



Separation agreement rescinded

◆ Trustees take back \$43K parting agreement for superintendent

By DEBBIE HEMENWAY
Staff writer

The Winters School Board met in special session on Wednesday, Aug. 10, for the fourth time in as many weeks, but, unlike the previous closed session meetings, this one was followed by two reports of actions taken by the board.

Reading from a copy of an approved motion, Board President

Dan Maguire informed the public that the trustees had voted to rescind a tentative separation agreement with Superintendent Rebecca Gillespie.

Negotiations for the separation were initiated at Gillespie's request through her legal representative. At the special Aug. 4 board meeting, the board authorized the proposed agreement by unanimous vote of all trustees present, with Trustee Matt Brickey not in attendance. The agreement was subject to Gillespie on page A-3

See GILLESPIE on page A-3



Photo by Debbie Hemenway

Marc and Olivia Rodriguez, both teachers, spend their summers running the family business at the Double R Ranch Fruit Stand, which was first opened by Marc's parents, Linda Rodriguez and the late Rudy Rodriguez, in 1978. The next generation, Isabella and Christopher, are already in training.

GETTING FRESH

By DEBBIE HEMENWAY
Staff writer

"Eat fresh, eat local" has become a rallying cry for increasing numbers of people who have looked at the American way of eating and found it wanting. "Locavores" point out the superior taste and freshness of produce grown close to home, as well as the support for local economies and the reduced carbon footprint that comes with less globalized food sources.

Those of us who live in this corner of the Valley are fortunate to be able to fully participate in the local food movement. Even with the changing face of agriculture in the Winters area, there is still an abundance of summer produce and of roadside vendors from whom to buy it.

The common factors of all Winters fruit stands seem to

be an appearance that ranges from ramshackle to temporary, hand-painted signage and, probably most important, the unmistakable informality and friendliness of family business. Prices are always "close enough" — and always in the customer's favor — and cash almost always goes into a box or a tray rather than a register. The conversation is as important as the purchase as food takes on a human scale once again.

Three three-generation fruit sellers

Marc Rodriguez is the second generation of his family to sell produce at the Double R Ranch, at the Putah Creek Road exit from northbound Interstate 505. His daughter Isabella, 4, will be the first of the third generation to do so, if Marc has his way, and he anticipates that she will be-

gin her career next year, at age 5, just as he did.

Marc's parents Rudy and Linda Rodriguez began planting fruit and nuts in 1978. Rudy, who was a teacher in Dixon and Winters, spent his winters at school and his summers on the farm and Marc wants to "follow the same life path."

While Linda is now too busy managing things at the Buckhorn to work in the orchards, she still lives on the property and still keeps an eye on things.

As Marc puts it, "Mom is quality control."

Double R features produce from the Rodriguez orchards, as well as fruits and vegetables grown down the road by Brent and Lyle Knabke and local nuts, honey, preserves and olive oils.

See FRESH on page A-8



Courtesy photo

Assembly Veterans Affairs Committee member Mariko Yamada (right) presents John Sexton, adjutant of Winters VFW Post 11091 with the 2011 Yolo County Veteran of the Year award. Each year, Sexton prepares the Memorial Day programs for the Winters and Cottonwood cemeteries and participates as a Yolo County honor guard member, assisting families at veterans' funerals. He served in both the Army and Air Force, and in Korea during the Korean War. The award is presented annually by the Yolo County Veterans Coalition, an association of all veterans service organizations in Yolo County.

Solano Community College forum this Thursday

Solano Community College invites the community to come share ideas for higher education programs, services and facilities at an interactive forum planned for Thursday, Aug. 18, 4:30-6 p.m. at the Winters School District Office, Walnut Room, 909 West Grant Avenue. The forum precedes the school board meeting at 6:30.

FUTURE SUBSCRIBERS

PEYTYN de LEON is the new daughter of Cierra Russell and Frank de Leon Jr. Born on July 23, 2011, at Woodland Memorial Hospital, she weighed 7 pounds, 7 ounces and was 19.5 inches long. Maternal grandparents are Barbara Russell of Winters. Paternal grandparents are Yvette and Frank de Leon Sr. of Winters. Great-grandmother is Paula Russell of Winters; great-grandparents are Jack and Bev Russell of Loma Rica. Great-grandmother is Connie de Leon of Winters.

PEYTON BEAU PEDROIA, born a Red Sox fan, is the new son and third child of Brett and Heather Pedroia of Woodland. Born on Aug. 7, 2011, he weighed 7 pounds, 9 ounces and was 20 inches long. He joins two sisters, Nyah, 10, and Ava, 5. Paternal grandparents are Guy and Debbie Pedroia of Woodland. Maternal grandparents are Jeff and Sue Hoffmann of Colfax. Great-grandparents are Phil and Isabel Snow of Winters, Pat Miller of Davis, Jack and Delores Santos of Woodland, and Wanda Pedroia. Peyton is named after his late great-grandfather Melvin Beau Pedroia.

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Included in this week's issue are advertising inserts from:
Lorenzo's Market,
Pacific Ace Hardware, Spin A Yam,
Round Table Pizza, Cabela's

(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
Aug. 10		93	59
Aug. 11		94	55
Aug. 12		92	56
Aug. 13		95	59
Aug. 14		98	63
Aug. 15		97	56
Aug. 16		92	59

Rain for week: 0

Season's total: 0

Rainfall season begins July 1, ends June 30

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OBITUARIES

Carol Matilda Ann White

Carol Matilda Ann White passed away Aug. 13, 2011, in Woodland. She was born April 8, 1940, in Modesto. A memorial service is planned at 11 a.m. Friday, Aug. 26, at Discovery Worship Center, 315 Edwards St., Winters. A private family interment will take place at a later date.

Randall Hough

Randall "Randy" Rex Hough, formerly of Winters, passed away Aug. 8, 2011. He was 49.

Born March 22, 1963, on March Air Force Base in Riverside, he graduated from Winters High School in 1981 and was voted best dancer. He founded his first band at age 9. During his time at Winters High School, he was the only drummer in the school band — playing a complete drum set. Every Friday night home football game, Randy would get there early to set up the drums to play with the band. He also played multiple stringed instruments, but specialized in lead guitar while making his living as a musician. He also taught many friends and family how to play guitar.

As an Air Force child, he traveled extensively during his early years. After graduating, he moved between California and Washington for many years then migrated to Ishpeming, Mich., where he spent the remainder of his life. He enjoyed living in small towns and knowing his neighbors. He was a friendly outgoing man with a silver-tongue. Childhood friends will remember him as a "Tom Sawyer" type of person, always able to talk people into helping with chores or duties and then rewarding them with a trip to Lake Berryessa. He loved being with people, just talking and listening. He always would talk to the customers that would come watch his band play.

He was preceded in death earlier this summer by his loving mother, Truth E. Hough.

He is survived by his wife, Connie Hough; daughter, Tianna Hough; step-children Deanna Stephens and Trevor Stephens; step-grandchildren: Quinton, Madison, Adrianna, Dalton, Trevor; father, Robert J. Hough; siblings: Robin Hutchison (Rodger), James Hough (Carol), Tracy Nguyen (Henry), Joseph Hough, Truth E. Snow, Kimberly Kramer and Corey Hough; 13 nieces and nephews: Amanda Hutchison, Melody Hutchison, Stephanie Hough, Jeffrey Hough, Norman Hough, Victoria Nguyen, Jacqueline Nguyen, Robert Snow, Roger Snow, Truth S. Snow, Elizabeth Snow, Loren Kramer and Danielle Kramer; grandmother, Truth I. Lyons; aunts and uncles: Ruth Mihelich, Ronald Miller (Lila), Donna Shamseldin (Sam) and Dennis Miller (Judy); multiple cousins and other extended family and friends.

A service was held at United Evangelical Covenant Church in Ishpeming. A fellowship followed.

Donations to help defray funeral costs may be made to Robert Hough and mailed to Robert Hough, 4940 Hovgaard Road, S.E., Olalla, WA 98359.

Juanita C. Draper

Juanita C. Draper passed away Aug. 9, 2011, at Courtyard Healthcare in Davis. She was born Dec. 21, 1913, in Galena, Kan., and moved to Winters in 1948.

She was preceded in death by her husband Foy David Draper; sons, Bobby Gene Draper and Howard B. Draper; four brothers and four sisters.

She is survived by son William Warren Draper and spouse Jane of Virginia Beach, Va.; two daughters-in-law, Doris Draper of Woodland and Janice Draper of Winters; six grandchildren, Sharon and Jerry Bouck of Tucson, Ariz., David and Gina Draper of Challenge, Robert and Lori Draper of Clovis, N.M., Chuck and Denise Draper of Winters, Darla and Paul Reitman of North Vernon, Ind., and John Draper of Winters; 18 great-grandchildren; 10 great-great-grandchildren; and numerous nieces and nephews.

Family members said Draper loved and served her Lord and savior Jesus Christ every day of her life. She was an avid musician: pianist, organist and accordion player. She loved playing church hymns and will be greatly missed by all.

Funeral services are planned at 11 a.m. Friday, Aug. 19, at First Baptist Church, 512 First Street (at Baker Street), Winters. Burial will follow at Winters Cemetery.

YESTERYEAR



File photo

Pictured above is the 1929 Winters High School basketball team, coached by Bill Pugh. Left to right are Farrell Forden, Hudson "Bud" Eccleston, Edward Overhouse, Albert Ichtertz, Bud Scott, Bill Pugh, Carl Poppe, Norval Morlan, Claude Meyer, Lazelle Clevenger and Buck Bassford. John Fulton, the manager, is in the middle holding the ball.

50
YEARS AGO

August 31, 1961
John R. Ramos and W.C. Cody have purchased the Cody's Shell Service station and store at the south end of the Putah Creek bridge from C.D. Cody, who operated the business for more than 15 years.

James Briggs, former Winters constable, will observe his 93rd birthday anniversary today with a family dinner planned at the Briggs ranch north of town.

A total of 63 boys have reported out for football at Winters Joint Union High School, making it the largest squad in the history of the school, according to John Kammerer, football coach.

Marvin Gerber, high school principal, announced that 205 students had enrolled by Tuesday of this week. Another 25 are expected to enroll by the time school starts next Tuesday.

The U.S. Bureau of Reclamation this week resumed water releases into Putah Creek below the Diversion Dam by releasing 30 second feet of water.

On the occasion of his 17th birthday anniversary, Bobby Graf was the honoree at a surprise patio party given by Dale Parker at the home of his parents, Mr. and Mrs. A.E. Parker.

65
YEARS AGO

August 30, 1946
Dr. and Mrs. A.M. Herron, who for the past 14 years have called Winters their home, plan to leave today for Taft where Dr. Herron will teach Latin classes at the high school and junior college.

W.G. Stone, manager of the transportation and industrial department of the Sacramento Chamber of Commerce, was in Winters Wednesday in the interests of the Sacramento-Yolo Deep Water Channel project.

Rose Gobert is now employed at Bernice's Beauty Shop.

Winters is minus nine dogs, Poundmaster Jack Mendes having picked up that number on Main Street on a recent visit here.

Bob Barriskill has sold his milk route to Harry Gravink of Woodland and is now associated with Milford E. Good in the power spray painting business.

The condition of Mrs. Mary Elizabeth Graf, polio victim, is reported favorable, local relatives state.

Three small boys were arrested this week by local police for riding their bicycles on the sidewalks.

Fred Lee has taken over the management of the Hotel Café, formerly operated by the Ratliffs.

100
YEARS AGO

September 1, 1911
High School enrollment has reached 63. Mrs. N.A. McArthur spent Wednesday at the fair.

Apricot School opens Monday with Mrs. Anna C. Gregory as teacher.

Miss Florence Barth will teach at Wolfskill School this year.

Baker and Wainwright will improve their garage so it will be one of the best modern garages in the Valley.

Miss Edna Stark has returned from an outing at Stockton and Placerville.

Delivery of mail on Route 2 started this morning with Elmer Baker as temporary carrier.

Miss Grace Pleasants has resumed her work at Mills College.

Berryessa lake level down .57 of a foot

The level of Lake Berryessa fell by .57 of a foot during the past week, with a reduction in storage of 10,195 acre feet of water, according to Ken Emigh of the Solano Irrigation District.

He reported Tuesday morning that the lake was 429.18 feet above sea level, with storage computed at 1,353,080 acre feet of water.

The SID is diverting 337 second feet of water into the Putah South Canal and 34 second feet is flowing in Putah Creek at the Diversion Dam.

Evaporation on Lake Berryessa averaged 337 acre feet of water per day during the week.

115
YEARS AGO

August 28, 1896
Farmers in the vicinity of Woodland are taking much interest in the prospects of getting a beet sugar factory.

The Woodland races have proved to be very attractive this week, and have more than fulfilled reasonable expectations. Today Winters is well represented. Buck Hawkins has a fine two-year-old entered for the last event — a running race for \$250.

Leonard DeVilbiss, of Winters, authorizes the Express to announce his candidacy before the Democratic county convention for the nomination of assemblyman.

The biggest melon we have seen this season is one weighing 59 pounds raised by the Cooper brothers.

Milton Carpenter

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from 10 to 11:30 a.m. at Yolo Hospice, 1909 Galileo Court, Suite A, Davis. For more: 758-5566 or (800) 491-7711.

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FD1989

What about water?

