

# The Valley Voice

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### Capay Valley General Plan Advisory Committee to Meet Dec. 3rd

The next Capay Valley General Plan Advisory Committee will be Wednesday December 3, 2003 at 7:00 pm at the Guinda Grange Hall. Agenda items include: a Caltrans presentation on the proposed SR 16 Safety Improvement Project, a general plan subcommittee update, an update on the Yolo County Tribal Matters Advisory Committee on the casino mitigation fund, and a review of a draft letter to the Public Utilities Commission regarding power service interruption. There is a public comment period for matters not on the agenda and the public may comment on agenda items. Residents are encouraged to attend. Next subcommittee meeting: Thursday December 18, 2003 at 7:00 pm at the Guinda Grange Hall. Next CVGPAC meeting: Wednesday January 7, 2003 at 7:00 pm at the Guinda Grange Hall.



December 2003

### EHS Students Raise API Score by 97 Points

By: Anyon Harrington

Last year's students proved their excellence last spring by increasing the EHS Academic Performance Index (API) score by a whopping 97 points.

EHS increased from 572 to 669, placing it ahead of Winters and Woodland high schools. The only school in the county to place higher was Davis High School.

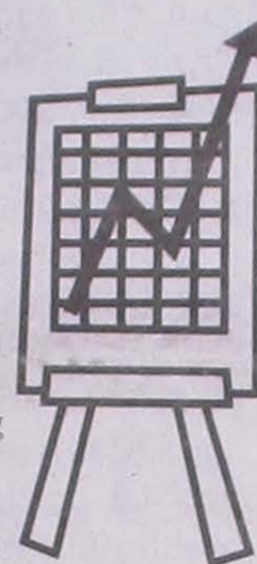
The API is a score based on student performance on standardized tests; the CST (California Standards Test), CAT6 (California Achievement Test), and CAHSEE (California High School Exit Exam).

Principal Stan Dodd believes there is more than one factor that contributed to this increase. He said the kids are better prepared, more serious, and the teachers are doing their jobs well.

When the kids take the test this year, Dodd hopes scores will go up again, but doesn't expect a big increase again.

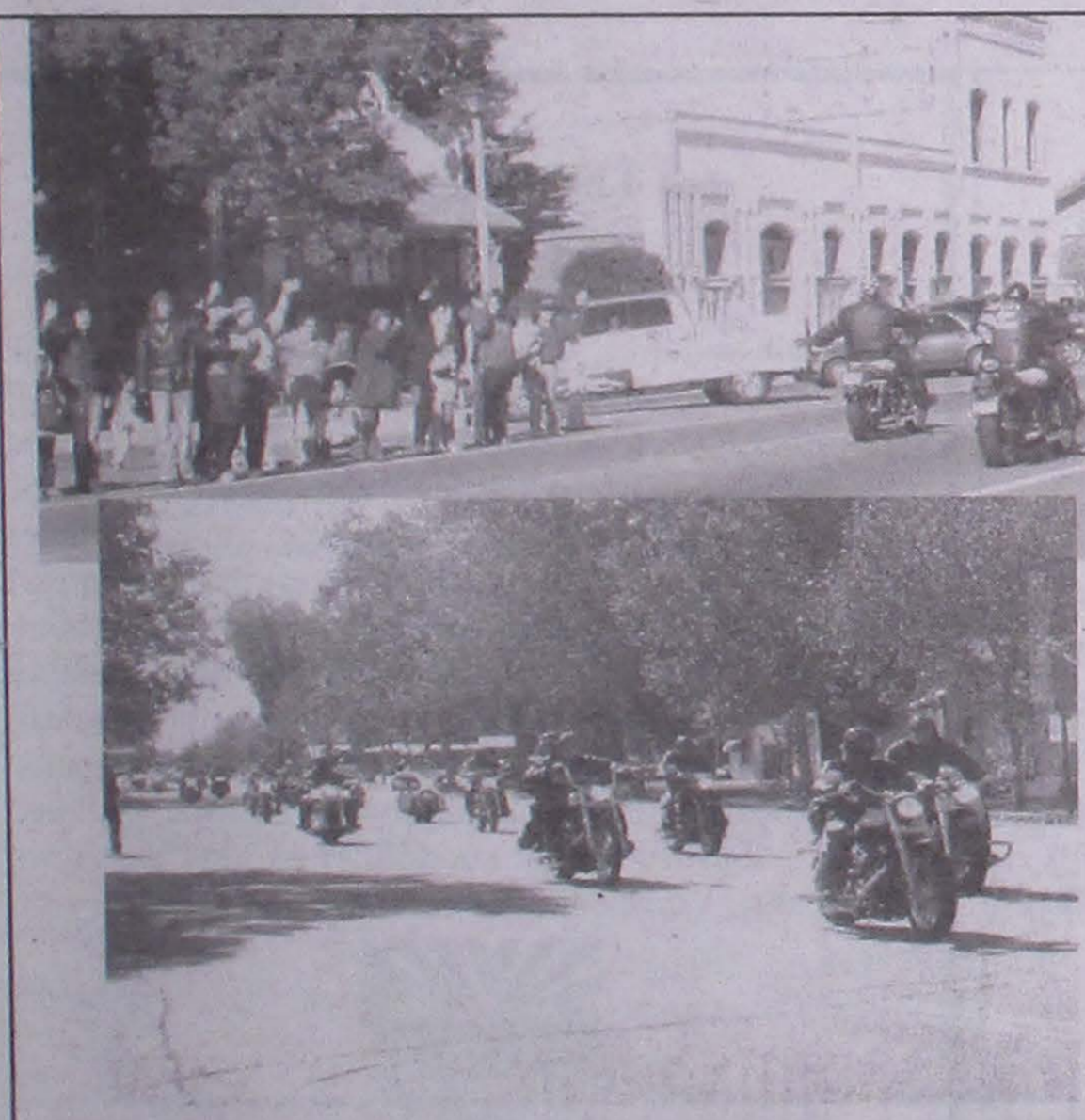
Science teacher Pat Collins has a different opinion. He thinks the change is due to the students being more acquainted to the exam, and the environment being better. Collins also believes teachers are teaching more of the test subjects.

When the students take the test this year, Collins thinks the scores will level out. This spring freshmen, sophomores, and juniors are going to take the exam again.



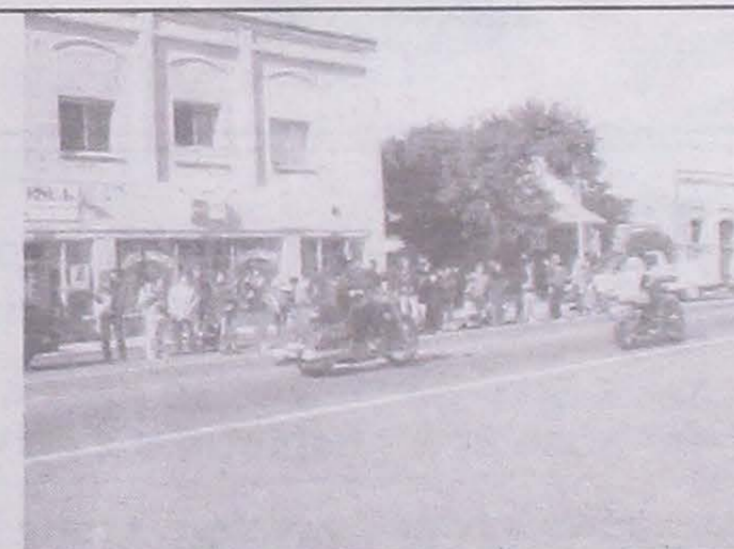
### Help Name Future Streets

The Esparto Citizen Advisory Committee would like to involve community members in process of naming streets in future development areas of Esparto. To make the process as simple as possible, suggestions for names can be written on a piece of paper and taken to the Esparto Regional Library. There is a box located within the library where the suggested names can be deposited. There is no limit on the number of names that can be submitted. The Advisory Committee will be accepting names through the month of December, 2003. All names deposited will be put on a list to be submitted to the County to use when new development happens in Esparto.



