jesús, entonces que desaparezca todo lo que es ajeno al amor, ¡Qué se colme de amor al inmigrante! Si la Navidad es tiempo de regalos, entonces regalemos felicidad, paz y esperanza a cada inmigrante, ¡Qué no haya inmigrantes solos, desesperanzados y tristes en esta Navidad! Les deseamos una feliz Navidad.

Coma saludable en estos días

Si está entre las personas que se ha propuesto cambiar su alimentación para llevar una vida más saludable, les ofrecemos los siguientes consejos que le ayudaran a cumplir su objetivo. Un alimento de cada grupo. Recuerda que cada comida principal debe de contener un alimento de cada uno de los grupos de alimentos: Frutas-verduras, cereales-tubérculos y leguminosas-productos de origen animal, cuidando que todos entren en proporción como lo indica El Plato del Bien Comer.

Cuida las porciones. Es posible comer de todo siempre y cuando cuidemos la frecuencia y la porción, por eso es muy importante que manejes porciones moderadas que te permitan integrar todos los grupos de alimentos. Organiza tu comida. Lava y pica las frutas y verduras que puedas para tenerlas accesibles a lo largo de la semana, principalmente cuando te atrapen los antojos.

Ten utensilios propios. Busca una

lonchera para cargar con tus comidas o refrigerios, bolsas de plástico herméticas para conservar tus alimentos y botellas de agua listas para beber. Es importante que respetes los horarios para la preparación de tus alimentos, de lo contrario no podrás seguir el plan como tu quisieras. Procura dedicarle 30 minutos todos los días o casi todos los días de la semana a una actividad física vigorosa y que te agrade, como caminar, nadar, pasear en bicicleta o por qué no ¡bailar!

Muchas veces confundimos la sed con el hambre, así que la próxima vez que sientas un apetito feroz bebe 250ml de agua, quizás eso sea todo lo que tu cuerpo pedía. Si un día a la semana se te antoja comer tacos, ¡no te niegues el gusto! Pero para reducir la ingesta de calorías elige acompañarlos con un refresco light o agua endulzada con edulcorantes. Recuerden que comer sano nos dará una vida más saludable.

Trampas a su dinero

Los atractivos de las grandes rebajas. Cuídate de descuentos que no son tales, pues quizás te anuncian que un artículo a un precio “rebajado” inferior a su costo normal... cuando en realidad es superior al precio minorista sugerido por el fabricante (MSRP). Para evitar eso, compara precios antes de comprar y no te preocupes si se pierdes una rebaja: es probable que venga otra antes de que termine la temporada.

Tarjetas de regalo. Los emisores de tarjetas de regalo pueden cobrar cargos por las compras con ellas, igual que con las emitidas por bancos. Además, no están protegidas si el emisor cae en bancarrota y muchas personas

nunca llegan a gastar sus tarjetas de regalo. En vez de eso, regala efectivo o un cheque. El efectivo nunca se vence ni pierde su valor, y vale dondequiera. Si el cheque nunca se cambia, el dinero se queda en tu cuenta bancaria.

La garantía extendida. Fíjate que algunas reparaciones ya están cubiertas por la garantía estándar que viene con el producto. Los datos de la revista del consumidor muestran que los productos rara vez se rompen dentro del tiempo de cobertura de la garantía extendida, y cuando lo hacen, las reparaciones cuestan como promedio aproximadamente lo mismo que la garantía. Considera que algunas

tarjetas de crédito extienden automáticamente la garantía del fabricante a cualquier cosa que se compre con ellas — por lo tanto, revisa el sitio web de la tarjeta.

Limitaciones de la política de devoluciones. No cuentes con que algunos minoristas relajen sus políticas de devoluciones durante la temporada navideña y conoce siempre las reglas antes de comprar. Conserva el recibo y explica la política de devoluciones a la persona que recibe el regalo. Si la tienda proporciona un recibo especial para regalo, inclúyelo con su regalo.

