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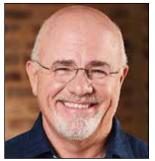
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### **ROTARY CLUB AWARDS SCHOLARSHIPS** TO STUDENTS



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### DOES MY MOM **NEED LONG-TERM CARE INSURANCE?**



PAGE 8

At Newstands plus Calif. Information Tax (Sales Tax)

# **Bookworm Grows into New Digs**



Friends of the Dixon Library President Sharon Swifka shows off the newly expanded selections of used books at the Friendly Bookworm used bookstore located next to the Public Library. Photo by Debra Dingma

By Debra Dingman

**DIXON, CA (MPG)** - The pandemic that shut most Americans down, didn't stop ingenuity and energy. It might have funneled it in a different direction perhaps, giving some a chance to solve bigger problems.

For the volunteers of The Friendly Bookworm Bookstore who never had enough room to process or display great covers, they got time to pursue a long-desired option with Solano County to expand into the rest of the large commercial building known as 'The Annex' on the corner of East B and North First Streets.

The little elongated space which was lined on both sides by bookshelves has now expanded to consume most of the large first floor thanks to the Friends of the Dixon Public Library, who founded and run the non-profit group and is now served by Sharon Swifka, President. They have been busy sorting, alphabetizing, cleaning, and arranging the books and other products to share with the public.

"During COVID, people really went through their books," said volunteer Lois Pierce, who also serves as Secretary for the organization as she stood near at least a dozen boxes yet to be put out on shelves. She is a long-time volunteer and showed off the many areas throughout the building while complimenting Erma Hill, a co-manager who has top organization

The large rooms don't look too much different than any library except maybe the shelves are older and made of solid wood. The bookshelves are stacked high with gently-used books, DVDs, CDs, audiobooks, magazines, puzzles, and games. But all are perfectly organized by topic. One whole room is designated for children's books and offers a table and chair.

The store's regular hours are 11 am to 2 pm Wednesday and Friday, 2 to 6 pm on Thursday, and 12 to 3 pm on

The prices remain the same with most items priced at \$1 or under. All proceeds from book sales are used to benefit the Dixon Public Library like co-sponsoring summer reading programs for all ages and purchasing books, furnishings and equipment for

Most of the books at the used bookstore have been donated by generous Dixon neighbors or from other Public Libraries. Donations of clean and gently used books and other media are always appreciated. They may be made during store hours and a receipt is available for tax purposes. The library also accepts donations for the bookstore during their open hours.

The bookstore is run entirely by volunteers and they need more. If you are interested in spending time in a quiet, cool library seeing all kinds of books and other dedicated readers, please pick up a volunteer application during business hours or contact us at friendsofdixonlibrary@gmail.com or 707-624-0144. Volunteers must be high school age or above. Or, you can become a member with dues starting at \$5 for an individual, family is \$10, or patron for \$25.

## Variant Risk **Cancels** Wine Stroll

By Debra Dingman

DIXON, CA (MPG) - The ink didn't dry on the calendar markings for the **Downtown Dixon Business** Association's Wine Stroll before the City of Dixon Economic Development/ Grants Manager Larry Burkhardt sent a mass email about CalOSHA's new requirements for COVID safety with a \$25,000 fine for non-compliance causing the DDBA to cancel plans.

California is currently experiencing the fastest increase in COVID-19 cases during the entire pandemic with 11.2 new cases per 100,000 people per day, with case rates increasing fivefold within two months, according to the California Department of Public Health. The Delta Variant, which is very highly contagious and possibly more virulent, is currently the most common variant causing new infections in the state.

"If the Delta Variant virus wasn't bearing down on us, we would be going full on with this event," said Jill Orr for the **Downtown Dixon Business** Association. "We all want to be socializing and enjoying the amazing wineries in our area and just getting back to normal. We know this event could reach over 1,000 people in attendance and it could put people at risk with the current infection rates."

The Board wants to be responsible to public health and their insurance policy will not cover someone who gets Covid during the event.

"The DDBA Board would be personally responsible if someone fell ill," Orr said. "If the virus was under control, we would be on this 100-percent. We miss doing this as much as anyone." On the Solano County Covid site, on July 26, the cases spiked with 340 new cases and one week later, August 2, it was still climbing at 460 new cases.

