



Winters man still missing

By DEBRA DeANGELO
Express editor

Although rescue teams from several agencies scoured the water and banks of Putah Creek last week, no one found the body of Jose de Jesus Lopez, 49, who was feared drowned in the creek.

The Winters man was last seen on Monday, Dec. 27, near the creek and his baseball cap was found halfway down the embankment, and as of Tuesday, Jan. 4, he has not turned up dead or alive.

According to Winters Police Sergeant Sergio Gutierrez, a California Highway Patrol helicopter and the Winters Police and Fire Departments searched alongside the creek south of town and east of the railroad trestle bridge, and Drowning Accident Rescue Team (DART) divers searched the water, to no avail. Gutierrez said the divers even searched deeper areas of the creek, but turned up nothing. The search teams gave up after about three hours.



JOSE de JESUS LOPEZ

The police department “thoroughly checked with family members” as to Lopez’ whereabouts, said Gutierrez, but no one had seen him since Dec. 27.

Lopez was wearing a blue baseball cap, blue jacket and blue jeans when he was last seen. Anyone with information about his whereabouts is asked to call the Winters Police Department, 795-2261 during business hours or through the emergency county dispatch, 795-4561.

Find a Cure Saturday

By ERIC LUCERO
Express sports

Warriors will be playing to Find a Cure on Saturday, Jan. 8, raising funds to support the Jared Davis Scholarship as well as to help bring awareness of aplastic anemia, a rare blood disease that took Davis’ life at the age of 19. Davis was a Winters High School student and star basketball player.

Davis was a co-captain and a key member, if not the key member of the Team of the Decade, the 2004-05 Warriors that captured the Butte View League title and the Northern Section cham-



JARED DAVIS

pionship with a school win-loss record of 24-4.

The Winters High School boys basketball League title and the Northern Section cham-

See CURE on page A-3

Getting in shape anytime

By DEBRA DeANGELO
Express editor



Photo by Debra DeAngelo

Donna Hirschfield gets some encouragement on the assisted pull-up machine from Anytime Fitness owner Reid Tileston. The new fitness club opened at 113 Main Street on Dec. 27.

When’s the best time to get in shape? Anytime. However, “now” would surely be the answer you’d get from Reid Tileston, owner of Anytime Fitness, which just opened at 113 Main Street on Dec. 27. Tileston simmers with enthusiasm about fitness in general and his new club, which lives up to its name: Members can work out 24 hours a day, seven days a week, and not just in Winters — wherever there’s an Anytime Fitness club, nationwide.

“No excuses,” says Tileston, who aims to get people committed to making exercise a part of their regular routines.

Tileston already has two other club franchises in Galt and Sacramento, and says he’s been interested in bringing one to Winters for a couple years. Following his graduation from UC Berkeley, he says that in addition to staying fit, he wanted to be “entrepreneurial.”

A lifelong lover of health and fitness, getting into the fitness club industry seemed like a natural fit. He says his parents met while running a marathon, and “it’s been all exercise since then.” Tileston particularly enjoys running and endurance sports, marathons and half-marathons, and triathlons, which include running, cycling and swimming. Rock climbing is another of his favorites.

“Just get me out doors, get me climbing — all that good stuff,” he says.

He is particularly fond of run-

See FITNESS on page A-7

New innkeeper takes over Abbey House Inn

By DENISE COTTRELL
Staff writer

The queen-sized beds beckon one into the layers of pillows and linens. Everything is well decorated with an eye to the Victorian and antique. It feels like a world away from the everyday, however, the Abbey House Inn is in downtown Winters.

Located at 101 Abbey Street, this turn of the century cottage was originally located three blocks west. The house had fallen into disrepair and was slated to be torn down when John and Elizabeth Siracusa came to the rescue.

The couple believes in preserving old buildings and they could not accept the idea of an old historical house reduced to a pile of lumber. Elizabeth decided it would be perfect for an inn, so a deal was made and they bought the house for a dollar.

The two story inn, which has occupancy of 10, was thoughtfully restored and is the only establishment in Winters to provide overnight ac-



Photo by Denise Cottrell

Cindy Luchinske is the new innkeeper of the Abbey House Inn.

commodations. The Abbey House Inn features five bedrooms with ensuite baths. All of the rooms are well appointed with antique furniture. Three rooms are located on the ground floor and two

bedrooms and a loft are upstairs.

In December of this year, Cindy Luchinske was hired as the innkeeper for The Abbey House. Luchinske brings her extensive experience in

the hospitality industry to this venture and is looking forward to positioning The Abbey House to provide additional opportunities for the community to expe-

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Included in this week's issue are
advertising inserts from:
Round Table Pizza,
Lorenzo's Market,
Davis Food Co-op

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

WEATHER

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

Date	Rain	HI	Lo
Dec. 29	.55	55	47
Dec. 30	.02	56	34
Dec. 31	.01	55	29
Jan. 1	.48	48	35
Jan. 2	.60	43	35
Jan. 3	.20	47	35
Jan. 4		52	31

Rain for week: 1.86
Season's total: 11.75
Last year to date: 6.87
Average to Jan. 4: 8.31

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NEWTON WALLACE

HERE, THERE
& EVERYWHERE

HAPPY BIRTHDAY MILLARD: Today is the 211th anniversary of the birth of Millard Fillmore, the 13th president of the United States.

I mention this because I have his autograph, and he is Robert Fischer's favorite former president. Fillmore's face was on a dollar coin last year.

He was vice president when Zachary Taylor died July 8, 1850, and served as president until 1853. His term included the passage of the Compromise of 1850, which may have postponed the Civil War for a decade.

PREDICTION: The same group that successfully obtained enough names on recall petitions, which led to the ouster of Gov. Gray Davis, will try again.

OBITUARY

Sebastian Ramos Lopez

Sebastian "Sam" Ramos Lopez passed away at his home on Dec. 29, 2010 at the age of 89. He was born on May 7, 1921, in Vacaville to Rafael and Filomena Lopez, both immigrants from Spain. He and his family, which included his sisters Juanita (Ramos) and Anita (Zentner), lived for many years in Pleasants Valley outside of Winters.

After graduating from Winters High School in 1939, he worked for the original Lorenzo market, the California Market, before joining the Army-Air Force and serving his country proudly during World War II.

After the war, he returned home to Winters to marry his sweetheart, Marie (Carbahal). They were married for 55 years until her death in 2000. They had three children: Sebastian, Michael and Gloria.

Sam farmed his entire adult life in Winters, growing at various times apricots, peaches, almonds and walnuts. In 1990, his son-in-law, Michael Autry, joined him as a partner in farming S.R. Lopez Orchards.

He was also a founding member of the Valley Farmers Co-op, serving as president for many years. Community activities included two terms on the Winters School Board, the Lions Club, VFW, and a lifetime member of the Elks Club.

Surviving him are his three children, and four grandchildren Erin Autry (Matt) Montgomery, Brett (Marilyn) Autry, Matthew Lopez and Cory Lopez.

"He was an inspiration to all, a patriarch of the family, and will be missed," said a family member.

Services were held on Jan. 3, 2011. Donations in his name may be made to favorite charities and/or the Yolo Hospice.

Oneonta Arnim Hailey

Family and friends are invited to celebrate Onie's life with graveside services at the Winters Cemetery, 415 Cemetery Drive, off Grant Avenue, at 1 p.m. Saturday, Jan. 8, 2011, with a reception following at St. Anthony's Community Hall at 511 Main St., Winters. In lieu of flowers, the family requests a donation to a favorite charity or to the Winters Center for the Arts, c/o Bill Hailey, P.O. Box. 648, Winters, CA 95694.

Weekly police report

Dec. 7-8
~ 3:30 p.m. or later, 700 block of Railroad Avenue, restrooms were vandalized at the public library. Damage: clean-up costs.

Dec. 16
~ 7 p.m., Betty Chao Moore, 77, of Winters was at the stoplight at Grant and Railroad avenues. Moore turned right on a red signal onto northbound Railroad Avenue from Grant

Avenue and collided with a vehicle driven by Duane Lee Talbot, 70, of Santa Rosa.

Dec. 20
~ 10:37 a.m., 1100 block of Griffin Way, someone entered a residence in an attempt to steal items but was interrupted by the victim arriving home. The suspect fled and was not located.

See **POLICE** on page B-4



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YESTERYEAR



File photo

Charley Wallace, at right, and his brother Jim attend the California Newspaper Publishers Association convention with family, in this photo that appeared in the April 1964 edition of The California Publisher magazine. Happy birthday to Charley Wallace, who turned 60 this week.

50

YEARS AGO

65

YEARS AGO

100

YEARS AGO

115

YEARS AGO

January 19, 1961
The Winters City Council, at its regular meeting Tuesday evening, voted to buy the Bob Griffin property at the corner of East Street and East Grant Avenue, for \$7,500.

Miss Barbara Frisbee, daughter of Mr. and Mrs. R.A. Frisbee, will be installed as worthy advisor of the Davis Assembly, Rainbow for Girls, Saturday evening at the Masonic Hall in Winters.

Three residents of the Winters area, John Greenwood, Richard Rominger and Rev. Herb Moise, have filed nomination papers for trustees of the Winters Joint Union High School District.

Funeral services were held at Pacific Grove yesterday morning for Rev. Lee Sadler, 73, former pastor of the Winters Christian Church, who passed away at his home in Pacific Grove Sunday.

Former Winters resident Edgar L. Yarberry received his Ph.D. degree on January 6 by the graduate school of Stanford University. Yarberry is a biology and life science teacher at Salinas High School.

Mr. and Mrs. Frank Ramos entertained at a dinner party on Saturday evening, with Chef Joe Gandolfo of San Francisco preparing crab cioppino for the guests. Those who came were Messrs. and Mmes. Frank Estepa, Sebastian Lopez, Chris Molina, John Martinez Jr., Kal Homan and Frank Rodriguez of Vacaville, as well as Mrs. Joe Gandolfo of San Francisco.

January 18, 1946
Harold O'Neal began work Friday at Lindy's Service Station. O'Neal has recently been discharged from the army after 33 months service, 23 months of which were spent in the Aleutians.

Mrs. W.W. Stark's fifth grade pupils presented the program at the meeting of the PTA held Monday afternoon. A trumpet solo was played by Tommy Pearse and a trombone solo by Billy Pugh, while Elizabeth Graf and Dale Hansen favored with a trumpet duet.

The Winters Town Basketball Team defeated Woodland Town Team last night by a score of 52 to 42. "Buzzy" Connor and Jimmy Barker had the high scores for Winters by scoring 12 points each.

J.A. Siranian, of the Ideal Cleaners and Dyers, is having a new porcelain press and puffer and automatic boiler installed.

Dr. and Mrs. Edward Baker and little son of Oakland were weekend guests at the home of Mr. and Mrs. Ed Baker, parents of the former. Dr. Baker is an intern at Highland Hospital in Alameda County.

Keep up on the local news by reading the Winters Express

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Berryessa lake level rises 1.79 feet in past week

The level of Lake Berryessa rose by 1.79 feet during the past week, with 29,504 acre feet of water added to storage, according to Ken Emigh of the Solano Irrigation District.

He reported Tuesday morning that the lake was 417.11 feet above sea level, with storage computed at 1,144,888 acre feet of water.

The SID is diverting 75 second feet of water into the Putah South Canal and 29 second feet is flowing in Putah Creek at the Diversion Dam.

Evaporation on Lake Berryessa averaged 42 acre feet of water per day during the week.



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Ad deadline, noon Tuesday

INN

Continued from page A-1
rience the tasteful comfort of the inn.

Luchinske, a native of Winters, graduated from Winters High School and eventually found her way to the state of Washington where she raised a daughter and worked as a cook and a baker. With her daughter grown, Luchinske found herself looking for new possibilities and longing for family, friends and a community.

With this in mind, Luchinske and her husband returned to California. They lived in Sacramento for a year but found that the city was just too large to provide the sense of community they longed for, and recently returned to Winters.

While reestablishing herself in her hometown, Luchinske learned of the search for a new innkeeper at the Abbey House and applied for the job. After an interview with former innkeepers Diane and Edmund Lis and Elizabeth Siracusa, Luchinske found herself right where she wanted to be, providing attention to detail and a warm and friendly atmosphere for Abbey House Inn guests while marketing Winters' atmosphere of small-town friendliness which she appreciates and values.

In addition to providing accommodations for Winters residents with out of town guests, many visitors to the Abbey



Photo by Denise Cottrell

The master guest room at the Abbey House Inn features a gas fireplace, Jacuzzi bathtub, personal refrigerator and private entrance.