◆ Residents used 2,400cf of water per home in July

By ELLIOT LANDES
Staff writer

The City of Winters has been using the new water meter system for three months. There are now water meters on all connections in town. The new meters have transmitters that send readings to City staff as they drive around town in a car with a laptop and an antenna, once a month.

With this new technology, the water department can now evaluate water usage. The city measures water in ccf, which stands for 100 cubic feet,

equal to 748 gallons. The average water use for Winters last month was 24 ccf. This is up from 17 ccf in May, which is to be expected, as people water their gardens more in the summer heat. This is higher than the national average of 12 ccf, but that number is for in-home use only.

The City will start billing according to consumption next January. For now, residents can look at their water bill and see what they would have been charged based on usage. In response, residents are busy fixing leaks, switching to drip watering, and replacing those leaky flapper valves in their

See **WATER** on page **A-9**



Photo by Elliot Landes

City Environmental Services Director Carol Scianna reads transmission from 1,975 city water meters in two hours, with a laptop and receiving system in the city's vehicle.

GILLESPIE

Continued from page A-1

spie's acceptance and was based on the board's understanding that she was "resigning in the absence of other employment."

The board "subsequently learned that Dr. Gillespie had been approved for employment with another school district on Aug. 3" and she "did not inform the board" of that fact.

According to a listing on EdJoin, a website for teachers, administrators and classified staff searching for employment, the assistant superintendent position that Gillespie accepted at Washington Unified

School District in West Sacramento pays from \$125-145,000 annually, equal to or more than her WJUSD salary. Washington added Gillespie's name to its staff on its website four days before her announced effective resignation date.

The proposed agreement was negotiated at a time when the Winters School District is facing ongoing financial hardship. Nine teaching positions and two classified positions have been lost this year because of declining enrollment and budget reductions totaling \$503,000.

A copy of the agreement, released through a public

records request, shows that the district was to have paid Gillespie a lump sum of \$43,000, equivalent to four months' salary, within 10 working days of its effective date. A provision of 100 percent medical, dental and vision benefits until Aug. 31, 2012 or until the end of her first month of other employment that offered health benefits, whichever came first, was also included. The agreement stipulated that the board would not complete an evaluation for Gillespie for the current year.

The motion to rescind the financial offer was approved by Maguire and Trustees Mike Olivas, David

Hyde, David Reynoso, Robyn Rominger and Rob Warren. Brickey abstained.

In a second statement, Maguire disclosed that the board also approved a motion to "accept the written resignation of Dr. Gillespie, effective Aug. 12, 2011," despite the revocation of the offer of a financial settlement. He went on to say, "the Board finds that Dr. Gillespie constructively resigned her employment with WJUSD by accepting employment with Washington Unified School District."

All trustees, with the exception of Brickey, who voted "no," approved the second motion.

Gillespie informed

district staff of her resignation on Aug. 5 and did not return after that date. Before she left, she designated Director of Educational Services Emilie Simmons as acting superintendent until Aug.12.

On Wednesday, the board voted unanimously to extend the designation until they have an opportunity to fully discuss their options for interim and permanent district leadership. That conversation is on the agenda for this Thursday's meeting, which begins at 6:30 p.m. in the Walnut Room at the school district office, 909 W. Grant Avenue.

Fire report

August 2

~ 300 block of Village Circle, medical aid chest pains
~ 400 block of Main Street, medical aid arm injury
~ 100 block of E. Grant Avenue, medical aid victim of assault

August 3

~ 400 block of Morgan Street, medical aid difficulty breathing
~ 300 block of Railroad Avenue, investigation of a gas leak

Aug 7

~ 1000 block of Kennedy Drive, medical aid abdominal pains
~ 100 block of Purtell Ctourt, public assist ring stuck on finger

Opinion

LETTERS

Thanks for supporting playground restoration

The saws were sawing and the hammers were hammering at the City Park on Saturday, Aug. 6. About 50 people showed up for the Friends of Winters Parks Clean-up and Repair Day to make the park a cleaner and safer place for our children to play.

The clean up and repair day would not of been possible without the talent and determination of Wade Cowan of Wade's Construction. He's been part of this project from day one and his knowledge, materials and connections have been fundamental in making this day possible. This day would of never of been feasible without him and his crew. A big thank you to Wade and Kathy and their crew (Matt, Rod, Nathan, Jon, and Josh) who volunteered their time on Saturday to make our City Park a better place.

The Friends of Winters Parks wants to give a big thank you to all who participated or donated to make this day happen. Thanks to all of those who came out early on a Saturday morning to work the clean-up/repair day. We appreciate your time and talents. A special thank you to the many members of the Winters Rotary Club that came to help.

Thank you to Mariani Nut Company, Megan Curry from Adidas and Matt Archibeque from Warrior Video for donating items for our raffle. Thanks to Kelly Moore Paints for donating all the paint and supplies, Viona Hague for use of her rototiller, Cody's for the lemonade and T-shirts for the committee members and to John and Karen Neil for the ice and coolers.



We also wish to thank the original playground committee for its dedication to the project and the funds left over that were used for the repair project.

We hope we didn't leave anyone out, but if we did please know that we appreciate all that everyone did to make this happen. We also hope that the community will help us keep the park a clean and safe place for our children to play.

We celebrated the cleaned and repaired park with a community Ice Cream Social last Saturday night. A big thank you who all who came out to enjoy the park on a Saturday evening. We hope to plan more community events for families in the future.

FRIENDS OF WINTERS PARKS

Laws on passing buses

With school starting, The Winters Police Department would like to remind drivers to stop when school busses have their flashing red lights while receiving or discharging passengers. Section 22454(a) of the California Vehicle Code provides:

"The driver of any vehicle, upon meeting or overtaking from either direction, any school bus equipped with signs as required in this code, that is stopped for the purpose of loading or unloading any school

children and displays a flashing red light signal visible from front and rear, shall bring the vehicle to a stop immediately before passing the school bus and shall not proceed past the school bus until the red flashing signal ceases operation."

The law requires a driver to come to a stop before passing on both sides of the road and prohibits a driver from proceeding until the flashing red light ceases operation. The law applies for both broken yellow and double yellow lined streets.

BRUCE MURAMOTO
Winters Police Chief

Let's get started

I enjoyed the Edmund Lis article, "Labels," in the Aug. 4, edition of the Winters Express. Edmund seems a rugged individual who mocks the "New World Order" and wonders if the world could be saved by like-minded interpersonal global cooperation. He suggests expanding global connectivity of tolerant, cooperative and different individuals, worldwide.

I'm sorry Edmund, not in your lifetime, but maybe we could work on a start benefiting our children. "What's the point?" Headlines your column. You've told us. It's about spreading awareness. The secular humanists are right. The only way we can save mankind is

with a greater awareness of our genetically primed hunter-gatherer tribal instincts. These demand attacks on different tribes — foreigners who do not think and act the same. Either destroy or be destroyed.

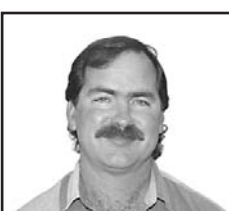
If our world leaders understood the importance of this deadly instinct toward conflict it would bring into play better international and cultural relationships and a non or delayed outcome of a global Armageddon.

I believe Edmund was thinking conceptually of a rapidly expanding global Internet effort. One that touts personal respect, honesty, tolerance and cooperation.. Let's stop thinking in the abstract. We can start it. It's been shown time after time that one man or woman can change the world and change the way people think. Imagine a laser-focused, large, Internet-driven, communicating group of committed individuals, all over the world, following a wise leader on the path to a livable, common sense way of enlightened global survival.

Edmund you're a writer. You may be the man! Why not get this project going right away. I have a good label "IUFCTI" (Individuals United for Freedom, Common Sense, Tolerance and Integrity).

No politicians. No "isms." Let's go. Count me in!

ED DAWKINS



CHARLES R. WALLACE

A QUICK OPINION

WHAT RECESSION. My bride and I celebrated our 36th wedding anniversary this week by taking a quick trip to Fort Bragg and Mendocino. I'm not sure what is happening at the coast, but rooms were hard to find. Several people had made suggestions about where to stay, but when I checked online, those hotels didn't have rooms available. I found a nice place with a view that seemed perfect, and only a little pricy.

As we were riding into town it was getting a little cool, but still comfortable after the warm weather of the valley. We hit cooler, overcast weather as soon as we left Willits. I missed the North Cliff Hotel the first time I drove by and got a tour of the town, one end to the other. Who would think that a place called the North Cliff Hotel would be on the south side of town? I missed it going the other way, too, but only had to go over the bridge and turn around.

The place is nice. Fireplace and Jacuzzi tub in the front room next to windows looking out over the bay. A small balcony with a couple of chairs and an umbrella, just in case the sun comes out. They leave you a breakfast tray in the refrigerator, but we ate most of it as snack food. Nice thought though.

There were plenty of people walking around downtown Fort Bragg on a Friday afternoon. By evening the restaurants were filling up and people seemed to be in a good mood. After waking up to sunshine we took a walk on the beach and went shopping in the downtown galleries. The shops were busy and so was Sherri. As she was eyeing some new piece of artwork for the house, I reminded her that it may not fit in the saddle bags. She inquired about shipping the piece by UPS and I decided that rather than pay for shipping it would fit on the bike. They bubble wrapped it, and it took an extra push to get the cover to close, but it fit.

We stopped at the town of Mendocino for lunch, and a little more shopping, and again, the place was crowded. Not only were people in the shops, they were purchasing items and toting them around town looking for more treasures. I did see a few empty store fronts, but the shops that were opened seemed to be doing just fine.

When I look at downtown Winters, I see the same potential. There are a few empty spaces, and the weekends seem to be filled with tourists who just want to get away for a few hours. We don't have an ocean view, but with Putah Creek improvements starting next week, I see a creek view or creek walk in our future. Getting someone to build a hotel overlooking the creek might take some doing, but give it time.

I was hoping they would finish the new streetscape before the Earthquake Festival, but that wasn't in the plans. I missed a couple of meetings about the "Gateway Master Plan" improvement to the entrance to the city, but they are moving along and should help make Winters a little more attractive coming over the overpass.

Whether we were driving on Highway 1 or Highway 101, there seemed to be construction everywhere. When we turned onto Highway 128 from the coast highway, I realized that I could drive Highway 128 from end to end. A few years ago they were going to continue Highway 128 to Davis, but I don't think that happened and it still ends at our overpass. I was tired when I hit Highway 101/128 and decided to take Highway 37 to 80. Not a shortcut, but it seems quicker.

Take one last trip this summer. It will be raining before you know it. Have a good week.

I'll just keep on writing until the white space disappears

It's press day, Tuesday, and I'm going to do the unthinkable. I'm going to write this column right onto the composing page, no drafts, no editing, just start right here and keep typing until I run out of space. Just slap it out in a blur of free association.

Hey, how hard could it be. Charley does it this way every week.

There are contributing factors for this editorial foolhardiness. One, I just returned from the East Coast, and although my body is on Pacific time, my brain still thinks it's on Eastern time. Not only am I time zone traveling, I am time traveling as well. The Cutest Man In The World and I just returned from our annual trek to the 15th Century, also known as Pennsic Wars.

Except for a little catchup time on Facebook before flying home yesterday, I haven't seen a computer screen, telephone or television in over a week. Completely off the grid.

Pure bliss. Disoriented? Absolutely.

lutly. Jet-lagged? Totally. Column ready? Not even. Which is the main reason to throw caution to the wind. Desperation and white space are fabulous motivators.

So. When we last left off, we were exploring the effects of Mercury Retrograde, and it did not disappoint. On the very first day, Aug. 2, we discovered that our flight was cancelled. "Mechanical issues" were cited as the reason, but I suspect that is United Airlines' cover story for cancelling flights that are underbooked.

This threw the schedule out of whack a bit, but we regained our footing with a later flight and thankfully no more hiccups thereafter. Besides immersing ourselves in 15th Century Medieval Europe, or The Known World as members of the Society for Creative Anachronism (SCA) call it, we had bookend visits with TCMITW's family and he even managed to squeeze in two days of business meetings as well.



DEBRA DeANGELO
BECAUSE I SAY SO

I did a little business schmoozing myself, and had a lunch date with author and screenwriter Amy Ferris, one of our iPenion Syndicate writers who I've never actually had a chance to meet face to face. Amy happens to live in Pennsylvania, where all our Known World action takes place, so we enjoyed some seared ahi salad at the Spinnerstown Hotel, an authentic early 1800s stone inn, and I decided within minutes that I really like this gal.

Her book is called "Marrying George Clooney," a collection of columns about midlife and menopause, and it's a hoot and soon to be a movie too. When I read Amy's work, I give her the ultimate compliment: "Damn, I wish I wrote that! Just Google that title, and you'll find her blog, I'll get into the finer

details of our Pennsic adventures next week, but for now, fast forward to our return, which is still in the thick of Mercury Retrograde. And what did I return home to? A big, orange "Service Traction System" warning light on my car's dashboard.

A visit to Pisani's Service, and the prognosis is not good. The computer that controls the braking system is on the fritz. Estimated cost for just the part: \$1,000 give or take a few Ben Franklins. And that doesn't include the labor, which involves programming the computer, and the take-away part of this story is that the repairs are more than the car is worth.

Thank you, Mercury Retrograde for one last parting gift.

Jerk. Anyone want a well-loved Impala? Call me.

