



# The Valley Voice

Serving Madison, Esparto, Capay, Brooks, Guinda and Rumsey

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**FREE**

## CONGRATULATIONS TO ALL THE 2002 HOMECOMING CANDIDATES !



Above are King and Queen candidates Chris Williams and Lindsay Medina. Pictured upper middle are Domonique Pereira and Gilberto Miranda.



Pictured above are King and Queen candidates Dan Williams and Estela Figueroa.



Queen and King candidates: Mari Sanchez and Nicolas de la Cruz.



This years Homecoming King and Queen went to Gilberto Segura Miranda and Estela Figueroa. Congratulations!



Queen and King candidates Ben Cooper and Angelica Mendez.

## Health and Safety Carnival a Success!

Valley residents were once again treated to a successful health and safety carnival on Sunday October 20th. Many Esparto, Capay Valley and Woodland residents turned out for what has become a yearly event at the Esparto Community Park. There were many health screenings, a petting zoo, pony rides, and bounce houses for the kids. In addition, there were some great cheers from the Esparto Cheerleaders and food courtesy of the Leo's club. A special thanks to all those who donated their time to make this year's festival come together so well!



Tyler Armstrong of Brooks stands proudly by the vision screening sign at the carnival, hosted by the Esparto Lions Club.



Andrea Bosch holds her child Emily Graber as she receives a dental screening from CommuCare

**INFORMACIÓN EN ESPAÑOL PÁGINA 10**

### PARENTING

#### CHILDREN'S SAFETY FOOD POISONING

How to protect your family  
*By: Rosemary Black*

Each year 76 million Americans come down with foodborne illnesses—and little kids, with their weaker immune systems, are at higher risk. The good news: Nearly all these cases can be prevented.

#### KITCHEN SMARTS

##### Keeping things clean

- Sponges are the perfect breeding ground for bacteria. Twice a week run them through the dishwasher, microwave them on high for two minutes, or boil them to kill all germs.
- Wipe countertops daily with hot, soapy water and clean them at least weekly with a mild bleach solution (one teaspoon of bleach in a quart of water).
- Wash your hands often (including fingernails) with warm water and soap. To make sure your young child scrubs long enough, sing the "ABC" song together as he's washing up.
- Dry your hands with paper towels when you're cleaning up after cooking. If you prefer using a cloth towel, keep a separate one for wiping dishes.

##### Healthier food prep

- Make food shopping your last stop so that groceries don't sit in the car while you run other errands.
- Set your refrigerator to no more than 40 degrees Fahrenheit. Try not to overpack it, since cool air needs to circulate.
- Wrap raw meats, seafood, and poultry will and keep them in the refrigerator—far away from salads and other prepared dishes to prevent cross-contamination.
- Thoroughly wash all fruits and

**POISONING** (Continued on page 5)

Inside November Valley Voice	
Grantwriting 101	p. 2
Annual Ecumenical Thanksgiving Service	p. 3
Chamber of Commerce News	p. 4
EHS Updates	p. 6
Discuss Crime in Capay Valley	p. 9
Community Calendar on page 12	

## SUCCESS, SUCCESS, SUCCESS!!!



By: *Oralia Rodriquez*

The Mommie & Me group met on Wednesday, October 23<sup>rd</sup> at the Esparto Library. Bonnie Rose, an RN, was able to provide a mini-presentation on the usage of a thermometer and what signs to look for when your child has a fever. We were so pleased with the high attendance of this group and hope that as word gets passed along, it will continue to grow. The goal of this program is to provide new mommies with information regarding their child's health and development. It is also our hope that they will create bonds with other mommies who are experiencing similar situations and be able to exchange information they have gathered. For more information, please contact Oralia or Lupe at RISE INC. (530) 787-4110.

## Grantwriting 101: A Workshop for Yolo County Providers

**What:** The Yolo County Children and Families (Prop. 10) Commission is sponsoring this workshop for its grantees and other community organizations that serve children 0-5 and their families. Participants will receive an overview of grantmaking and learn how to make their proposals more effective.

**Presenter:** Harvey Chess, Center for Health Improvement Consultant, is a nationally-known trainer who designs and delivers workshops on asset-based grantseeking for grassroots organizations and communities. He has provided consultation to numerous non-profit organizations throughout California and served as program officer and director for funding information for a community foundation in Los Angeles. Mr. Chess is author of *Grantwriting, The Model Proposal and Other Nonsense*.

**When:** November 7, 2002 & November 8, 2002  
8am to 4pm & 8am to 12pm  
(This is a two-day workshop)

**Where:** City of Davis Community Chambers  
23 Russell Street  
Davis, CA

**RSVP:** Please fax registration forms to Ann Patchen at the Center for Health Improvement, 916-930-9010, by **October 31, 2002**. Seating is limited, so please register early. One member of each organization will be registered on a first come first served basis as seating allows. A waitlist will be created for additional participants, who will be registered on a space available basis. Please submit separate registration forms for each attendee. **SEATING IS LIMITED. SECURE YOUR SPOT SOON!**



Parking is very limited.  
Please carpool if possible.

## Capay Valley Vision invites you to participate in the Valley's Community "Second Annual Visioning Meeting"



Saturday, November 23, 2002  
9:00a.m. - 1:00 p.m.  
Alice Marsh Hall  
Esparto High School

Refreshments will be provided!

Please check one: Registration Form

I am the primary registrant from my organization.  
 One person from my organization has already registered. Please place me on the waitlist.

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

I am a Prop. 10-grantee.  I prefer a vegetarian lunch.

Comments/Questions: \_\_\_\_\_

# The Valley Voice

Serving Madison, Esparto, Capay, Brooks, Guinda and Rumsey

The Valley Voice  
P.O. Box 368  
Esparto, CA 95627

For article inquires, call 787-4110, or send an e-mail message to Roberta Seibert at valleyvoice2@hotmail.com. For billing inquiries or ad rates, call 787-4110. All article and ads are due by the 15th of each month. We reserve the right to edit articles at our discretion, due to space limitations. Funded in part by the Yolo County Children and Families Commission (Proposition 10), The Valley Voice is published monthly by a community partnership between Healthy Start, Esparto Unified School District, and RISE Inc. Articles published do not necessarily express the views of the Valley Voice editor or committee.

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For more information,  
call 787-4110

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## Streambank Erosion, Invasive Plants, and Water Quality Are Top Concerns

Streambank erosion, invasive plants, and water quality were among the major natural resource issues identified by the Cache Creek Watershed Stakeholders Group at their September 19<sup>th</sup> meeting at the Esparto Library. With assistance from the Yolo County Resource Conservation District, the Stakeholders Group made initial steps towards developing the *Capay Valley Watershed Stewardship Action Plan (Watershed Plan)*. Accomplishments of the first meeting included: A stakeholder-defined list of natural resource issues for Capay Valley; an outline for the content of the *Watershed Plan*; a list of agencies, groups and individuals that should be involved in the planning process; and a timeline for completing the *Watershed Plan*. The Stakeholders Group expects the planning process to last for 1 year.

A lot of work remains to be done and participation and input from the Capay Valley community are essential to the creation of a viable *Watershed Plan*. Throughout the State, similar community-based groups have taken on the responsibility of planning for the future health of their watershed. These watershed management plans, as they are commonly referred to, address such natural resource issues as erosion, invasive plants, and water quality. They identify problems and opportunities and provide a range of possible actions that individuals and groups can undertake to deal with the resource issues. Many communities see watershed planning as an opportunity to determine for themselves the future of watershed resource management and health, as opposed to being in response to regulations or mandates that come down from the State or Federal Government.

The next meeting of the Stakeholders Group will be a celebration of sorts, as the Yolo County RCD will be handing out the recently completed *Capay Valley Conservation and Restoration Manual*. The 100+ page manual, a longtime goal of the Stakeholders Group, will provide landowners with over 30 step-by-step resource conservation and restoration practices. The practices will cover such topics as Invasive Weed Control, Gully Repair, Hedgerows, Habitat and Sediment Ponds, Tamarisk and Arundo Management, and Streambank Stabilization to name a few. The manuals are being made available for free to Capay Valley and Esparto residents through a grant from the CALFED Watershed Program.

The Stakeholders Group meeting will be held on Thursday, November 21<sup>st</sup> from 6:00 – 8:00 p.m. at the Esparto Library. The first hour of the meeting will focus on the manual, including a discussion about how it was put together and how it can be put to use. The second hour will focus on the next step in the watershed planning process – identifying the goals and objectives of the plan. There will be food and refreshment for those who show up early (around 5:45).

For more information about the Stakeholders Group, the *Capay Valley Watershed Stewardship Action Plan*, or the *Capay Valley Conservation and Restoration Manual* contact Vance Howard at the Yolo County RCD – phone (530) 662-2037 ext. 121 or email [howard@yolorcd.ca.gov](mailto:howard@yolorcd.ca.gov).

