



# The Valley Voice

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## FREE

### RECENT RUMSEY FOUNDATION FUNDING BENEFITS LOCAL YOUTH, NEW PROGRAMS

The Rumsey Community Fund, sponsored in full by the Rumsey Band of Wintun Indians, recently included local proposals funding programs for youth and children in their donations. More than 30 organizations shared a total donation amount exceeding \$337,000. Local requests and agencies serving local areas (Yolo Family Service Agency, Food Bank of Yolo County, RISE Inc.) were included in the funding.

The focused donation to RISE Inc was designed to benefit Madison-Esparto-Capay Valley children, especially Middle School aged children, in unique ways that are auxiliary to the regular school program. Most of the ideas emerged out of a Committee comprised of UC Davis, community program, school, and parent representatives working together to encourage partnerships that could expand the horizons of Middle School children, encouraging them to decide at that transition age to continue their education. Funded concepts include: "Healthy Cooking Early Chef" activities; a community "bike repair" clinic; field trips to explore the arts (museums, plays, exhibits); "audit" and visitation activities to community and state colleges/classes; overnight camping trips and one field trip each to the snow and the ocean; and participation costs for local youth to attend the National Youth Sports Program on the UC Davis campus in the summer.

The Foundation also funded "in advance" certain recreation activities to include all the children in the local Region. The ideas for a recreation program design emerged out of a collaborated meeting held in mid-May that focused on a project for support by the S.H. Cowell Foundation. Although the timing was somewhat late for either Foundation to assist this 2005 summer, the Rumsey Foundation stepped forward and committed to help finance certain elements of the program. This early donation allows "pilot runs" to happen this summer and also commits the "match funding" for a complete, expanded recreation program in the summer of 2006. Specifically, the Rumsey Foundation will fund weekly busses every Wednesday for all local children to go swimming in Woodland. This component of the local design will be matched with activities in the park open to all children. Children participating in the FIRST 5-funded activities for children ages 2-5 and children enrolled in the Summer Recreation Camp will also be folded into the swim trips, allowing all the community's children to enjoy a weekly outing together.

Although the Rumsey Foundation just announced their third quarter donations, some of the local benefits have already been implemented. Over twenty local youth are participating in the National Youth Sports Program, a five week long, daily activity. In late July, 5<sup>th</sup>-8<sup>th</sup> grade students in the Summer Recreation Program went to the Northern Coast camping for three days, accompanied by four adult chaperones. And a huge blow up water slide, funded for Summer Recreation Program play, is on its way. The total funding for all the programs described above is over \$30,000; 92% of the funds go directly to youth costs and 8% is used for costs tied to volunteers, chaperones, insurance and fund accounting.

Watch the Valley Voice for more information on planned activities. Middle School youth are encouraged to sign up for the After School Program this fall to get the schedule for events, activities, field trips and special learning activities. More news will follow.



### Funds Available for Local Parks

In 2002 California voters passed Proposition 40, the California Clean Water, Clean Air, Safe Neighborhood Parks, and Coastal Protection Act. Yolo County will be receiving 1.2 million dollars from Proposition 40 funds. This fall the

Yolo County Parks and Natural Resources Management Division along with the Park, Recreation, and Wildlife Advisory Committee will begin reviewing project proposals from throughout Yolo County. The committee will make a list of recommendations to the Board of Supervisors who will ultimately decide how to allocate the funds. Come to the August 11 Recreation Task Force meeting to help set Capay Valley-Esparto Region priorities for Proposition 40 funding.

The Board of Supervisor has given some guidelines on how they will determine which projects will be good candidates for Proposition 40 funds. The Boards recommendations for the selection of projects to be funded by Proposition 40 are summarized in the following.

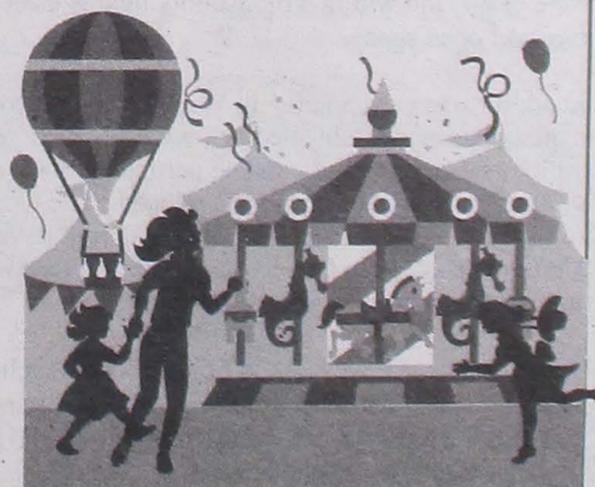
- Project would be consistent with the Countywide Master Plan and the Open Space and Recreational Element of the General Plan;
- Project would address deferred maintenance needs of an existing County Park;
- Project would take place on County owned land (or equivalent secured entitlement);
- Project costs would be offset with an additional funding source (including partnerships);
- Project would not significantly increase County maintenance requirements or costs;
- Geographic and population serving benefits and growth trends;
- Project potential for partnership for joint-facility opportunities; and,
- Project potential to increase tourism.

The Capay Valley Vision Recreation Task Force has been working towards creating a prioritized list of projects for the Capay Valley-Esparto Region. Representatives of many local groups are currently involved in the Recreation Task Force including: Esparto Unified School District, WYORCA, Esparto Little League, AYSO, Lions Club, and Esparto Citizens' Advisory Committee. The task force's next meeting will be Thursday, **August 11, 2005, 7-9 p.m. at the Esparto Library**. Representatives from all the local community groups are invited to help prioritize a final list of project that will be recommended to the Yolo County Parks & Natural Resources Management Division and the Parks, Recreation, & Wildlife Advisory Committee for their consideration. For more information, please contact Chelsea Becker at (530) 787-3353.

August 2005

### See "Olive" you at the Yolo County Fair

The Yolo County Fair is coming up August 17 - 21. The Fair has always been a place to showcase and celebrate the agricultural activities in Yolo County. We hope that all who come out to the fair will come and visit the Capay Valley Grown booth where local farmers and ranchers will display their products and sell delicious fruit cups grown in the Capay Valley. Come out and support your local farmers and ranchers and we'll see "Olive" you at the Fair.





## First West Nile Virus Equine Case of 2005 in Yolo County Prompts Warning to Horse Owners

The Yolo County Health Department has received confirmation that a horse in the Davis area has tested positive for West Nile virus (WNV). Symptoms in the horse began on July 18, 2005. The horse has been euthanized. This is the first known equine case of WNV in 2005 in Yolo County.

