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# The Lake Berryessa News

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December 2011 - Merry Christmas!

## Lake Berryessa's Excellent Adventure:

### The Search for the Drowned Putah Creek Stone Bridge

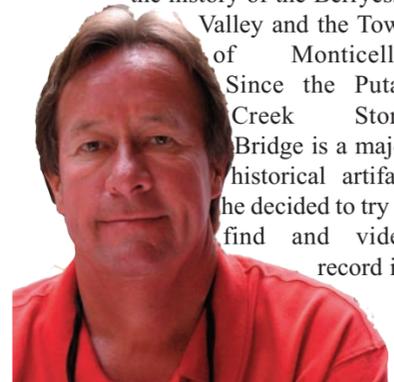
As adventures go, this is quite a story – and an interesting coincidence!  
On June 25, John Daniels of St. Helena found the Putah Creek Stone Bridge. On October 8, he was the first human being to see the famous bridge since Putah Creek was harnessed by Monticello Dam to form Lake Berryessa in 1958.  
On November 26, Les Wilkinson and Chris Hanson, members of the Berryessa Bridges Project, were the first human beings to see the bridge with their own eyes and touch it with their own hands.

John's eyes were channeled through a 160-foot cable connected to an underwater video camera. The amazing video of this first sighting is available on You Tube at [http://www.youtube.com/watch?v=NC DStk\\_9Vpc](http://www.youtube.com/watch?v=NC DStk_9Vpc).

Les and Chris, members of the Berryessa Bridges Project, were actually floating next to the bridge in 150 feet of cold, dark water.

John is a Napa County native who has been coming to Lake Berryessa since he was a child. He's also an avid fisherman who combined his love of being on the water with an interest in the history of the Berryessa

Valley and the Town of Monticello. Since the Putah Creek Stone Bridge is a major historical artifact he decided to try to find and video record it.



In John's own words: "I've spent thousands of hours with my family on Lake Berryessa, mostly waterskiing, but more recently, fishing. I've also wanted to see below the surface of the lake, to see large fish that I frequently mark on my sonar. Back in early June of this year I purchased a small underwater camera. I first tried to find any signs of Monticello, but no success.  
I then started to search for the Putah Creek Bridge. After several weekends of attempts I finally found it on June 25th, about 1,200 feet south of where I first thought it was, in 160ft. of water. I marked and saved it on the sonar. I spent numerous times crossing back and forth over it to verify it's center until I felt that I might be able to secure my boat over that spot.

I lowered a bow anchor line down with the boat perpendicular to the bridge and secured it to the North face of the bridge wall. I then cast a stern anchor and secured it to the opposite wall. I lowered the camera with small LED lights down on a 160 foot cable.

There was very little control of the camera, with it being so small and trying to send it straight down a line that was half the length of a football field.

I was thrilled to see this beautiful front face of the bridge wall with mortar joints still looking as if they were just placed yesterday. The top outer edge had a perfectly shaped stone cap and reveal, typical of stone bridges for that time in Napa County. The key stones that formed the arches were massive and appeared gigantic in relation to others I've seen."

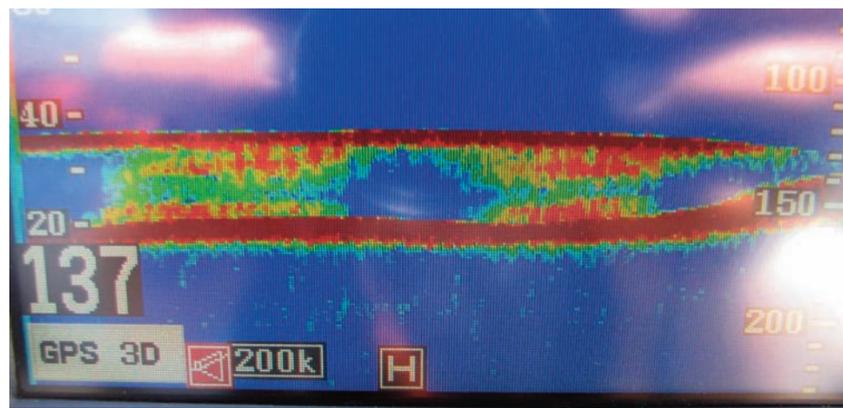
Coincidentally, during that same period another group of explorers was looking for the same bridge, as well as

several other bridges, that are below the surface of Lake Berryessa. The group of technical scuba divers, led by Dave VanValkenburg and Sharon Eckroth, had formed the Berryessa Bridges Project to find and document the historical bridges.

I was amazed at the research that had been done by the Berryessa

Bridges Project group, especially the computer graphics magic of Dave Van Valkenburg. Dave had superimposed a view from Google Earth, an old aerial photograph, and the plot map from Carol Fitzpatrick's Monticello History Exhibit to pinpoint the location.

(Continued on Page 7)



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**Light at the End of the Berryessa Highlands Sewer Pipe?**

On November 22, 2011, a contract for services was approved by the Board of the NBRID with a team led by Western Water Constructors which consists of several companies in order to provide the District with the distinct strengths offered by each company involved.

The DBFOM approach offers several advantages including:

- Single point of responsibility - The project is in the hands of a single entity leading to a high level of accountability. The design/builder is motivated to deliver a project successfully by completing multiple objectives, while ensuring quality, budgeting, and timely completion.
• Cost savings - Value engineering and constructability is a continuous focus as the contractor, engineer, operator, and District are all aligned and participating in the design and implementation of the project.
• Time savings - The design/build system has inherent efficiencies which allow materials/equipment procurement and construction to begin before final plans are completed. Lower costs and earlier use of a completed facility is the result of this method.

Guarantee of construction costs - Design and construction costs are estimated simultaneously so the team can accurately predict the costs for the complete project.

