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Esparto FFA Students Win at County Fair

The Esparto FFA had a wonderful fair this year. Esparto exhibited steers, hogs, lambs and rabbits at the County Fair in Woodland from August 14-18. The students did a wonderful job raising and showing their livestock. Each livestock has different ownership requirements as well as exercise and feeding programs

A project like a steer is a 120 day project, whereas a rabbit project is 30 days. Students are responsible for managing their feed, exercise and deworming program. Each student shows an animal twice at fair in a market class where it is evaluated on the muscling and conformation of the animal, and in showmanship classes where the student is evaluated on how they present their animal.

Some of the highlights and winners from this year's fair:

1. **Sheep:**
 - Mireya Padilla earned a first in her colored sheep class.
 - Mariesa Cramer who exhibited two lambs won Champion Dorset and reserve Champion Crossbred lamb.
2. **Hogs:**
 - Mikayla Gness, Samantha Dutton, and Alex King all won first in their weight class.
 - Tyler Zentner and Hannah Adan won second in their weight class with their Duroc Hogs.
 - Claire Miller Berberich won 2nd in her Novice Showmanship class and earned the privilege to compete in Novice Large Animal Round Robin Showmanship, where she had to show a lamb, goat, steer and hog. Claire did a wonderful job and won, and was awarded a belt buckle.
 - Also competing in Novice Showmanship was Samantha Dutton who placed third and Alex King who placed sixth.
3. **Steers:**
 - Mason Simas won second place with his Angus in his class of heavy weight steers.
4. **Rabbits:**
 - First time showman, Erika Barajas, won Grand Champion Pen of 3 Rabbits, Reserve Champion Fryer, and Second place in Novice Showmanship. She also advanced to Novice Small Animal Round Robin where she showed rabbits, chickens and turkeys, ending second overall.

Continued from first column

●Another first time showman was Brendan Laguardia who won Grand Champion and Reserve Champion Roaster Rabbit. Fair is not just about winning, it is also about students working together. Many students are still learning how to prepare their animals for show and rely on each other to accomplish all that needs to get done. Students work together as a team to clip their hogs, wash their lambs, and serve on barn duty together where they keep their display clean and keep an eye on all the animals during the heat. They wake up early to set up and decorate the sale ring and auction block on Saturday morning. These times of bonding are what the Ag Teachers hope students will remember fondly after fair week is over.

A huge thank you to all of the community members who showed up to support the fair exhibitors and purchase or bid on their animals. The students and department would also like to thank Julie Farnham who represented the Ag Boosters at the fair; she made sure every student from Esparto had a buyer.

Some other organizations that the department would like to recognize include Full Belly Farm who very generously donated melons to the Buyer's Luncheon, sunflowers for the auction ring and potatoes for the FFA exhibitor breakfast on Sunday. Capay Organic was also very generous and donated melons for the FFA exhibitor breakfast.

Submitted by Amber Charter, Esparto High School Agricultural Instructor

Pictured left are the FFA Student Winners at the Yolo County Fair.

Save the Date for the 26th Annual Hoes Down Harvest Festival!

The Hoes Down Harvest Festival is on **Saturday October 5**, at Full Belly Farm this year, followed by a line-up of workshops in the Capay Valley on Sunday. This is the 26th annual, and promises to be a very special celebration of sustainable agriculture and rural living. As always, all the proceeds will be donated to non-profit community organizations promoting sustainable agriculture.

The Festival offers fabulous music, crafts, workshops and special events. For details visit our web site (hoesdown.org). Tickets are \$20 for adults when purchased online and \$25 at the door. Many volunteer opportunities are available and four hours of work earns you free entry and camping.

Circus Bella will be returning this year, thanks to contributions from local Capay Valley residents. They will perform and offer workshops at Esparto High the day before the Festival.

The Hoes Down Harvest Festival raises funds for local community organizations, scholarships, and regional sustainable agriculture non-profits. Last year, the Hoes Down donated \$40,000 to Capay Valley groups.

For more information, please call 800-791-2110.

Submitted by Hallie Muller, Hoes Down Coordinator

FALL begins on September 22.



September 2013

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The Valley Voice Needs YOU!!

The *Valley Voice* is a community newspaper. It is generously supported by local advertisers, public agencies, and the Tribal Council of the Yocha Dehe Wintun Nation. It is published and designed for and by the Capay Valley Region. It is free to every residence. A "Committee of Local Citizens" helps to determine the paper's mission, publishing priorities, and best approaches to sustain the community's overall support and interest.

The Valley Voice Citizen Committee is open to all volunteers. It meets only as needed – a commitment of only 15-20 hours per year! Please let us know if you would like to participate in these meetings – we would be pleased to notify you! Thank you for your interest!

To advise the paper of your interest to serve, please call 787-3433 and leave your name, address & phone number OR email the *Valley Voice* at valleyvoice2@hotmail.com OR mail your name, address and phone number to the *Valley Voice*, c/o P.O. Box 133, Esparto, CA 95627.

**The Valley Voice
P.O. Box 133
Esparto, CA 95627**

For article inquires, call 787-4110, or send an e-mail message to Greta Taber, Editor, at valleyvoice2@hotmail.com. For billing inquiries or ad rates, call 787-4110. **All articles are due by the 20th of each month.** Ads must be paid in advance and accounts must be paid up to date by the **20th of each month. We reserve the right to edit articles at our discretion, due to space limitations and other criteria.** Articles published do not necessarily express the views of the Valley Voice editor or committee. **The Valley Voice is published monthly by a partnership between the Yocha Dehe Wintun Nation, RISE, Inc., and the Esparto Unified School District.**



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CAPAY VALLEY VISION

Preserving a sense of place

2013 TASTE OF CAPAY OCTOBER 20, 2013

AT THE



HISTORIC OAKDALE RANCH

Taste of Capay - October 20, 2013

SUNDAY, OCTOBER 20. 2:00 - 6:00 p.m.

The Historic Oakdale Ranch

Antique and Rural Farming Equipment Display and Historic Tour

Cache Creek Casino Resort Prepared Local Foods

Local Wine Tasting.

Live and Silent Auction. Live Entertainment.

Support Capay Valley Vision and Capay Valley Grown.

Sponsorship Opportunities Available.

To Buy Tickets (\$60) or Purchase a Table for Ten (\$550) call-
(530) 867-5603 or email- maya.m.walker@gmail.com

Ag Boosters Harvest Celebration Dinner

On October 27 the Esparto Ag Boosters will be hosting their first **Harvest Celebration Dinner** in the Multi-Purpose Room on the Esparto K-8 South Campus at 5:00 p.m. in the evening.

Besides a dinner there will also be an opportunity to win prizes and an auction that will feature student projects. The Ag Boosters hopes to increase funds to provide more opportunities for students in the FFA and Ag Department.

Tickets can be purchased in the fall from FFA students, advisors, booster members and at locations around town. If you are interested in helping put on this event, please contact Amber Charter at (530) 410-4303. Hope to see you there!

Submitted by Amber Charter, EHS Ag Teacher

The Esparto Capay Valley 4-H Wants You!

Head-Heart-Hand-Health

You should join 4-H because you can do things like blacksmithing, cake decorating, raising an animal and many other fun projects. 4-H is a fun thing to do. There is no pressure to do things, you can do whatever you want and you can start 4-H at any age. If you want to do an animal you have a range of options to pick from, but you must be nine by January 1 of that year to do it.

