



Fiesta!

Photos by
Debra DeAngelo

Dancers perform traditional Mexican folk dances (above) at the Festival de la Comunidad on Saturday, Sept. 24, sponsored by the City of Winters.

Enjoying the language and art activities at the Winters Friends of the Library booth (at right) are, from left, Belen Mora and her cousins, Esmeralda and Camilla Mora.



Street will be named after Japanese family

By **DEBBIE HEMENWAY**
Staff writer

It is by the literal “luck of the draw” that an all-but-vanished chapter of Winters history will be memorialized at the eastern gateway to the city, with the naming of a new street after a Japanese family who have been gone for over 60 years.

When the city council met in regular session on Sept. 20, they had only two items of business on their agenda.

The first item, the reassignment of the lease on 314 Railroad Avenue from Rory Linton to Shaunie Briggs, was given conditional approval, pending the results of the California State Supreme Court’s decision on the

fate of funding for local redevelopment agencies. The city is the owner of the property as such an agency, but the court has ordered a stay of any new obligations using redevelopment funds until they have ruled on the constitutionality of an effort by the state to take monies away from municipalities.

City Attorney John Wallace hopes to bring the council definitive news on the high court’s ruling at either its Oct. 4 or Oct. 18 meeting.

The other agenda item, the renaming of County Road 90 where the Burger King/Arco project will be sited at the entrance to the city, was back for a second

See **STREET** on page A-9

Winters joins District 2

Winters Mayor Pro Tem Cecilia Aguiar-Curry informed the Express that Yolo County Supervisors voted 4-1 to split District 5 and move Winters to Davis’ District 2 at their meeting on Sept. 27. This is the final vote on the matter, which was tentatively approved by a split vote on Sept. 13.

Nominations sought for Chamber honors

By **HOWARD HUPE**
Winters Chamber of Commerce

Each year, the Winters Chamber of Commerce hosts an awards ceremony when it formally recognizes those citizens and businesses that have made significant contributions to the quality of life in the community of Winters.

This year, the awards ceremony,

“Winters Celebration, 2011 in Review,” will be held at the Community Center on Saturday, Jan. 21. At that time, formal recognition will be given to the selected recipients of the Winters Citizen of the Year Award, the Theodore Winters Award, the Chamber of Commerce Business Award, and the Win-

See **HONORS** on page A-9

Hooray for Homecoming



The Winters High School Homecoming queen and king nominees are, from left (front) Stephanie Echeverria, Ilene Reynoso, Rachel Myers and Molly Nickelson; (back) Brentley Weissman, Keli Callison and Austin Brickey (not pictured, Imrich Valach). The downtown spirit rally starts at 12:40 p.m. on Friday, Sept. 30, at First and Main Street, and homecoming festivities will follow the JV game, which starts at 5:30 p.m. The varsity game starts at 7:30 p.m.

Photo by Debra DeAngelo

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Included in this week's issue are advertising inserts from:
Lorenzo's Market, Round Table, True Value Hardware, Pacific Ace Hardware

(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
Sept. 21		100	62
Sept. 22		101	60
Sept. 23		100	63
Sept. 24		100	66
Sept. 25		96	61
Sept. 26	.04	75	55
Sept. 27		85	56

Rain for week: .04
Season's total: .04
Last year to date: .03
Season: 7/1 to 6/30

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NEWTON WALLACE

HERE, THERE & EVERYWHERE

PRINCETON THEOLOGICAL SEMINARY: Rev. Dr. Cleo LaRue, preaching professor at the Seminary, will preach at the 10 a.m. service Sunday at the Countryside Community Church in Esparto.

That school has a significance for me as one of my uncles, Eunace Wallace, graduated from that school and was comfortably settled in a pastorate in Kansas when Germany invaded Poland in 1939.

He decided to enlist as a chaplain in the army and was assigned to active duty at Fort Riley, Kansas, in June, 1941.

After the United States declared war on Germany and Japan, Uncle Eunace had duty stations at Fort Leavenworth, Kansas, and Camp Claiborne, Louisiana.

In June, 1943, his unit went overseas to North Africa where he was brigade chaplain of the 18th Field Artillery Brigade.

The brigade, under the command of Brig. Gen. Vincent Meyers, landed near Naples, Italy, in early November, 1943. U.S. forces landed at Anzio, 95 miles northwest of Naples, in January, 1944.

On Feb. 16, 1944, at the Anzio beachhead, an artillery shell landed in the 18th FA Brigade headquarters. It killed my uncle and two other people. He was 41.

"I was deeply shocked and grieved to learn that Chaplain Wallace had been killed in action on the Anzio beachhead," wrote Meyers in a March, 1944 letter to my Aunt Laura. "When I say that I had great respect for him and was deeply fond of him, I am simply voicing the opinion of all officers and men in my Brigade with whom he came in contact.

"He was a most intelligent and likeable preacher of the Gospel, with a strong and inspiring personality, and he was a real help to all of us."

My Aunt Laura received Uncle Eunace's belongings, including his communion kit that June and kept them on her dresser until her death in 1982. My two cousins donated the kit to the Chaplains Museum at Fort Monmouth, N.J., which is near Princeton.

I plan to go to Esparto Sunday to hear what Rev. LaRue has to say.

HAPPY BIRTHDAY, JIM: It was an old-timers reunion Sunday afternoon when about 100 friends and relatives of Jimmy Barker gathered at the community room of the old Winters Firehouse to celebrate his 90th birthday.

Jim, a B-17 pilot in World War II, joined his father after the war as Barker's Electric, and served area residents and businesses for at least 65 years.

Canes and walkers were evident Sunday as some guests were nearing the century mark, but all had stories to recall. Among the guests was Jack Mermod of the Bay Area, a former Winters High School football coach.

Cody's catered the luncheon.

OBITUARY

Madeline Jimenez

Madeline Martin Jimenez died in her home surrounded by her loving family on Saturday, Sept. 24, 2011.

Born Oct. 10, 1925, in San Francisco, she was 85.

She was preceded in death by her husband Tony Jimenez, parents Frank and Amalia Martin, brother Joe Martin and sister-in-law Angelina Martin.

She is survived by her son James Jimenez, daughter Patricia Jimenez, granddaughter Emily Layton, brothers Antonio and Frank Martin and sisters-in-law Ramona and Anna Martin.

A Mass of Christian burial will take place at 11 a.m. Monday, Oct. 3, at St. Anthony Catholic Church, 301 Main St., Winters. Interment will follow at Winters Cemetery. After the interment, a reception is planned at St. Anthony Parish Hall, 511 Main St.

In lieu of flowers, donations may be made to Yolo Hospice, P.O. Box 1014, Davis, CA 95617.

YESTERYEAR



BARKER ELECTRIC SHOP

F. C. Barker, left, a native of England, had a great many years of service with the Pacific Gas and Electric Company when he left that firm a few years ago to open his own business on Main street. When his son, J. R. Barker, right, returned from service with the Air Force in World War II, he became a partner in the firm.

They handle Westinghouse appliances, in addition to being electrical contractors. Because of illness, F. C. Barker has turned over most of the management end of the business to his son.

Mr. Barker, Sr. served for several years on the Winters city council, and J. R. Barker was recently elected as a member of the Winters Elementary School Board of Trustees. Jimmy also played shortstop for a number of years on the Winters Merchants Baseball Team.

File photo

This ad was in the June 17, 1954, edition of the Winters Express as part of a Father's Day feature, picturing fathers and sons in business in Winters.

50
YEARS AGO

October 12, 1961
The Winters Grammar School board of trustees voted Tuesday night to call for a bond election of \$180,000 to build additional classrooms at Waggoner School.

With the P.G. and E. pipeline crews completing their work of laying the gas pipeline across Putah Creek, the U.S. Bureau of Reclamation this week resumed water releases in Putah Creek.

Funeral services for William D. McKenzie, 92, of Napa will be held Friday in Napa, followed by interment in the Spanish Flat Cemetery.

Mr. and Mrs. Elwin Martin and three sons spent four days last week camping and fishing on the Klamath River, near Horse Creek, California.

Dr. J.R. Sellers and Bob Young are among the local hunters who have been on a hunting trip in Nevada this week.

James E. Briggs, of Oakland, came up Sunday to join in a family dinner at the James R. Briggs home, north of town, helping his mother observe her birthday anniversary.

Miss Debra Kay Randolph is today observing her 11th birthday anniversary, a quiet family dinner marking the occasion. She is the daughter of Mr. and Mrs. Hugh Randolph.

October 11, 1946
Greyhound bus service will start in Winters on Wednesday, October 22, consisting of two daily schedules between Vacaville and Winters, leaving Winters at 8:52 a.m. and 6:35 p.m., with arrival times at Winters of 8:46 a.m. and 6:20 p.m.

A bicycle belonging to Tommy Pearce, which disappeared from the grammar school grounds two weeks ago, was recovered this week by Chief of Police G.A. Crowder.

The Armijo High football squad took the measure of the locals here last Friday 19-6 in the second practice game of the season.

The special meeting of the Winters Post 242, American Legion, held in the Masonic Hall Monday night called forth a large audience. Objectives of the gathering were two-fold — to honor the gold star mothers and to reorganize the Ladies Auxiliary.

Born in San Francisco, Thursday, September 26, 1946, to Mr. and Mrs. A.E. Danzero, a son. Mrs. Danzero is the former Margaret Ann Hemenway, daughter of the F.C. Hemenways of Winters and Fort Bragg.

Mr. and Mrs. Carrol Ish are vacationing in Oregon and Washington.

Weekly police report

Sept. 16
~ 12:40 a.m., Sandra Jimenez, 29, of Dixon, was issued a notice to appear for being an unlicensed driver.

Sept. 19
~ 1:15 a.m., 800 block of Dutton Street, an attempt was made to gain entry to a residence.

~ 7 a.m., 800 block of Railroad Avenue, two license plates were stolen from a vehicle. Loss: \$25.

Sept. 20
~ 9:18 a.m., 500 block of Manzanita Way, parties were involved in a verbal domestic dispute.

Sept. 22
~ 12:48 a.m., a found bicycle was turned over to the police department.

~ 9:40 p.m., 400 block of Railroad Avenue, officers responded to an audible alarm. The

See **POLICE** on page B-

Berryessa drops .35 of a foot

The level of Lake Berryessa fell by .35 of a foot during the past week with a reduction in storage of 6,179 acre feet of water, according to Ken Emigh of the Solano Irrigation District.

He reported Tuesday morning that the lake was 426.47 feet above sea level, with storage computed at 1,304,960

acre feet of water.

The SID is diverting 285 second feet of water into the Putah South Canal and 28 second feet is flowing in Putah Creek at the Diversion Dam.

Evaporation on Lake Berryessa averaged 212 acre feet of water per day during the week.

100
YEARS AGO

October 13, 1911
President Taft is in San Francisco this week to lay the cornerstone of the new Oakland City Hall.

Governor Johnson has appointed W.A. Cannedy a delegate to the Sixth annual Convention of the Lake-to-Gulf Deep Water Association in October.

The Johnson Brothers have sold their interest at Sunnyvale. John is building a bungalow near the former Japanese quarters on the Johnson Road.

Miss Josie Brown was invited to luncheon Monday at the home of the noted musician, Hugh Mansfeldt, in San Francisco.

The Women's Improvement Club met Monday at the grammar school library.

Vernon Gregory broke a bone in his right arm while playing basketball on the high school court.

A party of four surveyors is making a survey of the roads leading from Vacaville to Winters.

October 9, 1896

During the month of September there were 41 cars of fruit shipped to Eastern points from Winters, three of which were dried fruit.

A reception or farewell party was tendered Mrs. E.C. Rust and family Tuesday night at the residence of Mrs. Nannie Morris.

Sackett Brothers are this week finishing up their dried fruit pack, of which they will have about five carloads.

Mrs. E.C. Rust and family will leave Sunday morning for Jackson, Amador County, where Mr. Rust some time ago purchased a paper, the Amador Dispatch, and where they will make their future home.

The Presbyterians have built a neat new fence in front of their church and laid a cement walk from it to the steps, erected a new wood house in the rear of the church and generally cleaned up and put things in fine shape.

Milton Carpenter

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Volunteers clean up Putah Creek

By **DIANA MORRIS**
Putah Creek Council

In conjunction with the California Coastal Commission's 27th annual Coastal Cleanup, Putah Creek Council sponsored the annual Putah Creek Cleanup on Saturday, Sept. 17. The day began at 9 a.m. with a short introduction by Libby Earthman, executive director of the council. Then, volunteers chose their desired sites and headed out to collect trash in buckets and bags.

Earthman began by explaining why Sacramento Valley waterways, including the creeks and streams surrounding Winters and Davis, need to be cleaned.

"All litter and debris eventually flow to the Delta then on to San Francisco Bay before it makes its way to the ocean."

Volunteers labored along the north and south sides of Putah Creek from the car bridge to Interstate 505 and beyond on the south side of Putah Creek, including more

than 20 people working at Stevenson Bridge. In addition, a new location was cleaned this year in the Dry Creek area off The Horseshoe.

Making every effort to create less waste, the council urged volunteers to bring their own buckets, gloves and reusable water bottles. In all, volunteers collected more than 4,560 pounds of litter and dumped items.

First year participants included locals Heather Pilmanis and son Caleb, 3. Having grown up in the area, Heather Pilmanis said, "It's great to see how much it has improved. We hope to make the cleanup an annual experience."

Once again, Humphrey Fellows from UC Davis, sponsored by the U.S. State Department, participated. Coming from approximately a dozen different countries, the fellows are mid-career professionals specializing in climate change, natural resources and agriculture. When asked why the group volunteers, Gwen Benner, assistant director of the program said, "the

participants of the program want to give back to the taxpayers" who provide this learning opportunity.

Volunteers returned to Rotary Park at noon for a burrito lunch from Winters' own El Pueblo Taqueria. Contests and raffle prizes were awarded as the cleanup finished up. Prizes were awarded to the longest returning volunteer, Mick Klasson, eight years; youngest volunteer, Caleb Pilmanis, 3; and most seasoned volunteer, Pierre Neu.

Honorable mention goes to 10-year-old Walker Holmes of Winters. He has been coming to the Putah Creek Cleanup with his mother, Jean Whitsman, since he was 3.

Volunteers included several students from Wolfskill High School, donating community service hours for graduation requirements. Students participating from Winters High School's Interact Club were on-hand as were parents and students from Davis' Waldorf School.

Participants commented on the unique and unusual items pulled

from the creek this year: a complete bedroom suite with a lovely — and still intact — mirror, which was voted the most reusable item found, and an interesting piece of art — a twisted, metal wire bonsai tree on a marble base.

