



# The Valley Voice

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## Capay Valley Awarded American Viticultural Area Designation

On February 18, 2003 the Capay Valley officially became the newest AVA (American Viticultural Area) in the country. An AVA (sometimes referred to as an appellation) is a distinct grape growing region which has received federal approval through the

U. S. Bureau of Alcohol, Tobacco, & Firearms (BATF). In order to use an area appellation on a bottle of wine, 85% or more of the grapes used must be grown in that area.

The application process is lengthy—in this case almost 2 years. The bureau asks for detailed description of the area which distinguish it from others as well as information on climate, soil, geographic features, and history. This application was submitted by three grape growers in the valley: Hans and Barbara Herren, Capay; Terrell Porter-Smith, TNT Vineyard, Guinda; and Tom Frederick and Pam Welch, Capay Valley Vineyards, Brooks.

"This history was the most fun" said Pam Welch. "Most of the information was available in Ada Merhoff's book. The valley has been known as Capay Valley since approximately 1840. It was a land grant to the Berryessa Brothers in 1846. In 1861 a vineyard and winery owned by John Gillig was awarded a prize for the best vineyard in the state. This same vineyard was later operated by a Mr. Cadenasso."

Capay Valley will be placed on the official AVA maps that are circulated throughout the country. With the impending changes in the valley, agriculture will face great challenges to be viable. This designation is yet another way to promote agriculture in the valley.



## Esparto Middle School Eligible for Distinguished School Award

Esparto Middle School is on the verge of claiming the state's two most prestigious awards—the California Distinguished School and the Title 1 Achieving Schools Awards—and is in the running for national consideration as well. Only 154 of all school (including only 9 middle schools) in the state even met the eligibility to be an achieving school which is: 675 or better APE, a poverty indicator of 50%; testing participation rate of 95%, met APT target grow each year for the last 3 years; and achieved twice the school API growth target and twice the API growth target of socio-economically disadvantaged students achievement growth rate over the last three years of all the schools in California.

The State Department of Education Site Validation Team and the feedback from the Distinguished Schools application readers' team indicated the strengths of the school to be: teacher professionalism, public and private resources to connect involvement, articulation with Esparto High School, student-led conferences, the block schedule, student support and opportunities for help, the G.O.A. L.S. program, and home-school communication. Final release of winner for both awards will be announced no later than April 15.

## Capay Valley to Get a Regional Logo



What do you value about the region we live in? Capay Valley Vision seeks to capture the essence of our beloved place in a regional logo by June. CVV appointed a team of residents involved in agriculture, arts, and enterprise to develop "a logo that will help market the many high caliber products of our region," says David Sheering, CVV board president.

"Our beautiful valley inspires a great diversity of goods that are or should be in high demand," says Julie Karlons, a founding member of Capay Valley Artists and member of the logo development team. Over the last year, farmers, artists, and other residents participation in CVV's Economic Development and Agriculture and Environment task forces have studied programs that effectively market products from a particular place with an eye toward developing a similar project for products grown, made, or

crafted in the Capay Valley Region. A common thread of success among these projects is building an identity, anchored by a logo, that evokes passion for the place and communicates values and quality.

For discussion purposes, CVV defines our place in western Yolo County, the Capay Valley Region, as the areas between the borders of I-505 east of Madison, county line at Highway 16 in the west, and Road 14 in the north.

The logo is an initial step in a larger strategy for developing a viable regional economy that preserve's the Valley's rural character and sense of place. This strategy and others are emerging out of a two-year community visioning project nearing completion and participated in by hundreds of Valley residents.

A Valley-wide workshop to present the draft Capay Valley Action Plan building on these strategies will be held in May. The final plan is expected to be available in June. Current project support is provided by the California Farmland Conservancy and the CALFED Bay-Delta programs. To find out more about Capay Valley Vision or to get involved with a task force, contact Thomas Nelson at 796-4160



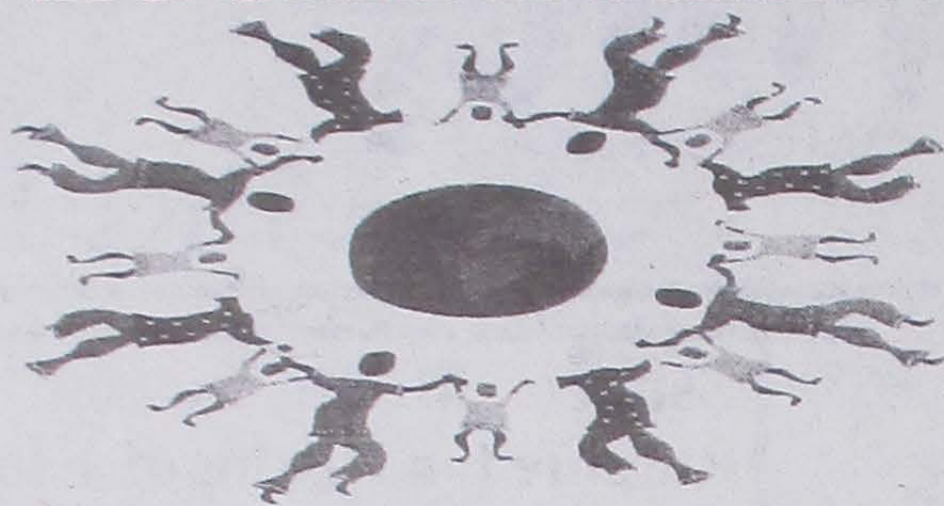
Principal Greta Taber dressed as "The Cat in the Hat" reads to a group of students at Esparto Elementary in celebration of Read Across America Day.

INFORMACIÓN EN ESPAÑOL PÁGINA 10



## INVITATION TO PARTICIPATE!

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4. Number of family members

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## The Valley Voice

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

The Valley Voice  
P.O. Box 368  
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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. For billing inquiries or ad rates, call 787-4110. All articles and ads are due by the 15th of each month. We reserve the right to edit articles at our discretion, due to space limitations. Funded in part by the Yolo County Children and Families Commission (Proposition 10), The Valley Voice is published monthly by a community partnership between 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.

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## Esparto-Capay 4-H Club News

Hello everyone,  
Greeting from the Valley.  
The Esparto 4-H Club is in full swing and our members have been busy raising their project animals, participating in other 4-H projects, and generally getting ready for Spring Show. At our last meeting we formed committees to run the Spring Show hot dog booth and design, build and set up the Club exhibit booth at the Show. Many of our members will be exhibiting pigs, sheep and cattle while others will be exhibiting their clothing projects, foods, rockets, and arts and crafts. Thanks to all the project leaders who are helping us make and prepare entries.

Thanks to all members and parents who helped make this year's Almond Festival Petting Zoo a big success. It was fun!

Congratulations to Alyssa Moreland for her "GOLD" Award at Presentation Days. Alyssa made a video that demonstrated how to properly groom a horse while her brother J.D. did a demonstration entitled "How a Paint Ball Gun Works".

Lastly, three cheers for "Chef" Jim Berg who brought samples of the spaghetti he will be preparing for our upcoming March Spaghetti Dinner/Cake Auction fundraiser. I don't like my Mom's spaghetti, but Jim, yours is great!