Sign up online at www.ceyolo.ucdavis.edu/4-H_Program/. See you September 9 at 6:30 p.m. for our first club meeting at the Esparto Boy Scout Cabin. Monthly meetings are held the second Monday of every month at 6:30 p.m. Hope to see you there.

Submitted by Joseph Echarte

Esparto School Staff Receives Life Saving Training

Every minute counts.

One person every 2 minutes will die in the USA from Sudden Cardiac Arrest (SCA). If defibrillation is performed within the first 1-3 minutes, the chance of survival is 70-80%. For every minute that passes without defibrillation, the survival rate decreases by 10%. After 4 minutes, irreversible brain death begins. The national average for Emergency Medical Services (EMS) to arrive in the U.S. is 6 to 12 minutes. In the event of SCA, immediate action is needed. Calling 911 is not enough.

Fortunately for our community, there are now 4 Automated External Defibrillators (AED) and many AED/CPR trained personnel on our school campuses to fill in the gap until EMS arrives. An Automated External Defibrillator (AED), is a portable electronic device designed for lay users. It analyzes the heart's rhythm to determine if defibrillation (shock) is needed and then delivers the shock.

The Shauna Stuewe Foundation in conjunction with Devices For Life donated the 4 AEDs with cabinets, signs, medical oversight, compliance assistance, and training for 20 Esparto School District staff Members. This is a sizable donation to our community! These two organizations came through for Esparto in its time of need. If you would like to "pay it forward," please see <http://www.shaunastuewe.com>.

Briefly, Shauna Stuewe was a freshman who collapsed and died of sudden cardiac arrest during cheer practice in southern California. Her parents, Lori & Kirk, decided the best way to honor her and to hopefully prevent this tragedy from happening to other families was to start a foundation. The sole purpose of their non-profit is to raise funds to be able to purchase and donate AEDs to school districts.

In a remarkable display of cooperation and neighborly spirit, the Madison, Esparto and Capay Valley communities have come together to ensure that the district has these life-saving devices. Kudos and gratitude to the Esparto & Madison Fire Department Chiefs, Barry Burns and Tom Lopez, parents, the school board, and the school staff who have made this possible. Many thanks go to the staff who attended the outstanding training from EMT's, Nick Bolin & Theresa Fox.

The surprising fact is that there are 7,000-14,000 children who die from SCA annually in our nation: one young competitive athlete dies every 3 days from an unrecognized cardiovascular disorder. Having AEDs on site along with trained personnel really provides the best chance of survival. We are grateful for the generosity of the donors and the enthusiasm of the school district in facilitating this training.



Pictured above are the staff and community members who participated in the AED/CPR training on August 20.

HICAPP: Appointments available at RISE, for MEDICARE information. Book now for objective, no-cost info, not representing any insurance agency, by a certified trained HICAPP volunteer, at RISE Inc. Call 787-4110 to make an appointment now. First Come, First Served

News from Esparto Unified School District Submitted by Aida Buelna, Superintendent



State Requirements for School Funding

As the 2013-2014 school year begins we face a new funding formula for schools, the Local Control Funding Formula (LCFF). The LCFF is a new distribution system for funding, and represents more of an increase in the degree of assistance provided to students on the low tiers of the achievement gap, than an overall improvement in the level of funding for all students.

The LCFF base grants are like revenue limits that are adjusted by class size reduction, CTE, supplemental grants, concentration which are like the old categorical programs. At its full implementation, the LCFF will fund every student at the same base rate.

With the LCFF comes an accountability system called, Local Control Accountability Plan (LCAP). This plan requires local goals to focus on improved student outcomes; goals are aligned with the annual spending plan, and are adopted every three years and updated annually.

The LCAP must include a description of the following:

- **Annual Goals** that are based on the state priorities for all students and "numerically significant subgroups". The numerically significant subgroups are defined by 30 students with valid test scores at the school or school district, except foster youth which is 15 or more students.
- **Specific Actions:** What steps will the district take to accomplish the annual goals? This will include district-wide and school-wide actions.
- **Description of Expenditures:** For each fiscal year of the plan, the expenditures implementing specific actions must be included in the local plan. It must also list and describe expenditures serving "unduplicated" students and students reclassified as fluent English Proficient.

In creating this LCAP the District will consult with Teachers, Principals, School personnel and students. These groups will be a major component in creating the LCAP. After a draft is ready the LCAP committee will present for review and comment to: parent advisory committees, English learner parent advisory committee. Any comments will be addressed by the superintendent in writing to the groups. A Public Hearing will be held where the public may provide input; again any comments will be addressed in writing by the superintendent. The adoption of the plan will be concurrent with the district budget which will be submitted to the county office of education for approval. The Plan will be posted on the district website and the county websites.

Parents who are interested in taking a part in this important committee are to contact Mr. Diego Ochoa, the lead administrator for the LCAP at (530) 787-3406 or dochoa@espartok12.org.

Calendar of Events:

September 2:	Labor Day - Holiday
September 5:	Madison High School Back to School Night
September 10:	Esparto High School Back to School Night
September 9 & 23:	District Minimum Days
September 11 & 25:	School Board meetings

Labor Day is

Monday, September 2.

Enjoy the Holiday!



Yolo Land Trust's Day in the Country

The **Yolo Land Trust** announces that **Richard and Evelyne Rominger** will be honored at the Yolo Land Trust's annual fundraising event – **A Day in the Country** – on **September 8, 3:00 p.m. to 6:00 p.m. at the Taber Ranch Vineyard and Event Center.**

The Yolo Land Trust will also be celebrating its 25th anniversary. Richard Rominger was a founding member and the first President of the Yolo Land Trust. He is a fourth generation Yolo County farmer, and served as the Deputy Secretary at the U. S. Department of Agriculture in Washington, D.C. for eight years during the Clinton Administration. Prior to that, Richard was the Director (Secretary) of the California Department of Food and Agriculture from 1977 to 1982. Evelyne Rominger was raised south of Davis on a dairy farm. She and Richard met while both were students at UC Davis and they have been married for 62 years. Evelyne has been a very active community member her entire life, starting with the Dixon 4-H Club and as the student body vice president of Davis High School. Richard and Evelyne continue their community service by serving on boards and associations, locally as well as state-wide.

A Day in the Country will be held Taber Ranch Vineyard and Event Center in Capay from 3:00 p.m. to 6:00 p.m. The Plainfield Pickers will provide music. Over 20 restaurants and 10 wineries will be serving delicious food and wine. A kid's corner and silent auction will also be available. Silent auction items include passes to Disneyland and California Adventure, Mondavi tickets for the San Francisco Symphony, a jeep tour of Yolo Land & Cattle Co. ranch and many others. To purchase tickets to attend the A Day in the Country, or for more information, contact the Yolo Land Trust at (530) 662-1110 or visit: www.yololandtrust.org. Tickets are still available. Adult tickets are \$85.00 before September 1 (\$90 after that date) and a child's ticket is \$20.