House Inn come from San Francisco. Conveniently located about an hour's drive from the city, San Franciscans come to The Abbey House Inn to find peace and quiet. Visitors are "thrilled to be here" said Luchinske, "for a stay in a quiet, friendly town where restaurants, shops and events are a short walk away."

An enthusiastic innkeeper, Luchinske has a number of ideas on how to extend the Abbey House hospitality throughout the community. There are plans to use the Abbey House Inn as a venue for the

Winters Art Walk and to utilize the facilities for creative workshops. Luchinske is in the process of creating packages that will work with local artists and craftspeople to lead groups in weekend retreats that take place at the inn. These events, according to Luchinske, "encourage the support of local artists and will help keep business here in Winters" To that end, the Abbey House Inn has partnered with local restaurants to offer special discounts for guests. They also provide Equator coffee, which is the brew of

choice for Winters coffee house, Steady Eddy's.

Whether one is passing through from here to there or needs to find a place to lodge the overflow guests, the Abbey House Inn offers serene comfort and a little bit of peace and quiet. Luchinske has made every effort to provide guests with a quality experience and attend to the needs of guests. Luchinske says visitors will find Abbey House Inn and Winters to be a "little piece of heaven." Call 795-5870 for more information or to make a reservation.

Yolo County libraries to close for training

All seven Yolo County branch libraries, including Winters, will be closed Monday, January 10 so staff may attend system-wide training.

Residents will be able to access online ser-

vices such as the library catalog, library databases and the YoloLINK database of community services, all of which are available seven days a week, year round.

Normal operating hours at all branch locations will resume on Tuesday, Jan. 11.

For more information about the Yolo County Library visit www.yolocountylibrary.org.

Literacy program needs volunteers

By **BETH GABOR**
Public information officer
Yolo County

One in six Yolo County residents cannot read and write sufficiently to carry out day-to-day activities at work and at home. In an effort to address this issue, the Yolo County Library has developed Yolo Reads, a literacy program which provides free and confidential instruction primarily to English-speaking adult learners. Yolo Reads is looking for volunteers to provide instruction, and is also seeking assistance with spreading the word about the program to those in need of assistance.

For those interested in tutoring adult learners, no experience is necessary, the hours are flexible and Yolo Reads provides all necessary training and materials. Tutors will assist adults in creating a resume, earning a GED, passing the citizenship test, learning basic computer skills, or helping a child with homework. Volunteer assistance is needed in all communities throughout Yolo County.

Volunteers are also needed to provide mentoring and tutoring to incarcerated youth at the Juvenile Detention Facility in Woodland on Tuesday evenings at 6:00 p.m. for approximately two hours. Yolo Reads has partnered with the Yolo County Probation Department to provide these services in an effort to help youth improve their reading, writing and math skills. Tutoring is provided in both English and Spanish. Although not required, those bilingual in Spanish or with experience teaching at-risk youth are encouraged to consider this volunteer opportunity.

"Incarcerated youth especially need our help in breaking the cycle so that they may become successful and contributing members in our community," said Yolo County Board of Supervisors Chair Matt Rexroad.

For more information about the program, call Yolo Reads, (866) 609-7303 (toll free), email LibraryVolunteer@yolocounty.org, or visit www.yolocountylibrary.org.

Creek committee to meet

The Winters Putah Creek Committee will meet on Monday, Jan. 10, at 7 p.m., in the city council chambers at City Hall. The agenda includes:

- ~ North Bank improvement; nature trail update.
- ~ Parkway; realignment projects update.
- ~ River, Trails & Conservation Assistance Grant application; extension of trail to El Rio Villa (Yolo Housing).

CURE

Continued from page A-1
team will host Woodland High School on Saturday for Find A Cure Night, in Davis' honor. This is the fifth annual event and the second consecutive year that Woodland High School has participated.

Last year, the Warriors and the Wolves put on a show, with the game being decided in overtime. The Wolves outscored the Warriors 7-4 in overtime for a 69-66 victory.

If you planned on attending at least one basketball game this season, this would be the game to watch and be a part of. The JV game starts at 5:30 p.m. and the varsity game follows at 7 p.m.

Chamber Mixer on Monday, Jan. 10, 5:30 p.m. at Winters Participation Gallery

Opinion

LETTERS

Thanks, and need some more help

We just wanted to say thank you one more time for all the help and generous support of the 2010 Wreath Project. It's overwhelming each year to accomplish this gigantic task of covering the entire cemetery and to see the thousands of people who come out to help lay the wreaths. It's especially great to see so many children getting involved and learning to appreciate the sacrifices of others.

With the rate the cemetery growing, we're anticipating needing more than 9,000 wreaths for the 2011 project and will need continued help and support to meet our goal. We intend to purchase the wreaths again from Teufel Holly Farms, who have agreed to keep the price at \$7 per wreath for next year.

Visit our website at www.wreathproject.org to see the pictures from the 2010 event, as well as aerial photos taken for us by photographer Curt Fargo and pilot, David Aronson. We really appreciate them taking the time to get some pictures of our annual event.

Reminder: This Saturday, Jan. 8, we'll be picking up the wreaths for disposal starting at 7 a.m. We need pickup trucks for those of you



"THEY'RE ON TO YOU, BERT."

who wouldn't mind bringing yours. Volunteers will load the pickups and then the wreaths will be hauled to trash bins located at the cemetery. No signups are required, and all are invited to help.

Save the date: Saturday, Sept. 3, is the date of the third annual Country In The Hills fundraising event, so please plan to join us. We'll again serve a barbecue style dinner, and the California Cowboys will provide dancing music for the night.

Thank you again for all your help this year. We look forward to the 2011 project.

Happy New Year!

CURTIS and SUSIE STOCKING

Letters policy

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.

Where to write

COUNTY

Supervisor Duane Chamberlain, 5th District (Winters, rural Yolo County), 625 Court St., Room 204, Woodland, CA 95695; 666-8627; fax: 666-8193; email: duane.chamberlain@yolocounty.org

CITY

Winters City Council, Mayor Woody Fridae; council members, Harold Anderson, Cecilia Curry, Mike Martin and Tom McMasters-Stone; City Manager, John Donlevy; City Hall, 318 First St., Winters, CA 95694

SCHOOL DISTRICT

Winters Joint Unified School District, 909 West Grant Avenue, Winters 95694, 795-6100, Rebecca Gillespie, superintendent; Board of Trustees, Robyn Rominger, Matt Brickey and David Hyde, Dan Maguire, Rob Warren, Mike Olivas and David Reynoso.

Resolving to give up spiritual inflammation in 2011

The bright, fresh new year is the traditional time for making resolutions, and most of us set the resolution bar so high that we ditch our resolve by Valentine's Day. I'm predicting my own failure in similar fashion, because I don't actually believe that I can accomplish my New Year's resolution.

That said, I want to give it a go.

And that said, I have no faith in me, but what the hey, let's throw it against the wall and see how long it sticks.

In 2011, I'm going to try (forgive me Yoda, but I fear I have more "try" than "do" in me on this matter) to give up following politics. I'll still keep track of the news, via print newspapers and certain non-political websites. It's not politics per se I wish to abandon — just the hypebole. I want to be aware of politics, but I no longer wish to be psychologically and emotionally engaged with politics.

So, MSNBC, don't take it personally. It's not you. It's me. I just need to find myself, you know? Figure out where I belong in this crazy, mixed up world. But hey, let's stay friends. Oh, and I'd like my Van Morrison CDs back.

Going cold turkey is rough, so I already started on my resolution in increments. Joe Scarborough and the Morning Joe crew were the first to go. All the bickering and opining became boring, and one morning and I just got fed up and hit "delete series" on the DVR.

The Rachel Maddow Show was next. It happened during a recent PBS airing of Dr. Christiane Northrup. During a pledge-break, I

clicked over to Rachel Northrup had been explaining the damaging effects of inflammation on the body, and suddenly there was Rachel, borderline apoplectic over the newly elected Republican majority's announcement of their strategy for the next two years: block all Democratic bills, regardless of content. This is only slightly less repugnant than Senator Mitch McConnell's proclamation of the Republican party's singular goal for the next two years: Make sure Barack Obama is a one-term president.

And you thought our "representatives" were fretting over your extended unemployment and foreclosure notice. Silly American.

I recognized this perpetual Red Team/Blue Team melodrama years ago, and reregistered "Decline to State" in protest. But how could this come as a surprise to Maddow? Has she not been watching her own show? Surely she knows this. She's just acting dismayed to reel viewers in by the heartstrings.

And then the ironic juxtaposition kicked in: Dr. Northrup had just been discussing how inflammation in the body is not only unpleasant and uncomfortable, but physically damaging and destructive in the long term. It leads to disease. Even death. And it struck me that all this "We're good, they're bad!!!" political sensationalism is inflammation to the spirit — unpleasant and uncomfortable, and in the long term, probably spiritually damaging, destructive and soul-killing.

Following some on-the-spot naval gazing, I



recognized that I avoid things that increase inflammation in my body. So... why am I actively choosing things that increase inflammation in my spirit? And of course, there's no other answer than, "Because you're a dipwad, that's why."

And just like that, I pointed the DVR remote at Rachel, said "Goodbye, Rachel," and pressed "delete series." And Keith stands alone.

The next few times I watched Keith Olbermann's "Countdown," I started paying attention to how I *felt*. Although the information was valuable, I *felt* anxious, annoyed, depressed and sometimes despairing. And I asked myself, "Do I have any control over any of these things that caused me to feel this way?" Answer: "No."

I can vote, true. But in the end, no matter who you vote for, once your guy/gal is elected, he/she is swept up into the "Cluster-#%\$" for the White House," as Jon Stewart so aptly calls it — the never-ending struggle for reelection, to the exclusion of all else. And if one of the most inspirational and brilliant people of our generation, Barack Obama, can't even change it, what's the point in getting all wound around the axle about elections? Or politics?

That doesn't mean I won't vote anymore. Of course I will. But I'm not putting any more psy-

chological energy into national politics and the perennial Cluster-#%\$ for the White House. I recognize that in the end, I don't have any power to change any of it. My angst and energy is wasted on politics. I'd have equal success raging at the weather.

So, for my resolution this year, I'll draw upon my Al-Anon days, and when the temptation to become white-hot screeching furious over the latest political twist and turn flares up, I'll recite the Serenity Prayer: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."

Wisdom to know the difference. That's really what I'm striving for. And let me be clear, I'm not saying that national politics isn't important. Clearly it is. I'm simply ready to explore whether I'll be less anxious, annoyed, depressed and sometimes despairing if I stop sucking on politics like a crack pipe.

Addiction is addiction, baby, and Step One is "Admitted we were powerless over (insert your favorite addiction here)..."

And with that... Goodbye, Keith. We had some good times, didn't we? I'll always love you. And hey... It's not you. It's me.



CHARLES R. WALLACE

A QUICK OPINION

REAL RAIN. I was complaining to the Guy on Page 2 about not having a week off in 18 months. He told me that when he bought the paper in 1947 his first vacation was in 1952. I quit whining and started looking for someplace to go. I was talking to my permanent tenant about going somewhere for my 60th birthday. We started looking at taking the family to Hawaii, again, and I started looking up vacation getaways on the computer. Costa Rica popped up and the more I looked, the more I liked.

We ended up booking a 10-day tour with Caravan Tours. Friends of Sherri's had taken tours with Caravan and spoke highly of them. The reviews on the Internet looked good, too. Rain forest, beaches on both the Atlantic and Pacific, banana, pineapple and coffee plantations were on the agenda. There was a chance to see an active volcano, the brochure said.

I picked a tour where I would only miss one issue of the Express. We flew out on the Wednesday before Christmas and returned on Sunday, Jan. 2. My ex-temporary tenant was a little surprised we were going to miss the holidays with the grandkids, but we visited before Christmas and handed out the presents. I don't think the kids care when they get the gifts, as long as they get them. What's December 25th to a 2 year old? The answer: The same as December 18th if that is when he gets his new train set and balloon launcher. The 4 year old might have known what was going on, but she didn't let on.

This was our first tour bus trip and it was better than I imagined. The people on the bus were all great. We came from across the United States, Canada and one couple from Japan. I'll have to admit that I enjoyed the two couples from Texas. They were almost newlyweds, only having been married for 5 years or so. I'm not sure why age is so important to me lately, but I need to know how old everyone is. The guys from Texas were just a few years older than me, and I was smart enough not to ask their wives their ages.