Over and out, Nick Schwall

## Capay Valley Community Roundtable

Capay Valley Vision invites farmers, ranchers, artists, and other Valley residents interested in the potential of a label to help market products grown, made, or crafted in the region to participate in:

**Community Roundtable: Marketing a Regional Identity for the Capay Valley.**

Wednesday, April 2nd

7:00—9:00 p.m. at the Esparto Library.

The roundtable will review effective models of place-based marketing and facilitate an open discussion of how such a program could best work here. Joanne Neft, Placer County agricultural marketing director, will share her work and experience of marketing products grown and made there. For more information, call 796-4160.



James & Deborah Durst  
26100 County Road 16  
Esparto Ca. 95627

Office (530)787-3390

Valley-Voice: April, 2003 Issue

## NEWS FROM THE ESPARTO UNIFIED SCHOOL DISTRICT OFFICE...



### From the Desk of Superintendent Tom Michaelson:



✓ **"STUDENT CONTEST" RECOGNITION** ... We are pleased to announce that 39 of our students from grades K - 12 will be recognized at the April 16, 2003 regular school board meeting to be held in Marsh Hall on the high school campus. Early this school year, our district was selected by the African American Association of Yolo County for an essay/poster contest based around the theme of Dr. Martin Luther King's "I Have A Dream" speech. Three winners from each grade level have been selected to receive a certificate and a savings bond. We are excited about another opportunity to show off the good work that our students are producing in our schools.



▪ **ESPARTO HIGH SCHOOL'S ROP PROGRAM OFFERINGS** ... Under Principal Stan Dodd's fine leadership, the District has seen the ROP program expand and prosper. This year's offerings have included a "First Response Class" (First Aid Certification) taught by Clay Eubank, a "Restaurant Occupations Class" instructed by Grace Regelbrugge and a "Computer Course" taught by Carol Billing. These courses equip students with hands-on and practical experience to develop skills that can be used for job opportunities after graduation. There are plans to expand these types of course offerings in future years.

□ **DISTRICT FACILITY PLANNING** ... The Board of Trustees is continuing the decision-making process regarding the acquisition of property for future school sites. We have been working closely with the California Department of Education and the district's architect. It is imperative that steps be taken to insure the ability to provide educational facilities to handle the anticipated growth of the community. One of the methods available to the district for acquiring land is through "Eminent Domain".



✓ **ESPARTO SCHOOL DISTRICT'S FINANCIAL CONDITION** ... Esparto Unified School District has been notified by the Yolo County Office of Education that our financial position is stable. The District's budget is on course to meet the required reserve and end the year with a positive financial balance.

⇒ **REGIONAL "FFA AWARDS RECOGNITION"** ... Congratulations to Stan Dodd, EHS Principal, and Dwight Barnes, EHS Teacher, who recently were recognized for outstanding service and leadership by the Future Farmers of America. Mr. Dodd received the "Outstanding Administrator Award" and Mr. Barnes was awarded the "Hometown Hero Award" for his volunteer service to FFA. Ceremonies were held at Delta College for the Yolo Section of FFA that includes school districts in and surrounding Yolo County. Congratulations to both Mr. Dodd and Mr. Barnes!

❖ **ATTRIBUTE FOR SUCCESS:** "An error doesn't become a mistake until you refuse to correct it!" ... Orlando A. Battista



➤ **STATE FINANCIAL UPDATE** ... Due to delays by the State Legislature, the District still does not have conclusive information regarding funding for this year's budget. This has caused much alarm and concern over school budgets, teacher lay-off notices and reduced program offerings. Fortunately, due to prudent and frugal budgetary oversight over the last year, Esparto did not issue teacher lay-off notices and does not, at this time, plan to reduce major programs for next year.



## Countryside Community Church

Presbyterian Affiliation

Fremont & Grafton Streets

Esparto, CA

Telephone 530-787-3586

Sunday Morning Bible Study  
for Adults and Children at 9:15 AM

Sunday Morning Worship at 10:30 AM

Rev. Dr. Pamela McNally Anderson, Pastor

## Spring 2003

Children's Programs at the  
Esparto Branch Library!

## Preschool Story Time

10:30 to 11:00 AM

Session Two

Wednesdays, March 26<sup>th</sup>  
through April 30<sup>th</sup>  
(No story time on April 16<sup>th</sup>)



# Esparto After School Golf Tournament

When: Saturday, May 3rd  
Where: Arbuckle Golf Course  
Time: 1:00 p.m. (Shotgun Start)  
Format: 4-person Best ball  
Cost: \$75 per golfer

Space is limited to the first 18 4-somes that register.

Round of golf, golf cart, bucket of range balls, tee prizes, dinner, and a team photo are included with entry fee.

For more information or to register, call Dennis Huitt at 787-4110 or 908-1052

Team Captain: _____	Phone _____	Hdcp _____
Golfer: _____		Hdcp _____
Golfer: _____		Hdcp _____
Golfer: _____		Hdcp _____



## Esparto Middle School Basketball



2002-2003 Esparto Boys Middle School Basketball Team

The Esparto Middle School Wildcats left some paw prints at the Johnson Invitational in Arbuckle. The Wildcats copped the consolation championship, defeating Britton of Sutter 34-27. The Wildcats scored the last 4 points to ice a tight game. Sam Shackelford was the main man for the Wildcats, tallying 12 points, all from the floor, with a big boost coming from three straight third quarter buckets by James Karlonas, who finished with a season high 10 points. Joaquin Mayer totaled 7, Robert Madigan 4, and Alex Moreno dominated the boards.

To get to the championship, the Wildcats treated their fans to a thriller, eking out a 38-36 victory against the home club, Johnson. The game was tied at the end of regulation at 33, but Joaquin Mayer and Shackelford scored the first two baskets of overtime and a determined defense made the difference stand up. Mayer had a season high 21 points and several steals, Shackelford had 10, and Alex Moreno, James Karlonas each had 4. Hunter Christie-Robinson provided solid defense off the bench and made a free throw.

Friday night, the Wildcats could not stop a hot shooting Maxwell squad and missed some easy shots perhaps due to not having played in 3 weeks. The final was 37-32, with Shackelford having a stellar game scoring 18 points. Mayer and Moreno contributed 6 apiece and Robert Madigan scored on a sweet give and go.

The Wildcats finished the season with 7 wins and 5 losses, beating Holy Rosary, Winters, Woodland Christian and two 7th grade teams from Dixon and Woodland Christian, as well as Arbuckle and Sutter in tourney play. Kudos go to John Madigan who coached the Wildcats over the last two years, and has coached the nucleus of the team since they began play at the Woodland YMCA.

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## Friends of the Esparto Library!

Interested in a fun trip in the company of good friends and helping the library at the same time? This opportunity is just around the corner as the Friends of the Esparto Library are sponsoring a bus trip to the Silver Legacy Casino in Reno on Monday, April 7th. The price will be \$30 which includes a \$10 cash rebate and a \$5 meal coupon. The bus will pick up passengers at the Esparto supermarket at 7:30 a.m. with a stop at the former K-mart parking lot in Woodland at 8:00 a.m. There will be a raffle of various prizes during the trip. Raffle prizes are always needed, and may be dropped off at the New Reflections, or bring them with you the day of the trip. Tickets may be purchased at the New Reflections Beauty Salon in Esparto or call Hildur Murphy at (916) 531-0544 for more information. Hildur is willing to deliver tickets to you!