### Hundreds of Bikers Run Through Esparto

Children and families waved at bikers as they drove through Esparto Saturday, November 22 for the Toy Run sponsored by Renegade Classics Outlet and Cache Creek Casino Resort to benefit Ronald McDonald House of Sacramento and RISE Inc. here in Esparto. Over 1,250 bikers participated in this event. Every biker donated \$10.00 and a new unwrapped toy. The Toy Run began in Sacramento at the Renegade Classics Outlet and concluded at Cache Creek Casino Resort. This marked a special occasion for the community of Esparto and will help to make Christmas a more festive occasion for some families this year. Many thanks to those individuals who came out to cheer on these bikers as they roared through town.



**Conservation Field Meeting Series Continued with Farm Water Management on November 18<sup>th</sup>**

"Farm Water Management" was the topic of the Yolo County Resource Conservation District's (RCD) second conservation field meeting of the season on Tuesday, November 18th.

Learn about sediment traps and wildlife ponds for improved water quality, irrigation water management, and erosion control. The new Yolo County Mobile Water Lab will be introduced, and there will be discussion about the Ag Waiver (Irrigated Lands Discharge Waiver). Opportunities for cost-sharing and engineering assistance will also be discussed. The two-hour meeting will start at 9:00 am at the Parcell Ranch on County Road 23. Look for signs south of Madison on Road 89.

For further information contact the Yolo County RCD at 221 W. Court St., Suite 1, Woodland, CA 95695; Phone: 530-662-2037, ext. 119; Fax: 530-662-4876; email [mccloud@yolorcd.org](mailto:mccloud@yolorcd.org); website: [www.yolorcd.org](http://www.yolorcd.org).



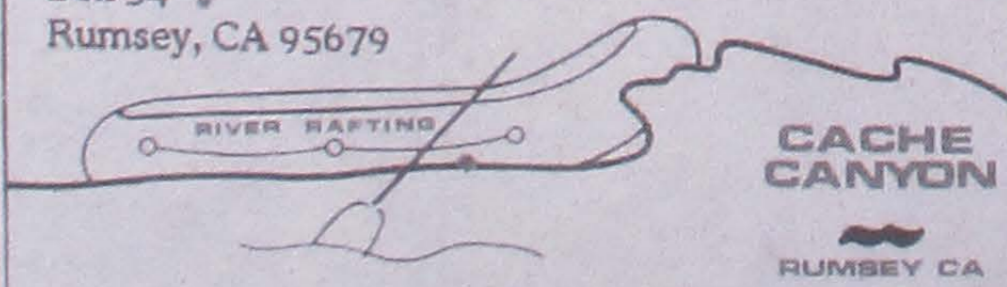
**West Valley Alpacas Holiday Sale**

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**Access to Quality Health Care Initiative Passed by Yolo County Children & Families Commission**

Commission adopts "first in the state" regional health care insurance approach for children ages 0-18

WOODLAND – As part of its strategic plan to ensure children and families in Yolo County can access quality health care services, the Yolo County Children & Families Commission voted last evening to pursue a plan that would provide health care coverage to children ages 0-18 from 0 to 300% of the poverty level.

Developing and implementing a plan to cover all children up to 300% of poverty level requires the Commission's commitment to long-term funding in the amount of \$500,000 per year for access to quality health care for all children in Yolo County. The Commission funding can only be used to cover costs for children 0 to 5. Other partners will be sought to cover the costs for children 6 to 18.

"This vote demonstrates this Commission's commitment to providing access to quality health care to the children in Yolo County," said Commission Chair and County Supervisor Helen Thomson. "We are ensuring that children not eligible for other health plans will be covered under this initiative and not left behind."

In addition to approving implementation of the Access to Quality Health Care Initiative, the Commission also voted in favor of participating in regional and local planning efforts through the Sacramento Sierra Valley Children's Health Coverage Regional Charter and to apply to the Packard Foundation for a regional Technical Assistance grant to support those efforts. Yolo County will be joining El Dorado, Yuba, Colusa, Sacramento, and Sutter counties in planning a regional approach to health care coverage. If successful, this will be the first regional health plan for children in the state.

"It makes great sense to bring our resources together to provide the best health care coverage in our region. This will be a model for the rest of the state," said Assembly Member Lois Wolk, who served as Chair when the Commission prioritized access to quality health care in its 2002 strategic plan.

Since July 2003, a task force – a group of health providers and plans operating in Yolo County – has provided input to the Commission on a number of issues including the barriers to access, gaps in the system, issues and concerns around mental health care and possible strategies for improvement. The Commission also held public forums where policy leaders and commission officials from other counties discussed their respective programs and provided Commissioners and staff with key recommendations.

About The Yolo County Children and Families Commission In November 1998, California voters passed a statewide ballot initiative to add a 50 cent-per-pack tax on cigarettes. The funds collected are utilized to fund education, health and child care programs that promote early childhood development from prenatal to age 5.

For more information about the Yolo County Children and Families Commission, please visit [www.yolochildren.org](http://www.yolochildren.org)



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For article inquires, call 787-4110, or send an e-mail message to Dennis or Melanie Huitt at [valleyvoice2@hotmail.com](mailto:valleyvoice2@hotmail.com). For billing inquiries or ad rates, call 787-4110. All articles and ads are due by the 20th of each month. We reserve the right to edit articles at our discretion, due to space imitations. Funded in part by the Yolo County Children and Families Commission (Proposition 10), The Valley Voice is published monthly by a community partnership between RISE, Inc., Esparto Unified School District, and contributions from grants, Foundations, and local community service organizations. Articles published do not necessarily express the views of the Valley Voice editor or committee.



RICE STRAW ROLLER AVAILABLE  
THROUGH YOLO COUNTY  
RESOURCE CONSERVATION  
DISTRICT (RCD)

Rice straw rollers are a farm implement used to help break down rice straw after harvest. There are a number of approaches to getting rid of the large amounts of straw left after a rice harvest, but this method is one of the best for also providing habitat for migrating waterfowl and shorebirds. The advantage to this method is that, besides putting the straw in contact with the soil so that breakdown can begin, it leaves the grain that typically spills out of a harvester on the soil surface for waterfowl to feed on during the winter. The Yolo County Resource Conservation District (RCD) has a rice straw roller available for the low rental rate of \$3.00/acre. This low rental rate is designed to encourage a field management practice that also benefits local and regional wildlife. The hollow cage roller is designed to be pulled through a shallowly flooded (approx. 4 inches) harvested rice field to mix the straw with the mud and begin the decomposition process. The best straw decomposition occurs if rolling is done right after harvest. This takes advantage of the warmer temperatures in the early fall, and water for re-flooding is also more easily available.

If you have questions about how to use a rice straw roller or the field conditions it creates, call the RCD and ask for John or Jeanette. Rental of the roller is arranged on a first-come, first-served basis, but it can be reserved ahead of time if you have an estimate for when you will need it. The RCD phone number is 662-2037. Dial extension 113 or 118.



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NEWS FROM THE ESPARTO UNIFIED SCHOOL DISTRICT OFFICE...



From the Desk of Superintendent Tom Michaelson:



**RUMSEY TRIBE GRANTS** ... Appreciation is expressed to the Rumsey Tribe on behalf of the School Board, Staff and Administration for 2 recent awards of grant money for:

1. Enrichment Programs at the Esparto Elementary School --- \$ 5,000
2. New Exercise/Weight Room Equipment at Esparto High School --- \$ 20,000.

**SCHOOL FACILITY PLANNING** ... The Board of Trustees continues its decision-making process regarding the acquisition of property for a future school site. The District has been working closely with the California Department of Education and Dwayne Evans, AIA (architect) to determine the future needs of the community regarding schools when considering the amount of projected growth in Esparto over the next few years. There is agreement on the following:



1. It is imperative that immediate steps be taken to insure the ability to provide educational facilities to handle the anticipated growth of the community.
2. The District is presently considering several different options regarding the purchase of a 30-acre (minimum) site to build a new High School Campus.
3. Law requires an outside appraisal to be conducted.



