



Ramtown Karate Kicks Off Year with Wins

PAGE 3



SUSAN MOTLEY Owner/Broker

Call me on New Listing at
800 Avon Court near Northwest Park!



Cell 707.695.1809 • Office 707.678.0218

100 North Adams St. • Dixon • www.MOTLEYREALTY.com

E-mail: susanmotley@sbcglobal.net • DRE #01236245

Dixon Independent Voice

VOLUME 32 • ISSUE 5

Serving Dixon and Solano County since 1993

FEBRUARY 2, 2024

SEE INSIDE

MAY FAIR SENSORY STATION EARNS TOP AWARD



PAGE 10

STUDY OF HEALTHY AGING IN AFRICAN AMERICANS



PAGE 4

THE MENDOCINO COAST OFFERS TRANQUILITY



PAGE 8

Community Theater Acts Up



Directed by Abel Cornejo, the play on how Dixon began was performed at the Christmas Tree Lighting at Pardi Plaza in December. The cast was front row: (L-R) Ashley Alvarez, Lily Villegas, and Director Abel Cornejo; Middle Row (L-r) is Angela Remides, Jewel Fink and Leslye MacDonald; and back row (L-R) Kelly Evans, Kim Schoeder-Evans, Jimmy Alvarez (Santa), and Robert Williams. Oh, and Spiderman. Community Theater. Courtesy photo

By Debra Dingman

DIXON, CA (MPG) - A new Community Theater is growing in Dixon and they are already planning the 2024 season with Comedies in the Spring, Musicals in the Summer, Dramas in the Fall and Christmas in Winter.

Dixon Community Theater held its debut at the Dixon Tree Lighting Festival with a play about how the town of Dixon got started. It was an idea that Dixon Historical Society President Kim Evans-Schroeder had been carrying in her satchel of love for Dixon history for several years.

It came to fruition thanks to Abel Cornejo, a hometown Dixon guy who had moved to New York, earned

a Masters in Theater Arts and has taught Theater for 20 years with the last five at UC Santa Cruz. He had moved back to his family's Dixon home during the pandemic and was teaching online. The two met when he visited the Dixon History Museum where Abel's sister, Maria Cornejo-Lopez, also volunteers with the Dixon Historical Society. They synergized over plans for the Christmas play on how Dixon began.

Abel was the playwright for the museum production which involved a cast of nine characters that was quickly compiled with friends and neighbors.

"That's what community theater is," he explained with enthusiasm.

"It's where someone's relative is coaxed into the performance or someone knows someone else so it's a wide group of ages and talents."

It was filmed and posted on the Dixon Community Theater website creating even more interest.

Abel attributes the growing Dixon interest to his ability to transfer skills to online classes and utilize social media.

"It went really well," he said. "I actually started this in the pandemic which was a blessing because I was forced to learn how to teach online." He had help from former Dixon classmate, Linda Austin-Bologna and reconnected with Mr. (Richard)

Continued on page 3

Senate Approves Dodd's Ukraine Sister-State Measure

Office of Senator Bill Dodd News Release

SACRAMENTO REGION, CA (MPG) - The California Senate has approved legislation from Sen. Bill Dodd, D-Napa, that would extend an invitation to the people of Lviv, Ukraine to enter a sister-state relationship with California.

"California has one of the largest Ukrainian communities in the United States, so it makes sense that we forge an official bond with the Lviv region," Sen. Dodd said. "We share many mutual values, aspirations and interests including economic cooperation, academic research, cultural exploration and technological innovation. In the face of the brutal war unleashed by Russia, it is especially important to foster this sister-state relationship to promote prosperity, understanding and goodwill within the region."

"In these challenging times for Ukraine, when it continues to be bravely fighting Russian aggression for almost two years, the sister-state relationship with California holds deep significance," said Dmytro Kushneruk, Ukrainian consul general in San Francisco. "It's a heartfelt recognition of our shared commitment to freedom, democracy and resilience. This partnership between Lviv and California is more than diplomatic ties; it's a symbol of hope and solidarity, a testament to the enduring spirit of our people and the unbreakable bonds that unite us."

Ukrainians began arriving in California in the late 19th century and now make up a population of more than 100,000 -- or one in six Ukrainian immigrants in the United States. The city of Sacramento ranks first in the nation in the share of its population that is from Ukraine.

Lviv is in western Ukraine and is home to various ethnic and religious groups with a rich tradition of education and scholarship, making it an ideal educational exchange partner. It is also a key region for trade and joint initiatives to promote economic and job growth. Since the Russian military offensive, it has received hundreds of thousands of temporarily displaced people from the east of Ukraine, demonstrating an unwavering resilience and strength.

California has made previous ties with Ukraine. It was among the first to recognize 1932-33

Continued on page 3

Anderson Students Will Be Split Up

Story and photos by Debra Dingman

DIXON, CA (MPG) - You haven't seen the toughest job ever unless you've gone to a heated school board meeting filled with angry parents. This was a meeting where the superintendent, Brian Dolan, was to present the plan to where students from Anderson Elementary School would be distributed after a construction emergency at their school site.

Three weeks ago, the main electrical panel for the school blew during construction work. The school has been under construction for renovations and improvements since students returned from their summer break. The work was originally scheduled to be completed by then but due to lasting pandemic effects, such as supply chain issues and worker shortages, it hampered any earlier progress. One might say the stress



Anderson Elementary School Principal Rayito Farris stands in front of two generators providing electricity to the school. There is a third near the school cafeteria. "We have to look for the silver lining," she said. "There has been so many challenges for adults and children."

level spilled over the brim from weeks of parents delivering their children to a school laden with orange cones, hazard signs, and plenty of workers wearing hard hats. They already endured classroom

shifts, portable bathrooms, and ever-changing plastic sheeting. They lost the use of the multi-purpose / lunchroom which had morphed into a full-blown construction site complete with gritty floors,

equipment, and boxes of supplies.

The idea that their school was getting these improvements paled in the midst of the organized chaos, so when the panel blew and

Continued on page 3



Scan our QR Code for a direct link to our online edition!

PRSRTD STD.
U.S. POSTAGE
PAID
CARMICHAEL, CA
PERMIT NO. 350
OR CURRENT
POSTAL CUSTOMER

Life's too SHORT



Advice for Your First Job or Your 10th

By Debra Dingman

Young people in their first jobs have a lot to learn. But the most important one is that like relationships, none are perfect. There will be parts of the job that one loves (like a paycheck) while other parts one can't stand. Employees should be open to learning new things and be flexible—with everything and everyone.

Getting a new job is like having a baby. There are some things you can predict (like tears, wet diapers and midnight feedings) but there is oh so much you cannot—like feeling pure joy. At a new job, there are new personalities, new skills to learn, and new experiences that will help one in their development to being a great adult.

I feel like I have been very blessed in that I really enjoyed most of my jobs. I loved learning, meeting new people, and feeling like I was contributing or helping the world in some way. (My book, Learning A Living, tells those stories.)

When I went through age discrimination in my early 50s, I was forced to take a look at my resume through an employer's eyes and saw some things that were not wise. I learned I had basically two careers: teaching and journalism. Employers might have seen that as indecisive. I also was an entrepreneur through a chunk of those years and I've been told employers see that as a detriment because they think you may not be a good follower.

Someone at a UC Davis class on creating a great resume brought some of these things to my attention and I worked to simplify it. A resume is often the first thing an employer learns about you. It is so important to do your introduction to them well. Young people can get help at their school's counseling office and of course, there are

things online, too.

Parents need to help their grown children look at their resumes and give a critical but loving eye. I've recently reviewed a resume from a young woman who didn't have guidance. She had a different job every year. I wondered who is going to help this person. I just finished reading a book called 'The Language of Flowers' and it really opened my eyes to the world of foster care and stories of young adults who don't have a loving family experience to draw from for this kind of necessary transparent conversation. If we are gentle and come from honesty, I believe any person can be helpful—even if they don't actually hire the person.

The other stop employers will make is on one's social media site. A person who has 100 selfies and puts herself in seductive positions, will not be chosen. Employers want a quality, well-balanced person and they know how to look at one's past.

Speaking of that, when someone lines up numerous past jobs, a potential boss can easily see job hopping and could determine the person is not a good candidate for employment. From their view, the person could easily quit after lots of paperwork to get her/him onboarded and hours invested in training.

Good employers want teachability, intelligence, loyalty and maturity. They want someone to work with them to create a better working environment and business growth. They are looking for a candidate's potential and where skills will fit well into their business needs. They are excited to see what one can bring to the table—like computer skills and fresh views. Please pass this on to someone you know who is seeking early work experiences. ★

Dixon News Briefs



The red ribbon flies as Jason Reyes of Calson Management LLC snips it for the Grand Opening ceremony for Farmstead at Dixon Senior Living Facility held last week. It was attended by many friends and family members of Reyes including his parents and local dignitaries such as (left) Mayor Steve Bird, Councilman Kevin Johnson and (right) Chamber of Commerce CEO Shauna Manina and Chamber Board Chair Joe Bruch. The Farmstead is located at 350 Gateway Drive in Dixon. Photo by Debra Dingman

MPG Staff

City Meetings

These are the upcoming City Meetings held in the Council Chambers, 600 East A Street: Tuesday, February 6, at 5 p.m. Special City Council – Study Session. That same day is a City Council Meeting at 7 p.m. The Planning Commission will meet at 7 p.m. on Tuesday, February 6. On Wednesday, Valentine's Day, at 5:30 p.m., the Vacaville Dixon Greenbelt Authority will meet.