Policy for Letters to the Editor

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

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

"Government exists to protect us from each other. Where government has gone beyond its limits is in deciding to protect us from ourselves."
~ Ronald Reagan

Learn how to become a foster parent

Learn how to become a foster parent with Woodland Community College's Foster and Kinship Care Education Program. It is a theme introduced to prospective foster parents and is woven into all continuing education courses for licensed foster parents and certified relative providers.

"Nurturing time spent with a hurt child, whether for a day, month, year or a life time, can serve to change the course of a life and make a resounding positive difference in how they feel about themselves," said Director Cherie Schroeder. "Foster parents are a critical member in helping abused and neglected children heal and move forward."

Opportunities are coming up to learn more about foster care in Yolo County.

Introductions to Foster Care will be offered on Monday evening, Aug. 29, in West Sacramento, and again Tuesday evening, Sept. 6, in Woodland. Local residents interested in learning more about becoming licensed foster parents are invited to attend any of these free introductory classes. Each begins at 6 p.m. and generally concludes at 8 p.m. The West Sacramento class takes place at the Arthur F. Turner Library and the Sept. 6 class at Woodland Community College, in the second unit of Building 800, upstairs in Room 852.

Individuals wanting to move forward in the foster care licensing process may continue with a series of classes offered throughout the month of September.

For additional information about becoming a foster parent and making a difference in the life of a local foster child, contact Cherie Schroeder at 574-1964 or visit www.yolo.fostercare.com.

AARP Driver Safety Class offered

The City of Winters is again sponsoring an AARP Driver Safety class for those 50 and over at the Community Center, 201 Railroad Ave.

This is an eight-hour class that helps older drivers become more aware of changes that occur due to aging and how to adjust driving accordingly. It will be held on Aug. 22 and 24, from 1:30 to 5:30 p.m. on both days.

Taking this course may help drivers save money on automobile insurance. The state of California mandates that an automobile insurance discount be given to people completing a driver improvement course.

The course is taught by an AARP Driver Safety course volunteer. The cost is \$12 for AARP members and \$14 for non-AARP members.

Enrollment applications are available at City Hall or the Community Center.

For more information, call Tracy Jensen at 795-4910, ext. 100.

What's a few splinters among friends?



Volunteers came out to fix up Robert Leathers playground on Saturday, Aug. 6, in City Park. Originally built in 1989, the playground is showing its age and many parts are falling apart. While some have argued the structure should be torn down, a group of volunteers offered to rebuild the parts that need sprucing up. Costs were covered with money leftover from the original construction fund. Pedro Garcia, at left, cuts new fence slats. Above, Kathy Cowan rakes sand, Matt Mariani operates a rototiller and Mike Kimes watches their progress. Below, Bob Badgley and Cecil Padilla screw on new fence slats.

Photos by Charley Wallace



Tim Hurst, above, contemplates how to safely take down an old swing structure. He was one of more than 50 people who showed up to lend a hand in the park reconstruction effort.



Community

Esparto meat market has Winters ties

By JONATHAN EDWARDS
McNaughton Newspapers

ESPARTO — A meat plant opened Friday, July 15, in the Capay Valley, linking the animals ranchers raise to the people who like to eat them. About 30 people showed up for the opening of the Manas Ranch Meat Market, a roadside meat processing plant and store in the town of Esparto, on the main highway that winds up the valley.

As a U.S. Department of Agriculture-inspected plant, the 4,000-square-foot market can take cattle, pig and goat carcasses from ranchers and butcher them into steaks, fillets and sausages before wrapping the cuts and selling them to people.

"We've got a lot of organic growers just in the Capay Valley alone who go to farmers market with their animals," said co-owner Alice Manas. "They're very interested in having a local USDA processing facility to cut and wrap their organic meat to be able to sell at farmers markets."

The meat market is now the closest USDA-inspected facility within 100 miles, said co-owner Fred Manas, which means it will fill a big void for nearby ranchers who would otherwise have to ship their livestock long distances for processing. But it's not just the locals, Fred Manas added. As they've shopped around the idea of a meat plant and market to see if



Wayne Tilcock/McNaughton Newspapers photo

Community members take a look at the selection of meats at the newly opened Manas Ranch Meat Market.

ranchers were interested, they've gotten a lot of positive feedback.

"It looks like there's a big demand," he said. "We're getting people calling us all the way from El Dorado County. We got a guy who wants to bring pigs down from Washington because he sells down in the Bay Area. We've got people over in Lake County and Napa that are interested."

"They've been talking to us. Now we'll see if it all comes around."

Capay Valley farmer Jim Durst represented the Esparto Chamber of Commerce at the meat shop's ribbon-cutting ceremony. He called it "a significant

business" for the region.

"Up to this point, a lot of the local meats that have been grown and raised in Yolo and particularly in this area have all been going outside the county to be processed," he said, "as far away as Orland or as far south as Turlock."

"This is going to enable the meats that are grown in this area to be processed and sold locally, so it's bringing together the full circle — the production of meat, from the farmers to the consumer."

One consumer, Esparto resident Pat Power, left with "best impressions" after sampling some of the sausages for sale. In

fact, she picked up some andouille and bratwurst sausages to take home.

When things die down a bit, she plans to come back with "a wish list of things I can't get in grocery stores." That includes goat meat, pork fat back and pork cow, the last two of which she wants to use to make pâté. She also would love to come and buy wild game when it's in season, something Fred Manas wants to do.

"Pheasant, rabbit, whatever," Power said after a meat store employee handed over her sausages. "I'm ready."

(Editor's note: Fred and Alice Manas are former Winters residents.)



Wayne Tilcock/McNaughton Newspapers photo

Manas Ranch Meat Market owners Fred and Alice Manas kiss after a ribbon-cutting ceremony for their new business on Friday in Esparto. At left is Esparto Chamber of Commerce member Jim Durst, a farmer in the Capay Valley.

Streetscape update

The west side of First Street entrance to the First and Main intersection, (Classic Cuts to Eagle Drug) is now reopened, leaving only one entrance to the intersection closed. The work on the intersection from Eagle to Metro PCS has started and will be reopened the week of Aug. 22.

Work on the mid-block crossing is underway, with the initial construction work occurring in the middle of the street, with traffic routed around through parking spaces. The work there should be completed this week and the middle of the street will then be reopened to vehicle traffic. The midblock crossing work will shift to the outside (parking spaces). Pedestrian access to all businesses will be maintained throughout the project.

Next week, work will begin on the Newt's Expressway, the alley that runs parallel to Main Street between Main and Abbey Streets..

For more information, call Dan Maguire, 795-4910, ext. 118.

Meeting cancelled

The Aug. 23 meeting of the Winters Planning Commission has been cancelled. The commission will meet next on Tuesday, Sept. 27, at 6:30 p.m. at City Hall.

Calendar

Thursday, August 18

Solano Community College community forum, 4:30-6 p.m., school district office, Walnut Room

School Board meeting, 6:30 p.m., school district office, Walnut Room

Friday, August 19

"Much Ado About Nothing", 8 p.m., Community Center amphitheater

Saturday, August 20

"Much Ado About Nothing", 8 p.m., Community Center amphitheater

Ongoing

Thursdays: Winters Rotary Club meeting, noon, The Buckhorn; **Bilingual Storytime**, 6:30 p.m., Winters Community Library; **Alcoholics Anonymous meeting**, 8 p.m., 305 First Street.

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

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

Wednesdays: Soroptimist meeting, 7 a.m., call 795-4631 or 795-2828 for location information; **Narcotics Anonymous meeting**, 7 p.m., 62 Shams Way

Upcoming events

AARP Driver Safety Class, Monday Aug. 22 and Tuesday, Aug. 23, 1:30-5:30 p.m., Community Center

Earthquake Street Festival, Friday, Aug. 26, 5-11 p.m., downtown Main Street

Festival de la Comunidad, Saturday, Sept. 24, 5-10 p.m., Rotary Park

A Day in the Country, Sunday, Sept. 11, 3-6 p.m., Park Winters

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

This community calendar is sponsored by:

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USS Express



Courtesy photo

The Souzas pose with their son, Joseph, and a copy of the Winters Express during a trip on an aircraft carrier last year. Joseph Souza had been deployed aboard the USS Dwight Eisenhower in 2010. On the way back to Virginia, the ship planned to stop in Mayport, Fla., to pick up family and friends who wanted to experience what it was like to live on an aircraft carrier. They traveled from Mayport to Norfolk, Virginia. The trip took three days and two nights. “It is the most exciting thing we have done — an unforgettable adventure,” the family said.

A Day in the Country planned at Park Winters

The Yolo Land Trust’s signature fundraiser — A Day in the Country — will take place on Sunday, Sept. 11, 3-6 p.m. at Park Winters.

This benefit for the Yolo Land Trust highlights the diverse and bountiful farmland of Yolo County, bringing together producers and consumers at the beautiful setting of Park Winters, the 1865 Victorian house on the historic George Washington Scott Ranch at 27850 County Road 26, just north of Winters. The grounds surrounding the house will be open to the public specifically for this event.

Chefs from Northern California’s best restaurants will prepare an array of seasonal dishes using the best of Yolo County’s farms and ranches, complimented by Yolo County wines. Last year’s dishes included organic striped figs with goat cheese wrapped in prosciutto,

Yolo County restaurants serving this year include Nugget Market Kitchen, Silvina’s Basket and Tazzina Bistro from Woodland, and Konditorei Austrian Pastry Café, Monticello, Osteria Fasulo and Tucos Wine Market and Café from Davis. Sacramento restaurants include

Biba Restaurant, Esquire Bar and Grill, Grange, L Wine Lounge, Lucca Restaurant and Bar, Mulvaney’s B&L and Spataro Restaurant and Bar.

Restaurants from the San Francisco Bay Area include Chez Panisse, Gabriella Café, Gather, Lalime’s, Mission Beach Café, Piazza D’Angelo Ristorante, Plum and Slow Club.

Wine will be poured by Berryessa Gap, Bogle Vineyards, Capay Valley Vineyards, Crew Wine Company, Heringer Estate Winery, Marr Cellars, Putah Creek Winery, Rominger West Winery, Route 3 Wines, Simas Family Vineyard, Turkovich Winery and Yocha Dehe Farm and Ranch. Sierra Nevada Beer also will be served.

Music will be provided by the Plainfield Pickers, there will be children’s activities at the Kid’s Corner, and there will be a silent auction.

Funds raised will support the Yolo Land Trust, a nonprofit organization committed to conserving Yolo County land resources.

Admission is \$75 for adults (\$90 after Sept. 6) and \$20 for children over 6 (under 6 are admitted for free). For tickets, call 662-1110.

WMS site council seeks help

Winters Middle School Site Council has one parent vacancy. This seat is for a two-year term. Anyone interested in running for Site Council at Winters Middle School must turn in a written request to be placed on the ballot by Aug. 23.

For more information, call the middle school, 795-6130.

L’Express



Courtesy photo

Robert Fischer, standing next to a deux chevaux, poses with the Winters Express in front of the Eiffel Tower in Paris on July 25, 2011.

Earthquake
Street Festival
Friday, Aug. 26
5-11 p.m.
downtown
Main Street



Photos by Debbie Hemenway

Tables, a tent and a hand-painted sign are hallmarks of an authentic, old-time fruit stand (left), like Warren's OMRP (Old Man's Retirement Plan), a mile east of Winters on Russell Boulevard, where Steven Warren prepares for the day's sales. The Warrens sell only their own certified organic fruit, like these peaches (above)

FRESH

Continued from page A-1

"There's not a lot of money in it," says Olivia Rodriguez, Marc's wife, "but it's really fun."

The business has changed over the years, she says, because "people used to be into canning and drying" and would buy 20 to 30 lugs of fruit at a time. Now it is only restaurants that buy produce in quantity. In Winters, the Buckhorn restaurant is a Double R customer.

Still, they manage to stay open from Memorial Day until Labor Day or even later.

"People see our signs on 505," Olivia explains. "They love this place. We can see 100 or more people a day on weekends."

On weekdays it's a bit quieter, with much of the activity coming from the Rodriguez children and their friends and from the cats that roam about and lay in the sun behind the shed with its hand-painted signs and distinctive fruit-basket logo.

On the minimalist end of the fruit stand spectrum is Warren's OMRP, a row of tables under pop-up shade covers in an orchard one mile east of I-505 on Russell Boulevard. Signs on the highway and banners at the driveway direct prospective customers to the Thursday-through-Sunday operation.

OMRP stands for "Old man's retirement program," but the "old man," farmer Lorin Warren, is often attending to other business. In his place, customers are greeted by his grandson, Steven Warren, a college student who spends his afternoons reading and playing his guitar in the shade of a walnut tree when he is not weighing fruit and describing the differences among the varieties on display.

Steven, who proudly says that the project is a "me and my grandpa thing," explains that the family first began planting stone fruit trees 10 years ago and now has a wide variety of peaches, nectarines, plums, plumcots and nectarplums to offer. All are grown within a radius of three-quarters of a mile around the sales site on properties belonging to his grandfather, father and uncles, making Warren's another three-generation business.

The fruit, which is certified organic, is picked and sold on the same day, beginning at 5:30 a.m. when Steven and his dad, Rob Warren, go out to see what's ready. If it isn't ready, it doesn't get picked, and if it doesn't get sold on the day it's harvested, "we give it away at the end of

FRESH

Continued from page A-8

the day.” Nothing is put in cold storage and some days, when nothing looks good, the stand will simply not open.