West Nile virus is a disease that can be transmitted to horses by the bite of a mosquito that has fed on an infected bird. Mosquitoes can transmit the virus to other birds, humans, domestic animals and wildlife. The virus cannot be transmitted from person to person or from animals to humans.

Symptoms of WNV in horses vary considerably but include:

- ataxia (lack of coordination), circling, stumbling, falling
- weakness or partial paralysis of limbs
- muscle twitching, especially around the nose and lips
- head drooping, lethargy, unresponsiveness
- hypersensitivity to touch or sound
- drooping lips, smacking, chewing, grinding teeth
- falling asleep inappropriately (when eating, etc.)
- sometimes a transient fever 10 days prior to clinical signs
- recumbency (inability to rise)

in severe cases, high fever, seizures, coma and death

Reduce your horses' exposure to mosquitoes

- Stable horses inside during active mosquito feeding times (dawn/dusk).
  - Utilize fans, barrier cloths, screens, flysheets, repellent sprays (permethrin, DEET), and insecticide misting systems.
- Talk to your veterinarian about vaccinating your horses against WNV. The vaccine requires two doses, three weeks apart, and should be completed at least two weeks prior to the onset of mosquito season.

The Yolo County Health Department is working closely with the Sacramento-Yolo Mosquito and Vector Control District, and this incident reinforces the need for residents to protect themselves and their pets against mosquito bites by practicing the "Seven D's" of protection":

**DRAIN:** all sources of standing water that can support mosquito breeding.

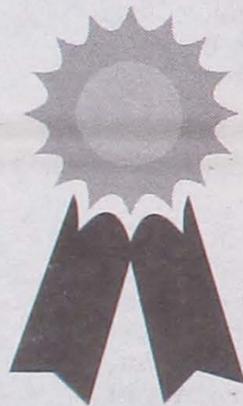
**DAWN and DUSK:** Avoid spending time outside when mosquitoes are most active, especially at dawn and the first two hours after sunset.

**DRESS APPROPRIATELY:** When outdoors, wear long pants and long-sleeved shirts.

**DEET:** Apply insect repellent; those containing DEET work best; always apply according to label directions.

**DOOR and window screens:** Repair or replace screens that have tears or holes to keep mosquitoes from entering the house.

Contact the Sacramento-Yolo Mosquito & Vector Control DISTRICT at 1-800-429-1022 if you are being bothered by mosquitoes or know of a potential mosquito breeding source, or visit their website at [www.fightthebite.net](http://www.fightthebite.net) <<http://www.fightthebite.net>>.



## Yolo County Honored to Receive Award for Agricultural Land Conservation

The County of Yolo and its Board of Supervisors are proud to accept the first ever Agricultural Stewardship, or "Aggie," award from the California Department of Conservation. This year is the 40<sup>th</sup> Anniversary of the landmark agricultural conservation program, created by Assemblymember John Williamson of Kern County in 1965. Yolo County has 67% of its land enrolled in the Williamson Act in 3,000 separate contracts.

One of Yolo County's primary goals is to preserve our agricultural heritage. Because of our proximity to a rapidly growing urban area, that is a real challenge. Upholding the Williamson Act is part of the strategy that ensures our success, and we appreciate the State's recognition for a job well done. Nearly 92% of all land within Yolo County land is used for agriculture and open space.

In addition to participation in Williamson Act contracts, the County has also established its own mitigation program in which one acre of land must be permanently set aside for agriculture for every acre that is developed. The County continues to diligently manage growth, confining it to developed areas. Consequently, Yolo County has become a statewide model for agricultural conservation.

Moving forward, we hope to build on recent achievements and continue to pursue successful and fair agricultural preservation policies, including the acquisition of the 17,300 acre Conaway Ranch for public use and benefit.



## YOLO MENTORING GRANT—"YOU MAKE A DIFFERENCE"

BASIL, GARLIC, tomatoes, olive oil and a lot of fun! These are not only ingredients of a yummy Italian sauce that Esparto Middle School and RISE after school program students got to blend and eat with toasted French baguette slices. But these hands-on activities are some of the key ingredients of the new Mentorship Grant received by Yolo County Office

of Education. The Mentoring Grant called "You Make a Difference" or YMAD is a 3 year grant from US department of Education (USDE) running from October 2004 September 30, 2007. The above cooking demo with a chef was followed by some students visiting the open house in the culinary school at the American River College to learn about culinary arts and other fields of study.

The USDE grant provides mentoring to selected students in Esparto and Washington school districts. The grades to be served are 4-8.

There are 3 strands of YMAD: Community based, one-on-one mentoring to be provided by CASA (Court Appointed Special Advocates) from July 1<sup>st</sup>, 2005; cross-age or protégé mentoring by Yolo Friday Night Live (FNL) and group mentoring around career and college exploration by Yolo County Office Education. The grant administrator is Dr. Ronda Adams, Associate Superintendent at YCOE. The grant coordinator, Panna Putnam also coordinates group mentoring and offers year long career and college workshop series which includes portfolio development, speakers and field trips. UC Davis CRESS Center is coordinating the evaluation for the grant.

The grant provides mentoring to selected students. In one-on-one mentoring, the students will be provided with a mentor who will take interest in the students, guiding and nurturing them so they can reach their potential. In group mentoring, the students will explore the world of work and choices after high school. Students in FNL's cross age mentoring will be learning about making healthier choices and developing tools to survive peer pressure including bullying.

In the coming school year, some of the students-budding dancers, chefs, forensic scientists, doctors, lawyers, artists, real estate agents, teachers, race car drivers and tile layers will continue to explore the world of work and college. Others will find a good mentor to guide them and others will get to work with high school students and learn about healthy survival skills. Helping each student thrive- that is our goal.

If you are interested in being a mentor, please contact Panna Putnam, Youth Program Coordinator Yolo County Office of Education at [putnam@ycoe.org](mailto:putnam@ycoe.org) or 530-668-3713.

**Valley Voice Subscription Service Now Available!**

Let all your friends and relatives know that for just \$25 per year we will mail each month's edition directly to their homes! This is a perfect way to keep up to date with all the Capay Valley news and events. All you have to do is complete the order form and include a check (made out to RISE, Inc.) for \$25.00. Mail to: Valley Voice c/o RISE, INC. at PO Box 616 Esparto, CA 95627 or drop off at the office: 16858 Yolo Ave. Esparto.

