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Berryessa Senior News

PRESIDENTS MESSAGE

Our new year will start this month. During this time we will be collecting dues for October 2006 through September 2007. And since we are always looking for new members, we have lowered the minimum membership age to 50. The cost to join is \$20.00 per person. Call 966-2127 or email Berryessasenior@aol.com to join. On October 16, the Board Members will be holding their annual meeting at which time they will nominate new Board Members as needed. Please note that this month’s pot luck will be held on Saturday, October 21. On this date we will have our Annual Meeting and meet the new Board Members.

BIRD HOUSE RAFFLE

Rose Stubbs has advised us that the drawing for the Bird House built and donated by Ernie Vasherese will be held on January 13, 2007, which is the same date as our Annual Crab Feed.....barring any unforeseen weather problems.

PACKAGES FOR THE TROOPS

Effie Macholz is in the process of assisting Walter Reed Hospital with donations in the form of games, puzzles, non-perishable goodies and fun stuff to be given to the amputees there. If you have any such items please let her know or drop your donations off at the Center and someone will be sure she receives them. As always thank you for your support.

OCTOBER POTLUCK

Thanks to feedback from many of you, the October Pot Luck is going to be held on Saturday, October 21. Please sign up if you are planning to attend either at the Center, via phone, or e-mail Berryessasenior@aol.com. Don’t forget to bring your own utensils and your favorite cocktails. As usual the fun will begin at 6:00 pm. If you are planning on attending and would like to bring either a hors d’oeuvres or dessert to share with others please sign up on the sign up sheet at the Center, via phone, or e-mail Berryessasenior@aol.com.

REPORT ON FELLOW MEMBERS

Pat O’Donnell passed away in September. A memorial service is being planned and the date is yet to be determined.

UPCOMING EVENT

Don’t forget that on Saturday, October 7, we are having a Pancake Breakfast. Jim and Bobbie Lucas and Georgia Craddock will be working this event along with any interested volunteers. It will be held from 8:30 to 11:30 and the cost is \$3.00 per person.

FLU SHOTS

Nancy Courtney wants everyone to know that Flu shots will be available on Wednesday, November 1 at the Center between 12:00-1:30. These shots are donated and given by the Napa County Health Department and are free to seniors. However, monetary donations are appreciated.

BITS AND PIECES

We now have 20!! E-mail recipients. Attached to his month’s newsletter will be a renewal form for our 2006-2007 membership drive. Kindly fill it out and return it to the Center or mail it along with your dues. The Center’s address is P. O. Box 9113, Napa, CA, 94558

Georgia Craddock would like to know if any one is interested in joining her and Curley for “Ballet Folklorico de Mexico” which will be held at the Lincoln Theater in Napa on November 13. The cost is \$30, \$40, or \$50 per ticket. A sign up sheet will be placed at the entrance of the Center or you can call Georgia at 966-2127.

Betty Pederson is again be selling Sees Candy Certificates on behalf of the Center. Betty Fehrenkamp wants everyone to know that the 2007 Calendars are ready for sale. The cost is \$6.00 each and remember, they make great stocking stuffers!

Marlene Lines daughter Shelley gave birth to her first grandson – Tate Morris born August 31. Tate weighed in at 8lb 2oz.



The Lake Berryessa News

Community News Makes a Better Community

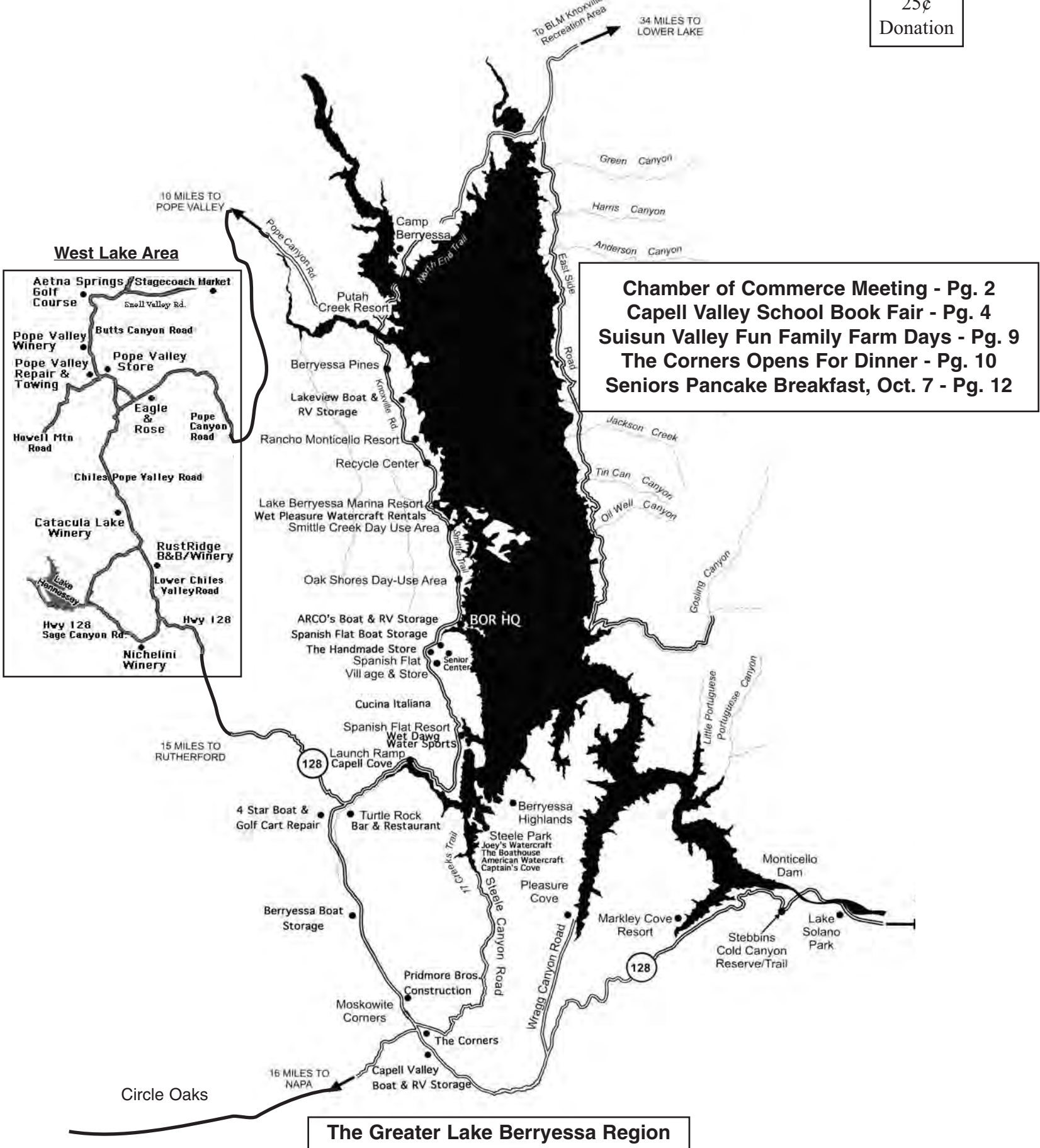
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October. 5 to October. 18, 2006