Cargos por reaprovisionamiento. Muchos artículos, principal-

mente productos electrónicos y pedidos especiales, están sujetos a cargos por reaprovisionamiento que van de 10% a 25% si no se devuelven en una caja sellada en la fábrica. Para evitar que eso te suceda, no abras el paquete a menos que estés seguro de que quieres el artículo que contiene. Artículos como software para computadoras, CD de música y DVD de películas por lo general no pueden devolverse si el sello está roto. Si hay penalidades, trata de negociar una devolución parcial, pero nunca pagues un cargo si el artículo está defectuoso.

Senado mata sueño de los jóvenes

El fin de semana pasado el Senado de los Estados Unidos, mejor decir los republicanos dieron un duro revés a los jóvenes y a la comunidad migrante en Estados Unidos, la minoría republicana conseguía echar por tierra la iniciativa de la Dream Act, que habría allanado el camino a la legalización de hasta dos millones de jóvenes indocumentados llegados al país antes de cumplir los 16 años de edad.

En total, 55 senadores (cinco menos de los necesarios para evitar el bloqueo de la minoría republicana) votaron a favor del “cloture”, el procedimiento que hubiera permitido limitar los debates previos y pasar de una vez a la votación final de la propuesta de ley, frente a 41 que se opusieron. El fracaso fue posible gracias no sólo a la cerzón de un importante número de republicanos, sino a la colaboración de al menos cinco demócratas conservadores que votaron en sentido contrario a la mayoría de su partido: Mark Pryor, de Arkansas; Jon Tester y Max Baucus, de Montana; Kay Hagan, de Carolina del Norte, y Ben Nelson de Nebraska. Del bando republicano, los senadores que apoyaron el hoy fallido proyecto de la Dream Act fueron Richard Lugar, de Indiana; Lisa Mukowrski, de Alaska, y Robert Bennet de Utah.

El presidente Barack Obama lamentó el fracaso de la iniciativa durante las últimas horas de la actual legislatura. “En un voto increíblemente decepcionante. Una minoría de senadores impidieron al Senado hacer lo que la mayoría de los esta-

dounidenses creen que es mejor para el país”, dijo en un comunicado. “Es decepcionante que el sentido común no haya prevalecido porque el pueblo estadounidense se merece un serio debate sobre migración. Es momento para que la retórica polarizada desaparezca”, añadió el mandatario, quien reiteró el apoyo de su administración a una iniciativa que habría rescatado del limbo legal a casi dos millones de hijos de indocumentados que desean realizar estudios universitarios o enroscarse a las Fuerzas Armadas para acceder a la ciudadanía.

En una cascada de reacciones, congresistas y líderes de organizaciones pro inmigrantes lamentaron el bloqueo de la iniciativa de ley que habría beneficiado de forma inmediata a un conglomerado de entre 850 mil y un millón de jóvenes indocumentados. Decenas de jóvenes cuya situación no está legalizada presenciaron con desencanto el bloqueo republicano en el Senado a la Dream Act, pero afirmaron que continuarán la lucha por su legalización.

“Aún creo que somos una sociedad que valora más la aceptación y el uso de la razón que el deseo de castigar. Una nación que preferiría darle una calurosa bienvenida a un grupo de jóvenes patrióticos y con un futuro prometedor, en vez de un trato frío por una decisión que tomaron sus padres”, aseguró por su parte el senador demócrata por Nueva Jersey, Robert Menéndez.

Desafortunadamente, estos valores de com-

pasión y sentido común han caído presa de la cobardía vergonzosa de la política que divide. Este es un voto que no será olvidado fácilmente por una comunidad que no sólo está creciendo en tamaño, sino también en poder y conciencia política. La votación era, en los hechos, la última oportunidad de lograr la aprobación de esta iniciativa, considerando que en el Congreso que asume en enero los demócratas son minoría en la Cámara Baja

y sólo mantienen una mínima mayoría en el Senado.

El fracaso del Senado ante la votación del Dream Act es la última señal de que nuestro gobierno no puede tomar ni siquiera un primer paso para arreglar nuestro sistema roto de migración, aseguró a su vez, Héctor Figueroa, dirigente de Unión Internacional de Empleados de Servicios (SEIU), uno de los mayores sindicatos de inmigrantes los trabajadores en el país.