**"HAPPY HOLIDAYS" from the Esparto USD Staff** ... to our students, parents and community. Thank you for the continued good work and support provided to our schools. *We wish you a safe, relaxing and enjoyable holiday season!*

*Reminder:* No School from December 22, 2003 – January 2, 2004  
*School Resumes:* Monday, January 5, 2004

**JOB OPPORTUNITIES AT ESPARTO UNIFIED SCHOOL DISTRICT:**

- \*\*\* EHS Bilingual Aide Positions (3 Hr.)
- \*\*\* MHS/Special Ed Secretary (6 Hr.)
- \*\*\* Yard Duty Supervisors
- \*\*\* Speech/Language Therapist
- \*\*\* Independent Study Teachers (Certificated)

(If interested or need more information, call Nena Lemus at the District Office: 787-3446)

ATTRIBUTE FOR SUCCESS: "When you walk with purpose, you are likely to collide with destiny!"



LYNNEL POLLOCK  
SUPERVISOR, DISTRICT 5

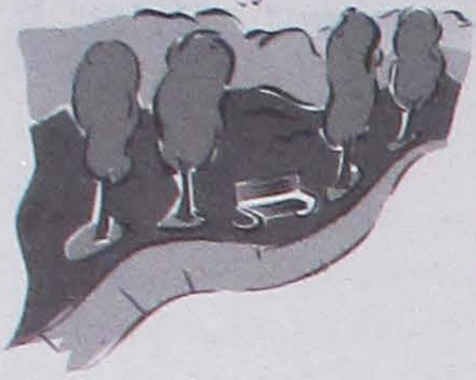
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FAX (530) 666-8193



lynnel.pollock@yolocounty.org

## COMMUNITY MEETING ON NEW CAPAY PARK



A second community meeting will be held on **Monday December 1, 7:00-9:00 PM**, in the community room at the Esparto Regional Library to present and discuss the proposed Draft Master Plan for a new open space park on Cache Creek. As part of Granite Construction's mining permit amendment approved by the Yolo County Board of Supervisors in December 2002, a 42-acre parcel along the north bank of Cache Creek, east of County Road 85 will soon be dedicated to Yolo County for public use. The park will provide access to Cache Creek, and there are opportunities to create trails, picnic areas, environmental education sites and other amenities at the park.

A survey was distributed to local residents and groups, and a public workshop was held in October to get input from area residents about what types of activities and facilities should be included. The survey is still available on Yolo County's website, [www.yolocounty.org](http://www.yolocounty.org), as well as County offices and other community facilities, or by contacting Jeff Peters at 510-236-6114 x 206 or by email at [jpeters@questaec.com](mailto:jpeters@questaec.com).

Input received as part of the community meeting and other outreach efforts has been incorporated into the Draft Master Plan, which features trails, an education pavilion, picnic tables, interpretive displays, parking area, restroom and extensive areas of planting with native species including grassy meadow, riparian grove and oak savanna.

Copies of the Draft Master Plan will be available for review at the Esparto Library reference desk and the counter of Yolo County Planning and Public Works Department, 292 West Beamer Street, Woodland. The Draft Master Plan will also be posted on the County's website.

Questa Engineering Corp. is coordinating the design effort, under the direction of the Yolo County Parks and Resources Management Division of the Planning and Public Works Department to design this open space park. This effort is being led by Jeff Peters, and landscape architect Margaret Henderson. Linda Fiack (530-666-8019) is the County Parks and Resources Manager. Capay Valley Vision is co-hosting the community meeting with Yolo County.

## Athlete of the Month: The Big Duce

By: Joaquin Mayer

Off the football field, Josh Lopez is laid back, nonchalant. "Lopes," goes to classes equipped with the bare essentials and occasionally catches up on some shut-eye. But on the gridiron he's a predator prowling his prey. When those Friday night lights shine down on a 100-yard battleground, he simply becomes an animal! Playing middle linebacker for the varsity Spartans, standing at 5 feet 9 and 180 lbs., Lopez packs a big punch, and he packs it often.

He's had 68 tackles through Oct. 10, which ranks second in the Mid-Valley League (The leader has 69 tackles). He is an opposing ball carrier's worst nightmare. "Lopez with the tackle," is a repeated term used by announcers during EHS football games.

When asked if he remembered the last time he missed a tackle, Lopez replied, "I don't miss, baby. The only time I miss a tackle is when someone else beats me to it."

Varsity head coach Matt Wahl is impressed with Lopez's ability and pleased with his work ethic and leadership. "He is the heart and soul of our team. He is the hardest worker out there," Wahl said of his senior captain.

On the other side of the ball, Lopez is the Spartan's hardnosed fullback. He has had 109 carries for 674 yards, which is the second most rushing yards the M.V.L. "The Punisher," is averaging a healthy six yards per carry and a solid 112 yards per game.

He just tramples over pathetic to-be tacklers and when he finds the open field, he turns on the jets, and good luck trying to catch him, 'cause he's gone!

Lopez says that when he takes a handoff, he only focuses on one thing, "The end-zone," and he's taken it to the house four times this season.

"The Punisher" also has a comical side to him. When asked what his secret to success was, he confided, "My secret... is so secret... that I don't even know what it is!"

Lopez has been one the best this season for the Spartans. He sports the number two on the front and back of his jersey. Hopefully, opposing teams will be seeing a lot of the back of his jersey when he runs and a lot of the front when he's pummeling ball carriers into the ground. So, Mr. Lopez, what do you have to say to your opponents on the gridiron? "Look out for the Big Duce!"



## Yolo County Student Takes Third in Regional Conservation Speak-Off

Jason Gilham, a sophomore at Esparto High School, won third place in the Sacramento Valley regional speech contest held by the California Association of Resource Conservation Districts. The annual fall regional match pitted the first place winners of local contests from throughout Northern California against each other. "We're very excited that Jason did so well at the regional contest," said Paul Robins, Executive Director of the Yolo Co. RCD. "We were really lucky to have several top-notch speakers in Yolo County this year, and we're looking forward to more solid talks at next year's contest." Mr. Gilham used this year's topic "Forests: Our Legacy" as a platform to describe how today's teenagers can be better prepared to serve as the leaders of tomorrow through conservation education programs focused towards their age group.



## EHS Welcomes New Counselor Alexis Kersting


By: Justin Chun

Mrs. Alexis Kersting has become EHS's new counselor, and is doing her best to help the students. Kersting has been in the counseling profession for five years, and has had many other work experiences including, after school programs, helping to fund raise at union colleges, tutoring, and more. Kersting became a counselor because she loves to work with students, and working one-on-one with students. Kersting says that her coming here was "fate." She, by chance, applied for the spot. She interviewed, and deciding that it was a "good chance to do a lot of good things."

"I plan to have the counseling center be more open to students, and help students have clearer plans for their future, and to help students gain more information about colleges, and careers," Kersting said.

In her profession, she believes that the most challenging part is the number of different roles she has to play. Kersting plans to stay with us as long as the school will have her.

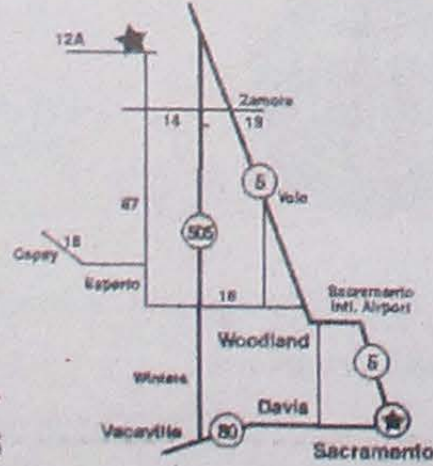




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## Drama Club Joins Drama Class in Fall Production Dec. 5

By: Anyon Harrington

EHS drama students are gearing up for the Fall Performance Dec. 5 at 7 p.m. in the auditorium. The performance will include short plays and dance performances by several students, including the drama class students and drama club members.