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From the Editor: Support Your Local Businesses!

At the last Lake Berryessa Chamber of Commerce meeting described below, several businesses said that they had received many more calls after the Chamber mailed its Directory to more than 1,000 local residents last year. This is good news since local businesses cannot survive to provide services to local residents without local residents making use of those services. Although there are a large number of visitors during the summer months, it is you, the people who live in the Berryessa Highlands, Circle Oaks, Spanish Flat, Capell Valley, Berryessa Pines, Berryessa Estates, and Pope Valley who are the backbone to the survival of our local businesses, especially those outside the seven resorts.

I was acutely reminded of this when I visited the newly re-opened Corners to work on their ad for this paper. Ron, his wife, and staff were working hard to get the store, restaurant, and saloon into shape to serve the public. They have a strong customer-service attitude and local residents, especially those in the Berryessa Highlands, should be thankful that we have a new place to shop and eat that’s so close. The store has a little bit of everything you may need, including fresh-made food in the refrigerator that you can just take home and heat up for dinner.

Even though you may do most of your shopping in Napa, Fairfield, St. Helena, or Winters, as a local community member you should make it a point to regularly stop for a few things at your local stores (the Corners, Brenda’s Country Store in the Spanish Flat Center, Turtle Rock, Pope Valley Market, Stagecoach Market in Berryessa Estates) and eat out every now and then at your local restaurants (Cucina Italiana in the Spanish Flat Center, the Corners, Turtle Rock, and the soon to open Spanish Flat Cantina). They need your support a lot more than Safeway, Costco, or MacDonalds.

The Lake Berryessa Chamber of Commerce does not just represent local businesses. It represents the local residents too. It is the only organized group that can represent the Greater Lake Berryessa local community both politically and economically. You can join the Chamber as a Community Supporter for just \$25 per year and have your voice heard.

And now a plug for your local paper - The Lake Berryessa News. ShirI and I want this paper to be a service to the local community. We’ve worked hard this last year and a half to improve the style and informa-

The Lake Berryessa News

www.LakeBerryessaNews.com

Published the first and third Thursday of each month.

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Contact Peter at: 415-307-6906 (Cell), Email: PKilkus@aol.com

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tion we bring to you. We’d like you to use it to communicate with each other too. You can send us announcements and stories, but also you can advertise in the classifieds and buy things locally from those ads. Our usefulness to you grows as you make use of us. You can find copies at all the resorts and all the local businesses. Another good reason for Highlands people to stop at the Corners on the way home! But of course the easiest thing is to sign up for a subscription and have us delivered directly to your home.