Baby Screenings

Solano Family & Children's Services, a childcare and resource connection invites Solano County parents with children to schedule a free Developmental Screening for their child. They offer a complete screening online from the comfort of one's home or an appointment can be scheduled if one wants to come in person.

The online version can be done anytime but the in-person requires an appointment. Just complete an interest form by contacting them at (707) 378-8879. A screening every six months is recommended to ensure a child is meeting their developmental milestones. Participants will have an opportunity to win a Target Gift Card as part of a quarterly drawing. Contact Jasmine Sandoval, Developmental Screener at jsandoval@solanofamily.or or call (707) 378-8879 for more information.

Baby & Me

Dignity Health and the City of Woodland is offering a meet up for parents with babies 0-9 months every Monday at 10 a.m. in a virtual meeting. Parents can meet and learn from others while building relationships and creating a community of support. No RSVP is necessary. Call (530) 661-2000 or email BabyAndMeYolo @ gmail.com.

More School Breaks

According to the Dixon Unified School District calendar, students will be out of school for President's Day(s) on Friday, February 16 along with Monday, February 19. That is a 4-day weekend and plenty of time for a fun get away or for grandparents to spoil those energetic little people.

Neighborhood Christian School will be out for President's Week (February 19 through February 23) which is a 10-day get-away. Enough time for a trip to Disneyland, the Monterey Baby Aquarium, the ocean, the lake, or the mountains. Don't miss these off-season opportunities!

Dragon Fly Dinner

The Dixon Montessori Charter School will host their annual Dragonfly Dinner Fundraiser on Saturday, March 2, from 5 to 10 p.m. It will be held at the Dixon fairgrounds and is an adult only dinner with raffles and a live auction that serves as a fundraiser to directly support classrooms and the school. This year it is a Hawaiian theme with Matt Andrews (Frosties/Food and Familia) preparing the menu. There will also be Hawaiian dancers. It will be at Madden Hall and is attended by DMCS parents as well as several other friends and families throughout the city of Dixon as well as many other surrounding cities and counties. For ticket information, call (707) 678-8953.

Home & Garden Show

Mark your calendar for the upcoming Solano County Home and Garden Show at the Dixon Fairgrounds on Saturday and Sunday, March 23 and 24. (Watch for a \$3 off coupon in an upcoming Dixon Independent Voice edition!) Vendors can find information on www. SolanoHomeShow.com.

Winter Hours

The Dixon History Museum, located at 125 W. A Street, has new winter hours. Please stop by and see all our new exhibits. Of particular interest is our new history of the Dixon timeline. Everything you've always wanted to know about our Hometown!

Dixon Girls Softball

The Spring Clinic will be hosted by Dixon High School Lady Rams on Saturday, March 2 from 9 a.m. to 2 p.m. at Dixon High School Softball Field. If it is raining, it will be at the Indoor Soccer Arena at Hall Park. Register at DixonGrilsFosftball.com Cost is \$35 and includes lunch and a T-shirt. ★



Be a part of our Farmer's Club. This club, with great incentives, is offered to our first 50 residents.



Coming Soon
The FARMSTEAD AT DIXON
SENIOR LIVING

We are honored to be able to provide the residents of Dixon and surrounding areas more senior living options.

Offering 3 levels of care:

- Independent Living • Assisted Living • Memory Care

Our community offers spacious studios, one bedroom and two-bedroom floor plans with luxury finishes such as granite counter tops, walk in closets, gorgeous views of our courtyards and the surrounding neighborhood.

Incredible/unique amenities:

- on-site ice cream parlor
- pizza oven dining experience
- a putting green
- theater room



350 Gateway Drive • Dixon, CA 95620

www.farmsteadatdixon.com

707-674-7554

License # Pending

info@farmsteadatdixon.com

We are NOW taking reservations on apartments

Call or email for more information!

MPG

WE SUPPORT FIRST RESPONDERS



California Water Service



Call us for **FREE** Water Conservation Information

201 S. First St. • Dixon

707.678.5928

Ramtown Karate Kicks Off Year with Wins



Ramtown Karate participants at the Perales Sacramento Tournament are left to right: Sensei Kathy Ernest, Santos Tellechea, Christopher Vega, Anna Anderson, Angela Vega, Ronan Vega, Patrick Wentworth, and Sensei Fernando Valenzuela. Not pictured: Lazer Ingram. Photo by Debra Dingman

By MPG Staff

DIXON, CA (MPG) - Ramtown karate students from Dixon participated in their first tournament of 2024 and took several firsts at the Perales Sacramento Tournament. There were seven competitors with some who had never competed before.

Angela Vegas took 1st place in kumite as well as 3rd place in kata. Kumite is one of the three main sections of karate training, along with kata and kihon. Kumite is the part of karate in which a person trains against an adversary and kata is a specified series of moves attempting to maintain perfect form while stepping and turning.

Christopher Vega received a 1st place in kumite and his little sister, Ronan, received a 2nd place in it.

Anna Anderson received a 2nd place in

both kumite and kata. Two students got 3rd place in Kumite: Lazer Ingram and Santos Tellechea. Patrick Wentworth also participated in the tournament.

“Not only do we need physical training, we need to study the kata and their applications. When you train at kata, your eyes will get sharper and your blocking and striking will get stronger,” according to Karate expert Chibana Choshin.

Sensei Hector Perales was honored recently by the Bay Area Cities Karate and Kobudo Alliance Masters Hall of Fame as their 2023 Competitor of The Year and is well known to Karate enthusiasts throughout northern California.

For more information on Ramtown Karate and /or future tournaments, go to ramtownkarate.com or see them at 1680 North Lincoln. Suite A, or call (707) 678-4899. ★

Community Theater Acts Up



Abel Comejo presents to a group of theater arts lovers the needs of the growing local Dixon Community Theater. Photo by Debra Dingman

Continued from page 1

Farshler, former long-time Drama teacher at Dixon High School who gave strong encouragement. He called Abel almost daily—even from his hospital ICU room.

“Theater gives you passion. It makes you feel alive and gives you a family,” Farshler said.

“We’ve had a really amazing response,” Abel said. It was time to take the next step with building a Board and scheduling performances.

That’s what happened this past week. People representing a broad spectrum of ages, backgrounds, and levels of interest showed up and packed the Chamber of Commerce conference room. Abel asked for introductions which included several who held degrees, served on past boards, produced major productions, and/or performed in numerous plays.

“I’ve been on the stage for 45 years and have been in more than 200 productions,” said Brian McCann. He wanted to see what kind of interest there’d be in Dixon and is currently in the Davis Theater. One mom was there to support her youthful daughter. Janice Ferrero

minored in drama in college.

“The Chamber 100-percent supports this,” said Chamber President/CEO Shauna Manina, who also listed her extensive background in the arts. She holds a Masters and started a school to teach improv to at-risk students. She reported that she is currently working on getting 30K in arts funding.

“Whether you’re an experienced performer or just stepping into the limelight, we invite you to be part of our creative community. All acting roles are voluntary, driven by a shared passion for the arts,” Abel said. He listed off areas they need help which includes Set Construction, Backstage Crew, Playwriting, Costume Design, Fundraising, and Actors.

He is organizing the Board of Directors for the group. Interested parties can contact the group at dixoncommunitytheater.com or email Comejo at abelevents@live.com.

The next General Meeting for the theater group will be on Monday, February 5 from 5:30 to 6:30 p.m. at the Veterans Memorial Hall at 1305 North First Street. They will discuss Fundraising, Classes, and Auditions for the first show. ★

Anderson Students Will Be Split Up

Continued from page 1

the rest of the parents who didn’t already know discovered there was no fire alarm or working phones, emotions flared.

Weeping or teary-eyed parents spoke of their sick children while others who felt more angry pointed fingers and came a sentence short of threatening the superintendent as well as the school board trustees. It wasn’t pretty.

“We do care — enormously,” said Dolan. “Everyone has reviewed the generators and these are allowable and safe to have on campus. Since they’ve been running, we’ve been able to function at the school.” The generators have been inspected by CNP (Construction Noise Permit) Environmental Report, Air Quality Management, the Dixon Fire Department, and Cal/OSHA inspected and agree the generators are safe.

When a parent complained about the fumes of the generators making their child sick, the next parent was saying they didn’t want to relocate their child to a different school. When a parent was okay



Construction supplies fill much of the multi-purpose room.

with relocating their child, another said it would be impossible to get her children picked up from two different locations on time. There were parents who don’t want the school to be a ‘construction site’ but others emphasized the need to re-do all the electrical immediately. It was clearly a lose-lose for the school board.

Trustee John Gabby, joined

the conversation and made sense when he reminded the crowd, “We are parents, too, and we are open to solutions.” But there isn’t one fast enough or one that will soothe all the fervent parents.