Submitted by Michele Clark of the Yolo Land Trust

BIKERS FOR BACKPACKS EVENT

RISE Incorporated would like to send a big THANK YOU to Bikers for Backpacks. On Saturday, July 27 over a 125 people filled the Road Trip Bar & Grill patio including students, parents, backpack contributors and event organizers to participate in the 2nd Annual Bikers for Backpacks event. The event organizers gathered and distributed over seventy-five backpacks full of school supplies to RISE students throughout the Madison, Esparto, and Capay Valley Region.

Thanks to this wonderful event, the recipients of the backpacks (students in grades Kindergarten through Twelfth) were able to start the school year with the supplies they needed to be a step ahead.

Bikers for Backpacks have already started gathering donations for next year's event and hope to increase their goal of backpacks and school supplies. This event is one that they hope to continue for many years.

Thank you again to everyone who contributed to the backpacks and made the event successful, especially the organizers of Bikers for Backpacks. A special Thank You to the Road Trip for allowing the use of their patio for distribution of the backpacks to students. Pictured below are the student recipients of the backpacks.

Submitted by the RISE Staff



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COMMON CORE STANDARDS

3rd in a series of articles

Submitted by Aida Buelna, Superintendent Esparto Unified School District

The following is an overview of the Mathematic Standards for our K-8 students. A more in-depth explanation will be provided to parents when schools start this fall. As you can see by the table, Kindergarten through second grade have the time to cover four standards. The difficulty progresses through the grade levels, however the standards do not change. Third grade begins the concept of fractions and goes through fifth grade. Sixth and Seventh grades begin Ratios and Proportional Relationships, the Number System, and Expressions and Equations. Next month the Secondary Mathematics Standards will be highlighted.

<p>Mathematics – Kindergarten Counting and Cardinality Operations and Algebraic Thinking Number and Operations in Base Ten Measurement and Data Geometry **Mathematical Practices</p>	<p>Mathematics – Fourth Grade Operations and Algebraic Thinking Number and Operations in Base Ten Number and Operations - Fractions Measurement and Data Geometry **Mathematical Practices</p>
<p>Mathematics – First Grade Operations and Algebraic Thinking Number and Operations in Base Ten Measurement and Data Geometry **Mathematical Practices</p>	<p>Mathematics – Fifth Grade Operations and Algebraic Thinking Number and Operations in Base Ten Number and Operations - Fractions Measurement and Data Geometry **Mathematical Practices</p>
<p>Mathematics – Second Grade Operations and Algebraic Thinking Number and Operations in Base Ten Measurement and Data Geometry **Mathematical Practices</p>	<p>Mathematics – Sixth Grade Ratios and Proportional Relationships The Number System Expressions and Equations Geometry Statistics and Probability **Mathematical Practices</p>
<p>Mathematics – Third Grade Operations and Algebraic Thinking Number and Operations in Base Ten Number and Operations - Fractions Measurement and Data Geometry **Mathematical Practices</p>	<p>Mathematics – Seventh Grade Ratios and Proportional Relationships The Number System Expressions and Equations Geometry Statistics and Probability **Mathematical Practices</p>
<p>**Mathematical Practices are: Make sense of problems and persevere in solving them Reason abstractly and quantitatively Construct viable arguments and critique the reasoning of others. Model with Mathematics. Use appropriate tools strategically. Attend to precision. Look for and make use of structure. Look for and express regularity in repeated reasoning.</p>	<p>Mathematics- Eighth Grade The Number System Expressions and Equations Functions Geometry Statistics and Probability **Mathematical Practices</p> <div style="text-align: center;">  <p>Back to School</p> </div>

“Freshman Come Alive”

Diego R. Ochoa, Esparto High School Principal

Esparto High School welcomed seventy-five members of the Class of 2017 to the campus for Freshman Orientation on August 15, 2013. The festive group of ninth graders, most of whom wore their green spirit color shirts, were accompanied by a large parent contingent all ready to begin the journey towards high school graduation.

Activities kicked off with Ms. Aida Buelna, EUSD Superintendent, and the EHS Head Varsity Golf Coach, addressing the students about the importance of education and the value of a extra-curricular participation. School counselor Alexis Kersting applauded the excited group for being so energetic and enthusiastic about commencing their high school career. Mrs. Kersting explained that she would be their biggest cheerleader through high school as they face the challenges, surprises, and triumphs on the horizon.

Esparto High School cheer coaches Olivia Wetter and Jackie Chrisp prepared a group of cheerleaders who taught the Class of 2017 the Esparto High School “Countdown” cheer. This traditional cheer is recited at all rallies and requires the freshman class to recite the lyrics, “One, two three, four five, freshman come alive.” After practicing about ten times our eager group of incoming students showed their school spirit by making the walls rattle just a bit when they screamed their part!

The event culminated with a school tour led by the cheerleaders and review of school rules led by Mr. Ochoa who explained the attendance expectations, behavioral expectations, and anti-bullying procedures. The students were reminded that they were expected to “Come on time, ready to learn, and make a positive impact on our school community.”

Pictured right are participants in the Coast 2 Coast Soccer Program sponsored by RISE Inc. during August. See article on page 11.





**NATIONAL
BACK TO
CHURCH
SUNDAY**

*Sunday, September 15th
Make church a part of your routine at:*

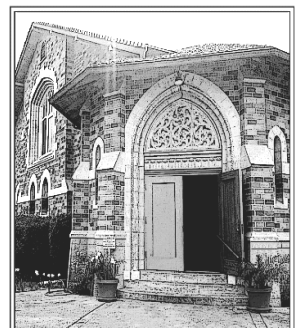
Calvary Baptist Church of Esparto
Regular Weekly Services:
Alice Marsh Hall, Esparto High School
Sundays, 10:00 AM

Phone number: 530-867-0668
 A ministry of Calvary Baptist Church of Woodland
 Find us on Facebook – Calvary Baptist Church of Esparto

Is Health Insurance for your Child a Problem??

In these difficult economic and health reform times, good health insurance coverage for your children may be a problem. There are three different publically-supported options now available, which seek to assist many levels of incomes and urgent situations. You may qualify for at least one of these:

- **MediCal**—For those families most in need. Job loss and/or changes in income power may now qualify you. Free review of your eligibility.
- **Healthy Families**—Federally and State Supported with low premiums. Serves the children of families who earn too much for MediCal help. Has low premiums. Once enrolled, your enrollment lasts for a year without further review. Find out today if you qualify.
- **Healthy Kids**—Supported by local funds and efforts. This health insurance option seeks to insure that all children have access to health care. Higher income families can successfully utilize this option. Thanks to the generosity of the Yocha Dehe Wintun Nation, no qualifying local child will be put on a waiting list. Low monthly premiums.
- **Check these options out! Free!**
 If you are interested in further discussing any of these health insurance options, please call RISE Inc. at 787-4110 and ask for a screening appointment with Beth Conn-Ossenfort or Lupe Saucedo. Free. Confidential.

Called by Christ to Care
Countryside Community Church

We are a "come-as-you-are" church that loves fellowship and is "Called by Christ to Care."

**Coffee Hour after every Sunday service—
Come join us!**

For more exciting information about our programs for youth and adults go to
www.espartocountrysidechurch.org
 or **Friend us on Facebook**

*Located at the corner of Fremont & Grafton,
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 (530) 787-3586

Sunday Service at 10am
 Sunday School provided for 3-10 year olds
 Rev. Dr. Pamela Anderson, Pastor
 (Presbyterian Affiliation)

Calling all Crafters!