Steven has been working at OMRP since he was in the 10th grade, when his pay for the summer was a new computer. He has been there ever since and expects to stay with the operation even when he finishes college, because, he says, “It’s family.”

He is not sure how late in the season the stand will stay open. It depends on the fruit and “on Grandpa’s mood.”

John I. Ramos III is not only the third member of his family to bear his name, he is also the third generation to grow and sell fruit in Winters. His grandparents came here from Spain in 1890 and the family has been here for the century-plus ever since.

Since 1963, Ramos has been a familiar presence during the summers at a variety of locations. He has at one time or another sold stone fruits and nuts “at all four corners” of I-505 and East Grant Avenue on the west side of the highway and Russell Boulevard on the east side.

Currently, his blue shade structure and signs proclaiming “Peaches — free samples” can be found on the southwest edge of the I-505 southbound on-ramp. A pick-up truck with a generator-driven swamp cooler on the lowered tailgate sits at the back of the makeshift fruit shed, ready for the hottest of Valley

summer days.

Ramos begins the season with cherries and sells them throughout the summer. When local cherries are finished, or, as this year, when the crop is poor, he brings fruit from the Northwest.

There are locally grown nuts for sale and locally grown stone fruits sit in lug boxes under the awnings and, while there are nearly always cars parked nearby and shoppers looking at the fruit, Ramos concedes that he is “lucky to break even” now.

When he began in the business, Ramos says, “we’d sell 1,200 boxes of fruit every Sunday. All the ladies came” to buy up lugs of fruit for canning and preserves.

“We sold more in four days then than we do now in a whole season.”

The fruit is grown on land that Ramos owns and on land that he leases and, while it is not grown organically, “I only use dormant spray” to treat the trees, he says.

Ramos’ season begins in April or May, depending on the cherry crop, and typically lasts into October.

But wait, there’s more

A growing number of Laotian growers have begun to establish themselves in Yolo County and just south of Putah Creek, Mien immigrant Yaocho Saetuin and his family work on a three-acre parcel that has been transformed in a few short years.

What began as a strawberry patch has become a truck farm that is lush with summer growth. Corn, beans, squashes, eggplant, onions, black-

berries and melons now sit on the counter of the little white fruit stand alongside the berries.

The stand is sometimes staffed by the older family members, whose English is limited, and sometimes by the grandkids, who work during the summer before heading back to school in Dixon, but the language of mutual appreciation of fresh fruits and vegetables seems universal.

West of town, on Highway 128 across from Waggoner School, is the Fruit Tree. A classic old-fashioned open-fronted highway produce stand, the Fruit Tree has been run by Phillip Carter since 1968.

Much of what is on the shelves is packaged dried fruit and nuts, possibly prepared with Lake Berryessa traffic in mind, along with fresh fruits and vegetables. Carter, who spoke to the Express by telephone, says that some 80 percent of his produce is locally sourced, some of which comes from his own citrus trees, which can be seen growing nearby.

Carter’s stand used to be out in the country; now it is a bit of the country in town.

At the eastern approach to Winters there is a sign, erected by the Chamber of Commerce, welcoming visitors and inviting them to explore the historic downtown. The artwork depicts a birds’-eye view of Main Street and the mountains in the western distance, and what frames the entire image is a fruiting apricot tree and an overflowing cornucopia of the agricultural bounty that has defined the



Photo by Debbie Hemenway

What began as a strawberry patch a few years ago has grown to be a three-acre truck farm on Winters Road, just south of the bridges over Putah Creek. Yaocho Saetuin and his family, the Miens of Laos, can be seen in the field and behind the counter all summer.



Photo by Debbie Hemenway

The boxes are stacked and ready to be refilled with fresh fruit at the Double R Ranch fruit stand.

community for more than 100 years. The preeminent crops have changed, the men and women who have produced and marketed them have come and gone, but the heritage remains alive and well, and available at the roadside every summer.

WATER

Continued from page A-3

toilets.

Despite this, there are still 15 homes with more than 100 ccf consumption in July — enough water to fill the city swimming pool two feet deep. One hundred homes had consumption of more than 50 ccf. On the low end, 383 homes used 12 ccf or less, and 70 homes used between 2 and 6 ccf.

Next year, all the homes using 13 ccf or less will see a drop in their water bills from what they pay this year

with the flat rate.

If one excludes 20 percent of users that consume the most water, the remaining 80 percent averaged 17 ccf, a reasonable number considering the area’s hot, dry summers. The top 20 percent of residents averaged 49 ccf. The biggest consumer used 235 ccf; that owner’s bill would be more than \$300 based on usage.

Part of the monthly bill is not variable, typically \$19.64 for a ¾-inch meter. The actual water usage is added to that, at \$1.06 per ccf. The previous

flat rate was \$33 for a single-family residence.

The new system can detect water leaks. It looks for a situation where at least 1/10 of a cubic foot of water is running for 24 continuous hours.

According to this month’s report, 421 connections out of 1,796 show leaks, or 24 percent. This shows the opportunity homeowners have to reduce use if they make the effort to stop leaks.

Notably, the highest 20 percent of users have 40 percent of the leaks.

What about sewer

bills? The City doesn’t put a meter on what goes down the drain, but does charge based on water consumption, because it correlates well. But what about irrigation? The water you spray on your lawn doesn’t end up in the sewer system. For this reason, the city will tie sewer charges to water usage in the month of February, when most people do very little lawn watering.

For businesses that use a separate meter for landscaping, they are not charged for sewer use based on the landscape meter.

Active military can get free Express subscription

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

The regular price of an email subscription is \$25 per year, available worldwide.

Interested in serving our business community? Seats will be open on the Winters Chamber of Commerce Board of Directors. Call 795-2329 for details.

How to eat right during pregnancy

By JAMES N. MARTIN JR., MD, president of the American Congress of Obstetricians and Gynecologists

As your baby's sole source of nutrition during pregnancy, eating a well-balanced diet is essential. Many women have questions about how many more calories they need, what is safe to eat, and what foods to avoid.

Pregnant women need more calories and nutrients to support a developing fetus, but it's important not to overeat. Most women only need a moderate increase of 100-300 calories per day—the equivalent of a bowl of cereal

with skim milk. Early in pregnancy, nausea may make it difficult to increase your food intake. Eating smaller nutritious meals and snacks throughout the day can help you add extra calories.

Your weight gain should also be moderate and based on your pre-pregnancy weight. The range of weight gain should be 25-35 pounds for women of normal weight, 28-40 pounds for underweight women, 15-25 pounds for overweight women, and 11-20 pounds for obese women.

Increase nutrient intake by consuming a diverse diet that contains whole grains, lots of fruits and

vegetables, healthy fats, dairy, lean meats and fish, and beans. Your doctor may also prescribe prenatal vitamins for extra folic acid and other nutrients necessary for healthy growth and development.

Fish is a good source of high-quality protein. Pregnant women can consume up to 12 ounces per week of a variety of fish and shellfish that are low in mercury such as shrimp, canned light tuna (rather than albacore), salmon, pollock and catfish. Shark, swordfish, king mackerel and tilefish should be avoided because they are high in mercury.

Calcium is a vital nutrient for a growing fetus. Most women get enough,

but lactose-intolerant women should increase their consumption of calcium from non-dairy sources such as sardines, canned salmon, dark leafy green vegetables and fortified orange juice. Your doctor can also prescribe calcium supplements if necessary.

Vegetarian and vegan women must be sure to get enough protein from non-meat sources such as beans, nuts and soy products. Your ob-gyn may recommend an eating plan and supplements to provide adequate amounts of vitamins and minerals, especially iron and vitamins B12 and D.

If you are pregnant, avoid alcohol entirely. Do not eat unpasteurized milk

or soft cheese; raw or undercooked meat, poultry or fish; or prepared meats such as hot dogs or deli meat (unless cooked until steaming hot). These foods can harbor listeriosis bacteria, which can sicken both mother and baby. You should also tell your doctor about any vitamins, herbs or other supplements that you take because they could be harmful to your fetus.

For more information, the Patient Education Pamphlet "Nutrition During Pregnancy" is available at www.acog.org/publications/patient_education.

Understanding and preventing urinary tract infections

By James N. Martin Jr, MD, president of the American Congress of Obstetricians and Gynecologists

Urinary tract infections (UTIs) are a common problem that affect up to 60 percent of women. They can be painful and may cause serious illness, especially if the infection spreads to the kidneys.

UTIs usually occur when bacteria that live on the skin near the rectum or in the vagina enter the urinary tract. The urinary tract consists of four parts: the kidneys, which produce urine; the ureters, which take urine from the kidneys to the bladder; the bladder, where urine is stored;

and the urethra, which takes urine out of the body. Sexual contact or wiping back to front can transport bacteria to the urethra. The bacteria can then spread to the bladder, ureters and kidneys. UTIs may also be caused by a blockage (stone) in the kidneys, bladder, or ureters; a narrowed tube or kink in the urinary tract; or problems with the bladder wall, urethra or pelvic muscles or nerves.

A UTI can cause a strong urge to urinate that cannot be delayed, an urge to urinate very frequently, or a sharp pain or burning in the urethra as you urinate. Your urine may look cloudy, have a strong

odor, or be tinged with blood. Additionally, if you have back pain, chills, fever, nausea or vomiting, the infection may have spread to your kidneys. Kidney infections must be treated right away. Contact your doctor if you experience any of these symptoms.

UTIs can be quickly diagnosed with a urine test. Your doctor will prescribe an antibiotic to clear up the infection. Most symptoms go away in a day or two, but it is important to finish all of the prescribed medication to lower the risk of the infection coming back. Recurrent infections may signal other problems with the urinary tract, and

your doctor may need to perform more tests to make sure there is not a more serious problem.

You may be at higher risk for UTIs if you are obese, diabetic, have had UTIs before, have sickle cell trait, are postmenopausal, have diabetes, use a diaphragm or spermicide for contraception, have intercourse frequently, or have a new partner.

These tips may help prevent UTIs:

~ Always wipe front to back after bowel movements and urination

~ Avoid using douches, powder and deodorant sprays

~ Drink plenty of fluids, including water and cranberry juice

~ Empty your bladder as soon as you get the urge, about every 2 to 3 hours

~ Try to empty your bladder before and after sex

~ Wear cotton underwear

For more information, the Patient Education Pamphlet "Urinary Tract Infections" is available in English and Spanish at www.acog.org/publications/patient_education.

Woodland Healthcare offers 'Living with Cancer' support group

Woodland Healthcare offers a Living with Cancer support group, free of charge, for people who have or have had cancer and are receiving treatment or not.

The group meets on the first, third and fifth Tuesday of every month from 7-8:30 p.m. in the cafeteria at Woodland Memorial Hospital, 1325 Cottonwood St. in Woodland. Spouses, caregivers, family members and friends are welcome.

Studies on support groups have found that regular attendance can boost quality of life, calm anxiety, and make patients more active and in

control of their care.

The goals of Woodland Healthcare's Living with Cancer support group are to reach people as soon as possible after diagnosis; to provide support, understanding and referrals to community resources; to share feelings in a safe and confidential atmosphere; to provide education about cancer and its myths; and to provide speakers.

The support group is funded by the Woodland Healthcare Foundation.

For more, call support group facilitator and registered nurse Sheila Murray at 669-5305.

Entertainment

Festival to serve up some Egg



Photo by Debra DeAngelo

Local rock and blues band Egg will perform at 6 p.m. at the Earthquake Street Festival on Friday, Aug. 26. The band features (from left) a reasonable facsimile of drummer Carlos Figueroa, guitarist and lead singer Joey Sanders, and bass player Nick Hawley. The three have been playing music since they were in the Winters Middle School band. A previous configuration of the group was called “The Fifth Jovian,” which performed at a prior Earthquake Street Festival. This year’s festival takes place on Friday, Aug. 26, from 5 to 11 p.m. on Main Street in downtown Winters. Free entertainment is planned all night long. For more information about the festival, call the Winters Chamber of Commerce at 795-2329.

Matty T brings blues to The Palms

On Friday Aug. 19, at 8:30 p.m., The Palms welcomes Vacaville bluesman/guitarist Matty T and his Matty T Blues Band. Matty T was recently nominated for Guitarist of the Year by the Bay Area Blues Society, and he and his band were named Band of the

Year for the city of Vacaville.

The Matty T Blues Band serves up rocking blues with a nod to the great Chicago blues of the 1950s and ’60s. Matty is known for his terrific playing as well as his active interaction with the audience.

Tickets, at \$15, are

available at Pacific Ace Hardware in Winters, Armadillo Music in Davis, Watermelon Music’s branch in Woodland, online at tickets.com and at the door if not sold out.

For more: 795-1825, palmsplayhouse.com, themattytband.com.

Rootstock presents live music Friday

Check out the Hey-Nows! from 6 to 8 p.m. Friday, Aug. 19, at 22 Main St. in historic downtown Winters.

The Hey-Nows! are an acoustic duo that merges a power pop attitude with an Americana sensibility to create an engaging style of music that it calls “popabilly.” The duo plays a combination of originals and cover tunes, mixing obscure gems by the likes of Big Star, The Old ’97s, and The Band with well-known classics from Joe Jackson, Counting Crows and The Beatles.