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**Biz News from Esparto District Chamber of Commerce**

**5-MINUTE PC PROCEDURE TO ACCESS OUR NEW DAILY ESPARTO CIMIS WEATHER STATION REPORT**

To obtain 24/7 the results from the new Esparto CIMIS Weather Station, funded by the Esparto District Chamber of Commerce with matching funds from the Casino Mitigation arrangement, just carry out this simple 5-minute sequence:

- 1) Click on <http://www.cimis.water.ca.gov/cimis/frontDailyReport.do>
- 2) For user name, type Chamber (or EUSD for the School District or Esparto for all others).
- 3) For password, type the very same thing as in step 2) above.
- 4) Click on "Submit."
- 5) From the box showing the available weather stations, such as #6 for Davis or #27 for Zamora, scroll down and select #196, Esparto.

\*\*\*\*\*

You have now succeeded in accessing online your community's weather station. Congratulations! Notice that the 15 columns have the date in column one and the amount of water evaporated and transpired by ordinary grass, the so-called reference ET, in the all-important column two. This is the number of inches of water that one uses to replenish your soil with each day or each period of irrigation you have chosen. It can range up to almost one-third of an inch of water each day in our hottest months. Note that in July, our grasses use about 2 inches of water each week or approximately 3/4 foot for the entire month in our semi-desert Central Valley. During wintertime, our normal annual rainfall of 15" to 24" replenishes the soils automatically, of course.

The Esparto Weather Station takes all its measurements such as air and soil temperature, wind speed, solar radiation intensity, etc. each and every minute and averages them for each of the 24 hours. These hourly and other readings and information are also available by starting your search from the main CIMIS website at: <http://www.cimis.water.ca.gov/cimis/>

\*\*\*\*\*

Any questions or problems encountered, e-mail Jim Haag at [haag@cal.net](mailto:haag@cal.net)  
Esparto District CofC meetings are 100% always 2nd Wednesdays, Countryside Community Church, 7:00 p.m., OPEN to all, members and non-members alike, often with refreshments/speakers/etc. A big thanks to the Esparto Unified School District who donated a location for our weather station!

**Durst Organic Growers**

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

**Rick Wilson**  
Box 34  
Rumsey, CA 95679

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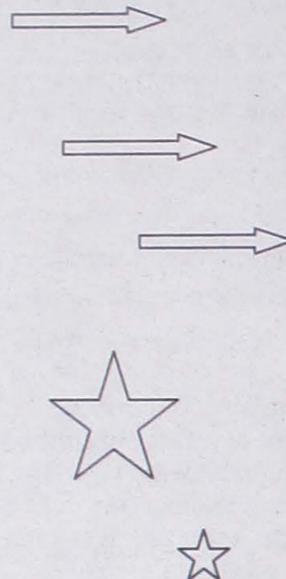
For article inquires, call 787-4110, or send an e-mail message to Dennis or Melanie Huitt at [valleyvoice2@hotmail.com](mailto:valleyvoice2@hotmail.com). For billing inquiries or ad rates, call 787-4110. All articles and ads are due by the 20th of each month. We reserve the right to edit articles at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



NEWS FROM THE ESPARTO UNIFIED SCHOOL DISTRICT OFFICE...

From the Desk of Superintendent Tom Michaelson:

INVITATION TO THE PUBLIC ... to attend:



Esparto Unified School District

**“ARCHITECTURAL PUBLIC FORUM”**

Wednesday, August 10, 2005

7:00 – 9:00 p.m.

Esparto Library



**Agenda:**

**Where We've Been ...**

- ◆ History & Budgetary Accounting of 1996 Bond
- ◆ Search for Adequate New High School Building Site
- ◆ State Recommendations and Requirements

**Where We Are ...**

- ◆ Signed Option to Purchase 64.55 acre Site on CR 85B
- ◆ Threat of Eminent Domain Issue
- ◆ Draft EIR (Environmental Impact Report) on New Site



**Where We're Going ...**

- ◆ Projected Timeline of Development in Response to Community Growth
- ◆ Construction of New Athletic Fields & Football Stadium
- ◆ Preliminary Architectural Rendering of New High School

**Question & Answer Forum**

**2005-2006 School Year Begins ...IMPORTANT CALENDAR DATES ...**

- New Teacher Report Day --- Friday, August 12, 2005
- All Staff Report Back Day --- Monday, August 15, 2005
- Student Report Back Day --- Tuesday, August 16, 2005

**JOB OPPORTUNITIES ...**

Contact the District Office for Information on Available Positions  
 Football Coaching Positions (Assistant & JV Coaches)  
 Van Driver; Cafeteria Helpers (Part-time); Yard Duty Supervisors  
 (530) 787-3446

**ATTRIBUTE FOR SUCCESS:**

**Schools Need Communities!**

**Communities Need Schools!**

**Together We Can Prepare Today's Youth for Tomorrow's Challenges!**





## Yolo County Board of Supervisors Seeking Applications for "At-Large" Planning Commissioner

The Yolo County Board of Supervisors is currently seeking applications for a vacancy on the Yolo County Planning Commission to fill an "at-large" position. This position is for a person who resides in an unincorporated portion of the County. Applications will be accepted until September 1, 2005.

The duties and responsibilities of the Planning Commission include developing and maintaining a county general plan; preparing specific plans based on the general

plan and drafts of such regulations, programs and legislation as may be required for the systematic execution of the general plan, and recommending such plans and measures to the Board of Supervisors for adoption; holding public hearings on any proposed zoning ordinance or amendment to a zoning ordinance and, after the hearing, rendering a decision in the form of a written recommendation to the Board of Supervisors; hearing and deciding applications for conditional uses or criteria for determining such matters, and applications for variances from the terms of the zoning ordinance; periodically reviewing the capitol improvement program of the county; and performing such other functions as the Board of Supervisors may provide. Additional information and applications may be obtained by contacting the Clerk of the Board of Supervisors Office at 625 Court Street, Room 204, Woodland, CA, 95695, by phone (530) 666-8195 or on our website at: <http://www.yolocounty.org/org/bos/board.html>.

## Enrichment programs for Academic excellence at EES

Do you want your child to learn a foreign language? If you are interested in Spanish for your child at Esparto Elementary, please write a letter to the school letting them know that you would like your child to be enrolled in a dual immersion program. Send a copy to: Parents, P.O. Box 83, Guinda, CA 95637. Include your contact info. and names and grade levels of the students.