In addition to being a beautiful trip, with no driving worries, these trips also help the Friends fund extra hours at the library.



## Ahh the Great Outdoors.....

By: John Karlonas

Spring turkey season will open March 29th this year, and my son James has been talking to Shane the "Turkey Slayer" Burton about the turkey prospects for this year, and it looks good.

Shane says there are turkeys all over where he hunts. I would have to agree, I have seen a lot of turkeys, some with, and some without feather, around here lately. So by the time you read this it will be in full swing.

Salmon season opened in February, in the Fort Bragg area. The fishing is still spotty. Bodega salmon fishing opens April, 12th and I hope to be able to give you a first hand report within the first couple of weeks. The fishing doesn't really break loose until May or June, but it's still fun going.

Abalone season opens April 1st, and I want to remind you that early in the season the ocean can be rough. You are out of shape your first few times out so be careful. The limit now is three, and don't forget your abalone punch card.

I've heard some good reports on Indian Valley reservoir, and the fish and game is stocking Lake Hennessy on a regular basis. With the weather getting better you might want to get the trout gear out. Also the local streams open in April so get ready spring has sprung.

Steelhead fishing is still good throughout the state, so you might want to take advantage of that. The American river is only about an hour or so away and I have heard some good reports. Night crawlers, and toe have been doing the trick.

My son James have been down to Cache Creek a few times lately and he even caught a few fish. Look for that to break loose for those spawning small mouths.

Pig hunting is still open and my fourteen year old son James has been thinning the heard around here. Don Tompkins was worried about the pigs tearing up his property, so he gave James the green light. James went out with Dons' grandson Chris a few times. Well I finally had to put an end to it. You can only put so much meat in the freezer! I stopped him at four, the last one I'm told was running at three hundred yards, and he put it right in the neck. That kid can shoot, and what's more he knows how to hunt pigs better than most people I know. In fact a friend who hunted pigs with James, and I lat year, was so impressed at how he hunts, told me form now on I'm just going to tell James what size pig I want and wait in camp! I guess he had a good teacher. Of course it helps when you're a good student! So remember if pigs are a problem give him a call, and you better hurry, he's starting to talk about charging! He is good, but not that good, Yet! Well whatever you decide to do, life is to short to just think about it, get out and do it.

Before I go, I need to make something perfectly clear. I talk about my wife in this column, because I love her, and she is always in my thoughts. She is the best thing that ever happened to me, and the things I write about here are only meant to be humorous. She is a beautiful person, and I love her more than all the stars in the night sky. Now can I go hunting deer?

## Severe Depression may Result from Pesticide Exposure

Overexposure to agricultural pesticide may be linked to severe depression, according to a Nov. 13, 2002 news release from Colorado State University, Ft. Collins. Researchers studied 761 framers and their spouses from 1992 to 1997. The 69 participants who reported being sickened by pesticide poisoning were 5.8 times more likely to score high on tests measuring depression level compared to participants who reported they had not been poisoned by pesticides.

Industrial strength agricultural pesticides contain organophosphates are absorbed easily through the skin, mucus membranes, lungs, and intestines. A person poisoned by pesticides can experience immediate nausea vomiting, abdominal pain, headaches, respiratory problems, and blurred vision. The study shows that long-term effects of pesticide poisoning can include anxiety, irritability, restlessness, and depression.

Previous studies have shown that farm residents suffer from higher rates of depression compare to other population groups, and farm workers have higher suicide rates than other groups. Other findings from this study indicate that female farm residents in poor physical health are more susceptible to depressive symptoms, and young farmers are more likely to suffer from severe depression compared to older farmers.

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## From Rev. Dr. Pamela Anderson:

March 7th was World Prayer Day and Countryside Community Church hosted another Ecumenical Service for the local churches. It was a Friday night and although we were small in number (about 30 in attendance) we were powerful in heart and song.

We had ministers in attendance from Iglesia de Dios, Guinda Community Methodist Church, St. Martin's Catholic Church, Esparto Baptist and Countryside Community Church. Unfortunately, folks from the New Life Congregation in Madison were not able to be with us on this evening, but they were there in spirit.

It started off as usual with the wonderful music of the Capay Valley Chorus. They harmonized and swayed with their guitars and songs and got all of us singing and clapping. I opened up the service with a word of welcome and the reason for the service. Last November we had our annual ecumenical Thanksgiving Service, which was a great success. I recalled Father Chuck's words before he gave the benediction at that service and I felt such a strong sense of community amongst the people that I thought it would be good if we came together again if our country goes to war. Well, it looks like we are going to war, hence the prayer meeting. Hosting it on World Prayer Day was very appropriate and even more so at the start of Lent.

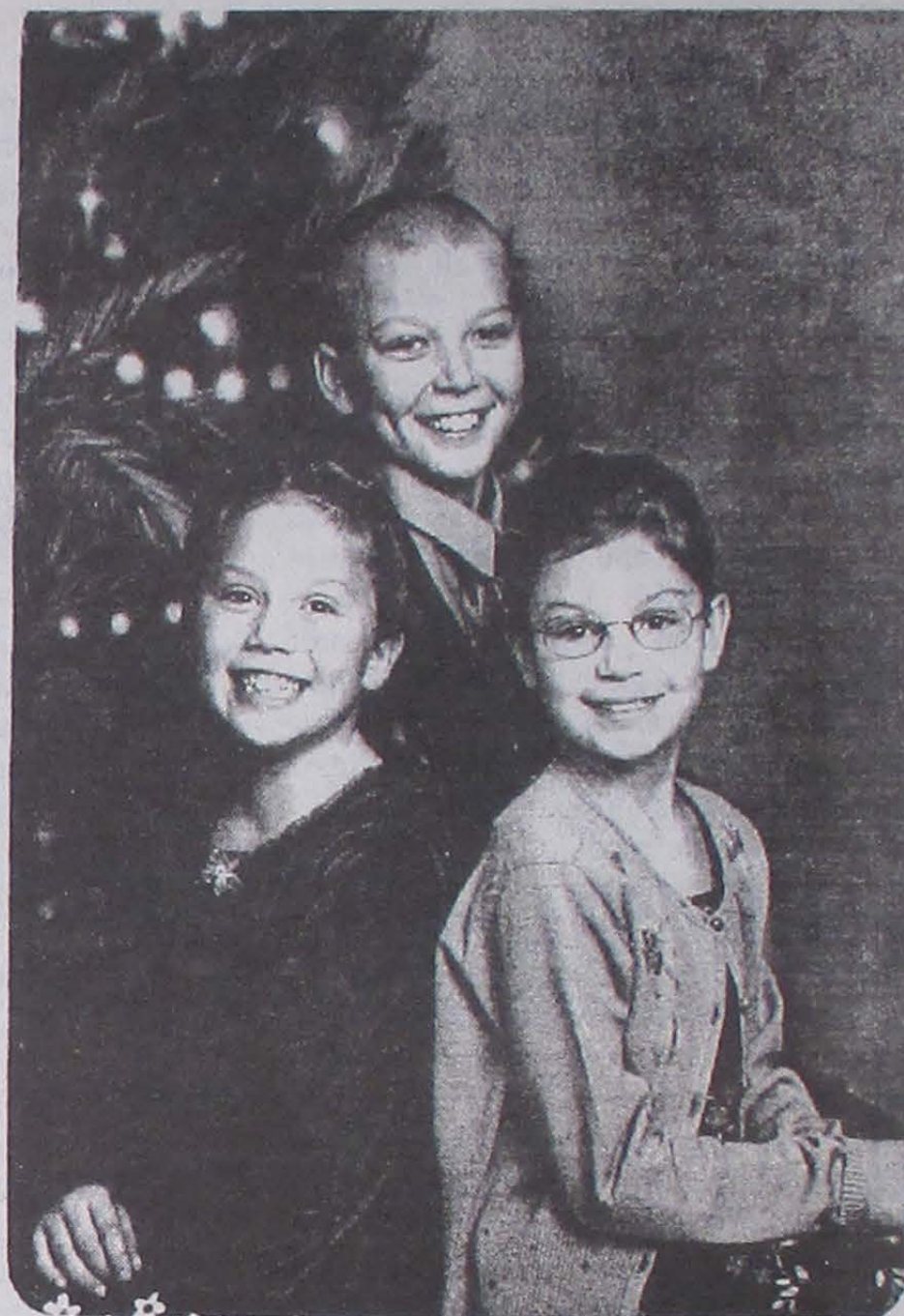
We offered ashes for those who wanted them and an opportunity to "remember our baptism" by taking a stone out of the baptismal font at the end of the service. The symbols were significant during the service, but the "meat" of the night was the prayers and the heart of those who spoke and the shared their music. It almost became like a "talent night". Folks spontaneously got up and sang songs, or led a song or spoke about a song. And of course, we ministers have a little "sermonette" in our back pocket, so whenever each of