Improvements at the facility will occur in two phases. The first phase of the project involves the following items:

Feasibility Study
o Creation of a feasibility study defining a variety of potential improvements to bring the District into CDO compliance, and benefits/disadvantages of each approach.
o Siting study to determine the feasibility of loca-

tion for an additional storage pond.
o Preparation of a report of waste discharge application for submittal to the Regional Board.
Flow Monitoring - Monitoring of the system per Regional Board requirements. Confirmation of inflow and infiltration flows existing within the District.
Financial Analysis - Evaluation of public and private financing options and costs to determine the most favorable method of financing the improvements.

Assessment Engineer's Report - Preparation of documentation defining the plan for any assessment or bond approach for financing.

Guaranteed Maximum Price (GMP) Development - Preparation of preliminary engineering drawings and specifications to allow for development of a GMP for improvements per the desired approach from the feasibility study.

The second phase of the project would be implementation of the conceptual improvements determined and approved during the Phase 1 efforts. This will involve financing, detailed engineering, permitting, construction, and commissioning of the improvements.

In addition, the team will be providing operation and maintenance support and personnel for running the facility. Phase 1 will consist of oversight and support of existing District staff to allow for streamlining of the facility, data collection, and minimization of spills/overflow conditions. Phase 2 will involve the full transfer of the operations and maintenance duties of the facility to the team.

The agreement with Western Water Constructors is for privatized operations and management at a not to exceed cost of \$517,500 for the Preliminary Design Phase (PDP) professional engineering and financial services to address facilities needed to comply with Cease and Desist Order R5-2010-0101 issued by the Regional Water Quality Control Board, replacement of the water treatment plant and the wastewater treatment plant including provisions for private financing. This does not include any repair or construction work.

Completion of the PDP is scheduled for 150 days after contract signing. This work may potentially allow the CDO to be lifted in less than a year.

**Community Church Events**

The Community Church of Lake Berryessa would like to invite Berryessa area residents to our annual Christmas Dinner. It will be the 20th at R-Ranch. Seating is at 6 pm and dinner at 6:30. There is no charge.

We also will be caroling in the community on the 11th and the 21st. We will meet at the church at 6:30 pm and return about 8 pm. Please join us for a time that brightens spirits with a joyful noise.

Our Christmas Eve Candlelight service will be at 6:30 pm and we will have a shortened service on Christmas day. We will share in Communion and enjoy birthday cake in celebration of Jesus birth.

We also want to help those in the community who may be needing gift assistance this year. If you have a child under 14 years of age and need help please contact the church office at 252-4488.

Thanks and God Bless
The Community Church.

**Community Church of Lake Berryessa**

Located at 6008 Monticello Road (Moskowite Corners)
For information please contact Bob Lee
Phone: 707-252-4488
Email: terribob@lakeberryessa.net

**Appetite-Building on Thanksgiving Day**

On Thanksgiving Day while everyone was cooking a number of Berryessa runners joined about 1,700 other runners in the Solano Hearts United 5K/10K Run. It was held at Solano College to raise money for four charities in Solano County; Mission Solano, Meals On Wheels, Heather House and Children's Nurturing project.

The Berryessa contingent was made up of Koreen Immen (10K), Matt Stork (10k), Wendy Rodden (10K), Bob Lee (10K), Dirk Werning (5K) and Sandy Storck (5K).

It was a rainy ride down to the event, but the race started with dry skies. The Berryessa folks were fast enough to beat the rain back to the finish line. Two of the six runners, Koreen and Bob, finished second in their age groups to take home a much coveted stocking cap.

Equally impressive were Wendy and Sandy who completed their first ever race with times putting them well up on a number of other runners.

A good time was had by all - we then went home and ate!

**Event Calendar**

December 17 - Saturday: Senior Center Christmas Potluck Party. 6 PM. Traditional Baked Ham Dinner along with Tri Tip with all the trimmings. Rudy & Betty Fehrenkamp have agreed to return as Mr & Mrs Claus. All families are invited. Gift exchange: please bring a new wrapped gift (no more than \$10 value) marked for man or woman.

December 20 - Tuesday: The Community Church of Lake Berryessa would like to invite Berryessa area residents to our annual Christmas Dinner. It will be on the 20th at R-Ranch. Seating is at 6 pm and dinner at 6:30. There is no charge.

January 21 - Saturday: Berryessa Senior Center Crab Feed.

January 28 - Saturday: Pope Valley School Crab Feed. Pope Valley Farm Center Doors open 5:00 p.m. Dinner 6:00 p.m. Silent Auction—5:00-8:00 p.m. Tickets \$50.00/person. (Limited availability—call 965-2402 to order)

My old friend Dick Stella's daughter, Michelle, died on Thanksgiving Day. He wrote this poem in her memory.

**Make Us An Angel**

lord
Make us an angel
with wings soft and
broad enough
to shield her
from the cold.

Pray us a prayer
so powerful,
I'll forget to ask why
We need an angel.

Write us a song
to sing on a summer's eve,
with words so sweet
We'll sleep till morning.

Give us a memory.
Place it on our shoulders.
So, as We travel onward,
whenever We turn our heads

We'll smile.

**At the Volunteer Fire Station Next to Capell School off Hwy 128**



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**Dam Level Update as of Monday, 12/5/11**

The elevation of (Glory Hole) at Monticello Dam is 440 feet (msl). Lake Berryessa has had 2.77 inches of rain since July 1, 2011. The water is now 14.8 feet below the top of the spillway.

Table with 6 columns: Date, Elevation, Evap, High, Low, Rain. Rows show data from 11/7/11 to 12/4/11.

**December Birthdays**

- Gary Larski - 5th
Christine Roussopoulos - 5th
Chris Carstens - 1st
Nancy Pridmore - 13th
Clint Pridmore - 4th
Rose Stubbs - 23rd
Al Wynrib - 4th
Joan Brigham - 31st

**The Lake Berryessa News**

Owner/Editor: Peter Kilkus
415-307-6906, PKilkus@LakeBerryessa.net
Subscriptions - \$35 per year.

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### Lake Berryessa's 2012 Rainy Season May Be on the Dry Side!