### Benefits of Dual immersion:

- ◆ Learning 2nd language is easier at a young age
- ◆ Studies show better overall performance and lower dropout rates for both Hispanic and Anglo children in dual-immersion classes
- ◆ Enhanced scholarships and university admission opportunities
- ◆ Universities may waive requirements for foreign language
- ◆ Increased employment opportunities and choices
- ◆ Improved communication cross-culturally and within families
- ◆ Unity on campus
- ◆ Cross-culturally aware citizens promote understanding, appreciation, and respect for other cultures.



## Do you want to learn new recipes to make healthy snacks for your kids? Looking for easy ways to add exercise to your day?



The Yolo County Health Department is offering a free Healthy Lifestyle Series in English and Spanish to all Yolo County Residents. The hour-long classes are free and each include a recipe demonstration, nutrition topic, and a stretching session. For more information call Connie at 530-666-8645 x 4163.

ESPARTO FAMILY PRACTICE  
17050 SOUTH GRAFTON ST.  
ESPARTO, CA 95627  
(530) 787-3454



Effective August 1, 2005 our new hours will be  
Monday, Tuesday, Wednesday and Friday  
9:00 a.m. to 1:00 p.m.

Esparto Family Practice is proud to announce the arrival of Dr. Ana Cherry, Board Certified Family Medicine Physician and a member of the AMA, AAFP and CAFP School. She completed her undergraduate degree at UCLA, completed medical school at USC, and her fellowship in family medicine at UCLA Harbor Medical Center. Dr. Cherry has volunteered at Davis Community Clinic and is Vice-Chairperson at the Yolo County Health Council. Dr. Cherry has been working for Community Medical Centers at Dixon Family Practice for the last two years.

She plays an active roll in the community; she is bilingual in Spanish, and loves to help people.

"Welcomed is how I want people to feel about out clinic when they need help. We have many things here that we can offer in addition to the usual and customary"



## Margaritas Grande!

Dine around  
the world.



## Asian food with a kick.

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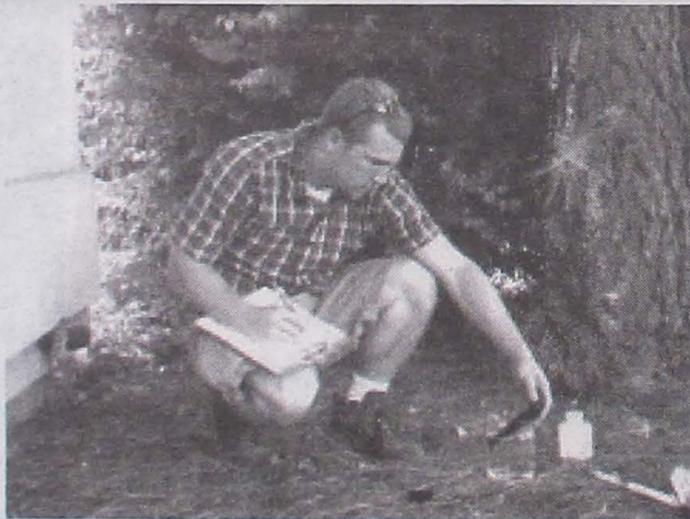


# AYSO Soccer needs Volunteers!

We need Coaches, a  
Fields Coordinator, and  
someone to paint lines on  
the grass making the  
fields.

Contact

Brian Paddoc 787-1725 or  
Trini Campbell 796-4122



Kyle Woodridge, Yolo County Resource Conservation ag engineer, testing for the ph level of water, as part of the free water analysis the District offers farmers in Yolo and Colusa County.

## Free irrigation services offered to local growers

The Yolo County Resource Conservation District invites Yolo and Colusa county growers to request free irrigation system evaluations for the 2005 growing season. Last year the Yolo-Colusa County Mobile Water Lab helped local growers identify means of improving irrigation efficiency by 15% (on average). With a free analysis from the Mobile Water Lab, growers can save money, water and electricity.

"Additionally, excess water increases run-off into canals and streams and the Ag Waiver is increasing the pressure on growers to manage the quality of that water," said Kyle Wooldridge Yolo County RCD engineering technician. "With our free service, we can

save growers money and help them manage their run-off."

The grant-funded program works around growers' busy summer schedules. The services include irrigation system evaluations, optional water quality testing, soil surveys, and recommendations on irrigation and runoff management.

The Mobile Water Lab is currently taking appointments for the 2005 irrigation season. Anyone interested in a free evaluation can contact Kyle Wooldridge at (530) 662-2037 x120 or [Wooldridge@yolorcd.org](mailto:Wooldridge@yolorcd.org). The number of evaluations per season is limited, so schedule an appointment for a free irrigation evaluation as soon as possible.

## A Healthier Tomorrow Starts Today



RISE Inc. can not only explain both programs for health insurance, but can also set-up appointments for Medi-Cal and actually are certified to assist with enrollment forms for the Healthy Families Programs. *Se habla espanol!*

Does your child need **HEALTH INSURANCE?** Your child may qualify for Healthy Families or Medi-Cal. You can apply for either one of these programs at our RISE office located at 16858 Yolo Ave. in downtown Esparto. We can also be reached by calling (530) 787-4110. Our office is open Monday-Friday 8-5.



What are the benefits of healthcare coverage?

Healthcare coverage:

Allows children to get preventive, primary, specialty, emergency, and mental health care at a lower cost.

When children have accidents, having healthcare coverage enables parents to take their children to the doctor immediately.

Keeping children healthy leads to better learning in school, more productive lives, and a healthier community.



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Esparto Lions Club  
Meets 1<sup>st</sup> & 3<sup>rd</sup> Thursday  
Esparto Community  
Center  
17020 Yolo Ave, Esparto  
7PM

Esparto's Service Club

Come see how you  
can make a  
difference in your  
community!

See Dan Lopez @ the Burger  
Barn for more info  
Or call Pres Jon Durst 787-  
3100



# Capay Valley Regional Farmers' Market

**Esparto Community Park**  
**Saturday, August 6 • 10:00am-2:00pm**

**Corn on the cob eating contest!**

**Edibles & Entertainment:** Fresh & seasonal fruits and vegetables, eggs, local honey, jams and jellies, bread and other local goods! Enjoy live music, food, and activities.

**Kids' Activities:** Meet Dilly Dally the Clown and make corn crafts!

# BURST ON THE FIRST!

Thanks to our sponsors: Capay Valley Vision, Community Alliance with Family Farmers, Java Station, Lions, First 5 Yolo, and Yolo County.

If you haven't had the chance to get to the Capay Valley Regional Farmers' Market and experience the flavors of the local and seasonal goods grown here, now is your chance! Come for the food, the art, and the community!