us got up to do our part, we gave a little homily as well. (We can't help ourselves!) It was a lovely evening and we were truly blessed.

Personally, one of my favorite parts to the evening was when Pastor Cirilio Duran from Iglesia de Dios got up to speak. He is not confident about his English, so his son translated for him. Cirilio's face was beaming. He was so happy. Even if his son had not been there to translate for him, we still would have got his message. After he spoke, both he and his son sang a Spanish song and all of us were engaged and grinning with these glorious faces who obviously had been so touched by God.

And then there is Clarence with his guitar. ... mmm...mmm... Whenever he gets up to lead a song, you may not know it in the beginning, but then you're singing it out the door and all the following week. He slowly sways to one side and rhythmically stomps his foot to the beat of how he loves his Lord, or how God will provide or how we can trust in the Spirit. It doesn't matter what song it is, we are blessed by the message. Sometimes music can be a much more powerful sermon than words. And then Frank and Trudie will sing with Clarence, and their voices are so different from each other, but oh my soul! ...they sound so good together!

It was a Friday night. We were tired after a long work week. But we were energized when we left. As we enter this season of Lent, preparing for Easter, there is another Friday night that is approaching that may make us tried: Good Friday. But when it comes, may we be energized knowing that Easter is around the corner to bring us new energy, new hope, a fresh perspective. Please join any of our churches for our Easter services. Meanwhile, Countryside Community Church will be having a sunrise service at 5:30am (for more information about the location call the church office at 787-3586) and our regular Sunday service at 10:30am. Children's Church begins at 9:15am. We hope to see you then.



**ADOPTED—** Richard and Poly Ann Lam announce the adoption of Brian, Kashmir, and Brittany. As we continue with guiding these children into adulthood we will always be grateful for those of you who shared a part of your lives to make ours better. God Bless each of you. Thank you.—The Lam Family.

## 2nd Annual

### Spring Fun Run/Walk/Bike and Breakfast

A benefit for the Western Yolo Recreation Center Association (W.Y.O.R.C.A.)

Co-sponsored by the Capay Valley Volunteer Fire District Auxiliary

Sunday, May 11th

Mother's Day

WYORCA is raising funds for the construction of an Esparto regional recreation center with a public pool and studios for physical activities and art (e.g., yoga, martial arts, group crafts, dance).

Imagine the possibilities!

You can help make it happen. Here's how...

\*Sponsor participant(s)

\*Cheer us on at 7587 County Rd 49

(We will go south on Rd. 49 for a 2.4 mile loop.)

\*Join us for breakfast at the Guinda Firehouse. The auxiliary is generously hosting a breakfast from which all proceeds will benefit WYORCA from 9:00—11:00 a.m. \$3 per person.

\*Run, walk, or hike with us—start at 9:00 a.m.

Sign in from 8:15—8:45 a.m.

For more information or a Sponsorship form, call Elviara at 908-2471.

Please no dogs.

## Hoes Down Harvest Celebration Returns —Community Meeting Set for April 9th

The Hoes Down Harvest Celebration will be returning to the Capay Valley this year with a date set for October 4th & 5th, 2003. The planning committee is excited about involving more community members in the event and has set a date of April 9th for a meeting to encourage new folks to get involved.

The meeting will be held at the Esparto Library from 6:30-8:00pm. Many local groups have been involved in the past including 4-H, Friends of the Esparto Library, Leos and Lions, WYORCA and Western Yolo Grange.

There is plenty to do in the planning and preparation of this event which has attracted over 3000 people to the valley for the past 15 years.

The Hoes Down mission is to celebrate rural living and offers attendees an array of over 20 workshops including fruit tree pruning, compost making, flower production and many more. The event gained national attention when it was written about in the Nation Geographic. The children's area has been described as one of the best in Northern California offering hands-on experience in grain grinding, weaving, spinning and a variety of farm related games. The Hoes Down is a fund raiser for a variety of local and regional non-profit groups with 100% of all profits going to these organizations. Full Belly Farm in Guinda has been the site host of the event since its inception in 1986.

Hope to see you on the 9th of April. If you can't make the date please call Dru Rivers at 796-3464 for further information.



## Causes and Cures for Babies, That are suffering from colic

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

Here are some ways to calm those colicky cries.



- ☆ **Respond right away** when your baby cries, go to them as soon as you can before they get "worked up" and harder to soothe. Studies show that letting babies cry only enhances their wailing.
- ☆ **Try motion**, rock them, put them in an infant swing, take them for a care ride, or place them in a stroller and walk them around even if it is only in the house.
- ☆ **Soothe with sound**, rhythmic noise, radio static, the hum of a fan can help calm our baby down. Some experts theorize that it mimics the swishing noises your baby heard while in the womb.
- ☆ **Swaddle**, when infants cry uncontrollably, their arms and legs may flail, upsetting them even further. Tightly wrapping your baby in a soft, lightweight blanket keeps their hands and feet close to their body and makes them feel safe, snug, and secure.
- ☆ **Vary your technique**, try one claming strategy for about ten minutes, and if your baby is still crying, try another one for ten more minutes. And so on. Remind yourself that eventually they will calm down.