“We are concerned with everyone—students, parents, and staff. We are in an impossible situation,” said Trustee Jewel Fink.

There was a suggestion to get

the new electrical panel ordered ASAP and installed. And another to extend the teacher workdays so the teachers would have time to pack their things.

“You asked what you can do, and it needs to be above and beyond like give us a whole day to pack our classrooms,” said Meghan Kelly, a Kindergarten teacher at Anderson. There was

requests for some extra time for parents who are teachers in the morning and after school and concerns about the traffic.

“I’m asking you to consider the start and stop times with drop-off at the door. With drop-off at the door, we’re going to create a huge train wreck for drop-offs,” said Erin Brothers who has a son in 4th grade.

Here’s the plan that was announced at the January 24 meeting: The generators will be moved back to lessen any exhaust. Intercoms are now fixed. Of the 430 Anderson students, eight classes TK through 1st grade and the combination class will start at Tremont, he explained. Gretchin Higgins will receive 11 classes of students: 2nd through 5th grades.

“This allows for classes to remain intact, and no one needs to change classes,” said Dolan. They will keep their same teacher and lunches, and recesses will be with their same school peers. “This is the best use available of our resources,” he added.

Teachers will be provided moving boxes, and movers will move them on February 16 and 17. ★

Senate Approves Dodd’s Ukraine Sister-State Measure

Continued from page 1

Holodomor tragedy which led to the death of millions of Ukrainians at the hands of the Soviets. In 2014, the California Senate approved a resolution of cooperation between the California National Guard and Ukraine. Over the years, this partnership has made humanitarian support a constant aspect of

every deployment, including helping with school repairs in the Lviv region.

Senate Concurrent Resolution 96 recognizes this close relationship and invites the people of Lviv to join in the sister-state relationship with California. SCR 96 was approved by the Senate on a 37-0 vote and heads to the Assembly for further consideration. ★

Fisk's Cyclery
"Your family bike shop since 1976"

FULL SERVICE BIKE SHOP

Professional Affordable Repairs
FAST SERVICE!

Monday - Friday 9:30 - 6:00 PM • Saturday 9:30 - 3:00 PM
539 N. Adams St., Dixon • 707.678.4330
fiskscyclery.com

Thank
A Veteran Today

\$24M NIH Grant Extends Study of Healthy Aging in African Americans

Black Americans Have the Highest Rate of Alzheimer's Disease of All Ethnic Groups in the U.S.

UC Davis Health News Release

SACRAMENTO, CA (MPG) - Researchers at UC Davis Health and Kaiser Permanente Division of Research have received a \$24 million grant from the National Institute on Aging, part of the National Institutes of Health (NIH), to continue the Study of Healthy Aging in African Americans (STAR) for an additional five years.

STAR, which launched in 2017, follows a group of approximately 750 older adults to understand how behaviors and lifestyle may increase the risk of Alzheimer's disease and related dementias for Black and African Americans. The study is also trying to better understand the factors that may protect brain health.

Black Americans have the highest rate of Alzheimer's disease and related dementias of all ethnic and racial groups in the United States. Older Black Americans are about one-and-a-half to two times more likely than white Americans to be living with dementia or Alzheimer's.

70 years of age and older, 21.3% live with Alzheimer's. But information about potential risks in early life — and ways to mitigate those risks — relies almost exclusively on research conducted with white participants.

Rachel Whitmer, a professor in the departments of Public Health Sciences and Neurology and co-director of the UC Davis Alzheimer's Disease Research Center, and Paola Gilsanz, an epidemiologist and research scientist at Kaiser Permanente Division of Research, are the principal investigators of the study.

"We are thrilled to continue this study for another five years so that we can further unravel what contributes to brain health and dementia risk in Black Americans," Whitmer said. "There have not been a lot of studies following this community from middle age into late life. But understanding the risk and protective factors throughout someone's life is key to improving brain health and reducing disparities."

Study follows participants' health and habits over time

Participants in the STAR study are Black adults living in the San Francisco



Approximately 750 older adults to understand how behaviors and lifestyle may increase the risk of Alzheimer's disease and related dementias for Black and African Americans. Photo courtesy Andiedson Lima - Pexels

Bay Area and the greater Sacramento region. They are long-term members of Kaiser Permanente Northern California, meaning the researchers have a wealth of health data as far back as the 1960s. This offers a unique opportunity to understand how factors earlier in life, such as hypertension in

young adulthood, may contribute to brain health later.

"With the ability to further follow these individuals over time, we will be better able to understand the cognitive aging transition and how to reduce the risk of cognitive impairment in this important population," Gilsanz said.

The STAR participants

are visited in their homes or local clinics and participate in surveys and cognitive tests looking at an array of health, behavioral and functional measures. Some participants also undergo magnetic resonance imaging (MRI) brain scans, a noninvasive way to view brain health.

The information collected by the researchers helps identify associations between behavioral and lifestyle factors, along with changes in the brain over time, to understand the risk factors and protective factors for dementia.

Identifying factors that hurt or help brain health

The first five years of STAR produced significant findings regarding factors that may contribute to late-life cognition. Researchers learned that:

-School segregation and timing of desegregation are associated with differences in late-life cognition

-Hypertension, diabetes and high cholesterol (hyperlipidemia) in adolescence, young adulthood and midlife are linked to poorer cognitive performance and more vascular brain injury later in life

-Birth in a "stroke-belt"

state is associated with poorer cognitive function in late life

The study also identifies some potentially mitigating factors that might improve brain health:

-Study participants who read or played games weekly had better executive function than those who did not

-Study participants who volunteered several times a week later in life had the highest levels of executive function compared to those who did not volunteer

Researchers also found that attending a school with mostly Black students was associated with lower depressive symptoms later in life. Recent studies show a link between depression and dementia.

"Dr. Gilsanz and I are immensely grateful for our STAR participants," Whitmer said. "Their participation is leading to greatly improved knowledge about aging and brain health for Black Americans in the U.S. They are also showing us what can be done to reduce the disparity of diseases like Alzheimer's, which is expected to almost quadruple by 2060 for Black Americans." ★

Discover Downtown Dixon - Shop, Dine, Explore!

A healthy community begins with a healthy downtown. They are the heartbeat of our communities and they are also key indicators of larger social and economical trends such as thriving businesses, engaged citizens, cultural events, and jobs.

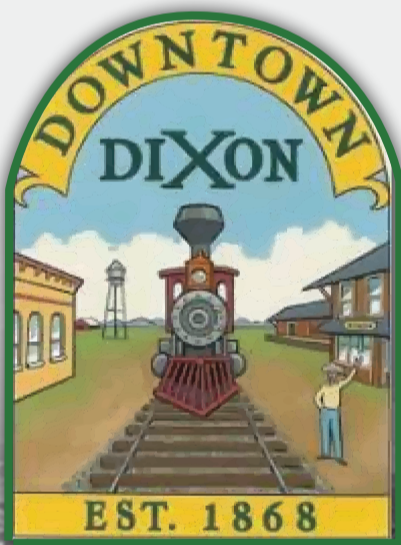
The Downtown Dixon Business Association Meetings are held on the first Thursday of the month inside local businesses.

Keep an eye on this space every month for information about all the fun and engaging events happening in Downtown Dixon.

Mark your calendars!

Dates for the 2024 events are: Railroad Days will be over the weekend of June 22 and 23; The Art and Wine Stroll is August 17; Brewski Fest is October 12; Halloween Treat Trail is October 31; Holiday Open House is November 23 which is the Saturday before Thanksgiving as usual; and the Christmas Tree Lighting Festival is traditionally the first Thursday in December which is December 5 this year.

Volunteers are needed for all events and activities. Come support the downtown endeavors and meet new business-minded friends by calling (707) 678-8400 or message through Facebook: DowntownDixonBusinessAssociationDDBA.



DowntownDixonCA.com



Jill & Greg Orr
Where Friends Meet!
 105 North First Street
 Dixon, CA 95620
 (707) 678-2067
www.DixonDawsons.com



100 S. First Street & 231 N. First Street
Olde Vet's Hall Event Center
Downtown Dixon
(707) 678-4745 • budsdixon.com
Email: cheriefanning326@gmail.com

Cyndé's Place SALON & BOUTIQUE

201 North 1st Street | Downtown Dixon
707-693-1105

20% off Moroccan Oil
 with this ad



SUSAN MOTLEY
 Owner/Broker
 Cell 707.695.1809
 Office 707.678.0218



100 North Adams St.
 Dixon, CA 95620
www.MOTLEYREALTY.com
 E-mail: SusanVMotley@sheglobal.net



Linda Barrett Thomas
 DRE License # 01270455



www.barrett-leber.com
 Cell: (707) 592-1774
 Fax: (707)678-0701

Karstin
 C/T 707.689.1501
AlmondTreeMortgage.com

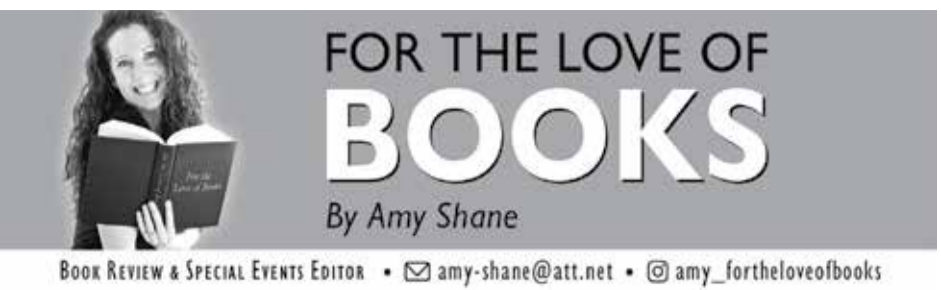


Purchase Refinance Equity Lines Reverse



1115 Stratford Ave Suite D
 DRE 01355266 NMLS 239050

Thank you for allowing me to be your hometown lender for twenty years!