## Annual Ecumenical Thanksgiving Service

By: Rev. Dr. Pamela Anderson

They say a picture paints a thousand words. Well...I don't have a picture, but...a thousand words. A year ago at this time, Countryside Community Church celebrated its annual ecumenical service with the Methodist Church in Guinda. It was a fantastic fall afternoon. A pale sky with lingering clouds welcomed the participants as they slowly filed into the church on that Sunday afternoon. They were greeted with the heartening music of the Capay Valley Chorus, which included four guitarists, a pianist and five singers. My mother, who was visiting from out of town along with my sister and her two kids, said they loved the music. My mother was in "hog heaven" because the music was reminiscent of 1930's spiritual music and she felt like she had returned to her childhood. The choir sang with soul and passion and the steel guitar accented our longing for God's presence in our lives.

My nine year-old nephew who was visiting from San Francisco wanted to sit with his Aunt Pammy in the front and assisted in the liturgy by reading the Assurance of Pardon. Erik is Russian Orthodox and he told me that he always wanted to go to a Presbyterian Church, because "you get to eat before the church service." Well, when it came time for me to share joys and concerns, I let Erik know that in the Presbyterian Church you get to eat before, during and AFTER church. You get to eat ALL the TIME in the Presbyterian Church. He was pleased to hear that and proved it by piling up his plate with desserts in the social hall after the church service.

When it came time for the offering we announced that the loose offering would go towards the Food Closet to help families who were in need at Christmas time so that they could have a wonderful Christmas meal. The response was very generous and we were very grateful.

Before Rev. Ed Coker (the pastor of the Methodist Church in Guinda at that time) preached, the Countryside Sunday School children sang a beauti-

ful song with hand motions entitled *Whisper a Prayer*. Whenever little kids get up to sing in a church, it is always a delight and everyone was grinning from ear to ear.

Rev. Ed Coker got up and preached his sermon entitled, *Be Thankful Or Else!* He preached from the Philippians passage which says "Rejoice in the Lord always, again I say rejoice." He described a Far Side cartoon where a man is in hell and he is pushing a wheelbarrow while cheerfully whistling. One devil says to the other devil, "I don't think we're getting through to this guy." Rejoice in the Lord, always!

Then I preached and my sermon was entitled, *Run Forrest Run!* This was taken from the movie *Forrest Gump*. In one of the opening scenes, Forrest is a young boy, with braces on his legs, walking home after school with his friend Jenny. Bullies came to pick on him, and Jenny yelled "Run Forrest Run!" When he started running, his braces miraculously came off and he was able to run out of harm's way. The Scripture I chose came from Hebrews 12. "For we are surrounded by such a great cloud of witnesses." Then it continues on to say that we should "run the race with perseverance and our eyes fixed on Jesus." I spoke about how important our Cloud of Witnesses is and how they can be very influential in helping us to finish the race with our eyes fixed on Jesus. I then told a very embarrassing story of when I was in 8<sup>th</sup> grade and ran in a race at a track meet. I was so slow and was so far behind, that people forgot I was out on the racetrack. When I eventually turned the corner and came up the track way, the coaches had already set up for the next race! When they saw me there was chaos. Whistles blew and everybody was waved off the track. I figured that this was so embarrassing already that I might as well go out with a bang. *Rocky* was the big movie of the time, so I lifted my arms in victory as I crossed the finished line. The crowd went nuts with applause. I received louder cheers for coming in last than the ones who actually won the race. Of course my Jr. High friends covered their eyes and said, "how embarrassing"; but I didn't care. It was my Cloud of \* Witnesses (Hebrews 12:1) that made all the difference; who helped cheer, support and will me across the finish line.

In difficult times, these Clouds of Witnesses are vital to our health and well-being because they help us to "run the race with perseverance with our eyes fixed on Jesus."

Then Clarence, who performed with the Capay Valley Chorus, spoke about a difficult time when he needed to "keep his eyes on Jesus". With his music and testimony, he essentially gave us another sermon. He told us about a time when he almost died because his clothes caught on fire while he was dealing with some flammable material. He was describing how he was trying to pull his clothes off because the fire was sticking to his body. As he was pulling he said that through the miraculous power of Jesus the seams of his clothes just fell apart and his clothes pulled away from his body. He said if it weren't for that, that he could have easily died. He talked about how thankful he was to Jesus and then sang a rousing rendition of how he *Loves to Sing His Savior's Name*. This was from the heart. He bellowed it out with soul and softness and truth. He would lean to one side occasionally and then stomp his foot to the methodic beat. As I looked out, I could see people smiling and resonating with the message.

We finished our worship service with the Capay Valley Chorus singing a rousing rendition of *I Saw the Light*, which we all joined in singing to finish a truly delightful and magical afternoon, with our faith getting a good "shot in the arm." As the church service was coming to a close, my nephew whispered to me, "I like this church. It's not boring."

Countryside Community Church will be hosting its annual Ecumenical Thanksgiving Service again. We hope that you will not miss this wonderful opportunity to join us on **Sunday November 24<sup>th</sup> at 2:00pm** with a dessert reception to follow in the Social Hall.

For the first time, all the churches in the area will be participating, including the Esparto Baptist Church, the Guinda Methodist Church, the New Life Church in Madison, St. Martin's Catholic Church, Iglesia de Dios and the Countryside Community Church. There is going to be lots of music and lots of food and we sincerely hope that you will be able to join us.

For more information, call 787-3586.



**Durst Organic Growers**

James & Deborah Durst  
26100 County Road 16  
Esparto Ca. 95627      Office (530)787-3390

**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 AM

Sunday Morning Worship at 10:30 AM  
**Rev. Dr. Pamela McNally Anderson, Pastor**

**CHAMBER OF COMMERCE  
REPRESENTS  
REGION AT THE FARM-CITY  
BANQUET**

The Esparto District Chamber of Commerce represented the Western Yolo County region business interests by participating in the annual Farm-City Banquet held in Woodland October 24th. Chamber members manned a booth and "dummy roping" event during the pre-dinner mixer. The booth promoted the mixed agrarian character of our agricultural community and spotlighted various businesses. Special thanks to R.H. Phillips Winery for donating the grand prize from our region, a case of premium wine, presented at the dinner. Thanks are also in order for Ben Adamo, Chair of the Booth Committee, and Tom Taylor who collected business give-aways at his local Taylor Auto Parts. This is always a fun event and the Esparto District Chamber participated for over a decade, representing the entire area!

The Chamber met on October 9th and continued its visioning sessions. An important outcome of that meeting was a decision to formally approach the County Board of Supervisors and make a specific request on behalf of a business community "impacted daily by current Casino activities." Jim Durst represented the Chamber of Commerce at the Supervisors' meeting. A letter articulated the request, seen as "an opportunity to jumpstart the economic and cultural vision of self sufficiency and self-determination into a reality that transforms Esparto again into a "business hub" of Western Yolo County.... allow[ing] local businesses and agencies physical locations to offer goods and services that retain dollars lo-

cally, employ local residents and attracts visitors." The Chamber, during the discussions held at the meeting, noted that the City of Woodland was awarded \$500,000 to specifically mitigate the impacts on their downtown main street, while Esparto was not awarded any set-aside. Reacting to this, the Chamber voted that the letter "formally request assistance ...in the amount of \$500,000 per year for no less than five (5) years of the Agreement, to be used to revitalize, renovate, gain local control and ownership of the historic downtown district of Esparto."

A final activity at the meeting evaluated the current Chamber "Works in Progress" and matched those individual activities to the seven "vision statements" selected during visioning sessions. The next meeting will be hosted by Ruth McMillan of the New Esperanza (downtown Esparto) and is open to all new and prospective members. The meeting is planned for Wednesday, November 13th at 7:00 PM. Refreshments will be served.

**ESPARTO LIBRARY HOURS**

17065 YOLO AVENUE  
PHONE: (530) 787-3426  
MON. 1:00—8:00PM  
TUES. 8:30AM-12PM & 1-8PM  
WED. 8:30AM-12PM & 1-8PM  
THURS. 10AM-12PM  
& 1-8PM  
SAT. 10:00AM—2:00PM  
Fax 787-4874

**CLOSED ON FRIDAYS AND  
SUNDAYS**



**Help Light Up The Library Christmas Ornament Sale**

Fall is just around the corner, and Christmas isn't that far off either. The Friends of the Library have a great gift suggestion for you as you plan your gift list. This holiday season the Friends will again be offering Christmas ornaments or lights which can be purchased in memory of someone or as a gift for a special person in your life. Your gift helps support the Friend's projects for the library which provides enrichment for the entire community. For more information or to purchase an ornament, call Ethel or Al Emrick at 787-3614 or use the order form to the left. The Christmas Tree Lighting ceremony will be **December 15, 2:00 p.m.** at the Esparto Regional Library.