Lake Berryessa Chamber of Commerce
Board Meeting Minutes - September 25, 2006

1. General Update: Business Climate; Pope Valley Economic Development meeting report: Several members said that they had noticed an increase in calls for their services due to the distribution of the Directory. Peter Kilkus and Carol Kunze gave a summary of the Pope Valley Economic Development meeting and the issues that concerned the attendees.
2. Treasurer’s Report: Membership and Dues Status: Approximately 51 members have paid their 2006 dues and the Chamber has just over \$1,300 in the bank.
3. Fiscal Year and Dues: The Chamber fiscal year is formally January through December 31 each year. Due to the timing of the original organizing process of the Chamber (it was formed mid-2005) there has been some confusion and overlap of dues requests. The 2007 memberships will remain at \$25 and will be due in January 2007.
4. Next Chamber Directory: The new Directory will be organized in early 2007 for distribution by April, 2007. As last year, to defray the cost of producing the Directory, there will be a \$25 charge for your listing.
5. Map and Advertising Brochure for 2007: Because there is so little information about how to get around the Greater Lake Berryessa Region, the next publication of the Chamber will be a multi-page glossy map with general information, advertising, and a listing of Chamber members. This type of document will be good for distribution at the Napa Visitor Center and Napa hotels and restaurants.
6. Road Signposts suggestion: Sharyn Simmons of Cucina Italiana has suggested installing classic signposts at intersections to show people the way to our businesses and recreational opportunities. The idea was well-received by the attendees. Information kiosks at locations such as the Corners and Turtle Rock were also proposed, as well as designing a logo specific to Lake Berryessa that would become a recognizable image for the area. All these good ideas will need both funding and volunteers to make them realities.
7. Christmas Party: The Chamber Christmas Party will be at the Berryessa Senior Center on Saturday, December 9th from 5 - 9 P.M. It will be an Arts and Crafts Show and Sale for Chamber members and local community artists and crafts people. Charlotte Van Zant-King (707-966-9188, snowcreek@pon.net) volunteered to coordinate the artists who wish to exhibit. Community memebtrs welcome!
8. Next Meeting: Monday, November 27th, 7 PM, Place TBD



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Dear Bilgee,

I’m getting getting ready to put my boat away for the season. I checked my bilge pad and it’s really dirty. Can I throw it away in any trash can? L.B.B.

Dear LBB,

Please don’t put your used bilge pads in the trash! Throwing dirty bilge pads in the garbage only moves the pollution they’ve absorbed from the lake to the land. A dirty bilge pad is toxic to the environment, and if the pad goes to the landfill, oil and other petroleum-based fluids can leach into the soil and pollute drinking water sources and wildlife habitat. The best way to dispose of used bilge pads is to put them into one of the specially marked red cans found at the gas docks of any of the seven Lake Berryessa resorts.

Dear Bilgee,

I used a bilge pad for the first time this year, and just put my used one in a red can. It was really dirty. I’m curious: what do you do with those used pads? W.F.

Dear WF,

CRI Recycling Services picks up the dirty bilge pads and takes them to their processing plant where they separate oil, other petroleum-based fluids, and water from the bilge pads. Both the absorbent material from the bilge pads and the fluids it soaked up are recycled. Thanks to you and everyone else who used a bilge pad and recycled them in the red cans. It makes Lake Berryessa cleaner and healthier for everyone. Remember to get a new bilge pad to replace the one you’ve recycled.

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Fishing With Dino

Crappie anglers it is time! Use jigs or minnows off the bottom in the early morning hours and you will get a nice stringer of crappie. Dock areas or heavy brush coves are the best spots.

Catfish are still hitting well on livers or hot dogs off any shoreline. Lots of nice 7 to 11 lb cats came in this week.

Trout and salmon are up to the 60 foot depths now. Troll with a flasher, follow it with a needlefish or apex lure and you will get your limit. Bass have been steady in about 20 to 25 feet of water. Throw crankbaits or plastics and you will do pretty good.

Dino Righetti, Spanish Flat Resort Marina707-966-7708



Fishing With Sid

A week or so ago, Bob and his son Matt and I headed out to catch bass. It was still chilly and windy and the fish were not co-operating except for small bass around six inches. The next day it warmed up a little and Adam and I set out for a couple of hours of fishing. He landed a nice size bass and he got some pointers on tackle. Now to Jose (photo at left) who never thought he would hold these two monster cats for this picture.

Later in the afternoon my wife and I went to my favorite cove where I had lost that huge catfish last time (yes I had to try and get him again). Using a small treble hook and the cornmeal mixture that I spoke, I gently cast it in the direction where I thought he would be and let it sink down to the bottom. Within four or five minutes I saw the line moving out, I aimed the rod at the fish and

closed the bale within seconds he took off running and the fight was on. This time I didn't tighten the drag I played him till he tired out.

I handed the rod to my wife so I could get the net ready and he must of gotten a second wind because



he took off again. She enjoyed reeling him in as he neared the boat and saw the net he took off again this went on for a couple of minutes until I finally netted him. He wasn't the "big guy" from last time but he was a good size - at least twelve to fifteen pounds. I did catch some more cats on hotdogs and a lot of small bass around four to six inches...'til next week.....good fishing!!!!!!! If you have any fishing stories you would like to share please email me at bestguide@hotmail.com or call me at 650-583-3333. www.fishingconnection.net



2006 Lake Berryessa Calendar of Events

- 10-7 Pancake& Sausage Breakfast, Berryessa Senior Center, 8:30 am.*
- 10-21 Potluck ~ Berryessa Senior Center 6 pm. *
- 10-22 Pope Valley Turkey Shoot
- 11-1 Free Flu Shots, Berryessa Senior Center, 12-1:30 pm* (Donations Accepted)
- 11-17 Thanksgiving Dinner & Turkey Raffle, Berryessa Senior Center, 6 pm*
- 12-4 Pirate Bingo & Potluck, Berryessa Senior Center, 12 noon*
- 12-9 Chamber of Commerce Christmas Party, Arts & Crafts Show/Sale, Berryessa Senior Center, 5 - 9 pm
- 12-15 Berryessa Seniors Christmas Dinner (Potluck) & Gift Exchange, Berryessa Senior Center, 6 pm* (Bring a new \$10 gift to exchange)

*Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon
*Berryessa Senior Center Activities, Call Georgia at 966-2127
*Berryessa Senior Center Email: Berryessasenior@aol.com
*Potlucks, Call 966-0206 (Please leave a message.)
*Lions Club, 966-1413

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Old Lady Mildred, 93, was despondent over the recent death of her husband Earl, so she decided to just kill herself and join him in death.