"Transmission is occurring very clearly spreading through social events, parties, picnics, birthdays, barbecues, and camp outs or camping with friends-those are the venues where the disease is spreading," said Solano County Health Director Bela Matyas. People are getting together without any social distancing and doing things that clearly transmit the disease like "eating together, sharing cigarettes, or playing beer pong," he explained. The risk increases with the closer you are and the longer amount of time you spend together. Dr. Matyas

Continued on page 3

## **Unaccompanied Veterans Receive Delayed Honors**

MPG Staff

DIXON, CA (MPG) - Military honors may be late but not forgotten for our deceased veterans who arrived at the Sacramento Valley National Cemetery during the pandemic and did not receive full regard at their burial.

Northern California veterans' organizations and the Sacramento Valley National Cemetery (SVNC) are gathering monthly to give proper military honors to unaccompanied veterans that have been interred at SVNC, 5810 Midway Road in Dixon.

"It actually was kind of sad because they served their country, but they don't have any family or friends or contacts to be there for their ceremony and it is heartbreaking to a sense," said Mayor Steve Bird who



Valley National Cemetery where monthly honors are being provided for deceased veterans who arrived during the pandemic at the cemetery. Photo by Debra Dingmar

is attending them. "There are other people that show up in uniforms such as veterans, the Veteran Riders, and even Travis airmen who read the names. They really do a good job." he

The names are not few.

The first one had about 136 names and the last one had about 160, he explained. "I just thought more

Dixonites would go since we're so close," he said. The public is invited to participate in the services on the third Thursdays of the

our veterans, so they are properly honored. Meet at Committal Shelter 1 at 2 pm

goo.gl/ZNe4c

or for more information call the cemetery administration office at (707) 693-2460 or visit the Sacramento Valley National Cemetery Support Committee website at: www.svncsc.org or http://

month until all have been

honored. The next one is

SVNC and Missing in

America Project (MIAP)

works jointly with the

efforts of private, state

and federal organizations

to give these veterans and

their dependents a final

resting place. Many of the

veterans come to us via the

Public Administrator or the

Coroner's Office (various

It is our country's honor

to provide this service to

counties in the region).

August 19.

Postal Customer



### Looked Like a Scene from Left Behind

By Debra Dingman

When we pulled up in the AT&T parking building that is several stories high, there were no cars at all. Not even a motorcycle or a bicycle. There were three or four dangling bike locks, though. Like the bikes had disappeared in a hurry.

We were let into the high rise building in El Segundo, California, by a security man after hubby flashed his company badge for the last time. We rode the elevator to his floor and stepped out into an expansive office center completely devoid of life. All I could think of was the Apocalypse!

We walked slowly by each desk--I think more out of shock than curiosity. Each low-walled cubicle looked like the worker had literally vanished. Their pens and pencils were still out on their desks. Someone had been cutting a picture to fit a picture frame and the scissors were still on the desk with the scraps of trim.

Coasters from coffee cups--were still on their desks. There was a bunch of abandoned computer plugs, monitors, mice, and keyboards as if the computers themselves had been swiped away in a hurry. There were sticky notes here and there; some pasted on the sides of their walls. Next to their desks were stand-up large white boards with notes, numbers, flow charts, calculations, and tasks listed.

One had large letters made with green markers that read, "WHY?" Another had a purchase order number dated "3/20." It was all eerie and made me feel so sad.

"People can work from home, now," said my husband, seeing I was distressed. "It's just a different way of working. This is what you can do with a white-collar workforce. All the engineers and programmers, for example. Police and Fire personnel cannot do this." Then he told me it was the way of technology.

"People can work anywhere in the world. You don't have to commit to any city," he said, trying to reassure me.

"They didn't even tidy up because they thought they'd be back," I responded. Out the window, on another large building that was facing us, was a long banner advertising that space was available. I scanned the Los Angeles horizon and wondered what the future might hold.

Funny that the freeways had been packed and we crawled through it even on an off workday. I just don't understand any of this.

I know hubby missed the camaraderie of working with like-minded people in the office. I wrote on his white board a goodbye. Then he dictated what he would miss and I wrote that also: meetings, potlucks, free stuff, friendships, and cookies.

We left the office and went to his retirement luncheon. What a refreshing change. We all visited and laughed, and reminisced for three hours. It was like no one wanted to leave. It was nothing like those daily Zoom meetings.

When we were walking out to our car to head back to Dixon, it became clear.