**THIRD ANNUAL LIGHT UP THE LIBRARY**

*Donations \$10.00 per light—\$25.00+ per Keepsake ornament.*

My Name \_\_\_\_\_  
My Address \_\_\_\_\_  
City & State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed is my gift of \$ \_\_\_\_\_

Check One \_\_\_\_\_  
---- In Memory Of ( name ) \_\_\_\_\_  
---- In Honor Of ( name ) \_\_\_\_\_  
---- Birthday Gift ( name ) \_\_\_\_\_  
---- Christmas/Hanukah Gift ( name ) \_\_\_\_\_  
---- Anniversary Gift ( name ) \_\_\_\_\_  
---- In Appreciation Of ( name ) \_\_\_\_\_  
---- Other \_\_\_\_\_

Please Notify ( name ) \_\_\_\_\_  
Address \_\_\_\_\_  
City & State \_\_\_\_\_ Zip \_\_\_\_\_  
Please sign my ( our ) names this way \_\_\_\_\_

*Please make checks payable to Friends of the Esparto Regional Library  
P.O. Box 787, Esparto, CA 95627. Your gifts are tax deductible.*

# DINE WITH US!

## CREEKSIDE

FULL TIME  
BUFFET  
& SUNDAY  
BRUNCH

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ASIAN  
CUISINE

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## CHALK TALK

From Esparto  
Capay-Valley  
Neighborhood  
Child Care  
Center



October has come and gone! As of October, the children at the pre-school have been attending the local library's story time each Wednesday of the week. In addition to attending story time, Julie Herbst, an intern from American River College, has been coming to read to our children every Wednesday and Friday from 9:00 to 9:15 a.m.. The children really enjoy this activity and look forward to story time with Julie.

During the month of October, we focused on the letter "P" and sequencing objects, people, and numbers (first, middle and last). In addition, our class has had plenty of opportunities to practice safety during our walks to the library and to the park.

In November we will be focusing on Thanksgiving, sharing, and the concept of "family, friends and community". Our letters of the month will be the vowels A, E, I, O, U to encourage reading skills. Our math concepts will include quantities from large to small and what the differences are. As we move into the month of November, we will be emphasizing the importance of sharing, what our friends and family mean to us, discussing Thanksgiving, and how important our community is to us. Our objective is to reinforce the skill of social interaction and introduce "Social Studies".

As you walk into our Dramatic play area, you will see some new props, which are being introduced to the children. These include walking canes, glasses, hats, and other clothing. This will allow the children to role-play and have hands on opportunity to explore how these items are used and why some of us have the need for these items.

For our Small group time the children will create their family tree and participate in making "Stone Soup" for lunch. Children will be asked to bring pictures of their family and share special items they have that resemble a special trip or event they shared with their family and loved ones. We look forward to meeting all our families through pictures sent to the school. We will also be creating a map of our community and identifying the location and address of our homes.

In preparation for our Stone Soup we would like to ask for a one-item donation from the parents. This request will be in the form of a letter to the parents that the children will be creating and mailing out to their parents. The children will all be given the opportunity to assist in preparing the vegetables they bring from home to contribute for the soup. We invite any family member who wish to join us to come and have lunch on this particular day!

We here at the pre-school want to wish everyone a safe and wonderful Thanksgiving Holiday!!!

## Natural Resources Self-Monitoring Guide Now Available for Landowners & Managers

The Yolo County Resource Conservation District (RCD) announces the availability of its newest publication geared toward farmers and other private landowners. "Monitoring on Your Farm" is a guide to tracking and understanding the resources and wildlife on one's land. The 100-page manual focuses on low-cost, low-tech equipment and easy methods that require minimal time input. Although the publication was written to be especially useful for private landowners, it may be of interest to a broad variety of other people.

### Sections in the manual include:

Photomonitoring and record keeping;

## Workshops for Rural Landowners

The Yolo County Resource Conservation District will be kicking off their annual "Bring Farm Edges Back to Life!" Winter Field Meeting Series on November 23<sup>rd</sup> with a special Saturday morning field day that will be of particular interest to rural landowners. The topic for the field meeting will be "Watershed-Friendly Land Management for Rural Landowners" and will include information on controlling weeds, protecting water quality, planting native vegetation, and providing wildlife habitat on your land. The field meeting will be held rain or shine from 9:00 a.m. to 11:00 a.m. at a local residence off of Road 95, about 1/2 mile north of Road 29. Look for the "RCD Field Meeting" signs to guide you there.

The next meeting in the series, "Monitoring Natural Resources on Your Farm," will be held on January 15<sup>th</sup>. Additional meetings will follow on the third Wednesday of every month from 9:00 a.m. to 11:00 a.m. Topics will include: Sediment Traps & Tailwater Ponds; Using Native Grasses to Vegetate Rural Roadsides; and Hedgerows with Insectary Plants & Native Grasses. All of the meetings are free thanks to support from the CALFED Bay-Delta Program, USDA-NRCS, the National Audubon Society, and U.C. Cooperative Extension.

For more information about the Winter Field Meeting Series contact the Yolo County RCD at (530) 662-2036 ext. 119.

Soil -- infiltration testing and correct sampling for a professional soil analysis;  
Water -- estimating water flow in streams or ditches and checking sediment levels;  
Plants -- identification and survey techniques, including toe point counts and percent cover;  
Animals -- techniques for observing and tracking birds, mammals, reptiles, amphibians, and insects.

The manual includes field data sheets that are ready to be photocopied for immediate field use.

"Monitoring on Your Farm" was produced in part with funds from the California Department of Conservation and the US Bureau of Reclamation.

Sample pages from the guide are available for viewing on the Yolo County RCD website at [www.yolored.ca.gov/education](http://www.yolored.ca.gov/education). For more information or for copies of the manual (for purchase) contact the RCD at 530-662-2037, extension 119 or 221 West Court St., Ste. 1, Woodland, CA 95695.

### (Continued from page 1) POISONING

vegetables under cold running water before serving—including less obvious fruits like melons, oranges, grapes, and berries—and scrub hard veggies and fruits with a brush. (There's no need to use special soaps or rinses.)

- **Refrigerate** cooked food within two hours of being prepared. Divide leftovers into smaller containers (about two inches deep) to speed cooling. In hot weather (80 degrees and up) discard prepared foods after an hour.
- **Avoid recipes** with uncooked eggs even though the risk of contracting salmonella is now only 1 in 20,000. To be safe, don't let kids eat homemade cookie dough (store bought is fine because it's been pasteurized).

### Safe-cooking tips

- Meats, poultry, and casseroles should all be heated to 160 degrees Fahrenheit before serving.
- If you want to reuse a marinade as a sauce for meat or poultry, bring it to a full boil first.
- Put grilled meats on a clean platter (instead of returning them to their original platter).
- Cook hot dogs until they're steaming hot.
- Scramble eggs until no liquid remains.
- Insert a knife into French toast to test whether it's finished cooking; there should be no liquid when you pull it out.

### 4 things to have on hand

1. Digital meat thermometer—because it's not safe just to check the color.
2. Salad spinner—for washing lettuce and other greens thoroughly.
3. Brush—for scrubbing hard fruits and vegetables.
4. Two cutting boards: one for fruits and veggies, the other for meats.

# ESPARTO FAMILY PRACTICE

Monday & Thursday 2:00pm-6:00pm \* Tuesday 9:00am-1:00pm

Medical Services For The Entire Family

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Workers' Compensation \* Well Baby Care & Immunizations  
Employment Physicals \* Sports & DMV Physicals  
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WE WELCOME NEW PATIENTS

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17050 S. Grafton Street \* Esparto, California

## HIGH SCHOOL HAPPENINGS

### Report Cards at Esparto High School

First quarter Report Cards at Esparto High School will be distributed directly to students on Tuesday, October 29<sup>th</sup>. The first quarter grade reports will be passed out in 2<sup>nd</sup> period classes. Parents should be sure to ask their students for the grade reports on Tuesday evening. These grades will reflect student achievement for the first 9 weeks of the school year. If your student is not doing well or you have concerns about grades, contact the specific teacher at 787-3405. The awarding of graduation credits and class promotion is done at semester (December) and the end of the year. The following is a guide for student progress towards graduation at Esparto High School:

**Credits required for graduation – 265**

**Freshmen class standing – 0 to 60**

**Sophomore class standing – 61 to 130**

**Junior class standing – 131 to 200**

**Senior class standing – 201 to 265**

These grades will also affect extra-curricular eligibility. A student must maintain a 2.0 grade point average to be eligible to participate in sports, cheerleading and to hold an ASB office.

### College Applications

It's college application time again. All senior students planning on attending a 4-year college should be in the process of filling out their college applications. Many deadlines for college application filing are between November 1 and November 30<sup>th</sup>. University of California and California State applications are due no later than November 30<sup>th</sup>. Private colleges may vary and you will need to contact them directly. Applications can be filed on-line or with a hard copy. Web site addresses and applications can be obtained in the Esparto High School counseling office. Also remember the deadline for payment for the December SAT is November 1<sup>st</sup>. This can also be done on-line.