Local businesses donating raffle prizes included Putah Creek Café, First Northern Bank, Turkovich Family Wines, and gift certificates from Red Robin. The Council expressed its appreciation to all the contributing businesses, and Putah Creek Week sponsor businesses including Ace Hardware, Berryess Gap Vineyards, Preserve, Root-Stock, Tomats and Warrior Video from Winters; and Blake's Heating and Air from Davis.

A Winters family offered a \$500 matching gift if the council could raise \$1,000 from the community by Sept. 30. Earthman reported \$3,300 had been raised and voiced thanks for the community's generosity.

All volunteers are to be commended for a "dirty job" well done.



Diagnosing and treating preeclampsia

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

Up to 7 percent of pregnant women will develop preeclampsia, a serious pregnancy-related condition that can affect the placenta, liver, kidneys, blood, brain and other organs. It is a leading cause of maternal and infant sickness and death in the U.S.

While the cause of preeclampsia is unknown, high blood pressure is a main contributing factor. Normally, blood pressure changes throughout the course of the day — for example, it increases when you exercise and slows when you're at rest. But when it stays elevated, it can strain the heart and blood vessels, increasing the risk of heart attack and stroke and damage to the kidneys, brain and

eyes. During pregnancy, high blood pressure can also restrict the flow of blood, oxygen and nutrients to the fetus.

Some women have ongoing (chronic) high blood pressure before they get pregnant. Others may develop high blood pressure during pregnancy, usually after the 20th week of gestation. Women who have chronic or gestational high blood pressure, are pregnant for the first time, have had preeclampsia in a previous pregnancy, are 35 or older, are carrying more than one fetus, have certain medical conditions such as diabetes or kidney disease, are obese, are African American, or have certain immune disorders such as lupus or blood diseases are at increased risk of developing preeclampsia.

Other symptoms of preeclampsia include increased amounts of protein in the urine,

headaches, visual problems, and swelling of the hands and face. Severe preeclampsia may be accompanied by lung, liver, kidney or clotting complications and seizures (eclampsia).

If you have chronic high blood pressure, it's important to make efforts to lower blood pressure before pregnancy by losing weight and taking medication as prescribed. Regular prenatal care during pregnancy can help detect preeclampsia early in all pregnant women. At each prenatal visit, a woman's weight and blood pressure are taken along with a urine sample to monitor any changes.

You may be checked more often if your blood pressure is high.

The gestational age of the fetus, the severity of the mother's preeclampsia, and risks to mother and fetus will be assessed to guide the decision on when to deliver. Some women will be monitored to see if the situation improves, or — if the risk to the fetus is greater in the womb than in a special nursery — delivery may be necessary. Women with slightly increased blood pressure who are not near the end of pregnancy may be prescribed bed rest at home or in

the hospital.

For more information, the ACOG Patient Education Pamphlet titled "High

Blood Pressure During Pregnancy" is available at www.acog.org/publications/patient_education.

Woodland Healthcare offers 'Living with Cancer' support group

Woodland Healthcare is offering 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 to 8:30 p.m. in the cafeteria at Woodland Memorial Hospital, 1325 Cottonwood St. in Woodland. Spouses, caregivers, family members and friends are welcome.

The group aims to reach people as soon as possible after diagnosis; provide support, understanding and referrals to community resources; share feelings in a safe, confidential atmosphere; provide education about cancer and its myths; and provide speakers on cancer and related topics.

The group is funded by the Woodland Healthcare Foundation.

For more, call Sheila Murray at 669-5305.



The Winters Healthcare Foundation Clinic, 23 Main Street is open M,W,F, 8:30am-5pm Tues. & Thurs. 8:30am-8pm

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Opinion

LETTERS

Festival was the best ever

The Winters Hispanic Advisory Committee would like to thank everyone who helped to make the Fifth Annual Festival de la Comunidad and Carnitas Cook-off so successful. This was the best year yet. The music was great, the food was tasty and the crowd was terrific.

Thanks to Mayor Woody Fridae and Mexican Consul General Carlos Gonzales Gutierrez for kicking off the night's entertainment. Thanks to Kalpulli Xihuacoatl for presenting the wonderful Aztec dancing, to Zumba for the great demonstration, to Julio Pacheco and his dance troupe. Special thanks to Lino Castro and his band Los Brandy for providing the great music.

Thank you to our volunteers; without you there would be no festival. Thanks to Valentin Cisneros, Jay Shepherd, Emil Rodolfo, Noe Gutierrez, Marisela Duran Alanis, Eric Lucero, Carol Scianna, Dan Maguire, Elliot Landes and John Donlevy. We know there are others but in true volunteer fashion, you volunteered and didn't



leave your names.

We would especially like to thank Lynne Sechrist and her wonderful middle school and high school band members and parents for doing such a great job serving the food.

Thanks to our carnitas judges: Gene Ashdown, Bruce Guelden, Valentin Cisneros, David Flory, Marcela Kristine Meitzner and Mike Sebastian.

Thanks to this year's great carnitas teams: Rotary Club of Winters, Winters Democratic Club, Team McChoa, Puerco Salvaje, Montana Azul and El Chico de San Bernadino. You all made the day special.

Congratulations to the cook-off winners: First place: Puerco Salvaje and People's Choice award: Team McChoa. The Best Decorated booth award

went to Rotary Club of Winters.

Thanks to all the vendors who made the day fun for children and families. Thanks to Cecilia Aguiar Curry for her ongoing support.

Last, but by no means least, thanks to our wonderful sponsors: Festival de la Comunidad sponsor: Mariani Nut Company Foundation; VIP Sponsors: Button & Turkovich, Cecilia Aguiar-Curry, Chamber of Commerce, El Pueblo Meat Market & Deli, Yolo County Supervisor Duane Chamberlain, First Northern Bank, Martinez Orchards; Carnitas Sponsors: Southwest Water Company, Yolo County Supervisor Don Saylor, State Farm-Raul Herrera, and Event Sponsors: Adidas, Howard and Germaine Hupe, Joe Aguiar,

Four Winds Growers, De La Rosa, Valerie Whitworth, Lester Farms, Rotary Club of Winters, Winters Community Theatre Company, Sierra Orchards, Congressman Mike Thompson and Assembly Member Mariko Yamada.

If we missed anyone, please accept our apologies and know that you are appreciated.

See you all next year.
WINTERS HISPANIC ADVISORY COMMITTEE

Thanks to all

I would like to thank Lester Farms Bakery, for their unbelievably tasty new coffee cake that they graciously donated to the Chamber of Commerce for

See **LETTERS**, page A-5

Don't bother me with your problems, it's quittin' time

Death and taxes. No one escapes. Here's one more: colonoscopies. Once you hit 50, your doc will dog you like Columbo until you relent. Mine nagged me for two years, and I grumbled about the hassle, the tick, the fuss and bother, and griffgraffgruff. Don't wanna. At our last visit, she nodded and said okay, then added nonchalantly, "But colon cancer would be a really stupid thing to die of, since it's so easy to detect."

Okay, FINE! I'll get the stupid test! Someday. No, not someday. How about Sept 19.

You can run, but you can't hide. Well, you can for about two years, but then the gig's up.

So, the prep day arrived, and it's true what they say. The prep is worse than the procedure. The day before, you're restricted to clear non-red liquids: apple juice, soda, black coffee or tea, bouillon and Jell-O.

Yay. It occurred to me that beer is clear and not red, so I Googled around until I found something to validate that and mitigated the prep misery with two Boddington's. Then it was time for the goo—a thick, salty syrup, gulped in 8-ounce increments every 15 minutes. A half-gallon the day before, and another the following morning. The goo eliminates hunger pangs. It also eliminates a lot more than that, if you get my drift.

Unfortunately, my appointment wasn't until 2:30, so I had an entire morning for my anxiety about all things medical to reach full boil, and my intestines too. Funny

side note: The colonoscopy lab is in Elk Grove. About an hour's drive. Under the influence of goo. Think about that.

Yeah.

So, we get there, and they call me in and lucky me, it was apparently the nurse's first day on the job, based on her inability to operate the medical records computer. She seemed only slightly more confident when it was time for the IV.

Wait, *what*? I have to have an IV too? Where's the exit?

But there was no point in fleeing. Dr. Columbo would just track me down. So, I lie there, barely breathing, listening to the beep-beep of the heart monitor escalate to warp speed. Nurse A, we'll call her, was completely oblivious to my roaring anxiety. She knits her brow, struggles with the IV, frowns a bit. I imagine a bubble of oxygen traveling down my vein, into my heart and triggering a massive, fatal coronary. Tears start leaking uncontrollably from my eyes.

Did she attempt to soothe me? Joke with me? Pat my poor widowed head? Nope. She dabs my cheeks with as much empathy as one might give an oozing cadaver and walks away, returning only awhile later to wheel me into the procedure room, managing to crash the cart into every corner on the way.

Enter Nurse B, who'll be doing the anesthesia. She shoves some papers at me that list the various complications up to and including DEATH. "Promise I'll wake up, okay?" I whimper, but she just smiles and walks away.

Dude: Lie to me! Tell



DEBRA DeANGELO

BECAUSE I SAY SO

me "Absolutely, positively, you'll wake up and be just fine!" What am I gonna do if you're wrong? Come stomping out of the morgue and holler, "Liar, liar, pants on fire?"

Nurse B vanishes, and I lie there in full-blown panic attack for an astonishing 45 minutes without one person checking on me. I was merely the next car in the shop in line for an oil change. At almost 4 p.m., another gal comes in, looks to be about 18, starts rattling off the process, and it dawned on me... "Are you the doctor?"

"Yes," she responds, and continues her pre-ambles without missing a beat. No introduction, no handshake, no saying your name to acknowledge that you're more than a sack of tissue she's about to violate. She goes on to mention that she'll be monitoring the anesthesia levels in case I need more during the procedure, and I ask her, "How will you know if I need more?"

"You'll yell or cry out," she says as Nurse B injects something into the IV line.

WHAT??? What the he... ..

Next thing I know, I'm in recovery and Nurse A is shaking me.

"You're done."

"You're kidding," I think but am unable to actually speak through the haze of anesthesia, unable even to raise my eyelids or do anything more challenging than lie there on my side. Soon, I heard my sweet husband's voice, he's

patting me, and it occurs to me that I have, in fact, survived this ordeal. Suddenly the bed is jacking up to a sitting position, and Nurse A is insisting that I'm good to go.

Did you know that a body doesn't bend into a 90-degree angle sideways? No? Neither does Nurse A.

My husband objects and says I need more time, but Nurse A ignores him and literally removes my gown, and starts pulling my panties up and wrestling my bra on. It seems to me that if you're too groggy to operate your own panties, maybe you need a bit more recovery time.

Next, I'm pulled to my feet and wobbled to the bathroom, where I promptly fall back asleep right there on the toilet. Nurse A pokes her head in after awhile, discovers I'm not doing what I'm supposed to be doing, and reappears with a wheelchair. She plops me into the wheelchair and heads for the front door, amazingly enough without burning rubber. We reach the car, and at least she allows my husband to maneuver me into the seat rather than dumping me out at the curb like I was in a wheelbarrow.

In the end (haha, me so funny), it's not really the prep you have to worry about, or the colonoscopy itself, but making sure your appointment isn't scheduled too close to 5 p.m. Quitting time. Yabba dabba doo.



CHARLES R. WALLACE

A QUICK OPINION

UP A CREEK... The creek is starting to look like what I remember as a kid, less vegetation and ponds full of fish. After the dams were placed on Putah Creek, the water was diverted for agricultural uses and the creek would dry up during the summer. I can remember walking along the banks with a .22 rifle shooting anything and everything. There were dried out carcasses of giant carp and hundreds of blue gill dying in the small ponds that would eventually evaporate, too, leaving a layer of dried out fish skeletons.

Since the Solano Irrigation District was forced to release water into Lower Putah Creek several years ago, the streambeds no longer dry out during late summer months. The green water, made famous by Creeence Clearwater Revival, is still flowing above and below Winters, but for a couple of months, the creek will be dry. Putah Creek Council volunteers are making sure that as much of the aquatic life as possible is saved. Today's society wouldn't tolerate thousands of dead or dying fish in the creek.

I have been in favor of restoring the creek for decades and this is a dream come true for me. As the years pass by the creek has paid a price for being dammed up. Gravel no longer washes down from the Berryessa Valley and vegetation has clogged the creek to where you can no longer walk along the banks. I have written before that it was a great day when your parents would drop you, and a couple of friends, off at the Diversion Dam with an inner tube. We would spend the day floating down the creek until we reached the percolation dam and climb out, exhausted.

There were a few places on the creek where you had to walk across shallow gravel beds, but mostly you just floated along, stopping at the deep holes to swim or jump off the banks, hoping your inner tube wouldn't pop. The best tubes came from Double M Trucking. They would give you a tube and all you had to do was patch the hole(s).

By the time the restoration is completed, just over two million dollars will have been spent, mostly from taxpayers from around the state. I wonder if they know how much we will enjoy their contribution to our quality of life? Rich Marovich and his crew will be transforming the creek into a place we will be proud to show off to visitors and friends. It will also be a place where we can walk along the banks, picnic, fish or just watch wildlife.

While taking pictures of the project I did notice a lot of raccoon tracks on the water's edge. Rich told me the egrets were also having a field day dining at the shrinking ponds. The project is supposed to be completed by Thanksgiving, so if you want to see something that you can tell your grandchildren about, walk down to the creek and see it for yourself. Everyday the creek is changing, so don't wait too long. A walk along the creek behind the Community Center will do you good.

Have a good week.

Policy for Letters to the Editor

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

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.

Tell them what you think

CITY

Winters City Council, Mayor Woody Fridae, council members, Harold Anderson, Cecilia Curry, Mike Martin and Tom McMasters-Stone; City Manager, John Donlevy; City Hall, 318 First Street, Winters, CA 95694; 795-4910.

SCHOOL DISTRICT

Board of Trustees, President Dan Maguire, Robyn Rominger, Matt Brickey, David Hyde, Robert Warren, Mike Olivas and David Reynoso; Interim Superintendent Emilie Simmons; 909 West Grant Avenue, Winters 95694, 795-6100

LETTERS

Continued from page A-4

the Winters Business Forum, held on Thursday, Sept. 22 at the Community Center. Also, thank you to Berryessa Sporting Goods for supplying the coffee for this meeting. Thank you to Steady Eddy's for the cream for the coffee.

Thank you to our guest speakers who included Christopher Kelsch, executive director of Winters Healthcare Foundation, attorneys Eric Dair and Dennis Huie of Hanna and Brophey who shared their expert knowledge of employment law and Workers Compensation issues.