"Working from home brought changes of hearts and minds in good ways but to go forward, our country needs to get back to working and being around their colleagues," I said. ★

## **Dixon News Briefs**

MPG Staff

#### **City Meets in Council**

The Dixon City Council will meet on Tuesday, August 17 at 7 pm in the Council Chambers AND WILL NOT BE AVAILABLE ON ZOOM, according to Madeline Henry, the new City of Dixon Public Information Officer. The agenda is posted on the Thursday before the meetings on the City of Dixon website.

#### **New Commissioners**

Congratulations to KC Baltz and Katherine Manwarren who have been officially appointed to the Parks and Recreation Commission, by Mayor Steve Bird and approved by the City Council. Congratulations are also in order to the new members of the Transportation Advisory Commission: Jessica Blazer, Logan Legg, Kylie McElwain, Bryan Stevens, and to Jodie Stueve as the Dixon Unified School District representative.

#### **Women Entrepreneurs**

Women own or co-own 45% of all businesses in the United States. These businesses represent all types of industries and are owned by all types of women. The majority are small, with great potential for growth in both revenue and job creation. That's why we created Ascent and packed it with indepth information to help you grow your business

Ascent is divided into major topics called Journeys, developed by experts in women's entrepreneurship. Choose any journey to start, skip the ones you already know. Within each Journey, you'll find Excursions with the tools you need to master a topic. Each excursion includes a time estimate for completion. You're the boss of when and how to apply these tools to your business. Go to Solano Small Business Development Center and search for "Ascent".

#### Pip & Pizza

The Pip Wine Bar & Shop is offering another Pizza Night on Saturday, August 21, 4-9 pm. "Chef Jodie is back! She

manages all-things-pizza and we manage all-things-beverage. Come join us for some killer awesome pizza at 116 North First Street in downtown Dixon," said Owner Amy Grabish.

#### **Shuttered Venue Operators Grant**

The SBA is currently accepting applications for the Shuttered Venue Operators Grant. The Shuttered Venue Operators Grant (SVOG) program was established by the Economic Aid to Hard-Hit Small Businesses, Nonprofits, and Venues Act, and amended by the American Rescue Plan Act. The program includes over \$16 billion in grants to shuttered venues, to be administered by SBA's Office of Disaster Assistance.

Eligible entities include: live venue operators or promoters; theatrical producers; live performing arts; organization operators; museum operators; motion picture theater operators (including owners;) and talent representatives

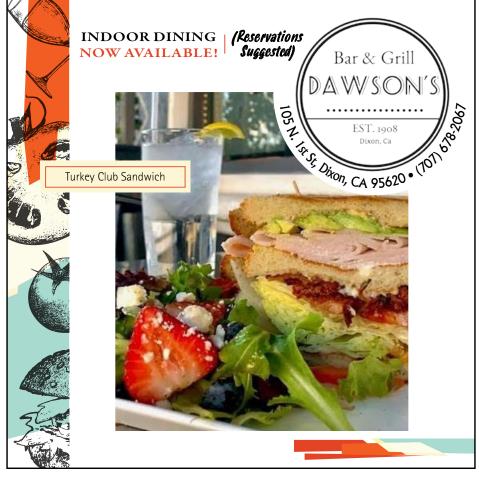
Other requirements of note: Must have been in operation as of February 29, 2020; Eligible applicants may qualify for grants equal to 45% of their gross earned revenue, with the maximum amount available for a single grant award of \$10 million; To submit an application, visit sba.gov/svogrant.

#### **Lambtown Festival**

For the second year, the Sheep to Shawl Competition as part of Dixon's 35th Lambtown on October 1 - 3, will be held virtually. The Sheep to Shawl is a competition in which teams race against the clock to transform wool into a beautiful, wearable shawl.

Teams will compete on Saturdays, Sundays, and select weeknights, with judging taking place on festival weekend. With the safety of competitors at the forefront, organizers felt it best.

Registration is open now through September 1st, with the competition beginning on August 21. For more information, go to lambtown.org/virtual-lambtown.





The Dixon District Chamber of Commerce is proud to welcome the following new members

Castlewood Cabinets
Charles King
Community Management Consulting
Curves/Jenny Craig
Delon Jackson
Golden Barn – BEGK Inc.
Grace Fellowship of Dixon

For information on how the Dixon Chamber can help your business be more successful, call 707-678-2650 or email info@dixonchamber.org.

Connect • Communicate • Collaborate





Loving God, Loving Others, Sewing Our World

Worship Services at 10:30 am Sundays
Our sermon topic for this week is

Building Our Lives Again Part 2 "Withstanding the Winds of Life" Selected Scriptures

Small Groups meet throughout the week.