### Club News At EHS

The Spanish Club has 25 members and was active at Homecoming, running food concessions at the Homecoming Parade. They will also be selling Halloween-Grams for Halloween. These fundraising activities are to prepare for their special year-end activity. A special community service project that the Spanish Club members will be involved in is serving as peer tutors/translators for the High School Exit Exam Preparation classes to help fellow students prepare.

Mrs. Hayes sponsors the Spanish Club.

### Art Club

We had an enthusiastic turn-out for our first-ever Art Club meeting. We will normally be meeting every Wednesday after school. We are planning many varied and exciting projects. Members will work on individual arts and crafts projects as well as collaborate on some group projects. We are also planning a campus beautification project that may involve some murals on campus. Mr. Bennett is sponsoring this new club.

Mrs. Bennett's Art classes have just completed black and white still life drawings done completely with patterns in pencil and ink. They have turned out to be quite beautiful and are on display at EHS, the District Office and will soon be on display at the Library. Please take some time to view these examples of student work.

**Homework Club:** Esparto High School provides an on-going tutorial program called Homework Club. Homework Club meets every Tuesday and Thursday from 3:15 to 4:15. Teachers are on hand to provide extra help to any student. All students who want to improve their grades are welcome. Mrs. Hickman and Mrs. Wilson are on hand to tutor students in any subject. So if your student needs some extra help or just a quiet place to get some homework completed, drop by Room A-10. If any adults would like to volunteer to help students please call EHS at 787-3404.



### Astronomy Club

The Astronomy Club has met four times this year. Our goal is to learn more about the cosmos. We hope to do this by maintaining a large telescope in the science lab and using it to look at the heavens on clear nights. At our last meeting we decided to contact an organization in Sacramento to see if they will come help us align the mirrors on the telescope. We hope to have this happen in mid November. You can contact Mr. Collins at the High School if you have any questions.

### Academic Decathlon

The Academic Decathlon team met last week for the first round of tryouts. They took a very intense math test. There will be a second test during the week of 10/28 to finalize the team. The theme this year is Understanding the Natural World, so the next test will be a science test.

### Agriculture Science News

Mr. Perkins and 4 students are off to the 75<sup>th</sup> FHA National Convention, in Louisville Kentucky. They will also be visiting New York City and Philadelphia. The students going on the trip are Matt Schulte, Erin Harrington, Amanda Abughosh and Anita Lua.

In addition to the convention, students will be touring many historical sites in New York and Philadelphia including Ground Zero and the Statue of Liberty. This is a great learning experience for these students.

Mr. Schulte's Agriculture Science II classes are involved in wonderful volunteer project called SLEWS. SLEWS is an educational outreach program that we have been involved with for the past 3 years. Students perform volunteer work in habitat restoration and natural resource conservation. This past week 30 students worked at the Winters Farm Center. This gives students the opportunity to apply concepts learned in the classroom to real world situations.

More exciting Ag news is the upcoming exchange program with the Republic of Georgia. We will be entering into a two-year exchange program involving 20 students and 10 educators. The exchange is being funded by the US Department of State. In the spring of 2003 students from The Gavazi Agricultural School in Gavazi, Georgia will come to Esparto for approximately four weeks to learn about the wine making industry. They will be involved in classroom education and real world business experience. Later that summer a group of EHS students and advisors will be visiting Georgia to visit schools and agricultural areas. This is a wonderful project for our students. Stay tuned for more information on this exciting program for the students of EHS.

Mr. Perkins Agriculture Mechanics classes are again involved in numerous building projects. Students will participate in the Sacramento Builders Exchange Design/Build Contest at the Sacramento County Fair. Students are also involved in building bird boxes, bat houses and picnic tables for the UC Cooperative Extension. Students are also involved in planning and building their projects for the County Fair.

### Spotlight on Success

This is a new column to highlight the achievements of one of Esparto High School's successful students. This month we are spotlighting Erin Harrington. Erin is a junior at EHS and is involved in many activities. He is a Junior Class Officer, an FFA officer, Art Club member, Science Club member and Astronomy Club member. He is carrying a 3.92 grade point average in college preparatory classes. In addition to his school-work, he is the Sacramento Region High School Chess Champion for 2002. Erin was recently selected as a student delegate to the Regional Planning Conference, "A TALL Order", sponsored by Valley Vision. The goal of this conference was to bring students into the planning process for a healthy future for our area. Erin was selected because of his demonstrated leadership skills at EHS. Congratulations Erin keep up the great work.

## College and Career Awareness

### Night 2002

Nov. 10, 2002

6:30 p.m.

Alice Marsh Hall

### Schedule of Events

Welcome – Mr. Dodd

Keynote Address – Eric Guerra

Esparto High School Class of 1996

### College and Career Representative's Presentations

University of California, Davis

Jackson Ranch Trucking

California State University, Sacramento

United States Navy

Yuba College

UC Davis – Employment Opportunities

College of Notre Dame

United States Army

Heald Business College

### Break Out - Visit Representatives of Your Choice

It is our interest to provide parents and students with as much information as possible on post high school opportunities. We would like to schedule follow up presentations that would be of interest to students and parents. Listed below are some topics for follow up presentations. Please indicate which topics would be of interest and we will schedule this during this school year.

\_\_\_ 4-Year College Application Process

\_\_\_ Resumes for entering the World of Work

\_\_\_ Filling Out Financial Aid Forms

\_\_\_ How to Interview Successfully

\_\_\_ How to Get That Scholarship

\_\_\_ Budgeting for College

\_\_\_ Post High School Goal Setting

\_\_\_ How To Market Yourself

\_\_\_ Tests – When, Why and What?

\_\_\_ Planning the First Semester

\_\_\_ Real World Etiquette

\_\_\_ Making \$ Without College

\_\_\_ Real Jobs, Right Now

\_\_\_ Armed Forces Options

\_\_\_ Other \_\_\_\_\_

## Readers and Writers, INK

By: Chris Seibert, EMS English Instructor

Congratulations are in order this month for four stand-out students at Esparto Middle School: Wally Aldana, Ariana Rome, Ikeyla Kess, and Samantha Senkbeil.

**READING:** Ariana Rome racked up over forty points in shining as the one of our Accelerated Readers of the Month. Ariana is a top-notch student whose reading skills are blossoming, and many academic accolades are sure to come her way. Her next challenge is to go an entire day without saying, "She's all..." or "I'm like..."



Wally Aldana, Accelerated Reader #2, has been devouring books as quickly as he checks them out. He has shown great pride in his quickly escalating tally of books read. Always ready with a smile as he shows off his perfect scores, Wally ranks with the best for the month of October.



Congratulations to these two dynamic readers!

**WRITING:** Samantha Senkbeil produced one of the funniest Personal Narratives this instructor has ever read! I had a difficult time completing Samantha's piece, "My Trip to Yosemite", as I was doubled over in laughter for most of it. The surest way to a reader's heart is through humor, which Samantha's writing proved again.



Ikeyla Kess produced an equally impressive Personal Narrative, albeit more serious in tone. In writing about her relationship with her late grandmother, Ikeyla demonstrated great depth and style in her writing. I look forward to reading more of her work this year.



Way to go, writers of the month!

## SOBER GRAD NIGHT 2003



If you are not familiar with Sober Grad Night, it is an event for all Esparto and Madison H.S. students. It is a fun filled evening of games, food and entertainment in a supervised environment to ensure a safe celebration for our teens. In an effort to get an early start on this year's event, planning has already begun, but we need your help. We need volunteers, fund raising ideas and donations. The next meeting date is: November 7, from 7 to 8 pm at the Esparto Branch Library. Please come and bring a friend! If you want to help but can't make it to the meeting, you can sign-up at Esparto Hair Cuts with Gloria Young.

### FUNDRAISING EVENTS PLANNED

February	Almond Festival
	T-Shirt Sale
April	Sparto-rama
	Quilt Raffle
May	Human Race
	Walk-a-thon



## ESPARTO CAPAY VALLEY 4-H CLUB NEWS

By: Nick Schwall

Greetings! The Esparto 4-H Club is off and running. Our October meeting was a busy one. We held our elections and signed up for projects. Congratulations to the following 2002/2003 Officers:

**President-** Alison Rodegerdts  
**Vice President-** Erika Schwall  
**Secretary-** Hallie Muller  
**Treasurer-** Lindsey Berg

**Co-Treasurer-** Tiffany Farnham  
**Sergeant at Arms-** Austin Farnham & John Kay

**Club Reporter-** Nick Schwall

During this meeting, Club members made plans to attend the upcoming Achievement Day and also made plans to do a food drive and then put together a basket for a needy family for Thanksgiving. So, don't forget... bring non-perishable food items to the November Club meeting!

Also, don't forget... all our regular Club meetings will now be held on the 2<sup>nd</sup> Monday of each month at Countryside Community Church's Social Hall. The church is located at the corner of Fremont and Grafton in Esparto. Happy Halloween... don't eat too much candy!