Formed in Yolo County early

2011, The Hey-Nows! features Lee Milhous on six- and 12-string guitars and Roger Trott on mandolin and guitar, sharing lead vocal responsibilities. Lee and Roger are both veterans of the Northern California rock music scene, having recorded and played in bands from Sacramento to Redding.

Attendees may enjoy local salami, cheese, crackers and wine while the band plays and taste olive oil from more than six local producers. For more information, go to rootstock gifts.com.

County Fair hosts Yolo Idol Search Contest

For the eighth year, the Yolo County Fair is featuring the popular Yolo Idol Search Contest. Open to singers residing in Yolo County, the Yolo Idol event will be at 7:30 p.m., Thursday, Aug. 18, on the West Stage next to the Rotary Park picnic area.

The public is invited to watch the performances. The event attracts more than 1,000 fans annually.

Yolo County Superior Court Judge David Rosenberg will return for his fourth year as Emcee of the show.

“Each and every year I continue to be amazed and delighted at the talent we have right here in Yolo County,” said Judge Rosenberg. “This show is always great entertainment.”

“There are many vocally talented people in Yolo County, and we want to showcase their talents at the Yolo County Fair,” added Yolo County Fair CEO

Rita Moore.

Yolo Idol Search is a karaoke contest and is for individual singers only. Each participant must provide instrumental accompaniment on CD without voices. Each performer must be prepared to sing two songs.

“We want each singer prepared with at least two songs, because the winner will be expected to perform an encore,” Moore said.

First, second and third place winners will be selected by the judges, with the first place contestant receiving a \$250 prize and the second and third place contestants taking home \$100 and \$50 respectively. Judging will be based on Vocal Quality, Performance Quality, Stage Presence, Appropriateness of the Song Selection and Appearance.

While there is no entry fee, there are a few rules. Singers were required to pre-register

at the Fair Office, 1125 East Street, Woodland, CA 95776.

Due to time limitations, registrations were accepted on a first-come, first-served basis, up to the first 20.

While Fox Television’s popular American Idol may have inspired this local talent search, Yolo Idol Search is not affiliated with American Idol.

The Yolo Idol Search is a free admission event at the Yolo County Fair, which is the largest free admission fair in the state of California. The 2011 Yolo County Fair runs from the afternoon of Wednesday, Aug. 17, through the evening of Sunday, Aug. 21.

For more, call the fair office, 402-2222 or email entertainment@yolocountyfair.net.

Double bill Joy Kills Sorrow, Lake Street Dive perform at The Palms

Joy Kills Sorrow and Lake Street Dive, two young bands that have emerged from Boston’s burgeoning and innovative folk/pop scene, will appear in a double bill at The Palms Playhouse at 8 p.m. Thursday, Aug. 25.

With its bold new brand of acoustic music, Joy Kills Sorrow pushes right through the envelope and out the other side. The Boston-based string band brings a decidedly modern sensibility to an old-world sound, channeling the prodigious talents of its individual members into elegant arrangements and well-crafted songs. While the group pays due homage to its Bluegrass roots — its name is taken from WJKS, a radio station that broadcasted the Monroe brothers’ show in the 1930s — the band truly excels in its rich and textured treatment of more contemporary material.

Boasting a full arsenal of original songs, Joy Kills Sorrow plumbs the entire spectrum of its spare instrumentation, effortlessly merging influences as diverse as folk, rock, pop and jazz. The music that emerges is dark and often funny, ruminating on modern life and love with eloquence and wit. The result is a radical new strain of folk music, one that bravely breaks with tradition even as it salutes the past.

Formed under the banner “a modern American string band,” Joy Kills Sorrow first emerged out of Boston’s thriving folk music scene in 2005, releasing its self-titled debut album in 2007 and sophomore album “Darkness Sure Becomes This City” in 2009. JKS will have pre-release copies of its highly anticipated third album, “This Unknown Science,” available on the night of the group’s concert at The Palms.

Lake Street Dive combines the best of an unlikely combination of genres — indie-pop, country, funk, blues and jazz — and melds them into an infectious, exhilarating sound. Pulling in familiar elements and irreverently scrambling and recombining them, Lake



Joy Kills Sorrow, above, and Lake Street Dive, at left, will perform at 8 p.m. Thursday, Aug. 25, at The Palms.

Courtesy photos

Street Dive is at once jazz-schooled, DIY-motivated, and classically pop obsessed.

Beginning with catchy songs that are by turns openhearted and wryly inquisitive, this northeastern quartet injects them with an irresistible blend of abandon and precision. Composed of drummer Mike Calabrese, bassist Bridget Kearney (who’ll be working a double shift, as she is also Joy Kill Sorrow’s bassist), vocalist Rachael Price, and trumpet-wielding guitarist Mike “McDuck” Olson, Lake Street Dive encompasses a myriad of possibilities within its members’ collective experiences, and the resultant music is a vivid, largely acoustic, groove-driven strain of indie-pop.

“It seems the only limitation we have,” Kearney explains, “is that we try to make music that we would like

listening to.”

Zachary Houle of Pop Matters wrote that Lake Street Dive’s recently released eponymous album “is a staggering, monumental disc, one that had me almost immediately listen to it twice in a row. There is real power, real magic on display here — a chemistry between the interplay of band members and an appreciation for a blend of genres that congeals here into something that can be pinpointed to past influences, yet remains one of a kind.”

Tickets, at \$15, are available at Pacific Ace Hardware in Winters, Armadillo Music in Davis, Watermelon Music’s branch in Woodland, online at tickets.com and at the door if not sold out.

For more information, call 795-1825 or visit palmsplayhouse.com or joykillssorrow.com and lakestreetdive.com.

Village Homes offers Performers Circle

Village Homes Performers Circle will meet on Monday, Aug. 22, from 7:15 to 9 p.m. in Davis. This free event features performers of all levels and creative expressions. Sign-up performances are from 7:15 to 8:15 p.m. Featured acts are from 8:30 to 9 p.m.

The featured act for Aug. 22 is

Zapato Viejo, which plays an eclectic collection of traditional and contemporary songs and rhythms from Latin America.

The Performers Circle meets at the Village Homes Community Center, 2661 Portage Bay East, Davis.

For more, call 530-756-3611.

To submit entertainment news, send details to news@wintersexpress.com

Sports

Montgomery breaks three swim records

By ERIC LUCERO
Express sports

Colten Montgomery won five out of six individual events and set three records along the way as he dominated the Meet of Champions in the 13-14 age group on Aug. 6-7 at the Roseville Aquatic Center.

Montgomery swims in the Northern California Swim League as a member of the Davis AquaMonsters and after dominating the Gold Rush Conference

Championships the week before, put on a show at the next level.

Montgomery won gold and broke the record in the 50-yard free in 21.81, the 50-yard backstroke in 25.90 and the 100-yard free in 48.60.

He also won gold in the IM in 58.20 and the 50-yard fly in 24.21. Montgomery placed fourth in the 50-yard breaststroke in 32.36, helped a relay team to a third place finish and, to top it all off, was the high-points winner for his age group.



Colten Montgomery competes in the breaststroke during the Northern California Swim League's Meet of Champions at the Roseville Aquatic Center on Aug. 6-7.

Photo by Cara Nicholson

Spahr, Leininger compete in triathlon

Peter Spahr and Jean-Marc Leininger, both Winters residents and seasoned triathletes, competed in the August "Tri for Real" Olympic distance triathlon in Rancho Seco on Sunday, Aug. 7.

Spahr finished the 1.5K swim/40K bike/10K run event in 2:28.43, fourth in his age group. He had completed Ironman Coeur d'Alene triathlon last June, and is now training for the Total Body Fitness Half Ironman distance triathlon later this month.

Leininger's time was 2:21.3, first place in his age group,



Courtesy photo

Jean-Marc Leininger, at left, and Peter Spahr competed in the "Tri for Real Olympic" distance triathlon Aug. 7 in Rancho Seco. In their age groups, Leininger finished first and Spahr finished fourth.

which concluded his 22nd consecutive triathlon season with a 2011 Tri for Real Series age group champion title.

Both said that

joining Myke Berna's "Velocity bike shop" 30-mile rides on Saturday mornings helped them develop bike strength over the years.

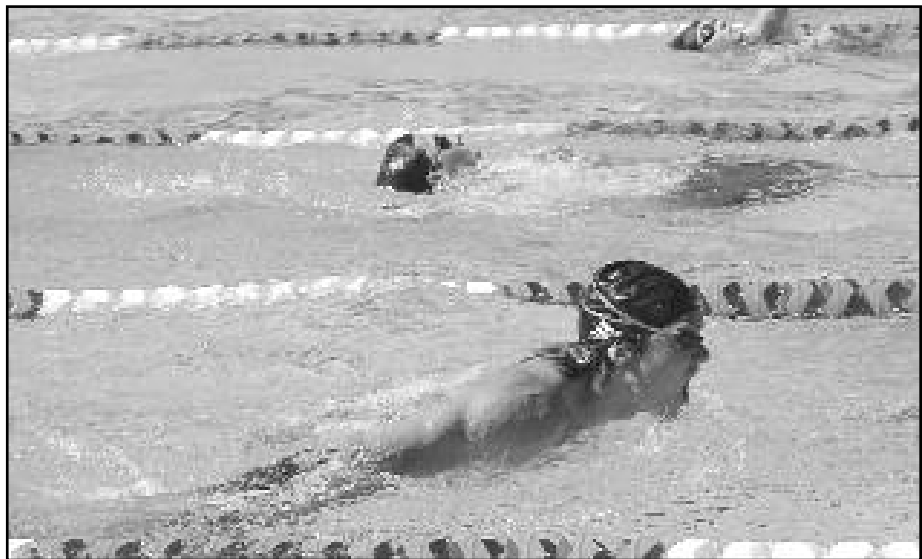


Photo by Eric Lucero

Kevin Lane, foreground, practices the breaststroke while teammate Colten Philbrook swims the backstroke during a recent Warriors practice.

Warriors ready to dive into new season

By ERIC LUCERO
Express sports

Under the direction of head coach Kevin Chester, the Winters High School swim team is back in the pool preparing for the 2011 season.

The Warriors have a lot of work to do to be able to continue the

success they have had in the past and it looks like they are hard at it already.

With several returning swimmers that had a lot of success in the past few years combined with some new comers, the Warriors should be the favorite once again to win the Butte View League.

Take aim for ag, open space at a clay shoot

Looking for a fun way to support local open space while ending your summer with a bang? Come to Solano Land Trust's Aim for Ag and Open Space Sporting Clay Shoot at Bird's Landing on Saturday, Aug. 20.

The featured guest

shooter is sporting clay expert and TV personality Billy Gianquinto, host of Outdoor Life Network's award-winning Pull: A Tour of America's Great Gun Clubs.

This fundraiser is geared for beginning and seasoned shooters.

For beginning shooters, Solano Land Trust is offering an optional beginner's safety and orientation clinic before the shoot. Rental shotguns are available by calling Birds Landing in advance at

See SHOOT on page B-3

Winters swim team racks up awards at Meet of Champions

By ANIETTA TICE
Special to The Express

Seventeen members of the Winters Swim Team, along with their coach Russell Haussermann and their support staff, traveled to Roseville Aquatic Center on Aug. 6 and 7 for the 11th annual Sacramento Valley Meet of Champions.

Tyler Berg, 19, won third place High Point in the boys 15-18 age group. Berg placed in four individual events to earn 66 points for this well-deserved award. He won both the 50-yard freestyle (22.08) and the 50-yard butterfly (24.45), placed fourth in the 100-yard freestyle (49.44) and eighth in the 100-yard individual medley (59.47).

D.J. Tice, 17, also placed in four individual events in the boys 15-18 age group: fourth in the 50-yard butterfly (24.96), seventh in the 100-yard individual medley (58.77), ninth in the 100-yard freestyle (50.64), and 11th in the 100-yard backstroke (1:02.73).

Casey Cox, 10, placed in three individual events in the girls 9-10 age group: fourth in the 25-yard freestyle (13.66), sixth in the 50-yard freestyle (30.95), and 14th in the 25-yard butterfly (15.88). Ruben Valencia, 8, placed eighth in the boys 7-8 25-yard freestyle with a time of 15.21.

Winters Swim Team also had three relay teams place and earn points for the team.

The girls 11-12 200-yard medley relay team composed of Ivett Arellano, Ashley Drummond, Jules Jiminez and Cecilia Lara placed 10th with a time of 2:33.15. The boys 15-18 200-yard medley relay team of Austin Freed, Tice, Holden Philbrook and Berg placed seventh with a time of 1:56.37.

In a very exciting last race of the meet, the boys 15-18 200-yard freestyle relay team of Tice, Philbrook, Justin Nitzkowski and Berg swam a Winters Swim Team record-breaking 1:33.84 to place third, moving from a seeded seventh place and dropping almost three seconds from their seed time.

See MEET on page B-2

PISANI'S ATHLETE OF THE WEEK



Casey Cox

Casey Cox, a 10-year-old member of the Winters Swim team, is athlete of the week.

Cox broke two records at the Golden Valley League Championship swim meet July 30-21 in Winters. Cox clocked a 40.95 backstroke and a 35.72 50-yard butterfly.

Cox then competed in a highly competitive meet of champions Aug. 6-7 in Roseville, and placed fourth in the 25-free with a time of 13.66, sixth in the 50-yard free in 30.95, and 14th in the 25-yard butterfly with a time of 15.88 — all personnel best times.