There were 42 of us on a bus with a tour director, Karen, who seemed to enjoy her job and went out of her way to make our tour enjoyable. The driver, Marvin, drove through narrow alleyways, over even narrower bridges, backed his way around corners, and plowed through streams that would float most cars. He parked behind restaurants that didn't have backyards. I don't think this was his first tour.

We visited a rain forest that was about 4 hours by bus and 2 hours by boat from the capital, San José. The only way to get to Tortuguero National Park was by boat or plane. This is the park where sea turtles come ashore to lay their eggs. We missed the hatch by a couple of weeks, but there were plenty of empty nests on the beach and plenty of empty turtle egg shells everywhere.

It was raining when we got there and didn't really stop much in the two days we were there. There were times when it was really raining. Our rain gauge only measures 2 inches at a time and it would have been full multiple times during the night. It rained hard for about twelve hours. You couldn't drink, or even brush your teeth with the water, and the shower water didn't smell very good. One tour mate went out at 4 in the morning and showered in the rain. I don't know if he used the rain gutters, but there was enough water coming off the roof to fill Lake Berryessa in a couple of weeks.

We took open boat rides up the rivers to see monkeys, iguanas, boa constrictors, Caymans (crocodile look-a-likes), hundreds of different types of birds, lots of sloths, and my favorite, the Jesus Christ lizard. The JC lizard is bright green and can walk on water. The boat captain got close enough to one that when someone pulled on the branch, the lizard took off running on the water for about 10 feet to the shore. I thought I was part of a National Geographic special.

I wore my walking boots on the boat with a raincoat, shorts and a rain poncho. My boots got wet when the boat filled up with rainwater and didn't dry out until we reached the west coast beaches and sunshine. I watched the guides and they were either barefoot or wore flip-flops. I switched to flip-flops and didn't need to dry them out between trips.

There were no cars in the village that was about a mile from our lodge. There were only 1,100 people living there, but there were plenty of bicycles, dogs and a couple of ATVs. The shops were set up for tourists, but I liked the hardware store. It looked a lot like a smaller version of either our ACE or TrueValue hardware stores. Our guide lived in the village and got a boat ride to work, and back, every day. He told me he had taken a plane ride, once, to San José and he took the bus back. "You can't walk around barefoot in the city," he told me. He also told me he grew up in Colorado. When I questioned him, he laughed and said "Colorado Island, about 6 hours walk up the beach from here." He described the plane ride as the scariest thing he had ever done. This from a man who swims in the river with crocodiles and snakes.

The rain got a little tiring, especially when you couldn't see the volcanoes because of the clouds. The group was pretty easy going. No whiners, myself included. Everyone was joking about being in the "Rain Forest." When we went to the Pacific side and the Marriott at Guanacaste the first thing people complained about was the sunshine and the heat. "We could use a little rain to cool this place off." It was funny the first time I heard it.

If you get the chance, not a bad place to see what rain really feels like.

More next week.

Chamber event features honors

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 Kormos, Jan Bawart and Debra DeAngelo, and new members Debbie LaShure, Susan DeLao and Kristen Pantle.

The evening also includes a silent auction for a variety of prizes. Tickets for the event are \$35 per person.

For tickets or more information about the Year in Review event or the Chamber, or to donate a silent auction prize, call Executive Director Al Aldrete at the Chamber, 795-2329.

Travels with the Express



Courtesy photo

David and Cherie Felsch took the Winters Express to Prescott, Arizona on Dec. 18 for Tyler Cross' graduation from Embry-Riddle Aeronautical University, where he received the degree of Bachelor of Science in aeronautics with a minor in meteorology. From left are David Felsch, Dee Cross, Tyler, Brian Cross, Amy Cross, Cherie Felsch and Shirley Cross.



Courtesy photo

Dr. Bob Schaefer took his Winters Express to read while on a recent cruise to the Bahamas.

Yolo County releases Climate Action Plan for public review

By **BETH GABOR**
Yolo County
Special to the Express

Yolo County has released its draft Climate Action Plan for public review. The plan is scheduled for consideration by the Planning Commission on Jan. 13 and tentatively scheduled to go to the Board of Supervisors on Feb. 1. Both meetings will be public hearings, with opportunities for testimony and written comments.

“This represents a significant milestone for Yolo County, which has a long history of being in the forefront of the green movement with land use policies that emphasize growth management, open space preservation and agricultural protection,” said Yolo County Board of Supervisors Vice-Chair Matt Rexroad.

In 1982, Yolo County adopted an Energy Plan, which was one of the first of its kind. In

1985, the county landfill completed a gas-to-energy facility, which generates 20,000 kilowatt hours per year and captures 90 percent of methane emissions.

In 2007, Yolo County became one of 12 charter members from every region of the country to the Cool Counties Initiative, collectively representing 17 million people in pledging to reduce greenhouse gas emissions by 80 percent by 2050. Soon thereafter, the county organized local cities, special districts and UC Davis in forming the Yolo County Climate Change Compact, to provide an ongoing forum for exchanging information on how best to analyze and address greenhouse gas emissions.

In 2009, Yolo County adopted its 2030 General Plan, which contains more than 350 policies that deal with climate change, including the requirement to develop a Climate Action Plan.

In addition to implementing General Plan policy, the Climate Action Plan also fulfills the requirements of state legislation, including Assembly Bill 32, Senate Bills 97 and 375, and Executive Order S-3-05.

The Climate Action Plan estimates that in 2008, the unincorporated area (excluding UC Davis, the Yocha Dehe Wintun Nation and special districts) produced 651,470 metric tons of carbon dioxide equivalents, or greenhouse gasses.

Approximately 48 percent of those emissions are created by agriculture. Transportation and energy account for an additional 47 percent, with the remainder made up by such sectors as the landfill, wastewater treatment, construction, mining and stationary sources.

A target is established in the Climate Action Plan to reduce the 2008 emissions back

to the levels estimated for 1990, or 613,651 metric tons. To achieve this target, 15 programs are proposed, including such measures as increasing renewable energy production, enhancing energy and water conservation, expanding alternative transportation, planting trees and reducing fertilizer application.

In order to meet the reductions envisioned in the Cool Counties Initiative and state legislation, the Climate Action Plan also includes voluntary goals to reduce greenhouse emissions to 447,965 metric tons by 2030, and 122,730 metric tons by 2050.

The Climate Action Plan is available at all public libraries, may be purchased at the Yolo County Planning & Public Works Department, located at 292 W. Beamers Street in Woodland, or may be downloaded from the Yolo County website: www.yolo-county.org.

Self-defense classes offered for women

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. App-

ropriate attire will be tennis shoes and athletic wear (sweatpants, sweatshirts, etc.)

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

Volunteer planting day planned at Lake Solano

The Solano Resource Conservation District will hold a volunteer planting day on Sunday, Jan. 9, 1-3:30 p.m. at Lake Solano County Park. With the help of volunteers, Solano RCD will be installing native Santa Barbara sedge plugs on an eroding hillside and planting several species of native trees on the banks of Putah Creek.

Volunteers can start the new year by creating wildlife habitat and

improving water quality. Solano RCD will provide all necessary plants, tools, snacks and warm drinks.

Contact Katherine Holmes at Katherine.Holmes@solanorcd.org or (707) 678-1655, extension 118 to register for this event.

Volunteer planting days are part of Solano RCD's "Welcome to the Watershed" program, which addresses resource conservation and creates wildlife habitat.

Support group will offer prostate cancer information

The Yolo Prostate Cancer Support Group will present evaluations and comparisons of cancer information resources at its meeting on Monday, Jan. 10. Panel members will offer their recommendations of credible web-

sites and printed newsletters pertaining to prostate cancer.

The presentation will begin at 7 p.m. in the southwest first-floor conference room of the Sutter Medical Group—Yolo Division building at 2030 Sutter Place in

Davis. The support group welcomes Yolo and Solano County men who have been diagnosed with prostate cancer. Attendance is free of charge,

For more information, call Ray , 756-6408, or Harold, 756-9153.

12-Step meetings offered locally

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 7 p.m. at 62 Shams Way (Yolo Housing).

Treabess eyes Paralympics after success in international competition

Author talk series begins with Byrd

FITNESS

Continued from page A-1

ning, and has been known to don a purple super-hero outfit — Captain Running Man — to raise awareness about exercise and fitness, and offer motivation.

Tileston says motivation can be found in abundance at Anytime Fitness, for experienced athletes, weekend warriors and beginners alike. A membership begins with a free personal training evaluation and tour of the facilities, which offers cardio machines (stationary bikes, ellipticals and treadmills), and resistance and weight training equipment. There is an area for free weights, stability/core training and stretching, and a shower on site as well.

It may sound intimidating to the inexperienced, but Tileston says even couch potatoes can get started on new exercise habits at Anytime Fitness, beginning with a customized workout plan and online support at the Anytime Fitness website, which offers information on nutrition, exercise and fitness. The website membership is included with the club membership, which costs less than \$40 per month.

“You’ll have all the tools you need, and the motivation to get in shape,” says Tileston. Amongst those tools, he points out, is “the best equipment money can buy” — all brand new Precor cardio and weight training equipment. Besides offering top-notch equipment, Tileston pays a lot of attention to making the club a pleasant place to work out, and strives to keep it “insanely clean.”

As for those who are already working out at gyms or clubs in nearby communities, Tileston says switching to a club here in town can keep one more thing in better shape: your wallet. Besides offering memberships at extremely competitive rates, there’s no time or gas wasted driving out of town.

“It’s convenient, it’s closer to home and it’s in your own neighborhood,” says Tileston. “Get in, get results and get on with your life. It’s as simple as that.”

The convenience of having 24-hour access was a selling point for new member Linda Rodriguez, manager at the Buckhorn, who wanted to work out after work. That can be a pretty late night after the Buckhorn closes, and most health clubs would be closed as well.

“The best part is the availability,” says Rodriguez, who says limited business hours at other local health clubs a problem for her. “I can come when I get off work. It’s awesome.”

For those like Rodriguez, who prefer to work out during off hours, access to the club is gained with a programmed key fob that



Photo by Debra DeAngelo

Linda Rodriguez works out her triceps at Anytime Fitness.

unlocks the doors. Although there are no staff on site beyond business hours, there is 24-hour camera surveillance to maintain security, and members wear a small device on a cord around their necks when working out during off hours that immediately connects them to a 911 operator in an emergency. There are also stationary panic buttons and a dedicated telephone line to a 911 operator.

Tileston points out that the cameras also catch any members breaking club rules, like sneaking in non-members, failing to wipe down equipment after use, misusing or abusing the equipment, or any other undesirable behavior. And, he adds, breaking the rules could lead to a fine or even a revocation of membership. Tileston says there is only one reason for anyone to be inside the club: “You’re here to work out.”

Rodriguez wasn’t the only one there to work out at Anytime Fitness during its first week in business last week. While Rodriguez worked on the strength training equipment, another Buckhorn employee — waiter David Borges — was doing squats over in the free weight area. Borges switched to Anytime Fitness from a club in Vacaville, and is pleased so far.

“It’s good,” he says, “It’s affordable, and now here in town. I have a lot of friends and coworkers that go here.”

So far, he says he hasn’t missed the old club.

“Everything’s here — it’s just closer. There’s not that long drive, and you can come here anytime.”

Another new member, Martha Gilson, commented while using the biceps machine, “It’s cool, it’s wonderful and it’s in Winters.” Like Borges, Gilson was also driving to Vacaville to

work out, and concludes, “It’s too far away.” She and her husband are enjoying the convenience of walking to the club together to work out, and both give Anytime Fitness high marks.

“It’s close, it’s convenient and it’s got everything I had before,” says her husband Tom. “I’ve been waiting a long time for this.”

Donna Hirschfield took some time out from her personal training session on the assisted pull-up machine to offer yet more kudos for the new Winters club.

“I think it’s great,” she says. “It fills a niche that was needed. I have nothing but good things to say.”

While new members worked out on that sunny December morning, more kept trickling in to find out what Anytime Fitness has to offer. Tony “T.R.” Martin decided to join one morning last week, and like the others appreciated the clean, professional environment and the convenience of 24-hour access to the club. Martin says he used to belong to a fitness club in Vacaville, and like the other new members, didn’t like driving out of town.

Besides hoping to stay fit, Martin says another goal is to “keep some flexibility in my body” — something he’s discovered is a key to good health at age 76.

Tileston is hoping more Winters residents will come down and check out Anytime Fitness too, and see what it has to offer for them. Besides convenience, besides affordability, Tileston says regular exercise will simply “make you feel better.”

