



Weather watch  
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Full report page D8



# Napa Valley Register

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Monday, December 31, 2012

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City of Light is a treat  
any time of year

LOCAL — A3

Woman arrested on suspicion  
of domestic violence

THE SPORTS PAGE — B1

Herlocker to enter Vallejo  
Sports Hall of Fame

In May, Napa developer Todd Zapolski and partners bought the Napa Town Center and a string of adjacent commercial buildings on First Street. The open-air downtown retail hub has since been renamed “The Shops at Napa Center” and will undergo remodeling in 2013. A new batch of tenants is also expected.

J.L. Sousa/Register  
file photo



## New owners craft vision for downtown shopping hub

Incoming stores and hotel may be announced in 2013

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After years of speculation, a new owner stepped forward in 2012 to purchase the languishing Napa Town Center, which had become a drag on the fortunes of downtown. In May, Napa developer

Todd Zapolski and partners bought the Town Center and a string of adjacent commercial buildings on First Street: the Dunne Building, the former California Savings Bank building and the former Merrill's Drug Store. In total, the newly renamed “Shops at Napa

Center” will feature 156,000 square feet of retail space, with the owners promising to go after retailers that would bolster downtown as a place to shop, not just eat and sip wine. A hotel is also part of Zapolski's plans. Built in the late 1980s, the

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## Napa on Ice hopes for dry weather in final weeks

Rain has closed rink 10-12 days of second season

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Mother Nature has seemingly made up for a dry 2011 with rain in 2012, but Napa on Ice organizers are hopeful that the good weekend weather will continue through the rink's last weeks of operation.

Though forecasts predicted rain for Friday and Saturday in Napa, the city was dry over the weekend, bringing a needed blessing to downtown's outdoor ice rink. In 2011, the rink did not lose a single full day of operation to rain, but has had to close for 10 to 12 full days this year due to inclement weather, said rink founder Peter Mott.

“It's been quite a few days of rain,” Mott said.

The rink was last closed on Christmas Day, when it otherwise would have been open, due to nearly nonstop rain, Mott said. The National Weather Service and other weather outlets had forecasted rain for Wednesday, Friday and Saturday of this past week, but the skies remained dry and Napa on Ice remained open.

Mott said while the rink did budget in some “rain days,” much of the bad weather has come on what would have been the busiest days for Napa on Ice.

“It's one thing if it's a Tuesday or Wednesday when the kids are in school, but a lot of our rain days have hit on holidays and weekends,” Mott said.

In the 2011-12 season, Napa on Ice's first, the rink's opening was only delayed for a few hours on its first day because of rain, Mott said. This year, the rink opened on Nov. 16, a day later than expected, because of rain.

The rink's costs are

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Iris Mason has been a volunteer for the Salvation Army since 1977. Mason serves coffee during the daily food service and knows how her clients take their coffee. Lisa James/Register

## Salvation Army volunteer offers coffee your way

Mason befriends the downtrodden

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When Iris Mason first took a part-time job with the Salvation Army, she never dreamed she'd be with the organization 35 years later, 25 of them spent as a volunteer.

Then an office employee, now a volunteer in the nonprofit's kitchen, the 85-year-old Napa resident said her work with the Salvation Army keeps her young and happy. Five days a week, Mason volunteers from 8 a.m. to 2 p.m., helping wherever she's needed.

A typical day for her begins with sorting and preparing bread and produce

for clients, many of them homeless, to pick up from the Salvation Army's Franklin Street location. After a short break, she takes to setting up to serve lunch to more than 100 clients.

“I fix the coffee and I have a little table in there and they come pick up what they want,” Mason said.

Corps Assistant Immanuel Beeson said Mason not only makes and serves the coffee, but remembers how each client takes it.

“She knows how much cream and sugar everybody wants and she knows their names,” Beeson said. “The majority of our clients who come in either don't have friends or family or both. I think deep down they think no one cares about them. To be able to build a relationship with

someone who comes in is one thing, but to remember how much cream and sugar they take in their coffee is another.”

Mason humbly brushed the idea off, saying the orders aren't so hard, and working to remember the clients helps keep her memory sharp.

“Most of them want cream and sugar but there are some that just want cream, and others that just want it black with sugar,” she said.

After the lunch service, she and other volunteers and employees take a break to eat, then get back to work.

“I get to cleaning coffee pots and setting it up for the next day, cleaning the kitchen,” Mason said. “The only thing I don't know how to do is work the dishwasher.”

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## Anti-smoking groups offer support for quitters

Many resolve to kick habit in new year

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The American Lung Association in California is offering advice and resources for people who want to make “quit smoking” their new year's resolution.

Approximately 16 percent of the population in Napa County uses tobacco, which is roughly 6 percentage points higher than the statewide average, according to the Napa Tobacco Education and Quit Smoking Program. Tobacco kills more people than AIDS, alcohol, homicides and car crashes combined and is the most preventable cause of disease and death in the nation, according to the tobacco education program.

For most people, quitting smoking can take at least a dozen attempts or more. Without nicotine replacement therapy, it takes an average of about 14 attempts to quit smoking, said Peggy Klick, program director for the Tobacco Education and Quit Smoking Program.

Even with nicotine replacement therapy, quitting still takes an average of 10 to 12 attempts, Klick said.

With that in mind, Klick said people should never feel discouraged when their attempt to stop smoking fails.

“The more practice you have, the closer you are to quitting,” Klick said.

To help people successfully quit smoking in 2013, the American Lung Association is offering the following guidance.

• **Seek support:** Don't quit alone. Ask family and friends for their help and support.

In Napa County, residents can join the Community Quit Smoking Program, which is a free program offered through Community Action of Napa Valley. The seven-week program offers support, nicotine replacement products, and structured classes taught by certified facilitators. Ongoing support groups also are available for people who have quit smoking.

To register for a class, call 253-6100, ext. 132.

• **Plan it out:** Pick a day to quit on the calendar and stick to it. Avoid stressful times, such as the holidays, and have any medications or other assistance ready.

• **Exercise daily:** Exercise is proven to help smokers quit. Physical activity, such as walking, fights weight gain and reduces anxiety.

• **Eat well, sleep well:** Eat a balanced diet, drink plenty of water, and get plenty of sleep.

• **Talk to your doctor:** Discuss over-the-counter or prescription medication options that are available to help people quit.

### Resources to help quit smoking

- To register for the county's Community Quit Smoking Program, call 253-6100, extension 132. This is a free program for Napa County residents.
- To sign up for the American Lung Association's self-paced online quit smoking program, visit FFSOnline.org. This is a fee-based program; a three-month membership costs \$15 and a one-year membership costs \$40.
- For additional suggestions, visit lung.org/stop-smoking or call 1-800-LUNG-USA (1-800-586-4872).

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