Another rainy season has begun, but only time to tell whether Lake Berryessa will see water spilling into Glory Hole this year. For the lake region, a "normal" rainfall season means about 22+ to 30 inches of rain between October and June.

An especially dry year, such as 2007, only saw about 15 inches while a particularly wet season, such as 1998 and 2006, brought more than 40 inches. Some forecasters predict that the first part of this rainy season will be influenced by weak La Niña conditions. That could mean near-normal or below-normal rainfall.

"La Niña" - Spanish for "the little girl" - refers to unusually cold water temperatures in the Pacific Ocean along the equator. That usually leads to rainier-than-normal winter in the Pacific Northwest and dryer-than-normal winter in Southern California.

The National Weather Service Climate Prediction Center predicts above-normal rainfall in the Pacific Northwest and below-normal rainfall in Southern California. In the Bay Area, things could go either way or be normal. A colder-than-usual winter is also likely, according to the center.

The Old Farmer's Almanac also has predictions for the upcoming rainfall year. Look for a rainy streak into December and a wet, cool spring leading up to a hot summer, according to the almanac.

The Solano County Water Agency is doubtful that enough rain will fall to lift Berryessa water levels the final 14.6 feet needed to spill into the Glory Hole for the first time since 2006.

During a typical rain year, Lake Berryessa gets about 200,000 acre-feet of water. Last year saw above-normal rainfall and the lake received 300,000 acre-feet. If this rainy season mirrors the 2010-11 season, enough water could flow into Lake Berryessa and the lake level could approach or top the Glory Hole.

Much depends on where the heart of the storms hit. The Berryessa watershed runs from the lake as far north as 4,720-foot-high Mount Cobb in Lake County. Storms in 1995 dropped so much rain in the watershed that Lake Berryessa received almost 800,000 acre-feet of water. If that were to happen this year, the lake would fill and then some.

### Wine and Global Warming

A team of climate scientists broke the US. into a four kilometer grid (much smaller than that used in global climate models) and examined the future effect of climate change on a single industry: winemaking.

Premium wine grapes like the weather warm but not too warm. They are particularly sensitive to days when the temperature rises above 95°F, although extended stretches above 85°F aren't good for them either.

What the scientists found is that while global warming isn't projected to produce a massive change in average temperature in wine-growing regions (probably only about 5°F by the end of the century), that's enough to tip a lot of summer days into the heat-wave zone.

For example, California's Napa and Sonoma wine regions currently see fewer than fourteen of the 95°-plus days each year. But by the end of the century that could climb to 55 or 60 - enough to pretty much put these regions out of business.

All told, the report calculated, U.S. production of premium wines could drop 80% by 2100 - even after accounting for the fact that some regions, like parts of Maine, Oregon and Washington, could become California's heirs.

End of the world? Not really. Life without premium wines would be less interesting, but not unimaginable.

Besides, America's loss might be Canada's gain. Or perhaps genetic engineering will come to California's rescue with heat-resistant strains.

### Rimrock Road Scores Another Professional Musician/Composer



The Berryessa Highlands is home to many interesting people. One of them is Tibor Olah and his young family. I just heard T's in-process CD at Cucina Italiana. I definitely enjoyed the music. The arrangements are complex and very rich.

Tibor Olah Music Productions is a dynamic music production facility, developing original music and sound design for film, television, and radio. The objective is to create music that captures the essence of the moment whether it's a visual presentation or just pure

listening pleasure.

T says, "I'm working on the final version of my CD. As any artist would say... it's not perfect yet! The music is simply a labour of love. I just hope always, that someone's listening."

T has played with Rick James, Toto, Ramsey Lewis, and The Gap Band. To hear and see examples of his professional work, and some very powerful original compositions, go to his web site, <http://tiborolah.com/>.

You can request a copy of his CD at [info@tiborolah.com](mailto:info@tiborolah.com). Leave your contact info and he will arrange to get you a copy for \$15 dollars.

The Music Will Move You !

### California Inland Fisheries Foundation Volunteers Head to Lake Berryessa

CIFFI's four pens at Markley Cove Resort were thoroughly cleaned by a volunteer group manning the power washers. DFG's trout are scheduled to be put into the nets in early January 2012.

These pens hold the tiny rainbow trout during the fall and winter months in an attempt to teach the fish how to feed and better survive the crucial winter months. The small fry will remain in the pens for approximately four to five months, being fed several times a day by volunteers from CIFFI and Markley Cove Resort. After eight-plus years of using these pens, CIFFI has found that the pen-raised fish acclimate better to the natural food sources at Lake Berryessa and grow to a larger size by spring. They are also able to utilize the lake's huge population of natural food sources better than DFG's springs planted fish.

Simply put, planter trout have mouths too small to swallow the lake's minnows. Biological studies have proven that pen projects work well and anticipation is high for a greater number of holdover sized fish in future years.

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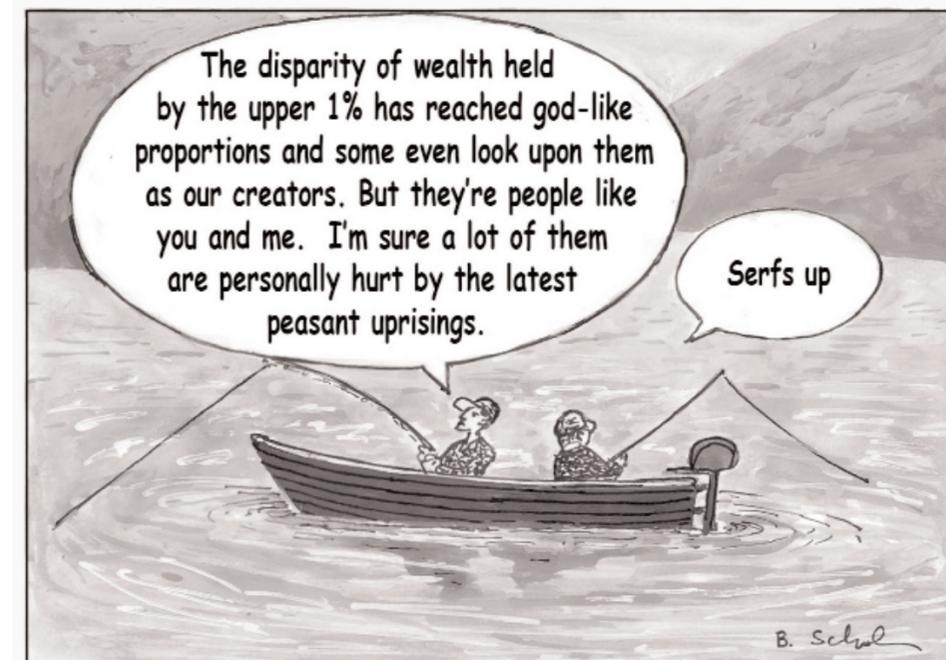
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## NAPALACHIA by Bill Scholer