Thinking it would be best to get it over with quickly, she took out Earl's old army pistol and made the decision to shoot herself in the heart since it was so badly broken in the first place. Not wanting to miss the vital organ and become a vegetable and a burden to someone, she called her doctor's office to learn her heart's exact location.

"Since you're a woman," the doctor said, "your heart is just below your left breast, Why do you ask?" Mildred hung-up without answering.

Later that night, Mildred was admitted to the hospital with a gunshot wound to her knee.

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Book Fair! Book Fair!!

Come One! Come All! Capell Valley Elementary is having their annual Scholastic book fair during the week of October 9 – 13. What a great opportunity to come and purchase books at a reasonable price for your children, your grandchildren, and maybe even for yourself.

Scholastic books are current, and include several Newberry and Caldecott winners. The sale will be open to the public, so please stop by and browse. All proceeds will benefit our small school library collection, which we are currently trying to expand. You can buy some books or even just donate to our library.

We are located just past Moskowite Corners going East on Hwy 128 at 1192 Capell Valley Road. Phone: 259-8434

Book Fair Hours: Monday & Tuesday 2:30-4:00pm
Wednesday 12:00-4:00pm
Wednesday 5:30-7:30pm Special Evening Event!
Thursday 12:00-4:00pm, Friday 9:00-2:00pm

What Is Brain Freeze?

"Brain freeze" or an "ice cream headache" hits when a cold substance makes contact with nerve endings in the roof of your mouth. A particular nerve in the back of your throat (impress your friends by calling it the sphenopalatine ganglion) stimulates the trigeminal nerve, the largest of the sensory nerves that lead from your face to your brain. The result is that characteristic stabbing pain, centered in the midfrontal part of the brain. Migraine sufferers are typically susceptible to cold-induced headaches, and a 10 or 20-second brain freeze can often be a trigger for a longer, more severe migraine attack. There's really no way to avoid such headaches if you insist on wolfing down your icy dessert. Next time you sip a Slurpee, just remember to take it slow.

•••••

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How to Stay Married

A man and woman had been married for more than 60 years. They had sharedeverything. They had talked about everything. They had kept no secretsfrom each other except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover. In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$25,000. He asked her about the contents. "When we were to be married" she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness. "Honey," he said, "that explains the doll, but what about all of this money? Where did it come from?"

"Oh," she said, "THAT'S THE MONEY I MADE FROM SELLING THE DOLLS"

A Prayer...

Dear Lord,

I pray for Wisdom to understand my man;
Love to forgive him; And
Patience for his moods;
Because Lord,
if I pray for Strength,
I'll beat him to death.
Amen!

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HAPPY BIRTHDAY

October

Georgia Craddock

Betty Pederson

Sybil Beeson

Mary Carpenter

Rudy Fehrenkamp

Michael Hamilton

Beatrice Junk

Dolores Mendonca

Catherine Parrish

Jack Wilson

Al Wnrib

BERRYESSA 4-H Club

First meeting Oct. 9th 2006

We will have meetings once a month.
1955 Capell Valley
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For more information
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Please call 253-4221, if there are any
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\$315,000 ~ 3/2 ~ 1262 ~ .48

\$324,000 ~ 3/2 ~ 1774 ~ .38

\$346,000 ~ 2/2 ~ 1244 ~ .40

\$325,000 ~ 2/1 ~ 864 ~ .45

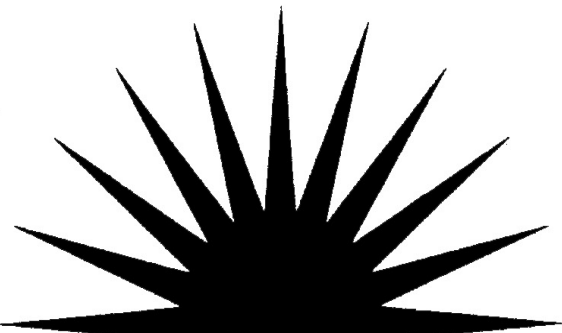
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What do goblins and ghosts drink when they're hot and thirsty on
Halloween? Ghou-aid!!

What do you call a witch who lives at the beach? A sand-witch.