## CORNER KICK: CAPAY VALLEY AYSO SOCCER

By: Larry Mayer, Regional Commissioner



### TOURNAMENT TIME!

Our favorite time of the year at Capay Valley AYSO. All our teams from age 7 up qualify for tournaments. The U19s and U14s will go to Antelope, a northern suburb of Sacramento and play at Center Junior High on Watt Ave. U10 and U12 will go to Davis. Hopefully U8 will go to Winters.

Community support has been terrific this year, truly unprecedented. We have had donations from Healthy Start, Esparto Community Church, Bea Leonardi at REMAX, Raley's, Viking Propane, Granite Construction, Chavela's Grab and Go, Kimzey Welding, Central Sprinkler, Central Valley Builders, and two \$1,000 donations from Cache Creek Casino and a Davis retirement facility. Finally, I want to thank all our coaches. These people are really special. They have to have the communication skills to motivate children while working with parents. They have to coach in games while often a few parents are trying to coach at the same time. They have to put up with the inevitable organizational snafus like not having a ref for a game. These people are special. Give them a little love. Victor Quintana, Shannon Cornwell, Juan Morales, Marco Melendrez, Jason Edwards and Lawrence Jaramillo, Maria Borges, Jose Heredia, Maricela Anguay, Raul Lira, Mariuxi Rovayo, Trini Campbell, Beth Conn-Ossenfort, and Miguel Molina.

Thanks to these generous people, 120 children are enjoying organized soccer in the Capay Valley this fall.

## ADOPTABLE ANIMALS

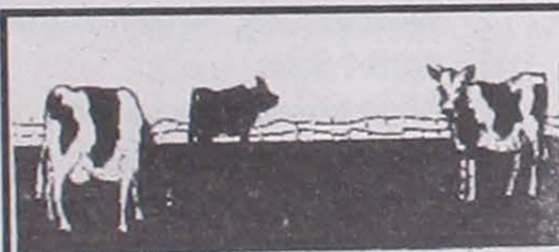
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**Dog's Name:** Gunther  
**Primary Breed:** Chow Chow  
**Secondary Breed:** Mixed Breed  
**Gender:** Male  
**Age:** 6 Years 0 Months  
**Color:** Red  
**Weight:** Approximately 40-75 pounds  
**Hair Length:** Short



**Description:** Gunther (we thought this name was more becoming of his sweet personality than his old name, "Gator") is a kind gentle dog that would make a great companion. He has had some training and is very well-behaved. He's the perfect age for a dog, finally past that crazy time-intensive puppy phase that lasts for 2-3 years. He's a bit shy at first and therefore would do best with kids 12 and older. Gunther is very easy going and learns very quickly. He was given up because his owners had some challenges in their personal lives and could no longer care for a dog. Our volunteer dog walkers fell for Gunther instantly! You will too.



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## MIDDLE SCHOOL PROGRAM HITTING THE ROAD!

The Esparto After-school program sponsored by RISE, Inc. will be offering Field Trips to Middle School Program each Friday during the month of Nov. beginning Nov. 8th and running until the 22nd. Students will need to sign up in advance to attend the field trip on Friday's. The

program is limited to the first 30 students that register and turn in an application form to Dennis Huitt, Program Coordinator. Each month that follows will include a field trip to some destination in the area. On Friday Nov. 8, the students and staff will be going to Scandia in Fairfield to play miniature golf and ride go-carts. Other locations to follow will

include, Bowling, California State Railroad Museum, Ice Skating, Sacramento Zoo, and much, much more.

"The purpose of these trips is to give the youth of the community the chance to experience places that they may not normally get to experience", according to Huitt. Huitt notes that "In addition to these trips they will be involved in a quality program that is

geared to them and their peers where they can socialize in a fun setting of games, arts and crafts, as well as given the chance to mentor younger students." For further information and to check space availability in the program, parents need to contact Dennis Huitt at 908-1052.

## WYORCA FUNDRAISER SUCCESSFUL

*By: Trini Campbell*

The WYORCA board of directors would like to thank Gary Rominger for sponsoring an acoustic music benefit concert on Saturday October 5, 2002 on behalf of WYORCA's community pool and multi-purpose room fundraising efforts. Mr. Rominger's generosity contributed to a successful fund-raising event and an enjoyable evening of music at the Woodland Opera House.

Next month, WYORCA will be discussing the results of the community recreation survey. Thank you residents of the Esparto/Capay Valley region for answering the one-page survey - the response rate was great and gives our community direction as to what type of facility will satisfy our community needs. Look for a review of the survey compiled by Troy Meyer of the UC Davis Community Consulting Group in the December issue of the Valley Voice. Also on the November agenda will be a report on the funds raised through a collaborative fund-raiser between the WYORCA and AYSO board of directors.

WYORCA is currently seeking youth participation at monthly board meetings. There are 2 honorary board position openings. If you are 16-18 years of age and are interested in helping determine your region's future recreational opportunities, please contact Barbara Durst 787-3100. Monthly meetings are held the second Thursday of each month at 7 pm at the Esparto Library. The next meeting is Thursday November 14, 2002.

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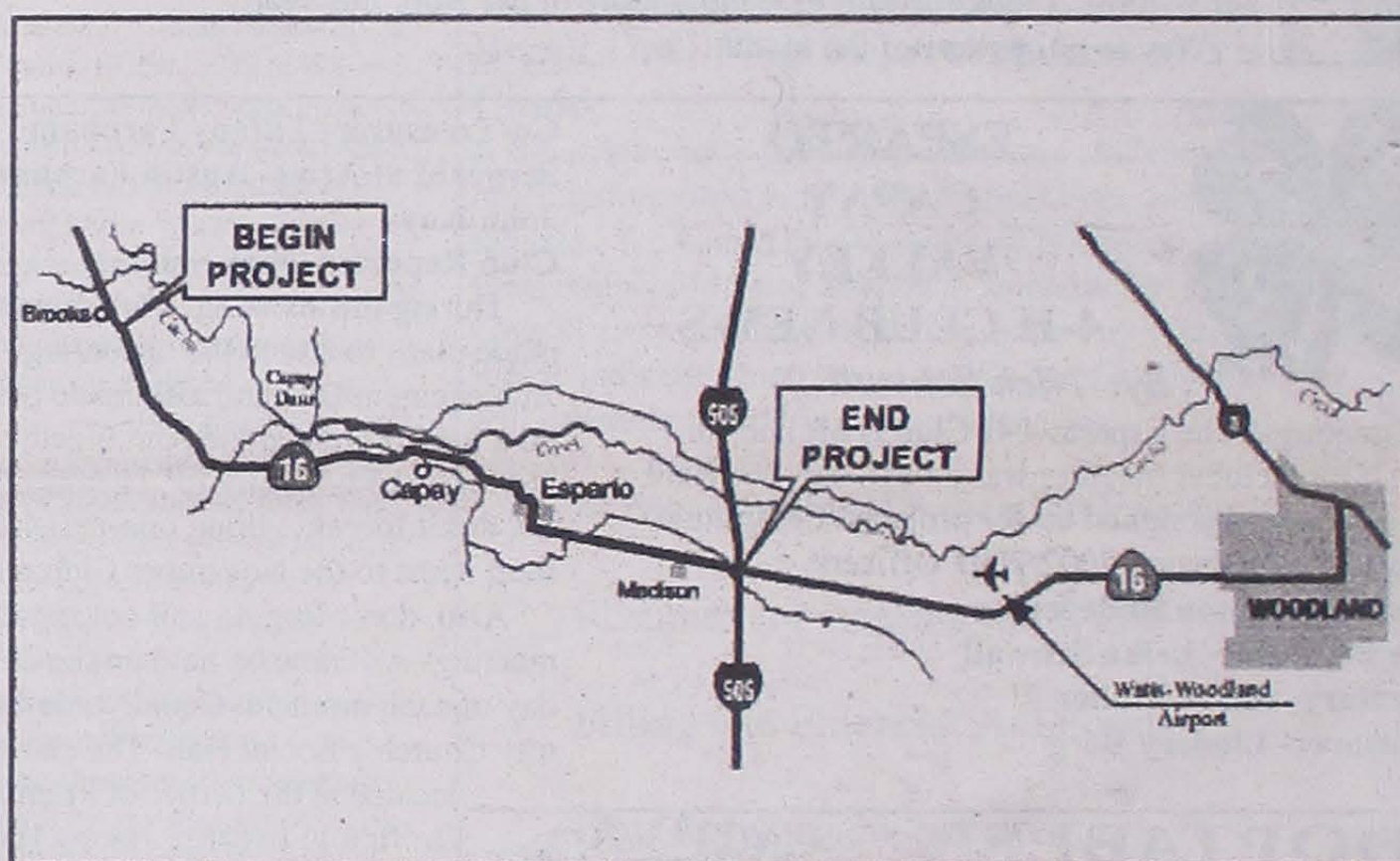

The California Department of Transportation

Invites you to attend a

## PUBLIC INFORMATION MEETING

about the

### Safety Improvement and Traffic Calming Projects on Highway 16



#### WHEN & WHERE

Wednesday, November 6, 2002  
4pm - 8pm  
Alice Marsh Social Hall  
Esparto High School  
17120 Yolo Avenue (Hwy. 16)  
Esparto, California

Thursday, November 7, 2002  
1pm - 5pm  
Meeting Room  
Esparto Fire Hall  
16960 Yolo Avenue (Hwy 16)  
Esparto, California

#### SPECIAL ACCOMMODATIONS

For individuals with disabilities, we can provide services such as sign language interpreting, real-time captioning, note takers, reading or writing assistance, or training/materials in Braille, large print, audiocassette or computer disk. To obtain such services or copies in one of these alternative formats, please contact David Anderson, Public Information Officer, Caltrans - District 3, 3165 Gold Valley Drive, Rancho Cordova, CA 95742 (916) 859-7977 or (530) 741-4509 (TTY) prior to the project open house.