Each first Saturday of the month, our market will:  
**Burst on the First!**  
April - December  
10:00 am - 2:00 pm  
Esparto Community Park

If you are interested in participating in the market or would like more information, please contact Market Manager, Temra Costa by phone at (530) 756-8518 x 18 or by email at [temra@caff.org](mailto:temra@caff.org).

[www.CapayValleyMarket.org](http://www.CapayValleyMarket.org)

## Children Summer Play Program Soon to End!

The "Children's Summer Play Program" sponsored by RISE will end on August 4th. This program has been very successful in providing fun and interactive activities for children 1.5 to 5 years of age. The children who participated were able to experience visits to the library which enhanced their interest in books. They participated in story time and some children have started to narrate their own stories. During the months of June and July the children were also involved in water play and visited the Woodland High School Pool to swim. They developed their eye and hand coordination in painting the outside of the building with water. As children painted we were able to observe the children express their imagination and found that we may even have a "Picasso" in our group. During our sessions the children also experienced an imaginary trip to Hawaii. They created palm trees, beach towels, were introduced to the many types of sea shells, and sampled Hawaiian fruits. Moms and children together had fun using the different sizes of hula hoops even though it was a little difficult for some to keep them going. Many of the children involved in the RISE programs will enter Kindergarten this year and we wish them well. We will sadly miss the children's smile and expressions as we close up for this season but, remind you that we will be starting our playgroups in early October. Thank you to everyone who attended our "Children's Summer Play Program" and helped make it a success. See you soon!



The Summer Play Program headed for the Library, one of many fun and exciting activities the children and parents participate in.

ELIZABETH CAMPBELL  
Owner/Innkeeper

Proverbs 19:21  
15875 State Highway 16 \* Capay, California 95607  
Phone/Fax: 530-796-3738 \* Toll-free 1-866-CAPAYBB (22729220)  
E-mail: [campkebbb@afes.com](mailto:campkebbb@afes.com) \* [www.capayvalleybedandbreakfast.com](http://www.capayvalleybedandbreakfast.com)

**ESPARTO**  
**HARDWARE & AUTOMOTIVE**

Kenneth & Lilah Miller  
Owners

Deals At Esparto

August 2005



Children and Families Commission

## Keeping Children Safe in the Heat

### Heat Cramps

Heat cramps are brief, severe cramps in the muscles of the leg, arm, or abdomen that may occur during or after vigorous exercise in extreme heat. They are painful but not serious. Children are particularly susceptible to heat cramps when they have not been drinking enough fluids. Most heat cramps do not require special treatment. A cool place, rest, and fluids should ease the child's discomfort. Massaging cramped muscles may also help.

### Heat Exhaustion

Heat exhaustion is a more severe heat illness that can occur when a person in a hot climate or environment has not been drinking enough fluids. Symptoms can include dehydration (intense thirst), fatigue, weakness, and clammy skin. There also may be headache, nausea and/or vomiting, hyperventilation (rapid breathing), or irritability.

### What to Do:

- ✦ Bring the child indoors or into the shade.
- ✦ Loosen or remove clothing.
- ✦ Encourage food and drink.
- ✦ Give a bath in cool (not cold) water.

Call the doctor for further advice. If the child is too exhausted or ill to eat or drink, intravenous fluids may be necessary.

### Heat Stroke

Heatstroke, the most severe form of heat illnesses, is a life threatening emergency. The body loses its ability to regulate its own temperature. Body temperature can soar to 105 degrees Fahrenheit or even higher, leading to brain damage or even death if not quickly treated. Prompt medical treatment is required to bring body temperature under control. Factors that increase the risk of heatstroke include overdressing and extreme physical exertion in hot weather with inadequate fluid intake. Heatstroke can also result when a child is left in, or becomes accidentally trapped in, a car on a hot day. When the outside temperature is 93 degrees Fahrenheit, the temperature inside a car can reach 125 degrees in just 20 minutes, quickly raising a child's body temperature to dangerous levels.

### What to Do:

Call for emergency medical help if your child has been outside in the sun exercising for a long time and shows one or more of the following symptoms of heatstroke:

- headache
- dizziness or weakness
- disorientation, agitation, or confusion
- sluggishness or fatigue
- seizure
- hot, dry skin
- temperature of 105 degrees Fahrenheit or higher
- loss of consciousness

While waiting for help, get the child indoors or into the shade, undress him/her, and sponge or douse him/her with cool water.

## Plan To Insure All County Children Moves Ahead

Jackie Hausman joins the First 5 Yolo staff as its new Children's Health Coordinator on August 1, 2005. Her initial focus will be the start-up of First 5 Yolo's "Healthy Kids" medical insurance program set to begin early in 2006. Children who are ineligible for Medi-Cal and Healthy Families, but whose family income falls below 300 percent of the federal poverty line, will be eligible for coverage through "Healthy Kids."

As a Davis resident, whose most recent work was on enrollment and retention issues in Healthy Families and Medi-Cal in Mendocino, Hausman is uniquely qualified to step into the First 5 Yolo position with an understanding of the issues and processes involved for a largely rural area. "It's good to be doing this in my own county," says Hausman. "I'm proud to be a part of the innovative team that will design 'Healthy Kids' for Yolo County."

Hausman's been interested in health policy and public programs from the beginning of her professional career. She holds master's degrees in Public Health and Public Policy from UC Berkeley and possesses a wealth of knowledge regarding children's health insurance, health quality indicators, research and program oversight. "She was so clearly a superior candidate," states Dr. Bette Hinton, First 5 Yolo Commissioner and Yolo County Health Officer. "Not only is she experienced in county organized health systems, she is right here living in Yolo."

First 5 Yolo Commission Chair and Yolo County Supervisor Helen Thomson echoes the enthusiasm surrounding the selection of Hausman, "Jackie's education, capacity and competence make her a great match for what we need. She's someone who's energetic and recognizes the challenges we'll face in expanding medical coverage options for children." Earlier this year, First 5 Yolo established the "Healthy Kids" program with a commitment of up to \$500,000 for each of the next five years. While initially targeting children ages 0-5 who are not eligible for other medical insurance programs, First 5 Yolo is committed to expanding "Healthy Kids" to include all children, 18 and under, regardless of immigration status, whose families' incomes fall below 300 percent of the federal poverty standard.

As a mother of three daughters herself, Hausman knows first hand the importance of insuring the whole family. "We need to fill in the gaps. Sometimes, because of age or income or policy, kids in the same family may not all have medical coverage." Hausman says she's looking forward to the opportunity to remedy the situation by working with First 5 Yolo, its community partners and the Yolo County Children's Health Coalition.