“It’s one of the few things you can do for yourself to feel better. You’ll sleep better, you’ll have more energy — it’s extremely beneficial.”

Besides adult memberships, adolescents can also join and get



Photo by Debra DeAngelo

Four Precor elliptical machines are ready and waiting at Anytime Fitness, 24 hours a day, seven days a week.



Photo by Debra DeAngelo

David Borges builds muscle in the free weight area at Anytime Fitness.



Photo by Debra DeAngelo

Tom and Martha Gilson enjoy working out together at Anytime Fitness.

started working out early on in life. Ages 13-15 must be accompanied by a parent or adult guardian, and ages 16-18 can join on a trial basis to make sure they can conduct themselves properly in an adult environment. Tileston says his future plans for the club include offering fitness classes and local running events.

To find out more about Anytime Fitness, visit Tileston at the club during business hours, or call the club, 795-4444.

Getting married? Just had a baby?

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Thayer new vice president at First Northern Bank

John Thayer has joined First Northern Bank as vice president/commercial loan officer. He will be responsible for managing business relationships with customers from Fairfield to Sacramento; his office is located in Davis.

Thayer began his banking career in 1975, and has an extensive background in commercial lending, real estate lending, business development, and branch management. He comes

to First Northern Bank from Bank of Sacramento, where he most recently served as senior vice president and business development officer.

Long active in the Solano business community, Thayer is a past-president of the Cordelia Rotary Club and has been involved with numerous Chambers of Commerce. He earned a Bachelor of Science from Southern Oregon College in Business Administration,

and has completed coursework through the American Institute of Banking and the Society of Real Estate Appraisers.

First Northern Bank serves Solano, Yolo, Sacramento, Placer and the west slope of El Dorado County. First Northern has 11 branches located in Dixon, Davis, West Sacramento, Fairfield, Vacaville (two), Winters, Woodland, Downtown Sacramento, Roseville, and Auburn,

and has a full service Trust Department in Sacramento.

First Northern Bank also offers real estate mortgage loans, SBA loans, and non-FDIC insured investment and brokerage services. The bank specializes in relationship banking and employs experts in small business, commercial, agribusiness, real estate lending, and wealth management.

For more information, visit www.thatismybank.com.

Tour features swans wintering in Yolo Bypass Wildlife Area

Along with the Snow Geese, White-fronted Geese and Ross's Geese, the majestic Tundra Swan has descended on the Yolo Bypass Wildlife Area. The Yolo Basin Foundation and the Department of Fish and Game welcome members of the public to view these winter visitors on a public tour of the Yolo Bypass Wildlife Area on Jan. 8, 9 a.m. to noon.

Tundra Swans can be distinguished from geese by their larger size and longer necks. They are snowy white with black legs and feet. Their black bill has a small yellow spot near the base. Tundra swans are omnivores and feed by dipping their heads underwater and using their long necks to reach aquatic plants, roots and invertebrates.

Grains in harvested rice fields and other farmland are an increasing part of their diet.

As indicated by their name, Tundra swans breed and nest in the arctic tundra. In winter, they migrate in large flocks and spend most of their time on the water, often sleeping afloat. They take to the air with a running start across the water while beating their large wings.

All interested tour participants will meet at 9 a.m. in Parking Lot A (the first parking lot with the large bulletin board) in the Yolo Bypass Wildlife Area, at the west end of the Yolo Causeway. No reservations are required. Participants should bring their own binoculars, water (no potable water on site), insect repel-

lent and field guides. Docents will have spotting scopes to enhance wildlife viewing. This is a driving tour on gravel roads with several stops and short walks. Tours run rain or shine.

Tours are subject to cancellation if the Wildlife Area is closed due to flooding. Further directions to reach the tour are available on the Yolo Basin Foundation website at www.yolobasin.org.

A \$5 donation is suggested from all trip participants. Children under 12 and members of the Yolo Basin Foundation are free. For closure or other tour information, call Heidi Satter, 757-4828 before the day of the tour, or visit the Yolo Basin Foundation website, www.yolobasin.org.

Embroiderers Guild to meet in Davis

The Valley Oak Chapter of the Embroiderers Guild of America will meet at 9:30 a.m. on Thursday, Jan. 6, at the Redwood Park Community Building, 1001 Anderson

Road, Davis. Jeannette Clark will teach net darning, an easy lace technique. The project is a bookmark. Materials will be supplied.

For more information call 756-0380.

Sports

An Uprising in girls soccer

◆ AYSO girls soccer team wins Section Tourney

By **ERIC LUCERO**
Express sports

The future looks bright for girls soccer in Winters especially after the talented team of the Uprising U-14 AYSO girls won the Northern California Section Tournament on Saturday, Dec. 11.

The Winters team, coached by Ralph Anderson and assistant Jerry Evanoff, first won the Area D2 Tournament in Antelope on Dec. 4, beating rival Davis 5-0, two teams from Antelope and a tough Esparto team. This tournament championship earned the Winters Uprising the privilege of representing Area D2 in the Northern California Section 2 Tournament in Foster City on the San Francisco Peninsula.

On Saturday, Dec. 11, the Uprising traveled to

Foster City to take on Burlingame in its first game of the section tournament. Winters started out slow against the stiff competition and found themselves down 2-0 early in the game.

After getting a quick pep talk from Anderson, the Uprising went out and turned things around. Anderson told the players to “pick up their heads and go out and play hard.” The Uprising did just that against a tough and speedy team.

Winters took control of the game in the second half, with Sofia Evanoff scoring all three goals to give the Uprising a 3-2 victory.

“That was a great comeback victory,” Evanoff, the assistant coach, said. “That shows the heart of a champion.”

In game two of the tournament, the Uprising was full of confidence after its first comeback victory and

See **UPRISING**, page B-2



Courtesy photo

The 2010 AYSO U-14 Winters Uprising girls soccer team includes, from left, Yezenia Jara, coach Ralph Anderson, Heidi Masem, Meghan Murphy, Madison Nicholas, Sofia Evanoff, Vanessa Arellano, Viviana Vasquez, Emily Donlevy, Ashley Drummond, Tania Ramirez, Morgan Anderson, Hannah Kimes, assistant coach Jerry Evanoff and Britney Rivas. (Not pictured is Christina Chavez.)

Warrior wrestling winners



Destiny Rodgers took first place and Clara Hasbrook took third place at the Bear Creek Girls Wrestling Tournament on Saturday, Dec. 1.

Photo by
Rory Linton

Warriors win 58-28 over Pioneer

By **ERIC LUCERO**
Express sports

The Winters Warriors varsity boys basketball team lost its first two games of the Ram Jam Classic tournament in Dixon last week but finished off with a 58-28 victory over Pioneer

For the latest news and sports, read the Express

Linton takes third in Sierra Classic

By **ERIC LUCERO**
Express sports

The Winters High School wrestling team took five wrestlers to Reno, Nev., to compete in one of the toughest tournaments in the country: the Sierra Nevada Classic on Dec. 28-29.

Coach Tim Hausler continues to have his team face the best competition possible

to get the wrestlers ready for sections and state.

“We wrestle four one-day tournaments and four two-day tournaments this year,” Hausler said. “That way, when sections and state come along, they will know what it takes to have to go back at it the second day.”

Cody Linton stood above the rest of the Warriors as he went

6-1 for a third place finish.

“Cody lost in the semi finals,” Hausler said. “In my opinion, that should have been the finals, but that’s the way it goes sometimes. The kid he lost to was the Oregon state champion and the high school national champion. He was very good and fun to watch, and Cody

See **LINTON**, page B-2

PISANI’S ATHLETE OF THE WEEK



Tess Hyer

Tess Hyer, a senior on the Winters High School varsity girls basketball team, is athlete of the week.

Last week, the Warriors went 2-1 in the Vacaville Christian Tournament with the help of Hyer.

In three games, Hyer averaged 18 points, seven rebounds, five assists and three steals. In a 66-60 victory over Sutter, Hyer scored 23 points, had nine rebounds and eight assists.

“Tess did a great job for us,” said coach Matt Cooley. “She had a very good tournament.”

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UPRISING

Continued from page B-1

defeated Cupertino 2-0. Britney Rivas and Meghan Murphy each scored a goal for Winters. On Sunday, Dec. 12, the Uprising faced Orange Fever from Mountain View and picked up a tough win by the score of 1-0. Evanoff scored the game's only goal against a very confident team.

Winters' 3-0 record gave them the No. 1 seed in their bracket and a chance to face the other bracket's No. 1 team, San Bruno, in the finals.

In the championship game, Winters faced all they could handle against San Bruno.

"They proved they deserved to be in the finals," Anderson said. "They had a very tough and feisty style of play."

Winters scored first when mid-fielder Morgan Anderson gave Evanoff a nice feed. Evanoff put the ball in the net for an Uprising 1-0 lead. The lead didn't last long as San Bruno tied the game later in the first half. The second half was a stalemate as both teams played hard but were unable to score a goal, forcing the game into a tie-breaker shootout.

In a shootout, five kickers from each team take alternate shots from the penalty mark against the other team's goalkeeper. San Bruno's first attempt was stopped by Winters goalkeeper Vanessa Arellano. On Winters' first attempt, Madison Nicholas put it in the net to give the Uprising a one goal lead. San Bruno evened the score on its next shot with Arellano just missing the block. Evanoff then gave Winters a 2-1 lead with

a successful shot but it didn't last long as San Bruno answered back to make it 2-2.

Viviana Vazquez put Winters back in the lead again with a nice shot to make it 3-2. On the next San Bruno attempt, excitement really started to build for Winters.

"Vanessa (Arellano) made the play of the game," coach Anderson said. "She kept them from scoring with a flying laid out block that kept the score at 3-2 with them only having one more kick."

Murphy's kick was blocked, keeping the score at 3-2, with both teams on their last attempt. The last San Bruno kicker approached the ball with the anticipation of both teams waiting for the result. The ball bounced off the crossbar and out of the goal, as the Winters team and fans celebrated their victory.

Following their on-the-field celebration, the Uprising players and coaches were given their first place medals at the medal ceremony.

"All I can keep saying is wow," said a very excited coach Anderson. "I am so proud of these girls and the tremendous heart and determination they played with all season. They grew together to become a very good team. This is a huge feather in the cap for Winters soccer programs."

"I'm guessing since the tournament, there are a lot of people in the Bay Area searching the Net to find out where the heck Winters is."

The Section Tournament Championship earns Winters an invitation to a California Qualifying Tournament in March in Garden Grove in Southern California.

WARRIORS

Continued from page B-1

High School.

The Warriors played their first game of the tournament against Christian Brothers on Dec. 27, and lost a disappointing game 57-51. The Warriors led by one at the half and were up 44-40 after the third, but were outscored 17-7 in the fourth period.

The Warriors spread the wealth as far as the scoring went with Sam Newman leading the team with 17 points, three steals and four assists. Skyler Geerts had 14 points and seven rebounds. John Botro scored 10 points. Tim Miller scored six points, while Chris Mayes and Juan Tovar each scored two points.

On Tuesday, Dec. 28, the Warriors ran into a tough Highlands team

and lost 60-31. Winters played even with the Scots in the second half but were outscored 41-12 in the first two periods. Geerts led the team with 12 points, Newman added eight, Miller had five, Mayes had four and Kevin Hyde scored two.

The following day, the Warriors played Pioneer High School and came home with a 58-28 victory over the Patriots. The Warriors trailed by a point after the first period with both teams having trouble putting the ball in the basket. The Warriors then took control of the game and dominated each period. Geerts led the team with 15 points, Newman scored 14, Botro had 11, Mayes scored six, Miller had five, Tovar scored three, while Hyde and Jesse Crabtree each scored two.

Timothy Tweedt went 1-2 and both Chris Calderon and Mateo Berrera had to stop after the first match. Berrera hurt his shoulder and Calderon was ill.

LINTON

Continued from page B-1

did a good job against him."

Trever Wright did well, also going 2-2.



Photo by Eric Lucero

The 2010 Winters High School football and cheer award winners include, from left (back) Trever Ray, Max Barbosa, Thomas Boswell, Chris Mayes, Zach Higgins, Jesus Quirarte, Thomas Damon, Jared Ney and Adam Martinez; (middle) Juan Tovar; (front) La'akea Drumright, Valya Harman, Prestlie Pearce, Polette Gonzalez and Jacob Lucero. (Not pictured: Tony Brever, Tim Miller and Sarena Cliche.)