## Ditching Diapers, Some helpful hints!

- ☆ **Be timely.** Start potty training when you know things will be calm and predictable around your house, not shortly before the birth of a baby, for example, or when you're away on vacation.
- ☆ **Let your child become familiar with the potty.** Before you get started, bring it out and let your child explore it. Let them sit on it clothed, diapered, or naked.
- ☆ **Establish a ritual.** Suggest that your child use the potty at set times throughout the day, after every meal and before every bath and nap, for instance. You may even want to prompt them to go every hour.
- ☆ **Plan for outings.** When you're out in the public, know where the bathrooms are. Bring the portable potty with you in your car, to the park, and to other places where bathrooms are hard to find.
- ☆ **Use consistent lingo.** If you say, "pee pee" one day and "tinkle" the next, you'll confuse your child.
- ☆ **Celebrate the steps, not just the successes.** Praise your child for each accomplishment, sitting on the potty, for example or getting their pants off and on.
- ☆ **Don't let them see you sweat.** It's easy to get frustrated if your child has an accident,

## Sing, Play, and Learn!

On March 5th, 2003 the "Mommy & Me Group" took part in a session of singing and dancing. The focus of this workshop was to show parents how swinging and playing help develop their infants social, emotional, and cognitive development. Parents took part in learning Spanish and English nursery rhymes and songs they can sing with their children at home. They were given written handouts to follow at home along with ideas on how to expand the activities that were presented.

This same group of parents, were also provided with a presentation on lead prevention on March 19th. Parents were given the opportunity to experiment with lead testers to test objects containing lead. Information on the effects and steps towards protecting their children against lead poisoning and what the dangers of lead poisoning were given. Parents were also informed of when screenings should be performed. For more information on the Mommy & Me Group, please contact RISE, Inc. at 530-787-4110 and ask for Oralia or Lupe.

## ESPARTO LIBRARY HOURS

17065 YOLO AVENUE

PHONE: (530) 787-3426

MON. 1:00—8:00PM

TUES & WED. 8:30AM-12PM & 1-8PM

THURS. 10AM-12PM & 1-8PM

SAT. 10:00AM—2:00PM

Fax 787-4874

CLOSED ON FRIDAYS AND  
SUNDAYS

## Spring Break Camp

After School Program

**April 21—25**

8:00 a.m.—5:30 p.m.

Room 30 EES

Register by April 11th

Cost is \$30 per child

Participants need to bring lunch.

Snacks will be provided.

Minimum of 10 students need to be paid for and registered by April 11th or camp will be cancelled. For more information

call Dennis Huitt Program Coordinator at **908-1052**.

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Valley Voice in mid  
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formation about chil-  
dren and families!

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## You Can Make a Difference: 10 Ways to Help an Alzheimer Family

Alzheimer's disease attacks the parts of the brain that control memory, thinking and judgment. A person with Alzheimer's may be physically healthy but require 24-hour-a-day assistance with basic daily activities. At some point, he'll forget the names and faces of family and friends. He may become withdrawn, and his behavior may change. Later, he'll decline physically as well.

Alzheimer's causes significant changes in family life. Spouses and children — often including school age youngsters — become caregivers. Care giving can make recreation, chores, and even employment difficult or impossible to maintain. The uninsured cost of care can wipe out savings too. It's no wonder that 80% of Alzheimer caregivers report high levels of stress and stress-related illness.

A friend is an important source of support for the Alzheimer family. Even if they live far away, there's still plenty you can do. Here are ten easy ways to help:

1. **Keep in touch:** Maintain contact with family members. A card, a call, or visit all mean a great deal. Family members, including the person with Alzheimer's, will benefit from your visits or calls. Continue to send cards, even if you don't get a response. It's a simple, yet important way to show you care.
2. **Do little things—they mean a lot:** When cooking, make extra portions and drop off a meal (in a freezable and disposable container). If you're on your way out to do an errand, check with a family member to see if there's anything they need. Surprise the caregiver with a special treat, such as a rented movie, an audiotape of last week's church service, or a gift certificate for a massage or dinner out.
3. **Give them a break:** Everyone needs a little time for themselves. Offer to stay with the Alzheimer person so family members can run errands, attend a support group meeting or take a short trip. Even if the caregiver does not leave the house, this will provide some personal time. Chances are, the person with Alzheimer's will also enjoy a break.
4. **Be specific when offering assistance:** Most friends are good about saying they're available to "do anything", but many caregivers find it hard to ask for something specific. Have the family prepare a "to do" list of hard-to-get-to projects (e.g., laundry, dusting, yard work, medical bills). Figure out what you can do, then dedicate some time — on a weekly or monthly basis — to helping the family tackle some of these tasks.
5. **Be alert:** Learn about Alzheimer's and how it impacts the family. Most people with Alzheimer's "wander" at some point, and could become lost in their own neighborhoods. Know how to recognize a problem and respond. Take time to learn about other common behaviors and helpful care techniques.
6. **Provide a change of scenery:** Plan an activity that gets the whole family out of the house. Make a reservation at a restaurant and ask for a table with some privacy. Be sure to include the person with Alzheimer's, if the caregiver feels it's appropriate. If not, make arrangements for someone to stay at home while you're out. Or, invite the family to your house or to a nearby park for a picnic.
7. **Learn to listen:** Sometimes, those affected by Alzheimer's just need to talk with someone. Ask family members how they're doing and encourage them to share. Be available when the caregiver is free to talk without interruptions. You don't need to provide all the answers — just be a compassionate listener. Try not to question or judge, but rather, support and accept.
8. **Care for the caregiver:** Encourage caregivers to take of themselves. Pass along useful information and offer to attend a support group meeting with them. Local chapters of the Alzheimer's Association have information available, and sponsor telephone "help lines" and support groups in your area.
9. **Remember all family members:** The person with Alzheimer's will appreciate your visits, even if unable to show it. Talk with the person the way you'd want to be talked to. Spouses, adult children and even young grandchildren are all affected in different ways by a relative's Alzheimer's disease. Be attentive to their needs, too.
10. **Get involved:** Unless a prevention is found, 14 million Americans will have Alzheimer's disease in coming years. There are many things you can do to help families today, and prevent further devastation tomorrow. Make a contribution to the Alzheimer's Association or volunteer at your local chapter. Join in the annual Memory Walk to raise awareness and funds for chapter programs. Ask your legislator to support funding of research and programs to help Alzheimer families. You can make difference!

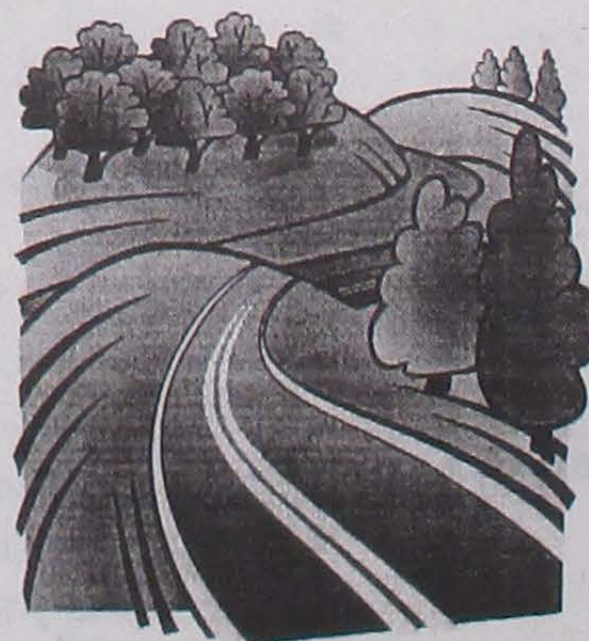
## Living With Alzheimer's

By Margaret King

I am the sole Care Giver of my husband who is an Alzheimer's patient, this is a 24 hour a day job, but it's the vow I made when I married him. He is a wonderful husband and a kind person, but now that he is sick, it's a hard time for both of us. I would like to say if there are, and I know there are many, people going through just what I am, please be kind and loving to that person, they didn't choose to be sick, they are like a small child and they are not the person you used to know. When I speak with him, I have learned to change the subject and bring up my husband's past, talk about what he used to do. If you give loving care to them, you will sleep better tonight and the Lord will bless you for being that loving person. Please stop and think because it could be you in that state. Please don't lay a hand on them in anger, you will be so glad

you don't. You can make their lives a little easier if you give loving care to that person. You can't give orders and expect them to do anything, it just messes their minds up even more; and God knows they already have enough of that, you are just adding to their problem, which is something they don't need; after all, they won't be around very long, so please be good and loving to them in their last days. I have been thinking about putting my husband in a home and it's tearing me apart. I feel like I'm deserting him because he got sick, so I keep hanging on to him, it's hard but I just can't bring myself to give him up yet. I would give him up to the Lord because I know he would be loved and cared for, but to think of someone being mean to him breaks my heart; and I just can't let go. I made vows to him through sickness and health, until death do us part. He has been a wonderful husband to me, and helped me through three surgeries, now it's my turn to help him; I just can't give up and let go of him.