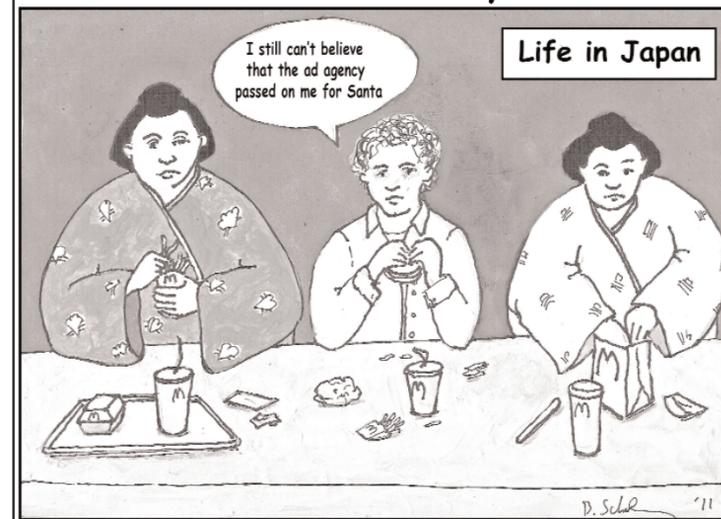


### Ski Resorts are Open, but...

I've found the most accurate snow predictions are on the Northstar Resort web site at <http://northstarsnow.blogspot.com/>. Here's the latest post on Dec. 4: In order to get some snow into CA we are waiting for the pattern to change. Currently there is a large area of high pressure spinning off the Pacific NW coast sending storms coming across the Pacific ocean up into Alaska and Canada. This is common in a positive PNA (Pacific North American) teleconnection pattern which we are currently in.

Right now it looks like going into next week the snow storms will increase to our North in the Pacific NW with some chances of light snow making it down here. As we go later into the month the jetstream and track of the storms should come further South. Not the best news, but until then plenty of cold for snowmaking.

## NAPALACHIA By Bill Scholer



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Christmas: The time of year when everyone gets Santamental.

**The Grinch Who Stole the Christmas Stuffing: A Cautionary Holiday Tale**

By Peter Kilkus (This Season's Grinch)

We all partake of the noble holiday tradition of stuffing a turkey, and then stuffing ourselves, for the holidays. Although we know that it's not good for us, a whole platoon of doctors can't seem to stop us.

But I just had a personal wake-up call when my doctor said that the red "Check Engine" light was flashing on my physical exam results. My blood pressure had spiked and I was not feeling exceptionally well.

Then I saw a medical poster that kind of freaked me out. It graphically described a condition called "Metabolic Syndrome" and the picture on the poster looked a lot like me! (See picture on right)

So let me Grinch you out before you start stuffing so you can understand your options and their effects. Consider it a Christmas present from the Lake Berryessa News.

**What is Metabolic Syndrome?**

Metabolic syndrome describes a common condition in which obesity, high blood pressure, high blood glucose ("blood sugar"), and an abnormal cholesterol profile (dyslipidemia) cluster together in one person.

When these risk factors occur together, the chance of developing coronary heart disease, stroke, and diabetes is much greater than when these risk factors develop independently.

According to the American Heart Association, almost 25% of Americans are affected by metabolic syndrome.

**Metabolic Syndrome Risk Factors**

To be diagnosed with metabolic syndrome, patients need to have at least three of the following risk factors:

**Obesity:** Obesity is defined as having too much body fat. A person is considered obese when his/her weight is 20% or more above ideal weight. Obesity promotes insulin resistance, an inability to respond normally to insulin.

People with fat situated mainly around the stomach (abdomen) are considered "apple-shaped". They have a

higher risk of many of the serious conditions associated with metabolic syndrome. See accompanying article: Body Mass Index (BMI) Defined and Explained.

*Metabolic Syndrome Risk Factor:*

Waist measurement greater than 35 inches (women) or 40 inches (men).

**High Blood Glucose:**

Sugar (glucose) is what supplies the body with energy. Normally, this sugar is rapidly cleared from the blood and stored as energy. If sugar stays in the blood it causes an unhealthy buildup called high blood glucose. Glucose in the blood reaches all of the body's organs and systems, including the heart arteries and veins, kidneys, and nervous system.

This constant "sugar-attack" has the same affect as eating too much candy and not brushing your teeth - it causes organ system decay or degeneration. People with high blood glucose are at risk for many diseases including heart attack, stroke, blindness, and amputation. High blood glucose levels (or pre-diabetes) often leads to the development of type 2 diabetes.

*Metabolic Syndrome Risk Factor:*

Glucose of 110 mg/dL or greater

**High Blood Pressure:** Blood pressure is the force that helps the blood flow through the blood vessels. When the blood pressure in the arteries is too high, it is called high blood pressure. High blood pressure damages blood vessels. If blood vessels are subjected to high blood pressure for an extended period of time, they thicken and become less flexible. This is called arteriosclerosis, and it can affect the arteries that supply blood to the heart.