FOR THE LOVE OF
BOOKS
By Amy Shane
BOOK REVIEW & SPECIAL EVENTS EDITOR • ✉ amy-shane@att.net • 📷 amy_fortheloveofbooks



Riley Reviews

“ROLE PLAY” FORMULAIC COMEDIC THRILLER;
CRIME ON LIFETIME TV

A Film and TV Review by Tim Riley

“ROLE PLAY” RATED R

Kaley Cuoco has come a long way since her role of pretty aspiring actress Penny, the apartment-dwelling neighbor befriending a pair of science nerds in the long-running popular series “The Big Bang Theory.”

Just a few years ago Cuoco’s Cassie Bowden was the titular character in the HBO series “The Flight Attendant,” an alcohol-fueled mess who traveled often on long-haul flights which she endured with copious indulgence of airline mini vodka bottles.

This series was an intriguing murder mystery in which Cuoco was anything but the pleasantly sincere “girl next door” as she turned out to be an inebriated libidinous party girl who on one trip wakes up in a Bangkok hotel room next to a dead guy.

Continuing on a path of more daring television fare than an innocuous sitcom about life with socially awkward physicists, Cuoco not only stars but serves as a producer on Amazon Prime’s “Role Play,” in which she has a secret life.

Cuoco’s Emma Brackett is apparently happily married to Dave (David Oyelowo) with two kids in the suburbs of New Jersey. For business, she’s supposedly traveling to exciting places like Nebraska but apparently not engaging in sexual trysts with strangers.

In “Role Play,” Cuoco’s character, much like the one in “The Flight Attendant,” skirts with danger once again, only this time she’s a willing participant in a hazardous position, which comes with the territory of being a professional assassin.

Back home in New Jersey, her unwitting husband is displeased that Emma has forgotten their seventh wedding anniversary, and he can be forgiven for fretting that their marriage might have lost its allure.

To pump a little excitement back into matrimony, Emma and Dave decide a little role-playing would be in order by planning a rendezvous at the bar of a swanky New York hotel, where they will pretend to be strangers before hooking up.

Drinking alone at the bar as a prelude to a make-believe encounter, Emma is approached by an older gentleman who is game for striking up a conversation, while Dave is apparently running late to the party.

The interloper in this situation is Bob Kellerman (Bill Nighy), who has a gift for gab. While his appearance is like that of a traveling salesman, there’s more to Bob than getting in the way of a role-playing occasion.

The encounter in the hotel lounge takes an interesting turn with a few surprises. What will it take for Dave to catch on his

wife’s secret identity? An unexpected death exposes a rift in the marriage when both Emma and Dave find themselves “persons of interest” to the police.

Emma might not even be her real name, but the notion that she’s a professional killer leads to inevitable marital complications as Dave is completely bewildered and blindsided.

Things get even more dire for Emma when she has to go to Berlin for a contract, and mysterious handler Gwen Carver (Connie Nielsen) is determined to keep Emma from giving up her career for family.

A mix of comedy and action can work where the secret assassin is the central plot. Take the case of double secrecy in “Mr. and Mrs. Smith” when Brad Pitt and Angelina Jolie, a couple in a decaying marriage, have been hiding from each other that they are assassins for rival agencies.

Kaley Cuoco and David Oyelowo are not exactly Brangelina, but as far as “Role Play” goes, they acquit themselves decently for a serviceable and formulaic comedic thriller that has enough moments of fun for a streaming production.

CRIME DRAMAS ON LIFETIME CHANNEL

Premiering on February 3RD on the Lifetime Channel, “A Mother’s Intuition” centers on the story of a young sculptor named Toni (Denise Boutte), a pregnant woman mourning the abrupt death of her husband who learns upon the birth of her child that her baby girl was stillborn.

The story takes a bizarre turn when Toni accuses the hospital of swapping her baby. More than paranoia is in play, and though no one believes her, the search for truth results in plenty of twists and suspense.

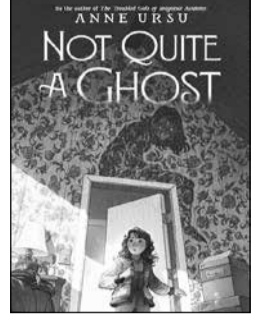
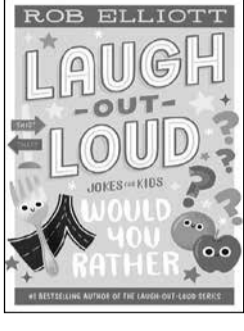
Based on a true story, “Abducted Off the Street: The Carlesha Gaither Story” chronicles the kidnapping of a Philadelphia nurse’s aide at the hands of a homicidal predator, and reveals how she fought to survive and created a trail that would ultimately lead to her rescue.

Carlesha (Riele Downs) was walking home from a family gathering when she is forced into a car at knifepoint. Determined to endure and outsmart her captor, Carlesha leaves clues behind at every opportunity.

Meanwhile, Carlesha’s mother, Keisha (Kenya Moore), stops at nothing to find her, making an impassioned plea to the media and working alongside a committed detective to rescue her before it’s too late.

The real culprit was a person by the name of Delvin Barnes, a man with an extensive criminal history who pleaded guilty to holding Carlesha hostage for three days. In June 2016, Barnes was sentenced to 35 years in prison. ★

Jump into the New Year with these Middle Grade Books



Laugh-Out-Loud: Would You Rather
by Rob Elliott;
Harper Collins

Readers will have a laugh-out-loud good time with this new collection of jokes and questions from the #1 Laugh Out Loud Jokes for Kids series. Filled from cover to cover with the best one-liner jokes accompanied by Would you rather questions that range from zany to the brain-boggling. These questions will have kids exploring the critical thinking side of their brains while laughing and learning new insights along the way.

These Would You Rather questions are written to be engaging and educational, expanding social interactions and conversations while paired with the perfect one-liner joke. This book can be a fun read paired with a car ride or even turned into a family night game that encourages screen-free time while also getting to know more about one another. So, grab the family, turn off the television, and prepare for a night of laughter, fun, and imagination.

Not Quite A Ghost
by Anne Ursu;
Waldon Pond Press

Everything was changing for Violet: a new home, a new room, and her mom’s new baby, but she kept telling herself that everything was ok. Then she moves into her new room. Old yellow wallpaper covers the walls in twisty florals, creaky floors, and shadows dance along the corners. Then Violet falls ill, and the longer she doesn’t get better, the more her friends think she is making it up. But they don’t know that the shadows are starting to move around Violet’s room and wrap around her at night. Suddenly, Violet starts to feel that maybe she is not alone, but where does she turn for help?

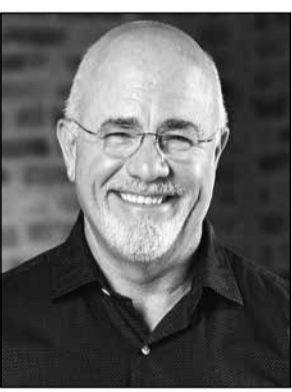
Not Quite A Ghost deep dives into the highs and lows of coming of age, opening the door to exploring anxiety, mental illness, and ghosts in a new and engaging storyline.

Rescue Tails: The Treacherous Tower
by StacyPlays illustrated by Melody Gringoire;
Harper Collins
Stacy lives in a forest

cave with her brilliant wolf pack. And together, they have the mission to rescue animals in danger. So when Milo the bat brings them a baby ocelot, Stacy knows it’s time for them to save the day.

Trapped in a long-forgotten tower deep in the jungle biome, Stacy quickly discovers that saving this ocelot is going to be challenging. Filled with obstacles, traps, and dangerous creatures, Stacy and her band of wolves will need to use everything they have to rescue the ocelot in time.

The first book in an all-new, thrilling adventure series from the incredible mind of YouTuber StacyPlays. Rescue Tails: The Treacherous Tower is a perfect new series for animal lovers at heart, but also is geared to adventure readers and fans of Minecraft. This book is an exciting new read, complete with engaging, beautiful illustrations on every page, which makes it an excellent choice for reluctant readers. ★



Dave Ramsey Says

Otherwise, you might use your emergency fund for something that’s just the result of poor planning.