Boswell, Lucero receive top honors

◆ Damon, Quirarte first team All League

By ERIC LUCERO
Express sports

The Winters Warrior football teams and cheerleading squad held their annual awards dinner on Wednesday, Dec. 15, to celebrate their season.

The awards ceremony started with cheer coach Jenny Ramos recognizing her team for a great year. After acknowledging her team, Ramos gave special recognition to some individuals. Polette Gonzalez earned the Senior Scholar Athlete Award, team captain Prestlie Pearce was given the varsity Coaches

Award, Valya Harman was given the Spirit Award and Sarena Cliche was given the JV Coaches Award.

JV head football coach Tyson Allen then gave his recognition to the JV team and handed out three individual awards. Chris Mayes received the Offensive MVP Award. Adam Martinez received the Defensive MVP Award and freshman Trever Ray received the Rookie of the Year Award.

Varsity head football coach Daniel Ward finished off the night by passing out several awards to deserving players. Senior Thomas Boswell and junior Jacob Lucero received the top honors for the varsity team. Boswell was named the

team's Defensive MVP and was first team All Butte View League. Lucero was named the team's Offensive MVP, was first team All League and was given the Ironman Award from former coach Chris Novello.

Thomas Damon and Jesus Quirarte both were named to the first team All League Team as well. Zach Higgins, Max Barbosa, Tony Brever, Tim Miller, Jared Ney and Juan Tovar all were selected to Honorable Mention All League. La'akea Drumright earned the Senior Scholar Athlete Award and was given the Paul Zinselmeir Award. Barbosa received the Jack Delbar Award and Tovar received the John Kamerrer Award.

Lady Warriors beat Sutter 66-60 in basketball

By ERIC LUCERO
Express sports

The Winters Warriors varsity girls basketball team played in the Vacaville Christian Tournament and came home with two wins and a loss. The Warriors started with a 45-34 victory over Buckingham Charter on Tuesday, Dec. 28.

Tess Hyer led the Warriors in scoring with 14 points and had nine rebounds, three steals and five assists. Ashlynn Neil also had a big game with a double-double, scoring 13

points, and grabbed 14 rebounds. Sarah Kimes scored seven points. Emma Young scored four points and Jackie Plasencia scored two.

In game two on Wednesday, Dec. 29, the Warriors ran into a tough Redding Christian team and lost, 53-35. The Warriors had a hard time keeping up with their opponent from start to finish.

Hyer led the Warriors with 16 points and had five steals. Neil scored 11 points and had eight rebounds. Young scored

six points and had four rebounds.

Maddy Cooper scored two points, while Kimes grabbed five rebounds.

On Thursday, Dec. 30, the Warriors played league foe Sutter and came home with a 66-60 victory over the Huskies.

"This was the big game," said coach Matt Cooley. "This was the one that we wanted to win."

Winters came out strong in the first half and had a 39-30 lead going into the break. The Huskies outscored Winters 15-12 in

the third but the Warriors kept the scoring even at 15-15 in the fourth for the win.

Neil had a huge game with 22 points and dominated the boards with 17 rebounds for another double-double. Hyer led the team in scoring with 23 points and had nine rebounds and eight assists. Young scored nine points. Plasencia scored eight points and had five assists. Kimes had two points and four rebounds and Ilene Reynoso scored two points for the Warriors.


Volunteers needed for study

The USDA, ARS Western Human Nutrition Research Center seeks healthy, premenopausal women, ages 20-45 to participate in a 10-week study examining the metabolic, hormonal and behavioral factors associated with routinely skipping breakfast. Participants must be willing and able to come to the WHNRC on the UC Davis

campus for two half-day visits and should not be taking medications for depression, anxiety or weight loss.

Benefits include financial compensation for completing the study and a health status evaluation.

For more, call 752-5177 and press 4 or visit www.ars.usda.gov/pwa/davis/whnrc/nutrition.



Winters Little League & Winters High School
BASEBALL DAY CAMP

WHEN: January 29th, 2011
9 a.m. to 3:30 p.m.

WHERE: Winters High School Varsity Field

COST: Only \$25.00 per child

WHO: All kids ages 7 years to high school

INSTRUCTORS: Jeff Ingles and WHS Baseball Coaches

DEADLINE: January 20th

Winters Little League will provide lunch and a t-shirt to each participant.

All proceeds of camp will be donated to Winters High School Baseball Team.

WLL Managers & Coaches are welcome to participate with WHS Coaches.

Make checks payable to Winters Little League. You can sign up at WLL Registration or mail your check and registration form to:
WLL, PO Box 916, Winters, CA 95694

For Personal Lessons call:
Jeff Ingles @ (530) 908-5053 or (530) 934-3447

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call 795-4551

Entertainment

Hosking brings western mountain music to The Palms

By KATE LADDISH
Entertainment
correspondent

Rita Hosking, one of the best-respected singer-songwriters working in the western folk tradition today, will return to The Palms on Friday, Jan. 7, at 8 p.m.

Hosking, whose potent blend of evocative original songs, inimitable singing and traditional instrumentation has made her a favorite of audiences and critics alike, will be accompanied by her band, Cousin Jack.

Since releasing her first studio album just five years ago, the award-winning singer-songwriter has fast become one of the great successes in California acoustic music. Hosking has carved out a special sound incorporating folk, country, bluegrass and mountain music that feels decidedly and distinctly Western.

A descendant of Cornish miners who sang in the

mines, Hosking grew up in Shasta County with deep regard for folk music and the power of the voice. Now living in Davis, Hosking has received increasing recognition with the release of each of her three albums, with her most recent CD “Come Sunrise” receiving substantial radio air-play in the U.S. and Europe, and earning coveted inclusion in critics’ Top 10 lists for 2009 and glowing reviews from sources as diverse as Dirty Linen and London’s Guardian/Observer. Her work was nominated for “Best Country Album” in the international Independent Music Awards and won the popular vote in that competitive category. Recorded in Austin, Texas, with A-list musicians (including The Greencards’ Eamon McLoughlin and dobro master Lloyd Maines) and produced by Rich Brotherton (Robert Earl Keen), “Come Sunrise” has been Hosking’s fitting entrée into the

larger music world.

More recently, Hosking and multi-instrumentalist husband Sean Feder recorded a duo album within the 16 to 1 Gold Mine in Alleghany as an homage to Hosking’s forebears who worked — and sang — in gold mines in that region.

Friday’s show offers audiences the chance to revel in the vitality of western mountain music presented by one of the top musicians working this vein today. Hosking will be joined by her long-time band Cousin Jack, featuring Sean Feder on banjo, Andy Lentz on fiddle, and Bill Dakin on bass.

Tickets are \$20 and are 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 if not sold out.

For more information, call 795-1825 or visit palmsplayhouse.com and <http://www.ritahosking.com>.

Rita Hosking, award-winning western folk singer-songwriter, will perform with her band, Cousin Jack, at The Palms at 8 p.m. Friday, Jan. 7.

Courtesy photo



Sourdough Slim, Armstrong return Jan. 14 to The Palms

Yodeling cowboy sensation Sourdough Slim returns to The Palms on Friday, Jan. 14, joined by string instrument wiz Robert Armstrong, for an evening of time-warped musical Americana. The show begins at 8 p.m., and tickets are \$20.

The two will be featured entertainers later this month at the 27th annual National Cowboy Poetry Gathering in Elko, Nev. This year, the Gathering will be focusing on the influence of traditional blues music on the cowboy experience. www.westernfolklife.org

A marvel of musical ingenuity, Sourdough Slim and Armstrong joyously rekindle the country blues, cowboy classics and string band repertoire of pre-WWII America. It’s a fast-paced performance of music and comedy that showcases their seasoned gift for connecting with audiences.

Whether capturing the haunting refrain of a Jimmie Rodgers blue yodel or swinging

out a hot novelty number, everyone gets caught up in the fun these two cut-ups have on stage. Longtime fans will remember them as founding members of two of California’s favorite acoustic combo’s, “8th Avenue String Band” and “R. Crumb’s Cheap Suit Sereaders.” Between them they share a provocative array of period instruments including: flat-top guitar, national steel guitar, baritone and soprano ukulele, musical saw, accordion, six-string banjo and harmonica.

Well-traveled veterans of stages ranging from Carnegie Hall and The Lincoln Center to The Strawberry Music Festival, National Cowboy Gathering and Prairie Home Companion, their vaudeville tinged performances are enjoyed by fun-loving music fans everywhere they go.

For more information, visit www.palmsplayhouse.com or www.sourdoughslim.com.



Yodeling cowboy Sourdough Slim and Robert Armstrong on strings will perform at The Palms on Friday, Jan. 14.

Courtesy photo

Crab Feed in Vacaville supports CASA

Court Appointed Special Advocates of Solano County will be host 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, which serves abused and neglected children in Solano County.

The event features entertainment by Sam

Lopez as well as a dinner of salad, pasta and crab. A dessert auction and raffle are also part of the evening’s activities.

Tickets are \$40 per person and can be

obtained by calling the CASA office at (707) 434-0346 or (707) 421-2272.

For more information about CASA, visit the group’s website at www.casasolano.org.

Auditions planned for ‘The Foreigner’

The Winters Theatre Company will hold auditions for “The Foreigner” on Wednesday, Jan. 19, and Thursday, Jan. 20, at 7:30 p.m. at the Community Center.

“The Foreigner” is a comedy by Larry Shue and has roles for five men and two women. Southern and English

accents may be required. Auditions will consist of cold readings from the script.

The performance dates are Fridays, Saturdays and Sundays, April 1-10.

For more information, call 795-4014 or e-mail winterstheatre@gmail.com.

Bunko event benefits Vacaville Museum

The Vacaville Museum Guild’s Bunko Bash No. 20 is planned at 6 p.m. Wednesday, Jan. 26.

The event will take place at McBride Senior Center, 91 Town Square Center, in downtown Vacaville, featuring food, wine and good fellowship.

Bunko begins at 7 p.m. There will be many prizes to be

won, all donated by the Museum Guild members. Proceeds will go to the Vacaville Museum.

Tickets are \$25, and are on sale at the Vacaville Museum, 213 Buck Ave.

Museum hours are Wednesday through Sunday from 1 to 4:30 p.m.

For more information, call (707) 447-4513.

Davis Chorale plans auditions by appointment for singers

◆ Season begins Jan. 10 to prepare for May concert

The Davis Chorale is recruiting singers to join the upcoming choral season, which begins on Jan. 10.

The group’s tentative May concert program includes both Mozart’s “Solemn Vespers” and

Bach’s “Cantata No. 150.”

Director Alison Skinner will hold auditions by appointment only. Singers should prepare a short piece to sing and be ready to do vocalization and sight-reading.

To set up an audition time, call Skinner at 574-8419.

We're No. 1!



Courtesy photo

Rich Doyle and Ben Geertz came out on top in the Geertz Family Ping Pong tournament, with six wins and no losses, defeating their wives and children. The Geertz family is taking sign-ups for next year's tournament, and is planning practices over the coming year.

Breast cancer support group to meet Jan. 10

Dr. Alexander Borowsky, associate professor of pathology, will speak on "Meet the Doctor behind the Scenes: How Pathologists Determine Your Cancer Care" at the Breast Cancer Network of Strength Open Door educational meeting on Monday, Jan. 10.

The event will start at 7 p.m. at the University Covenant Church, 315 Mace Blvd. in Davis.

Borowsky will present information on understanding your pathology report and its importance in making breast cancer treatment decisions.

There will be time for questions and answers following the talk. The program is

free and open to the public.

Network of Strength Educational Open Door meetings are held on the second Monday of each month from 7 to 8:30 p.m. at the University Covenant Church.

These meetings provide information on some aspect of breast cancer or women's health.

The meetings are not limited to breast cancer survivors, but are open and free of charge to anyone interested in learning more about women's health issues.

For more information, contact Network of Strength at 304-2746, or visit the group's website, www.networkofstrength.org/northern-california.

Spot the butterfly, win some beer

By **KATHY KEATLEY GARVEY**
UC Davis Department of Entomology

If you win Arthur Shapiro's 40th annual Cabbage White Butterfly Competition, which began on Jan. 1, you'll win a pitcher of beer or the equivalent. It must, however, be collected in Yolo, Solano or Sacramento counties and delivered live to his department at UC Davis.

Shapiro, a noted butterfly expert and a professor in the department of evolution and ecology, sponsors the annual contest to draw attention to *Pieris rapae* and its first flight. Why does he do this?