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Schools

Making a splash for Farm to School



Youngsters enjoy the Night Swim Party, above, and fun food-themed activities and games, at left, as part of the End of Summer Extravaganza sponsored by the Winters Farm to School Program and the City of Winters on Friday, Aug. 12, at the community pool and library patio. The Farm to School program works to encourage the area's children to enjoy fresh, local produce in their school lunches.

Photos by Woody Fridae

Grand Jury response, superintendent search on school board agenda

The Winters Joint Unified School District Board of Trustees will meet in regular session at 6:30 p.m. Thursday, Aug. 18, at the district office, 909 W. Grant Ave.

The board will review, discuss and take action on the draft response to the Grand Jury report of May 2011. In that report, the Grand Jury made eight recommendations for action based on 16 findings of problems with the actions and governance of the district.

The response has been developed with the aid of legal counsel retained solely for that purpose. The public is welcome to ask questions and comment on the draft response.

The document can be found online in the "Board agendas and minutes" section of the district's website, www.wintersjUSD.org, or

can be requested at the district office.

The board also will discuss the process for finding a replacement for Becci Gillespie, who resigned last week. That discussion will include decisions regarding interim leadership before the appointment of a permanent superintendent. Public comment and questions will be accepted.

In other business, the board will discuss dedication to the City of land on the northern edge of the Waggoner School property for construction of a paved sidewalk. The board also will hear the final attendance report for the just-completed 2010-11 school year and will take action on an application for K-3 class size reduction for 2011-12.

The meeting is open to the public.

Teen bereavement group available

A Yolo Hospice Stepping Stones teen drop-in bereavement group is available for free on an ongoing basis. Teens attend a short preliminary meeting prior to their first visit to the group.

Interested persons should call Valerie

Frankel, of Yolo Hospice Bereavement Services, at 758-5566 or (800) 491-7711, for more information and to set up an initial interview to determine if participation in the group is appropriate.

The group meets weekly at Yolo Hos-

pice, 1909 Galileo Court, Suite A, Davis, on Thursdays from 4 to 5:30 p.m.

The group is led by Nancy Johnston, LCSW, who has extensive training and experience working with grieving teens.

Students receive GEDs at Sac State

Sixty-two High School Equivalency Program students who completed the requirements toward their General Education Diplomas will be honored in a graduation ceremony at 12:30 p.m. Friday, Aug. 19, at Sacramento State University's Union Ballroom.

These students passed the five subject areas of the GED by attending free classes at Woodland Community College, Anderson Elementary School in Dixon, Winters High School, the Worknet Center in Lodi and El Concilio in Stockton.

Among those attending the ceremony, to support and congratulate the graduates, are Sacramento State President Alexander Gonzalez, Dean Vanessa Sheared, Mexican Consulate Carlos Gonzalez Gutierrez, the founder of the Cross Cultural Research Center, Dr. Steven Arvizu and Dr. Susan Heredia, chair of the Bilingual/Multicultural Education Department at Sacramento State.

The High School Equivalency Program at Sacramento State is

one of 44 federally funded educational programs nationwide designed to assist seasonal agricultural workers and their families in obtaining a GED, the equivalent of a high school diploma. HEP also helps students prepare to move on to higher levels of education or training and into more stable and better-paid forms of employment.

"The HEP program is very proud in taking an active role in helping ensure the success of participating students and their families," a news release said.

"We find that children become highly motivated to do well in school when they see their parents pursuing their GED," said professor Maria Mejorado, HEP director. "HEP is an excellent program which can positively change the lives of entire families and future generations."

For more information about the High School Equivalency Program at Sacramento State, call (916) 278-5146 or visit the program's website at <http://edweb.csus.edu/hep>.

CORRECTION

An incorrect headline was published with a photo of Ariana Herrera, a student at Javier Martial Arts, in the Aug. 4 edition of the Express. Ariana was promoted from orange belt to purple belt. We regret the error.

MEET

Continued from page B-1

Other Winters Swim Team members who competed at this high-powered meet include Sam Petersen, Alec Matheson, Sami Esquivias, Garrett Matheson, Dakota Norfolk and Dallas Norfolk.

Winters placed sixth

out of 28 teams in the small team division with a total of 220 points.

This 11th annual meet included the top recreational league swimmers from the Sacramento area. In all, 875 swimmers competed in this year's meet. Swimmers compete in the preliminaries in the morning, and depending on their times, may

qualify for finals (top eight fastest preliminary times) or consolation finals (next eight fastest preliminary times) in the afternoon. Points are awarded to the top 16 times in each event of finals.

For complete meet results, see www.meetofchampions.com and click on 2011 results.

SHOOT

Continued from page B-1

(707) 374-5092. Each entry includes 50 target sporting clay shoot, ammo, eye and ear protection, and a shooter's gift; a post-shoot catered lunch featuring Five Dot BBQ tri-tip sandwiches (Five Dot grazes cattle on Solano Land Trust properties) with hosted beer and wine; safety instructions; and an optional beginner's clinic. Tickets are \$75 per person.

“Lunch only” tickets are also available. Tickets are also on sale now for a Browning Bronze BR24 gun safe, a \$1,500 value. The drawing will be held the day of the event and ticket buyers need not be present to win. Tickets are \$25 each or \$100 for five. Buy tickets at <http://solanolandtrust.org/aimforag.aspx> or call Anne DeLozier at (707) 432-0150, ext. 209. Solano Land Trust is celebrating 25 years of protecting working farms and natural areas in Solano County. Learn more at www.solanolandtrust.org.

Weekly police report

Aug. 8
~ 3:22 a.m., 900 block of East Grant Avenue, a 30-pack of beer and a bag of chips were stolen from a business. Loss: \$29.

Aug. 9
~ 3:49 p.m., Christopher Mendoza, 25, of Winters, was arrested on an outstanding Winters Police Department bench warrant charging him with failure to appear on previous charges of driving with a suspended/revoked driver's license and failure to appear. Mendoza was booked at Winters Police Department and transported to Yolo County Jail for incarceration.

~ 4:45 p.m., Fernando DeJesus Cabanas, 36, of Rancho Cordova, was arrested for driving under the influence of alcohol with a blood alcohol content of more than .08 percent, being an unlicensed driver and talking on a cellular telephone while driving a vehicle. Cabanas was booked at Winters Police Department and transported to Yolo County Jail for incarceration.
~ 5:35 p.m., first block of Main Street, an officer responded to an audible alarm. The business was found secure.
~ 10:19 p.m., 700 block of Lupine Way, parties were involved in a verbal domestic dispute.

Aug. 9-10
~ 5 p.m., 11:40 a.m., 700 block of Ivy Loop, entry was made to a vehicle and a GPS was stolen. Loss: \$200.

Aug. 10-11
~ 8 p.m. to 6:10 a.m., 500 block of Manzanita

Way, a vehicle window was broken and a speaker box and amplifier were stolen. Loss: \$300.
~ 8 p.m. to 7:30 a.m., 400 block of Creekside Way, a vehicle window was broken and a speaker box and amplifier were stolen. Loss: \$174.
~ 10 p.m. to 8:56 p.m., 300 block of Baker Street, a vehicle window was broken. Damage: \$400.

Aug. 11
~ 1:55 p.m., victim's Social Security number was used to file a tax return in May of 2011.

Aug. 12
~ 12:59 a.m., Gloria Elsy Silva, 39, of Winters, was issued a notice to appear for being an unlicensed driver and having an inoperable vehicle license plate light.
~ 3 p.m., 100 block of Grant Avenue, five checks were reported missing.
~ 4:46 p.m., Jorge A. Moreno Sanchez, 21, of Winters, was issued a notice to appear for driving with a suspended/revoked driver's license and having unlawful tinted vehicle windows.
~ 6:07 p.m., 700 block of Railroad Avenue, an officer responded to an audible alarm that was activated accidentally.

Aug. 13
~ 2:30 a.m., 100 block of East Grant Avenue, an officer responded to an audible alarm. The business was found secure.
~ 12:47 p.m., Rigoberto Pedraza-Zamora, 36, of Winters, was issued a notice to appear for being an unlicensed driver.

~ 8:15 p.m., 100 block of First Street, parties were involved in a verbal domestic dispute.

Aug. 14
~ 10:08 a.m., Ramiro Jimenez-Cardenas, 58, of Winters, was issued a notice to appear for being an unlicensed driver.

~ 8:13 p.m., 500 block of Manzanita Way, parties were involved in a verbal domestic dispute.

Aug. 15
~ 12:46 a.m., 100 block of East Grant Avenue, an officer responded to an audible alarm. The business was found secure.
~ 9:10 a.m., Steven Thomas Long, 63, of Winters, was arrested on two outstanding Yolo County sheriff's bench warrants charging him with violation of probation on previous charge of driving with a suspended/revoked driver's license and violation of probation on a previous charge of driving under the influence of alcohol with a blood alcohol content of more than .08 percent. Long was also arrested on an outstanding Sacramento County sheriff's bench warrant charging him with failure to appear on previous charge of inflicting corporal injury on a spouse/cohabitant. Long was booked at Winters Police Department and transported to Yolo County Jail for incarceration.
~ 12:24 p.m., 400 block of Baker Street, an officer responded to an audible vehicle alarm. The vehicle was found secure.

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Features

Digital mammograms aren't more accurate

DEAR DR. DONOHUE: Please tell me if a digital mammogram is a great deal better than a regular mammogram. If I need to pay part of the cost, I don't mind, if it's worth it. I don't want to pay for something that is simply "newer." — S.P.



ANSWER: With a conventional mammo-

retina, the sensitive layer of cells that transfers incoming images to the brain. A vitreous detachment means it has pulled away from the retina. In doing so, it stimulated the retina to cause the flashing lights you saw.

The doctor made sure your retina was OK. Flashes of light also can be a signal that the retina is tearing. For the present, nothing else needs to be done. The doctor will examine you again in a few months to be positive the retina is remaining in good health.

DEAR DR. DONOHUE: Ten months ago I had my gallbladder removed. My problem is I must still take a Lactaid pill when I eat some foods, especially dairy. Why? — D.B.

ANSWER: Your gallbladder stores bile made in the liver. When people eat a fatty meal, their gallbladders contract to squirt bile into the digestive tract to aid in the digestion of fats. If the gallbladder has stones, that contraction causes abdominal pain. You should not have that pain now. A different problem centers on lactase, an enzyme that digests milk sugar lactose. As people grow older, many lose their lactase enzymes. Drinking or eating dairy products causes them diarrhea and abdominal pain. You still need your Lactaid pill to digest dairy products. This has nothing to do with the gallbladder.

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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Notes from Africa

By Tim Caro, Monique Borgerhoff Mulder and Barnabas Caro

We are writing from the *M.V. Liemba*, the oldest ferry in the world that plies its way up and down Lake Tanganyika every two weeks from Kigoma, Tanzania in the north to Zambia's only port, Mpulungu, in the south. The ferry was built by the Germans during World War I when Tanganyika was a German colony in order to bring troops and equipment from Kigoma to Bismarckberg where they were fighting the Belgians. Each section of the warship was loaded piece by piece from the railroad in Dar es Salaam on the Indian Ocean and reassembled in Kigoma, 1000 miles inland, where it became the 1,300-ton *Graf von Goetzen*. Yet she never fought in the war; a direct hit by a Belgian warplane rendered her useless. To prevent her falling into enemy hands, she was greased and scuttled. In 1924, the warship was raised by the newly established British colonial authorities and reconditioned as a ferry, and named the

Liemba. Since then, she has been refitted twice and has been running ever since. Today we are taking 200 tons of cement north to Kigoma; yesterday we were taking pineapples and *dagaa*, little dried fish, south.

For us, it is a short holiday. We work about 100 miles — a four-hour drive — east of the lake but have never been on the *Liemba*. Lake Tanganyika is the world's longest and second deepest (1 mile) freshwater lake. It is exceptionally beautiful and very hot. On clear days, you can see the Democratic Republic of Congo on the other side.

Lake Tanganyika has a unique collection of cichlids, small species of fish that have evolved into more than 280 species found nowhere else in the world. They are one of the textbook examples of rapid evolution. You can see them skimming away from you when you swim, that is when you aren't watching out for hippopotamuses and crocodiles!

The boat stops 13 times between Kigoma and Zambia and

weighs anchor about half a mile from shore. Little wooden boats filled with produce — corn, sorghum, rice, pineapples or *dagaa* — race out to meet the ship as it appears on the horizon. These heavily laden crafts jostle to stay close to the *Liemba* hatches in choppy water and large bags, children (and sometimes heavily veiled ladies!) are thrown on to the ferry by strong men — boarding the *Liemba* is not for the feint-hearted. Large sacks of produce are taken to the prow of the ship where a tottering ancient crane winches them into the hold watched carefully by their owners. Most people on the boat are businessmen and the money is big. We met a man selling 100 sacks of *dagaa* at \$200 each, so he must have been carrying \$20,000 in his pockets. No banks on this ship, but lots of beer with which to build social capital.

A very small number of tourists are on the boat, mostly young Europeans going from Gombe Stream or Mahale National Parks where there are chimpanzees, down to Zambia and on to Cape Town perhaps. The food is basic but good: chicken with rice or ugali, local maize porridge, and very fresh fish. The cabins are clean and have a working fan. The bar is well stocked. Life is good. But on the other side of the haze lies the Congo where millions have died in Africa's biggest war over natural resources — gold and coltan, rape is endemic, and there is no end in sight. No one wants to go there.