Horario de Misas para la Navidad en la Iglesia de San Antonio

The Christmas Mass schedule for St. Anthony Parish will be as follows:

~ Dec. 21, Penance Service/Servicio de Penitencia, 7 p.m.

~ Dec. 24, Christmas Eve/Noche Buena, 5 p.m., Children's Mass, English, St. Anthony; 7

p.m. Español, San Martín; Midnight Mass, English, St. Anthony

~ Dec. 25, Christmas/La Navidad, 8:30 a.m., English, St. Martín; 10:45 a.m., English, St. Anthony; 12:30 p.m., Español, San Antonio

No hay misa a las 7pm en Sabado, la Navidad.

Entertainment

Arrrrrrr!



Photo by Debra DeAngelo

A band of pirates force Regina Bassett, tax associate and office manager with H&R Block, to hand over an over-sized check for \$950 to help fund the Winters High School drama department's production of "Treasure Island." Actually, Bassett gave it willingly, following a campaign where H&R Block donated money for parents who had the company do their taxes. WHS drama teacher Gina Johnson wrote the script for the play herself, from Robert Louis Stevenson's classic novel. The play takes the stage on March 25 and 26, and the cast includes, from left, (front) Marie Scholl, Kate Clark and Allie Griffey, and (back) Will Pfanner and Tyler Tufts.

McClain, Trailer Park Troubadours plan CD release party at The Palms

By KATE LADDISH
Entertainment
correspondent

Antsy McClain brings the Trailer Park Troubadours back to The Palms for another warm, hilarious and insightful evening of music and laughter on Wednesday, Dec. 29, at 8 p.m., with a CD release party for "Heroes Last Forever — The SUN Studio Sessions."

McClain is the consummate entertainer. Whether he's leading the Trailer Park Troubadours in off-beat crowd-pleasers such as "It Ain't Home 'Til You Take The Wheels Off," "Living in Aluminum," "Prozac Made Me Stay," or "I Was Just Flipped Off By A Silver-Haired Old Lady With A 'Honk If You Love Jesus' Sticker On The Bumper Of Her Car," or playing more introspective pieces such as "Field Trip" solo, McClain can earn and keep an audience's attention like few others.

McClain's good-humoredly audacious performance style is a hallmark of his shows: from his pompadour hair to polyester clothes, from his no-holds-barred dancing to serio-comic delivery, this is a performer at the top of his game. Unlike many "funnymen", McClain is able to mix in more "serious" songs without losing the flow — or the

audience's attention. His ability to ramp things up, take it down to a bubbling simmer, and then back to a rollicking boil serves to showcase the range of McClain's carefully crafted songs and warm, compelling vocals as well as keep the audience fully engaged.

Long known to Palms audiences for his high-energy performances, witty lyrics, and stellar recordings, Kentucky-reared and Nashville-based McClain has recently been getting the national attention he so richly deserves, including the album "Trailer-cana" topping several alt-country charts, an interview on NPR's "All Things Considered", repeated playing on the long-running Dr. Demento Show, frequent airplay on NPR's "Car Talk" and inclusion on Car Talk's latest music compilation, and play on both XM and Sirius networks. McClain's peers, including such luminaries such as Tommy Smothers of The Smothers Brothers, Lindsay Buckingham of Fleetwood Mac, and Australian guitar virtuoso Tommy Emmanuel, have given him the ultimate compliment of joining him on his recordings and concerts.

McClain and the Troubs' latest album, "Heroes Last Forever — The SUN Studio Ses-

sions," just released this week, is getting its debut at The Palms. Recorded at Memphis' historic SUN Studios — the space where Johnny Cash, Elvis Presley, Jerry Lee Lewis and Carl Perkins did their hallmark recordings and is credited with being the birthplace of rock 'n' roll — "Heroes Last Forever" reflects those roots in McClain's inimitable way.

With songs ranging from the raucously funny "Facebook Blues" to the Waylon Jennings-approved "In A Perfect World," from fresh versions of crowd favorites "Aunt Beulah's Road-kill Overcoat" and "My Baby Whistles When She Walks" to the joyful sound of early rock 'n' roll of "Summertime Blues," "Heroes" captures the full spectrum of McClain's music.