Thank you to Peggy Schechter of Woodland Healthcare and Robin Stinson, human resource manager of Mariani Nut Company for talking about the importance of health and wellness in the workplace. Thank you to Hedi Mazares of Woodland Healthcare for her talk on managing stress. Thank you to Carol Brehemer of Woodland Healthcare for helping the Winters Chamber of Commerce put together this event and being a co-host.

Lastly but certainly not least, thank you to all the business owners from Winters and the surrounding areas who took the time out of their busy schedules to attend this half-day workshop and make this event such a great success.

AL ALDRETE
Executive Director
Winters Chamber of Commerce

Valley Floors has moved

With the changes we are all experiencing in this economy and along with the changes in the flooring industry itself, we have moved Valley Floors from our Main Street location. We saw the need to change with the times, by cutting our operating expenses as much as possible.

Our main goal is to continue to provide materials at a discounted price along with providing excellent service to our customers.

We can still be reached at our same number, 795-1713. We are happy to arrange a time that is convenient to meet our customers to do measurements and show a wide selection of flooring products.

LANCE and GINA LINVILLE

Test drive successful

Thank you to all of the students, school district staff, parents and community members who helped to make our Ford Test Drive Fundraiser a success. Tentatively, we made a little over \$5,000.

A special thanks to the parents who helped work the registration tables and to Ron DuPratt Ford in Dixon for giving us the opportunity to participate in this program.

TOM CRISP

Thanks for all you do

Just a quick note to let you know I appreciate all the hard work you all do at the Winters Express to get the paper out each week to your readers wherever they may be! Also, I can think of no better way to use the rainfall contest winnings (by the way, I appreciated the “plug” in your editorial on July 7) than to re-invest in a two-year renewal subscription to the Express (see enclosed check for \$100).

Hope all is well in Winters.

MIKE PISANI
Paris, Michigan

P.S. We received our first hard freeze last week here in West-Central Michigan, killing most of the garden, but the apple harvest is in full swing. Undeterred, we look forward to entering the rainfall contest once again.

Lovely, lively Day in the Country

The Yolo Land Trust thanks the greater Yolo County community and beyond for a very successful Day in the Country, held on Sept. 11. Over 700 guests wandered through the gardens of Park Winters enjoying the food served by 28 restaurants from throughout northern California and wine poured by 13 Yolo County wineries.

Ten farms were showcased with tastings and 18 growers and producers donated their products to the chefs who created delicacies such as eggplant lamb and tomato rolls, candy-striped figs stuffed with walnut butter, pork sliders, and hand-shucked snow cones with fresh fruit syrup.

Governor Jerry Brown made a surprise appearance to the event and congrat-

Festival fabuloso!



Photo by Debra DeAngelo

Wes Mercado (left) samples carnitas from Red Team Puerco Salvaje (Wild Pig), which won first place in the Carnitas Cook-off at this year's Festival de la Comunidad. Serving the winning dish are Lupita Pantoja (center) and Lorenzo Ramirez. Team McChoa won the People's Choice award. The Rotary Club of Winters won first place for Best Decorated Booth.



Photo by Debra DeAngelo

Aztec dancers with the group Xihuacoatl begin their performance by blessing each direction with sacred smoke. Xihuacoatl was one of the groups entertaining the crowd at the Festival de la Comunidad, held at Rotary Park on Saturday, Sept. 24. The annual event is sponsored by the City of Winters Hispanic Advisory Committee.

ulated local grower Paul Muller on receiving the Thomson Rominger Award for leadership in agricultural conservation. Governor Brown commented that it was good to be in Yolo County. He wandered among the crowd tasting the delicious food and posing for pictures for nearly an hour.

Muller, the owner of Full Belly Farm, also received a commendation by State Senator Lois Wolk and from the office of Congressman Mike Thompson. Congressman John Garamendi also attended the event, as did California Secretary of Food and Agriculture

See **LETTERS** on page **A-12**

Street project closures delayed

The slurry seal that will necessitate a one-day street closure as part of the second phase of the Downtown Streetscape Pro-

ject has been postponed from Monday, Oct. 3, to either Monday, Oct. 24, or Monday, Oct. 31, because the shipment of some

of the street “furnishings” (street lamps, bollards etc.) was delayed. For more information, call Dan Maguire, 795-4910.

Festival de la Comunidad

Carnitas Cook-off 2011

¡THANK YOU SPONSORS!

¡GRACIAS!

The Winters Hispanic Advisory Committee would like to thank the following organizations, businesses and individuals for their donations and support.

Without it, this event would not have been possible!

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City of Winters, Cecilia Aguiar Curry

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State Farm-Raul Herrera

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Congressman Mike Thompson, Valerie Whitworth & Michael Barbour,

Winters Community Theatre Co.

Assembly Member Mariko Yamada,



WPNS Children's Festival

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Saturday

OCT 1ST

10 AM-3 PM

St Anthony's Parish Hall



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Community

Bertagnollis celebrate 50 years



Gary and Kathleen Bertagnolli of Winters recently celebrated their 50th wedding anniversary. They met on Sept. 12, 1959, at a "Get Acquainted" dance at Idaho State University in Pocatello, Idaho, and married Aug. 26, 1961, at St. Joseph Church in Pocatello.

Total Horsemanship clinics, class offered

A free Total Horsemanship Demonstration Clinic will be presented at 5:30 p.m. Friday, Oct. 28, at Christa Petrillo Total Horsemanship Facility.

"This is an opportunity to acquaint yourself with Total Horsemanship techniques and all the opportunities for learning and growing in your horsemanship, to meet others with the same interests, and to grab a hot dog or hamburger while doing so," a news release said.

The event also will feature a free tack sale. Anyone with tack for sale may bring it along and set up a space at no charge.

Earlier in the month, a Total Horsemanship Free Mini Clinic will be offered Wednesday, Oct. 5, at Emerald

Hills Ranch on Highway 128 in Winters. RSVP to (707) 317-0598 or (707) 688-4358.

Additionally, a Total Horsemanship Study Course is now forming. The class will cover training theory and techniques — how to apply them and why, equine anatomy, herbal remedies, equine medicine, stable management, conformation — form to function, equine behavior and a host of other equine-related topics.

A Total Horsemanship Youth Club is also forming now.

For more information, visit www.christapetrillotrain-ing.com, email christa@christapetrillotrain-ing.com or call (707) 317-0598 or (707) 688-4358.



Courtesy photo

Fire Chief Kurt P. Henke of the Sacramento Metropolitan Fire Department (left) congratulates John Graf during department-wide promotion ceremonies held recently in the Rancho Cordova City Hall on Aug. 24.

Graf promoted to captain

Captain John Graf Jr. began his fire service career in 1978 as a volunteer with the Winters Fire Department. In 1983, he became a paid call firefighter with the City of Chico Fire Department, and worked three seasons (1986-1988) for CDF (Cal Fire). He became a full-time firefighter with the City of Chico Fire Department in 1993.

In 1994, he was hired by the American River Fire Protection District as a firefighter/paramedic. In January 2000, he became a member of the San Francisco Fire Department, working as a firefighter/paramedic for six years.

He was employed by the Sacramento Metropolitan Fire Department in 2006, and pro-

moted to Captain in January 2011.

Graf is a graduate of CSU Chico with a bachelor of arts degree in physical education. He holds a private pilots license with instrument rating. He and his wife Wendi have three children, John, Kelsey and Eva.

So proud



Courtesy photo

LCpl Jack Dickinson is serving our country as a US Marine, part of the HMLA 267, stationed at Camp Leatherneck in Afghanistan. Dickinson is in Avionics, in support of the Huey helicopters, which in turn support our ground troops. Jack will end his tour in December 2011, to return to Camp Pendleton. He is the son of Sarah Dickinson and Dave Dickinson, brother of Sydney Dickinson, and is a graduate of WHS, Class of 2009. "We are so proud of Jack, and look forward every day to his safe return, as with all of the troops serving our country," said his mother. "Semper Fi."



Theresa Linton, Frances Ramos and Carmina Serrano cooking Paella

The Third Annual Paella Dinner Fundraiser

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Nominate the next Citizen of the Year
Nominations due Wednesday, Oct. 19

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Calendar

Friday, September 30

WHS Homecoming, downtown rally, 12:40 p.m., First and Main Streets; JV game, 5:30 p.m., followed by Homecoming festivities; varsity game, 7:30 p.m.

Saturday, October 1

WPNS Children's Festival, 10 a.m. to 3 p.m., St. Anthony Parish Hall

Tuesday, October 4

City council meeting, 6:30 p.m., council chambers at City Hall

Wednesday, October 5

FFA Spaghetti Feed, 6-8 p.m., Winters Ag Site, Niemann Street

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

School Board Meeting, Thursday, Oct. 6, 6:30 p.m., school district office

Davis Bike Club's Foxy Fall Bike Ride, Saturday, Oct. 15, 8 a.m. to 5 p.m., Rotary Park

Chamber Mixer, Monday, Oct. 10, Wiscombe Funeral Home

Chamber Business Breakfast, Wednesday, Oct. 12, 7:30 a.m., Cody's Restaurant

Year in Review/Citizen of the Year Celebration, Saturday, Jan. 21, Community Center

(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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Chamber candidates

There are seven candidates for four available seats on the Winters Chamber of Commerce Board of Directors: Marie Heilman, Lynda Hinds, Howard Hupe, Richard Kleeberg, Ana Kormos, Corinne Martinez and Michael Petersen.

Ballots will go out to Chamber members next week. They are due in the Chamber office on Thursday, Nov. 13 by 5 p.m., and will be counted the same day. The results will be reported to the Board of Directors at the Friday, Nov. 14 meeting, which takes place at 7 a.m. in the Chamber office, located inside the Winters Visitors Center.

Only Chamber members are allowed to vote in Chamber elections. To join the Chamber, call 795-2329.



MARIE HEILMAN
12-year coordinator of Winters Community Thanksgiving Dinner; community volunteer



ANA KORMOS
Incumbent Chamber board member, developed Community Garden, WHF health progs.



LYNDA HINDS
Manager, buyer and co-owner of RootStock, volunteer on Agri-Tourism committee



CORINNE MARTINEZ
Partner, Berryessa Gap Vineyards, founder of RootStock; co-founder of Roots to Wine Assn.



HOWARD HUPE
Incumbent Chamber board member, active in Winters Theatre Company, Rotary Club.



MICHAEL PETERSEN
Owner of Main Street Cellars, wine industry consultant, hosted school fundraisers.



RICHARD KLEEBERG
Law professor at Solano College, board member of Winters Theatre Company, local volunteer

Construction begins on Putah Creek

(Editor's note: This story did not appear in its entirety last week. It is reprinted here in full.)

By ELLIOT LANDES
Staff writer

Construction is beginning on Phases II and III of the grand reworking of the Winters Putah Creek Park, a project in planning now for a few years. The funding is in place, the engineering and design is complete, the contract has been awarded, and Maggiora & Ghilotti Construction has begun fusing together two miles of 24" polypropylene pipe. A temporary dam will move all of Putah Creek's flow through two courses of the pipes, allowing the contractor to do the shaping and filling of the channel.

The Phase II zone of work is from 300 yards west of the car bridge on private property, east to near the percolation dam site. The dam removal was Phase I, and Phase III is another stretch further downstream (roughly aligning with Toyon Lane) and east towards Interstate 505. The Winters Putah Creek Park will be on the city owned portion, from the car bridge to the east edge of town.

Under the direction of Solano Water Agency streamkeeper Rich Marovich, the work beginning now will re-form the channel into the shape a stream would normally create for itself without the interference of humans. Human activity has affected the Winters portion of Putah Creek in many ways in the past 100 years, including gravel mining, the now-removed percolation dam, plantings of hyperactive invasives like eucalyptus and arundo, and the elephant in the room — the Monticello Dam.

Much of the channel is straight instead of naturally meandering and very wide, particularly where the "perc" dam sat across the entire channel, enforcing the wide shallow contour that is the opposite of what streams naturally create.

Streams naturally form and meander in a narrow channel that



Photo by Charles Wallace

These pipes will be connected end to end for diverting the flow of Putah Creek during the construction of the Putah Creek Nature Park, which began last week.

sits in a broad shallow flood plain, bounded by higher ledges a distance from the creek.

While Marovich's goal is to do the extensive planting of native species, it is essential to fix the channel form first. He compares it to the foundation of a house.

"If you go a little ways higher than the car bridge," said Marovich, "the creek is typically about 30 feet wide. In the Winters stretch it is 60 to 90 feet, and 120 feet at the perc dam (site).

"Once the creek was dug out, it no longer had the ability to repair itself, except maybe over hundreds of years. There's not enough flow to move sediment around, and do what creeks do to be self-forming. We're going to divert the channel, fill it in, and create a new 30 foot channel. We will then let the creek create it's own channel and meanders."

Once the broad new form is created, not only will Marovich's team do expensive planting next spring, but the stream itself will also plant native vegetation on an ongoing basis, as part of winter flooding of the low beaches. His initial plantings will be a form of sterile barley, intended only as a temporary erosion control crop.

Marovich has a nursery set up at the California Department of Forestry and Fire Protection (CalFire) site in Davis. The program there has excellent shade cloth and glass greenhouse facilities, and Marovich has been developing

plantings at the facility from Putah Creek native cuttings for years. Many of the trees he will be planting in Winters will be four to ten feet high, thanks to the nursery program. Plantings in riparian areas grow very quickly.

Marovich points as an example of fast growth to the Davis South Fork Preserve, viewable two miles south of I-80 where Mace crosses the creek.

"That was a tomato field in 2000," said Marovich.

Marovich has chauffeured the project through a blackberry bramble of environmental regulations in order to get permits from numerous agencies. Some of the delays are concerned with elderberry trees at the site, which are host to the "federally threatened" longhorn bark beetle. The same issue has bedeviled the planned North Bank Improvement Project, paid for as part of the car bridge replacement project to start next year. That project will provide a ten foot wide paved path along the Winters upper edge bank of the creek park.

Fortunately for Winters, Marovich's focus on stream form and rebuilding plant and wildlife habitat will also provide a lovely, accessible river park in the heart of town.

"The current banks are typically seven feet above the stream, with blackberry bushes blocking access," said Marovich. "The new banks of the stream will be about two feet above the wa-

ter, an easy height for getting out of a canoe."

Before that bit of pretty happens, there will be months of noisy, dusty construction, with a more landscaped look happening as planting progresses next summer. Trees will take five to 10 years to reach adult height. As in past projects of this sort, expect objections from people that frequent and live near the creek. This kind of work is profoundly disruptive and toes will be stepped on.