Countryside Community Church will be hosting the Third Annual Christmas Craft Faire on Saturday, December 7, 2013. We are looking for vendors to sell their wares. If you have a craft to sell: quilts, paintings, candles, jewelry, jams, jellies, candies, nuts; whatever your talent, please join us for a festive start to the holiday season. Start prepping now and reserve your space by calling 787-3586. Countryside Community Church is located on the corner of Fremont and Grafton in Esparto.

Submitted by Laurie Hayes

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SUNDAY OCTOBER 6, 2013
 A variety of seminars, hands on activities, and farm tours in the Capay Valley Region.

- Full Belly Farm Tour
- Bike Tour
- Backyard Beekeeping
- Kids' Camp
- Intro to Dairy Farming
- And More!

Pre-registration required. Fees and times vary for each activity. See website for details.

Don't forget to stay for breakfast and the Full Belly Farm clean up party.

FREE PRODUCE DISTRIBUTION

For families with children ages 0-5 **ONLY**

- 1st and 3rd Thursday of the month
 - Countryside Church
- 26479 Grafton St. Esparto CA 95627
 - 10:30 a.m. - 11:00 a.m.



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SOLO para familias con niños entre la edad 0-5

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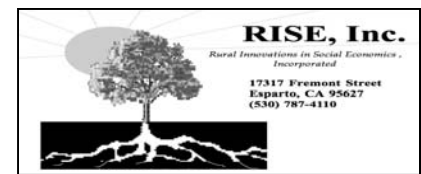


PLAY SCHOOL EXPERIENCE

- Parent-Child Activities
 - Story time
 - Educational Arts and Crafts
- Mondays 11:15 a.m.—12:15 a.m.**
Countryside Church Social Hall
 26479 Grafton St., Esparto

EXPERIENCIA PRE-ESCOLAR

- Actividades para Padres-Niños
 - Tiempo de Cuentos
 - Arte Educativo
- Lunes 11:15 a.m.—12:15 a.m.**
Countryside Church Social Hall
 26479 Grafton St., Esparto
 Submitted by the RISE Staff



COMMUNITY & family-friendly BBQ RESTAURANT in Guinda.
 Menu features smoked meats, hearty soups, pastries & pies, a large selection of cold beer, and Capay Valley wines.

TUESDAY – SATURDAY 10 a.m. – 10 p.m.
SUNDAY 9 a.m. – end of NFL game
MONDAY 5 p.m. – end of NFL game
 Call 796-0758 or follow us on Facebook for live music, World Cup soccer games, and other events



Manas Ranch

Fred and Alice Manas, Owners
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Children’s Programs at the Library Bring Enrichment....

The Friends of the Esparto Regional Library would like to thank the sponsors of the 2013 Children’s Programs for bringing the arts and sciences to the youth of the region from Madison to Rumsey. These real life experiences enhance children’s intellectual, artistic, literary and scientific knowledge and curiosity.

The Friends appreciate the participation and commitment of the following individuals, families and local businesses for supporting the children’s programs at the Esparto Library. Many thanks to: Blue Heron Farm, Good Humus Produce, the Esparto Lions Club, Tara Hatanaka and Christopher Pappalardo, Jane Stallings in memory of David Markham, Jim and Sally Barrett, John and Meredith Stephens, Beth and Phil Phillips, Hildur Murphy, Harmon and Greta Taber, Ann Scheuring, and Mike and Cheryll Cochrane.

The children and their families enjoyed, *Yogic Arts Family Workshop*, in June, sponsored by Tara Hatanaka and Christopher Pappalardo. Families are asking for more yoga classes. *Catch-A-Beat* was the lively music and dance studio held in July. This program actively engaged enthusiastic students with the world of music and dance. Sponsored by Jim and Sally Barrett, the library’s program for August was *Uncle Jer’s Bee Show*. This Uncle and Auntie team taught us about bees in prehistoric times and gave a tour of active bees in observation hives. The program ended with honey sampling. Yum!

Please mark your calendars to attend with your family the Suisun Wildlife Center’s presentation on September 12 at the Esparto Library. The committed volunteers at the wildlife center are trained to care for rescued wildlife. They will bring birds of prey to view that have been injured or orphaned in Solano County. The second program for September, to be held on September 24, is the *Science Wizard, “Awesome Air Pressure.”* This scientific experience is co-sponsored by John and Meredith Stephens

Families, businesses, and individuals that have sponsored children’s programs are now members and friends of the Esparto Regional Library. FERL would also like to thank Esparto Librarian Malinda Baker and library staff for scheduling the exciting 2013 Children’s Programs. To become a sponsor of library programs or request topics for future programs, please contact FERL board member Nancy Remington at: nancyannremington@me.com or (530) 787-3450.

To view a schedule of Esparto Library programs, visit:
www.yolocounty.org/index.aspx?page=1479.
 Submitted by Trini Campbell, FERL President



Pictures above are children enjoying *Uncle Jer’s Bee Show* at the library.



As of October 2010, California named its nutrition assistance program CalFresh, which was formerly known as the Food Stamp Program. This federally funded nutrition assistance program is for low-income families and individuals. To find out if you qualify for CalFresh, call RISE Inc. at 530-787-4110 for an appointment.



Des de octubre 2010, California denominó su programa de ayuda de nutrición asistencia CalFresh, que fue sabido anteriormente como el Programa de Cupón de alimentos. Este programa financió federalmente de ayuda de nutrición es para familias y individuos de ingresos bajos. Para averiguar si uste califica para CalFresh, llame a la oficina de RISE Inc. al numero 530-787-4110 para una cita.



News and Events from the Esparto Regional Library!

Welcome in the new school year by getting a library card. September is **Library Card Sign-up Month**, a time when the Esparto Regional Library joins with the American Library Association and public libraries nationwide to make sure that our students have the most important school supply of all – a free library card. Yolo County residents of all ages can apply for a library card at no cost. Fill out a simple application, present identification and all the resources of the public library are at your service. With your library card, you can check out materials to help with your homework, and find books to read for pleasure. Also, check out our children’s area mural for the “Recipe for a Great School Year”.

Help your child get ready to read by attending our **Bilingual Story Time on Thursday morning at 11:00 a.m.** Children ages 2 to 6 years, and their parents or caregivers are invited to join us for stories, songs, movement, rhymes and finger plays. It’s never too early or too late to help your child develop language and other early literacy skills.

Cuentos Bilingües. Los Jueves a las 11:00 de la mañana. Cuentos, cantos, juegos y manualidades.

Special Programs at the Esparto Regional Library in September, 2013

- **Suisun Wildlife Center – Wildlife Rescue:** Thursday, September 12 at 3:15 p.m. A one hour live presentation on the wildlife rescue world of the Suisun Wildlife Center since 1977, featuring non-releasable native California wildlife.
- **Afternoon Movie:** Tuesday, September 17 at 3:00 p.m. “Jack the Giant Slayer” rated PG-13.
- **Consumer Scam Stopper:** Thursday, September 19 at 6:30 p.m. Presented by Contractors State License Board. Learn about contractor and other local scams, how to avoid them, and what to do if you’ve become a victim.
- **The Science Wizard presents “Awesome Air Pressure”:** Tuesday, September 24 at 3:15 p.m. Experience the awesome power of air and wind like you’ve never seen it before! Amazing experiments give you a close up look inside tornadoes, hot air balloons, jet engines, and more.
- **What You Need to Know About College Admissions:** Saturday, September 28 at 10:00 a.m. to 12:00 p.m. For parents and students in 9th through 12th grades.