The audience can expect offerings from the latest album, seasonal fare such as "Mary Lou's Christmas List" and the wickedly funny "Frank the Christmas Turkey," and other crowd favorites.

Tickets are \$25, available at Pacific Ace Hardware in Winters, Armadillo Music in Davis, The Heidrick Ag History Center in Woodland, online at tickets.com, and at the door. For more information, call 795-1825 or visit palmsplayhouse.com and unhitched.com.



Coming up

Weds. Dec. 29 - Antsy McClain & the Trailer Park Troubadours

Fri. Dec. 31 - New Year's Eve Dance Party with Tom Rigney & Flambeau

Fri. Jan. 7 - Rita Hosking & Cousin Jack

Planning
an event?
Publicize it in
the Express!

FOOD

Continued from page A-1

drives. The Winters Theater Company donated funds and Lorenzo's Town & Country Market provided approximately 50 cases of food including cereal and peanut butter.

The need for food assistance is large, ongoing and growing. According to the Winters Christian Minister Alliance, the number of volunteers willing to donate time to feed their neighbors increased in 2010. However, donations were not so plentiful this year and it was not possible to provide for all those who requested assistance. Last year, 250 families were provided food. This year, due to lack of funds, only 200 families were provided with a basket and some were turned away.

Feeding the hungry is an ongoing ministry in the Winters community.



Photo by Denise Cottrell

Esther Meyers, Jennifer Johnson-Ries, Alex Arredondo and Baylee Rippee of Winters Girl Scout Troop 307 took charge of distributing baked goods for the Christmas Food Basket distribution sponsored by the Winters Christian Ministerial Association.

The giving does not stop at after Christmas. Many of the volunteers who participated on Saturday can also be

found helping distribute food twice monthly at the First Baptist Church in Winters. "This is a blessing to

the family and a blessing to us," summarized Pastor Bob Badgeley of Pioneer Presbyterian Church.

POLICE

Continued from page A-2

The officers secured the business and later cleared the call.

~ 6:46 p.m., 800 block

of Jackson Street, an officer responded to an audible alarm at a residence. The owner of the residence cleared the alarm.

Dec. 18

~ 10:33 a.m., Axl A. Valadez Hernandez, 18, of Winters was issued a notice to appear on charges of audible stereo over 50 feet and driving without a driver's license.

Dec. 19

~ 10:10 a.m., 300 block of Railroad Avenue, an officer responded to an audible alarm at a business. The officer secured the business and later cleared the call.

Annual meeting focuses on weed control

The Solano County Weed Management Area will hold its annual public education meeting on Thursday, Jan. 13, 9:00 a.m. to noon at Solano Land Trust's Rush Ranch Nature Center, 3521 Grizzly Island Rd., Suisun City.

This year speakers will address a variety of topics related to weed control, including identification of new invasive weeds in Solano County, WMA programs (and funding) available to participants, and regulatory issues associated with right-of-way pesticide use. A practical hands-on tools demonstration will also be part of the program.

The meeting is free and open to the public. Private landowners, farmers, ranchers, and resource management agency personnel are all welcome. Three continuing education credits will be available to attendees for Department of Pesticide Regulation certification.

To register for the meeting, contact Katherine Holmes, Katherine.Holmes@solanowcd.org or (707) 678-1655, extension 118.

The Solano County Weed Management Area is a coalition of local agencies and private landowners who coordinate efforts to eradicate invasive and noxious weeds in Solano County. Members include Solano Resource Conservation District, Solano Land Trust, Solano County Department of Agriculture, University of California Cooperative Extension, Natural Resources Conservation Service, Dixon Resource Conservation District, Greater Vallejo Recreation District, Lower Putah Creek Coordinating Committee and Syar Industries.

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Sports

Linton is Wrestling Tournament MVP again

By ERIC LUCERO
Express sports

The Winters Warriors wrestling team traveled to Casa Roble on Saturday, Dec 18, to compete in a 24 team tournament and came home with a 10th place finish as a team. The most impressive thing about their performance and their placing is that they did it with just six wrestlers.