## Stay Alert Don't Get Hurt!



Highway 16  
Safety Corridor Coalition

If you see motorists that may place others at risk:

- Identify the times of day it occurs most often.
- Identify the days of the week you observe them most often.
- Identify specific behavior; such as aggressive driving, unsafe passing, speeding and driving under the influence.

Together with the CHP we can make Hwy 16 safer. If you make a report to the CHP office of your observations, we can direct our patrol efforts towards the time of day and seek to correct those patterns of unsafe driving behavior.

Address your observations and concerns by contacting the Woodland Area CHP office at 530-662-4685, Monday through Friday between 8am and 5pm. If you are reporting an emergency, always use 911. When calling we need:

- Description of driver if possible
- Description of vehicle and license plate number.

Call Boxes are located every mile on Hwy 16 which are connected directly to the CHP Dispatch Center. They can be used to report emergencies such as traffic collisions, disabled vehicles, drunk drivers, roadway hazards, fires, ect.

With the rainy season upon us make sure to drive with caution on the slippery roads! Try to avoid the flooded areas.



## It's Planting Time Again At The Esparto Community Garden !

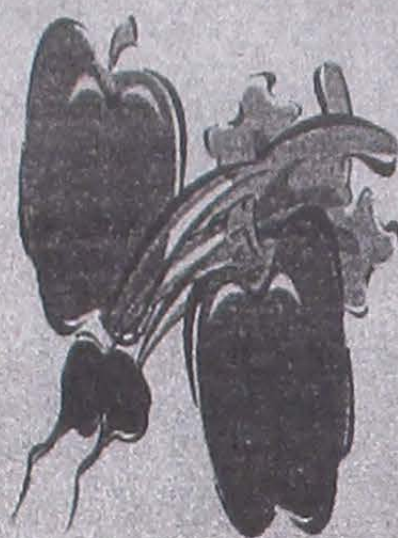
Join other Esparto Resident's in planting and  
growing your own vegetable garden.  
It's easy to apply and will be fun  
for the entire family!

Call or come by  
the RISE office located at  
16858 Yolo Ave.  
here in Esparto or  
call us at 787-4110  
with the following information:

1. Name
2. Telephone number
3. Mailing Address
4. Number of family members

Please ask for Joe

Then all that is left is for the plot to be assigned  
and for you to begin your garden. RISE Inc. will  
prepare the soil and provide you water.



## Capay Valley Hiking Club

The Capay Valley Hiking Club is very informally (dis)organized by and for people who want to see more of our incredible landscape near the valley. There is about 50,000 acres of public (mostly BLM) land adjacent to the valley and much more within a short drive-if you like the outdoors but don't want to drive for hours to enjoy it, join us on one of these hikes. Communication is mostly by email or the Yolo-hikers web page (yolohiker.org) which has the calendar, descriptions and maps of hikes (if you don't have a computer, try the library in Esparto). Or call or email me for further information — Sam Bledsoe, 796-3723, sbledsoe@afes.com.

## What's Behind Rising Propane Prices?

### Strikes, War and Winter Demand

"Propane marketers have a close relationship with their customers and have also been hard hit by recent price increases. In our free market economy a variety of factors—a colder-than expected winter, war with Iraq, the reduction in crude oil supply from Venezuela, and natural gas price spikes—have all dramatically converged at once this winter to push up the price of heating fuels. But our industry will be able to take care of our customers and supply them with propane for their energy demands," said Richard Roidan, NPGA president and chief executive officer.

In the U.S. economy, many supply factors affect the price of all goods—including propane. Propane is manufactured from crude oil and natural gas. Its wholesale pricing usually tacks the cost of crude oil. Crude oil has seen prices generally increasing since early 2002 while inventories are at their lowest level since 1975.

Every domestic fuel source derived from crude oil has experienced price hikes this winter. Propane marketers across the county have been hit by price increases from their wholesale suppliers, who buy their product from companies who manufacture propane from increasingly more expensive crude oil and natural gas. Residential heating prices are up almost 60 cents higher than last year, while gasoline prices are 54 cents higher than last year, according to the U.S. Department of Energy.

According to recent DOE statistics, propane is still only half the price of electricity per Btu. Propane continues to be a value for consumers, who have seen their total energy costs rise over the last few years. Safe, clean-burning propane gas is still the best buy for the 8.1 million American households who depend on its energy to heat their homes.

## ADOPTABLE ANIMALS *Sponsored by*

### AMBER

Dog  
Italian Greyhound, Chihuahua  
Mix  
Size: Small  
Age: Young  
Sex: Female  
I.D.: Amber



Amber is an Italian Greyhound and Chihuahua mix. Amber was rescued from a Sacramento County shelter recently and she is looking for a home at this time. She is very sweet and affectionate. I would ideally like to adopt her to a home with another playful dog...she is only 7-8 months old. She is spayed and current on her shots. Serious inquiries only, please email yolospca@yahoo.com we are only accepting applications at this time.

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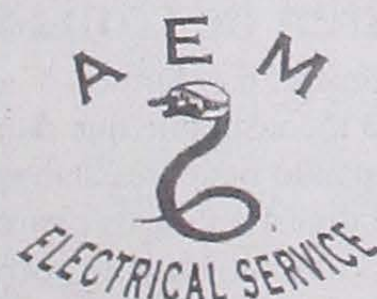
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# La Voz del Valle

## Cantar Jugar y Aprender

El 5 de marzo de 2003 el grupo de Mami & Mi" tomo parte en una sesión de cantar, jugar y bailar. El foco de este taller era para mostrarles a los padres como en cantar y en jugar les ayuda en el desarrollo social, emocional y cognitivo de sus niños. Los padres tomaron parte en aprender en español y en ingles canciones infantiles y rimas que ellos pueden cantar con sus niños en casa. Se les repartió información escrita con ideas en como enseñar las actividades en casa que se presentaron. Este mismo grupo de padres, también se proporciono una presentación en la prevención de Plomo que se tomo el 19 de marzo. Los padres fueron dados la oportunidad de experimentar con probadores de Plomo para probar objetos que contienen Plomo. Se les dieron información en los efectos y pasos en como proteger a sus niños contra el envenenamiento de Plomo y que son los peligros de le envenenamiento de Plomo. Los padres fueron informados también de cuando se les puede pedir una prueba de Plomo para sus niños. Para mas información sobre el grupo de Mami & Mi, por favor de llamar a RISE Inc. al numero (530) 787-4110 y hable con Oralía o Lupe.