All afternoon programs are generously sponsored by the Friends of the Esparto Regional Library.

Recurring Programs at the Esparto Regional Library:

- **The English Conversation Class** meets on Tuesday, 1:15-2:15 p.m., in the Wintun Room. All English learners welcome. Practice your English in a group setting. Call for further information. (530) 787-3426.
- **Conversación en Ingles** en la biblioteca de Esparto. Fechas y horas: Martes 1:15 – 2:15p.m. La Biblioteca de Esparto esta en 17065 Yolo Ave. en Esparto. (530) 787-3426. Un programa gratis de la Biblioteca del Condado de Yolo.

Submitted by Malinda Baker
Branch Supervisor



Road Trip
BAR & GRILL

CELEBRATING
5 YEARS
ANNIVERSARY

THANK YOU
It's been an amazing ride!

from your Road Trip Bar & Grill Staff
and
Jerry & Paula Tackett

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ROADTRIPBG.COM

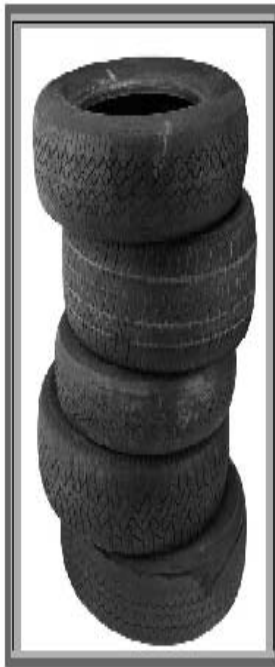
2013 YOLO COUNTY TIRE AMNESTY EVENTS

Limits:

- No more than 9 tires per vehicle
- No business generated tires

Farmers and ranchers may contact the Yolo County Environmental Health Department at (530) 666-8646 to obtain a hauling exemption allowing for transport of up to 20 tires per vehicle.

Per grant requirements no one can bring more than 40 total tires per event. Utilizing the hauling exemption above, this allows for two trips to be made per event.



Acceptable:

- All passenger car, truck, and farm tractor tires that are air filled with no solid areas
- Tires with rims are accepted

Not Acceptable:

- Heavy equipment, solid or foamed tires
- Tires with a diameter greater than 60 in.
- Tire bins full of more than 20 tires

September 25
Yolo County Central Landfill
44090 County Road 28H, Woodland
Wednesday, 9 a.m. to 1 p.m.

October 23
Esparto Transfer Station
27075 County Road 19A, Esparto
Wednesday, 9 a.m. to 1 p.m.



**Dispose of used passenger car, truck and farm tractor
Tires Free to Yolo County Residents**

Trouble Paying Attention or TOO MUCH ENERGY?

How much are you? Answer the following statements with the scale of: 1 = Not At All; 2 = Somewhat; or 3 = All the Time. The higher the score the higher the possibility of describing yourself with what is commonly known as Attention Deficit Disorder or Hyperactive Disorder.

Difficulty paying attention: 1) You have difficulty completing a task or homework. 2) You are easily distracted by something, like a noise. 3) You delay work that requires a lot of mental effort or thought. 4) You have trouble listening. 5) You have difficulty organizing homework or a job task. 6) You make careless mistakes. 7) You forget regularly scheduled meetings or your lunch a lot. 8) You lose, misplace, or damage objects you need for a task once all the fun and challenge are gone.

Hyperactivity: 1) You can't sit still and are restless. 2) You can't wait your turn and talk over someone. 3) You talk more than others. 4) You are on the go all the time. 5) You give answers before the question is completed. 6) With your excessive energy, you are careless, bump into and drop things that hurt objects and other people.

You may have symptoms of both but more in one category. You may have mixed amounts of both. You only may have symptoms in one category. For this reason, professionals scoop the symptoms into one disorder: Attention Deficit, Hyperactivity Disorder or ADHD.

ADHD, in its true form, is genetic and hereditary. There could be an Uncle who couldn't pay attention and learn. As a boy, Dad was on the go and broke more farm equipment than crops grew. The person with hereditary factors doesn't grow out of it, and it doesn't go away. They adapt to the disorder and carry on productive and happy lives. This person needs a Counselor, a Behaviorist, and medication to aid in their adaptation and coping skills. An adult may need what is commonly called a coach.

There are non-hereditary factors that may cause symptoms of ADHD. These examples happen in some children but not in all children. A few mental health diagnosis have common appearances of ADHD. Some children whose mothers extensively abused drugs/alcohol may also have symptoms. If there were complications during labor and delivery this child may also have some symptoms of ADHD. Occasional head injuries cause ADHD symptoms.

Some people have transient symptoms of ADHD, meaning they come and go. There are some environmental factors that appear as if a person, especially children, have ADHD. This population is referred to as physically sensitive. These include children who are exposed to caffeinated beverages, sugar, and some foods with additives and preservatives. There are also children who are described as emotionally sensitive. Any sudden and dramatic change may be expressed in some children as ADHD, when in reality they are adjusting to a divorce or a death in the family. Some parents may focus on their child with ADHD symptoms as a way of skirting the greater problem occurring in the home, such as physical, sexual abuse or domestic violence.

There are also myths about ADHD and stimulant medication in children, that this type of medication will stunt the growth of the child. Studies show that ultimately children grow to the height and weight they were set out to become. Another myth is the medicated child will be more likely to use street drugs as a teen. Some studies show the opposite. Teenagers, who were not medicated as children, are more likely to use drugs and alcohol. Although this may not be true for ADHD adults who continue to take medication in the form of stimulants. Some preliminary studies show that adults (25+) who continue to take ADHD stimulant medication are more likely to seek out drugs and alcohol.

So Are You? For the adult, the first step is a questionnaire to find out what others think. For example, you may want to look at your work evaluations (if they have been filled out by your supervisor honestly), talk to friends, family, and co-workers. At this point, if the answer is, "Yes, I have symptoms of Attention Deficit or Hyperactivity," create a plan to further your success. Look for a life coach, counselor, or organizations that cover ADHD symptoms (consider CHADD).
Continued on the next page

Pictured here are participants in the Coast 2 Coast Soccer Camp.



Continued from page 10

For the child, ask your trusted family members, the school teacher, After School Program staff, babysitter, or sport coach. If they all have similar responses, it may be worth taking the child in for a professional assessment by a Psychologist, Counselor, Psychiatrist, or the Primary Care Physician. If your feedback from others is mixed - some see your child with symptoms and others don't see it at all, be curious as to why people see your child differently and ask more questions. Is it the setting they see them in? Do they respond or have a different attitude towards your child? Is the environment more one to one or group setting? Does the adult have more or less contact with your child? Are they finding consistent success with the techniques they use? Ask questions.

"No, my child does not have ADHD." "Maybe, but I want to see if they will outgrow it." "Yes." The third step is deciding which, if any, professionals will help you. Whether hereditary or not, a behaviorist, counselor, or groups that cover ADHD symptoms are strongly advised. A physician, who has experience, interest and knowledge in ADHD, can assess and address if your child needs a medication regime.