"I am doing long-term studies of butterfly life cycles and climate," he said. "Such studies are especially important to help us understand biological responses to climate change. The Cabbage White is now emerging a week or so earlier on average than

it did 30 years ago here."

Shapiro, who is in the field more than 200 days a year, enlists public involvement "because I have that much more confidence that I am tracking the actual seasonality of this common 'bug.'"

The butterfly must be turned in alive to the receptionist in the department of evolution and ecology, 2320 Storer Hall, UC Davis, during the business hours of 8 a.m. to 5 p.m., Monday through Friday. The receptionist will certify that it is alive and then notify Shapiro, who will confirm the identification.

Collectors must include the precise location and time of their find (such as corner of Buck Avenue and West Street, Vacaville, Solano County, 7:44 a.m., Jan. 2, 2011) and provide their name and contact information (e-mail and/or telephone).

"First flight dates in



Photo by Kathy Keatley Garvey

A cabbage white butterfly collects nectar from a salvia plant.

the past have varied between Jan. 1 and Feb. 22," Shapiro said. "The first record in 2010 was on Jan. 27. Sight records without a capture are interesting but not eligible to win since the species cannot be verified.

If you capture a Cabbage White on a weekend or holiday when the EVE office is closed, or cannot deliver it the day you catch it, refrigerate it; do not freeze it," he said. "It will keep up to a

few days that way. Again, it must be alive when turned in to be eligible. If no receptionist is on duty when you arrive, ask any member of the EVE office staff to take care of it."

If the winner is a minor or doesn't drink alcohol, he or she will get the equivalent in cash.

For more information, contact Shapiro at amshapiro@ucdavis.edu, 752-2176, or fax him at 752-1449.

Birds of prey featured on tour Jan. 8

Raptor expert Larry Broderick and birder Earl Swenerton will offer their third annual Eagles, Hawks and other Birds of Prey Tour at 1 p.m. Saturday, Jan. 8, at Solano Land Trust's Jepson Prairie Preserve.

Jepson Prairie is just over 1,500 acres and is one of California's best remaining examples of vernal pools and native grasslands. At this time of year, participants can see red-tailed hawks, harriers and kestrels, and will be on the lookout for migratory golden eagles, ferruginous hawks, merlins and burrowing owls. Admire these magnificent raptors in the wide-open skies above and gliding over the pools and grasses hunting for their prey.

Broderick brings 25 years of

experience studying, researching, rescuing and rehabilitating raptors. He loves to share his insights in an entertaining way for both beginning and experienced birders. His goal is to get people into nature to see these magnificent birds of prey going about their daily business. With a friendly and informative atmosphere, he shares the excitement these birds bring, and an understanding of some of their intriguing behaviors.

This will be an easy, meandering walk in a portion of Jepson Prairie Preserve only accessible with a Solano Land Trust guide. Bring water, a snack or bag lunch, binoculars and waterproof boots. Come prepared for variable weather (bring layered clothes

and protection from sun, wind, fog and rain). A donation is suggested but not required. Heavy or constant rain cancels — call Broderick at (707) 975-7047 if the weather is uncertain.

The preserve is at the Highway 113 and Cook Lane in Dixon. From Interstate 80, take Highway 113 south (Dixon). Travel 10 miles south. When Highway 113 takes a 90-degree turn to the east, continue straight onto Cook Lane. Proceed over creek and railroad tracks until you see the eucalyptus grove and interpretive sign. Pull to a safe place to park.

Solano Land Trust has been preserving working farms and natural areas in Solano County since 1986. See all their events at SolanoLandTrust.org.

POLICE

Continued from page A-2

Dec. 24

~ 7:08 p.m., 200 block of Creekside Way, an officer responded to an audible alarm. The residence was found secure.

~ 10:01 p.m., Russell Boulevard and Walnut Bayou Lane, an officer assisted a California Highway Patrol officer with a traffic enforcement stop.

Dec. 25

~ 12:38 a.m., Silverio Magallanes, 41, of Vacaville, was arrested for driving under the influence of alcohol with a blood alcohol content of more than .08 percent, being an unlicensed driver and failing to drive on the right side of the roadway. Magallanes was booked at the Winters Police Department and released to a sober adult on a notice to appear.

~ 1:46 a.m., Ryan Anthony Martinez, 28, of Winters, was arrested on an outstanding Solano County Sheriff bench warrant charging him with failure to appear and violation of probation on a previous charge of driving under the influence of alcohol. Martinez was booked at the Winters Police Department and transported to the Yolo County Jail for incarceration.

~ 10:56 p.m., Andrew Jacob Baiz, 24, of Vacaville, was arrested for being intoxicated in public and unable to care for his safety or the safety of others. Baiz was booked at the Winters Police Department and transported

to the Yolo County Jail for incarceration.

Dec. 26

~ 8:07 a.m., John Michael Lopez, 27, of Winters, was issued a notice to appear for possession of less than an ounce of marijuana.

Dec. 27

~ 1 p.m., 400 block of Abbey Street, a remote control truck was stolen from a garage. Loss: \$600.

Dec. 28

~ 11:14 a.m., Shams Way and Owings Court, an officer assisted a Yolo County Sheriff's deputy with the recovery of a stolen vehicle.

~ 4:21 p.m., William Eugene Smith, Jr., 22, of North Highlands, was arrested on an outstanding Winters Police Department warrant charging him with domestic battery and two counts of vandalism. Smith was also arrested on two outstanding Winters Police Department bench warrants charging him with violation of probation on previous charges of evading a police officer and driving under the influence; and violation of probation on previous charge of vandalism. Smith was booked at the Winters Police Department and transported to the Yolo County Jail for incarceration.

Dec. 29

~ 8:41 p.m., 800 block of Jackson Street and 200 block of Suffolk Place, an officer assisted a Woodland Police Department sergeant with an attempt to locate a parolee at large.

Dec. 30-31

~ 4 p.m. to 11 a.m., 400

Dec. 31

~ 2 a.m., 600 block of Snapdragon Lane, a porcelain fountain was broken in a residential front yard. A window screen was bent in an apparent attempt to break into the residence. Damage: \$75.

~ 9:08 p.m., Juan Manuel Duran-Melgoza, 20, of Winters, was issued a notice to appear for being an unlicensed driver.

~ 11:20 p.m., Brian Philip Mitchell, 47, of Vacaville, was arrested for driving under the influence of alcohol with a blood alcohol content of more than .08 percent. Mitchell was booked at the Winters Police Department and released to a sober adult on a notice to appear.

Jan. 1

~ 1:55 a.m., Brooks McDonald Houck, 49, of Davis, was arrested for driving under the influence of alcohol with a blood alcohol content of more than .08 percent, driving to the left of a double yellow line, failing to stop at a stop sign, and driving a vehicle with expired registration. Houck was booked at the Winters Police Department and transported to the Yolo County Jail for incarceration.

Jan. 2

~ 2:53 a.m., James Austin Black, 18, of Dixon, was arrested domestic battery. Black was booked at the Winters Police Department and transported to the Yolo County Jail for incarceration.

Nuestras Noticias

Padre responsable



Primera piedra

Comenzar algo siempre nos llena de entusiasmo. Un nuevo trabajo, un nuevo proyecto, una nueva relación trae consigo esperanzas y expectativas. En realidad poner “la primera piedra” de un edificio es relativamente sencillo. Pero poner “la última piedra” no es tan fácil. El poner la última piedra es un valor que nos enseña la importancia de terminar lo que emprendemos y no dejarlo a medias.

Cuando termina un año, se da un doble fenómeno: el de la alegría de comenzar un nuevo ciclo, pero en cierta forma también un poco la tristeza de ver que no terminamos todo lo que nos propusimos. No podemos permitir que el desánimo o la tristeza nos impidan actuar. Los grandes proyectos requieren de un trabajo constante. Las grandes obras se componen de pequeños esfuerzos que se realizan todos los días. Pero también es importante sentarse a meditar en qué queremos lograr y hacia donde esperamos ir. Si no tenemos la constancia y la lucha diaria de construir las cosas grandes con pequeños detalles, nos quedaremos colocando primeras piedras, pero no acabaremos nuestras obras.

Poner la última piedra es la culminación que nos brinda paz y una conciencia serena. Quienes siempre emprenden pero nunca terminan acaban desanimándose y llegando a un conformismo mediocre que no es sano. Para poner últimas piedras, debemos conocer nuestras capacidades y nuestros defectos. Pero nuestros proyectos siempre deben exigirnos un poco más de lo que podemos hacer. Todos los seres humanos tenemos limitaciones que vamos conociendo con el paso del tiempo. Un joven es mucho más soñador que un adulto. Los jóvenes con frecuencia se establecen metas demasiado altas, poco acordes a sus posibilidades reales. Por el contrario, a veces las personas mayores tienden a ser más pesimistas, pues se han dado cuenta de que la vida no es tan sencilla y que los sueños son difíciles de materializar.

Pero ninguna de las dos actitudes es sana: ni la del joven que no mide sus posibilidades, ni la del adulto que deja de soñar. Tener una actitud equilibrada significa plantearnos metas un poco mayores de lo que sabemos que podemos hacer, y asegurarnos de poner la última piedra. Y una vez que lo logremos, volver a empezar haciendo planes, proyectos y fijándonos nuevas metas, cada vez más altas.

Es fácil poner primeras piedras, pero no es tan fácil poner últimas piedras. Quien pone últimas piedras se convierte en un elemento fundamental en su familia, en el trabajo, en la comunidad, porque todo el mundo sabe lo difícil que es concluir una tarea y lo fácil que es empezarlas.

Dentro de lo que nos corresponde a nosotros, para vivir el valor de poner últimas piedras podemos: Establecer una fecha clara para terminar un proyecto. Saber que todo cuanto emprendamos tarde o temprano tendrá obstáculos, y estar preparado para ello.

Crear un calendario en el que establezcamos acciones concretas para terminar nuestros proyectos. Todo gran edificio está construido con partes más pequeñas. Debemos acostumbrarnos a hacer pequeñas acciones, pero muy constantes. No poner una sola “última piedra” sino muchísimas, que el culminar nuestras actividades o proyectos se convierta en un hábito, y no en una excepción.

Si bien cualquier persona puede ser padre, existe una enorme diferencia entre ser un “papá” a secas, y un “papá excelente.” Pero no es necesario un esfuerzo sobrehumano para perfeccionar sus destrezas de “papá excelente,” pues podrá hacerlo fácilmente y en cualquier momento. Siempre es el momento oportuno para encaminarse por esa ruta. A continuación, algunas formas de iniciar ese camino.

No haga comparaciones entre sus hijos. Cada uno es una persona independiente con diferentes intereses, talento. Siempre esté listo para jugar. Ese juego de damas en el comedor, o a la pelota en el patio, fomentan los lazos familiares y la productividad mental. Prepárese para lo

inesperado. El bebé puede enfermarse justo en la noche de la fiesta de su compañía. O su esposa debe quedarse a trabajar hasta tarde, y necesita que usted recoja al niño en la guardería. La flexibilidad de su parte puede contribuir a controlar el caos.

Listo para trabajar. No hay dudas de que tendrá que cargar el asiento de seguridad del niño, la cuna, la bolsa de los pañales, los juguetes y mucho más. Tal vez no sea lo más divertido bajo un aguacero o en un día caluroso, pero es parte del trabajo. Practique el arte de la paciencia. Independientemente de lo fuerte que sea el llanto del bebé, si usted se enfurece sólo contribuirá a empeorar la situación.

No ridiculice ni

subestime a ningún integrante de su núcleo familiar. Su objetivo es crear un ambiente positivo en el hogar, no uno negativo. Escuche lo que le dicen sus hijos, así como en el momento que le hablan. Si escucha, conocerá cuáles son sus pensamientos y vidas, y los estimulará a comunicarse mucho más con usted. Aprenda a reír. La risa es la mejor medicina ... y no cuesta nada.

Prodigue abrazos, especialmente al comienzo y al término de cada día. Es una forma simple de demostrarles su cariño. No escatime la frase “Te quiero”. Esas dos palabras pueden contribuir a iluminar el día de un niño. Mantenga la unidad de criterios con su esposa. Ambos necesitan estar de acuerdo en los temas del hogar y la

disciplina, y hacer que los mismos se cumplan.

Esté al tanto de lo que ocurre en su hogar. Manténgase al tanto de las necesidades y preocupaciones de sus hijos. Esforzarse por mantener una familia sana. Proporcióneles una dieta saludable, y fomente la actividad física. No sólo es bueno para sus cuerpos, sino también para sus mentes. Fomente la honestidad. Sea honesto con sus hijos, y enséñeles la importancia de decir y aceptar la verdad.