Frank Salamone - Pastor/Teacher Sheila Dybdahl - Children's Minister

185 W. Cherry St. • Dixon • 707-678-5234 www.cornerstoneindixon.com

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## Rotary Club Awards \$15,000 Community Cleanup to Dixon Students

**Dixon Rotary Club** 

DIXON, CA (MPG) - Dixon Rotary Awards \$15,000 in Scholarships in 2021. The Dixon Rotary Club is an international service club with an objective of service in the community and around the world and a focus on education. This year the Dixon Rotary Club increased the number of scholarships to nine, totaling \$15,000. With numerous applications received, the Scholarship Committee was tasked with selecting the recipients.

It was with great honor that the Dixon Rotary Club provided their scholarships to: Liliana Ascencio, Megan Kett, Lilia Mendisco, Ana Miranda, Ramses Reynoso, Jocelyn Rodriguez, Emma Perez Showalter, Lana Tokita and Melaya Williams.

Liliana Ascencio plans to major and have a career in Public Health. She will be attending San Diego State University in the Fall of 2021. Liliana was an Interact member, ASB President, had a 4.5 GPA and has been involved in several service activities. Liliana received a \$2,000 Rotary scholarship.

Megan Kett will be attending Oklahoma State University in the Fall of 2021, will be majoring in Animal Science and hopes to earn her degree in veterinary medicine. Megan participated in sports,

By Paul Payne, Office of

SONOMA, CA (MPG) - SEN.

BILL DODD, D-Napa, will

host a virtual town hall

Aug. 16 at 6:00 pm on

wildfire and emergency

preparedness featuring

Mark Ghilarducci, direc-

tor of the California Office

of Emergency Services and

Marybel Batjer, president

of the California Public

Utilities Commission. The

meeting will also host

Alfredo Pedroza, chair of

the Napa County Board of

Supervisors and other pan-

Panelists will focus on

elists TBD.

Senator Bill Dodd

numerous service activities and has worked with Team Dixon, Toys for Tots, FFA and had a 3.9 GPA. Megan received a \$2,000 Rotary scholarship.

Lilia Mendisco plans to study business with a goal to own a McDonald's franchise. She will be attending Woodland Community College. Lilia had a 3.89 GPA, was the AVID President, participated in sports and cheerleading and was in the Public Service Academy. Lilia received a \$1,000 Rotary scholarship.

Ana Miranda plans to become a doctor specializing in Anesthesiology. She has been accepted to UC Davis, UC San Diego, and St. Mary's College. She has a 4.3 GPA and appreciates her parental and family support and guidance. She participates in the Tutor Club, Health Academy and community service. Ana received the special Joe Hall Memorial Scholarship of \$3,000.

Ramses Reynoso will be attending Woodland Community College majoring in History and Art. He has a 3.1 GPA and feels college will provide a good job and the ability to donate to good causes and charities. Ramses received a \$1,000 Rotary scholarship.

Jocelyn Rodriguez, is inspired by her Dad's hard work; she will be attending California State University, Stanislaus, majoring in nursing. Jocelyn had a 4.13

**Virtual Town Hall on Wildfire Preparedness** 

the statewide response

to California's wildfires

including improvements

to public safety power

shutoffs, evacuations and

more resilient emergency

streamed live over multiple

channels and broadcast on

KSVY Sonoma. Panelists

will take live and submitted

the Napa County Board of

Supervisors; other panelists

Streaming live audio:

Video: https://sd03.sen-

Alfredo Pedroza, chair of

The town hall will be

communications.

questions.

KSVY.org

ate.ca.gov

GPA, has a passion for soccer and has been involved in multiple service and volunteer activities. Jocelyn received a \$2,000 Rotary scholarship.

Emma Perez Showalter has been accepted to the University of San Francisco, UC Santa Cruz and High Point University. She is interested in the field of social work and psychology with a focus on abused children. She has a 3.8 GPA and has participated in service through church and sports. She has created her own path with hard work and being self-driven. Emma received a \$2,000 Rotary scholarship.

Lana Tokita will be attending Sacramento City College focusing her education to provide opportunities to those in need. She has a 4.13 GPA, has been a Teacher's Aide and has participated in CSF, DHS Swim Team and DHS Band. Lana received a \$1,000 Rotary scholarship.