The new Drama Club was formed this year by Amanda Abughosh and Kirsten Myers. EHS didn't originally have this club. It was established mainly because EHS needed to spend all of the money they have saved up over the years in the Drama Club fund.

Senior Erin Harrington, 16, is treasurer of the club. According to Harrington, there are about 20 students in the Drama Club. He says that there is approximately \$2,000 in the Drama Club fund. Harrington believes that EHS is going to spend almost all of the money on a spring production and a trip to San Francisco. Harrington said he is enjoying the club so far. Senior Kirsten Myers, president, said that she was having fun also.

The Drama Club has the community involved in the costume contest on October 30.

About 20 children from the Esparto area showed in their costume and competed in a fashion show. The kids were awarded bags of goodies and got to snack on cupcakes. The grand prize for the best costume was a \$20 gift certificate to the County Fair Mall.

Mr. Lenz and Ms. Billing are the co-advisors of the drama club. Mrs. Billing is teaching the drama class.



Contestants in the Superhero Category compete at the Drama Club's Halloween Costume Contest

## Esparto Family Practice New Hours

Monday	9:00 a.m. to 1:00 p.m.
Tuesday	9:00 a.m. to 1:00 p.m.
Wednesday	9:00 a.m. to 1:00 p.m.
Thursday	9:00 a.m. to 1:00 pm.
Friday	9:00 a.m. to 12:30 p.m.

Closed the 4th Wednesday of  
The month for the WIC Program

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## Give the gift of a Community Swimming Pool

This holiday season, consider giving a gift membership or making a donation in honor of a loved one to the Western Yolo Recreation Center Association (W.Yo.R.C.A.). WYORCA will send a gift card to the recipient announcing your gift. The Western Yolo Recreation Center Association is a 501(c)3 non-profit organization raising funds for the construction of a community pool to be located in Esparto. Suggested gift amounts are \$25, \$35, \$50, \$100+.

Send your tax-deductible contribution to:  
WYORCA  
P.O. Box 453  
Esparto, CA  
95627

Please include a note with the membership gift recipient's name and mailing address or the name of the person the donation is honoring.

Contact Anna via email at [eastbay-csa@fullbellyfarm.com](mailto:eastbay-csa@fullbellyfarm.com) or call 530-796-3801 for more information.



## Christmas Caroling in Esparto!

Let your voice ring in the spirit of Christmas around our town. Java Station is hosting an evening of old fashion Christmas caroling. The festivities will begin (weather permitting) at Java Station, December 18th at 6:30pm. A horse drawn wagon driven by Ken Flowers will take carolers around town. After an evening of caroling around town hot apple cider will be served upon our return (approximately 8:00pm) at Java Station. Come join the festivities!



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## News from Countryside Community Church



### Christmas Eve at Countryside Community Church

Are you ready for "Joy to the World!" "O Come All Ye Faithful!" fresh greens and lights? Then come join us for our Candle Light Christmas Eve service at Countryside Community Church (corner of Fremont and Grafton Streets). We are moving our service earlier in the evening than we traditionally have done in the past to be able to accommodate families with children. We will begin at 7:00pm. If you have any questions, feel free to call the church 787-3586.

### Esparto Clothes Closet Gets Recognition by Channel Ten

Winifred Hayes and Erika Schwall. This was taken at the Countryside Church's 80th birthday celebration. Winifred has been a member of Countryside longer than anyone else... since 1931. Erika is the church's youngest member.

The Esparto Clothes Closet, located at Countryside Community Church, recently held a "Coats for Families" campaign, led by Cathy Miller. In one evening, over 80 coats were given away for those in need. The other 101 coats that were left over from the program were donated to Channel Ten's "Coats for Kids" campaign. This has been Channel Ten's largest donation from one charitable organization to date. As a response to their gratitude, Channel Ten's Dan Elliot interviewed Cathy Miller for their midday show and evening news. She will also be featured in their upcoming Christmas commercials. Thanks to all who donated coats and to Cathy and your crew for all of your hard work!



Cathy Miller (Esparto Clothes Closet Coordinator) with Channel Ten's Dan Elliot accepting a donation for their "Coats for Kids" campaign

Erika Schwall, a Countryside Community Church member is a 9th grader at Woodland Christian School. She was recently honored when she was voted the "2003 Freshman Princess" at the school's Fall Formal event in Sacramento



### Tom McKinney Ordained on Nov 2<sup>nd</sup>

On November 2nd, Esparto Baptist Church ordained Tom McKinney into the gospel ministry at an afternoon service. There was a lot of support there for Tom from family, church members, and friends. Dr. Wilson, the senior pastor of the church charged Tom with the task of pastoring, and encouraged him to stand strong in his faith. Following the service, there was a reception in his honor at the church fellowship hall. Tom will continue to serve with his family at the Esparto church, and as he says "Wait on the Lord, and follow as he leads".

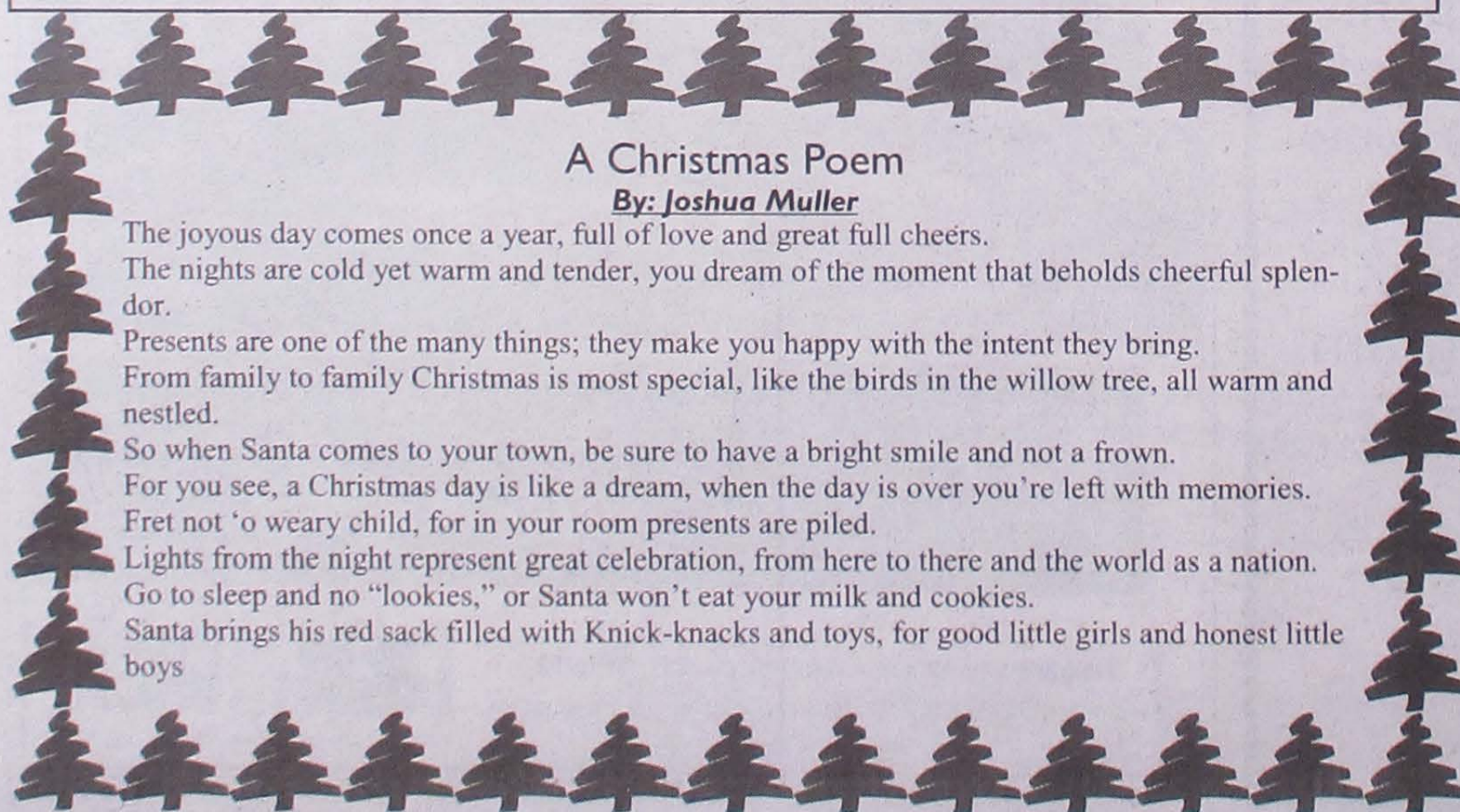
**Toms' family includes: wife Sandra of 23 years, daughter Krystle-21, Rebekah-16, and Andy-13**