Number two, is it absolutely necessary? Most of us think we know the difference between needs and wants, but sometimes the line gets a little blurry. If your car goes completely kaput, and you need transportation, use your emergency fund to buy something affordable and reliable you can pay cash for. But don’t dip into your emergency fund just to upgrade your good car for one with a million bells and whistles. That’s a want, not a need.

And three, is it urgent? Sometimes, you have act like a grown-up. Every idea that pops into your mind isn’t unexpected, necessary or urgent. You can live that way if you want, but the result will be a quickly depleted emergency fund. Then, what’re you going to do when a real emergency comes along?

Practice the art of patience. Avoid impulse

buys. Urgent things include stuff like a broken air conditioner in the middle of summer, a busted transmission or sudden, unexpected medical expenses. A big sale at Wal Mart? No. Concert tickets? Definitely not. That great new pair of shoes you just saw in a store window? Give me a break!

Your emergency fund is about long-term security, not instant gratification. Don’t use it on a whim. But don’t be afraid to use it when you really need to!

– Dave

Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of The Ramsey Show. He has appeared on Good Morning America, CBS This Morning, Today, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions ★

An Emergency Fund Isn’t About Instant Gratification

Dear Dave,

We’ve all our debts paid off, except for our home, and our fully funded emergency fund of six months of expenses is in place. In talking to people, it seems there are lots of different opinions as to what constitutes an emergency. What guidelines do you suggest when deciding whether to use our emergency fund?

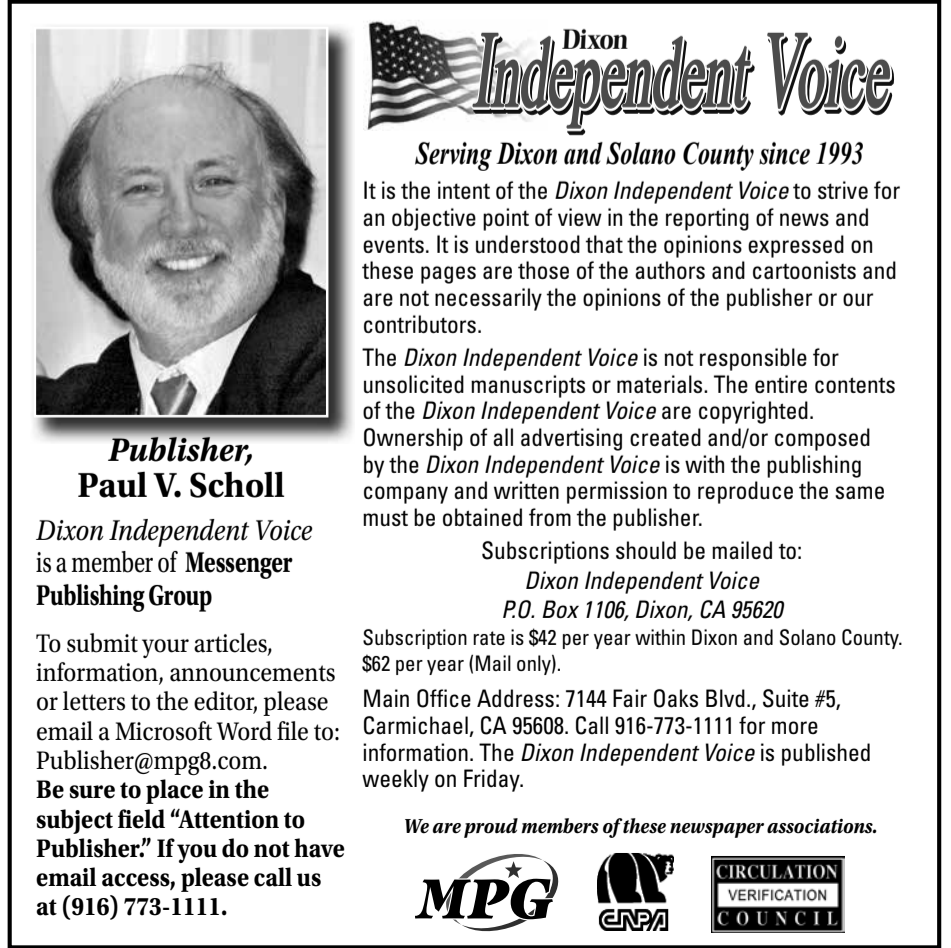
– Ingrid

Dear Ingrid,

Here are three things to ask yourself when you’re tempted to dip into your emergency fund. One, is it unexpected? Things like Christmas, birthdays and even certain bills come around at the same time every year. If you’re not already budgeting for these things, it’s time to start.



Sell Your Vehicle in the Local Classifieds
Call **916.773.1111**
MPG



Dixon Independent Voice
Serving Dixon and Solano County since 1993
It is the intent of the *Dixon Independent Voice* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.
The *Dixon Independent Voice* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Dixon Independent Voice* are copyrighted. Ownership of all advertising created and/or composed by the *Dixon Independent Voice* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.
Subscriptions should be mailed to:
Dixon Independent Voice
P.O. Box 1106, Dixon, CA 95620
Subscription rate is \$42 per year within Dixon and Solano County. \$62 per year (Mail only).
Main Office Address: 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Call 916-773-1111 for more information. The *Dixon Independent Voice* is published weekly on Friday.
We are proud members of these newspaper associations.
MPG, ENPA, CIRCULATION VERIFICATION COUNCIL

RETIRED COUPLE HAS \$1MIL TO LEND ON CA. REAL ESTATE*
V.I.P. TRUST DEED COMPANY
Buys T.D.s and Buys/Lends on Partial Interests
OVER 40 YEARS OF FAST FUNDING
Principal **(818) 248-0000** Broker
WWW.VIPLAN.COM *Sufficient equity required - no consumer loans
Real Estate License #01041073 CA Department of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

Former Dixon City Treasurer Opens 8th Sierra Ridge Office

By MPG Staff

DIXON, CA (MPG) - Former Dixon City Treasurer and 2005 Dixon High graduate who opened Sierra Ridge Management in Sacramento soon after earning his UC Davis degree has expanded again, now making Ft. Lauderdale, Florida, his 8th office across the states.

Davis Wealth Management, Inc., a branch office of Sierra Ridge Wealth Management, is thrilled to announce the grand opening of its new location in the heart of Fort Lauderdale. Positioned at 501 E Las Olas Blvd, #300, this premier office marks a significant milestone in the firm's expansion efforts within the region.

Situated on the highly coveted Las Olas Boulevard, the new office serves as Davis Wealth Management's main and full-time location, led by local President George Davis. This strategic move not only enhances the firm's visibility but also positions it as a key player in Fort Lauderdale's vibrant business district.

James Slaughter, Co-founder and President of Sierra Ridge Wealth Management, expressed enthusiasm about the expansion.

"This new office reflects Sierra Ridge's commitment to providing our teams with optimal resources and support for their growth," Slaughter said. "Fort Lauderdale is a crucial market for us, and this premier location underscores our dedication

to establishing a strong presence in the community."

The Las Olas Boulevard area, known for its architectural uniqueness and eclectic blend of fashion boutiques, art galleries, restaurants, and bars, serves as an ideal backdrop for Davis Wealth Management's expansion.

The new office offers full scalability to accommodate the onboarding of multiple advisors. As part of the growth strategy, Davis Wealth Management aims to recruit 1-2 additional advisors within the coming year.

George Davis, President of Davis Wealth Management, said this is a significant step forward for the firm.

"We are eager to continue our growth in Fort Lauderdale and further contribute to the vibrant financial landscape of the region. This location provides us with a dynamic platform to better serve our clients and welcome new advisors to our team."

As part of Sierra Ridge's unique and powerful value proposition of supported independence for financial professionals, this expansion showcases the effectiveness of the firm's approach to fostering success and growth within its branches across the country.

For more information about Davis Wealth Management and Sierra Ridge Wealth Management, visit www.daviswm.com and www.sierraridgewm.com. ★

First Northern Reports Record Year End 2023 Net Income of \$21.6 Million

First Northern Community Bancorp News Release

DIXON, CA (MPG) - First Northern Community Bancorp (the "Company", OTCQX: FNRN), holding company for First Northern Bank ("First Northern" or the "Bank"), today reported 2023 annual net income of \$21.6 million, or \$1.41 per diluted share, increases of 35.7% and 35.6%, respectively, when compared to net income of \$15.9 million, or \$1.04 per diluted share, for 2022. Net income for the year included the bargain purchase gain resulting from our branch acquisition completed in the first quarter of 2023. On an after-tax basis, the bargain purchase gain contributed \$1.0 million to net income for the year ended December 31, 2023.

Net income for the quarter ended December 31, 2023, totaled \$6.9 million, or \$0.45 per diluted share, compared to net income of \$4.7 million, or \$0.31 per diluted share, for the quarter ended December 31, 2022. The increase in net income on a quarter over quarter basis was largely driven by the reversal of provision for credit losses which totaled \$2.0 million for the quarter ended December 31, 2023, compared to no provision for credit losses for the quarter ended December 31, 2022. The reversal of provision for credit losses of \$2.0 million was primarily due to the payoff of a non-performing agricultural loan relationship that resulted in recoveries of previously charged-off principal totaling \$2.6 million, partially offset by provision for credit losses due to loan growth during the quarter.