### About First 5 Yolo

In November 1998, California voters passed a statewide ballot initiative to add a 50 cent-per-pack tax on cigarettes. The funds collected are utilized to fund education, health and childcare programs that promote early childhood development from prenatal to age 5. For more information about First 5 Yolo, please visit [www.yolochildren.org](http://www.yolochildren.org).

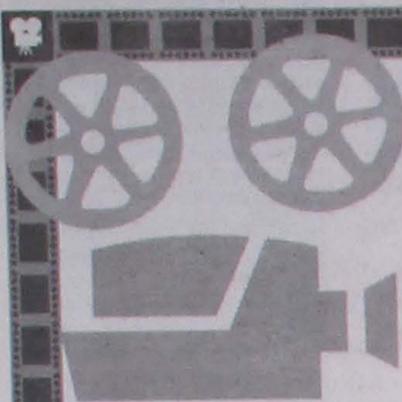
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Woodland, CA 95695  
(530) 666-2166 Office  
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## Movie Night Returns!

Countryside Community Church is proud to sponsor Movie Night once again on Saturday night, August 27th at the Esparto Central Park beginning at dusk. This is a wonderful opportunity for family and friends of all ages to share. This will also be an opportunity for Countryside Church to promote their youth group kick-off. So bring a blanket and a picnic and be prepared to have a fabulous time!

**Movie Night: Saturday August 27th**  
**Location: Esparto Central Park**  
**Time: Dusk**  
**Cost: Free**

### Remix Kick Off

Countryside Community Church has a very exciting opportunity for the youth in our community. We have a youth group, by the name of Remix, for Jr. High and High Schoolers that meets every Sunday night at 7pm. We have two incredibly cool youth directors by the name of Julie Merchad and Max Critchfield. Max is a student at UC Davis and Julie just recently from UCD. They have a lot of energy and enthusiasm and they're all around amazing! If you have any questions, feel free to call them at the church 787-3586 or you can meet them personally at Movie Night on Saturday, August 27th. They would love to meet you!

Youth Group (Remix)  
 Sunday Nights 7pm  
 High School Bible Study with dinner 6pm  
 Where? Countryside Community Church Youth Room  
**Kick-Off! Sunday August 28th at 7pm**

### Adoptable Animals Sponsored by

#### Harley

Hey! Look at me, aren't I so adorable? My name is Harley! I am a year old chihuahua and terrier mixed male. I love to stand up on my back feet and do a little dance for you! Do you want a dog that is full of personality, enjoys playing, and loves to do a dance to receive treats? I am the one for you!



For more information on Harley or many other cats and dogs contact the Yolo county SPCA at 530-304-2041



Pastor Pamela Anderson from the Countryside Community Church talks with the movie goers for Shrek.

## Esparto After School Program

Sponsored by RISE Inc.

Begins August 16, 2005

Esparto Elementary School  
 Room 30

Space is limited so don't delay in enrolling your child or children in a wonderful Recreation/Socialization Program. Children will play games, do arts & crafts, participate in sports, meet and make new friends, and do homework!

The After School Program is for children in grades Kindergarten to 8th grade.

This program is FREE for your children if your family qualifies for the Reduced or Free Lunch Program with the school district. Contact Becky Jacobs at the Esparto Elementary school to find out if your family qualifies.

Cost for the program is \$30 for the first child, \$25 for the second and \$20 for each additional if you pay on a weekly basis. If you pay for a month in advance you will save \$5 a week per child.

Program hours are from 1:53 p.m. until 6:00 p.m. daily. We are open on minimum days.

For more information or to sign up your child or children, contact Dennis Huitt, Program Coordinator at 787-3417 ext. 124 or 908-1052.

## UNA SALUDABLE MAÑANA COMIENZA HOY



Tiene su niño aseguransa de salud? Su niño puede calificar para el programa de Healthy Families o Medi-Cal. Puede aplicar por cualquiera de estos programas en nuestra oficina de RISE localizada en 16858 Avenida de Yolo en el pueblo de Esparto. Tambien se puede comunicar llamando a este numero (530) 787-4110. Nuestra oficina esta abierta Lunes-Viernes

### Que son los beneficios de la Aseguransa de Salud?



#### Estar Cubierto de Saud:

Permite que los niños recibian preventive, primario, especialidad emergencia, y salud mental a un precio bajo.

Cuando los niños tienen accidents, tener aseguransa de salud permite que los padres lleven a sus niños con el doctor inmediatamente.

Manteniendo los niños saludable conduce para aprender mejor en la escuela, mas vidas productivas, y una comunidad mas saludable.



### Como podemos crear lo mejor educación para su niño(a).

¿Quieres la mejor educación para su niño(a) en la que nuestros niños(as) se enriquezcan con habilidades bilingües y de bi-alfabetismo? Los padres de Esparto se están juntando con la meta de ayudar a los líderes de la escuela para que sepan la magnitud del deseo y el apoyo que tenemos para que nuestros niños(as) aprendan a leer, a escribir y a hablar bien en ambos idiomas en español y en inglés. Necesitamos saber quien tiene interés de que sus hijos(as) estén en una clase de inmersión dual y en que grados estan los estudiantes.

Los lideres son tan efectivos en organizar la escuelas. De versa, es un trabajo grandismo. Ahora, le toca a usted a ayudarles con su voluntad y participación. Si queremos inmersión dual, debemos hacer el trabajo de organizarnos.

#### ¿Que es Inmersión Dual?

Se enseña a todos los estudiantes en la clase en ambos idiomas en inglés y en español. De vista es mágico. Centificamente, es un ventaja que los niños(as) aprendan otros idiomas cuando todavía están chicos. El cerebro aprende idiomas adicionales más facilmente en los años de pre-escolar y primaria que en la secundaria o adulto. Hemos visto en Esparto que la inmersión dual que comenzó el año pasado inspiró más participación de los padres en la clase ayudando a la maestra. Que mejor para toda la comunidad, un espacio en que los niños son valorados por quienes son. No queremos que reciban el mensaje que tienen que dejar a un lado su cultura o que su idioma no tiene valor. Este año la mesa directiva decidió continuar el programa de inmersión dual solamente en primer grado. Necesitan nuestra ayuda para que pueda ser continuado en kinder pues ya no hay una maestra bilingue en kinder.

Estudios muestran que los estudiantes Hispanos y Anglosajones que salen de programas de inmersión dual logran un mejor rendimiento académico y el número de estudiantes que dejan la escuela disminuye (Thomas y Collier, 2002), (Lindholm 2001), (Sxlavin, Cheung 2005). Aun más, estamos en un mundo global. Queremos que nuestros niños(as) esten mejor preparados para obtener un mejor trabajo. Los habilidades bilingües y de bi-alfabetismo aumenta las oportunidades para obtener becas y admisión a las universidades.