Blood pressure is measured using two numbers. The first number, called systolic pressure, is measured just after the heart contracts and the pressure is greatest. The second number is diastolic pressure. It is measured when the heart relaxes and the pressure is lowest

Normal blood pressure is about 110/75 mmHg. High blood pressure alone causes no symptoms, but it does increase the risk of heart attack, stroke, and kidney failure.

*Metabolic Syndrome Risk Factor:*

Blood pressure greater than 130/85

**Abnormal Cholesterol Profile**

**(Dyslipidemia):** Cholesterol is a type of fat in your blood. Cholesterol either comes from the foods you eat or is made by your liver. It is found in all of the body's cells. There are "good" and "bad" types of cholesterol.

Too much of the "bad" cholesterol (triglycerides and LDL) and not enough "good" cholesterol (HDL) can increase your risk of coronary heart disease. Triglycerides and HDL levels are important indicators of metabolic syndrome.

**Triglycerides:** High triglyceride levels in the blood can help clog the arteries with fatty deposits called plaque (atherosclerosis), making it difficult for oxygen-rich blood to reach the heart. High triglyceride levels increase your risk of having a heart attack

*Metabolic Syndrome Risk Factor:*

Triglycerides greater than 150 mg/dL

**HDL Cholesterol:** HDL cholesterol (the "good cholesterol") helps remove deposits from within the blood vessels and it stops the blood vessels from becoming blocked. The more HDL in your blood, the better it is for your heart. When HDL cholesterol levels are low, there is a greater risk of developing a heart attack or stroke.

*Metabolic Syndrome Risk Factor:*

HDL cholesterol level less than 50 mg/dL (women) and less than 40 mg/dL (men)

**Medical Conditions Associated with Metabolic Syndrome**

People with untreated metabolic syndrome are at a higher risk of cardiovascular disease (such as coronary heart disease and stroke) and type 2 diabetes.

**Stroke:** The term stroke refers to the sudden death of brain tissue caused by a lack of oxygen to the brain. In ischemic stroke, blood flow to an area of the brain is either blocked or reduced. This blockage may result from atherosclerosis and blood clot formation.

**Coronary disease:** Narrowing of the arteries in the heart usually causes

coronary heart disease which can lead to heart attacks. The buildup of plaque in the lining of the arteries (atherosclerosis) can cause this narrowing. All of the metabolic syndrome risk factors can result in atherosclerosis. Heart attacks occur when blood cannot flow through the clogged arteries. As a result, the heart does not get enough oxygen and stops working.

**Type 2 Diabetes:** A disease in which the pancreas produces little or no insulin and/or the body loses the ability to respond normally to insulin (insulin resistance). Insulin is needed to transport glucose into the cells for use as energy. Without insulin, body tissues have less access to essential nutrients for energy and storage. Without proper management, diabetes can lead to complications that affect the eyes, mouth, cardiovascular system, kidneys, nerves, and extremities.

**Causes and Treatment**

Some studies suggest that metabolic syndrome is closely tied to an individual's metabolism, or how the body processes food. Normally, food is absorbed into the bloodstream in the form of sugar (glucose) and other basic substances. When glucose levels in the bloodstream rise the pancreas (an organ behind the stomach) releases a hormone called insulin.

Insulin attaches to the body's cells allowing glucose to enter where it is used for energy. In some people, the body's cells are not able to respond to insulin (insulin resistance). It is this condition of insulin resistance that some studies suggest is behind the development of metabolic syndrome.

Metabolic syndrome is a disease that requires long-term management of each of the risk factors. Poor nutrition and lack of exercise are underlying causes. It has been shown that with lifestyle changes and treatment, including medications, people with metabolic syndrome can greatly decrease their chances of developing serious complications. Regular monitoring of blood pressure, cholesterol, and glucose are important to detect the syndrome. It is important to know your number.

**Cranberry-Apple Sauce (The John Van Loon Special)**

(This is one of the most flavorful cranberry sauces I've ever tasted!)

- 10 cups      diced, peeled McIntosh apples (approximately 7 large apples)
- 6 cups      fresh cranberries
- 2 cups      apple cider
- 2/3 cup      maple sugar (or firmly packed light or dark brown sugar)
- 4 tbsp      pure maple syrup
- 2/3 cup      golden raisins
- 2 tbsp      grated fresh ginger
- 2 tsp      ground cinnamon
- 1/2 tsp      ground cloves
- 1/2 tsp      salt

1. In a large saucepan, combine the apples, cranberries, cider, maple sugar, maple syrup, raisins, ginger, cinnamon, cloves and salt.
2. Bring to a boil, and immediately reduce the heat to low.
3. Simmer, uncovered, until the cranberries burst, 8 minutes. Cool to room temperature.
4. Transfer to a bowl, cover, and refrigerate until chilled. Serve chilled. Makes 16 cups or 32 servings.

**Fire Cider: Winter Health Without Flames**

Stave off a cold with fire. Well, almost - fire cider. This unusual concoction of immune-boosting ingredients will also clear sinuses, but it's not for the weak of heart. Some people like to age their fire cider for several weeks, so they start a fresh batch every autumn for winter cold season.

- 1 small onion, peeled and chopped (contains natural anti-histamines),
- 5 cloves garlic, peeled, minced (anti-bacterial, anti-fungal, anti-viral),
- 3/4 cup peeled, grated fresh horse-radish (increases blood flow to the head),
- 1/2 cup peeled, grated fresh ginger (increases circulation to the extremities),
- 1 tsp. ground turmeric (anti-inflammatory),
- 1 heaping tsp. cayenne pepper (blood stimulant),
- 1 cup honey, preferably raw and local,
- 2 cups apple cider vinegar to cover.

Put the ingredients in a quart jar and stir until the honey is dissolved. Cover the mouth of the jar with a square of waxed paper, and fasten the lid tightly.

Put in a cool, dark place, and let sit undisturbed for six to eight weeks. Once your fire cider has matured, strain and squeeze the mixture through cheesecloth.