Total assets as of December 31, 2023, were \$1.87 billion, an increase of \$0.5 million, or 0.03%, compared to December 31, 2022. Total deposits as of December 31, 2023, were \$1.69 billion, a decrease of \$34.4 million, or 2.0%, compared to December 31, 2022. Total net loans (including loans held-for-sale) as of December 31, 2023 were \$1.1 billion, an increase of \$82.3 million, or 8.5%,

compared to total net loans (including loans held-for-sale) of \$970.1 million as of December 31, 2022. The increase in net loans was primarily driven by growth in commercial real estate and residential mortgage loans partially offset by net reductions in agricultural loans.

The Company continued to be "well capitalized" under regulatory definitions, exceeding the 10% total risk-based capital ratio threshold as of December 31, 2023.

Commenting on the Company's year-end 2023 financial results, First Northern Bank's President & Chief Executive Officer Jeremiah Smith stated, "We are pleased to report robust financial results for the year 2023. Our success was partially driven by the heightened interest rate environment and subsequent balance sheet repricing. This resulted in record net interest income of \$66.5 million for the year, an increase of \$11.8 million, or 21.7%, compared to the previous year's \$54.7 million. The Company ended the year with a record \$21.6 million of net income, an increase of 35.7% over the \$15.9 million earned in 2022. We believe the success we experienced in 2023 was driven by the significant demand for our approach to relationship banking across the Sacramento region and surrounding communities and reflects the trust our clients and communities have placed in First Northern Bank. Further, we're proud to announce that our trading upgrade from the OTCQB® Venture Market to the OTCQX® Best Market is complete. The OTCQX should provide improved visibility for our stock to investors, brokers, and market makers, with the aim of enhancing shareholder value for FNRN."

The Company also reported that at their regular meeting on January 25, 2024, the Board of Directors approved a 5% stock dividend payable March 25, 2024, to shareholders of record as of February 29, 2024. All income per share amounts in this press release have been adjusted to give retroactive effect to the stock dividend. ★



Grant Funds Awarded to Help Citrus Farmers Enhance Pollinator Habitat

The California Farm Bureau and its partners have received \$5 million from the California Department of Food and Agriculture to implement climate-smart farming practices in citrus groves in 11 counties. The project, which is part of CDFA's Healthy Soils Block Grant Pilot Program, will focus on hedgerow planting, carbon sequestration and soil management practices, all of which create safe pollinator habitat in citrus groves. It will fund citrus groves in Fresno, Imperial, Kern, Kings, Riverside, San Bernardino, Santa Barbara, Tulare, San Diego, Placer and Ventura counties.

UC Davis Launches Center to Study Cultivated Meat and Proteins

The University of California, Davis, is establishing a new Integrative Center for Alternative Meat and Protein. The center will work toward large-scale commercialization and technological advancement of alternative proteins, including cultivated meat from animal cells grown in large fermentors, plant- and fungal-based foods and hybrids that combine conventional meat products with alternative proteins. The world's demand for meat is expected to increase 50% to 100% over the next 25 years, said Center Director David Block.

Research Takes Aim at Using Farm Byproducts for Fuels and More

University of California researchers are sharing new findings on how to access the sugars locked up in plant materials to convert byproducts into new feedstocks to produce fuels, materials and chemicals. The findings, published in the journal Green Chemistry, can help lower the technological barrier and make it easier for the sustainable conversion of plant material, including agricultural byproducts, said Tina Jeoh, a professor of biological and agricultural engineering at the University of California, Davis, which led research on the project.

USDA Announces \$207 Million Effort to Boost Fertilizer, Renewable Energy Production

The U.S. Department of Agriculture will invest \$207 million in renewable energy and domestic fertilizer projects in an attempt to lower energy bills, generate new income and strengthen competition for U.S. farmers, ranchers and agricultural producers. The plan was announced by Agriculture Secretary Tom Vilsack at the American Farm Bureau Federation convention in Salt Lake City. Vilsack said the investments "will expand access to renewable energy infrastructure and increase domestic fertilizer production." ★



Kings Korner

By V.G. Harris

I was worried. Genuinely worried that after a miserable four-game losing streak that saw the Kings give away two games, largely because of abysmal free throw shooting, I would have nothing positive to write about.

Enter Harrison Barnes. Yes, the much maligned Harrison Barnes, and rightfully so. Harrison has under-performed nearly all season, and I have been critical of his effort: to the point of calling for coach Brown to give Trey Lyles his starting spot in the lineup.

So, after four miserable games, the Kings have now won three straight, and Mr. Barnes has played prominently in all three. 32 points, then a career best 39, and finally a solid 20-point performance against the Dallas Mavericks to help the Kings string three wins together.

The most prominent name mentioned in trade talks has been none other than Harrison Barnes, and this most recent resurgence in productivity has fans and pundits alike scratching their heads.

For many of us that have followed Harrison's career, we know and have seen what he is capable of doing, so the question must be asked, where has this been, and why now?

Coach Brown has been criticized with his starting lineup, and I will say, regardless of how well Harrison plays, Trey Lyles needs more minutes on the court every game. Trey has a basketball ceiling that we have yet to see, and we're only going to see it if he gets 30 minutes plus per game.

Much like Domantas Sabonis, Trey Lyles brings a workmanlike effort every game, and could start on many NBA teams.

Malik Monk continues to be coach Brown's 6th man, and if Malik can thrive in that role, I'll stand back and applaud. Without question, like Trey Lyles, Malik needs more minutes. His game time is a bit erratic, and if there is anyone that makes his presence felt immediately, it's Malik Monk.

What this brings us to, is what if anything are the Kings looking for as the trade deadline approaches?

If Harrison Barnes is going to play with the enthusiasm he's shown in recent games, it may very well change decisions made in regards to possible trades. We will see.

Another positive is the positive sight of Davion Mitchell coming off the bench again with regularity!

Like most players, Davion is at his best when he sees regular playing time, and he played well in all three of the Kings recent wins.

I would be remiss if I didn't mention the recent change in the Kings effort on defense. Davion Mitchell brings it every game, and his ferocious defensive style is contagious. When Davion disappeared for games at a time, getting no playing time, the defense struggled. Collectively the Kings have been getting better every game as their defense is currently at the best I've seen all season.

The Kings implausible nine blocked shots in the first half of the Mavericks' game is without a doubt a record for most blocks in a half for this team, and one notable stand-out was none other than Keegan Murray. Three blocked shots against Luka Doncic in the first half set the tone for the game, and although the Mavericks made it closer than was necessary, the Kings defense rose to the occasion, and truly was the principal reason for the victory.

If we have learned anything about this team, it is that they can beat any team in the NBA on any given night, and further, if they decide to bring their defense to the court, they can win any game!

As the Kings continue on their seven-game road trip, I will watch with interest the rein-vigorated Harrison Barnes, and watch to see if Davion Mitchell and Trey Lyles will continue to get extended minutes on the hardwood. These are absolute keys!

If Monte McNair can somehow add a player that can be a contributor to this team, I say all the better. Don't be too surprised if ultimately we stand relatively pat, as we did last year, making one move that proved to produce little to the equation.

Regardless, enjoy this team. This group has great leadership in Sabonis and Fox, and as the rest rally around them, great things can yet happen.

Stay tuned for an exciting second half, and if you like what you've read let me know your thoughts at vgharriskingsfan@gmail.com.

Until next time, GO KINGS!! ★

WE SUPPORT FIRST RESPONDERS

Do You Need Your Legal Ads Published? We can help.

Call us now to place your legal advertising!

916-773-1111

All legal ads published by Messenger Publishing Group.



Dare to Live Without Limits

by Bryan Golden

Life Guarantees a Chance — Not a Fair Shake



“That’s not fair,” is a common childhood mantra. It’s typically heard when a child doesn’t get what he or she wants. Sometimes the sentiment is valid, more often it’s not.

As we grow up, adults, whether it be parents or others, tend to intercede on our behalf to demonstrate fairness. The problem is we then develop a false expectation of fairness. This leads to great frustration as we mature since fairness in life is not guaranteed.

You’ve probably encountered many unfair circumstances. Invariably, you will encounter more. You can yell and scream, but you won’t make life fair. Unplanned, unexpected, and even unfortunate circumstances do occur. It’s not ideal, but that’s the way it is.

Anger is a normal reaction when encountering unfair events. You may even feel bitter or resentful. These reactions, however, do not serve you well. They are counter-productive. Additionally, they are as destructive as poison to your mind and body.

Feeling victimized is another associated emotion. When you think something is unfair you may feel someone else is out to get you. When you take on the role of victim, you become reactive instead of proactive. This means you wait for what will come next rather than becoming a proactive participant. Victims are defensive. Those who refuse to act like a victim are offensive.

On the other hand, determination is good. When something is unfair, you have a chance to make the best of it. You can choose to use a bad situation as a stepping stone to something better. You can’t control your environment but you do decide how to respond to it.

When faced with the unfair, you have to decide where you want to go from there. In order to make the best of a situation, consider all of your options with an open mind. Harboring resentment impairs your judgement. You are then more likely to react emotionally instead of logically. The goal is to make your situation better, not worse.