Dedíqueles tiempo a sus hijos. No se limite a sentarse a ver televisión. Juegue a la pelota, llévelos al zoológico, o pónganse a hornear galletitas u otros dulces. Todo esto equivale a ser un padre responsable.

La salud de los hijos

Los padres generalmente están dispuestos a hacer todo lo posible para que sus hijos tengan una mejor vida. Sin embargo, los sacrificios desmedidos de muchos evitan que aparten el tiempo para hacer ejercicio, dando así un mal ejemplo a sus hijos. El ejercicio es un factor muy importante para la salud y la falta de ejercicio disminuye la probabilidad de que los hijos gocen de buena salud de por vida. Es bien sabido que los niños tienden a imitar el comportamiento de sus padres. Desde el día en que nacen está consciente de lo que hacen los adultos con quienes comparten su vida, aun más de lo que dicen que se debe hacer.

Aproveche su influencia sobre sus hijos para ayudarles a desarrollar el hábito del ejercicio. Tome en cuenta lo siguiente: Pida a su médico que haga una evaluación de la salud de sus hijos. Si alguno de ellos

está pasado de peso, pregunte al doctor si recomienda algún ejercicio en particular. Pregunte también cuál es el peso que más le conviene a cada uno de sus hijos.

Empiece gradualmente. El hábito del ejercicio no se adquiere de un día para otro. Entérese si sus hijos tienen interés en jugar fútbol, básquetbol o tenis o si les gusta correr o bailar o hacer una de las muchas actividades que se ofrecen en las escuelas, clubes 4-H y en otros lugares donde hay programas para niños y adolescentes. La natación es una actividad física excelente, siempre y cuando algún adulto que sepa nadar acompañe a los niños.

Ayude a que sus hijos se acostumbren a hacer ejercicio y disfrutarlo. Lo principal es que les brinde el apoyo de su buen ejemplo, por lo que se recomiendan que usted participe en las

actividades de sus hijos y juegue, brinque y corra con ellos.

En breve verá buenos resultados. No-solo usted sino también sus hijos se verán más sanos, aumentará su fuerza y musculatura y tendrán un sistema inmunológico mejor preparado para defenderse contra ciertas enfermedades. Asimismo, sentirán menos tensión y más confianza en sí mismos. Si usted hace ejercicio con ellos, forjarán una relación más fuerte, lo que puede llevar a que estén más dispuestos a compartir con usted sus sentimientos más íntimos.

Su buen ejemplo es un arma muy poderosa para formar no sólo el carácter, sino la salud de sus hijos ... Asegúrese de encontrar la manera de mantenerse activo, hacer ejercicio y compartir actividades con su familia.

Buscando la ciudadanía

Pese a que en los últimos 10 años se incrementó en forma significativa el número de inmigrantes que obtuvieron la ciudadanía estadounidense, hasta llegar a 680 mil al año, el proceso sigue siendo complejo, largo y caro. En un estudio denominado “Convertirse en ciudadano no es tan fácil como usted piensa,” elaborado como instrumento para el debate sobre la reforma migratoria en Estados Unidos.

En primer lugar, el costo de los estudios y el papeleo inherentes a la solicitud de naturalización se ha elevado en los últimos 25 años de 35

dólares en 1985 a 680 en la actualidad, debido a que incluye estudios biométricos. Por otro lado, el trámite en sí mismo puede llevar de seis a nueve meses, una vez que el solicitante ha sido considerado elegible por las autoridades migratorias.

Si bien es cierto que en los años 80 obtuvieron ciudadanía legal dos millones 50 mil personas, es decir 200 mil anualmente, y en la década de los 90 la cifra llegó a cuatro millones 970 mil, o sea medio millón al año, en la primera década del siglo XXI la cifra se elevó considerablemente. Entre los años 2000 y 2009 seis

millones 800 mil inmigrantes obtuvieron su naturalización, a razón de 680 mil al año, aunque el porcentaje de rechazados en el mismo periodo creció de 10 a 16.5 por ciento.

Entre las dificultades más importantes que enfrentan quienes pretenden convertirse en ciudadanos destaca la obligación legal de permanecer en el país entre seis y 12 años o más, según la categoría migratoria y el país de origen. También el examen del dominio del inglés, pero sobre todo la prueba sobre el conocimiento de la historia y las bases de los sistemas jurídico y

político de Estados Unidos.

En ese punto, Anderson señaló que si bien el solicitante debe contestar correctamente al menos seis de 10 preguntas, la realidad es que los cuestionamientos son difíciles incluso para estadounidenses nativos con grado universitario. Todo lo anterior significa que el solicitante debe pasar años trabajando, estudiando, conociendo y asimilando la cultura de Estados Unidos antes de tratar de solicitar la ciudadanía y obtenerla, lo cual puede representar media vida para los inmigrantes.

Coma saludable

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.

Agéndalo. Es importante que respetes los horarios para la preparación de tus alimentos, de lo contrario no podrás seguir el plan como tu quisieras.

Ejercicio. 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!

En grupo. Invita a tus amigos a unirse contigo a un nuevo estilo de vida saludable. Juntos será más divertido y podrán intercambiar ideas ricas y prácticas.

Comparte y guarda. Cuando salgas a comer, si las porciones de comida son de tamaño doble o triple, comparte ese plato de gran tamaño con un amigo o si estás solo come la mitad ese día y el resto guárdalo para el día siguiente.

Sed. 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.

Features

When medicines fail to quell heartburn

DEAR DR. DONOHUE: I am 25. I have a serious case of GERD. I've been put on four different medicines. They aren't working.

I also have palpitations throughout the day. I've been told by doctors and nurses that there is nothing dangerous about them. I'd like to know if this true. —J.C.



ANSWER: GERD — gastroesophageal reflux disorder — is heartburn. It's the upward spurting of stomach acid and digestive juices into the esophagus, the swallowing tube, a place that is not able to cope with these corrosive juices the way the stomach is.

Eliminate or go easy on foods that make GERD worse: citrus fruits; tomatoes; onions; carbonated drinks; spicy, fatty or fried foods; chocolate; peppermint; and caffeine. If you're overweight, weight loss lessens GERD symptoms. Don't lie down after eating. Don't smoke. Sleep with your head, chest and stomach on a slope by putting 6-inch blocks under the bedposts at the head of your bed. That position keeps stomach acid in the stomach. Don't wear anything that constricts your stomach, like tight pants or tight belts.

Medicines called "proton pump inhibitors" nearly completely turn off acid production. Nexium, Prevacid, Prilosec, Protonix, Aciphex and Dexilant are their names. If you still have heartburn while on these medicines, it's OK to use an antacid along with them.

If medicines fail, other causes of heartburn need consideration, things like bile reflux or eosinophilic esophagitis. If these conditions aren't found, then surgical treatment of GERD is an option that's open to you.

Palpitations mean a thumping or racing heart. They can be felt as a thud in the chest. The cause is an extra beat — or more correctly, a premature beat — one that comes before it should. The beat after a premature beat is delayed. During the delay, the heart fills with more blood than usual, and that causes a thump in the chest when the heart empties.

Premature beats are almost always innocent and need no treatment. You can believe your doctors and nurses.

The booklet on GERD explains this common malady and its treatment. To order a copy, write: Dr. Donohue — No. 501W, 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: Can you give me insight into the Hamman-Rich syndrome? My father passed away from it. — L.R.

ANSWER: I can tell you only a little, because only a little is known about it. It's a lung injury that comes on suddenly, with damage to the lung air sacs (the alveoli) and the spaces between the air sacs, the interstitium. The cause is unknown. Because of such destruction, oxygen cannot get into the blood. Patients are severely short of breath, have a fever and they cough. The only medicines are ones to keep the person going as best as possible. There is no cure medicine. Even with a ventilator, death happens to more than 60 percent of these patients.

It's an illness that reminds doctors that they don't have an answer for every malady. You and your family have my condolences.

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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Great time of year to catch up on reading

As the vacation and holiday season goes into full gear, a lot of people (especially students and retirees) have a lot of time on their hands to catch up on neglected reading. Some books I've always wanted to read aren't likely to be found in libraries or bookstores.

One of them is "Must we fight Japan?" It was written in 1921 or 1922 by Walter B. Pitkin, two decades before Pearl Harbor. Similar things are being said about China's ascendancy as a superpower and whether we are on an inevitable collision course with that nation. Will history repeat itself?

Another one is titled "The Hazards of being Male. Debunking the myth of masculine privilege." Written in the 1970s in response to the rise of feminism, it correctly points out that whatever advantages (real or perceived) males have comes at a terrible price: as everyone knows, men often suffer an early grave.

As any insurance agent can tell you, male life expectancy is much lower. Even nature makes a point — for every 100 females born, 107 males come into the world. Those extra seven are just to compensate so that an approximately equal number of men and women can make it to old age. Don Sanders, my favorite Express columnist,



deserves credit for lately restoring my renewed interest in this subject by his humorous articles on the fairer sex.

Another book is a first novel by a Sonoma County resident author, Robert Fischer, called "Plane Jane." He is a Korean War veteran (must be in his 70s) who had had pilot experience and his story revolves around an aviation adventure in the Middle East. If a guy his age with the same name as me can spin out a good yarn, there still must be hope for myself.

Don Sanders, who is older than I am, has already written a book, a fascinating autobiography, which I think can be downloaded on the Internet. If Sanders can whip out a book, maybe I can do the same some day.

Fischer made a book-signing appearance in Marin County on Dec. 12, but I missed it because I was recovering from stomach surgery on Dec. 9. Eventually I'll have a face-to-face encounter with him if he or I live long enough.

I can think of some other good reads. The Casca series can be

found under the "men's adventure" section of some bookstores. It's a series of novels by the Roman centurion who pierces the side of Christ and is condemned to live until Christ returns. As a consequence, Casca lives through the centuries fighting in all the noteworthy wars in the past 2,000 years of human history.

Sarah Palin has just brought out a book on the heels of her first book, "Going Rogue," called "America by Heart," which has been flying off the shelves. Whatever Stunning Sarah appears to be, simply writing her off as an airhead might be a mistake. They dismissed Ronald Reagan by calling him a Grade B actor and a simpleton. Her political craftiness has often been underestimated by others and may be once again.

Another bunch of good reading material can be found in past issues of the Express by reviewing the fascinating past columns of Don Sanders. If you are not in the habit of saving old copies of the Winters Express, it might be a good idea to start doing so.

CryptoQuote

AXYDLBAAXR
& LONGFELLOW

Our letter stands for another. In this example, A is used for the letter L's. X for the two C's, etc. Single letters, apostrophes, the length and formation of the words are a hint. Each week the code letters are different.

OU OH R U UNX LTZZR ZIR

IU IGG MNF OH

OZEFJUIRU: OU'H UNX

DRIE77FR 7 R.

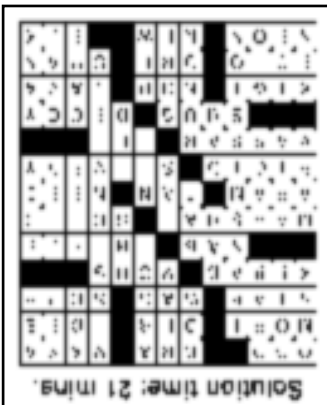
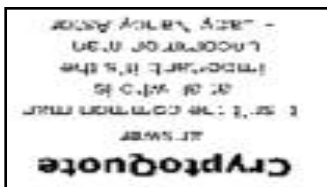
- GIBA RIRLA IHUFJ

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Pleased to meet you



Name: Steve Train
Occupation: technical support in Information Technology at UC Davis
Hobby: Biking
What's best about living in Winters: "The wine tasting."
Fun fact: Likes to climb mountains and ski down them.