The project budget for Phases II and III is \$2.3 million, with the bulk from California River Parkways program grants, and another grant for the private lands portion. Part of the work needed to be on private land, because the diversion couldn't start at the border under the car bridge, which is a pool.

The work areas are east and west of the staging area in the middle of the project. The work starting now includes a million dollars for the de-watering portion of the job, including the rental of the large quantity of pipe. Phase IV will be the reworking of the middle portion, and that will go out to bid the following year. The design for that portion is done, and the work will be simpler, leading Marovich to hope that local contractors will bid for that phase.

Marovich expects the construction part of the current job to be complete in November.

Bay Area eye on Winters

Winters will be featured on "Eye on the Bay" on Thursday, Sept. 29, at 7 p.m. The show airs on Channel 5, which is not a local channel. The segment is expected to be posted on the show's website, <http://sanfrancisco.cbslocal.com/show/eye-on-the-bay/>.

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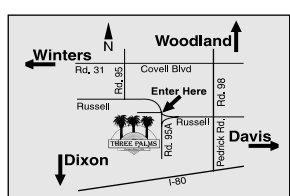
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WOODLAND: From West Main St. go South 9 mi. on Co. Rd. 98. Turn right on Russell Blvd. Go 2.8 mi. Nursery on left at "Y."
VACAVILLE & DIXON: Go East on I-80, exit North on Pedrick Rd. Go North 4 mi. Turn left on Russell Blvd. Go 2.8 mi. Nursery on left at "Y."



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Green River keep on flowing



Rich Marovich, stream keeper, looks over a temporary dam on Putah Creek, about even with 3rd Street. The dam is diverting water into two, 24 inch pipes. The pipes continue down the creek channel for one mile. The creek is being reshaped into a 30 foot wide channel to improve flow and fish habitat. The 24 inch black pipes are laid approximately where the new channel will be. According to Marovich, about half the water trapped below the temporary dam will percolate into the aquifer. The rest will be pumped around the project and back into the creek. He said the project should be finished by Thanksgiving.



As the creek dries out the old creek bed will be filled in and the banks and flood planes will be reshaped. Many trees were left to help supply habitat and bank stability to the creek. The new channel will carry almost 200 second feet of water before it overflows its banks allowing the water to flow along the second and third tier flood planes.



Volunteers are catching fish, and other aquatic life, trapped in ponds in Putah Creek, and will transfer them back into the creek. They are using small nets and later will use seines in an attempt to catch larger fish from deeper ponds as the creek is drained. If you would like to help with this project, contact Libby Earthman, Putah Creek Council, at 530-400-8431 or by email: libby@putahcreekcouncil.org

Green River lyrics

Credence Clearwater Revival

Well, take me back down
where cool water flows,
yeah.
Let me remember things
I love,
Stoppin' at the log where
catfish bite,
Walkin' along the river
road at night,
Barefoot girls dancin' in
the moonlight.

I can hear the bullfrog
callin' me.
Wonder if my rope's still
hangin' to the tree.
Love to kick my feet 'way
down the shallow water.
Shoefly, dragonfly, get
back t'your mother.
Pick up a flat rock, skip it
across Green River.
Wellllllll!

Up at Cody's camp I

spent my days, oh,
With flat car riders and
cross-tie walkers.
Old Cody, Junior took me
over,
Said, "You're gonna find

the world is smould'rin'.
And if you get lost come
on home to Green River."

Wellllllll!
Come on home.



Water is being pumped out of the remaining ponds on Putah Creek over the temporary dam. If winter rains raise the level of the creek the dam will be reinforced as needed. As the project moves down the creek, the water will be pushed ahead of the work crews.



The channel under the bridges will be a lot narrower (around 30 feet) and will move to the south side of the creek bed, following the direction of the diversion pipes. There will be access from the Community Center, with walking trails planned all the way to Highway 505 on both sides of the creek.

Photos by Charles Wallace



This tank is being used to load up fish and other aquatic animals taken from Putah Creek and transported upstream where they can either travel through the 24 inch pipes or stay upstream until the project is complete. Looking over the tank is Ken Davis, resident entomologist.

STREET

Continued from page A-1

ond go-round after the name chosen by the Council at its previous meeting was determined to be ineligible.

Having two lists from which to choose, one comprising local historic names and the other made up of the names of Winters veterans killed in action, the council elected on Sept. 6 to use them alternately, with the veterans' list up first. Mayor Woody Fridae drew the name randomly and it appeared that "Ozbun Lane" would be the first street visible to those who enter from Highway 505 or Russell Boulevard.

The choice was short-lived, when further investigation revealed that James Ozbun was a Fairfield resident and could not have a Winters street named in his honor.

This time, there was a good deal of discussion about every aspect of both lists and questions abounded. Were the lists prioritized? Were all of the veterans killed in action? If they were not, did they all have equal discharges? Was one war to be honored before another?

There were further concerns as well. Councilman Tom McMaster-Stone pointed out that it was important that street names not sound alike, to avoid confusion for emergency response services.

It was finally decided that a name would again be drawn randomly, with assurances from City Manager John Donlevy that all of them had been properly vetted, and that this time both lists would be given equal consideration.

Mayor Pro Tem Cecilia Aguiar-Curry reached into a bag of paper slips and chose the name "Matsumo-

to." Little information is available about the Matsumoto name or family, other than that they were part of a sizeable Japanese community that lived in and near Winters in the years between the World Wars.

Prohibited by law from owning property, those born in Japan either leased agricultural land or bought it in the names of their American-born children. Winters had a Japanese school and a Buddhist church, and the annual Japanese picnic was attended by all segments of the community.

With the advent of World War Two came the 1942 Executive Order 9066, which required the internment of 110,000 Japanese-Americans and native-born Japanese from the West Coast to inland "relocation centers" as a national security measure. Only a few returned to the Winters area after the war.

Putah Creek restoration project

The short meeting ended with a report from Donlevy on the progress of the Putah Creek restoration project, which is fully underway.

Describing it as "one of the largest restoration projects ever" on the creek, Donlevy told the council that it was a "dramatic undertaking" and that dramatic changes were already visible with the removal of non-native vegetation and "aggressive" movement of land to narrow and deepen the channel. The restoration will return the waterway to a more natural state and will provide improved wildlife habitat.

The next council meeting will take place in the council chambers at City Hall at 6:30 p.m. on Tuesday, Oct. 4. The public is welcome to attend.

HONORS

Continued from page A-1

ters Senior Citizen Award. The criteria for each of these awards is as follows:

~ Citizen of the Year: an individual who has made significant contributions to the betterment of the Winters community. This service should have been in a largely volunteer capacity, in a variety of activities, and over a sustained period of time. The activities should have required a considerable selfless expenditure of time and energy. The selection of the recipient of the Winters Citizen of the Year is made by a com-

mittee of Past Citizens of the Year and a representative of the Chamber of Commerce.

~ Theodore Winters Award: an individual who has made a significant contribution to the betterment of the Winters community. This award recognizes service rendered over a shorter period of time and generally in one or two major activities devoted to the improvement of life in our community.

~ Winters Chamber of Commerce Business Award: a business that has been a leader in the community by an unselfish contribution to the residents of Winters. The recipient of this

award is regarded as being a "role model" in enhancing the relationship between the business community and the people it serves.

~ Senior Citizen Award: a senior citizen who has made a significant contribution to improving the quality of life for the citizens of the Winters community.

The Theodore Winters Award, Business Award and Senior Citizen recipients are selected by the Chamber's board of directors.

The Chamber requests the community's assistance in the nominations of deserving individuals for the above awards.

To nominate someone for consideration of any or all of these awards, provide the Chamber (in writing), the name of the nominee, the award for which she or he is nominated, a brief summary of the services rendered to the community, and your name and telephone number so we can contact you for additional information of the nominee, if necessary.

Nominations are due by Wednesday, Oct. 19, at the Chamber of Commerce office, located inside the Winters Visitors Center, 11 Main Street.

For more information, call the Chamber, 795-2329.

Getting married? Just had a baby? Earned a degree?

Announce it in the Express — it's free!

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

Homeowners can get help with energy upgrades

Free home energy assessments (approximate value \$500) will be available to Yolo County homeowners if they sign up at an upcoming Energy Upgrade California event (some restrictions may apply). A drop-in event will take place on Wednesday, Oct. 5, 7-8:30 p.m. at the Community and Senior Center in Woodland.

Homeowners will have an opportunity to connect one-to-one with contractors qualified to conduct comprehensive home en-

ergy assessments.

Energy Upgrade California representatives will describe rebates up to \$4,000. Information about zero percent fixed interest financing is available for energy upgrades and solar panels through a grant from the California Energy Commission through the CRHMF Homebuyers Fund for income qualified homeowners.

For more information on the program, visit www.EnergyUpgradeCA.org.

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Winters

Chamber of Commerce

CHAMBER NEWS AND ACTIVITIES

October will be busy for the Chamber



AL ALDRETE
THE BOTTOM
LINE
EXECUTIVE DIRECTOR
WINTERS CHAMBER OF COMMERCE

There are several things going on at the Winters Chamber of Commerce these days: We have elections coming up for the board of directors, Yolo Energy Watch as the next Business Breakfast topic, the next Ag Exploration of Dixon Ridge Farms, the Tree Lighting Ceremony and preparation for the Year in Review celebration, where we honor the Citizen of the Year.

The Chamber also just held its first Winters Business Forum, where we invited businesses in Winters and the surrounding areas to come and get information from top level industry professionals who spoke on topics such as health-care reform, Workers Compensation and employment law, as well as how to help you and your employees manage stress.

I would like to thank all our speakers, including Christopher Kelsch, executive director of the Winters Health-care Foundation and the other great

speakers for their time. I would also like to thank Woodland Healthcare for their help in organizing this Forum. Special thanks to Lester Farms Bakery, Berryessa Sporting Goods, and Steady Eddy's for their contributions to the refreshments.

As I said, we have a few things going on here at the Chamber and Visitors Center, and one of those is working on increasing tourism to Winters. We have been doing this through the Ag Exploration project.

The next Ag Exploration is scheduled for Saturday, Oct. 22, and we will be taking guests to enjoy the walnut harvest, and to return to enjoy the many exciting local shops and a lunch at the Putah Creek Café prepared by Chef Fred Reyes.

To help with the Harvest theme this year, the Chamber is bringing back the Scarecrow Contest, and we want to have the participation of everyone in town. Businesses, non-prof-

its and individuals are all invited to register their scarecrows to be displayed up and down Railroad and Main Street. The winner of the contest will be announced on Friday, Oct. 28, at the Harvest Festival, and will receive \$200 in Winters Bucks.

The Chamber is also working very hard to increase communication between the local businesses and increase the networking abilities as well. We are doing this through events such as the Business Breakfasts and the Business Forums.

The next Business

Breakfast will be Wednesday, Oct. 12, at Cody's Restaurant at 7:30 a.m. Our guest speakers will be from Yolo County and PG&E to bring information on how businesses can save money by participating in the various Yolo Energy Watch programs.

The bottom line is this: The Chamber is constantly looking for ways to improve the way we communicate with the business community, increase tourism to the City of Winters and increase networking opportunities for businesses.

U.S. Treasury invests in First Northern Bank

First Northern Community Bancorp (FNRN:OTCQB), the parent company of First Northern Bank, announced today that it has received an investment of \$22.8 million in the company's preferred stock from the U.S. Department of Treasury under the Small Business Lending Fund (SBLF).

The SBLF is a voluntary program intended to encourage small-business lending by providing capital to qualified community banks at favorable rates. The initial dividend rate on the preferred stock is 5 percent. Depending on the bank's success in meeting certain loan growth targets, the dividend rate could go as low as 1 percent for a period of time. Based on current loan levels, First Northern will continue to pay the 5 percent rate. The bank's participation in the SBLF was authorized by shareholders at a special meeting on Sept. 14.

"We are pleased to have been selected among healthy financial institutions to participate in this important program. We have completed the SBLF capital infusion in support of our small-business

lending operations and have repaid the CPP investment," said Louise A. Walker, president and CEO of First Northern. "Our participation in the SBLF program is a great opportunity for our company to continue to meet the credit needs of small businesses."

Simultaneously with the receipt of the SBLF funds, the bank redeemed \$17.4 million in shares of preferred stock issued to the Treasury in March 2009 under the Capital Purchase Program (CPP), a part of the Troubled Asset Relief Program (TARP).

The Treasury continues to hold a warrant to purchase 352,977 shares of the company's common stock at a price of \$7.39.

"The Bank will attempt to repurchase these warrants from the Treasury in the coming weeks," she added.

More details regarding the transactions described above can be found in the Bank's Current Report on Form 8-K that was filed with the Securities and Exchange Commission (www.sec.gov) last week.

Chamber calendar

Month of October: Scarecrow Contest

~ Monday, Oct. 10: Mixer at Wiscombe Funeral Home 5:30-7 p.m. Open to the public, \$5 donation requested at the door.

~ Wednesday, Oct. 12: Business Breakfast at Cody's Restaurant, 7:30 a.m. Open to the public, \$10 at the door.

~ Friday, Oct. 14: Board of Directors meeting, 7 a.m. at the Chamber of Commerce/Visitors Center. Board meetings are open to the public.

~ Saturday, Oct. 22: Ag Exploration of Dixon Ridge Farms, 9 a.m. to 3 p.m.



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Entertainment

Sourdough Slim returns to Palms with Armstrong

Sourdough Slim and Robert Armstrong will celebrate the release of their new CD, "Oh, Sweet Mama!" at 8 p.m. Saturday, Oct. 8, at The Palms, 13 Main St., Winters.

Sourdough Slim and Robert Armstrong are passionate about the music they play and the culture from which it springs. "Oh, Sweet Mama!" lets you know from the first bars of their opening song, "My Last Old Dollar," to the last wistful strains of their phenomenal re-creation of Stan Jones' immortal "Riders In The Sky" that they are proud torch-bearers of our rich roots music heritage.

Their fascination with the music of the 1920s, '30s and '40s has been a lifelong pursuit and this delightful selection of 16 songs is steeped in the country blues, western, vintage jazz and hillbilly tradition of those times. Their enthusiasm and the obvious good time they are having shines through on every cut.