Julie had applied for an open position in her company. She was eminently qualified and consistently received excellent performance reviews. Julie was optimistic about her chances. She really wanted the promotion. To Julie’s dismay, Cathy, a friend of her boss, was hired for the job. Julie felt it wasn’t fair. Cathy didn’t have nearly as much experience as her.

What were Julie’s options? She could go to work each day filled with bitterness, determined to get even. She didn’t have to perform at such a high level. Julie could do just enough to get by. Why should she work so hard only to be treated unfairly?

The second option was for Julie to accept that such things happen. As a well-regarded employee, other opportunities would emerge. If Julie wasn’t happy with the growth path at her company, she could get another job elsewhere.

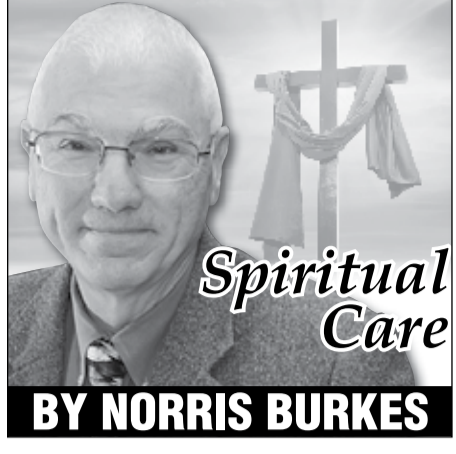
If Julie picked the first option, she would only be hurting herself. As her productivity dropped, her reviews would suffer along with her chances for a promotion. Should Julie then look for another job, she certainly wouldn’t get any glowing references.

The second option is much more beneficial to Julie’s future. Regardless of whether she looks for a new job or not, Julie would not be acting in a self-destructive manner.

Regardless of what unfair situations you face, you have a chance to improve your situation. Understand what sequence of events lead you to your current circumstances. It may not always make sense, but that doesn’t matter. What’s important is optimizing your chances to make the best of it. Moving forward always beats getting mired in the past.

NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. ©2024 Bryan Golden ★

Today is Groundhog Day - Again



BY NORRIS BURKES

In case you didn’t know, your digital calendar probably reminded you about Groundhog Day – AGAIN.

The outdated day gained modern fame from the 1993 movie “Groundhog Day,” where Bill Murray wakes up to repeat the same day over and over.

Why in the world do I need a reminder of this useless day? I don’t own a groundhog. I don’t personally know anyone who does.

Still, perhaps I can use this day to recall and repeat a few things that I’ve occasionally mentioned at the end of my previous columns.

So, with a little indulgence from my editors, this column serves as that moment in the small-church service where the pastor pitches a few things and then asks, “Are there any other announcements today?”

Why yes, I have a few. First, Join Chispa Project on its annual volunteer trip to establish a library in Honduran elementary schools. Chispa Project has enjoyed eight years of this repeated fun, creating over 80 libraries.

There’s a saying in Honduras that “If you drink the water, you’ll keep coming back.” I can’t think of anything more Groundhog’s Day than that.

Time after time, I find myself returning to Honduras. Maybe it’s the water, but most likely it’s the warmth of the people or the thrill of seeing children open their first book.

Join my daughter, Sara, and me this year June 16 - 23 and help install a new children’s library. Details at www.chispa-project.org/volunteerproject. Can’t travel this time? Consider donating, and if you really want to stay on theme, keep repeating it. Become a monthly donor like me!

Join our email lists. I promise we won’t share your info with anyone, and you can easily opt out any time. While Chispa Project sends only an occasional announcement, I’ll send you this column every Friday. Why get the column by email when you can read it in your local paper? I want you to do both, but I also want you to forward the email column to friends. I also want to stay in touch when I finally retire this column. Join the list by emailing me at comment@thechaplain.net or on the web site at <https://thechaplain.net/newsletter/>.

I can speak to your group. Many of you have heard me speak in the towns where my column runs. For instance, I’ve crossed Florida to speak in Melbourne, Lakeland, and Fort Myers. I’ve spoken at colleges in Springfield, Mo., Staunton, Va., Charleston, S.C., and Riverside, Calif.

The churches in Binghamton, Elmira and Horseheads remain favorites in upstate New York. It’s been a while, but I’d love to return to Mountain Home, Ark. or Mansfield, Ohio. (Or any of the other nine Buckeye towns where my column runs.)

And if you’re reading from places where I’ve not yet shared like Lafayette, Ind., Montgomery, Ala. or in the California cities of Vacaville, Elk Grove, and Auburn, I would love to make an appearance there too.

Buy one of my books. Even though I’m constantly mentioning my books, some readers are still surprised to learn about them. My books are a compilation of two decades+ of column-writing and will provide a way for the new reader to catch up. My titles:

“No Small Miracles” (2008) is about my work as a pediatric chaplain. “Hero’s Highway” (2011) relates my service in a Combat Field Hospital.

“Thriving Beyond Surviving” (2015) describes the seven “F” words I live by. “Tell it To the Chaplain” (2023) shares descriptive chaplaincy stories in health-care, the military, and the church.

You can purchase the books on my website or simply send your book request and payment of \$20 for each title to Norris Burkes at 10556 Combie Rd. Suite 6643 Auburn, CA 95602.

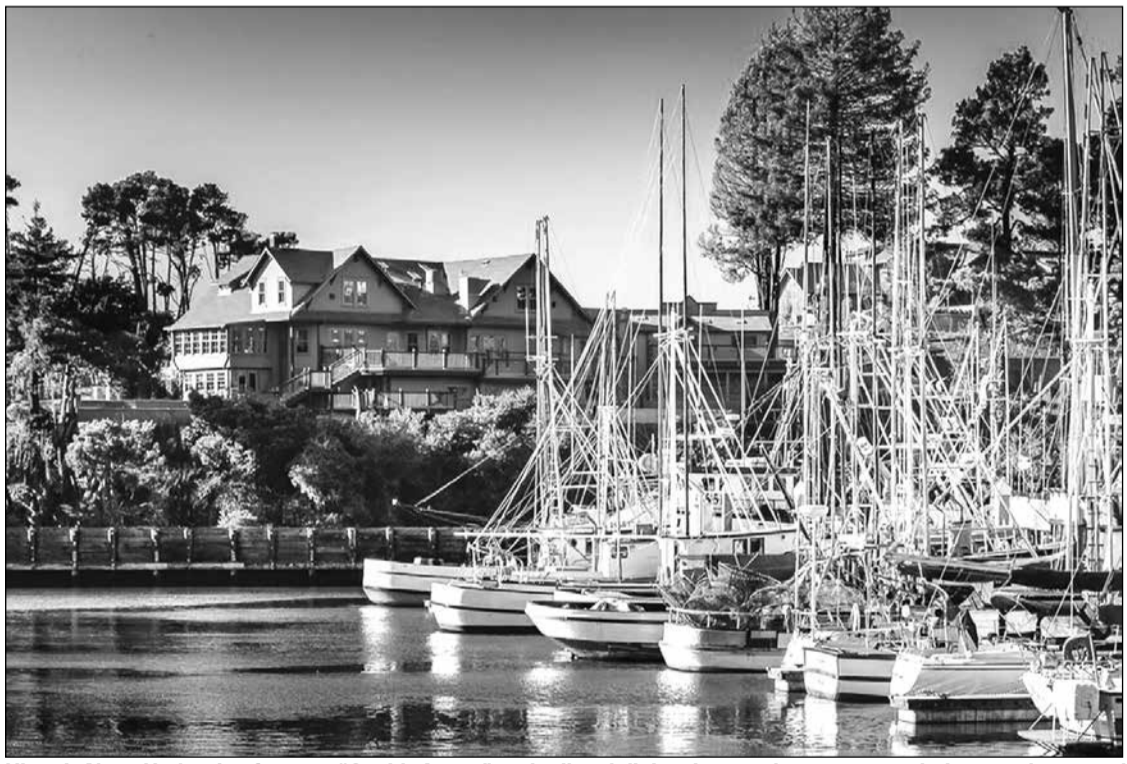
Maybe if my readers buy enough books, I’ll have enough money to buy a groundhog. ★

Romantic Inn on The Mendocino Coast Offers Tranquility

Noyo Harbor Inn News Release

FORT BRAGG, CA (MPG) - Most of us have tried it. Some sort of sleep soundtrack to help us drift off into the land of Nod. Anyone seeking a cozy, romantic getaway may appreciate that Fort Bragg’s own Noyo Harbor Inn offers a “live” sleep soundtrack all its own.

“Because our inn is located on a bluff where the Noyo River meets the ocean, the sights and sounds of both the harbor and open sea are a part of the visitor experience,” said Noyo Harbor Inn General Manager Scott Schneider. Indeed, the chatter of sea lions, gulls, fishing boats, kayakers, and a variety of shore birds, such as nearby nesting Ospreys, are just some of the gentle effects that are amplified from the waterway below, which is the only working fishing harbor between San Francisco and Crescent City.