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- I Long Terms
- I Boat Rentals
- I Boat Storage
- I Docks/Rentals
- I Event Packages

It was no accident
Me finding you
Someone had a hand in it
Long before we ever knew

Now I just can't believe
You're in my life
Heaven's smiling down on me
As I look at you tonight

I tip my hat
To the keeper of the stars
He sure knew what he was doin'
When he joined these two hearts

I hold everything
When I hold you in my arms
And I've got all I'll ever need
Thanks to the keeper of the stars

Soft moonlight on your face
Oh how you shine
It takes my breath away
Just to look into your eyes

I know I don't deserve
A treasure like you
There really are no words
To show my gratitude

So I tip my hat
To the keeper of the stars
He sure knew what he was doin'
When he joined these two hearts

I hold everything
When I hold you in my arms
And I've got all I'll ever need
Thanks to the keeper of the stars
It was no accident
Me finding you
Someone had a hand in it
Long before we ever knew
ANGEL

IN MEMORY OF

Avril Rose Smith

Died

On 9/27/06

at the age of 90.

She was married to
Frank (Mississippi) Smith
in 1939 & then moved to
Napa Valley where they
raised their 5 children
including

Smitty Smith jr.

Our deepest sympathy &
love go out to you & the
loss of your mother .
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at Monticello Dam is 440 feet.

The water is now 8.40 feet below the top of the spillway

Date	Elevation	Evaporation	High	Low
9-25-06	431.86	.20	90	48
26	.83	.15	92	49
27	.79	..31	91	48
28	.75	.24	92	51
29	.71	.14	87	51
30	.66	.14	87	47
10/1/06	.60	.12	75	46

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1. All this time you've just been putting Bounce in the dryer! It will chase ants away when

you lay a Sheet near them. It also repels mice.



Why did the ghost go into the bar? ~ For the Boos!
Why didn't the skeleton dance at the party? ~ He had no body to dance with!!

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Bald Eagles Overhead

by Mary Schiedt

For millennia bald eagles have lived near streams and lakes where fish abound. They are excellent at catching large fish, the main item in their diet during the breeding season. Flying low, they dip to the water and snatch fish at the surface, but can also plunge-dive to catch deeper fish. When they do you will see them power up out of the water, shift the fish to an aerodynamic position, and give themselves a big shake to throw off the water. Occasionally, a fish is so large that the eagle drags it to shore by swimming a sort of "breast stroke." Of course, they can also intimidate an osprey into dropping its catch if the opportunity arises. If a fish is dropped, the eagle can catch it before it hits the water.

Bald eagles usually build huge stick nests high in large trees or snags, and add more sticks year after year, sometimes until the tree branch fails. A pair will stay together for life if possible, but they will seek a new mate if one of the pair dies. After the female lays two eggs, both parents take turns at incubation for the next 35 days. The hatchlings are downy and immobile, but have their eyes open from the start. Both parents then bring food to the nest and tend the young intensively for 70 to 100 days until the nestlings learn to fly. Usually a pair of adults successfully raises one or two young each year. It takes a youngster four to five years to reach maturity, and finding a mate may take time, but they live up to 35 years. Eagle parents only assist their young in obtaining food in their hatch year. After that the parents will drive them away to make room for the next batch of chicks. Tough life!

What contributes to the might and majesty of eagles? Their wingspan is about six feet and the breadth of these wings allows them to soar on thermals and updrafts or to power up with prey or in courtship. Their fierce-looking eyes face forward and have two foveas, or areas of extrasharp focus, in each eye. Their vision is many times sharper than ours. Their sharp hooked beaks are used to tear food, not to kill. The kill is achieved by the force of the attack, or by the penetration of the huge talons. Spiky pads on the toes help hold slippery fish.

Outside the breeding season the diet can include small mammals such as rabbits, but is often made up mostly of carrion, including roadkill. They are able to kill ducks and geese in wetland areas, but many of those may be birds weakened by disease or hunger. Golden eagles are found more in open country, feeding on small mammals, birds, snakes, and occasional carrion.

For several decades, bald eagles were in extreme decline due to DDT in the food chain. The effect of the pesticide on eagles was the production of very thin delicate eggshells. Year after year eggs would be crushed and pairs of eagles were unable to hatch young. The banning of DDT in 1972 in the United States allowed the food chain to slowly become less contaminated. Eagles are re-expanding into their old ranges and in fact, Cache Creek above Rumsey is the largest wintering area for bald eagles south of the Klamath Basin.

Where can you see bald eagles? In winter look for them in and above Cache Creek Canyon, Putah Creek Canyon, Lake Solano, Lake Berryessa, and Clear Lake. In early spring many will migrate northward, and our local pairs will seek out their breeding territories and begin defending them. If you're especially lucky you might see courtship displays. In mid-flight they may lock talons and descend in a tumbling series of "somersaults."