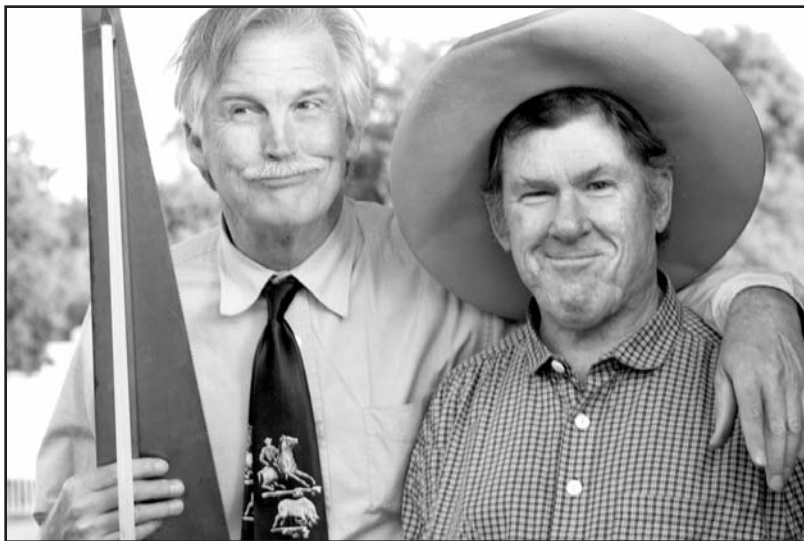
A marvel of musical ingenuity, showman extraordinaire

Sourdough Slim and string instrument wizard Robert Armstrong joyously rekindle the country blues, western classics, vintage jazz and string band repertoire of rural 20th century America. It's a fast-paced performance of music and humor that showcases their seasoned gift for connecting with audiences.

Whether capturing the haunting refrain of a Jimmie Rodgers blue yodel or swinging out a hot novelty number, everyone gets caught up in the fun these two cut-ups have on stage. Longtime fans will remember them as founding members of two of California's favorite acoustic combos, "8th Avenue String Band" and "R. Crumb's Cheap Suit Serenaders."

Between them, they share a provocative array of period instruments including flat-top guitar, national steel guitar, baritone and soprano ukulele, musical saw, accordion, six-string banjo and harmonica.

Well-traveled veterans of stages



Robert Armstrong, left, and Sourdough Slim will perform at 8 p.m. Saturday, Oct. 8, at The Palms as they celebrate the release of their new CD.

Courtesy photo

ranging from Carnegie Hall and The Lincoln Center to The Strawberry Music Festival, The National Cowboy Gathering and "Prairie Home Companion," these modern day vaudevillians capture a sound and moment in time that consistently delights fun-loving music

fans wherever they perform.

Tickets are \$20, and are available at Pacific Ace Hardware or at the door if not sold out. For more information, visit www.palmsplayhouse.com or www.sourdoughslim.com. On the latter site, click on the CD page to hear audio samples.

Music pioneer sisters return to Palms

Women's music pioneers and sisters June and Jean Millington return to The Palms accompanied by Lee Madeloni on drums to celebrate the release of their new album, "Play Like a Girl," at The Palms at 8 p.m. Friday, Oct. 1.

Guitarist June and bassist Jean have very important stories in the history of rock 'n' roll. While the Runaways and the Go Go's are remembered as some of the earliest of all-female rock bands, it was actually June and Jean's late '60s band Fanny that predated all of them by several years.

They were the first all-female American rock band to get a major label deal

when Warner Brothers signed them. They toured the world, playing with everyone from Jethro Tull to the Staple Singers, and their existence and popularity was instrumental to the rise of the female bands that followed.

David Bowie said in Rolling Stone magazine in 1999: "One of the most important female bands in American rock has been buried without a trace. And that is Fanny. They were one of the finest ... rock bands of their time, in about 1973. They were extraordinary ... They're as important as anybody else who's ever been, ever; it just wasn't their time. Revivify Fanny. And I will feel

that my work is done."

Now, this sister act is back again with their new release, "Play Like a Girl," a full album of blues and funk-inflected rock 'n' roll that any fan of women pioneers in music should pick up. It's actually the pair's seventh post-Fanny album together and they've had many other projects separately.

Tickets are \$20 and are available at Pacific Ace Hardware in Winters, Armadillo Music in Davis, Watermelon Music's branch in Woodland, and at the door if not sold out.

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

Roots to Wine passport holders can explore regional wineries

On the weekend of Oct. 8 and 9, wineries in the Capay Valley, Davis, Dunnigan Hills, English Hills of Vacaville and Winters will host the first annual Roots to Wine Passport Weekend.

Activities are planned from 10 a.m. to 5 p.m. on both days.

Passport holders are encouraged to design their own route or two that will allow them to spend the weekend exploring the countryside in the area and experiencing the wine and hospitality designed especially for this event.

Visitors to the Capay Valley near the town of Brooks will find Capay Valley Vineyards winemaker Terri Strain on hand both Saturday and Sunday to greet visitors. Tom Frederick will display his restored racecar, the Can-Am McLaren M8B, and passport holders will receive special case discounts on select wines.

Under the trees at the same location, Simas Family Wines will pour its red and white Rhone blends as well as a Mouvedre rosé. Visitors are encouraged to bring a picnic lunch while listening to live music from 1 to 4 p.m. both days. Nearby at the Yoche Dehe Golf Club at Cache Creek Casino Resort, Séka Hills will pour rosé and its award-winning viognier from the veranda overlooking the golf course. Light nibbles and refreshments will also be available.

Just east of the Capay Valley in the Dunnigan Hills, Route 3 Wines will host its third annual release party in its vineyards (Sunday only, from 2 to 5 p.m.). This year's release party is open to passport holders where new wines will be introduced. Route 3 will be at its new tasting room location in Winters, on Saturday from 10 a.m. to 5 p.m.

A short drive from Sacramento and just south of the Dunnigan Hills, passport holders are invited to Rominger West Winery in Davis where special wine and food pairings will be available.

Meanwhile, in Winters, Turkovich

Family Wines will provide passport holders the opportunity to try their hand at blending a personal signature glass of wine. Berryessa Gap Vineyards will offer visitors two unique experiences. At the winery on Highway 128, visitors will learn from winemaker and UC Davis viticulture researcher Mike Anderson during a hands-on rootstock propagation experience.

Passport holders also will be offered special wine flight tastings of Berryessa Gap's Rocky Ridge Collection Tradition and Tempranillo wines including library vintages of both. Picnic tables and a bocce court are available on site at the winery.

In the winery's historic downtown Winters tasting room nuts, dried fruit and chocolate will accompany the tasting of a not-yet-released 2009 barbera and the rarely available to the public 2008 Durif. Live music will be playing Saturday evening and Sunday afternoon. At both locations, passport holders will be treated to this year's Federweiser — feather white. This unique sparkling wine is made from freshly fermenting chardonnay wine.

Also in Winters, Casey Flat Ranch winemaker Laura Barrett will simulate a cellar experience and pour a selection of barrel samples to explore the importance, nuance and effect of oak barrels and cooperage choice on Casey Flat Ranch red wines. Casey Flat Ranch and Route 3 Wines recently joined Julie LePla Winery in the region's only Joint Tasting Room at Rootstock Specialty Gifts and Tasting Room in Winters.

In the English Hills of Vacaville, just south of Winters, passport holders are invited to meet winemaker Julie Larson and tour Julie LePla Winery, the smallest winery in the region, which rarely opens to the public. Visitors will be offered select wine and food pairings while being among the first to

taste the release of Julie LePla 2010 zin-

fandel. A 20 percent discount on purchase of six or more bottles will be available to passport holders.

Specials are being offered over the course of the weekend to passport holders by many of Roots to Wine trade and tourism partners. Special room rates or dinner discounts are available in nearby communities. Park Winters invites passport holders to check out their soon-to-open inn in the beautiful countryside between Winters and the Capay Valley. Historic Oakdale Ranch in Esparto offers a unique event venue visitors are encouraged to see.

Putah Creek Café, The Buckhorn and Preserve Public House in Winters will all offer lunch and dinner specials to passport holders. Winters Cheese Company will offer cheese tasting. Rootstock Specialty Gifts and Tasting Room in Winters will offer discounts on gift items, will have outdoor artisans on hand on Sunday, and will host Hillstone Olive Oil and other regional olive oil producers for a special olive oil tasting on Saturday. Main Street Cellars in Winters provides a casual and funky environment for visitors to enjoy a glass of wine or beer. The Winters Visitor Center offers information on the history of Winters and newly formed Ag Exploration Tours.

The cost of a two-day passport is \$40 if purchased in advance or \$50 on the day of the event. To purchase a passport for this event, visit a participating winery or go online to www.rootstowine.com.

About Roots to Wine
Roots to Wine is an association of wine grape growers, producers and wineries from Capay Valley, Davis, Dunnigan Hills, English Hills, and Winters, which educates consumers on the rich viticulture history of the region and promotes the region's wine grapes and wine.

For more on the Passport Weekend or Roots to Wine, visit www.rootstowine.com or email info@rootstowine.com.

Strike up the Honor Band



Courtesy photo

Winters Middle School Band members, from left, Isabella Jimenez (clarinet), Anthony Salas (euphonium), Nicholas Wright (bassoon) and Kevin Rotenkolber (tuba) were selected to be part of the Causeway Classic Honor Band and will play on the Mondavi Center stage at UC Davis. They will have the opportunity to work with Pete Nowlan, conductor of UC Davis bands, and Bob Halseth, conductor of Sacramento State bands. The main attraction is getting the chance to play under the baton of composer/conductor Sam Hazo, a leading conductor of bands in America, as well as playing with the best of the best from 42 other middle schools. Rehearsals are grueling, playing from six to eight hours a day — only for the toughest and most dedicated students. Lynne Secrist, their music teacher, is proud the middle school will be so strongly represented and pleased that these four will have the chance to play in a high-level ensemble. Eugene Myer, though not attending due to a broken wrist, was also selected. The concert is open to all on Sunday, Oct. 23, at 7 p.m. at the Mondavi Center.

Craft faire seeks vendors

Crafters and vendors who wish to reserve a space for the Christmas Craft Faire on Nov. 12 at Countryside Community Church, 26479 Grafton St. in Esparto, may request an application form by emailing espartonews@gmail.com or calling the church office at 787-3586.

The deadline for applications is Oct. 31.



Coming up

Sat. Oct. 1 - June and Jean Millington
Fri. Oct. 7 - Janiva Magness
Sat. Oct. 8 - Sourdough Slim and Robert Armstrong

See the rest of our schedule online at palmsplayhouse.com

Stitch it, stuff it



Photo by Debra DeAngelo
Baylee Rippee (above, back) and Montana Maggenti prepare decorations and stuffing for their scarecrows at the scarecrow building workshop hosted by Shaunie and Mike Briggs on Sept. 26. At right, Lauren McNees works on the sewing machine with assistance from Sara Shugarts. Scarecrows and entry forms for this year's Scarecrow Contest are due in the Winters Chamber of Commerce office on Friday, Sept. 30. For more information, call the Chamber, 795-2329.



Hotel, fire department on next agenda

The Winters City Council will meet on Tuesday, Oct. 4, at 6:30 p.m. in the council chambers at City Hall. The agenda includes:

- ~ Fire management services proposal; Cities of Winters and Dixon
- ~ Downtown hotel RFP calendar and process

Anyone may attend.

LETTERS

Continued from page A-5

Karen Ross.
Proceeds from A Day in the Country will help the Yolo Land Trust's mission of conservation of farmland and habitat lands.

We raised more money from sponsorships this year and sold more tickets than ever before, noted Mary Kimball, Yolo Land Trust president of the board of directors. She said that the community has once again demonstrated its generosity and support. Donations to purchase over 25 items at a silent auction raised additional funds for Yolo Land Trust.

Lively music filled the gardens by Yolo County favorite, the Plainfield Pickers. The Yolo Land Trust thanks all the growers, producers, restaurants, wineries, vendors, sponsors, donors and supporters.

MICHELE CLARK
Executive Director
Yolo Land Trust

It's finally finished!



Photo by Debbie Hemenway

Ceramic artists Rebecca Bresnick Holmes (left) and Shannon Moore happily put the last tiles on the restroom at Rotary Park on Tuesday, Sept. 27. They have been working on this public art project for more than a year. A ribbon cutting is being planned.

Trees will be planted in Winters parks

More than 40 volunteers will be digging holes and planting 40 new trees on Saturday, Oct. 1, that will beautify Winters and provide shade that will cool parks during hot summer days. The event will establish a living tree legacy in three Winters parks.

Volunteers from the District 4-C5 Lions Club, Winters Rotary Club and the City of Winters will meet at Valley Oak Park, on the corner of Grant Avenue and Valley Oak Drive at 9 a.m. Volunteers will plant 19 trees in Valley Oak Park, six trees in City Park, and 15 trees in Blue Oak Park.

The City of Winters invites the public to join them in planting trees on Oct. 1, from 9

a.m. to noon. Volunteers will be provided tools and be trained in proper tree-planting techniques. T-shirts courtesy of Adidas and the City of Winters will also be available for the first 30 volunteers.

This tree planting is made possible by the City of Winters, Tree Davis, the Sacramento Tree Foundation, and Four Winds Nursery. Snacks will be provided by Lester Farms Bakery.

Tree planting events occur almost every weekend between October and April, for dates and locations visit www.sactree.com/events.

The Sacramento Tree Foundation is a nonprofit organization working to grow

healthy, livable communities in the Sacramento region by building the best regional urban forest in the nation. The organization works with community partners and volunteers to bring trees to every neighborhood, business district, park, school and street.

Its goal is to support the planting of 5-million trees in the region. This is important because of the many environmental, economic and public health benefits that trees contribute to the overall quality of life in neighborhoods and communities.

More information can be found at www.sactree.com.

Sports

Mariani goes nuts on Amador

◆ Herrera kicks the Buffaloes back home with three field goals

By ERIC LUCERO
Express sports

Nick Mariani totaled 280 yards of offense with a rushing touchdown and a passing touchdown, and Omar Herrera kicked three field goals including a 41-yarder to give the Warriors a 30-27 victory over visiting Amador High School. Last Friday, Sept. 23, the Warriors hosted Amador in a non-league contest and came out on top of a roller coaster of a game.

Winters took a 20-7 lead into the half but quickly saw things change when the Buffaloes returned in the third quarter. Amador scored 20 points in the third to take the lead before the Warriors would respond. Winters did respond and scored 10 more in the fourth thanks to a 41-yard field goal by Herrera and then a 78-yard touchdown pass from Mariani to Trevor Wright. The Warriors' defense then put up the big red wall and shut down the Buffaloes' charge at the end of the game.

Mariani ended the game completing 9 of 13 passes for 167 yards and a touchdown. Mariani also rushed for

See **MARIANI** on page B-4



Omar Herrera kicks one of his three field goals for the Warriors varsity football team with the help of holder Chris Mayes during the Warriors' 30-27 victory over Amador last Friday, Sept. 23.