Stored away from light and heat, fire cider will last up to six months. When needed, take by the spoonful. It can be also be used as a salad dressing or as a chest rub.

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**2012 Holidays**

Jan. 01 New Year's Day	May 21 Victoria Day, Canada
Jan. 16 Martin Luther King, Jr., Day,	May 22 National Maritime Day
Jan. 23 Chinese/Lunar New Year	May 28 Memorial Day, U.S
Feb. 01 National Freedom Day	Jun. 14 Flag Day
Feb. 02 Groundhog Day	Jun. 17 Father's Day
Feb. 05 Super Bowl Sunday	Jun. 20 Summer Solstice
Feb. 12 Lincoln's Birthday, U.S	Jun. 24 St. Jean-Baptiste Day
Feb. 14 Valentine's Day	Jul. 01 Canada Day, Canada
Feb. 15 Susan B. Anthony Day	Jul. 04 Independence Day, U.S
Feb. 20 Washington's Birthday (obs)	Jul. 22 Parent's Day
Feb. 21 Mardi Gras	Sep. 03 Labor Day, U.S
Feb. 22 Washington's Birthday	Sep. 03 Labour Day, Canada
Feb. 22 Ash Wednesday	Sep. 09 Grandparent's Day
Mar. 11 Daylight Saving Time Starts	Sep. 11 Patriot Day
Mar. 17 St. Patrick's Day	Sep. 16 Jewish New Year Starts
Mar. 20 Spring Equinox	Sep. 17 Citizenship Day
Apr. 01 April Fool's Day	Sep. 22 Fall Equinox
Apr. 01 Palm Sunday	Sep. 25 Yom Kippur Starts
Apr. 06 Good Friday	Oct. 08 Columbus Day, U.S
Apr. 06 Jewish Passover Starts	Oct. 31 Halloween
Apr. 08 Easter Sunday	Nov. 06 Election Day, U.S
Apr. 09 Easter Monday (Can.)	Nov. 04 Daylight Saving Time Ends
Apr. 16 Patriots' Day	Nov. 11 Veterans Day, U.S
Apr. 22 Earth Day	Nov. 11 Remembrance Day (Alberta)
Apr. 25 Admin. Assistant's Day	Nov. 22 Thanksgiving Day, U.S
Apr. 27 Arbor Day	Dec. 08 Hanukkah Starts
May 05 Cinco de Mayo	Dec. 21 Winter Solstice
May 08 National Teacher Day	Dec. 24 Christmas Eve, U.S & Can.
May 13 Mother's Day	Dec. 25 Christmas Day
May 20 Armed Forces Day	Dec. 26 Boxing Day - Canada
	Dec. 31 New Year's Eve

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### The Lake Berryessa News Horoscope

Aries (March 21-April 19): Plastic bags can wreak havoc on the environment, especially if like you, people keep using them to suffocate trees.

Taurus (April 20-May 20): And to think you laughed when your high-school yearbook named you Most Likely To Be Responsible For The Extinction Of The Frigate Bird.

Gemini (May 21-June 21): It may be years before your coworkers treat you with respect again, but it will have been worth it for the brief time spent inside the panda suit.

Cancer (June 22-July 22): What you thought was a folksy comment turns out to be the plain truth when wet, slushy snow and heavy winds combine to make for rough sledding.

Leo (July 23-August 22): You will fail to keep your New Year's resolution to ignore meaningless holidays and arbitrary personal decisions.

Virgo (August 23-September 22): Your seventh straight year of office football pool domination will be tarnished when your colleagues discover that NFL commissioner Paul Tagliabue has become your psychic friend.

Libra (September 23-October 23): Your insurance company insists that it has no obligation to insure you as long as you're still frozen in that block of ice.

Scorpio (October 24-November 21): Your judgment is called into question when, despite the strong advice of your friends down in the marketing department, you decide to go ahead with plans to launch a winter invasion of Russia.

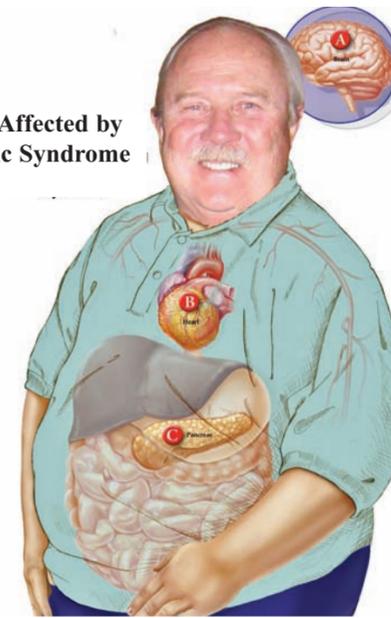
Sagittarius (November 22-December 21): Don't fight the turning of the seasons: Time marches on, no matter how many leaves you glue back onto the trees.

Capricorn (December 22-January 19): Your love for the unexpected joy of "snow days" will not translate directly into a love for next week's hellish rains of fire and blood.

Aquarius (January 20-February 18): You will soon be unwillingly forced into a flurry of activity when you are chosen to host the 2014 Winter Olympiad.

Pisces (February 19-March 20): You're wasting your potential by living life as you do now, but not as much as you're wasting your potential energy by not falling from high places.

### Organs Affected by Metabolic Syndrome



### Body Mass Index (BMI) Defined and Explained

The Body Mass Index (BMI) is a quick, easy and efficient screening tool to identify weight problems in adults. While BMI is a strong indicator of body fat percentage, it can vary for age, race and sex. It is important to note that the BMI should only be utilized as a screening tool and is not in and of itself, diagnostic. For example, older people tend to have more body fat than those who are younger, and women tend to have more body fat than men.

Also, some athletes may score a higher BMI because they have increased muscle mass; therefore, they weigh more because the weight is muscle not fat. In fact, some patients notice when the combine diet and exercise, they may go down a clothing size while their weight remains the same.

Body Mass Index calculates a person's fat level by using a complex mathematical formula based on an individual's height and weight. The chart below highlights BMI scores and their correlating weight status.