### Several Students Complete CPR Course



The Esparto Volunteer Fire Department would like to congratulate the following individuals for their successful completion of the American Red Cross C.P.R. and First Aid course: Polly Baxter, Maxine Dennis, Billy Dinsdale, Michelle Evans, Trisha Harris, Monica Hernandez, Veronica Hernandez, Susan Johnson, Patrick

Kuehn, Brian Lam, Roxanne Lucero, Carolyn Maples, Irmgard Morrissey, Courtney Ogg, Erika Schwall and Nick Schwall. We would also like to thank Kashmir Lam for her assistance in setting up, preparing and serving lunch and cleaning up. And a special thanks the staff of the Valley Voice for their support. The Esparto Volunteer Fire Department would like to express our gratitude to The American Red Cross and David Brown for the volunteer effort by providing this class free of charge to our community

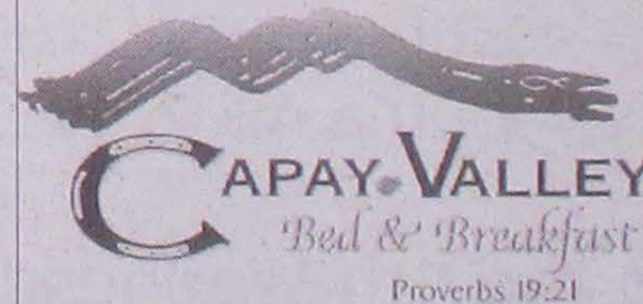


### A Christmas Poem

*By: Joshua Muller*

The joyous day comes once a year, full of love and great full cheers.  
The nights are cold yet warm and tender, you dream of the moment that beholds cheerful splendor.  
Presents are one of the many things; they make you happy with the intent they bring.  
From family to family Christmas is most special, like the birds in the willow tree, all warm and nestled.  
So when Santa comes to your town, be sure to have a bright smile and not a frown.  
For you see, a Christmas day is like a dream, when the day is over you're left with memories.  
Fret not 'o weary child, for in your room presents are piled.  
Lights from the night represent great celebration, from here to there and the world as a nation.  
Go to sleep and no "lookies," or Santa won't eat your milk and cookies.  
Santa brings his red sack filled with Knick-knacks and toys, for good little girls and honest little boys

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### Babies Need Books

It is never too early to introduce your child to books. Although infants will be unable to follow a plot or understand a theme, infants will benefit from exposure to books. In addition to the bonding that is inevitable when you hold your baby in your lap and communicate with her, reading to your baby is valuable in the development of language skills. Long before your

baby utters her first word, she is absorbing sounds that will first help contribute to the development of speech, and later reading. Books also stimulate your baby's imagination, helping her to make sense of situations she has experienced and introducing her to new ones.

Reading to your infant today promotes good reading habits tomorrow. There is a difference in the attention spans of children who have been read to regularly, says Bernice Cullinan, Professor of Early Childhood and Elementary Education at New York University and a highly acclaimed reading specialist. Dr. Cullinan is the author of *Read to Me: Raising Kids Who Love to Read* and *Invitation to Read*.

As infants are particularly responsive to the sounds of language, the best books for babies emphasize rhythm, melody, and repetition, such as nursery rhymes and books with patterned language. Rhythm, rhyme, repetition and familiar language sequences will captivate babies. Books for infants usually have minimal text; the words often function like labels or captions for the pictures. Infants enjoy looking at pictures of other people, especially other babies. They recognize facial features and expressions. Babies and small children love seeing familiar objects like a stuffed bear or a rubber duck, or people doing things that they have had some experience with in their daily experience, such as getting dressed or taking bath.

Infants see books as toys. They will explore books the same way they explore everything else in their world: by grabbing, tossing, turning them upside down and putting the books in their mouths. For these reasons, small durable board books, designed for small fingers and to endure harsh treatment by babies, are the most appropriate for young book lovers. The following board books should encourage your budding bookworm:

Books are not just educational and developmental devices. Babies, like adults, are entertained by books. Parents and other caregivers find that books are a very effective way to keep babies entertained. Indeed, early enjoyment of books will help form a foundation for the vital role books will play in your child's formal education.

### Mommy & Me Group Update!

The "Mommy and Me" group has moved towards introduction of how young babies learn as well as sharing the importance of exercise and nutrition for both mom and child. Sonya Rincus from the County Health Department graciously gave parents information on how to care for their infants and corrected myths which parents shared with the group. Future sessions will include Lead exposure and the importance of testing children along with a Car Seat Safety class which will include the sale of car seats to those individuals who attend at a low cost of twenty five dollars per car seat. We still have room for more participants, so come join us! For more information contact Oralia at RISE Inc. at (530)787-4110.

*The program will be taking a winter break and will resume on January 14, 2004. Have a safe Holiday Season!!*



### News from the: "TODDLERS TOO!"

During our last session the children made special gifts for their parents. It was so exciting to see our toddlers using their hands by putting stickers and coloring their project. The activities that were developed for the children during this first quarter were focused on hands on interactive exploration. The finger-painting with pudding and peanut butter play dough along with circle time and story time provided the children with an introduction of skills that enhanced their confidence. Through the organized play group sessions we have begun to build on children and parent's emerging skills. The Toddler Too Play Group will be taking a winter break from December 1, 2003 to January 1, 2004. Our next session is scheduled for January 7th, 2004. For more information, please call RISE Inc. at 787-4110. **Come Join Us!**

We hope you have a wonderful winter break!

### COLIC: CAUSES AND CURES

You've fed him, changed him, and checked that he's not tired, hurt, or sick. And he's still wailing endlessly. What's wrong? It could be colic, which experts define as inconsolable crying that lasts at least three hours a day, more than three days a week, for about three weeks in a row. Colic usually kicks in when a baby is about 3 weeks old and almost universally goes away by 10 weeks. No one knows for sure what's behind it. Some experts blame digestive problems; others think it's simply the result of an immature neurological system. All agree, however, that it's not a malady but simply a normal and predictable part of early development for many babies.

#### HERE ARE SOME WAYS TO CALM THOSE COLICKY CRIES.



**Respond Right Away!** When your baby cries, go to her as soon as you can before she gets "worked up" and harder to soothe. Studies show that letting babies cry only enhances their wailing.

**Try Motion!** Rock him, put him in an Infant swing, take him for a car ride, or place him in a stroller and push him, even if it's only inside the house.

**Soothe with Sound!** Rhythmic white noise-radio static, the hum of a fan can help calm your baby down. Some experts theorize that it mimics the swishing noises your baby heard while in the womb.

**Swaddle!** When infants cry uncontrollably, their arms and legs may flail, upsetting them even further. Tightly wrapping your baby in a soft, lightweight blanket keeps his hands and feet close to his body and makes him feel safe, snug, and secure.

**Vary Your Technique!** Try one calming strategy for about ten minutes, and if your baby is still crying, try another one for ten more minutes. And so on. Remind yourself that eventually he'll calm down.