Photo by Ken Stewart

Tice breaks 15-year school swim record

By ERIC LUCERO
Express sports

The Winters Warriors swim team stepped up a level in competition as they took on a much larger school in Pleasant Valley High School. On Wednesday, Sept. 21, the Warriors traveled to Chico and despite losing in team points in both the girls and the boys, the Warriors competed very well.

"We knew this meet was going to be a challenge where we may not have done as well

as we wanted to," said coach Kevin Chester. "I think that this was a good start to see where our competition will be when it is time for championships."

The boys team lost 110-60 overall but had some very good individual times with D.J. Tice leading the way. Tice broke a school record in the 100 fly with a time of 54.93. According to Chester, Brandon Myers held the record for 15 years with a time of 55.86.

Tice also won the 200 IM with a time of



TICE

2:09.62. Colten Montgomery also won two of his events with a first

place finish in the 100 free in 51.10 and in the 100 back in 58.61. Austin Freed placed second in the 500 free in 5:51.38. Justin Nitzkowski finished third in the 200 IM in 2:19.82 and third in the 100 breaststroke in 1:10.40.

The boys 400 free relay team remains unbeaten this season with Nitzkowski, Montgomery, Tice and Holden Philbrook winning again with a time of 3:34.65.

The girls lost 122-45 as a team but also

had some competitive individual swims.

"Our girls team, while few in numbers and young, is starting to show a competitive side and with the middle of the season upon us and the hard training that lies ahead," Chester said. "I am looking forward to what this girls team can do."

Vanessa Arellano took second in the 50 free in 28.17, in the 100 free in 1:02.56 and in the 500 free in 6:29.76. Ashlynn Neil placed third in the 50 free in

28.72 and in the 100 free in 1:04.69. Angelica Arellano took second in the 500 free in 6:29.76 and was third in the 100 fly in 1:14.36. Marie Scholl took third in the 200 IM in 2:45.57 and third in the 100 breaststroke in 1:22.34. Ellie Kreun took third in the 100 backstroke in 1:17.12, while the 400 free relay team of Neil, Scholl and Vanessa and Angelica Arellano placed second with an impressive time of 4:24.21.

JV team falls short in late comeback

By ERIC LUCERO
Express sports

The Winters JV football team made a poorly played game look good in the end with a fourth quarter comeback that fell just short of a victory over visiting Amador High School on Friday, Sept. 23.

Winters lost 32-27 after scoring almost all of its points in the fourth quarter. After trailing 32-0, the game went to a running clock, which in the end went just a little too fast for Winters.

Winters passed for 112 yards between Christian Corrales, who

completed 2 of 9 passes for 27 yards, and Jacob Lowrie, who threw for 85 yards completing three of three pass attempts and two touchdowns. On the receiving side of those passes were Trevor Ray, who caught three passes for 59 yards with two touchdowns, and Ben Case, who had 53 yards on two receptions. Ray also rushed for 42 yards on 11 carries and two touchdowns. Lowrie rushed for 19 yards on three carries and Chaz Mathews rushed for one yard on one carry. Luis Montes made three of three PAT kicks for the Warriors.

See **JV** on page B-4

Ireland wins grid contest

Tim Ireland picked 22 out of 28 games correctly to win the \$30 first prize in the Winters Merchants Football Contest.

Tom George also had 22 right, with Ireland winning the first prize on the basis of the tie-breaker score of the Notre Dame-Pittsburgh game. There were 27 points scored in that game with Ireland choosing 37 and George, 54. George receives the \$15 second prize.

All of the other contestants had 21 or fewer correct selections. Another contest is in today's Express.

Go, Warriors!

Lady Warriors beat East Nicolaus

The Lady Warriors varsity volleyball team wasted no time in defeating visiting East Nicolaus in three straight games last Tuesday, Sept. 20.

The Warriors beat the Spartans 25-14, 25-20 and 25-16 and improved

their overall record to 5-3.

Winters will host Pierce High School on Tuesday, Sept. 27, before the team gets ready to host Wheatland for its first Butte View League game of the season on Tuesday, Oct. 4.

PISANI'S ATHLETE OF THE WEEK



Omar Herrera

Omar Herrera, a senior kicker for the Winters High School varsity football team, is athlete of the week. Last week, Omar totaled 12 points for the Warriors with three field goals including a 41 yarder, and made three of three PATs to help give the Warriors a 30-27 come-from-behind victory over visiting Amador High School.

"Omar changes the whole game," said coach Daniel Ward. "Having a weapon like that gives you a lot more freedom when you are calling plays. Also, his kickoffs keep our opponents starting at the 20-yard line instead of at midfield."

Herrera kicked six out of seven kickoffs into the end zone.

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Schools

Chili, honors highlight Scouts' gathering

By TOM ANGUAY
Special to the Express

On Thursday night, Sept. 15, at the LDS Church Cultural Hall, a combined Chili Cook Off and Troop 998 Court of Honor was held. The Theme for the Court of Honor was "We Believe."

Conducting The Court of Honor was Nick Muldong and the opening prayer was given by Kaimi Drumright. Introduction of Troop Committee was given, including Bishop Matt Baker, executive; Tom Anguay, CC; Tom Ryel, COR; Patricia Muldong, secretary; Dawn Stewart, advance chair; Leslie Chiche, TO; David Cliche, chaplin; and Mark Tippetts, treasurer.

Scout leaders were recognized: 11-year-old Scout leaders Ken and Dawn Stewart; Scout Master Ruben Martinez; Assistant Scout Masters Andrew Cliche, Aaron Drumright and Perry Martin; Varsity Coach Leader Brent Hardy, Venture Crew Adviser David Hudson; and Assistant Crew Advisers David and Leslie Cliche, and Robert Morris.

The Investiture Ceremony was led by Ken Stewart, who said, "Tonight, we welcome some new Scouts into our troop. Since the last Court of Honor, MaKay Baker and Dakota Drummert have joined our troop. We want to recognize MaKay Baker for earning his Arrow of Light in Cub Scouting. This is the highest award in Cub Scouting and the only Cub Scout rank that is worn on his Boy Scout shirt."

Next was the opening flag ceremony; Pledge of Allegiance; and Boy Scout oath, law, motto, slogan and outdoor code given by all the Scouts. Scout MaKay Baker gave

a talk on honesty and character. Scout Leader Dawn Stewart gave her talk on the Scouting program.

A break was taken for the chili dinner. The chili recipes were plenty hot and tasty.

Assistant Scout Master Aaron Drumright handed out event patches from Camp Cole. Camp patches went to Kaeo and Kaimi Drumright, Elden Maynard, Matt Twomey, Mitchel Stewart, Nick and Devon Muldong. Polar bear patches went to Elden Maynard and Kaimi Drumright, and the snorkel patch went to Elden Maynard. This year, Troop 998 received the "Outstanding Unit Award." This award is given to the unit that best exemplifies Boy Scouting.

Ken Stewart gave the Rank of Scout advancement. He said, "The Rank of Scout is the first step to becoming a Boy Scout. You must learn the Scout oath, law, motto, slogan among other things. Tonight we have two boys who have earned the rank of Scouts, MaKay Baker and Dakota Drummert." The boys pinned their respective mothers with their first Mothers Scout Rank pin. The rank advancement for Star Scout and Life Scout was given by Aaron Drumright.

"Devon Muldong, In receiving your Star rank tonight, you are taking a long step toward Eagle. May this Star Scout badge be a constant reminder of the star of service that will shine as a guide to lead you on the trail to manhood."

Devon then pinned his mother with a Mother's Star pin.

"Mitchel Stewart and Nick Muldong in receiving your Life Rank tonight, you are approaching your last

step toward Eagle. Tonight you are entering that select group who will directly work towards their Eagle rank. When you are finished with the requirements we will give you, you will be worthy to join those few who are Eagle Scouts."

Mitchel and Nick pinned their mothers with the Mother's Life Rank pin.

Aaron Drumright handed out 24 merit badges: Kaeo Drumright, emergency preparation, environmental science, rifle, and wilderness survival; Kaimi Drumright, communications and fishing; Elden Maynard, rifle, orienteering, fire safety, leather, basketry, and wood carving; Devon Muldong, wilderness survival, communications and astronomy; Nick Muldong, rowing, wood carving, basketry and astronomy; Mitchel Stewart, rifle shooting and archery; Matt Twomey, fire safety, communications and leatherwork.

Tom Ryel, COR, gave Kaimi Drumright the first of two Scout Spirit Awards. Kaimi earned a fly rod and reel. Dave Hudson, VCA, gave the second Scout Spirit Award, a backpack stove, to Peter Escalante. A Scoutmaster Minute on "loyalty" was given by Aaron Drumright. This ended the Court of Honor.

The winners for the Chili Cook Off were announced by Bishop Baker. The Ryel family won first; the Holts, second; and the Baker family, third. Special awards went to Morgan's for Feel the Burn; the Svozils, Never a Dull Bite; the Hudsons, Texas Style; the Stewarts, Gone Back for Seconds; and Randy Davis, the Best of The Best.

Closing prayer was given by Dave Hudson.

Free parent education workshops offered

The Tree House Children's Center is offering a parent education workshop series to the entire community free of charge and with free child care available. Simultaneous Spanish translation will be available.

The next workshop will be on Wednesday, Oct. 5, from 7 to 8 p.m. at the Tree House, 418 Haven St., across from Waggoner School. Diane Kisner, a parent educator from the Bay Area will discuss Challenging Behavior & Boundaries: "Children need to define and redefine themselves as they grow up in order to learn to be

responsible adults. Power struggles often come during times when there is something new going on. Find out ideas to consider when you see power struggles. Learn the difference between discipline and punishment."

Parents are invited to come hear about the strategies Kisner has for dealing with challenging behavior and come with questions for her to answer. Free child care is available with 24 hours notice.

Call The Tree House at 795-0123 or email office@winterstreehouse.com for more information or to reserve free childcare.

Cross country meet is fundraiser for teams

More than 600 students from 20 area high schools and middle schools will be participating in the Yolo County Championship Cross Country meet at Muller's Ranch in Woodland on Saturday, Oct. 1.

Middle school runners will compete in a 1.5-mile course, freshman and sophomore boys and girls will compete in a two-mile run and varsity girls

and boys will compete in a three-mile run.

There will be a two-mile Community Fun Run at 8 a.m. and a 1K Youth Run (elementary school students or younger, cost \$3) at 8:30 a.m.

The Community Run offers an authentic cross-country challenge with rolling hills, dirt paths and breathtaking vistas while running through

the grapevines of a local vineyard.

The cost of the Community Run is \$10 for preregistration and \$15 for race day registration.

All fees collected will benefit the Woodland and Davis High School cross country teams.

For more information, contact Chuck Bruns at (916) 498-9102 or chuckbruns@sbcglobal.net.

Presenting ... the royal court

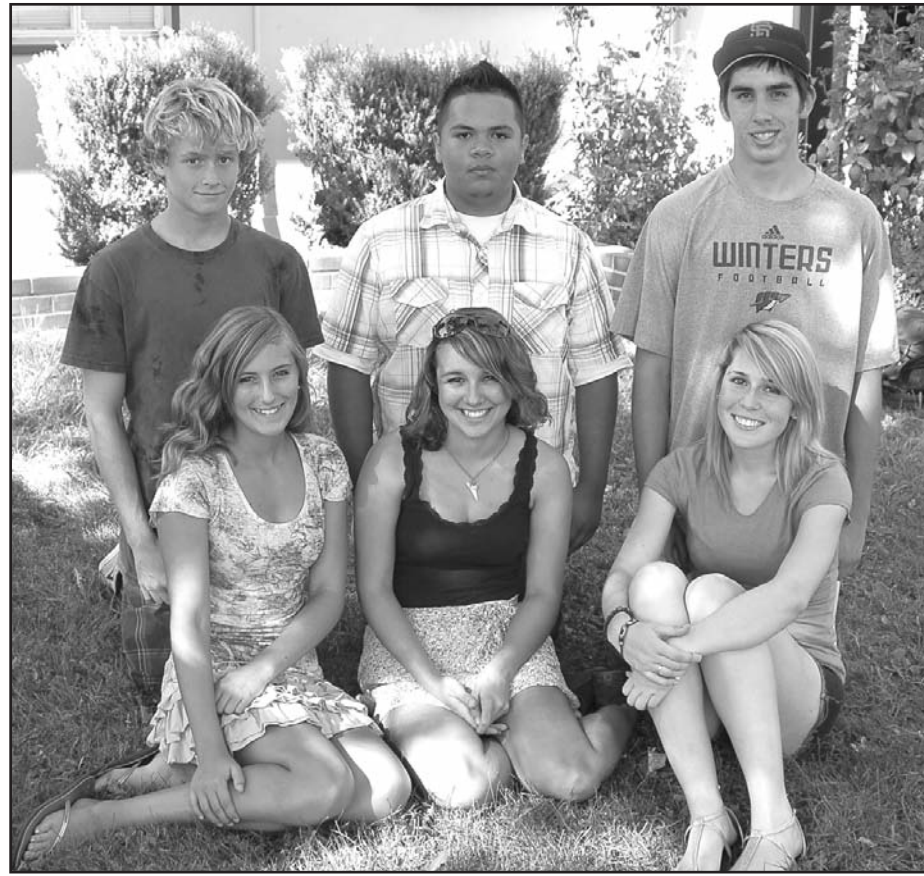


Photo by Debra DeAngelo

The Winters High School Homecoming princesses and princes are, from left (front) Mikenna Sims, Jackie Woods and Marlaina Garcia; (back) Loren Tolley, Domingo Gonzalez and Elias Layne. The downtown spirit rally starts at 12:40 p.m. Friday, Sept. 30, at First and Main streets, and Homecoming festivities will follow the JV game, which starts at 5:30 p.m. The varsity game begins at 7:30 p.m.

Spaghetti feed planned to benefit FFA

The Winters FFA will host a spaghetti feed fundraiser on Wednesday, Oct. 5, from 6 to 8 p.m. at the ag site. The cost is \$5 for a meal including spaghetti, garlic bread and drinks.

All are invited to come and support the Winters FFA and enjoy a great dinner at the Winters FFA spaghetti feed.



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send details to news@wintersexpress.com

POLICE

Continued from page A-2

business was found secure.

~ 9:42 p.m., 700 block of Dutton Street, officers responded to an audible alarm. The business was found secure.

Sept. 23

~ 10:31 p.m., Robert Richard Alderette, 60, of Sacramento, was

arrested for driving under the influence of alcohol with a blood alcohol content of more than .08 percent. Alderette was booked at Winters Police Department and transported to Yolo County Jail for incarceration.