#### Your Participation Is Welcomed and Encouraged

The California Department of Transportation is dedicated to working with communities and businesses along Highway 16 to improve conditions on the route. All interested parties are invited to attend these public information meetings to ask questions and make comments about the projects.

**These projects may affect you. Please take this opportunity to get involved.**





## ATTENTION ALL VETERANS

**Ted Puntillo, Yolo County VSO will be at the V.F.W. Hall on Tuesday, 22 October 2002 at 7:00pm..**

**There will be a briefing on the VA and forms will be available for replacing DD214's, submitting claims and signing up for medical benefits.**

**Families of Veterans or any interested people are invited to attend.**

**VFW Hall is located on the corner of Orleans Street and Woodland Avenue in Esparto.**

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### Dealing With Bullies

Bullying is a problem that has been around for a long time. Many kids have dealt with bullies at one time or another. A bully is a boy or girl who makes fun of or hurts another person to make himself or herself feel important. Bullies are often hard to get along with and the things they do may be hurtful or harmful to other people. Bullies can cause physical pain by hitting, kicking, or pushing, or they can use words to call names, tease, or scare someone. A bully can also try to make a person do something he or she doesn't want to do or threaten to hurt a person.

Many of us have called someone a name when we're angry or have been called names during a fight with a friend or family member. People sometimes say hurtful things they don't mean once in a while when they are angry. With a bully, the behavior may happen every day, or it might happen once in a while. Sometimes a bully knows that what he or she is doing or saying is hurtful, and sometimes a bully may not know how hurtful his or her actions can be.

Why do bullies act so bad? Sometimes a bully is just looking for attention. Other times bullies are trying to make themselves feel more important and when they make fun of someone else, it makes them feel big and powerful. Bullies may come from families who have problems at home. If a kid who bullies lives in a home where everyone is angry and shouting all the time, he or she may think that being angry, calling names, and pushing people is the right way to behave. Sometimes bullies can't figure out how to deal with their problems by talking things out, so they pick on other kids instead - this helps them feel that they are fixing their problems:

#### If Your Child Is Being Bullied

Do you suspect that your child is being bullied? Sometimes the effects of bullying aren't as obvious as a black eye. Signs to look for include the sudden appearance of bruises, missing belongings, or the invention or mysterious illnesses or stomachaches to avoid going to school. Your child may be embarrassed or feel weak by admitting he's the victim of a bully. To make it easier for your child to talk about it, consider asking some thoughtful questions. For example, you could ask what it's like walking to the bus stop or home from school. Often a child will unexpectedly change routines to avoid a bully. Or you could ask about what happens on the playground before or after school or during recess. You might also try asking if there are any bullies in the neighborhood who have threatened to hurt any kids you child knows. This might make it easier for your child to talk about bullies because he won't necessarily have to talk about his own experiences. It might also help your child realize that he's not alone. If you learn that your child is the victim of a bully, your reaction is important. Remember that your child is the victim; you do not want to add to your child's burden with an angry or blaming response.

Although it's understandable that hearing your child is being bullied would make you sad or upset, try not to let your child see that - he might interpret your sadness as disappointment in him. Helping your child cope with either being a bully or being a victim often requires outside assistance, such as from your child's school or the community. School is the most likely place for bullying to occur, so discuss your concerns with your child's teachers and counselor and ask what they can do to help. School personnel can be influential in helping a child modify his behavior. Take advantage of any psychological counseling services that may be offered at your child's school or in your community. Your child's doctor may also be able to refer you to a mental health specialist.

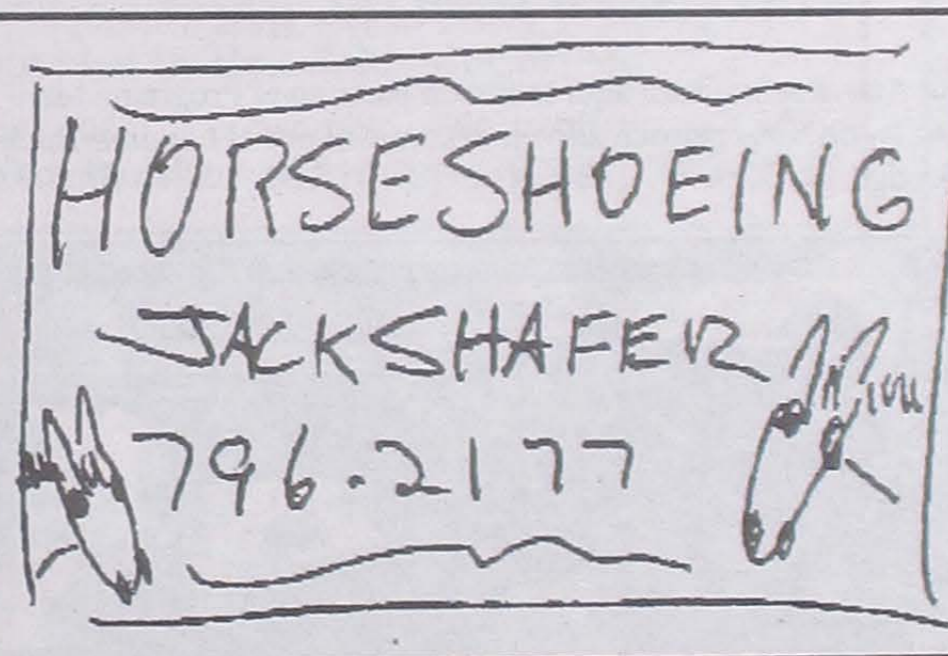
Kids, when you're frightened, anxious,

or afraid of another person, it can be tough to act brave. But sometimes acting brave is enough to stop a bully. If you walk as though you're not afraid and hold your head high, it might not be so much fun for the bully and he or she might just give up. You can stand up for your self with words by telling the bully to stop or by walking away. Sometimes it's enough to just tell the bully how his or her behavior makes you feel. This can work as long as you are not afraid of how the bully will respond. For example, you might look the bully in the eye and say, "Stop calling me a baby right now." Ignoring the bully or pretending the bully doesn't exist are also ways to stop the bully's behavior. If you are being bullied, sometimes an older brother or sister can help by looking out for you. It's also a good idea to surround yourself with your classmates or friends and try to remain part of a group. For example, if you are playing tag with friends instead of jumping rope by yourself in the corner it might be harder to bully you. Bullies can be very brave when their victims are alone. If you have friends or classmates who are being bullied, watch out for them and try to get all of your friends or classmates to be with that person before and after school. Whatever happens, you shouldn't use physical force (like kicking, hitting, or pushing) to deal with someone bullying you or your friends or classmates. You can never really be sure what the bully will do and violence will never solve a problem, anyway. Just remember to stay with others and stay safe.

### Discuss Crime in Capay Valley with the Sheriff

**By: Cathy Suematsu, CVGPAC Secretary**

Sheriff Prieto has accepted an invitation to meet with the Capay Valley General Plan Advisory Committee (CVGPAC) at their next meeting which will be held Wednesday, November 6, at 7:00 p.m., in the Guinda Grange Hall. In addition to the usual CVGPAC agenda items, Sheriff Prieto will be there to answer questions from the community about crime in Capay Valley. CVGPAC meetings, which are held on the first Wednesday of each month, are always open to the public and concerned citizens are encouraged to attend.



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# La Voz del Valle

¡El Carnaval de Salud y Seguridad Fue un Gran Exito!

Los residentes del Valle Capay fueron encuantados una vez mas a carnaval con exitosos de salud y seguridad, el Domingo, 20 de Octubre. Muchos residentes de Esparto, Madison, el Valle de Capay y Woodland asistieron para lo que ha llegado a ser un evento anual en el parque de la comunidad de Esparto. Habian muchos servicios de salud, informacion sobre agencias de salud, animales manzos para acariciar, paseos de caballitos, y una casa de bote para los ninios, y ulitivamente las "Cheerleaders" de Esparto dando animo con sus quirtos y cantos y comida sabrosa de parte del club de los "Leos". Gracias especialmente a todos los que donaron su tiempo en hacer esta fiesta un gran evento



Marta Anaya se muestra aqui tomando parte en el Programa Identificación de Niño patrocinado en el carnaval por el LandmarBuckeye Lodge.