Cody Linton led the way for Winters, earning his second MVP of the season, going 3-0 in the toughest weight division of the tournament. Linton's goal of not just getting back to the state tournament but winning the state tournament continues to look more realistic as the season goes on.

"Cody is doing great," said coach Tim Hausler. "He continues to dominate each match and makes the right adjustments."

Chris Calderon and Trever Wright both went 3-1 on the day and lost in the semi finals. "Chris and Trever both

lost tough matches in the semi finals," Hausler said. "But they wrestled well."

Mateo Barrera had a good day on the mat according to Hausler.

"Mateo went 1-2 but did really well," Hausler said. "He lost to the number two seed and then came back for the fifth and sixth place and did a heck of a job. It was a great match with both wrestlers going at it. The match went back and forth with Mateo losing a close one 17-15."

Timothy Tweedt also went 1-2 and Holden Philbrook was 0-2 on the day.

"Both of these guys continue to get better," said Hausler. "Every match they improve in some area."

Destiny Rogers competed in the Castro Valley Classic in Castro Valley on Saturday and did very well. Rogers finished fifth with a 3-2 record on the day.

"Destiny just keeps getting better and better," said Hausler.



Photo by Rory Linton

Destiny Rogers placed fifth out of 24 competitors in the Castro Valley High School all girls wrestling tournament in Castro Valley on Dec. 18. She wrestles in the 132 pound weight class.

Hyer scores 22 against Esparto

By ERIC LUCERO
Express sports

The Lady Warriors varsity basketball team lost their first game of the Week against Willows and then took it out on Esparto. Winters kept the game close for three periods against the Honkers trailing by just three points at the end of the third but were outscored 14-4 in the fourth period for a 51-38 loss on Tuesday, Dec. 14, at home.

Ashlynn Neil led the Warriors in scoring with 12 points and nine rebounds. Tess Hyer scored nine points, four assists. Sarah Kimes scored four points and had five rebounds. Mad-dy Cooper scored four points. Ilene Reynoso scored three points. Emma Young scored two points and had five rebounds, while Jackie Plasencia and Sarah Selby each scored two points.

Frey, Guzman All Tournament

By ERIC LUCERO
Express sports

Madison Frey and Marlen Guzman on the Winters High School JV girls basketball team were both named to the River City All Tournament Team on Saturday, December 11. Frey scored eight points in the Warriors game against Rosemont and had six points against River Valley. Marlen scored two and three points in those games respectively and played stellar defense.

"Both girls played really well," said coach Teresa Perkins. "Madison scored more points and Marlen played excellent defense."

Newman named to All Tournament Team

Senior captain Sam Newman was named to the Pierce Basketball Tournaments All Tournament Team on Saturday, Dec. 4. Newman

helped lead the Winters Warriors to a 2-1 record in the tournament by averaging 13 points, four rebounds and five assists.

Geerts scores 30 in loss against Willows

By ERIC LUCERO
Express sports

A slow start in the first period led to the Winters Warriors varsity boys basketball team home loss against Willows on Tuesday, Dec 14. Winters trailed 15-8 at the end of the first and ended up losing 60-54 to a very good Honker team.

Skyler Geerts did his part with a career night putting up a double-double. Geerts scored 30 points and pulled down 10 rebounds to lead all scorers. Sam Newman scored nine points, had seven rebounds, five assists and

three steals. Juan Tovar scored six points. Kevin Hyde scored three points and had seven rebounds, while Tim Miller and John Botro each scored three points and had three rebounds.

On Friday, Dec. 17, the Warriors traveled to Esparto to take on the Spartans and came home with a 46-34 victory. Winters led the entire game behind the scoring of Newman who put up 17 points. Geerts and Botro each had eight points. Hyde and Miller both scored five and Tovar scored three points for the Warriors.

JV girls play final games of the season with varsity

By ERIC LUCERO
Express sports

The Winters JV girls basketball team played their final two games of the season on Thursday, Dec. 9, and Friday, Dec. 10. Due to a lack of players the girls JV and varsity have now combined to just a varsity team.