Sept. 24

~ 12:15 a.m., Alberto Angel Bermudez, 34, of Winters, was arrested for being intoxicated in public and unable to care for his

safety or the safety of others. Bermudez was transported to Yolo County Jail for incarceration.

~ 7:44 a.m., Arnulfo Mendoza, 52, of Winters, was issued a notice to appear for driving with a suspended/revoked driver's license.

~ 5:36 p.m., Casey Ryan Lockwood, 21, of Woodland, was arrested for driving under the influence of alcohol with a blood alcohol content of more

than .08 percent, being an unlicensed driver and driving at an unsafe speed. Lockwood was booked at the Winters Police Department and transported to the Yolo County Jail for incarceration.

~ 6:56 p.m., 1200 block of Almeria Avenue, a vehicle drove into a residence. The suspect fled the scene. An occupant of the residence sustained minor injury. Investigation continues.

~ 7:50 p.m., 200 block of Railroad Avenue, a necklace was stolen from a display table. Loss: \$135.

Sept. 25

~ 12:37 a.m., Willie Nakiyo-Rashad Rogers, 23, of Vacaville, was issued a notice to appear for being an unlicensed driver and having an inoperable vehicle license plate light.

~ 1:31 a.m., Christina Jara, 29, of Winters, was issued a notice to

appear for driving with a suspended/revoked driver's license.

~ 6:49 p.m., Jose Ramon Ruelas-Vilalobos, 27, of Riverbank, was issued a notice to appear for being an unlicensed driver and having unlawful tinted vehicle windows.

~ 8:03 p.m., 100 block of East Grant Avenue, parties were involved in a physical altercation. Investigation continues.

Winters High School Football Schedule - 2011

DATE	OPPONENT	LOCATION	Score
9/2/11	Esparto	Esparto	49-14
9/9/11	Willows	Winters	29-48
9/16/11	Dixon	Dixon	21-12
9/23/11	Amador	Winters	30-27
9/30/11	Anderson	Winters	
10/7/11	Wheatland	Wheatland	
10/14/11	Sutter	Winters	
10/21/11	Orland	Winters	
10/28/11	Gridley	Gridley	
11/4/11	Corning	Corning	

MARIANI

Continued from page B-1

113 yards on 13 carries and a touchdown. Jacob Lucero rushed for 109 yards on 17 carries.

Wright had 49 yards on six carries and a touchdown, while Jason Roberts had one carry for eight yards.

Wright had two receptions for 98 yards

and a touchdown. Lucero had three for 33 yards, Kendric Moore had two for 28 yards and Chris Mayes had two for eight yards.

The defensive game for the Warriors was led by Herrera and his kicking. Herrera not only made all three attempts on his field goals and his PATs, he also had six touchbacks on kickoffs where he kicked the ball into the end zone.

Moore again led the team with 14 total tackles. Wright had 10 tackles, Darby Borges and Keli Callison each had eight, Brentley Weismann and Kyle Nichols each had seven, Mayes and Fernando Del Rio each had six, Zane West had four and Roberts had three. Callison, Mayes and Moore each had a sack and Wright had an interception.



In the Warriors' JV football game against Amador High School on Friday, Sept. 23, Ben Case (5) goes up and over the Amador defender to catch a pass.

Photos by Ken Stewart

JV

Continued from page B-1

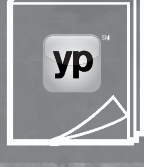
Case and Ray led the defense with 11 tackles each.

Lowrie had eight tackles. Mathews, T.J. Anderson and Roger Padilla each had six tackles. Chris Kays had five tackles, Alex Jimenez and Javier

Salido-Moreno each had four and Niko Rojas had three tackles.

Padilla also recovered two fumbles for the Warriors.

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Youth Ministry: 3-5:30 p.m. on Sunday
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Al Calderone, Pastor
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Pioneer Presbyterian Church
205 Russell Street
Phone 795-2263
Rev. Robert Badgley, Minister
Sunday services:
Class at 9 a.m.
Worship Service: 10 a.m.
Fellowship time: 11 a.m.
Family night: Wed. 5:30 p.m.

Countryside Community Church
26479 Grafton, Esparto
787-3586
Rev. Pamela Anderson
Pastor
Worship Service: 10:00 a.m.
Sunday School: 9 a.m.
Coffee Hour: 11:30 a.m.

Winters Community Church
A non-denominational
Christian Church
113 Main Street
530-795-5530
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Thursday at 7 p.m.

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Lay Minister, Ed Coker
Forest & Weber St.,
Guinda
796-2188
Worship Service: 10:30 a.m.
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Domingos: 5 p.m. Escuela Dominical
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Rev. Jorge A. Chavez, Pastor
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Sunday: 10:45 a.m., English
Sunday: 12:30 p.m., Spanish
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St. Martin Mission
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2nd Counselor, David Cliché, 795-1401
Ward Mission Leader,
Gerald Taylor, 795-1302
Sacrament Service 9:30 a.m.
Sunday School & Primary: 10:50 a.m.
Relief Society, Young Women and Priesthood Meetings 11:40 a.m.
Mutual Wednesday: 7:00 p.m.

Victory Outreach Woodland
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Nuestras Noticias



JUAN FERNANDEZ

EVENTOS Y COMENTARIOS HISPANOS

Lectura base de la educación

En la educación de nuestros hijos influyen muchos factores, pero sin lugar a dudas un factor que marcara de una manera positiva a nuestros hijos es la lectura, es muy importante ayudar a nuestros hijos para que sientan el gusto de leer, si nosotros leemos algún libro, seremos un ejemplo a seguir, pero muchas veces nosotros como padres parece que le tenemos miedo a la lectura. Los libros nos dan conocimiento, con ellos alimentamos nuestros conocimientos y nuestro espíritu.

Siempre nos traen un mensaje, que antes de ser expresado en sus páginas, tomó largo tiempo para ser construido y procesado. No importa su categoría o clase, un libro es algo que se piensa antes de hacerlo. No se decide y se elabora al instante. El libro no es como la televisión, que nos trae mensajes que se producen en fracciones de minutos, como los enlatados que nos venden a través de los anuncios. La televisión no nos hace personas pensantes, sino seguidores de mensajes publicitarios que tienen el objetivo de manipularnos.

Y bien que lo hacen, ya que, nos toman de sorpresa, cuando sentados en aquel sillón y al final de un largo día de trabajo, asaltan nuestra mente cansada y cuando no está lista para reaccionar o cuestionar aquello que nos presentan. La televisión, a lo contrario del libro, no enriquece el espíritu, sino que lo mecaniza y lo empobrece, lanzándonos basura como si nuestras mentes fueran bolsas de desperdicios. Y no nos da la capacidad ni siquiera para clasificarlos, como lo hacemos en el reciclaje al separar una basura de la otra. Nos hace agentes del chisme barato, de la inútil telenovela, de los superfluos mercadadores de la buena vida y de los perennes cultivadores de la mediocridad. Eso es lo común en la televisión.

La información en la televisión llega por cápsulas y con la rapidez de segundos, creando una generación de peritos y sabelotodo, que se creen con la capacidad de cuestionar y saberlo todo solo por lo que ven en televisión. Cuando usted les pregunta acerca de la fuente de sus “conocimientos,” muy orgullosos dicen que la televisión, que sirve mas como entretenimiento que información.

Lamentablemente somos parte de una generación que no toma en cuenta el libro, somos parte de la tecnología de los celulares, del internet, medios que han simplificado el lenguaje, han simplificado el mensaje de los libros al presentarnos la información condensada en pequeñas capsulas. Somos una generación que no toma en cuenta el libro, que es la fuente básica del conocimiento. Escasos son los que se preocupan por leer. Incluso aquellos que pasaron por las aulas universitarias y que se enorgullecen de tener un título, desde que recibieron ese título jamás han vuelto a tomar un libro en sus manos, ignorando que lo que un día aprendieron es ya obsoleto y decadente. Estos señores son los enemigos número uno del libro.

La lectura que nos brinda el libro es la fuente primaria de conocimiento y del saber. No por otra razón, es que a través de la historia, los regímenes de fuerza, las dictaduras y los seguidores fanáticos de una sola verdad han reaccionado rabiosamente a la difusión del libro, echándolo a la hoguera y persiguiendo a sus creadores para eliminar la otra verdad. Los absolutismos son hijos de un solo libro y por eso, desde la antigüedad se acuñó la frase: “Temo al hombre de un solo libro.”

Con la lectura del libro no eliminamos la otra verdad sino que fortalecemos y enriquecemos la que poseemos. El libro de esa manera enriquece el espíritu y no importa de qué se trate, siempre hay en uno de sus rincones una idea valiosa. Por eso, no hay libros malos o buenos sino lectores buenos o malos. El valor real del libro se lo da el que lo lee.

Muy frecuente se pone el aburrimiento como excusa para no leer. Eso se evita escogiendo libros que estén ligados a cosas que nos interesen y nos gusten. Nadie dice que el comer aburre si se comen alimentos buenos. Así pasa con los libros. Hay que buscarlos y escogerlos con temas que nos agraden y nos gusten. Así a la larga, la lectura se torna en un placer de lo más reconfortante y placentero que usted puede experimentar.

El amor al libro hay que fomentarlo también entre nuestros niños. Si un niño nunca ve en su casa un libro, de seguro que le será difícil desarrollar interés hacia él. Se suele poner la excusa de que no se compra el libro porque es muy caro, sin embargo, gastamos dineros en un sinnúmero de cosas superfluas e improductivas y que no rinden beneficios para nosotros y nuestros niños. Un niño que desde edad temprana desarrolla el amor por la lectura tiene una gran probabilidad de que en el futuro tenga éxito en sus estudios y por tanto, en el desarrollo de su conocimiento.

Escoge un momento cada día para leer una página de un libro sobre la religión que practica, del deporte que te gusta, del país de dónde vienes, de los bailes que te gustan, de los animales que te atraen, de la cultura y la historia de la nación en donde vives, de los movimientos políticos por los que simpatiza y por los que no simpatiza, de la complejidad del ser humano, de la belleza de la naturaleza, de las plantas, de los animales, de las guerras, del amor y de la grandeza de la humanidad. De todo eso hay en los libros. Si no tienes para comprarlos, ve a la biblioteca que allí son gratis y te los prestan para llevártelos para tu casa hasta que termine de leerlos.

Consulado móvil en Winters

Consulado móvil en Winters el próximo 15 de Octubre. El Consulado General de México en Sacramento, informa que el próximo sábado 15 de octubre, se llevará a cabo un Consulado Móvil en Winters, CA, con el propósito de

atender al mayor número de mexicanos posible.

Durante la jornada, se expedirán matriculas consulares y pasaportes; asimismo, se dará información sobre el programa de asistencia legal por línea telefónica

JURIMEX, protección a mexicanos y otros servicios consulares.

El Consulado Móvil se realizará de 9 a.m. a 3 p.m., en: St. Anthony's Catholic Church, 511 Main Street, Winters, CA 95694. Con la realización del Consulado Móvil en

Winters, California, el Consulado General de México en Sacramento avanza en su programa de acercamiento con la comunidad mexicana.

Para mayor información, favor de comunicarse al teléfono: (916) 329 3533.

Aprendemos Juntos

Estas palabras son el lema del distrito escolar de Winters, y se pueden leer en los papeles oficiales del Distrito. Se leen en las reuniones del distrito escolar con los maestros, las palabras se encuentran también en las reuniones de los maestros cuando planifican las actividades para sus estudiantes, se encuentran dentro y fuera del salón de clases, en actividades en donde los estudiantes interactúan entre sí.

La Escuela Shirley

Rominger es un buen ejemplo de una comunidad educativa realizando su trabajo, ya que este año el poder de aprender juntos ya que por segundo año consecutivo sobrepasaron las expectativas del Estado de California ya que pasaron la marca de 800 puntos, que es la meta para todas las escuelas del estado, muy pocas escuelas han logrado estos resultados en los diez años que se tienen administrando las pruebas de STAR.

Superintendente

Marilyn Corey fue seleccionada por unanimidad para el puesto de superintendente en el Distrito Escolar de Winters, puesto que ocupara hasta junio del 2012.

La nueva superintendente empezara a trabajar el 10 de octubre, mientras

Emilie Simmons que esta como superintendente interina, regresara a su puesto de tiempo completo como directora de servicios educacionales.

En otros asuntos de interés concernientes a nuestras escuelas, se hizo la presentación financiera del distrito

Almuerzo para personas mayores

El centro para personas mayores de Winters necesita ayuda para darle nombre a su nuevo estilo de comida, la fecha límite es octubre 15.

Temas, premios para rifas, ideas para concursos se

necesitan para motivar más personas de la tercera edad para que vengan al centro de la comunidad a disfrutar de un almuerzo.

El programa pide \$3 por almuerzo, pero se ofrece gratis

si se necesita.

Se necesitan voluntarios para servir el almuerzo los jueves y viernes de 10 a.m. a 1 p.m. Para más información hable con Sherry Del toro al 795-4241.

Cine en la biblioteca

Los Amigos de la Biblioteca de Winters, los invitan a desempolvar sus sombreros y asistir a la biblioteca de Winters para presenciar películas clásicas, son películas que envuelven drama y asesinatos, son películas de los años cuarenta y cincuenta.

Muchos de las tramas y actitudes de estas películas conocidas como películas de detectives, que se basan precisamente en novelas de detectives las cuales aparecieron durante la Gran Depresión en los años 30.

Las películas que se presentaran están basadas en novelas escritas por los más famosos escritores de aquellos años. Los tres libros están disponibles para leerse gratis solo tiene que ir a Google Books, escribir el nombre del libro y leerlo.

La serie de pelícu-

las comenzó el pasado 21 de septiembre con la película Strangers on a Train, película de 1951 dirigida por Alfred Hitchcock, basada en la novela de Patricia Highsmith.

El miércoles 19 de octubre, tendrán la película Double indemnity del año 1944, dirigida por Billy Wilder, de la novela de James M. Cains. El miércoles 16 de noviembre la película que se exhibirá será The Big Sleep, dirigida por Howard Hawks, basada en la novela de Raymond Chandler.

Las películas comenzaran a las 7 pm en la Biblioteca, en el salón de reuniones. No se cobrara por entrar, pero las donaciones son bien recibidas, se venderán palomitas y refrescos. Las ganancias serán para la biblioteca.

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Features

Three ways to treat overactive thyroid

DEAR DR. DONOHUE: My daughter was diagnosed recently with a mildly overactive thyroid gland. She is going to have another test in one month. What can be done to bring her thyroid readings to normal without taking medicine for it? What health problems are caused as a result of an overactive gland? — M.M.