- Below 18.5 BMI - Underweight
- 18.5 - 24.9 BMI - Normal
- 25.0 - 29.9 BMI - Overweight
- 30.0 & up BMI - Obese

Automatic calculators can be found online at:

<http://cdc.gov/healthyweight/assessing/bmi/index.html>

Results for a man 6' 2" tall:

- 190 pounds - 24.4 BMI - Normal
- 200 pounds - 25.7 BMI - Overweight
- 210 pounds - 27.0 BMI - Overweight
- 220 pounds - 28.2 BMI - Overweight
- 230 pounds - 29.5 BMI - Overweight
- 240 pounds - 30.8 BMI - Obese

Once it is determined that you have a weight problem through this calculation, follow up with appropriate assessments for specific health risks that may be associated with a BMI of underweight, overweight, or obese is recommended.

Body weight is only one indicator of disease risk. Combined with a high BMI, the following factors can place you at an even greater risk for certain diseases:

- High blood pressure (hypertension)
- High LDL cholesterol ("bad" cholesterol)
- Low HDL cholesterol ("good" cholesterol)
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Physical inactivity
- Cigarette smoking

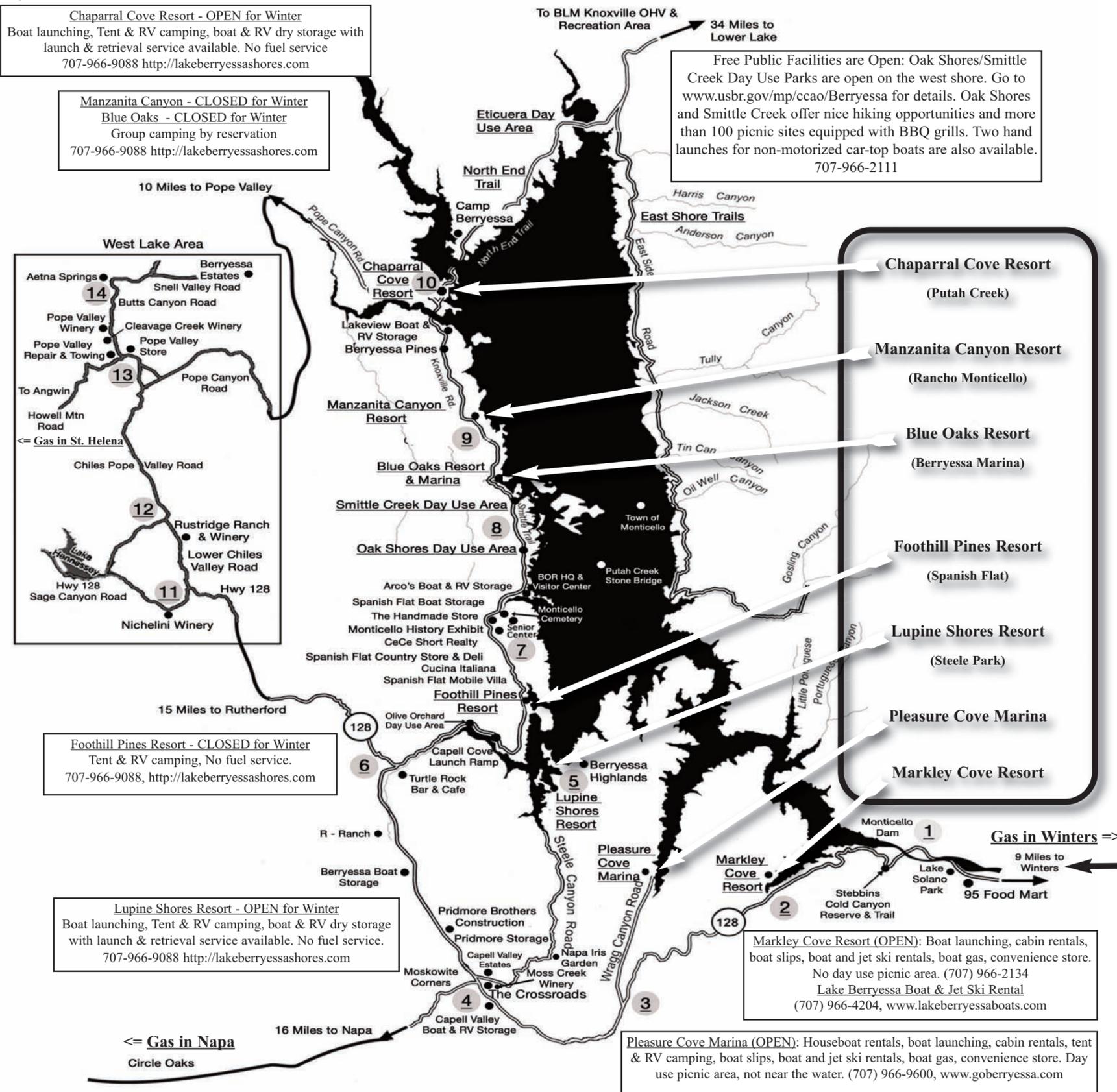
In conjunction with BMI numbers, a person's waist circumference is also an effective way to assess weight and health risk. People who carry most of their fat around their waist, an apple-shaped body, are at greater risk for type 2 diabetes and heart disease. The risk increases with a waist size that is more than 35 inches for women and greater than 40 inches for men.

Scientific evidence shows that when people carry weight around their waistline, abdominal fat tends to surround internal organs, impairing their function. Conversely, people who carry their weight around their hips, a "pear shaped" body, accumulate fat directly under the skin, and thus the fat does not interfere with their organ function.

Just as a BMI over 25 can have negative health implications, so too can a BMI of 18.5 or lower, categorized as "underweight" for an adult. A BMI this low could indicate a variety of medical conditions.