### Esparto Youth Basketball



This year's basketball program will be 4 weeks. Boys and Girls in grades 2nd—5th will learn the basics skills of basketball along with the rules and sportsmanship. 2nd and 3rd graders will be from 9:00 a.m. to 10:00 a.m. 4th and 5th graders will practice from 10:15 a.m. to 11:15 a.m. Practices and game will be held in the Esparto High School Gym. This year's program will be on Saturdays beginning January 24th and running until February 14th. Registration will begin December 1st. Cost is \$18 per child and this includes a T-shirt. Deadline to register is January 15th. Late registration is \$23 until the first day of the program. No registration after the first week. Sign up at the RISE office downtown between Subs to Go and Taylor Auto parts or at the After School Program at the Elementary School. For more information call Dennis Huitt at 787-4110 or 908-1052.



UPS NEXT DAY AIR  
Mon-Fri 8am-5pm  
Sat. 9am-3pm  
KEYS MADE



### Taylor Auto Parts

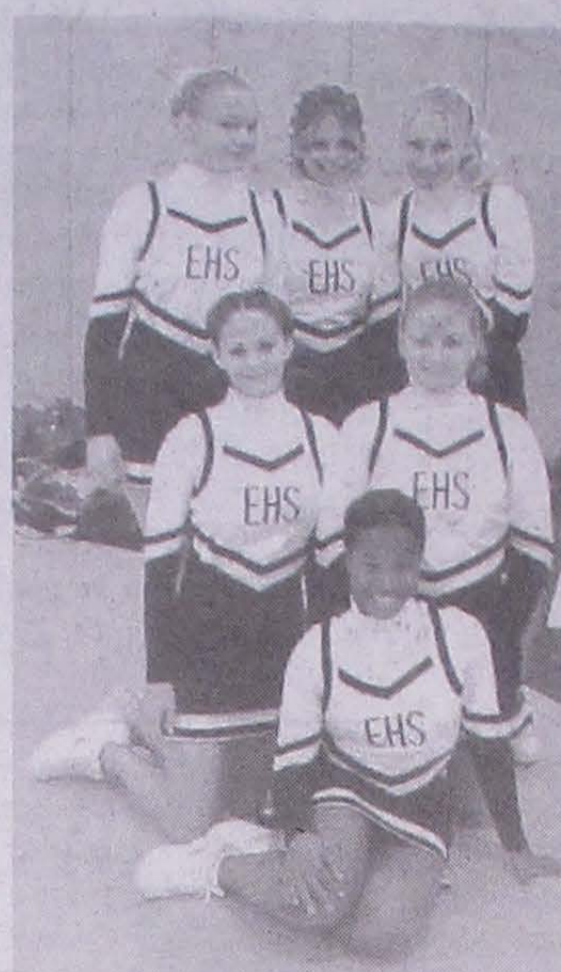
P.O. Box 650  
Esparto, CA 95627

Phone - (530) 787-1929  
Fax - (530) 787-1921

### Bald Mountain Communications

John Stephens, *Owner*

P.O. Box 509  
Esparto, CA 95627  
Phone: (530) 662-2061  
Fax: (530) 787-3267  
Email: mks@afes.com



### Esparto High School Cheerleaders Finish 4th at Northern California Regional Competition

November 17, 2003 (Esparto, California) Esparto High School competitive

cheerleading squad finished fourth in the small varsity category at the Northern California Cheerleading Championships held at California State University, Sacramento.

Sophomores Jamie Wright, Jenell Jensen, Tasha Harris, Natasha Alexander and freshmen Kiki Kess and Kamie Crider worked together to create the two and a half minute routine. The entire performance included a dance, a cheer, a chant and two new stunts.

"I am so proud of the girls," said coach Carol Billing. "They practiced four days a week to prepare for the event and really showed how competitive they can be."

This is the second successful competition for the EHS cheerleading squad. Last June the Varsity squad competed at cheerleading camp, taking home a first place trophy.

The EHS cheerleaders will now prepare for their next competition, the Northern California Championships scheduled for Feb. 15, 2004 in Stockton, California. At EHS, you can see the award-winning squad at our girls and boys home basketball games beginning in December. For more information visit the EHS website at [www.espartok12.org](http://www.espartok12.org).

### Countryside Community Church

Presbyterian Affiliation

Fremont & Grafton Streets Telephone 530-787-3586  
Esparto, Ca

Sunday Morning Bible Study

For Adults and Children at 9:15 a.m.

Sunday Morning Worship at 10:30 a.m.

Rev. Dr. Pamela McNally Anderson, Pastor

### Adoptable Animals

Sponsored by

### Shaggy

Dog  
Lhasa Apso

Size: Small  
Age: Adult  
Sex: Male  
I.D: 6343



**Notes:** Shaggy (AS# 6343) is 3 years old. He has a warm and caring heart that is full of extra love to spare. As seen in his picture, he loves exploring the great outdoors. Although, he needs some leash training, he's a great guy. Won't you show him your love and share your home with him? If you are interested in adopting this animal you can contact us at [ycasrescue@hotmail.com](mailto:ycasrescue@hotmail.com) or call us at 530/662-8858 for more information. This animal is at an animal shelter. To adopt you must visit the shelter. We cannot guarantee this animal will still be available when you arrive. All animals must be spayed or neutered at the time of adoption, if not already done.

*This pet is: up to date with routine shots*

Winter Garden plots available for sign ups!!  
In the Esparto & Madison Communities !!!

Don't forget about your winter garden!  
There are lots of great vegetables that do well in the winter.  
Here is a list of a few to choose from:  
Beets\* Cabbage\* Collards\* Potatoes\* Lettuce\* Swiss Chard\*  
Green Onions\* Beans\* Broccoli\* Cauliflower\* Carrots\* Brussel  
Sprouts Just to name a few!  
Call the RISE inc. office in downtown Esparto  
at 787-4110  
to get a Plot assigned.  
If you already have a summer plot, just let us know if you wish  
to continue your garden this winter!

HAPPY GARDENING!!



Be sure to check out the Focus on the Children Special Edition Valley Voice in December for more in-depth article on the Toy Run.

Special thanks to SUBS TO GO for donating refreshments for all the children who came out to greet and thank the Toy Run Participants. Thanks to Albert Mitchell our children had something warm to drink on that chilly morning. Be sure to stop by and check out the new menu items like the hot and iced latte mocha, smootines and jambahi. There are also student lunch specials which include a sandwich, chips and small drink for \$4.28. SUBS TO GO also has pizzas which vary in size and cost, in a variety of combinations.



### Leo's Club Community Activities

On November 1, the Capay Valley Leo's Club was given the opportunity to join over one thousand men, women, and children from all races, color, religion and national origin in the First Annual 5K Fun Run, sponsored by My Sister's House. Three Leos, including,

Kera Eubank, Bonny Scott, and Jessy Scott were accompanied by Leo Advisor Trudie Martin and Esparto Lion Club member Paul Martin at Sacramento's William Land Park in a walk to help raise awareness of domestic violence and to raise funds to support the first safe haven for battered women and children. There were many events, speakers and activities in addition to the run. Supporters were given the opportunity to become a team captain, to volunteer, become a sponsor or to make a donation. This event brought a great deal of hope to the victims of domestic violence and allowed us to see that "Together we can make a difference!"

Not only has the Capay Valley Leo Club put much effort into the support against domestic violence, but they have just joined together with the Esparto High School math program in an effort to help students with their struggle in everyday mathematics. Every Wednesday, there are a group of Leos who stay one hour after school, to help several students in a variety of math subjects. If you or any other student need help after school one hour a week, with homework or any other assignments, please give the Esparto High School a phone call at (530) 787-3405.

If there is any one in the community or Capay Valley who needs help or volunteers, please call the Capay Valley Leos Club. You can reach us at;

Trudie Martin (Leo Club Advisor): (530)796-3312

Kera Eubank (Leo Club President): (530)796-2215

It's the Holiday season, let the Capay Valley Leo Club help you!