Step four is following the treatment plan devised by the professionals you chose. Professionals often involve the parents as much as possible in deciding the form of treatment and their ongoing involvement. The parents are given time to discuss what works and what they have tried that doesn't work. Parents can be taught techniques and skills based on what behavior bothers them the most.

Some of greatest frustrations are homework. These are a few techniques that could help, even though they may not be designed to meet your child's needs. Allow the child more breaks to give their excess energy a place. Homework time is spent in short increments. Find a quiet place with less distractions. Think of a "code word" you can use to remind your child they veered away from their homework page, and they need to refocus again. Make sure, as the parent, you are in a space to be patient and relaxed. If you don't have time for such space, but it is possible, find another adult or mature child to help you. Work with the teacher. Is there a way homework can be modified?

Sometimes multiple alarms on a phone, timers, or stop watches help for routines. For example, write out the older child's (age varies upon maturity) morning rituals. This written schedule can be as detailed as your child needs it to be. Set an alarm for each of these times with the written schedule in places the older child can see. For example, the written schedule can be listed as Arise at 7:00 a.m. Dress by 7:15 a.m., and so on. Scheduling may be a way of life for a person with ADHD. Adults can organize their daily schedules on their computers with alarms set when meetings or any transition occurs. This way their distractions do not impede their success!

There are other ways to address ADHD symptoms. Cognitive Behavioral Therapy (CBT) is called "talk therapy." This therapy reframes, challenges, or refocuses your thinking. It may be directed to positive thinking or statements that improve self-worth. For children, thought therapy is addressed in art and play therapy. Another possibility is Neurofeedback. This therapy is brain exercise using the areas of the brain that are known for being connected to ADHD. Submitted by Susana Russ LCSW, Counselor at RISE

RISE, Inc. Soccer Camp a Success

From August 5-16, RISE Inc. hosted a Soccer Camp in collaboration with Coast 2 Coast Soccer. Coast 2 Coast Soccer is an organization whose mission is to run healthy active and positive soccer programs that ensure that children increase their levels of physical activity, learn new skills and gain an appreciation for healthy eating.

Over 20 kids participated in the Soccer Camp. They worked on their dribbling, passing, shooting, and goalkeeping skills. The kids had a great time. We would like to thank the instructors that made the camp fun for the kids. Also, we would like to thank Calvary Baptist Church for bringing out healthy snacks and drinks for the kids. And thank you to all the kids who participated. We hope to see more kids out for Soccer Camp next year.

Submitted by Chelsea Becker



Medical Services for the Entire Family Servicios Medicos Para Toda la Familia.

At **Esparto Family Practice**, our providers look forward to partnering with you, and establishing a relationship that will benefit you now and in the years to come. Our Doctors seek to educate you and your family about health and illness.

En **La Clinica Esparto Family Practice** nuestros proveedores esperan colaborar con usted y establecer una relación que lo beneficiará ahora y en el futuro. Nuestros médicos lo educaran a usted y a su familia sobre la salud y las enfermedades.

Call our office to schedule your appointment

Llame hoy para una cita.

Community Medical Centers

Esparto Family Practice

1705 Grafton Street

Esparto, Ca 95627

(530) 787-3454

Clinic Hours- Horario de Clinica

Monday 9:00 a.m. to 1:00 p.m.

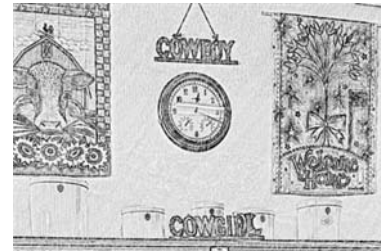
Lunes: 9:00 a.m. – 1:00 p.m.

Tuesday, Wednesday, Thursday & Friday 2:00 p.m. – 6:00 p.m.

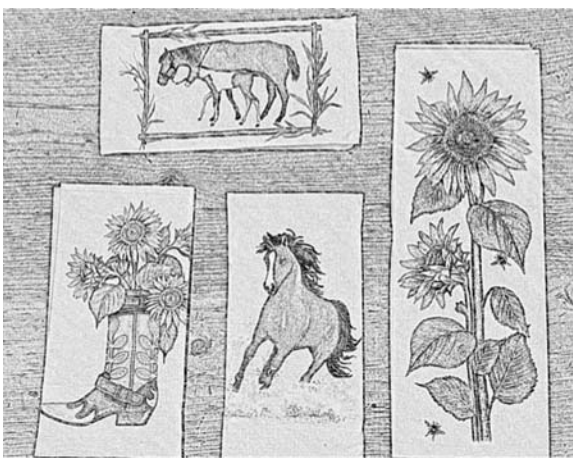
Martes, Miercoles, Jueves y Viernes 2:00 p.m. – 6:00 p.m.

Pacific Ace Hardware

New this month at Ace Hardware in Esparto...



- ◆ We are now carrying Mary Lake Thompson Flour Sack towels. They are designed, printed and packaged in Oroville, California on soft Egyptian cotton towels.
- ◆ On sale this month at Ace we have ¼ HP utility pumps with 18' hose, hose adapter and storage crate for \$79.99.
- ◆ Remington Electric Chain/Pole saw for \$79.99. Instant savings with rewards card \$69.99.
- ◆ Organize your shop or garage with plastic shelving or gorilla rack steel shelving \$34.99.
- ◆ Suet, black sun flower seeds and wild bird food all on sale.
- ◆ We recycle your household batteries here at your local hardware store. This includes alkaline, rechargeable and cell phone batteries.
- ◆ If you haven't voted for **BEST OF YOLO COUNTY** you have until September 3 to get your ballot in to the Daily Democrat. We would love to win **BEST HARDWARE STORE!** Please consider grabbing the Democrat and placing your vote for your hometown store!!



Pacific ACE Hardware—Esparto: (530) 787-3800
Vacaville: (707) 448-2978 Winters: (530) 795-3368



“Spotlight on Safety“
 Chief Gary Fredericksen
 Yocha Dehe Fire Department

As we enter the month of September, wildfires are a continuing danger with still hot weather and dry grass. It's dry enough that fires can even start through the standard use of farm and ranch equipment. So careful preventative maintenance not only prolongs equipment life, but also reduces fire hazard.

Please follow these safety tips:

- Do yard maintenance with power equipment before 10 a.m., not during the heat of the day or when the wind is blowing.
- Never use lawn mowers on dry grass or brush.
- Remove any rocks in and around the area before operating equipment.
- Be sure your portable gas powered equipment has a spark arrester.
- Never refuel while equipment is still hot from use.
- Keep the equipment maintained and free of carbon and other buildup.

Remember, if you have any questions or concerns, please stop by your local fire department or give us a call at (530) 796-2500. Have a safe Labor Day weekend and fall season.

RAISING MONEY FOR LLS

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health agency dedicated to blood cancer. LLS funds lifesaving blood cancer research around the world and provides free information and support services.

How serious is blood cancer? Every four minutes, someone new is diagnosed with blood cancer. Every 10 minutes, someone dies. The LLS has joined up with Team in Training to help fight the war against blood cancers. Team in Training is the largest endurance sports training program in the world.