En este foto un grupo entero de participantes de carnaval! (L a R): Michael, Paulina, y Miquelina Rios, Natalia Ochoa, Angelica Durante, Maricela Rios, Juan Rios, Jaime Durante, Eric Rios y Alexander Rios en el stroller.

## PADRES SEGURIDAD DE LOS NIÑOS

Envenenamiento En La Comida Como Protejer A Su Familia

Cada año 76 millones de Americanos nacen con una enfermedad causada por la comida y niños pequeños, con el sistema inmunológico débil, estan aún en más riesgo. Las buenas noticias: Casi todos estos casos pueden ser evitados.

### Mantener las cosas limpias

- **Las esponjas** son perfectas para criar bacteria. Dos veces por semana lavelas en la lavadora de platos, en el microondas en alta temperatura por dos minutos, o hiervalas para matar los gérmenes.
- **Limpie los mostradores de cocina** diariamente con agua caliente y jabón y al menos una vez por semana con un poco de cloro diluido en agua (una cucharita de agua en un cuarto de galón de agua)
- **Lava sus manos** con frecuencia (incluyendo las uñas) con agua caliente y jabón. Para estar seguro que su niño se lava bien sus manos, cante el ABC juntos mientras él se lava sus manos.
- **Seque sus manos** con toallas de papel cuando usted esta limpiando después de cocinar. Si usted prefiere usar toallas de trapo, mantega separadas las que usa para secar los platos.

### Preparación de comida saludable

- **Haga sus compras de comida** en su última parada, asi, su comida no esta en el carro mientras usted hace otros mandados.
- **Ponga su refrigerador** a una temperatura no más de 40 grados Fahrenheit. No trate de llenarlo demasiado, pues el aire frio necesita circular.
- **Envuelva sus carnes crudas,**

mariscos, y gallina y siempre matengalos en el refrigerador-lejos de ensaladas y otros platillos preparados, para prevenir que sean contaminados.

- **Lavar bien** las frutas y vegetales con bastante agua fria antes de servirlos-incluyendo las frutas como melones, naranjas, uvas, y fresas-Cepillar con una brocha los vegetales de cáscara dura. (estos no necesitan usar un jabón especial o enjuagarse)
- **Refrigerar** comida preparada. Dentro de dos horas después de haberla preparado. Dividir la comida sobrante en pequeños recipientes (de dos pulgadas de profundidad) para su rápido enfriamiento. En altas temperaturas (80 grados o más) tire la comida preparada después de una hora de estar afuera.
- **Evite recetas** con huevos crudos, aún con el riesgo menor de contraer salmonela de solamente de 1 a 20,000 casos. Para su seguridad no deje que sus niños coman galletas hechas en casa (las de la tienda, estan bien porque estan pasteurizadas).

### Consejos para cocinar-con seguridad

- Carnes, gallina, y casseroles todas deberian de concinarse a 160 grados Fahrenheit antes de servirse.
- Si usted quiere volver a usar un escabeche como salsa para la carne o pollo, hiervalo primero.
- Ponga la carne asada sobre un plato limpio (en lugar de ponerlo en el mismo plato)
- Cocine las perros calientes hasta que esten bien cocinados.
- Los huevos revueltos hasta que no tengan liquidos.
- Meta un cuchillo en el pan frances para provarlos si estan cocinados. El cuchillo debe de salir seco cuando lo saca.

### 4 Cosas que debe tener a la mano.

1. Termómetro digital para carne—porque no es seguro solamente chequear el color.
2. Un colador de ensalada—para lavar completamente lechugas y otras verduras.
3. Cepillar—o fregar duro las frutas y vegetales.
4. Dos tablas para cortar: uno para frutas y vegetales, la otra para carnes.

## CORNER KICK

### CAPAY VALLEY AYSO SOCCER

By: Larry Mayer, Regional Commissioner

Tiempo de Torneos! Todos los equipos de U8 para arriba tienen el privilegio de participar en torneos en Antelope, Davis y Winters. Sera una experiencia emocionante para muchos ninios del Valle de Capay. Tenemos a 120 maestros juveniles de balonpie gozando de la experiencia maravillosa de jugar en equipo, con coach, con arbitro y con competencia. Por favor, apoya y maifiesta su aprecio para los coaches nombrados en el articulo en ingles y para los negocios que tan generosamente donaron dinero, tambien honrados en Corner Kick. GRACIAS!



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## 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.

For more information about the Food and Clothes Closet, call rise Inc. at 787-4110.

The AA meetings are held at the 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.

Call Melinda Baker at 796-3855 for more information on the Rumsey Potluck held at the Rumsey Hall.

Countryside Community Church Bible Study for Adults and Children at 9:15am every Sunday.

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.

Any Sewing Task alterations, mending, construction, light upholstery, and Home Décor call Lebbie at 530-796-3210, Capay Ca. Pick up and Delivery available in area.

Capay Valley General Plan Citizen's Advisory Committee (CVGPCAC) meets every 1st Wed. of the month at 7pm at the Grange Hall in Guinda.



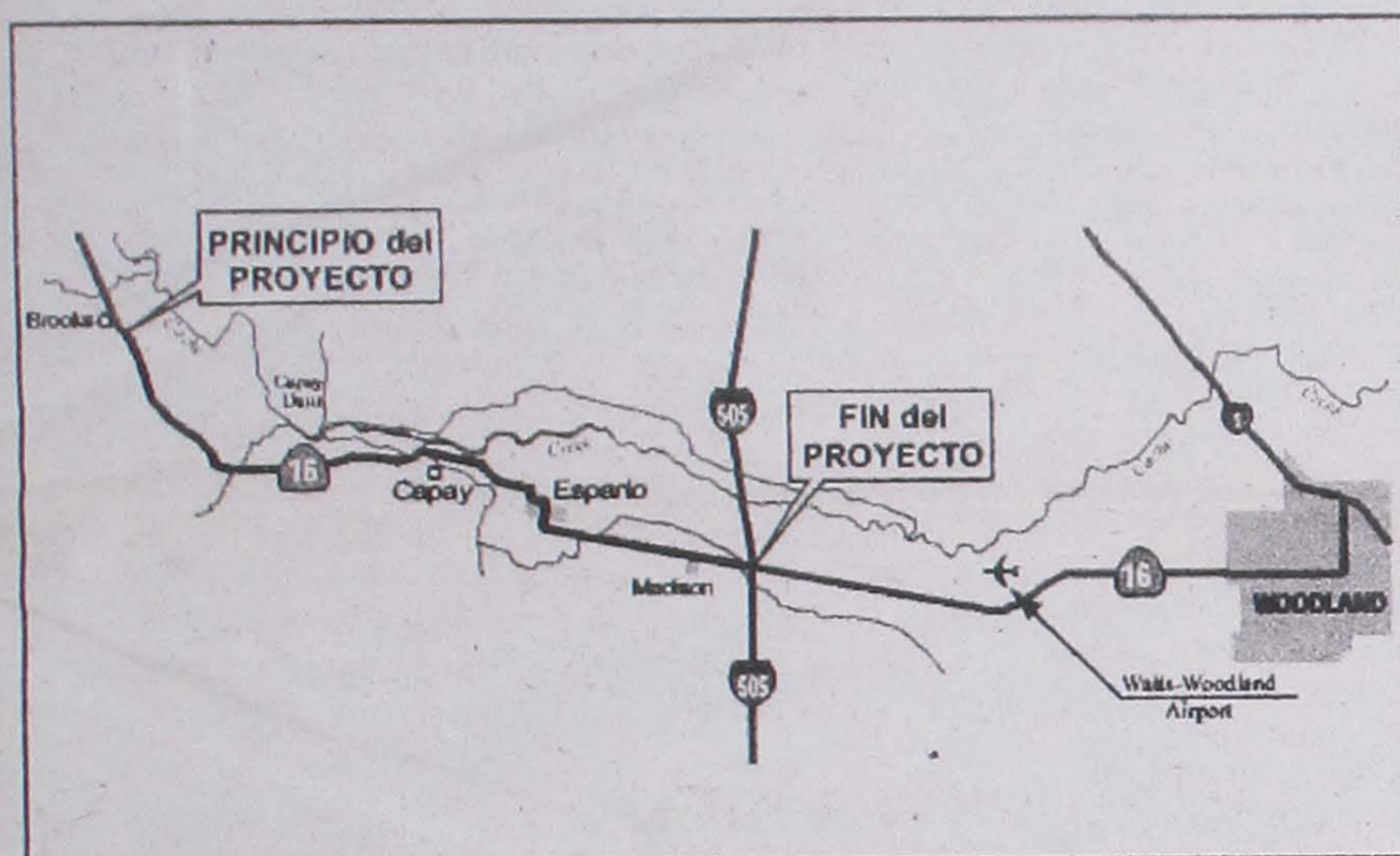
EL DEPARTAMENTO DE TRANSPORTACION DE CALIFORNIA

Te Invita a Participar en Una

## REUNION PUBLICA INFORMATIVA

Acerca de

Los Proyectos para Mejorar la Seguridad y Calmar el Tráfico en la Carretera 16



### DONDE Y CUANDO

Miércoles, 6 de Noviembre

4 pm - 8 pm

Alice Marsh Social Hall

Esparto High School

17120 Yolo Avenue (Hwy 16)

Esparto, California

Jueves, 7 de Noviembre

1pm - 5pm

Meeting Room

Esparto Fire Hall

16960 Yolo Avenue (Hwy 16)

Esparto, California

### NECESIDADES ESPECIALES

Para personas discapacitadas, proveeremos servicios como intérpretes de lenguaje gestual, subtítulos, tomadores de notas, asistencia con lectura y escritura, y proveeremos materiales en Braille, letra grande, audiocassette y disco de computador.