On Thursday, Dec. 9, the Warriors played in the River City Tournament and faced some tough competition. The Warriors played Rosemont in their first game and lost 63-21. Madison

Frey led the Warriors with eight points, Alex Balasek had five points, Sarah Kimes scored four, while Taylor Biasi and Marlen Guzman each scored two points for the Warriors.

On Friday, Dec. 10, the Warriors were back to take on River Valley High School and lost 48-15 against another tough team. Biasi and Frey each had six points and Guzman scored three. Winters did pick up a win by forfeit against Laguna Creek for Saturday's game.

PISANI'S ATHLETE OF THE WEEK



Skyler Geerts

Skyler Geerts, a junior on the Winters Warriors varsity boys basketball team is this week's athlete of the week. Last Tuesday, Dec. 14, Geerts scored 30 points and pulled down 10 rebounds for a career game against Willows. Currently, Geerts is the second leading scorer in the Butte View League with a 15-point average and is the third leading rebounder at eight rebounds a game.

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SERVING WINTERS SINCE 1959

Don - Sports schedules on Page B-7

Features

Statins aren't only way to lower cholesterol

DEAR DR. DONOHUE: My doctor prescribed statin drugs to control my LDL cholesterol. First I took lovastatin (Mevacor) and then simvastatin (Zocor), but I had muscle pain and weakness with them. I am reluctant to start the pravastatin (Pravachol) that he now has prescribed. Are there alternatives? How about Endur-acin? CoQ10 has been suggested. — D.L.

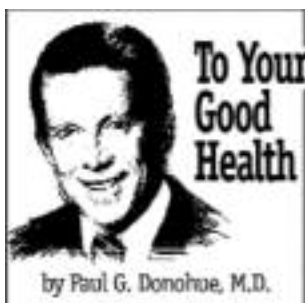
ANSWER: Statins are the most potent cholesterol-lowering drugs, including lowering LDL cholesterol — bad cholesterol, the kind that clings to artery walls. They've been around for 20 years, and their safety record has been good. Some people develop muscle pain. Those people can try a different statin. You did. However, you might be reacting a bit too fast in rejecting pravastatin (Pravachol). It is the statin that most infrequently is involved with muscle complaints.

I don't know any herb on the list of herbs you included (in an edited part of the letter) that compare with medicines for cholesterol control. However, there are things you can do to lower cholesterol, including reducing your saturated fat and cholesterol intake. Saturated fats are the fats found in many meats, whole-fat dairy products and many other commercially prepared foods. You have to look on the label. Omega-3 fatty acids lower cholesterol. They're found in fish. If you cannot stand fish, take the omega-3s in pill form.

Questuran, Colestid, Welchol and Zetia are cholesterol-lowering drugs that are unrelated to statins.

Niacin can increase HDL cholesterol (good cholesterol) and lower triglycerides, fats that also figure into artery clogging. Endur-acin is a slow-release preparation of niacin. Slow-release preparations were introduced to lessen flushing, one of the side effects of niacin.

Coenzyme Q10, or CoQ10, is an antioxidant made by the body and also is available in pill form. Antioxidants counter the damaging byproducts coming from cell chemistry. I don't see any refer-



ences mentioning that it lowers cholesterol.

The cholesterol booklet gives an in-depth treatment of cholesterol. Readers can order a copy by writing: Dr. Donohue — No. 201W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery. ***

DEAR DR. DONOHUE: I am an 80-year-old male. I work out on a Cybex weight machine and also on a treadmill. I was diagnosed as having an umbilical hernia. Please discuss it. Is surgery recommended at my age? Will working out aggravate it? — C.R.

ANSWER: All hernias are protrusions of internal organs or tissues through a defect in the wall that's supposed to hold them in place. In your case, the defect is the umbilicus — the navel, the bellybutton. With age, the scar that closes the umbilicus (the site where the umbilical cord from the placenta attaches to the fetus) weakens, and a hernia can form.

If the hernia isn't large, isn't bothering you and doesn't put a crimp in your lifestyle, nothing has to be done.

When you work out, does the hernia bulge larger? If it does, you should limit the amount of weight you lift. If it doesn't, then you can continue as you are, so long as your doctor concurs. ***

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

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What the cluck is going on?