### Valley Soccer Update

Capay Valley Soccer won all three boys' division regional championship games this year. All three teams had first year coaches, Lorenzo Hernandez with the 12 and under boys, Juan Morales with the 14 and under squad, and Joe Ramirez with the under 19s. The march to the championships began Saturday, November, 15, with a loss. The Under 19s, playing in Davis, looked sluggish as they got outplayed by a bigger, more veteran team, 2-1. Later that day, they prevailed easily 5-2 with Joaquin Mayer getting three assists. The following Sunday another tie and a win propelled them into the championships game on Sunday. Facing a team that had beaten them in league play, the youthful, speedy Espartans spoiled Davis' day with goals from Octavio Hernandez, Eddie Salas and Lupe Amezcua sealing a 3-1 squeaker. David Pantoja was solid

rock in goal throughout the tournament, and Tony Amezcua, Eduardo Robles, Anyon Harrington, Juan Rocha and Kakha Bulia of the Republic of Georgia, all made innumerable defensive stops. Congratulations to Joe Ramirez in his first year as coach, who travelled from Sacramento to coach this team. He is the son of Joe and Lydia Ramirez of Guinda.

Saturday and Sunday, Nov. 22 & 23, two more teams from the Capay Valley made it to the top. The Under 12 boys, who began the season with just 6 youngsters signed up, defeated a taller, undefeated Antelope team on their home turf. Capay scored first on a strong corner kick by Manuel Melendrez that sailed over the head of the goalie to an uncovered Ramon Rivera, who hammered the ball home before it hit the ground, 1-0. Road runner Rivera later scored again in the second half on a nice assist from Marco Melendrez, and keeper Angel Rocha, defenders Agustin Vargas, Luis Enrique Contreras and Carlos Hernandez frustrated Antelope attacks to seal the victory, 2-1.

Coach Juan Morales' under 14s sailed through the season with only one loss to an experienced Winter's team. After winning their first game, Capay had to get past Winters to move on to the championship round. The game was a defensive struggle, and ended 0-0 thanks in large part to the skilled play in goal of Antonio Hernandez. The tie, after a 6-0 win in the first game, gave the points advantage to Capay. In the title match up, Capay's skill and speed wore down Antelope. Rafael Torres sneaked the first goal just inside the left post. Then Jesus Rivera took over the game. He scored on a nice breakaway down the right side. After Antelope kicked a ball into their own net, their fate was sealed. Capay strikers roamed at will and Rivera scored three more times as Capay dominated the demoralized Antelope champs to win 6-0.

The Under 10 Capay boys team had an undefeated team this year under coach Jason Edwards. However, rains forced their tournament to be cancelled.

Two of the three girls' teams also participated in tournament play. Both the Under 19s and under 14s, coached by Raul Lira and Cristina Gonzalez respectively, showed great progress and were competitive in tournament play.

## ESPARTO LITTLE LEAGUE



Schedule of events: Next Meeting – December 11, 2003, 7:00pm  
At The Alice Marsh Hall, Esparto H.S.

Sign-Ups January 17 & 24  
9:00am To 1:00pm  
At The Esparto Fire Station

Try-Outs February 07, 2004

Opening Day March 20, 2004

### New For This Year – Scholarships Available

Registration Fees Are \$45.00 For The First Child  
\$35.00 For Each Additional Child

If you would like a registration packet mailed to you  
please contact Mike Sanford @ 530-787-3557

Esparto Little League P.O. Box 411 Esparto, California 95627

Winter Garden plots available for sign ups!!  
In the Esparto & Madison Communities !!!



Don't forget about your winter garden!  
There are lots of great vegetables that do well in the winter.  
Here is a list of a few to choose from:  
Beets\* Cabbage\* Collards\* Potatoes\* Lettuce\* Swiss Chard\*  
Green Onions\* Beans\* Broccoli\* Cauliflower\* Carrots\* Brussel  
Sprouts Just to name a few!  
Call the RISE inc. office in downtown Esparto  
at 787-4110  
to get a Plot assigned.  
If you already have a summer plot, just let us know if you wish  
to continue your garden this winter!

HAPPY GARDENING!!

## ¡El Grupo de "Mami y Mí" Actualiza!



El grupo de "Mami y Mí" se ha movido a la dirección de como los bebés aprenden. En nuestras juntas hemos compartido la importancia del ejercicio y la nutrición para la mamá como el niño. Sonya Rincus de Departamento de Salud del Condado amablemente les dio a padres información en cómo cuidar a sus niños y corrigió los mitos que padres compartieron con el grupo. Las sesiones futuras incluirán la exposición de plomo y la importancia de que sus niños tomen una prueba para su salud. También se les ofrecerá una clase de la Seguridad de Asiento de Coche que incluirá la venta de asientos de coche a esos individuos que asisten a un costo bajo de veinte cinco dólares por el asiento de coche. ¡

Todavía tenemos espacio para más participantes, así que vengan acompañarnos! Para más información por favor de llamar a RISE Inc. y hablen con Oralia al número (530)787-4110.

*El grupo de "Mami Y Mi" se tomará una interrupción de invierno y regresará el 14 de Enero 2004. Esperamos que tengan una vacación de invierno seguro.*

## Disciplina sin gritos y mucho más...



Disciplinar no es gritar; Mi esposo es un gritón. Cuando el niño está teniendo una de sus rabietas solo se calma con un par de gritos. Es acaso gritar disciplinar? Cuando alzamos la voz a un niño por primera vez o de forma ocasional, usualmente su reacción es de sorpresa y por lo general se queda callado y con los ojos atentos hacia la persona que le ha gritado. Si, en ocasiones, al dirigirnos al niño lo hacemos no sólo elevando la

voz sino de forma agresiva, además de sorprenderlo, desencadenarán sensaciones de miedo en el niño. Bajo ningún concepto debemos confundir esto con disciplina. Disciplina es la estrategia que usamos para modificar el comportamiento, en este caso de un niño durante su crianza. La Academia Americana de Pediatría recomienda que las estrategias que usemos para disciplinar a nuestros hijos tengan los siguientes elementos: 1) una relación amorosa y de apoyo hacia el niño. 2) El uso de refuerzos positivos para lograr comportamientos deseados. 3) Retirar el refuerzo o aplicar un castigo para disminuir comportamientos no deseados. Al aplicar castigos debemos recordar que deben ser acordes con la edad del niño, que deben estar enmarcados en una relación de respeto y amor. Ejemplos de castigos considerados apropiados: algunos minutos en la "silla triste" (time-out); restricción de algún privilegio. Y, al dar refuerzos positivos no olvidar que un abrazo y reconocimiento del bien, es para ellos muy importante.

## Las noticias del: "PEQUEÑINES TAMBIEN!"



Durante nuestra última sesión los niños hicieron regalos especiales para sus padres. Era tan emocionando a ver nuestros pequeños utilizar las manos poniendo etiquetas y colorar su proyecto. Las actividades que se presentaron para los niños durante este primer trimestre se enfocaron

en exploración activa. La pintura del dedo con el pudín y masa mezclada con pasta de cacahuete junto con tiempo de círculo y tiempo de cuentos les proporcionan a los niños con una introducción de las habilidades que aumentaron su confianza. Por las pasadas sesiones que hemos organizado para el grupo del juego hemos empezado a apoyado las habilidades en niños y padres. El Grupo Pequeñines También de Juego estará tomando una interrupción de invierno de el 1 de diciembre de 2003 a el 1 de enero de 2004. Nuestra próxima sesión esta planificada para el 7 de enero, 2004. Para más información, por favor llamada a RISE Inc. al numero 787-4110. ¡Vengan Acompañarnos!

¡Esperamos que usted tenga una vacación maravillosa de invierno!!  
¡Esperamos verlos el 7 de enero, 2004!