Podemos utilizar la ley, proposición 227, para organizar el programa de inmersión dual. Cuando los padres de por lo menos 20 estudiantes que estan en un mismo grado firman que quieren otra alternativa a puro inglés, le facilitamos a la escuela el poder dar el programa alternativo o que la escuela de el permiso para que el estudiante se transfiera a otra escuela donde hay este programa. Queremos contar con su apoyo para el programa de inmersión dual.

Nosotros los padres necesitamos mostrar el apoyo para este programa maravilloso que ya está bien establecido en Davis, Woodland, Winters, y Vacaville. California es el lider en la nación en inmersión dual. Gracias por su animo en esta situación tan importante para nuestros hijos.

Si quiere que su hijo(a) esté en una clase donde aprenda en inglés y en español siga los siguientes pasos:

1. Vaya a la escuela y pida una solicitud paterna de exclusion que en inglés se llama "parental exception waiver." La pueden pedir en escrita en español. Llénela saque una copia y entrégue la original a la escuela lo antes posible.
2. Escriba a Parents/Padres P.O. Box 83 Guinda, CA 95637 envíenos una copia de la solicitud que llenó para que podamos saber quienes entregaron la solicitud y tener la información archivada
3. Vaya a la biblioteca y busca en la computadora la ley para que se entere de sus derechos.

En español es <http://www.onenation.org/newspanish.html>

En inglés es <http://primary98.ss.ca.gov/VoterGuide/Propositions/227text.htm>

No queremos perder un servicio que es de tanta ayuda para todos los niños(as). Unidos podemos hacerlo.

## Market of Agricultores del Valle de Capay Farmers' Market

Parque de la Comunidad de Esparto

Sábado, 6 de Agosto • 10:00am a 2:00pm

¡Contienda de comer el zuro del maíz!

Comestibles y Entretrenimiento: Frutas y verduras frescos y estacionales, huevos, miel local, atascas y jaleas, pan y otros productos locales! Goce de la música viva, de la comida, y de las actividades.

Actividades para los Niños: Encuentro de Bayaso Dilly Dilly y hacer artes de maíz.

# ¡ESTALLA EN LA PRIMERA!

Gracias a nuestros patrocinadores: Capay Valley Vision, Community Alliance with Family Farmers, Java Station, Lions, First 5 Yolo, y Yolo County.

Si no ha tenido la ocasión que visitar el mercado de agricultores del Valle de Capay y de experimentar los sabores de los productos locales y estacionales crecidos aquí, ahora está su ocasión! Ven para la comida, el arte, y la comunidad!

Cada primer sábado del mes nuestro mercado:

¡Estalla en la Primera!

Abril a Diciembre

10:00am a 2:00pm

Parque de la Comunidad de Esparto

Si está interesado en participando en el mercado o si quiere más información, por favor, entra en contacto con Terra Costa a: (530) 756-8518 x 18 o: [tterra@caff.org](mailto:tterra@caff.org)

[www.CapayValleyVision.org](http://www.CapayValleyVision.org)

¿Usted desea aprender nuevas recetas para preparar botanas sanas para sus hijos?  
¿Buscar maneras fáciles de agregar ejercicio a su día?

El Departamento de Salud del Condado de Yolo esta ofreciendo clases para como tener un Estilo de Vida Saludable a residentes del Condado del Yolo. Todas las clases son gratis e incluyen una demostracion de una receta,

tema de nutrición, y una sesión de ejercicio. Para más informacion llama a Connie al 530-666-8645 x 4163



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Home - Farm - Commercial - Industrial

## ¡El Programa del Juego de Niños para el Verano Pronto Terminara!

El "Programa del Juego de Niños del Verano" patrocinado por RISE terminará el 4 de agosto. Este programa ha sido muy exitoso en proporcionar la diversión y las actividades recíprocas para niños de 1½ a 5 años de edad. Los niños que asistieron, participaron en las visitas a la biblioteca que aumentó sus interés en libros. Ellos tomaron parte en tiempo de cuento y algunos niños han empezado a narrar sus propios cuentos. Durante los meses de junio y julio los niños también se involucraron en el juego de agua y visitaron la alberca de la Preparatoria de Woodland para nadar. Ellos desarrollaron su coordinación de ojo y mano a pintar el exterior del edificio con agua. Mientras que los niños pintaron nosotros observamos que los niños expresaron su imaginación y podremos decir que sera possible que podamos tener aún "Picasso" en nuestro grupo. Durante nuestras sesiones los niños experimentaron también un viaje imaginario a Hawaii. Ellos crearon unos palmas, tallas de playa, fueron introducidos a los diferentes tipos de conchas del mar, y probarón fruta hawaianas. Las mamás y los niños se divertieron juntos utilizando diferentes tamaños de aros de hola aunque era un poco difícil para algunos. Muchos de los niños envueltos en nuestros programas de RISE entrarán al Kinder este año, les deseamos que tengan buen éxito. Ya

que nosotros cerramos el programa para esta temporada perderemos tristemente la sonrisa de los niños y sus expresiones de felicidad pero, recuerden que estaremos empezando nuestras programas de nuevo en los principios de octubre. **Gracias a todos que asistieron nuestro "Programa del Juego de Niños del Verano" y que ayudaron al programa ser un éxito. ¡Nos vemos pronto!**

### Countryside Community Church

Presbyterian Affiliation

Fremont & Grafton Streets Telephone 530-787-3586

Esparto, Ca

Sunday Morning Bible Study

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

Sunday Morning Worship at 10:30 a.m.

Rev. Dr. Pamela McNally Anderson, Pastor

### Cache Creek Orchard Services



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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.

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

### AA meetings

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

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

**Home Schooling Cooperative**, Call Elvira Paoletti, 908-2471

**NVC Practice Group**: Learn about nonviolent communication at [www.cnvc.org](http://www.cnvc.org) Call 796-4143 for details about group.