So, I go to pick up Lola (black teenage Silkie) and I see this thing, about an inch long, sticking out of her head. I thought it was a stick or piece of dried grass, but it's very dark grey. I tried to brush it off, but it wouldn't go.

I caught her and examined this mystery sprout sticking out of her head. I pulled on it a bit, and it was stuck. Really strange. It was attached to her head. I was torn: if I pull it out, it might hurt her and she'll be traumatized and won't trust me anymore (to the extent that chickens trust at all). But I really want to remove this blemish from her otherwise perfect hairdo.

I didn't want to risk the trauma, so I let it go for the moment and reassured Lola that I'd take care of it. I was sure she felt self-conscious about it. Off I went to do some online chicken research, as usual.

After an hour on the computer looking at all kinds of forums and photos, I was more confused than ever. Not only was I more confused about what this might be, but I was also worried about chickens getting sick in



the rain (mine seemed to prefer hunting worms in the rain than seeking the shelter I made for them with the cat-saving tarp), various ailments they can develop, and whether I should be cleaning their feet!

Nonetheless, I tried to put aside these other growing anxieties and focus on the problem at hand. Apparently, there are these things called "streamers" that Silkies can have on their heads that may indicate that they are MALE!!! What?!!!! Could Lola be a boy chicken? ("Lola" by the Kinks begins to play in my head — oh, the irony!)

I wasn't sure, however, that the "streamers" I read about properly described this thing coming out of her head. I decided to check it out again, so off I went to the backyard.

I picked up Lola and examined her head again. She was very pa-

tient and the thing looked like the base of a feather, grown long and without the feathers. I decided that it was too long to be one of these "streamers," which looked like long feathers from the online images. I put Lola back down.

Then I started looking at her tail feathers and comparing them to Fiona's (I also read online that the male's rear end feather shape is generally pointier than the female's). As I'm starting to think that Lola's might look a bit pointier than Fiona's, Fiona reaches over to examine the embarrassment hanging off of Lola's head, and then... plucks it right off!

Lola didn't make a peep — totally fine with it. Lesson learned: don't waste time doing internet research about your backyard chickens, and let nature take its course.



ARIES (March 21 to April 19) A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.

TAURUS (April 20 to May 20) You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

GEMINI (May 21 to June 20) You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.

CANCER (June 21 to July 22) Caution is still the watchword as you move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.

LEO (July 23 to August 22) Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship special.

VIRGO (August 23 to September 22) That impatient side of yours is looking to goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.

LIBRA (September 23 to October 22) A legal matter you hoped could finally be settled could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.

SCORPIO (October 23 to November 21) Partnerships — personal or professional — which began before the new year take on new importance. They also reveal some previously hidden risks. So be warned.

SAGITTARIUS (November 22 to December 21) Your associates are firmly on your side, and that persistent problem that has caused you to delay some activities should soon be resolved to your satisfaction.

CAPRICORN (December 22 to January 19) Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.

AQUARIUS (January 20 to February 18) A friend wants to share a secret that could answer some questions you've wondered about for a long time. Meanwhile, travel aspects continue to be strong.

PISCES (February 19 to March 20) Stay on your new course despite so-called well-meaning efforts to discourage you. Rely on your deep sense of self-awareness to guide you to do what's right for you.

YOU BORN THIS WEEK: You have the capacity to meet challenges that others might find overwhelming, and turn them into successful ventures.

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CryptoQuote

AXYDLBAAXR
S LONGFELLOW

One letter stands for another. In this example, A is used for the first L's, X for the two O's, and S for the two apostrophes. The length and formation of the words are a guide. Each word has code letters on different