Historic Noyo Harbor Inn features “Cupids Arrow” cocktail and dining; immaculate accommodations; and a coastal serenade. Photo courtesy of Noyo Harbor Inn

train excursion through ancient redwoods aboard the Mendocino Railway’s Pudding Creek Express. Skunktrain.com

-Downtown Fort Bragg and nearby Mendocino are historic landmarks with distinctive shops, galleries, cafes, and restaurants.

-Glass Beach in Fort Bragg was once covered in sea glass thanks to bottles discarded there more than a century ago. Today, much of the glass is gone, but the beach and surrounding trails offer a dramatic environment for exploring.

-The Noyo Headlands Coastal Trail stretches more than 10 miles along the coast, offering a level, smooth, wide path for walking and biking, with easy access for strollers and wheelchairs, too. The trail leads to stunning views, beaches, and the new Noyo Center for Marine Science.

-Private charters for sea fishing and whale watching are available in



Noyo Harbor Inn features many excursions to fill up your itinerary. Photo courtesy of Noyo Harbor Inn

While the sounds of nature abound, the noises of other inn guests do not. “We have created a luxuriant getaway with comfort in mind,” said Joseph Marino, the inn’s owner and visionary. “The structure is soundproofed between floors so that each of our 15 rooms and suites is its own

private cocoon.” Indeed, private decks, gas fireplaces, soaking tubs, spa services, sumptuous linens, 42-inch flat-screen televisions and French-press coffee makers are just some of the comforts that exist amid the inn’s architectural design elements. A range of spa services are also available. Bookings are

encouraged in advance of arrival by emailing info@noyoharborinn.com or calling (707) 961-8000.

The inn is also offering plenty of “flavor” this winter season. Fresh crab is currently a menu specialty at the on-site, full-service HarborView Bistro & Bar, which has been honored as a Wine Spectator Restaurant Award winner for a second consecutive year. Meanwhile, the resident mixologist is featuring the “Cupids Arrow,” a champagne cocktail made with Empress 1908 Elderflower Rose Gin; and elderflower liqueur. Another special is the “Rose Lemon Drop” made with Grey Goose Le Citron; house made rose simple syrup; lemon juice; and house made lemon bitters.

Famed for its fresh, locally sourced, and mostly organic entrées and small plates, the restaurant offers an elegant yet approachable setting with tranquil views of the picturesque Noyo River and boat docks. Diners may relax at a table on the pet-friendly outdoor deck or cozy up in the Craftsman-period wood paneled dining room.

Outdoor paths invite guests to explore the gardens, lounge in



One of the many homey yet luxurious rooms the Inn offers. Photo courtesy of Noyo Harbor Inn

the gazebo or wander down to the working harbor below . . . all amid the therapeutic soundtrack of sea life and breaking waves. For the latest packages, please visit noyoharborinn.com.

Things to do and see while staying at Noyo Harbor Inn:
-Enjoy a 75-minute roundtrip

the Noyo Harbor, as well as paddleboard and kayak rentals.

-The Point Cabrillo Light Station is a working, historic light station just south of the Noyo Harbor Inn. The surrounding area is a state park with trails along the rugged coast, along with a visitor center and tours. ★

COMICS & PUZZLES

The Spats by Jeff Pickering

POPEYE by EIGHTY PERCENT

Amber Waves by Dave T. Phipps

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Out on a Limb by Gary Kopervas

GRIN and BEAR IT by Dave T. Phipps

Just Like Cats & Dogs

TIGER by BUD BLAKE

BUSINESS & PROFESSIONAL DIRECTORY

CLEANING

S & Y Cleaning Services

Weekly • Bi-Weekly • Monthly • One Time
Weekends • Move-Ins • Move-Outs

Lots of References on Request
Gift Certificates Available
(707) 689-6532
FREE ESTIMATES

PROPANE

We live where you live
We understand your propane service needs.

WE ARE
Pro-Gas
ALLIED PROPANE
(707) 678-8500
1700 N. First Street | Dixon
RobL@alliedprogas.com

CONSTRUCTION

ALBERTAZZI CONSTRUCTION INC

GENERAL CONTRACTING - CA LIC. #560820
Custom Renovations / Structural Work
(916) 257-5400 - Dixon since 1989

CONSTRUCTION

EST. 1978
BESSEGHINI CONSTRUCTION

Bobcat Services 707-685-4166 Metal Buildings

PREGNANCY

Pregnant? Worried? We Can Help!

All services are free & completely Confidential.
Info on Pregnancy, Adoption & Abstinence
Post-Abortion, Miscarriage & Stillbirth Counseling
707-449-8991
Alpha Pregnancy Resource Center
138 S. Orchard St. Vacaville

FLOORING

Please call for a free in-home estimate!

HOUSE OF FLOORS
QUALITY WITH FRIENDLY SERVICE

1690 N. Lincoln Street • Dixon, CA 95620
(707) 676-5385
houseoffloors@att.net • www.houseoffloors.org

Thank you to all of our customers for trusting Dixon Tire Pros over the years!

We are very proud to be named the 2022 Dixon Business of the Year!

Thank You!

2022 DIXON BUSINESS OF THE YEAR!

DIXON TIRE PROS
& AUTO REPAIR
(707) 678-1669
205 Stratford Avenue, Dixon

You're Invited To

CORNERSTONE

Loving God, Loving Others,
Sewing Our World

SUNDAY SERVICES
Worship and Children's Ministry at 10:30 am
Men's/Women's/Youth Wednesday's 6:30 pm

Food Pantry on Fridays 11am - 12pm
185 W. Cherry St. • Dixon • 707-678-5234
www.cornerstoneindixon.com

Dixon May Fair Sensory Station Earns Top Award

Dixon May Fair News Release

DIXON, CA (MPG) - The Dixon May Fair was recently awarded several honors in the Western Fair Association's annual industry Achievement Awards program for the 2023 Fair. WFA represents fairs and associated industry providers from the Western United States and Canada. The Fair competed with other medium-sized fairs with attendance of 50-150,000.

The Sensory Station was the concept of CEO Patricia Conklin who saw the need for a safe and calming space for any guest who needed it, and particularly for the Fair's many special needs attendees. A room away from the stimulating sights and sounds of the Fair was set aside. Dimmed lighting, soothing nature videos, and quiet activities were conducive for some quiet time. The room was also used and appreciated by many nursing mothers.

Dixon May Fair also received the first-place awards for their pocket schedule brochure designed by Suzanne Wright; for their annual fair time logo designed by artist Steve Dana; and their Emergency Procedure Manual. A second-place was awarded for their radio commercial.

In the Give It Your Best Shot competition the Fair received a first-place for photos in the Food & Beverage, Animals, Entertainment, and Exhibits categories, as well as second for People at the Fair. The photos were taken by marketing director Karen Spencer.

The goal of the Achievement Awards Program is to recognize excellence and share successful ideas and programs amongst members. Achievement Award winners serve as inspiration to the industry, demonstrating innovation worthy of replication. More than 50 Fairs participated in the program.

The 2024 Dixon May Fair will be held May 9-12. The theme for 2024 is "Unforgettable, 147 Years of Making Memories" as they celebrate the importance of agriculture to our community. ★

Right: Ahoy Matey! Captain Jack Spareribs came ashore at the Dixon May Fair to wow audiences with his tales and tricks.

Far Right: Near record crowds were on hand at the 2023 Dixon May Fair where the community has gathered annually for 146 years.



Happy fair goers know that fair food is the best treat once a year. Funnel cakes topped with fruit, chocolate and whipped cream are one of the most popular "must-haves" at the Dixon May Fair. Photos courtesy of Karen Spencer



Coralee Pettey, representing the Maine Prairie 4-H Club, is ready to show her lamb in the 2024 Junior Livestock shows.



LOCAL NEWS

HAS NEVER BEEN SO IMPORTANT!

SUBSCRIBE NOW!

ONLY

\$42*

PER YEAR

RECEIVE DIXON INDEPENDENT VOICE EVERY WEEK AT YOUR HOME OR BUSINESS!

YES! START MY SUBSCRIPTION NOW!

FULL NAME _____

STREET _____ CITY _____ ZIP _____

PHONE _____ EMAIL ADDRESS _____

MAIL YOUR PAYMENT TO GET STARTED IMMEDIATELY:

Office address:
P.O. Box 1106, Dixon, CA 95620
Dixon Independent Voice is published weekly on Friday.
*Subscription rate valid only within Solano County

DON'T WAIT! CALL NOW! 916-773-1111

Single Again

Make the rest of your life the best of your life!

Are You Single Again?

SingleAgain.com is a website dedicated to helping people put their lives back together again after divorce, separation or the loss of their spouse.

Finding yourself single after years of being in a relationship can add a different kind of unknown stress to your daily life.

We provide articles and information from many sources to help you put all the pieces together so you can live a healthy and loving new life. When you first visit the website, be sure to make us one of your favorites. We publish many articles to help you along your new journey.

- Dating & Relationships
- Counseling & Advice
- Money & Finances
- Health
- Fashion & Beauty
- Consumer News
- Food & Recipes
- Travel
- Lifestyle
- Parenting

Visit SingleAgain.com today, get back out there and have some fun!

SingleAgain.com