This fundraiser is committed to raising money for LLS. You can help by supporting this fundraiser. On Saturday, September 7 there will be the Second Dog Wash Fundraiser at Milliron's Feed Store in Esparto starting at 9:00 a.m.

ALL DOGS ARE: \$20 NAILS ONLY: \$5

Walk-ins welcomed or call (530) 665-3282 for an appointment

For more information visit: <http://pages.teamintraining.org/sf/nikesf13/ewireman>.

Submitted by Elaine Wireman


DURST

ORGANIC


GROWERS

James & Deborah Durst
 26100 County Road 16
 Esparto, CA 95627
 530-787-3390





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CASINO RESORT

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**“VALLEY SENIORS” PROGRAM AT RISE,
SCHEDULE FOR SEPTEMBER 2013**

SPONSORED BY THE YOCHA DEHE COMMUNITY FUND.

If you are 55 or over, Please join us at RISE; 17317 Fremont Street in Esparto, next to Esparto Market and the D. Warren Insurance Agency.

JOIN US ON TUESDAYS & THURSDAYS, FROM 9A.M.-NOON FOR FOOD, DAY TRIPS, HEALTH, EXERCISE, CLASSES & INFORMATION

September 3:	Movie and Popcorn Lunch served
September 5:	9:00 Coffee and treats
	9:30 Floral Decoration with Jim Schulte
	11:00 Lunch
September 10:	Swap Meet
September 12:	9:00 Coffee
	9:30 Legal Services
	Also, “You Be the Judge Court Cases”
	11:00 Lunch
September 17:	9:00 Erin Mcdermond: Fall Planting & Coffee
	11:00 Lunch
September 19:	9:00 Calagrability: Arthritis Prevention & Coffee
	10:00 Phone List Distribution
	11:00 Lunch
September 24:	8:00 Vallejo Trip to Mare Island Leave
	Tour included
September 26:	9:00 Coffee
	10:00 Puzzles, Games & Apple Betty
	11:00 Potluck & Birthday Celebration

Call Beth at RISE, (530) 787-4110 FOR QUESTIONS & UPDATES.
Submitted by the RISE Staff



RICK BRAMLETT
530-796-2196

CAPAY VALLEY BUILDERS

NEW CONSTRUCTION AND REMODELING
HANDYMAN SERVICES
HOME REPAIR

LOCAL - HONEST - AFFORDABLE



GET MOVING: ARTHRITIS PREVENTION AND PAIN MANAGEMENT EXERCISE WORKSHOP



Do you know that the best treatment and prevention for arthritis is moving? Its true!

CalAgrAbility is offering **FREE** 1-hour exercises classes where you will learn:

- ☆ Information about arthritis
- ☆ Flexibility Exercises
- ☆ Resistance Exercises
- ☆ Strengthening Exercises
- ☆ Information about the CalAgrAbility Program
- ☆ How to have fun while learning new techniques to alleviate pain caused by arthritis

WHEN: Thursday, September 19, 2013

WHERE: R.I.S.E INC, 17317 Fremont St. Esparto, CA 95627

TIME: 9:00AM

WHAT TO BRING: COMFORTABLE SHOES AND WATER



University of California, Davis 1-800-477-6129

California AgrAbility Project

FOR MORE INFORMATION PLEASE CONTACT GLORIA ANAYA OR MARIA CEJA AT 1-800-477-6129



HAY QUE MOVERNOS: CLASE DE EJERCICIO PARA LA PREVENCIÓN Y EL CONTROL DEL ARTRITIS



¿Sabía usted que el mejor tratamiento y prevención para la artritis es moverse? ¡Es cierto!

CalAgrAbility estará ofreciendo clases **GRATUITAS** de ejercicio de 1 hora donde usted aprenderá:

- ☆ Información sobre la artritis
- ☆ Ejercicios de flexibilidad
- ☆ Ejercicios de resistencia
- ☆ Ejercicios de fortalecimiento
- ☆ Información sobre el programa CalAgrAbility
- ☆ Cómo divertirse mientras alivia su dolor de artritis

Cuándo: jueves, septiembre 19 del 2013

Dónde: R.I.S.E. INC. 17317 Fremont St. Esparto, CA 95627

Tiempo: 9am

Qué traer: Agua, zapatos, ropa cómoda y una buena actitud.



Universidad de California, Davis 1-800-477-6129

California AgrAbility Project

Pet Adoption Corner

Have a pet that needs adopting? A litter of kittens? You are moving and need to find a new home for a cat or dog? Just lost a pet and want a new one? Send in the information and we will place it in this space.

All notices must be received by the 20th of each month for the next month's paper. Send to valleyvoice2@hotmail.com. Editor reserves the right to edit any notice. Send a picture if desired. Please give contact information. Adoptions are strictly between individuals.

Editor



Zeus

Zeus is a 6 year old Chihuahua mix who weighs about 8 lbs. This little guy is a happy, cuddly little guy at home. He's more than happy to settle down on the couch, but if you invite him on your lap, he'll be there in an instant! He loves to be petted and especially loves belly rubs. He can "sit", "stay", "down", and is working on "leave it"... who said old dogs can't learn new tricks? He does well with dogs his size, but is a little intimidated by bigger dogs. He happily sleeps in his crate at night. Zeus is a pretty adaptable dog, up for cuddling, walking, hiking... all sorts of activities! Can he be your partner for life?



Sugar & Spice:

Sugar (left) is a buff tabby Domestic Short Hair male who was born on April 10, 2013 with an eyesight disability. Though Sugar is blind, he functions surprisingly well and gets around just fine. Due to his blindness, it is critical that Sugar never goes outside, as he could easily be hit by a car or get lost in an unfamiliar environment. He is a very sweet, affectionate kitten who loves to cuddle. Sugar also enjoys chasing and wrestling with his sister, Spice (right); he follows her around everywhere, as if she's his personal guide cat. He will be a fabulous new addition to your home. **Spice** is a buff tabby Domestic Short Hair female who was born on April 10 2013. She is very active and loves toys! Spice is also fearless and thinks she can fly. She gets along well with other animals, and when she's not running around playing or guiding her brother Sugar around the house, she's sleeping on a lap. Spice is affectionate and talkative, and will make an amazing companion and great company! Sugar and Spice are a bonded pair of kittens that should be adopted together.



These pets are available at Yolo County SPCA. Please fax (530-231-2969) or email (cats@yolospc.org) or (dogs@yolospc.org) for an application. Our application, as well as a full list of our adoptable animals, can be found at yolospc.org. Please contact Yolo County SPCA at cats@yolospc.org or dogs@yolospc.org. Submitted by Yolo County SPCA

Calendar for September 2013

- September 2: Labor Day Holiday
- September 5: Free Produce Distribution at Countryside Community Church from 10:30-11:00 a.m. (for families with children 0-5)
- September 5: Madison High School Back to School Night
- September 7: Fundraiser Dog Wash at Milliron's Feed Store at 9:00 a.m.
- September 8: Yolo Land Trust Day in Country 3:00-6:00 p.m. at Taber Ranch Vineyard and Event Center
- September 9: EUSD Minimum Day
- September 10: Esparto High School Back to School Night
- September 11: EUSD School Board Meeting
- September 12: Suisun Wildlife Center at 3:15 p.m. at library
- September 17: Afternoon movie at library at 3:00 p.m.
- September 19: CalAgrability Exercise Workshop at RISE at 9:00 a.m.
- September 19: Free Produce Distribution at Countryside Community Church from 10:30-11:00 a.m. (for families with children 0-5)
- September 19: Consumer Scam Stopper at library at 6:30 p.m.
- September 23: EUSD Minimum Day
- September 24: Valley Seniors' Trip to Mare Island call Beth at 787-4110
- September 24: Science Wizard at the library at 3:15 p.m.
- September 25: EUSD School Board Meeting
- September 28: What You Need to Know about College Admission at the library from 10:00 a.m. to 12:00 p.m.