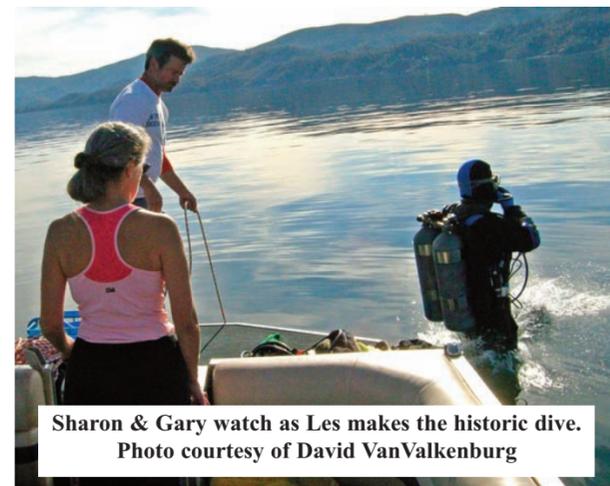
People with underweight body mass indexes are at increased risk for poor bone health, such as osteoporosis. Younger women classified as underweight may have disruptions of their menstrual cycle and difficulty getting pregnant. Other issues from being underweight can include anemia or a weakened immune system.





(Continued from Page 1)  
On November 26, the Berryessa Bridges Project team geared up, rented a patio boat from Pleasure Cove Marina, and sailed out on an exceptionally beautiful day – warm, sunny, and flat as glass.  
According to Dave: “Les Wilkinson, Sharon Eckroth, Gary Callihan, Chris Hanson, and I rented a patio boat from Pleasure Cove Marina and set out about 9:30 AM Saturday morning. We are all technical divers, and have been diving together for quite a while. To be honest, although we were prepared, we were not really planning on getting any diving done Saturday, but things moved along well, and the conditions were ideal, so we went for it.

Using a chartplotter GPS with sonar we grappled near the bridge. Next we placed a commercial grade color television camera on a shackle to the grapple line and lowered it on its 300 foot cable along the line. With Les



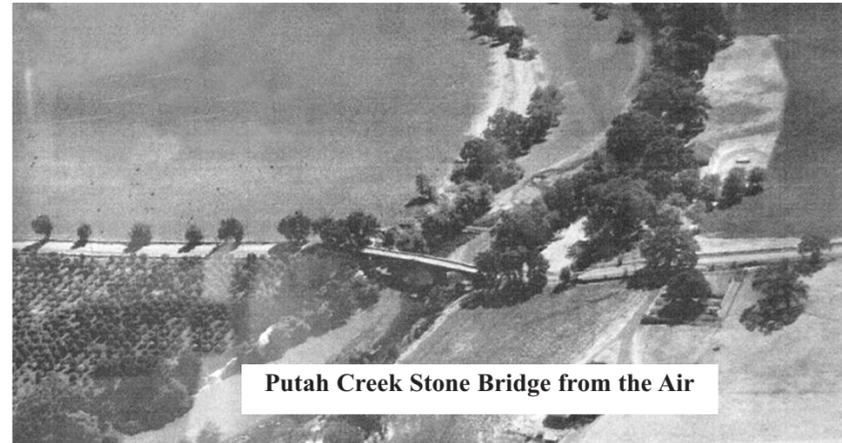
Sharon & Gary watch as Les makes the historic dive. Photo courtesy of David VanValkenburg



Gary drops camera cable down to bridge.

monitoring and maintaining the grapple line and directing boat movements, me driving, and Sharon and Chris handling the electronics, we confirmed that what we were seeing was the bridge.

Gary handled the camera cable and with Chris giving him directions like "down one foot - back a little", we were able to get close enough to see the stonework of the bridge.



Putah Creek Stone Bridge from the Air

Les Wilkinson, our best diver, hit the water for what was the very first dive in history to the bridge - as far as we know.

Our formal plan called for more TV camera work, but we were all thinking the same thing - it was dead, flat clam, and sunny, and we were over the bridge - maybe we should send divers down to verify. A quick check of the sixteen scuba tanks aboard reflected that we had some gas appropriate for the depth. So we devised a dive plan for Les to bring an anchor down on a lift bag slowly so as not to hurt the bridge.

However, due to some software problems, video recording didn't start until about one minute before Les left the bottom for his ascent. Les reports about eight inches of powdery silt on the roadway, midnight black without lighting, and roughly six feet of visibility with the lights on. Les says the bridge is covered with virgin, undis-

turbed silt, a similar to a fresh snowfall.

We really enjoyed ourselves that day and felt a profound satisfaction in getting someone down there. We celebrated our success by donning our new yellow "Berryessa Bridges Project" tee shirts."

According to Dave and Sharon, there's more work to do before their next dive. But stay tuned, the adventure continues for what will

result in some amazing photos and videos. The Berryessa Bridges Project team contemplates providing a compelling historical presentation, including the full story of the search and a project video, in time for the annual Memorial Day Monticello History event at the Spanish Flat Village Center.

**Travel Distances**

1.	Monticello Dam	1=>2	3.0 miles
2.	Markley Cove Resort	2=>3	5.3 miles
3.	Wragg Canyon Road	3=>4	3.0 miles
4.	Moskowite Corners	4=>5	5.0 miles
5.	Lupine Shores Resort	4=>6	4.7 miles
6.	Turtle Rock	6=>7	5.0 miles
7.	Spanish Flat Village Center	7=>8	2.4 miles
8.	Oak Shores/Smittle Creek/Visitor Center	8=>9	2.4 miles
9.	Blue Oaks/Manzanita Canyon Resorts	9=>10	2.8 miles
10.	Pope Canyon Road/ Chaparral Cove Resort	10=>13	10.2 miles
11.	Hwy 128 @ Lower Chiles Valley Road	6=>11	3.0 miles
12.	Pope Valley Road	11=>12	3.2 miles
13.	Pope Valley	12=>13	8.5 miles
14.	Aetna Springs	13=>14	3.7 miles

**Note: No auto gas available between Winters and Napa or at Lake Berryessa!**



John, Les, Dave, and Sharon - Planning Session