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 relationships 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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King Crossword

ACROSS

1. Peculiar
4. Billed half
7. Poet
10. Anguish
11. Satirical comic
13. The ramparts
14. Mid-month date
15. Celebrity
16. Witty one
17. Last year's frost
18. Seaweed
20. Mineral hardness scale name
22. Applause
24. Toy (with)
26. Small bird
32. Dialect
33. Cobbler's job
34. Knackwurst
35. Crotchsome rays
36. Regret
37. Ship
38. Lustuous
41. Very streamy
43. Hawaiian garland
44. Overly confident
46. Fake drake

DOWN

1. Streamy
2. Be too fond
3. Colorless
4. Violinist's need
5. Razor
6. Shop talk
7. City in Orange County, Calif.
8. Communion
9. "UH-HUH"
10. Blood shade
11. Message
12. "Hi-bug"
13. Slope for sign above
15. Bar oil
16. Ogler's ock
17. Vortex
18. Sportscaster
19. Albert
20. Melancholy
21. Defiant in an Algerian story
22. Vegas
23. Zero
24. West
25. Started
26. Talk upstop
27. Former veed
28. Aerial
29. Lug hard
30. Trivia master
31. Jennings
32. Lushness
33. Mellow
34. Whet
35. Ponder
36. Morning twilight

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Misc. for Sale	Pets	Services
Get out of the Mud. Crushed Paverstone (3/4" minus) \$25 a yard. Call Ken at Winters Aggregate. Ask how you can get Free Delivery. 795-2994. We will be closed until Jan. 20. 39-fn	DOBERMAN PUPS: Ready for Dec. 21st. 4 Males \$450.00 and 4 Females \$550.00 Tails and Dew-Claws done. Accepting \$100.00 Non-refundable deposit. Cash Only (707)563-4797 46-4TP	Is your checkbook a mess? Tired of trying to balance your checking account? Need help in doing payroll, payroll reports, and sales tax reports? Give me a call at (530) 795-4254. Katherine's Bookkeeping Service 600 Railroad Ave. Ste.B Winters, CA 95694 (530) 795-4254
Walk-In bathtub as seen on TV, new, still in box. Has jets. Still has warranty, will deliver. Paid, \$8500, will sacrifice for \$3500. (925)236-2859 46-4tp	Child Care TENDER LOVING DAYCARE Enroll Now for Summer! ALL Ages Limited Space Field Trips/Swimming Lic# 573607597 15+ years Call Dawn 795-3302 35-fn	Cortez IV Enterprises Demo, cleanup, hauling service. Reasonable rates 530 304-0077. 7-52tp REMODELING SPECIALIST Kitchen & bath remodels. Room additions, major repairs, redwood decks, etc. Stan Clark Construction Co., Lic. # 503424. 530 304-6331.
Autos for Sale '02 Mitsubishi Montero LS Sport, auto, all power, new tires, oils, belts, brakes, etc. MP-3, 126k mi. \$4,999 obo #059363 DLR (707)628-6966 49-4tp '01 Honda Civic LX 4-dr., fully loaded, 79k mi. black, 5-spd., 44+ mpg, new oils, brakes. \$4,999 #000485 DLR (707)280-6816, 628-6966 49-4tp '04 Nissan Sentra 1.8S Auto, 4-dr., fully loaded, 82k mi., new tires, brakes & oils, black, great on gas! \$5,500 obo #879850 DLR (707)280-6816, 628-6966 49-4tp '95 Saturn 5-spd., 4-dr. \$750 obo #1129 (707)469-8044 47-4tp '96 Toyota Paseo Auto, 2011 tags, stereo, runs exc. \$1500 obo #4105 (707)469-8044 47-4tp Free Grease Putah Creek Cafe offers free grease (for fuel) Call (916) 524-2412. 36-fn	Firewood Seasoned Almond wood: \$280 a cord, local delivery Contact (530) 682-8754. 49-1tp	Yves Boisrame Construction For All Your Building Needs Call 795-4997 or cell 916 952-2557 Custom homes, major remodels, storage, garages, and repairs. 20 years Experience. Full Satisfaction Guaranteed (530)219-4067 STYERS CONSTRUCTION HOME REPAIR AND REMODELING ~Bathroom Remodels ~Doors ~Windows ~Siding Repairs ~Dryrot Pest Reports ~Drywall and Texturing ~Decks ~Patio Covers ~Fences and Much More. Lic#693168

Winters Express Classified Advertising

Minimum cash ad \$5.00
Minimum charge ad: \$10.00
Tuesday at noon deadline 795-4551

WINTERS HIGH 2010-11 BOYS' BASKETBALL					
ATHLETIC DIRECTOR: TOM CRISP PRINCIPAL: GARY MILLER					
DATE	DAY	OPPONENT	LOCATION	LEVELS	TIME
12/27 to 12/30	Monday-Wednesday	Dixon Tournament	Dixon	JV/V	TBA
7-Jan	Friday	Vacaville Christian	Winters	JV/V	5:30/7:00
8-Jan	Saturday	Woodland	Winters	JV/V	6:00/7:30
11-Jan	Tuesday	Anderson	Winters	JV/V	5:30/7:00
14-Jan	Friday	* Wheatland	Winters	JV/V	5:30/7:00
15-Jan	Saturday	Dixon	Dixon	JV/V	5:30/7:00
18-Jan	Tuesday	* Gridley	Winters	JV/V	5:30/7:00
21-Jan	Friday	* Sutter	Sutter	JV/V	5:30/7:00
25-Jan	Tuesday	* Orland	Orland	JV/V	5:30/7:00
28-Jan	Friday	Corning	Corning	JV/V	5:30/7:00

WINTERS HIGH 2010-11 GIRLS' BASKETBALL					
ATHLETIC DIRECTOR: TOM CRISP PRINCIPAL: GARY MILLER					
DATE	DAY	OPPONENT	LOCATION	LEVELS	TIME
12/27 to 12/30	Monday - Fri.	Vacaville Christian Tournament	Vacaville Christian	V	TBA
7-Jan	Friday	Vacaville Christian	Vacaville Christian	JV/V	5:30/7:00
14-Jan	Tuesday	* Wheatland	Wheatland	JV/V	5:30/7:00
15-Jan	Friday	* Gridley	Gridley	JV/V	5:30/7:00
21-Jan	Tuesday	* Sutter	Winters	JV/V	5:30/7:00
25-Jan	Friday	* Orland	Winters	JV/V	5:30/7:00
28-Jan	Friday	Corning	Winters	JV/V	5:30/7:00

WINTERS HIGH 2010-11 SOCCER				
ATHLETIC DIRECTOR: TOM CRISP PRINCIPAL: GARY MILLER				
DATE	DAY	OPPONENT	LOCATION	TIME
6-Jan	Thursday	*Orland	Orland	3:15
11-Jan	Tuesday	*Groville	Winters	3:15
13-Jan	Thursday	*Wheatland	Wheatland	3:15
18-Jan	Tuesday	*Sutter	Winters	3:15
20-Jan	Thursday	*Gridley	Winters	3:15
25-Jan	Tuesday	*Las Plumas	Las Plumas	3:15
27-Jan	Thursday			
1-Feb	Tuesday	*Orland	Winters	3:15
3-Feb	Thursday	*Groville	Groville	3:15
8-Feb	Tuesday	*Wheatland	Winters	3:15

WINTERS HIGH 2010-11 WRESTLING					
ATHLETIC DIRECTOR: TOM CRISP PRINCIPAL: GARY MILLER					
DATE	DAY	OPPONENT	LOCATION	LEVELS	TIME
12/28 & 12/29	Tuesday/Wednesday	Reno Tournament	Reno	V	TBA
Jan. 7-8	Friday-Saturday	ASICS Napa Valley Classic	Vintage HS	G	TBA
8-Jan	Saturday				
14-Jan	Friday	Five Counties Tour.	Fountain Valley	V	TBA
15-Jan	Saturday	Five Counties Tour.	Fountain Valley	V	TBA
19-Jan	Wednesday	* Gridley	Gridley	V	6:00
21-Jan	Friday	Tim Brown Tour.	Sac. Mem. Auditorium	V	TBA
22-Jan	Saturday	Tim Brown Tour.	Sac. Mem. Auditorium	V	TBA
26-Jan	Wednesday	* Sutter & Gridley	Winters(HS)	V	6:00
29-Jan	Saturday	Rodriguez Tournament	Fairfield	V	TBA
29-Jan	Saturday	Blazer Bash	Lindhurst HS	G	TBA
2-Feb	Wednesday	* Wheatland	Wheatland	V	6:00
Feb. 4-5	Friday-Saturday	CIF Sectionals	McNair HS	G	TBA

Weekly SUDOKU
by Linda Thistle

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8		1		3			2

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★
★ Moderate ★★ Challenging
★★★ HOO BOY!

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26 Main Street * Winters, CA
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For Lease. Approx. 19,000 sf of divisible bldg. space. Yard space & parking included.

Charming 3/2 in Winters on a large corner lot. \$175,000.

~ New Listings: 4/2.5, 3 car garage in Winters

~ Quaint 3 bedroom, 2 bath home, 2 car garage in Winters.

~ Approx. 121 acres with custom built home in the Capay Valley, swimming pool, & more.

~ Coming soon: 20 acres with lake views, barn, shop, & cottage.

~ 63 acres of land just west of Winters. Take a look at www.bigelowhills.com

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BEAUTIFUL TWO STORY HOME! 4/3 w/formal living room & dining room combo, open kitchen w/breakfast area, cozy fireplace in the family room, one bedroom & full bath downstairs, spacious master suite, separate tub & shower in master bath & a large covered patio in the backyard. \$299,950.

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GATEWAY REALTY

Rentals
Duplex for Rent, 2 bedrm, 1 bath, garage, laundry rm., forced h&air, \$955 + dep. Avail. Now. Small pets okay. Can see at 405 Russell. 795-2718. 49-1tp

1 Bedroom/1 bath apartment for rent in Winters, \$750.00/month \$750.00 deposit. Contact Westly at 530-383-0536 to view apartment. 49-2tp

201 E. Main, 2nd unit for rent, located on Morgan St. Two stories, down stairs is a large open room. Upstairs has kitchen and bath. Rent \$895, Sec. \$850. No pets. 707-372-0040. 47-4tc

Bus. Opt.
BUY OR SELL AVON! Call Shirley, an Independent Sales Rep. (707) 567-0311 46-5tp

Rentals
Duplex for Rent in West Davis. \$500 off first month rent. 3 bed, 2 bath, 1 car garage, fireplace, DW, Refer., Central Heat & Air, Yard maintenance, W,S,G included. Lease until July 31, 2011 or longer. \$1,3750 per month + deposit. (707) 372-9355. 46-4tc

Duplex for Rent in West Davis. \$500 off first month rent. 3 bed, 2 bath, 2 car garage, fireplace, DW, Refer., Yard maintenance, W,S,G included. Lease until July 31, 2011 or longer. \$1,600 per month + deposit. (707) 372-9355. 47-4tc

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3 bed 2 bath, really .really clean.you won't be disappointed. Lots of parking. **PENDING** at 199,000

Craftsman style home in the core of downtown. Built in 1880 on huge lot. Call for details. appointment \$249,900

12 mobile home units on a huge lot in town. Great investment in a key location. Offered at \$675,000

48 acres just outside of Winters. Along 505. Offered at \$1,200,000

3 parcels. 9.54 acres. 2 parcels to town, 1 county. total purchase price \$ 289,900. Call for details

Just outside of Winters. 6.97 acres of prunes. Offered at \$199,000

80 acres of walnuts, with custom home and large shop! Call for details!!!!

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Rentals
House for rent, 3 bedroom, 2 bath. \$1,250 a month & \$1,000 deposit. Avail. Jan. 1st. Call (530) 979-1666. 47-2tp

Real Estate
12,000sq. ft. commercial building in the corner of First and Main Street for sale. (#41, #43, #47) Call John Pickerel at (530)304-7634. 3-fn

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FOR SALE ~ 681-8939 ~ SOLD ~ 681-8939

Sandy's Corner on the Market!

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NEW LISTING: This is a great home with something for everyone. Struggle by the fireplace in the family room or enjoy entertaining in the formal living room. Enjoy relaxing in the large backyard. \$310,000.

Your rare opportunity to live in the country yet close to town. This home was built in 1945 and has lots of the character of that era. There is a basement and hardwood floors under the carpet. New leach lines and HVAC. Come take a look, Price reduced! \$299,000.

Cute house in very nice condition. New flooring in the living room and kitchen. Enjoy the fireplace in the living room this winter. Large backyard. \$175,000.

Fully remodeled, adorable bungalow located in the core area of Winters. Nice open floor plan, this living room. Very nice bathrooms. Home features a finished basement. A must see. Price Reduced!, \$175,000.

411 Russell is a cute 3 bed 2 bath house. It has its own fenced backyard and two car garage. 409 A & B are each a 2/1 duplex. Each unit has a one car garage. \$349,900.

Rentals available:
More information and pictures available on craigslist.org.
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~ SOLD - FOR SALE ~ 681-8939 ~ SOLD ~

Charlotte Lloyd, Realtor, Graduate Realtor Institute (GRI)

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