LMT'I OTOKLMTQZD ZR LMT

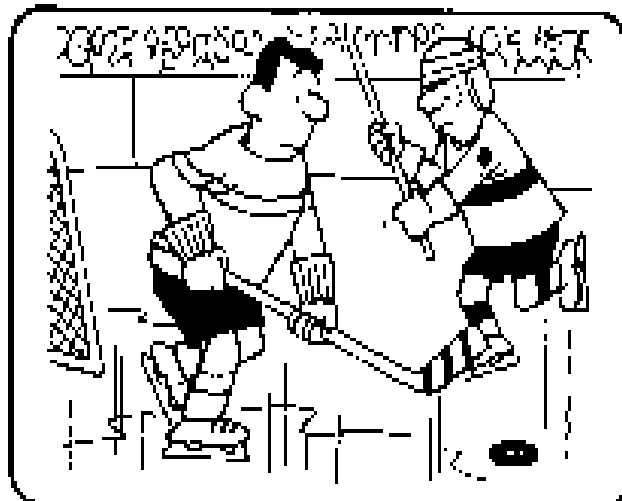
LMPNI IRK'ZCNII ZORKIMTGI

LRKAT. ARXNAZ XKATI

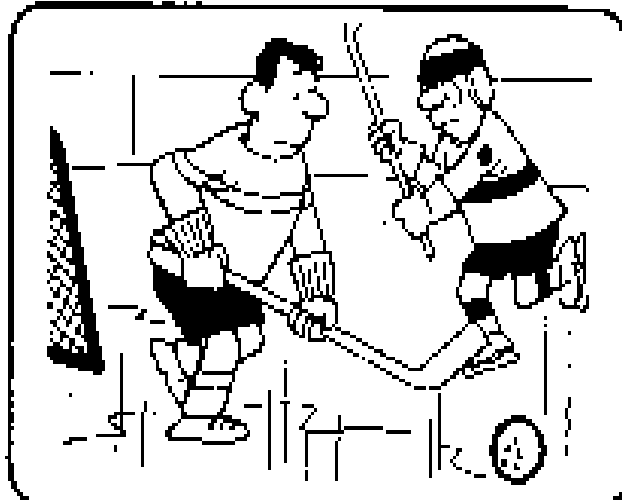
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

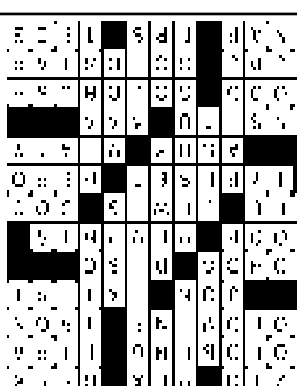


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Pleased to meet you



Name: Dna Hoover
Occupation: Designer and builder
Hobbies: Art, sculpture and composing music
What's best about living in Winters: "What's not to like?"
Fun fact: Has released a few of his own CDs as Kinothek Percussion Ensemble



Solution time: 21 mins.
Answers
— King Crossword —

King Crossword

ACROSS	DOWN
1 Point of "South Pacific"	47 Antelope
5 "Gee — break!"	48 Repetitive stick
8 Describe type	49 Reuk
12 "The View" co-host	50 Suddenly
14 Odia an money	51 Computer file suffix
15 Source of great wealth	52 Dancer et al.
16 Pleas	
17 Be-	
18 Jon	
19 Most recent	
20 For a specific purpose	
23 Pallet	
24 Nitwit	
25 Imposition city	
28 Right angle	
29 Turn of mind	
30 Jerry	
31 Medic	
32 Familiar	
33 Common in print	
34 Medal earner	
35 S.	
36 S.stantial	
37 Where originally located	
40 Motorist's org.	
41 Cruel	
42 Y.-con event	
	1 "Brocken"
	2 Provision
	3 Snail
	4 Ireland
	5 Creek, C. and
	6 Philosopher
	7 Immense
	8 In variety
	9 Paradox
	10 Mr. Noor
	11 Collier
	12 Sacred
	13 One of Donald Duck's nephews
	14 Crazy, in Yiddish
	15 Concept
	16 Kite
	17 List that
	18 Coolest sh
	19 Settled a debt
	20 Citizen
	21 "Kani"
	22 Inspiration
	23 Anti-ill org.
	24 Annoys
	25 Verb
	26 counterpart
	27 Carbonated drink
	28 — Well
	29 That ends well
	30 Alley
	31 Multipurpose truck
	32 Despondent
	33 Ill
	34 Fractions
	35 Abbr.