### Capay Valley Website Information

When Nancy and John Capitanio were looking for a home in the Capay Valley in the Summer of 2001, they went to the web for more information on the area. What they found was www.capayvalley.com -- a website developed by Lynn Morgan of Guinda for the benefit of the Capay Valley Community. Unfortunately, Lynn was leaving the area and was planning to shut down the site by the end of the year if she couldn't find a new owner. Since Nancy's a professional web developer, it seemed a natural fit. Nancy and John took over the site in the fall of 2001 and their first goal was to develop a Community Calendar where people in the Valley could view upcoming events on the Web and post their own events for free to share with their neighbors. The Calendar launched in January, 2002. The site has since been expanded to include links on the natural history of the Valley, photos of Valley events, and enhancements to the Business links page. Now, they would like to announce a new addition to the site -- FREE CLASSIFIED ADS in the same do-it-yourself style as the Community Calendar. Anyone with web access can post a free classified ad on the site -- it remains on display for up to two months and the ad can be renewed an unlimited number of times at no charge. Local businesses can pay a nominal fee to have their companies listed in the "Services" section for up to a year at a time without having to renew every two months. John and Nancy hope that the residents of the Valley who have access to the Internet will enjoy the new features of the site and visit it often! For more information, please contact Nancy at admin@capayvalley.com.

Ever Wonder What To Do With Your Christmas Tree  
After The Holidays? Well....



**THE VOLUNTEER FIREFIGHTERS OF ESPARTO  
WILL BE PICKING UP CHRISTMAS TREES  
On January 3, 2004**

If you live in the Esparto Community Service District  
Please have your tree at the end of your driveway  
Or in the alley by 8:00AM  
Saturday, January 03, 2004  
This is a FREE service

The Esparto Volunteer Fire Department is a Not-For Profit Organization  
Donations will be accepted but are not necessary  
WWW.ESPARTOFIRE.ORG

### CALENDAR DETAILS

**The Dental office in Esparto** is open from 8 a.m. to 5 p.m. every Tuesday, Call 787-4972 to make an appt.

**Food and Clothes Closet**, more information contact RISE Inc. at 787-4110.

**AA meetings**, *Countryside Community Church*, located at 26479 Grafton St. Entrance is on west side of building. Go down the stairs to kitchen. Call Don Bertleson at 787-3322 for more information.

*Guinda Community Church*, Fridays at 7 p.m. in Spanish

**Home Schooling Cooperative**, Call Elvira Paoletti at 796-2280.

**WIC Services** is located in the Esparto Family Practice office at 17050 South Grafton St. For an appt. call (209) 870-5000.

**Church of God Spanish** services to be held on Wednesdays and Fridays at 7 p.m. The services will be held at the Countryside Community Church.

**Capay Valley General Plan Advisory Committee**

(CVGPAC) meets every 1st wed. of the month at 7 p.m. at the Grange Hall in Guinda. Open to the public.

**Esparto Citizen Advisory Committee to Planning Council (ECAC)** meets every 3rd Tuesday at 7pm in the Wintum Room at the Esparto Regional Library.

If you would like to get contact information about calendar events in the next meeting please email the editors of the Valley Voice at valleyvoice2@hotmail.com or call 787-4110 to get the information in.



**Guinda Community Church**  
16681 Forrest Ave., Guinda  
Sunday Praise Service 9:00 a.m.  
Live Nativity Pageant  
December 21st  
For further information call  
796-3322

Sheryl Liu-Philo CPA

Tax Preparation Tax Planning  
Farm & Business Bookkeeping  
Notary Public  
Please Call for Appointment

7095 County Road 49 Phone/Fax: (530) 796-5005  
Guinda, CA 95637 E-mail: liuphilo@mother.com

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WOODLAND, CA 95695

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1(800) 266-2817  
FAX (530) 668-1162

# December 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9am-1pm Esparto Family Practice Clinic 7pm Capay Park Community Meeting, Esparto Library	<b>2</b> 8am-5pm Esparto Dental 9am-1pm Esparto Family Practice Clinic 7pm AA meeting CCC 7pm FERL Meeting 7-9pm Nimble Needles	<b>3</b> 9am-1pm Esparto Family Practice Clinic 10am-12 Food/Clothes 7pm Church of God 7pm CVGPAC Meeting	<b>4</b> 9am-1pm EFP Clinic 6:30 Esparto Lions Club Meeting 6:30-8pm TNT at CCC	<b>5</b> 9am-12:30pm EFP Clinic 7pm Church of God Spanish Service 7pm Spanish AA at GCC 7pm Drama Club Fall Performance, EHS	<b>6</b> 1-4pm Food/Clothes Closet 7pm Spanish Mass St. Martin's Church
<b>7</b> 8:30 am St Martin's Service 9 am Guinda Community Church Service 10:30 am Countryside Community Church Service 11 am Esparto Baptist Church Service	<b>8</b> 9am-1pm Esparto Family Practice Clinic	<b>9</b> 8am-5pm Esparto Dental 9am-1pm Esparto Family Practice Clinic 7pm AA meeting CCC 7pm FERL Meeting 7-9pm Nimble Needles	<b>10</b> 9am-1pm Esparto Family Practice Clinic 10am-12 Food/Clothes 7pm Church of God 7pm Esparto Community Service Dist. Mtg. 7pm Chamber of Commerce Meeting 7pm School Board Mtg	<b>11</b> 9am-1pm EFP Clinic 6:30-8pm TNT at CCC 7pm Esparto Little League Meeting	<b>12</b> 9am-12:30pm EFP Clinic 7pm Church of God Spanish Service 7pm Spanish AA at GCC	<b>13</b> 1-4pm Food/Clothes Closet 7pm Spanish Mass St. Martin's Church
<b>14</b> 8:30 am St Martin's Service 9 am Guinda Community Church Service 10:30 am Countryside Community Church Service 11 am Esparto Baptist Church Service	<b>15</b> 2-6pm Esparto Family Practice Clinic 7pm VFW Meeting, Esparto VFW Hal Rumsey Improvement Christmas Meeting	<b>16</b> 8am-5pm Esparto Dental 9am-1pm Esparto Family Practice Clinic 7pm AA meeting CCC 7pm FERL Meeting 7-9pm Nimble Needles 7pm Esparto Advisory Committee to planning Commission	<b>17</b> 9am-1pm EFP Clinic 10am-12 Clothes Closet 6:30pm Western Yolo-Grange Christmas Mtg. 7pm Church of God	<b>18</b> 9am-1pm EFP Clinic 6:30-8pm TNT at CCC 6:30 Esparto Lions Club Meeting 6:30 Christmas Caroling, Java Station 7pm WYORCA, Library 7pm Public Comments CVGPAC, Guinda Grange	<b>19</b> Last Day of School 9am-12:30pm EFP Clinic 7pm Church of God Spanish Service 7pm Spanish AA at GCC	<b>20</b> 1-4pm Food/Clothes Closet 7pm Spanish Mass St. Martin's Church
<b>21</b> 8:30 am St Martin's Service 9 am Guinda Community Church Service 10:30 am Countryside Community Church Service 11 am Esparto Baptist Church Service Live Nativity Pageant GCC	<b>22</b> 9am-1pm Esparto Family Practice Clinic	<b>23</b> 8am-5pm Esparto Dental 9am-1pm Esparto Family Practice Clinic 7pm AA meeting CCC 7pm FERL Meeting 7-9pm Nimble Needles	<b>24</b> 9am-1pm Esparto Family Practice Clinic 10am-12 Food/Clothes Closet 7pm Church of God 7pm CVGPAC Meeting 7pm Countryside Community Church Candlelight Service	<b>25</b> 9am-1pm EFP Clinic 6:30-8pm TNT at CCC	<b>26</b> 9am-12:30pm EFP Clinic 7pm Church of God Spanish Service 7pm Spanish AA at GCC	<b>27</b> 1-4pm Food/Clothes Closet 7pm Spanish Mass St. Martin's Church
<b>28</b> 8:30 am St Martin's Service 9 am Guinda Community Church Service 10:30 am Countryside Community Church Service 11 am Esparto Baptist Church Service	<b>29</b> 9am-1pm Esparto Family Practice Clinic	<b>30</b> 8am-5pm Esparto Dental 9am-1pm Esparto Family Practice Clinic 7pm AA meeting CCC 7pm FERL Meeting 7-9pm Nimble Needles	<b>31</b> 9am-1pm Esparto Family Practice Clinic 10am-12 Food/Clothes Closet 7pm Church of God			