Energy Savings Program Capay Valley ENERGYSHED in Association with RISE, Inc.

- ⇒ Care/Fera Program
 - ⇒ Heap Program
 - ⇒ Reach Program
 - ⇒ Balanced Payment Plan
 - ⇒ Energy Savings Assistance Program
 - ⇒ Synergy Program (for modular homes)
- For more information contact Maribel Garcia at (530) 787-4110.

Programa de Ahorro de Energía Capay Valley ENERGYSHED en Asociación con RISE, Inc.

- ⇒ Programa CARE/FERA
 - ⇒ Programa HEAP
 - ⇒ Programa REACH
 - ⇒ Plan de Pagos Equilibrados
 - ⇒ Programa de Asistencia Para Ahorrar Energía
 - ⇒ Programa Synergy (para dueños de casas móvil/casas prefabricada)
- Para mas información llame al (530)787-4110 y pregunte por Maribel García.
Submitted by the RISE Staff

SPAY / NEUTER VOUCHER PROGRAM



\$10 Cat \$15 Dog
Household Income less than \$35,000/yr.
Apply online: www.sacanimal.org or
Call (916) 808 SPAY (7729)
Sacramento Area Animal Coalition

COMMUNITY CALENDAR

AA: Countryside Community Church, located at 26479 Grafton St. on Tuesdays at 7:00 p.m. Call 1-800-970-9040 for more information.

Spanish AA: next to the Esparto Grab 'n Go Market at 16814 Fremont Street on Mondays, Wednesdays, and Fridays from 7:00 to 8:00 p.m.

Al-Anon: Countryside Community Church on Tuesdays from 7:00 p.m. to 8:00 p.m.

Calvary Baptist Church: meets at 10:00 a.m. on Sunday at Alice Marsh Hall at the Esparto High School.

Capay Valley Christian Fellowship: meets at 11:00 a.m. on Sunday at the Grange Hall on Forest Ave. in Guinda.

Capay Valley Fire Commission Meeting: meets the 2nd Monday of each month at 6:30 p.m. at the Guinda Fire Station.

Capay Valley General Plan Advisory Committee: meets every 1st Wednesday at 7:00 p.m. at the Grange Hall in Guinda. Open to all.

Capay Valley Vision Board: meets on the third Wednesday of every month at the CVV office at 5:30.

Countryside Community Church: Sundays at 10:00 a.m. Worship Service and Sunday School.

Dental Office in Esparto: is open from 8:00 a.m. to 5:00 p.m. every Tuesday. Call 787-4972 to make an appointment.

Early Learning Center Program: held from 9:00 to 11:30 a.m. Tuesdays, Wednesdays and Thursdays at the Countryside Community Church

ECV Joseph Zumwalt Chapter 169: meetings on the first Monday of each month at 7:00 p.m. at Rose's Island in Esparto. Must be a Clamper. 681-3412 for info.

Esparto Citizens Advisory Committee Planning Council: meets 3rd Tuesday at 7:00 p.m. at the Esparto Regional Library.

Esparto Community Services District: meets on the 1st and 3rd Wednesdays of each month at 7:00 p.m.

Esparto Family Practice: open Monday from 9:00 a.m. to 1:00 p.m., Tuesday, Wednesday, Thursday and Friday from 2:00 to 6:00 p.m.

Esparto High School Ag Boosters meets on the third Wednesday of each month at 6:00 p.m. in the Ag Classroom at the high school.

Esparto Lions Club Meeting: meets on the 1st and 3rd Thursdays at the VFW hall 7:00 p.m.

Esparto Regional Chamber of Commerce: meets every month on the 2nd Wednesday at the Chamber Office on Yolo Avenue unless it is a mixer. (787-3242)

Esparto Unified School Board Meeting: meets on the 2nd and 4th Wednesdays at 6:00 p.m. at Alice Marsh Hall.

Esparto Writers' Group: meets the 3rd Thursday of each month at the Library at 6:00 p.m.

FFA Parents: meet on the 3rd Wednesday of each month at 7:00 p.m. in the Ag classroom at the high school.

Food and Clothes Closet: open on Wednesdays from 9:00-12:00 & Fridays from 3:00-5:00 p.m. at Countryside Community Church. Contact RISE Inc. at 787-4110 for information.

Food Bank Food Give-Away: fourth Monday of each month from 11:00 to 12:00 p.m. at the RISE office.

Friends of Esparto Regional Library Board of Directors' Meeting: meets on the third Tuesday at 7:00 p.m. at the Library.

Home Schooling Cooperative: Call Elvira Paoletti at 796-4676.

Legal Services in Esparto: free services offered on the 1st and 3rd Thursdays at the RISE office from 9:00 a.m. to 11:00 a.m.

Guinda Community Church: Sunday Service at 9:00 a.m.

Madison Advisory Committee: 4th Thursday at 6:00 p.m. at the Madison Community Services District. No meetings in May, November or December.

Madison Community Committee: 3rd Thursday at 8:30 a.m. at the Madison Community Services District.

MEDI-CAL and Food Stamps Services: Wednesday 2:00 to 4:00 p.m. at the RISE Inc. office. Call 787-4110 for appointments.

New Life Christian Center: Sunday Service at 11:00 a.m. with Junior Church on the 1st and 3rd Sundays for ages 5-10. Wednesday Bible Study at 7:00 p.m.

On Fire Fellowship of Esparto: Sunday service at 11:00 a.m., Bible Study: Wed. at 6:30 p.m. Youth Group: Fri. at 6:30 p.m., Ladies: 1st/3rd Tues. at 6:30 p.m.

St. Martin's Church: Spanish Mass: 7:00 p.m. on Saturday; English Mass: 8:30 a.m. on Sunday at St. Martin's Church on Grafton Street

Veterans of Foreign Wars (VFW): Western Yolo Post 7143, meets 2nd Monday each month, at Post Home, Orleans St. & Highway 16.

Western Yolo Grange: meets on the 3rd Tuesday at 6:00: social, and 6:30 p.m.: potluck dinner and meeting at the Grange Hall at 16787 Forrest Ave. in Guinda.

WYORCA: meets on the 2nd Thursday from 5:00 to 6:30 p.m. at the Esparto Library.

RISE Collaborative Meeting: meets the 3rd Friday at 9:00 a.m. at the RISE building (except August).

Yolo County WIC Services: located in the Esparto Library at 17065 Yolo Ave., the 1st Wed. 8:00-12:00; and 3rd Wed. of each month from 8:00-4:00p.m. Call (530) 666-8445

4-H: meets at 6:30 p.m. on the 2nd Monday of each month at the Community Center in Esparto.



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