ARIES (March 21 to April 19) You sometimes go to extremes to prove a point. But this time, you won't have to. Supporters are ready, falling over themselves to help you make your case. TAURUS (April 20 to May 20) Venus might be your ruling planet, but Mars is in the picture as well. So don't be surprised if your romantic relationships are a bit rocky at this time. But they'll soon smooth over. GEMINI (May 21 to June 20) Geminis might rush into romance and risk being wrong about someone rather than be left with no one. But this is one time when it's wiser to be wary of where your heart takes you. CANCER (June 21 to July 22) With all (or most) of those pesky problems behind you, take time for your family and friends. Travel aspects are favored, with long-distance journeys high on the list.

LEO (July 23 to August 22) You might have started to question the wisdom of being open with someone you hoped you could trust. But be assured you won't be disappointed. You'll soon hear good news.

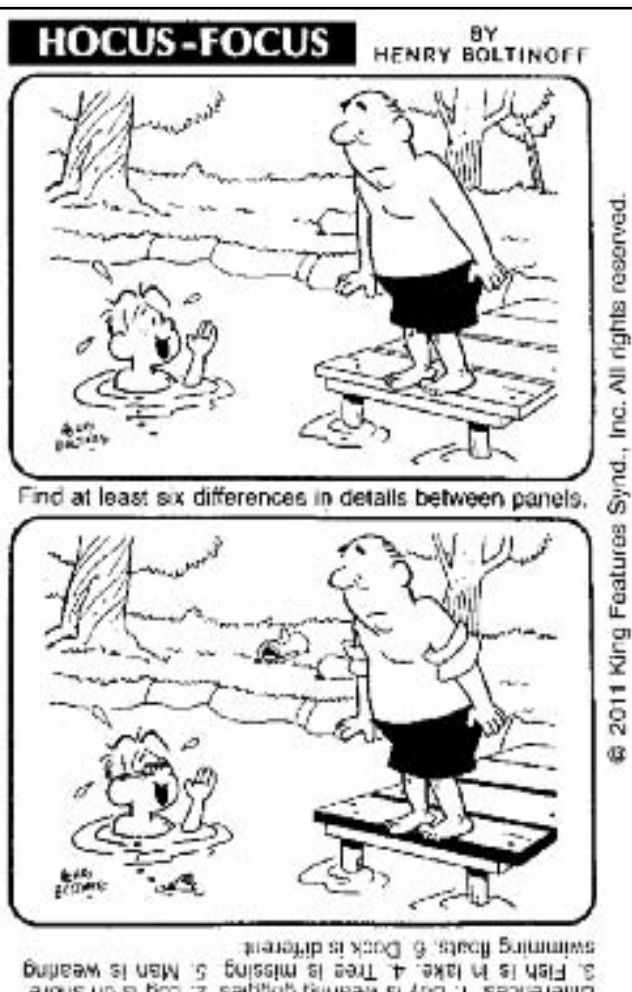
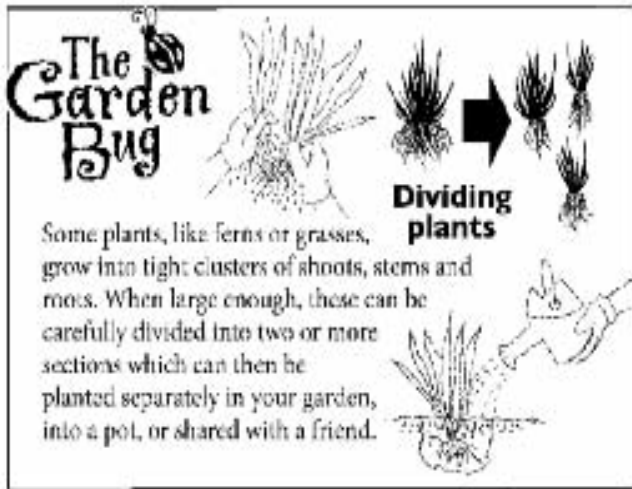
VIRGO (August 23 to September 22) You have a reputation for honesty and integrity, and that will help turn around a situation that was not only disappointing but also quite unfair. Good luck. LIBRA (September 23 to October 22) A happy event creates a close tie with a family member who seemed hopelessly estranged. Positive aspects also dominate in important career matters.

SCORPIO (October 23 to November 21) Your ruling planet, Pluto, helps you adjust to change. So, stop putting off that long-delayed move, and make it with the assurance that you're doing the right thing. SAGITTARIUS (November 22 to December 21) You have a wonderful capacity to learn quickly and well. This will help you when you are faced with an opportunity to move on to a new path in life.

CAPRICORN (December 22 to January 19) Good news: You suddenly find that you're not facing that new challenge alone. You now have someone at your side, ready to offer whatever support you might need. AQUARIUS (January 20 to February 18) Your versatility — which is just one of those aspects of yourself that make you so special — helps you adapt to the challenges of a new and exciting opportunity.

PISCES (February 19 to March 20) Your sensitive nature picks up on the needs of others. But what about your desires? You need to take more time to assess what your goals are and, if necessary, redirect them. BORN THIS WEEK: You give your trust openly and easily. People find you easy to be with and enjoy your wit, your good sense, and your capacity to love and be loved.

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Pleased to meet you



Name: Dolores Ochoa
Occupation: State employee with the California Highway Patrol
Hobby: Baking
Favorite thing about Winters: "I like that you can walk on the weekend downtown and you can feel safe and see familiar faces."
Fun fact: I am a new grandma; my grandson, Roman Barrera was born on Aug. 11.



Nuestras Noticias



JUAN FERNANDEZ

EVENTOS Y COMENTARIOS HISPANOS

Aztecas en Festival del terremoto

El festival del terremoto se llevara a cabo el viernes 26 de agosto en Winters, hay entretenimiento para toda la familia gratis, presentaciones, concurso de talento y el tradicional baile que empezara a las 8 pm. Además habrá comida para todos los gustos, actividades y diversión para los niños.

Dentro de las presentaciones se tendrá el grupo de danzantes Kalpulli Xihuacoatl, tienen 17 años bailando y haciendo presentaciones, llevando la verdadera danza azteca a todo el Norte de California. Las danzas que ellos presentan son danzas que vienen de los aztecas, y que gracias a grupos como estos, esas danzas siguen preservándose aquí y en México.

Irene Rodríguez la encargada del grupo explica que “Xihuacoatl” significa “mujer serpiente”, y que las danzas representan los cuatro elementos, tierra, aire, fuego y agua, así como los cuatro puntos cardinales, el este es la anergia del hombre, el oeste es la energía de la mujer, el sur representa los niños, y el norte representa a los ancianos. Irene dice que se tiene mucho cuidado en preservar las danzas en su forma original, sin embargo, no lo mantienen en secreto. Ella puede enseñar las danzas a quien esté dispuesto a aprender, y puede empezar clases siempre que se tenga el interés y alumnos para hacerlo. Sus clases están abiertas a todo mundo, lo único que pide es el respeto por las danzas. Sus danzantes van de una edad de 2 a 60 años.

El grupo también hace presentaciones en escuelas, en eventos y bodas, además estuvieron en el desfile del Youth Day. Ellos no cobran por presentación, sin embargo cuando les ofrecen dinero, ellos lo usan para llevar a los niños del grupo a México para que puedan conocer la cultura y las raíces de las danzas. Además explica que los beneficios de la danza son muchos, además de darles disciplina y orgullo a los jóvenes, aprenden la música, la historia y la cultura, y tienen la oportunidad de viajar, que en otras circunstancias no lo podrían hacer.

Irene dice que su abuela era una persona de gran honor, ya que era la persona que con el humo de copal preparaba el área de baile y dejaba listo el escenario para la danza, Irene explicara con mas detalles cada danza que ellos van a a bailar el día del terremoto.

Seguridad al manejar

Un recordatorio, la ciudad de Winters está patrocinando junto a La Asociación Americana de Personas Retiradas AARP por sus siglas en Ingles, clases sobre la seguridad al manejar para aquellas personas mayores de 50 años, las clases se llevaran a cabo en el centro comunitario, en el 201 Railroad Ave. La clase es de ocho horas, la cual se llevara a cabo en dos sesiones, agosto 22 y 24, de 1:30 pm a 5:30 pm.

Los autos han cambiado. También lo han hecho las normas de tránsito, las condiciones de manejo y los caminos por los que se circula diariamente.

Algunos conductores de más de 50 años nunca se han detenido a pensar en estos cambios desde que obtuvieron su primera licencia de conducir, pero hasta los más experimentados se pueden beneficiar de un curso actualizado de manejo.

¿Qué aprenderé si asisto al curso? Puede contar con aprender las normas de tránsito vigentes y técnicas para conducir con atención y con mayor seguridad en el entorno vial de hoy, cada vez más desafiante. Aprenderá cómo adaptarse a los cambios en la visión, audición y mayores tiempos de

reacción, que ocasiona el envejecimiento.

Aprenderá además lo siguiente: Cómo minimizar los efectos de los peligrosos puntos ciegos. Cómo mantener la distancia de seguimiento adecuada detrás de otro auto. Las formas más seguras de cambiar de carril y girar en encrucijadas muy concurridas. El uso correcto de los cinturones de seguridad, bolsas de aire, frenos antibloqueo y las nuevas tecnologías disponibles en los autos. Las maneras de controlar sus técnicas y la capacidad de conducir, así como las de los demás. Los efectos de los medica-

mentos cuando se conduce. La importancia de eliminar distracciones, como comer, fumar y hablar por teléfono celular.

Si toma esta clase, le puede ayudar a ahorrar dinero en el seguro de auto. El estado de California da un descuento a las personas que completan este curso. El costo es de \$12 para miembros del AARP, y \$14 si no son miembros. Puede inscribirse en las oficinas de la ciudad y para más información puede llamar a Tracy Jensen 795-4910, ext. 100.

Las drogas afectan el futuro académico

La educación es la base para un futuro exitoso. Sin embargo, el uso de las drogas puede impedir los logros educativos y puede inducir a los estudiantes a abandonar la escuela. De hecho, los estudiantes que beben alcohol o utilizan drogas son hasta cinco veces más probables de abandonar la secundaria que sus compañeros.¹

Para ayudar a crear consciencia entre la comunidad hispana en cuanto a los efectos negativos de las drogas en la educación y el futuro de los niños, la Campaña Nacional Anti-Drogas se unió

con varios aliados y organizaciones hispanas en la ciudad de Nueva York para revelar un nuevo informe investigativo sobre el uso de las drogas entre jóvenes hispanos, y para difundir un anuncio en forma de “Carta a los Padres”, que se publicó en diarios locales en más de 10 ciudades por toda la nación.

Los padres hispanos consideran la educación universitaria como una necesidad absoluta. Comparado al público en general, más del doble de los padres hispanos (el 65%) indican que es prácticamente imposi-

ble alcanzar el éxito en esta era actual, sin una educación universitaria.² En lo que se refiere a la prevención del uso de las drogas, los padres tienen la mayor influencia sobre sus hijos. ¿Qué puede hacer usted para ayudar a sus hijos a alcanzar su máximo potencial? Es fácil, sólo recuerde las siguientes vocales.

Anímelos a participar en pasatiempos que son seguros, divertidos, y alejados de las drogas tales como actividades extracurriculares o deportivas. Establezca reglas claras con consecuencias claras, halague y

recompense el buen comportamiento, y, lo más importante, sea un buen modelo a seguir. Involúcrese en la vida de su adolescente.

Olvide su temor en cuanto a tener conversaciones sobre temas difíciles con los adolescentes y busque las oportunidades adecuadas para hablar con ellos. Únase al resto de su familia, y otros padres y organizaciones para recibir ayuda de parte de otras personas que están pasando por el mismo problema. Antidroga.com

Posesión de armas

Muchas personas no saben que si no son ciudadanos ni residentes legales de Estados Unidos, no pueden tener ningún tipo de arma de fuego, pues la ley federal de los Estados Unidos lo prohíbe. Este es un delito por el que pueden enfrentar sentencia de varios años en una prisión federal. En las últimas semanas como parte de los operativos del ICE se sabe que los agentes que buscan a una persona con una orden de deportación anterior que no asistió a sus audiencias de inmigración, al llegar a su casa de habitación preguntan de buena manera a las personas (aunque no sea la persona que buscan), si tienen algún arma de fuego y en algunas ocasiones las personas siendo honestas y según ellas para seguir las instrucciones de los agentes de la ley, les entregan dichas armas a veces compradas legalmente y debidamente registradas pensando que no es un problema.

Desde ese momento los agentes suponen que el arma está en posesión de una persona que no es ciudadano ni residente legal, ya que entienden por posesión si se encuentra en su casa, su carro o su cuarto y pueden poner cargos criminales en su contra, y además de enfrentarse a una deportación estará en una situación ante las cortes federales es-

perando ser juzgados por tener un arma de fuego, aunque nunca la hubieran utilizado para cometer algún delito (robar, asaltar, etc.)

Las leyes de los Estados Unidos son severas en este tipo de casos y muy poca la defensa a su favor. Por eso advierto a las personas que no son ciudadanos ni residentes legales que nunca deben tener armas de fuego ni siquiera rifles de cacería en su posesión, tampoco deben intentar ir de cacería con armas de fuego.