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The Lake Berryessa News

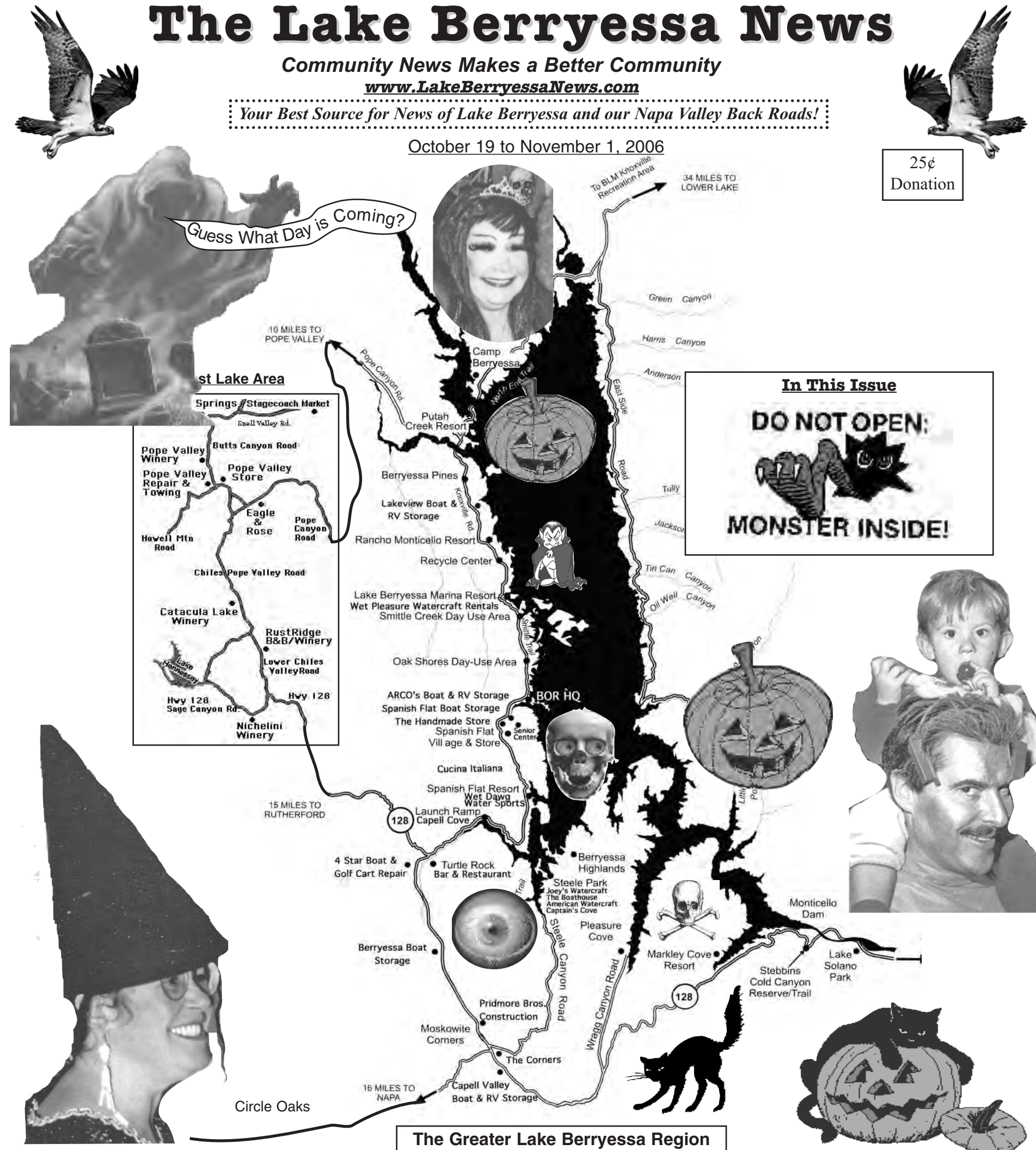
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The Original Gestalt Prayer by Fritz Perls

I do my thing and you do your thing.
I am not in this world to live up to your expectations
And you are not in this world to live up to mine.
You are you and I am I,
And if by chance we find each other, it's beautiful.
If not, it can't be helped.

The Modified Gestalt Prayer - Flaming Egotist Version

I do my laundry, and you do yours.
I am not in this world to listen to your ceaseless yammering,
And you are not in this world for any discernible reason at all.
You are you, and I am I, and I got the better deal.
And if by chance we find each other, it will be unspeakably tedious.
Buzz off.

A More Mellow Version of Reality - Tao Te Ching by Lao Tzu

Accept what is in front of you without
wanting the situation to be other than it is.
Study the natural order of things and work
with it rather than against it, for to try
to change what is only set up resistance...

INTERPRETIVE WALK

Quail Ridge Wilderness Conservancy will conduct an interpretive walk on Quail Ridge Reserve, on a peninsula at the southwest end of Lake Berryessa, from 2 to 6 p.m. Oct. 28. The walk will be led by QRWC Executive Director Frank Maurer, a zoologist and ecologist. To reserve a spot and get directions, call (530) 758-1387.



The Lake Berryessa News

www.LakeBerryessaNews.com

Published the first and third Thursday of each month.

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Drive-In Movie Theaters: When Did You Last Go To One?

THE FIRST DRIVE-IN MOVIE THEATER WAS OPENED ON June 6,1933, by salesman Richard M. Hollingshead in Camden, N.J. On the bill was a twilight showing of the British comedy Wife Beware. Hollingshead had worked out the technology with a 1928 Kodak projector that he mounted on the hood of his car and aimed at a sheet. The film was a little-known second-run feature, and the neighbors complained about the noise.

From those decidedly humble beginnings, a U.S. institution was born, one that exploded in the post-World War II automobile culture. The drive-in era peaked in1958, with nearly 5,000 theaters across the U.S. But in 1966, daylight saving time led to summer showings at 9p.m., making the screenings less appealing to families. Air-conditioned theaters trumped steamy summer nights, and by the 1980s, the VCR and cable TV dealt another blow to the ailing industry. By 1995, fewer than 500 drive-ins were left.