La clase de Mami & Mi" en marzo.

## Dejar los panales, algunos consejos que ayudan!

- ☆ **La Hora de Dormir:** Empiece a entrenar a su bebe cuando todo esta en calma alrededor en su casa, un poco antes de que su niño cumpla el año, o cuando usted esta de vacaciones.
- ☆ **Deje que su niño se familiarize con la rutina de ir al baño:** Antes de comenzar, deje que su bebe explore. Deje que se sienta sobre la taza del baño con ropa, en panales, o desnudo.
- ☆ **Establezca un ritual:** Sugerir que su bebe use la taza del baño en un horario establecido durante el día después de cada comida y antes de bañarlo o de una siesta, por ejemplo. Aun usted puede incitar al bebe a ir cada hora.
- ☆ **Planea cuando salga:** Cuando salga fuera sepa donde quedan los baños públicos. Traiga una taza de bebe portátil en su carro, al parque, y a otros lugares donde es muy difícil encontrar baños públicos.
- ☆ **Use un vocabulario consistente:** Si usted dice "pee pee" un día y el siguiente día usa "tinkle" confundirá a su niño.
- ☆ **Celebre los pasos, no solamente los éxitos:** Felicite a su bebe por cada uno de sus realizaciones al sentarse en la taza, por ejemplo al quitarse los pantalones o ponérselos.
- ☆ **No deje que su niño vea sus frustraciones:** Es fácil frustrarse si el niño tiene un accidente, pero mantenga el control. Siga adelante.



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## Causas y Remedios para Bebes, que Sufren de Cólicos

Dele de comer, cámbielo, y este seguro que no este cansado, lastimado, o enfermo. Y aun el bebe esta gimiendo sin parar. Que esta pasando? Puede ser un cólico, el cual los expertos lo definen como un lloriqueo inconsolable que dura por lo meno tres horas al día, mas de tres días por semana por un periodo de 3 semanas. Cólicos usualmente le da al bebe cuando tiene tres semanas de nacido y casi tiene una duración de 10 semanas. Nadie sabe por que da. Algunos expertos culpan a los problemas de digestión; otros piensan que es resultado del sistema neurológico aun en desarrollo. Sin embargo todos están de acuerdo que este padecimiento es normal y que es parte del desarrollo para muchas bebes.

Aquí algunas sugerencias para calmar el llanto de los cólicos.

- ☆ **Responda rápidamente** cuando su bebe llore, vaya con el / ella antes de que llore mas y sea mas difícil de calmarlo. Estudios muestran que dejar al bebe llorar solamente aumenta sus gemidos.
- ☆ **Trate movimiento** mece a su bebe, póngalo en un columpio de bebe, llévela a paseo en el carro, o póngale en una carriola y un muévalo aunque sea adentro en su casa.
- ☆ **Cálmelo con sonidos** Sonidos rítmicos—radio, el sonido de un abanico puede ayudar a calmar a su bebe. Algunos expertos dicen que el sonido mímico del meneo, su bebe puede escucharlo aun en su estomago.
- ☆ **Enróllelo** Cuando los bebe lloran incontrolable, sus brazos y pernas se enfrían, y los puede enojar aun mas. Enrolle a su bebe con una cobija suavecita, la cobija livianita mantiene la manos y las piernas de su bebe pegaditas a su cuerpo y lo hace sentir salvo, acorruado, y seguro.
- ☆ **Varié sus técnicas** Trate una estrategia para calmarlo por 10 minutos y si su bebe sigue llorando, trate otra por otros 10 minutos. Y así sucesivamente. Recuerde que eventualmente su bebe se calmara.





## Es Tiempo de Plantar en el Jardin de la Comunidad en Esparto!

Acompañe a otros residentes de Esparto en sembrar y cultivar su propio jardin de vegetales.

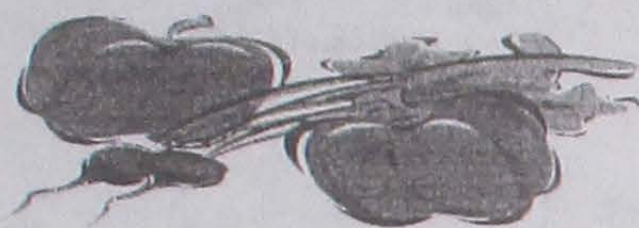
Es fácil de aplicar y será divertido para toda la familia.

Llame o vengan a la oficina de RISE

localizada aqui en Esparto 16858 Yolo Ave.

o llame al 787-4110 y pregunte por Jose con la siguiente informacion:

1. Su Nombre
2. Su numer de telefono
3. Su domicilio
4. El numero de miembroe en la familia



Lo único que falta es una parcela que sea designada para que empiece su jardin, RISE Inc. le prepara la tierra y le suplira agua. Usted necesita proveer su propias semillas o plantas.

## St. Patrick's Day Celebration!



Christine Reynolds and Jeff Gillham perform during the St. Patrick's Day Dinner Theater at the Guinda Community

## CALENDAR DETAILS

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

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

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

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

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

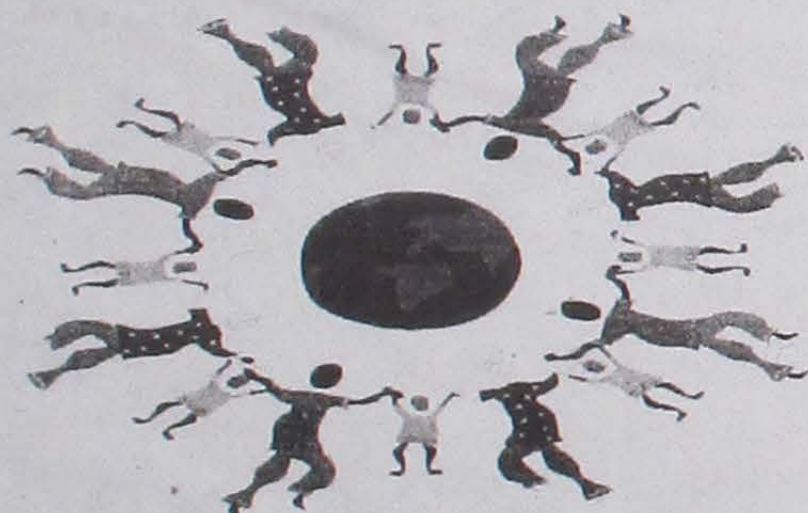
Home Schooling Cooperative Call Elvira Paoletti at 796-2280.

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

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

Capay Valley General Plan Advisory Committee (CVGPAC) meets every 1st Wed. of the month at 7pm at the Grange Hall in Guinda. Open to the public.

## UNA INVITACION PARA PARTICIPAR! EN UN EVENTO LOCAL!



### NECESITAMOS

Gente que les gustara envolverse en proveer:

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Entretenimiento para Esparto y la Region del Valle de Capay

**"FESTIVAL DE CULTURA" 2003**

Para mas informacion

Por Favor llame a RISE, Inc.