Melaya Williams is already attending Woodland Community College and her goal is to become a Radiology Technician. She had a 3.89 GPA and is a church and food bank volunteer. Melaya received a \$1,000 Rotary scholarship.

The Dixon Rotary Club members is honored to present their 2021 Scholarships to these successful students and wished each of them congratulations and the best of luck.

https://www.facebook.

https://www.youtube.

broadcast locally on KSVY

Call-in questions:

Senator Bill Dodd repre-

sents the 3rd Senate District,

which includes all or por-

tions of Napa, Yolo, Sonoma,

Solano, Sacramento and

Contra Costa Counties.

More information on Senator

Bill Dodd can be found at

www.senate.ca.gov/dodd. ★

com/user/SonomaTV/

SonomaTV.org

townhall@ksvy.org

707-933-9133

91.3 FM

com/SenBillDodd

# **Day Coming Soon**

MPG Staff

DIXON, CA (MPG) - Do you enjoy working in your yard and/or cleaning things up? The City of Dixon posted this week on social media that they are looking for volunteers for yard work around town.

"They welcome community participation in the enhancement and expansion of city services to improve our community and encourage community pride. The City is dependent on its staff and the invaluable support of its volunteers. Being a volunteer provides a personal sense of satisfaction. At this time, City of Dixon Public Works staff would like to organize its first landscape clean-up day this year. The work would consist of weeding, pruning and trash collection," the post read.

They are giving people a choice of August 28 or September 11 from 8 am to noon to volunteer for



Overgrown bushes, trash, and plenty of pine needle debris blocks the walkways of the sidewalk along West A Street. The City is hopeful for volunteers to clean up the community. Photo

the cleanup and encourage people to take a survey at the link found on

cityofdixon.com to choose the most convenient date and location.

## **Church Backpacks Delight Children**

MPG Staff

DIXON, CA (MPG) - Grace Fellowship Church knew children have had a tough year and a half with the pandemic causing school closures and decided they wanted to help children go back to school this year with a little joy so, they gave a bunch of it away on Saturday with a carnival



Sheldon and Luis Rosales who runs the hispanic mission there.

Debbie Coogan. "Some kids are excited about going back but some are



Susan Van Tuyl, Assistant to the Children's Director, hands a backpack to a child after he carefully selected one from the batch at the Grace Fellowship Backpack Give-away last Saturday. Photo by Debra Dingman

atmosphere at the church run by enthusiastic volunteers including Pastor Paul

"There has been a lot of anxiety out there,"

Miranda Sheldon and Children's Ministry Director Debbie

Coogan were all smiles at the craft tables held recently at the

Grace Fellowship Backpack Give-away. Photo by Debra Dingman

not. We want kids to start school with some joy." said Children's Director The plan started simple but grew with enthusiasm into more fun with a iump house, a craft table. and various children's activities.

> Backpacks were loaded with supplies and handed out by Susan VanTuyl, Assistant to the Director. Numerous children and their families enjoyed the event. If your child needs a backpack, you can call the church, Coogan said.

## Variant Risk Cancels Wine Stroll

Continued from page 1 recommends wearing masks if you do not feel well or if you are not vaccinated.

"The best defense we

have against this disease is vaccination," he said. "It is the best defense by far. If more people

would get vaccinated, the

safer our communities

would be."

The BeerFest was also cancelled at this point but plans for the downtown Halloween Hunt were not...yet.



All Tires Come with FREE Rotations, Flats and Balance, for the Life of a Set of 4 Tires.



(707) 678-1669

205 Stratford Avenue, Dixon



## CDPH Launches New Campaign to Combat Teen Vaping

CDPH Press Release

SACRAMENTO, CA (MPG) - The California Department of Public Health (CDPH) launched a new advertising campaign called "Tell Your Story," in response to the latest high school vaping data from its 2019-20 California Student Tobacco Survey. California has made progress in combating the youth vaping epidemic, but with kids going back to in-person learning, it is crucial we continue making progress.

The survey, which includes data from September 2019 to March 2020, revealed that California's high school vaping rate is at its lowest in four years (8.2%) while the number of California teens trying to quit vaping more than doubled since 2018. During the same time, numerous youth and young adults were hospitalized due to the e-cigarette, or vaping product use-associated lung injury (EVALI) outbreak, sending a warning to young people across the state. California was the first state in the nation to respond to the deadly EVALI outbreak with a large-scale public awareness advertising campaign to protect young people, launched by Governor Gavin Newsom's Executive Order on September 16, 2019.