But just when it seemed as if the iconic U.S. entertainment form was headed for extinction, a mini-revival began. Fueled by a blast of nostalgia as well as families tired of spending upwards of \$50 to take the kids to the multiplex, new drive-ins have opened in Texas, Montana, Alabama, Georgia, Pennsylvania and New York, while all over the country, vintage theaters have been renovated. Websites like drive-in.net and driveintheater.com keep aficionados updated about openings and showtimes.

A new generation of movie fans is taking its cue from Hollingshead, fusing modem technology with his old-school concept of a drive-in, creating do-it- yourself outdoor movie experiences. DVD players, digital projectors and iPods have put the technology of drive-in movies into the hands of anyone with a technological bent. In California, the Santa Cruz Guerilla Drive-In collective has combined a love of movies with a mission to reclaim public space by staging word-of-mouth screenings of films ranging from politically subversive shorts to Dirty Dancing, and it has inspired other guerrilla-flick efforts in Portland, Me., and West Chester, Pa. In Berkeley, Calif., Web developer Bryan Kennedy turned his car nto a mobile movie unit, a sort of drive-in that actually drives in, with a DVD player, a projector and an FM transmitter that beams a movie's sound track to other cars. His technology has given rise to the MobMov movement, with chapters worldwide, creating free film venues in any open space. (See ww.w mobmov.org.)

Resource Conservation District Board Positions Available

Three openings on the Napa County Resource Conservation District Board of Directors are available. The terms will commence at noon on November 30, 2006 and expire at noon on November 30, 2010.

Interested applicants should demonstrate an interest in soil and water conservation and must obtain ten (10) signatures of at least ten (10) qualified voters of the Napa County Resource Conservation District.

Interested applicants must be registered voters in the State, must reside within the District, and must either own real property in the District or act as the designated agent of a resident land owner within the District, or have served for at least two (2) years as an associate director of the District providing advisory or other assistance to the Board of Directors.

Persons interested in appointment to the Napa County Resource Conservation Board of Directors should contact the Napa County Executive Office, 1195 Third Street, Room 310, Napa, CA 94559, telephone 253-4421 to obtain the appropriate form. Deadline to apply is Friday, November 3, 2006 at 5:00 PM.



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Tuleyome Buys Ireland Ranch

Tuleyome, a local not-for-profit corporation based in Woodland, California, recently purchased the Ireland Ranch from the Ireland family, who are fifth generation Yolo County residents. The 640-acre ranch is located in the Blue Ridge abutting 9100 acres of public lands managed by the Bureau of Land Management as the Berryessa Peak unit. The Blue Ridge, a section of the inner coast range in western Yolo County, runs northwest from Putah Creek to Cache Creek.

The Blue Ridge is a dynamic result of plate tectonic forces that steeply uplifted sandstone and shale rock layers creating beautiful interior valleys, creeks and springs. Oak woodlands, gray pine woodlands, chaparral, riparian habitat, and grasslands are the dominant habitat types and mountain lion, black bear, deer, bobcats, eagles and falcons make their home in the mountain range. The ranch forms the headwaters for Enos, Salt and Pine Creeks and includes the location of the historic Scott homestead.

Tuleyome is working to protect both the wild heritage and the agricultural heritage in the Putah and Cache Creek watersheds for existing and future generations. The Blue Ridge Conservancy is a Tuleyome land trust project that operates to conserve lands in western Yolo County.

“We intend to participate in regional decisions as land owners and stakeholders to fulfill our dual mission,” commented Debra Chase, Tuleyome’s Executive Director. “Current land uses will continue while we develop a management plan, and we hope to be friends and good neighbors with other Blue Ridge landowners.” The Ireland Ranch is currently grazed and seeking organic certification.

If you are interested in learning more about Tuleyome and the Ireland Ranch contact Debra Chase at 530-350-2599 or email dchase@tuleyome.org.

Fishing With Dino

The water is cooling off! Temp is 66 degrees 6 feet from the surface. Trout are at the 40 foot level trolling needlefish or apex. The narrows and dam area are working well.

Crappie are hitting jigs hard in early morning hours. Nice 1 to 2 pounders are being caught by George Parish of Spanish Flat.

Bass are hitting pretty good on plastics or crankbaits in 20 to 25 feet of water. The big island area is the hot spot this week.

Catfishing is still a good thing on hot dogs, chicken livers or dip bait. Off any bank will do. Just be patient and get your baits to the bottom.

Dino Righetti, Spanish Flat Resort Marina, 707-966-7708

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I fished three points and I could see trout about four to six feet down chasing shad. I picked up three bass and it wasn't easy fishing. I trolled from Big Island back to Steele Park and picked up a few trout. Mike from Spanish Flat told me to come by early Sunday morning because the crappie bite was great and be sure to bring a red and white jig.



"til next week.....good fishing!!!!!!!!!!!!!!!!!!!!!! www.fishingconnection.net If you have any fishing stories you would like to share please email me at bestguide@hotmail.com or call me at 650-583-3333.