Al 787-4110

Pregunte por Jose,

Lupe, o Oralia

## Classified Ads:

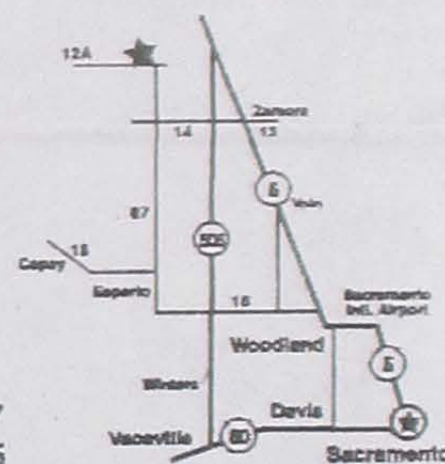
1991 Volvo 4D Wagon—runs well. Below blue book for quick sale. \$4100 796-3312 or 916-973-8390.

Farm Equipment for sale. Ranch sold. Equipment must go. 530-796-3299 Call Harlan.



Tasting Room open daily 11-5

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www.rhphillips.com 530.662.3215



Guinda Community Church  
16681 Forrest Ave., Guinda

Sunday Praise Service 9AM

Children's Sunday School 9 AM

Wednesday evening Bible Study @ 7PM  
beginning 1-15-2003

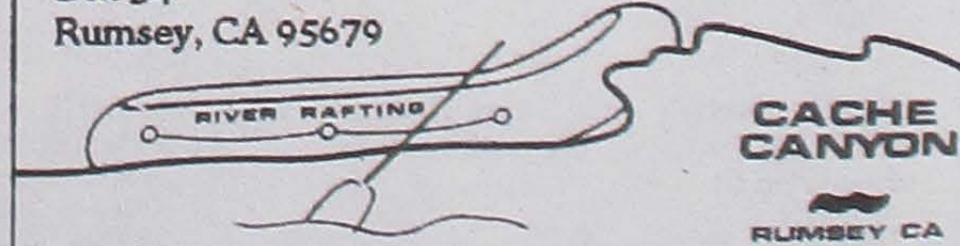
Open Communion Service- 1st Sunday @ 6PM  
Gospel Music Sing- 3rd Sunday @ 6PM

For further information call 796-3322

**Rick Wilson**

Box 34

Rumsey, CA 95679



DID IT DOWN STREAM  
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# April 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 8am-5pm Esp. Dental 9-11am Clothes Closet 9am-1pm Esparto Family Practice Clinic 10:15am-12:15 ESL Esparto Community Hall 7pm AA meeting 7pm FERL meeting 7-9pm Nimble Needles	<b>2</b> 9-10:30am Mommy & Me Library 9:30-11am Guinda Pre-school 2-6pm EFP Clinic 7pm Church of God 7pm CVGPAC meeting Grange Hall 7pm Bible Study GCC	<b>3</b> 10:15am-12:15 ESL Esparto Community Hall 2-6pm EFP Clinic 4:00pm AA meeting at Guinda Community Church 6:30pm Esparto Lions Club meeting 6:30-7:30 Debtors Anonymous (418B Main St. Woodland)	<b>4</b> 9am-12:30pm EFP 2:30-4:30pm Clothes Closet 7pm Church of God Spanish Service	<b>5</b> 7pm Spanish Mass St. Martin Church
<b>6</b> 8:30am St. Martin's 9am GCC Service 9:45am Bible Classes 10:30am CCC Service 11am EBC Service	<b>7</b> 2-6pm Esparto Family Practice Clinic	<b>8</b> 8am-5pm Esp. Dental 9-11am Clothes Closet 9am-1pm Esparto Family Practice Clinic 10:15am-12:15 ESL Esparto Community Hall 7pm AA meeting 7pm FERL meeting 7-9pm Nimble Needles	<b>9</b> 9-10:30am Mommy & Me 9:30-11am Guinda Pre-school 2-6pm EFP Clinic 7pm Church of God 7pm School Board meeting 7pm Esparto Comm. Service Dist. 7pm Chamber of Commerce meeting 7pm Bible Study GCC	<b>10</b> 10:15am-12:15 ESL Esparto Community Hall 2-6pm EFP Clinic 4:00pm AA mtg GCC 6:30-7:30 Debtors Anonymous 7pm WYORCA Meeting	<b>11</b> 9am-12:30pm EFP 2:30-4:30pm Clothes Closet 7pm Church of God Spanish Service	<b>12</b> 7pm Spanish Mass St. Martin Church
<b>13</b> 8:30am St. Martin's 9am GCC Service 9:45am Bible Classes 10:30am CCC Service 11am EBC Service	<b>14</b> 2-6pm Esparto Family Practice Clinic 7pm VFW meeting Esparto VFW Hall	<b>15</b> 8am-5pm Esp. Dental 9-11am Clothes Closet 9am-1pm Esparto Family Practice Clinic 10:15am-12:15 ESL Esparto Community Hall 7pm AA meeting 7pm FERL meeting 7-9pm Nimble Needles	<b>16</b> 9-10:30am Mommy & Me Library 9:30-11am Guinda Pre-school 2-6pm EFP Clinic 6:30pm Western Yolo Grange meeting 7pm Church of God 7pm Bible Study GCC	<b>17</b> 10:15am-12:15 ESL Com-Hal 2-6pm EFP Clinic 5:45-8pm Cache Creek Watershed Stakeholders Mtg., Esparto Library 6:30-7:30 Debtors Anon 6:30pm Esparto Lions Club meeting 4:00pm AA mtg, GCC	<b>18</b> 9am-12:30pm EFP 2:30-4:30pm Clothes Closet 7pm Church of God Spanish Service	<b>19</b> 7pm Spanish Mass St. Martin Church
<b>20</b> 8:30am St. Martin's 9am GCC Service 9:45am Bible Classes 10:30am CCC Service 11am EBC Service	<b>21</b> 2-6pm Esparto Family Practice Clinic	<b>22</b> 8am-5pm Esp. Dental 9-11am Clothes Closet 9am-1pm Esparto Family Practice Clinic 10:15am-12:15 ESL Esparto Community Hall 7pm AA meeting 7pm FERL meeting 7-9pm Nimble Needles	<b>23</b> 9-10:30am Mommy & Me Library 9:30-11am Guinda Pre-school 10am-2:30pm WIC Services 2-6pm EFP Clinic 7pm Church of God 7pm School Board meeting Library 7pm Bible Study GCC	<b>24</b> 10:15am-12:15 ESL Esparto Com Hall 2-6pm EFP Clinic 4:00pm AA meeting at GCC 6:30-7:30 Debtors Anonymous	<b>25</b> 9am-12:30pm EFP 2:30-4:30pm Clothes Closet 7pm Church of God Spanish Service	<b>26</b> 7pm Spanish Mass St. Martin Church
<b>27</b> 8:30am St. Martin's 9am GCC Service 9:45am Bible Classes 10:30am CCC Service 11am EBC Service	<b>28</b> 2-6pm Esparto Family Practice Clinic	<b>29</b> 8am-5pm Esp. Dental 9-11am Clothes Closet 9am-1pm Esparto Family Practice Clinic 10:15am-12:15 ESL Esparto Community Hall 7pm AA meeting 7pm FERL meeting 7-9pm Nimble Needles	<b>30</b> 9-10:30am Mommy & Me Library 9:30-11am Guinda Pre-school 2-6pm EFP Clinic 7pm Church of God 7pm Bible Study GCC			