Clase media

Hasta hace 3 años, el pertenecer a la clase media era una meta relativamente fácil de alcanzar en Estados Unidos. Con disciplina, acceso al crédito y trabajo duro, al cabo de unos años era posible adquirir la mayoría de los bienes asociados a ese sector: auto, casa propia, seguro médico, vacaciones y, con un poco más de sacrificio, incluso ahorros para el retiro. La recesión que estalló hace ya casi tres años terminó de tajo con esas aspiraciones para millones de familias que, de la noche a la mañana, se han encontrado con que Estados Unidos ha dejado de ser la tierra de las oportunidades para ellos, sin importar qué tan preparados estén o qué tanto empeño pongan en su trabajo.

Este país, que por años se ufano de alber-

gar a la clase media más numerosa y próspera del planeta, ahora se parece cada vez más a los del tercer mundo, donde prácticamente solamente existen ricos y pobres y la brecha entre ambos es cada vez mayor.

Todo indica, por otra parte, que la situación no mejorará, al menos en el corto plazo. Aunque la Casa Blanca insiste en que la economía está en franca recuperación y cita indicadores como el fortalecimiento del sector manufacturero, el crecimiento de las ganancias de las corporaciones y la inexistencia de la inflación, las malas nuevas opacan estos logros. El problema más grave es que el desempleo se mantiene en niveles sumamente altos: alrededor del 9.6%. El número de desocupados por más de seis meses asciende a casi 7 millones y un millón más ha dejado de buscar trabajo. Por si fuera poco, la ola de embargos no se ha detenido y más de 40 millones dependen de estampillas de comida.

Más preocupante aún resulta el hecho de que, aunque la economía se recupere, la clase media difícilmente volverá a tener el mismo vigor. La razón, se debe esencialmente a la globalización, que ha puesto a competir a los trabajadores estadounidenses con la fuerza laboral de países con estándares

salariales tan bajos como los de Camboya, donde un trabajador de costura gana 22 centavos de dólar por hora.

Esta desigual competencia se incrementará cada vez más por

la sencilla razón de que resulta altamente rentable para las grandes corporaciones, que son en realidad las que dictan las políticas económicas. Nadie, por lo que se ve, defenderá a los

grandes perdedores en este juego de ajedrez que son los trabajadores de clase media, quienes día tras día pasan a engrosar las filas cada vez más nutridas de los que nada tienen.



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Call for appt/specials Instructor supervised student salon/spa 27-4tp</p>	<h3>Order to Show Cause for Change of Name</h3> <p>FILED Yolo Superior Court July 14, 2011 By V Perez, Duputy Case Number: PT11-1437 Superior Court of California, County of Yolo 725 Court Street Woodland, CA 95695</p> <p>Petition of Jesse Crabtree for change of name</p> <p>Order to show cause for change of name To all interested persons: Petitioner: filed a petition with this court for a decree changing names as follows: Present name, Jesse Joseph Crabtree. Proposed name, Tanoa Jesse Brunson.</p> <p>THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.</p> <p>NOTICE OF HEARING Date: September 19, 2011 at 8:30 a.m. Dept. 15. The address of the court is 1100 Main Street, Ste. 300, Woodland, CA 95695 Date: July 14, 2011 Daniel P. Maguire Judge of the Superior Court</p> <p>Published July 28, August 4, 11, 18, 2011</p>	<h3>Fictitious Business Name</h3> <p>FILED YOLO COUNTY CLERK/RECORDER Aug. 08, 2011 FREDDIE OAKLEY, CLERK Kristina A. Hunt, Deputy FBN NUMBER 2011-655 Fictitious Business Name Spin a Yarn 14 Main Street, Winters, CA 95694</p> <p>Name of Registrant: Parrish Shebley 766 Violet Ln, Vacaville, CA 95687 Laura Easley 405 Brians Wy, Dixon, CA 95620</p> <p>Business Classification: General Partnership Beginning Date of Business: June 17, 2011.</p> <p>s/Parrish Shebley s/Laura Easley</p> <p>I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.</p> <p>State of California, County of Yolo FREDDIE OAKLEY County Clerk/Recorder Kristina A. Hunt, Deputy Clerk Published Aug. 11, 18, 25, Sept. 1, 2011</p>	<h3>Fictitious Business Name</h3> <p>FILED YOLO COUNTY CLERK/RECORDER Aug. 3, 2011 FREDDIE OAKLEY, CLERK Linda Smith, Deputy FBN NUMBER 2011-644 Fictitious Business Name Pioneer Christian Fellowship 5122 Hamel Street, Davis, CA 95618</p> <p>Name of Registrant: Immanuel Christian Fellowship 13658 Fontanelle Pl., San Diego, CA 92128 Business Classification: Corporation Beginning Date of Business: 08/01/11.</p> <p>s/Yunfan M.Chang Corporation Name: Immanuel Christian Fellowship Official Title: President</p> <p>I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.</p> <p>State of California, County of Yolo FREDDIE OAKLEY County Clerk/Recorder Linda Smith, Deputy Clerk Published August 18, 25, Sept. 1, 9, 2011</p>	<h3>Public Notice</h3> <p>COMBINED NOTICE OF FINDING OF NO SIGNIFICANT IMPACT AND INTENT TO REQUEST RELEASE OF FUNDS</p> <p>Aug. 18, 2011</p> <p>City of Winters, 318 First St., Winters, CA 95694 - (530) 795-4910</p> <p>On or about September 2, 2011 the City of Winters will submit a request to the California Department of Housing & Community Development (HCD) for the release of CDBG General Allocation funds under Title 1 of the Housing & Community Development Act of 1974, as amended, to undertake a project known as Public Improvements in Support of New Housing Construction/Homeownership Assistance/Public Facility. Funds in the amount of \$330,000.00 are for the purpose of constructing a community park, to be located in the northeast quadrant of the City of Winters, bordered by Dutton Street on the west and Walnut Lane on the east. \$30,000 shall be utilized for activity delivery for the park project. Also, as a part of the grant activities funding in the amount of \$353,000.00 shall be provided to provide homeownership assistance to approximately six households, City-wide. \$33,000 shall be utilized for activity delivery for homeownership assistance. \$54,000 shall be utilized for General Administration.</p> <p>FINDING OF NO SIGNIFICANT IMPACT</p> <p>The City of Winters has determined that the project will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) on file at the City of Winters, 318 First Street and may be examined or copied weekdays 8 a.m. to 5 p.m.</p> <p>PUBLIC COMMENTS</p> <p>Any individual, group, or agency disagreeing with this determination or wishing to comment on the project may submit written comments to the City of Winters, 318 First St. Winters, CA 95694. All comments received by Sept. 2, 2011 will be considered by the City of Winters prior to authorizing submission of a request for release of funds. Commentors should specify which part of this Notice they are addressing.</p> <p>ENVIRONMENTAL CERTIFICATION</p> <p>The City of Winters certifies to HCD that John Donlevy in his/her capacity as City Manager consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. The State's approval of the certification satisfies its responsibilities under NEPA and related laws and authorities and allows the City of Winters to use Program funds.</p> <p>OBJECTIONS TO RELEASE OF FUNDS</p> <p>HCD will accept objections to its release of funds and the RE's certification for a period of fifteen days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer of the City of Winters; (b) the City of Winters has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR part 58; (c) the grant recipient or other participants in the development process have committed funds, incurred costs or undertaken activities not authorized by 24 CFR Part 58 before approval of a release of funds by HCD; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to HCD at 1800 Third St., Suite 330, P.O. Box 952054, Sacramento, CA 94252-2054. Potential objectors should contact HCD to verify the actual last day of the objection period.</p> <p>John Donlevy, City Manager</p> <p>Published August 18, 2011</p>
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MOMENTS IN TIME

The History Channel

- On Sept. 1, 1836, Narcissa Whitman, a missionary, arrives in Walla Walla, Wash., becoming one of the first Anglo women to settle west of the Rocky Mountains. In 1847, a measles epidemic killed many of the Cayuse Indians. In retaliation, a band of Cayuse killed 14 people, including Narcissa and her husband.
- On Sept. 4, 1886, Geronimo, the wildest and most dangerous Apache warrior of his time, finally surrenders in Skeleton Canyon, Ariz. Geronimo never learned to use a gun, yet he armed his men with the best modern rifles he could obtain and even used field glasses to aid reconnaissance during his campaigns.
- On Sept. 2, 1923, aftershocks and out-of-control fires rock Tokyo, Japan, and the surrounding area following an 8.3-magnitude earthquake. In total, 143,000 people died in the disaster. The Imperial Hotel, designed by Frank Lloyd Wright, sank 2 feet into the ground but still managed to stand.
- On Sept. 3, 1939, Britain and France declare war on Germany. The first casualty of that declaration was the British ocean liner Athenia, which was sunk that evening by a German submarine.
- On Aug. 31, 1955, William G. Cobb of the General Motors Corp. demonstrates his 15-inch-long "Sunmobile," the world's first solar-powered automobile. When sunlight hit 12 photoelectric cells made of selenium (a nonmetal substance with conducting properties) built into the Sunmobile, an electric current was produced that in turn powered a tiny motor.
- On Aug. 30, 1963, a "hot line" between Moscow and Washington goes into effect to speed communication between the governments of the United States and the Soviet Union and help prevent the possibility of an accidental war. The hot line was never really necessary to prevent war, but it did provide a useful prop for movies about nuclear disaster, such as "Fail Safe" and "Dr. Strangelove."
- On Aug. 29, 1982, the Swedish-born actress and three-time Academy Award winner Ingrid Bergman dies of cancer in London on her 67th birthday. Bergman was best known for her role as Ingrid Bergman in "Casablanca."

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Trustee's Sale

NOTICE OF TRUSTEE'S SALE TS No. 11-0039352 Title Order No. 110236265 Investor/Insurer No. 1703064204 APN No. 003-512-006 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/17/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER." Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by SALVADOR VALADEZ, and ELIZA VALADEZ, HUSBAND AND WIFE AS JOINT TENANTS, dated 01/17/2007 and recorded 02/02/07, as Instrument No. 2007-0004283-00, in Book , Page), of Official Records in the office of the County Recorder of Yolo County, State of California, will sell on 09/01/2011 at 12:00PM, At the rear (North) entrance to the City Hall Building, 1110 West Capitol Avenue, West Sacramento, CA. 95691 at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: **634 FOXGLOVE CIR, WINTERS, CA, 956941674**. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$418,319.03. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. DATED: 08/06/2011 RECONTRUST COMPANY, N.A. 1800 Tapo Canyon Rd., CA-914-01-94 SIMI VALLEY, CA 93063 Phone: (800) 281 8219, Sale Information (626) 927-4399 By:-- Trustee's Sale Officer RECONTRUST COMPANY, N.A. is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. ASAP# FNMA4047954 08/11/2011, 08/18/2011, 08/25/2011

Trustee's Sale

NOTICE OF TRUSTEE'S SALE Trustee Sale No. CA09000537-11-1 APN 038-201-003 Title Order No. 5044384 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED March 14, 2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On September 12, 2011, at 12:00 PM, at the rear (North) entrance to the City Hall Building, 1110 West Capitol Avenue, West Sacramento, CA, MTC FINANCIAL INC. dba TRUSTEE CORPS, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on March 20, 2007, as Instrument No. 2007-0010277-00, of official records in the Office of the Recorder of Yolo County, California, executed by MARTIN GUTIERREZ AND, VIRGINIA DE TORO, HUSBAND AND WIFE, as Trustor(s), in favor of WASHINGTON MUTUAL BANK, FA as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 609 MANZANITA WAY, WINTERS, CA 95694 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$357,787.98 (Estimated), provided, however, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. DATED: August 11, 2011 TRUSTEE CORPS TS No. CA09000537-11-1 17100 Gillette Ave Irvine, CA 92614 949-252-8300 Paul Gutierrez, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.lpsasap.com AUTOMATED SALES INFORMATION PLEASE CALL 714-259-7850 TRUSTEE CORPS IS A DEBT COLLECTOR. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. ASAP# 4069289 08/18/2011, 08/25/2011, 09/01/2011

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
July 21, 2011
FREDDIE OAKLEY, CLERK
Eleigh Fagel, Deputy
FBN NUMBER 2011-605
Fictitious Business Name
Strelitzia Flower Co
J & D Wholesale
4614 2nd St. Ste 1, Davis, CA 95618

Name of Registrant:
Dean Labadie
5665 State Hwy 193, Newcastle, CA 95658
Janice Labadie
Business Classification: Husband and Wife
Beginning Date of Business: 1971/1984.

s/Dean Labadie

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

State of California, County of Yolo
FREDDIE OAKLEY County Clerk/Recorder
Eleigh Fagel, Deputy Clerk
Published July 28, August 4, 11, 18, 2011

Fictitious Business Name

FILED YOLO COUNTY CLERK/RECORDER
July 21, 2011
FREDDIE OAKLEY, CLERK
Kimberli Quam, Deputy
FBN NUMBER 2011-604
Fictitious Business Name
Brad's Appliance Repair
127 Colby Lane, Winters, CA 95694

Name of Registrant:
Brad D. Hayes
127 Colby Lane,
Winters, CA 95694

Business Classification: Individual
Beginning Date of Business: May 1, 2011.

s/Brad Hayes

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

State of California, County of Yolo
FREDDIE OAKLEY County Clerk/Recorder
Kimberli Quam, Deputy Clerk
Published Aug. 11, 18, 25, Sept. 1, 2011