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

### Capay Valley General Plan Advisory Committee

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

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

**Capay Valley Christian Fellowship Women's Bible Class** Meets Mondays at 7:00 p.m. Call Donna Shera for more information 796-3726

**Begining Ala-teen meetings** Guinda Community Church 16671 Forest Ave.

Call Lynn after 5 for details @ 787-4566 or Pastor Noble @ 668-0870

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



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FD-26

**Guinda  
Community Church**  
16681 Forrest Ave., Guinda  
Sunday Praise Service 9:00 a.m.  
For further information call 796-3322  
Pastor Martha G. Noble

Sunday School 8:45 Community Preschool Mondays 10-12! Bilingual  
Call for information on AA, Alanon, & Alateen  
Pastor Martha G. Noble (bi-lingual)  
Los servicios en los Domingos son ha las 9:00A.M.  
(en Ingles Y Español)  
Escuelita para los niños de la comunidad en los  
Lunes de las 10:00A.M.-12:00P.M.  
Mark your calendars:  
Catholic Mass will be held on the 1st & 3rd Sundays @ 5PM in Spanish."

### Bald Mountain Communications

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# August 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9am-1pm Esparto Family Practice Clinic 7pm Capay Valley Christian Fellowship Women's Bible Class 7pm Spanish AA, GCC	<b>2</b> 8am-5pm Esparto Dental 9am-1pm Esparto Family Practice Clinic 10-2pm Children's Summer Play Program, CCC 4-6pm Capay Valley Vision Board Meeting 7pm AA meeting CCC (open) 7pm FERL Meeting	<b>3</b> 9am-12 Clothes Closet 9am-1pm Esparto Family Practice Clinic 10-2pm Children's Summer Play Program, CCC 6pm EHS Boosters Mtg. 7pm Nimble Needles, Grange Hall 7pm Church of God 7pm Spanish AA, GCC	<b>4</b> 10-2pm Children's Summer Play Program, CCC 6:30-8pm TNT at CCC 7pm Esparto Lions Club Meeting CC 7-9pm Ag Task Force Meeting, Library	<b>5</b> 9am-1pm Esparto Family Practice Clinic 3-5pm Food/Clothes Closet 7pm Church of God Spanish Service 7pm Spanish AA, GCC	<b>6</b> 10-2pm Esparto Regional Farmer's Market 7pm Spanish Mass St. Martin's Church
<b>7</b> 8:30 am St Martin's Service 9 am Guinda Community Church Service 10:30 am Countryside Community Church Service 11 am Esparto Baptist Church Service 7pm Remix, CCC	<b>8</b> Fall sports practice begins 9am-1pm Esparto Family Practice Clinic 4-6pm Capay Valley Vision Board Meeting, Library 7pm Capay Valley Christian Fellowship Women's Bible Class 7pm Spanish AA, GCC	<b>9</b> 8am-5pm Esparto Dental 9am-1pm Esparto Family Practice Clinic 7pm AA meeting CCC (open)	<b>10</b> 9am-12 Clothes Closet 9am-1pm Esparto Family Practice Clinic 7pm Nimble Needles, Grange Hall 7pm Church of God 7pm Spanish AA, GCC 7pm School Board Mtg—Public Forum	<b>11</b> 6:30-8pm TNT at CCC 7-9pm Recreation Task Force Meeting, Library	<b>12</b> 9am Freshmen Orientation 9am-1pm Esparto Family Practice Clinic 3-5pm Food/Clothes Closet 7pm Church of God Spanish Service 7pm Spanish AA, GCC	<b>13</b> 7pm Spanish Mass St. Martin's Church
<b>14</b> 8:30am St Martin's Service 9 am Guinda Community Church Service 10:30 am CCC Service 11 am Esparto Baptist Church Service 7pm Remix, CCC	<b>15</b> 9am-1pm Esparto Family Practice Clinic 7pm CVCFW Bible Class 7pm Spanish AA, GCC	<b>16</b> SCHOOL STARTS 8am-5pm Esparto Dental 9am-1pm Esparto Family Practice Clinic 7pm AA meeting CCC (open)	<b>17</b> Yolo County Fair 9am-1pm Esparto Family Practice Clinic 9am-12 Clothes Closet 7pm Church of God 7pm Nimble Needles, Grange Hall 7pm Spanish AA, GCC 7pm Chamber Meeting, CCC	<b>18</b> Yolo County Fair 6:30-8pm TNT at CCC 7pm Esparto Lions Club Meeting CC	<b>19</b> Yolo County Fair 9am-1pm Esparto Family Practice Clinic 9am RISE Collaborative 3-6pm Food/Clothes Closet 7pm Church of God Spanish Service 7pm Spanish AA, GCC	<b>20</b> Yolo County Fair 7pm Spanish Mass St. Martin's Church
<b>21</b> Yolo County Fair 8:30 am St Martin's Service 9 am Guinda Community Church Service 10:30 am Countryside Community Church Service 11am Esparto Baptist Church Service 7pm Remix, CCC	<b>22</b> 9am-1pm Esparto Family Practice Clinic 7pm CVCFW Bible Class 7pm Spanish AA, GCC 7pm VFW Meeting, Esparto VFW Hall	<b>23</b> 8am-5pm Esparto Dental 9am-1pm Esparto Family Practice Clinic 7pm AA meeting CCC (open)	<b>24</b> 9am-1pm Esparto Family Practice Clinic 9am-12 Clothes Closet 7pm Church of God 7pm Spanish AA, GCC 7pm School Board Mtg	<b>25</b> 6:30-8pm TNT at CCC 7pm Esparto Lions Club Meeting CC 6:30 Western Yolo Grange Potluck and Meeting	<b>26</b> 9am-1pm Esparto Family Practice Clinic 3-5pm Food/Clothes Closet 5:30pm EHS Football vs. E. Nicholas at home 7pm Church of God Spanish Service 7pm Spanish AA, GCC	<b>27</b> 7pm Spanish Mass St. Martin's Church Dusk Movie in the Park
<b>28</b> 8:30 am St Martin's Service 9 am Guinda Community Church Service 10:30 am Countryside Community Church Service 11 am Esparto Baptist Church Service 7pm Remix, CCC	<b>29</b> 9am-1pm Esparto Family Practice Clinic 7pm CVCFW Bible Class 7pm Spanish AA, GCC	<b>30</b> 8am-5pm Esparto Dental 9am-1pm Esparto Family Practice Clinic 7pm AA meeting CCC (open)	<b>31</b> 9am-1pm Esparto Family Practice Clinic 9am-12 Clothes Closet 7pm Church of God 7pm Spanish AA, GCC	<b>28</b> 6:30-8pm TNT at CCC	<b>29</b> 9am-1pm Esparto Family Practice Clinic 3-5pm Food/Clothes Closet 7pm Church of God Spanish Service 7pm Spanish AA, GCC	<b>30</b> 5:30pm EHS Volleyball vs. Rio Vista at home 7pm Spanish Mass St. Martin's Church