Para obtener estos servicios ó copias en uno de estos formatos, comuníquese con David Anderson, Oficial de Información Pública, Caltrans - District 3, 3165 Gold Valley Drive, Rancho Cordova, CA 95742, teléfono (916) 859-7977 ó (530) 741-4509 (TTY) antes de la reunión.

### Su Participación es Bienvenida y Solicitada

El Departamento de Transportación de California está dedicado a trabajar con las comunidades y negocios a lo largo de la carretera 16 para mejorar las condiciones de la misma. Todas las personas interesadas están invitadas a participar en estas reuniones públicas informativas para hacer preguntas y comentar acerca de los proyectos.

Estos proyectos pueden afectarlo a usted. Por favor tome esta oportunidad para participar

## MARK YOUR CALENDAR

### Harvest Turkey Dinner

Now that it's turkey dinner time, the Friends want to remind you to mark your calendar for their traditional Harvest Turkey Dinner. This year's banquet is set for Sunday, November 10 in the Alice Marsh Hall. The ticket prices for this gourmet feast, featuring roast turkey and all the trimmings, will remain the same as last year, \$10 for adults and \$5 for children; take-out will also be available.

Ken Han (796-4151) is in charge of this year's event and needs help with all aspects of the dinner. If you would like to cook a turkey, whip up some potatoes, help with set up, serving or whatever, he would be delighted to hear from you. Tickets are available at the New Reflections Beauty Salon.

Open AA meeting started in Guinda!!!!!!!

Come to the Guinda Community Church  
16671 Forest Ave., Guinda  
Friday evenings 7-8:30pm

### Guinda Community Methodist Church

16681 Forrest Ave., Guinda  
Sunday School 8:45am.

Sunday Adult Bible and Praise Service 9:00am.  
1st and 3rd Sunday All Church Worship Service 6:00pm led by Rev. John McCorkell.

For further information call 796-3322

West Valley Alpacas

19190 Road 87B

Esparto, CA 95627

530-662-8630

www.westvalleyalpacas.com

Gifts

Alpacas for sale

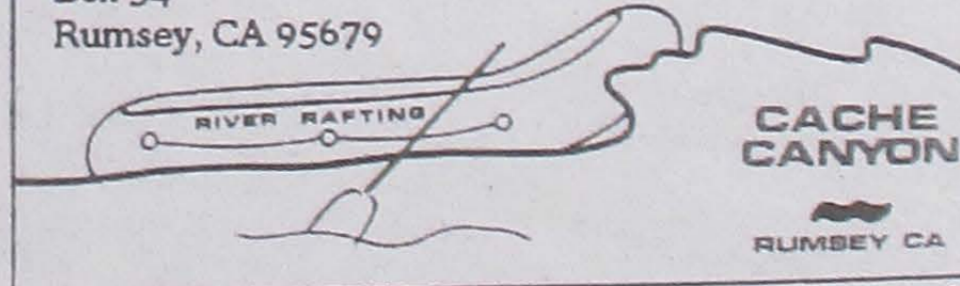
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Rumsey, CA 95679



I DID IT DOWN STREAM

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# November 2002 Community Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Community Kite Day!! Come out to the Esparto Middle School Field and fly a Kite on Sunday, November 17th, 2002 from 11am to 1pm. There will be a homemade kite-flying contest. Prizes will be awarded to the best flying homemade kites and most creative as well. This fun filled day of flying kites is sponsored by RISE, Inc. Mark this date on your calendar and start making your kites today!!!! For more information contact Dennis Hujtt at 908-1052 or 787-4110.</p>			<p>Missing brown and white dog. Last seen around the road 23-A area. Reward of \$500.00 for safe return. Call Liz at 787-4204 or 219-4872 if you have any information.</p>		<p>1 2:30-4:30pm Clothes Closet 7pm Church of God Spanish Service 5:30 First Friday St. Martin's Mass 7-8:30pm AA meeting at Guinda Methodist Church</p>	<p>2 7pm Spanish Mass St. Martin Church</p>
<p>3 9am Guinda Methodist Church Service 6pm GMC Communion Service 10:30am Countryside Church Service 8:30am St. Martin's 11am Esparto Baptist Church Service— 9:45am Bible Classes</p>	<p>4 2-6pm Esparto Family Practice Clinic 3-4pm Valley Voice Comm. Meeting Lib. 6:30pm Rumsey Improvement</p>	<p>5 7pm AA meeting 7-9pm Nimble Needles 9-11am Clothes Closet 9am-3pm EFP Clinic 8am-5pm Esp. Dental 7pm FERL meeting</p>	<p>6 9:30-11am Guinda Preschool 7pm Church of God 7-8:30 C of C meeting 7pm School Board meeting Library 9-10:30am Mommy and Me Library on Infant Massage</p>	<p>7 2-6pm EFP Clinic 6:30pm Esparto Lions Club</p>	<p>8 2:30-4:30pm Clothes Closet 7pm Church of God Spanish Service 7-8:30pm AA meeting at Guinda Methodist Church</p>	<p>9 7pm Spanish Mass St. Martin's</p>
<p>10 HARVEST TURKEY DINNER 9am GMC Service 10:30am CCC Service 8:30am St. Martin's 11am EBC Service— 9:45am Bible Classes</p>	<p>11 2-6pm EFP Clinic</p>	<p>12 7pm AA meeting 7-9pm Nim. Needles 9-11am Clothes Closet 9am-3pm EFP Clinic 8am-5pm Esp. Dental</p>	<p>13 9:30-11am Guinda Preschool 7pm Church of God 7pm Esparto Comm. Service Dist. 7pm C of C meeting at New Reflections</p>	<p>14 2-6pm EFP Clinic 7pm WYORCA meeting</p>	<p>15 2:30-4:30pm Clothes Closet 7pm Church of God Spanish Service 7-8:30pm AA meeting at Guinda Methodist Church</p>	<p>16 7pm Spanish Mass St. Martin's</p>
<p>17 11am-1pm KITE DAY EMS 9am GMC Service 6pm GMC Communion Service 10:30am CCC Service 8:30am St. Martin's 11am EBC Service— 9:45am Bible Classes</p>	<p>18 2-6pm EFP Clinic 2-6pm BLOOD DRIVE Community Hall</p>	<p>19 7pm AA meeting 7-9pm Nimble Needles 9-11am Clothes Closet 9am-3pm EFP Clinic 8am-5pm Esp. Dental 7pm Esparto Citizens Adv. Comm. Library</p>	<p>20 9:30-11am Guinda Preschool 7pm Church of God 10-12:30pm WIC Services 6:30pm Western Yolo Grange meeting 7pm School Board meeting Library</p>	<p>21 2-6pm EFP Clinic 6:30pm Esparto Lions Club meeting 6-8pm Cache Creek Watershed Stakeholders Group meeting Library</p>	<p>22 2:30-4:30pm Clothes Closet 7pm Church of God Spanish Service 7-8:30pm AA meeting at Guinda Methodist Church</p>	<p>23 7pm Spanish Mass St. Martin's 9-11am Yolo County RCD Field meeting</p>
<p>24 2pm ECUMENICAL THANKSGIVING SERVICE AT CCC 9am GMC Service 10:30 am CCC Service 8:30am St. Martin's 11am EBC Service— 9:45am Bible Classes</p>	<p>25 2-6pm EFP Clinic</p>	<p>26 7pm AA meeting 7-9pm Nimble Needles 9-11am Clothes Closet 9am-3pm EFP Clinic 8am-5pm Esp. Dental</p>	<p>27 9:30-11am Guinda Preschool 7pm Church of God</p>	<p>28 THANKSGIVING 2-6pm EFP Clinic 1-2pm FREE FOOD Distribution Community Hall</p>	<p>29 2:30-4:30pm Clothes Closet 7pm Church of God Spanish Service 7-8:30pm AA meeting at Guinda Methodist Church</p>	<p>30</p>