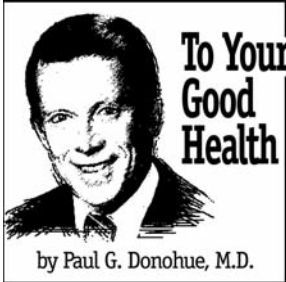
ANSWER: The thyroid gland — located in the neck — produces thyroid hormone, a hormone with many functions. At young ages, it fosters growth. It enhances brain activity. It's involved with the metabolism of carbohydrates and fats. It keeps body weight on the lean side. It prevents the heart from slowing down. It's involved with the production of body heat. It keeps cell chemistry perking along at the optimum rate.

Hyperthyroidism, an overactive gland, pushes all the above functions into overdrive. People lose weight in spite of eating more food. The heart races even when people are at rest. Hands tend to shake. At a room temperature comfortable for most, affected people feel hot. The eyes often bulge. Menstrual periods are thrown off their normal cycle.

One of the major causes of an overactive gland is Graves disease. In this condition, the body makes antibodies that stimulate the gland to produce excessive amounts of its hormone. The gland enlarges — becomes a goiter.

I don't know of a way to treat the gland reliably without resorting to medicines or surgery. Medicines for hyperthyroidism are methimazole or PTU. The medicine chosen is taken for six months to two years and then stopped. If a person relapses, the medicine has to be restarted. Radioactive iodine is another treatment. When people hear the word "radioactive," they cringe. In the decades and decades of its use, radioactive iodine hasn't been responsible for cancer. The iodine makes a beeline to the gland and puts it out of commission. It's similar to having surgery without a scalpel.

Surgical removal of



all or part of the gland is the third option for this condition. The booklet on the thyroid gland explains both an overactive and underactive gland. To obtain a copy, write: Dr. Donohue — No. 401W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: This morning, on looking into the mirror, I got a shock. My right eye has a large, red blotch on the white part. It looks like blood. I don't have any pain, and my sight is fine. What is this? I can't remember hitting my eye. Could I have done so during sleep? — B.B.

ANSWER: You describe a subconjunctival hemorrhage. "Hemorrhage" is far too strong a word to use here. It's actually a small amount of blood that comes from a broken capillary, one of the tiniest and most delicate of blood vessels. Capillaries break for innocent reasons. A cough or sneeze can break one. Most of the time, people have no recollection of anything happening that caused the break. "Subconjunctival" means the leak occurred under the transparent membrane that covers the eye, the conjunctiva.

By the time you read this, the splotch should have vanished.

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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Sharing my thoughts about September 11

I wrote this on Sept. 11, but for some reason I didn't send it in. I don't know why, maybe because of the mood I was in on that day of remembrance. Now I think that I'd like people to know how I felt on 9/11/2011:

Yesterday, on Sept. 10, I would have written about the commercialization of the horrible events of "9/11." That was the way that I was feeling yesterday. Today I feel differently, today I feel sad, very sad.

This morning I found that when I turned on the television, 9/11 was thrust upon me like a bright light followed closely by a deep dark cloud, a cloud of sadness. I was taken back in time, a full decade, to that dreadful day. I could not escape from the sadness, for I found I was encompassed by it in many ways that I had never considered.

The events of this day sucked me in like soda through a straw. The sheer magnitude of somber remembrance hit me like a ton of bricks as it spread sadness tirelessly until it encircled the entire world. That is how I felt today.

The anger is gone and it is nowhere to be found. I think that this is a good thing. I am disgusted with the wars in Iraq and Afghanistan. I think that there were other, better roads to take to



get to where we are now. Roads that would not run parallel and equally evil with the original deeds that took us there in the first place.

The ceremonies of remembrance that I viewed today were respectful and heartfelt in their depth. There was nothing commercial in any of this long day's recollection of such evil events that make you want to forget and remember them at the same time. There was no finger pointing, no blaming, no anger. Only a deep respectful memorization of those who passed on and are now frozen in time like words chiseled into marble.

I remember those dreadful moments when those buildings collapsed into themselves, turning so many loved ones into so much pink vapor. The vision of it is burnt into my brain. Our mighty nation has yet to recover from that day, a decade ago.

Today, as I think about what is happening around the world, I can visualize how those evil events have changed our world. Most recently, the entire Middle East is

engulfed in a life and death struggle for freedom and equal rights. There is a ravenous hunger for democracy everywhere around the globe. It is a child of 9/11.

In the end, there will be many after-effects of 9/11. They will ripple around the world like the Japanese tsunami. They both have similar and devastating results on every facet of our lives. The initial horror and sadness was followed by the near collapse of real estate sales and stock markets on Wall Street. Those who we consider to be our enemy have accomplished what they intended. The nation traversed fear, anger and every other emotion except one — forgiveness.

As I said before, 9/11 has rippled around the world in the guise of hate, violence and anger. It forever grows within the generations of humanity that were witness to 9/11. Neither side can forgive the trespasses of the other, and so it will be for generation upon generation, forever and ever, upon this planet called Earth.



ARIES (March 21 to April 19) You'll soon have a chance to take a big step up from where you are to where you want to be. Check it out first. Remember: Even the Mountain Sheep looks before it leaps.

TAURUS (April 20 to May 20) This week brings a challenge that could determine the future direction of your life. If you're ready for a change, accept it with confidence. A loved one supports your decision. GEMINI (May 21 to June 20) A disruption creates a delay in completing your projects. Use this time to pursue a personal matter you were too busy to deal with before. You'll find it will be time well spent.

CANCER (June 21 to July 22) You still need to be on the alert for any signs of problems that could create serious misunderstandings. A more positive aspect begins to emerge toward the week's end. Be patient. LEO (July 23 to August 22) With things slowing down a bit this week, it would be a good time for luxury-loving Leonines to go somewhere for some well-earned pampering. Things liven up around Friday.

VIRGO (August 23 to September 22) Single Virgos looking for partners are finally getting a break from Venus, who has moved in to make things happen. Attached Virgos see their relationships blossom.

LIBRA (September 23 to October 22) You've been working hard to get things done. Now take a breather and recheck your next step. You might want to make some changes in view of the news that comes your way.

SCORPIO (October 23 to November 21) The watchword for savvy Scorpios this week is "preparation." Consider sharpening your skills to make the most of the new opportunity you're about to take on.

SAGITTARIUS (November 22 to December 21) There might still be some loose ends that need tucking up if you hope to get that important relationship repaired. A new spurt of activity starts soon.

CAPRICORN (December 22 to January 19) It's a good idea to keep the positive momentum going by finding and getting rid of anything that could cause you to stumble. Keep the path ahead clear and open.

AQUARIUS (January 20 to February 18) A period of contemplation is advised before you make your next move. Be sure that where you decide to go is the right place for you. A health matter needs attention.

PISCES (February 19 to March 20) That new energy surge that hit you last week continues to send out good vibrations. Try investing a part of it in creating something noteworthy on the job. BORN THIS WEEK: You like to balance your personal universe, and in doing so, you help bring harmony into the lives of the rest of us.

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CryptoQuote

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two Q's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

PFJA HFNVRVRWQKP, RD
VOARY WFKPVRVZAKVP EAYA
WQKKRUQNP, EFZNG
HYFJRPA VOAJ
JRPPREFKQYRAP DFY GRKKAY.
- O. N. JAKWMAK

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The Garden Bug

When the outer husks turn dark green and the silks turn brown, you can harvest your corn. Grab an ear and give it a sharp downward twist. Harvest during morning hours; plunge ears right away into cold water to preserve sweetness. If the unopened husks are then wrapped in damp paper towels to store in the refrigerator, they will keep 2-4 days.

Source: www.harvestwizard.com

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Woodpecker has been added. 2. Hat is different. 3. Boy's pants are black. 4. Fence is different. 5. Birds have been added. 6. Hills in distance are missing.

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Pleased to meet you

Name: Cara Duarte
Occupation: Full-time mom and Mary Kay cosmetics salesperson
Hobby: Bowling
Favorite thing about Winters: "Everybody's like a family here."
Fun fact: My husband and I once were in the front row at the "Late Show with David Letterman" in New York City.

King Crossword

Solution time: 21 mins.

Answers

CryptoQuote

answer
their constituents were
cannibals, would
promise them
missionaries for dinner.
- H. L. Mencken

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King Crossword

ACROSS

1 Sugar meas.
4 Historic time
7 Jump
11 Oil cartel
13 Fresh
14 Part of the foot
15 "Why not?"
16 "CSI" evidence
17 Monopoly card
18 "Get lost!"
20 "Why not?"
22 Scarlet
24 Takes pleasure in
28 Capistrano bird

DOWN

1 Playthings
2 Detail, for short
3 Bartlett or Bosc
4 Conclusion
5 Nevada city
6 Not sleeping
7 Nine-day queen of

8 England
9 Expert
10 Third degree?
12 Schulz lad
19 Tills or Torme
21 Moreover
23 Pooch
25 Leave out
26 Christmas
27 Raced
28 Use a swizzle stick
29 Cleanse
30 Wheelbase terminus
31 Series of battles
35 Chest protector
38 Old French coin
40 Solemn promise
42 Butterfingers
45 Needle case
47 October birthstone
48 Pianist Peter
49 Mannered bloke
50 Performance
51 Greek P
52 Calf's mama
54 Omelet need

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Garage Sale, Sat., Oct. 1, 8 a.m. - ? 711 Taylor St.. Huge Sale, many families.	Child Care TENDER LOVING DAYCARE • ALL Ages • Limited Space • Brkfst, Lunch, PM Snack • Transportation to and from school • Transportation to and from activities • Homework help • 16+ years Experience • Lic#573607597 Call Dawn 795-3302 or 304-4365	Airplane 4 Sale 1967 MOONEY 4 seater, Model M20F, Serial #670209 Has new overhauled engine, have photos of working on engine, log books, stored in hangar at Buchanan Field Airport, Concord. \$50,000 obo. Silver in excellent condition, original owner. (925) 680-1128 34-4tp	2007 Keystone/Laredo Fifth Wheel Trailer Model 30 BH. 33 feet long. Three bunks in rear. Queen hide a bed. Queen bed in master. Large slide room. Lots of storage. Excellent condition. \$22,500. (707)428-9829 34-4tp	Real Estate 12,000sq. ft. commercial building in the corner of First and Main Street for sale. (#41, #43, #47) Call John Pickerel at (530)304-7634. 3-tfn	Cottage for rent, 102 Elliot #3, 1 bed, 1 bath, large storage room. \$825 rent, \$825 deposit. 707-372-9355 or 916-997-4296. 34-tfn-c	2 bedroom/ 1 bath apt. downtown Winters, \$875 a month, + dep. Includes water and garbage. (530) 681-1106. 33-ttc	Home for Rent in Winters. New int. and ext. paint. 3 bed, 2 bth, 201 E. Main St. cross street is Morgan. Rent \$1,450/ Dep \$1,400. All work should be complete 9/15. Drive by, call (707) 372-0040. 33-4tp	Stan Clark Construction Co. • Remodeling specialist • Major repairs • Additions, decks • Tile work • Kitchen & bath remodels Phone: 530.304-6331 <i>Improving Yolo County Since 1985</i>	
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Jordan Construction Winters, CA ♦ Additions ♦ Decks ♦ Remodels ♦ Repairs Lic. #817420 530-682-0302	2005 Chrysler PT Cruiser. Auto, all power. 113K, rims, great on gas. \$5,999. Sale! B/O Vin:553993 / 280-6816 32-4tp	1999 Honda Civic DX 5 speed, no air conditioning, 4 door, runs good, 185,600 miles. \$3500. (707)425-0483 33-4tp	CARRION PROPERTIES Residential, Commercial & Agricultural Real Estate MULTIPLE LISTING SERVICE MLS CUSTOM-CUSTOM. 3 bed 2 bath custom home that backs up to putah creek. Built in pool, Real hardwood floors, granite, Solar, and so much more. Immaculate!! call for the details. \$295,000 3 bed, 1 bath. immaculate inside and out. Beautiful backyard. PENDING Short Sale, \$170,000. GREAT Investment. Where can you find 3 duplexes and 2 houses on one lot. Here in Winters! Super clean units. Excellent rental history. Offered at \$599,000. Call for details! 12 mobile home units on a huge lot in town. Great investment in a key location. Offered at \$599,000 48 acres just outside of Winters. Along 505. Offered at \$960,000 Just outside of Winters. 6.97 acres of prunes. Offered at \$219,000 80 acres of walnuts, with custom home and large shop!! Call for details!!!! <i>Member of both Yolo and Solano MLS!!!</i> Bus: (530) 795-3834 Home: 795-3170 127 Carrion Court, Winters	M2 & Company <i>Opening doors to successful real estate transactions for more than 20 years.</i> 70+ ACRES W/ 4 BEDROOM 2.5 BATH HOME, \$580,000. For Lease. Approx. 19,000 sf of divisible bldg. space. Yard space & parking included. ~ New Listings 4/2.5, 3 car garage in Winters SOLD ~ Quaint 3 bedroom 2 bath home, 2 car garage in Winters. SOLD ~ Approx. 121 acres with custom built home in the Capay Valley, swimming pool, & more. SOLD ~ 63 acres of land just west of Winters. Take a look at www.bigelowhills.com Call for information on these or any other properties: 800.700.7012 or 530.753.7603	2001 Toyota Sienna XLS. miles 138K, dvd, mp3, 2 doors open auto, v-6, moonroof, \$6,990, b/o. vin:323596 707-280-6816 32-4tp	2002 Dodge Durango. Hemi, 5.7L, all power, 154K, clean, must see. 4x4, vin: 175898, \$8,888 sale! 707-280-6816 32-4tp	REMODELING SPECIALIST Kitchen & bath remodels. Room additions, major repairs, redwood decks, etc. Stan Clark Construction Co., Lic. # 503424. 530 304-6331.	FOR SALE ~ 681-8939 ~ SOLD ~ 681-8939	

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by Linda Thistle

5				4	1			
		7		1	8			5
	4		3				6	
7			8	6			1	
		4			3	8		6
	3		1					9
		5		2				4
6				7			9	
	1	9	5		2			

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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NEW LISTING!
4 bedroom, 2 bath, over 500 sq. ft. No rear neighbor, and remodeling done. \$149,000. **SOLD**

METICULOUSLY KEPT HOME!
3 bedroom, 2 bath, 1,550 sq. ft. floor plan with relaxing front porch. 2 patios in private backyard fully landscaped with oversized 2 car detached garage. A must have for only \$235,000. **SOLD**

PRICE REDUCED!
Bank Foreclosure 4 bedroom, 2 bath, over 1,900 sq. ft. large lot on quiet street priced at \$150,900. **SOLD**

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