- *Every Mon. Bingo 1pm, 252-8488, 1st Mon. of each month Potluck Noon
- *Berryessa Senior Center Activities, Call Georgia at 966-2127
- *Berryessa Senior Center Email: Berryessasenior@aol.com
- *Potlucks, Call 966-0206 (Please leave a message.)
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They also want to remind you that when you set your clocks back on the night of Oct. 28, you should also set your appetites forward for their new winter hours (See ad below.). Start planning now for their fantastic New Year's Eve Dinner. Stefano and Sharyn are also available for holiday parties and cater-

ing. Here's to many more years of delicious Italian food! If you haven't eaten there yet, you're missing a real treat - as well as a great place to meet friends and neighbors. More color photos (including one of Sharyn!) of the party are at www.LakeBerryessaNews.com.



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Why Do I Feel Sleepy After I Eat?

The glucose from food causes your body to reduce production of orexins, a class of proteins that is believed to keep us alert. Orexin-producing neurons, which are found in the hypothalamus region of the brain, have been known since 2003 to be affected by glucose levels, but it wasn't known to what extent those levels - and the subsequent suppression of orexins -interfere with alertness. In June, Denis Burdakov and his fellow researchers at the University of Manchester in England reported that even a small increase in blood-glucose levels significantly lowers the orexin-mediated neuron activity in the brain, causing sleepiness. The strong dependence of alertness on glucose levels was surprising, although, Burdakov says, the discovery makes perfect evolutionary sense. "It would be advantageous for animals to stop energy-expending behaviors after they obtained their food, in order to make the calories last as long as possible," he explains.

But all foods are not created equal. According to Burdakov, meals rich in carbohydrates or fats elevate blood-glucose levels and make you more tired; meals higher in protein are less likely to have that effect. So if you want to make it through the workday without nodding off at your desk, eat some meat for lunch.

The following are apparently accounts of actual exchanges between airline pilots and control towers around the world.

Tower: 'Delta 351, you have traffic at 10 o'clock, 6 miles!'
Delta 351: 'Give us another hint! We have digital watches!'

'TWA 2341, for noise abatement turn right 45 Degrees.'
'Centre, we are at 35,000 feet. How much noise can we make up here?'
'Sir, have you ever heard the noise a 747 makes when it hits a 727?'

A student became lost during a solo cross-country flight. While attempting to locate the aircraft on radar, ATC asked, 'What was your last known position?' Student: 'When I was number one for takeoff.'

A DC-10 had come in a little hot and thus had an exceedingly long roll out after touching down. San Jose Tower Noted: 'American 751, make a hard right turn at the end of the runway, if you are able. If you are not able, take the Guadalupe exit off Highway 101, make a right at the lights and return to the airport.'




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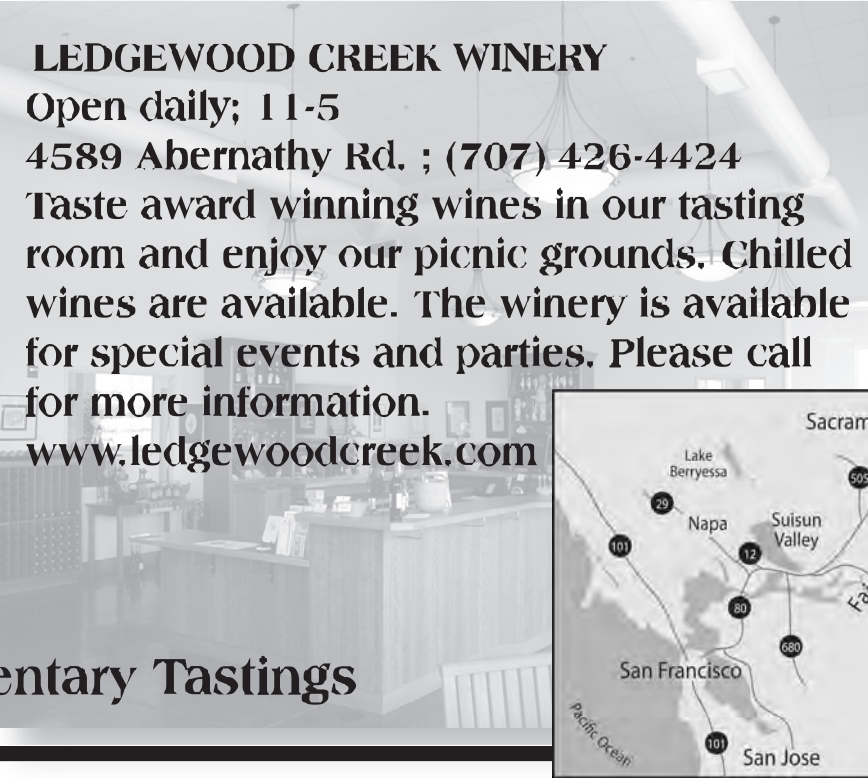
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\$385,000 ~	3/2 ~	1760 ~	.35



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What is a vampires favorite holiday?



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Within you is every potential
you can imagine.

Always aim higher than you
believe you can reach.
So often, you'll discover
that when your talents
are set free by your imagination,
you can achieve any goal.

If people offer their help or
wisdom as you go through life,
accept it gracefully.
You can learn much from those
who have gone before you.

But never be afraid or hesitant
to step off the accepted path and
head off in your own direction,
if your heart tells you that it's
the right way for you.

Always believe that you will
ultimately succeed at whatever you do,
and never forget the value of persistence,
discipline and determination.
You are meant to be whatever
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vampires favorite
holiday?
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makeup do
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Mas-scara-a.

Why did the
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the road?. To go
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