As California was responding to the EVALI epidemic, the COVID-19 pandemic created another public health crisis that attacks the lungs, reinforcing lung health as a top priority. Smoking and vaping harms the lungs, putting Californians who vape at greater risk from COVID-19. Research has shown teens who have tried vaping are five times more likely to test positive for COVID-19.

"By addressing the dangers of vaping as part of

our preparation for schools reopening, California is taking an even more proactive approach in protecting youth health," said Dr. Tomás J. Aragón, CDPH Director and State Public Health Officer. "Returning to in-person learning could mean a spike in teen vaping use at exactly the wrong time. It's critical young people know the facts about the dangers of vaping and have the support and resources they need to avoid use or quit."

The "Tell Your Story" campaign features real stories from young people and highlights their journey to quit vaping. The campaign educates youth and young adults about the harmful health effects of vapes and connects them with evidenced-based resources to quit, especially as they're exposed to increased social pressure in school environments.

"Seeing the impact vaping had on my health and my family, after I got out of the hospital, I knew I had to focus on living a healthier lifestyle, and that started with quitting vaping," said Blake Grey, a 20-year-old content creator and "Tell Your Story" campaign ambassador from Los Angeles. Grey underwent emergency surgery in 2019 when he was diagnosed with pneumomediastinum, caused by a vaping injury that burned a hole in his esophagus. "I'd tried quitting before, and it was easy to fall back into old habits. But with the support of friends and family, I was able to get into the best shape of my life and found myself in a much better place mentally as well without needing to vape."

The "Tell Your Story" campaign promotes the "I Can Quit" text message program, an evidenced-based quit vaping effort that helps support

the quitting process and emphasizes how to develop and successfully practice coping strategies. The program is centered on a desired quit date and then adjusts the content and timing of the texts, so they are relevant to the users' phase of quitting. The text program covers topics including motivation, planning, goal setting, seeking support, self-talk, withdrawal management, recovering from slips and much more.

The annual student tobacco survey conducted by CDPH, in partnership with University of California, San Diego, assessed the use of and attitudes toward tobacco products among middle and high school students along with social and environmental exposure to various tobacco products and advertisements. Additional key findings from the report include:

Overall tobacco use (9.7%) among high school students was mainly driven by the rate of vape use (8.2%). Vape products were the most used tobacco product among students across gender, race/ ethnicity, and grade; In 2020, 11.6% of LGBTQ+ identifying high school students in California vaped, compared to the overall California high school vaping rate of 8.2 percent; High school students who rated their mental health as poor had higher current tobacco use prevalence (16.1%) compared to those who rated their mental health as good to excellent (7.9%); The vast majority of teens who vape use flavored vapes (96.2%).

Californians looking to quit can text "I Can Quit" to 66819 or visit NoVapes. org to join the free, confidential text message program.

## Get the Facts about California Child Support Services

California Department of Child Support Services

WOODLAND, CA (MPG) - August is recognized nationwide as Child Support Awareness Month. The Colusa, Sutter, and Yolo Regional Child Support Agency, along with the other California child support offices and the California Department of Child Support Services, invite all parents to Get the Facts about the services avail-

the resources they need.

Statewide research reveals that many parents are unaware of the programs available for their benefit through Child Support Services. The child support program

able to connect them with

exists to assist both parents as well as legal guardians in providing a stable and supportive environment for their children. There are many misconceptions about the Child Support program and parents are encouraged to get the facts as services offered today are more flexible and responsive to the needs of modern families than ever before.

The Colusa, Sutter, and Yolo Regional Child Support Agency works with families to promote self-sufficiency and the well-being of children by establishing legal parentage and financial support. The regional agency assists both parents with modifying child support orders, collecting from and distributing

child support to parents and guardians, as well as provide a full accounting of all child support owed, paid and received.

During Child Support Awareness Month, it is important to remember that "single parent" does not mean "alone". The Colusa, Sutter, and Yolo Regional Child Support Agency along with local child support offices across the state are here to help parents better understand their rights and improve their options as they support their children.

For more information, please visit www.colusa-sutteryolochildsupport. org or visit the California Department of Child Support Services' website at childsupport.ca.gov. \*

# IRS Continues Unemployment Compensation Adjustments

By David A. Tucker II, IRS Media Relations

WASHINGTON D.C. (MPG) - The Internal Revenue Service reported that another 1.5 million taxpayers will receive refunds averaging more than \$1,600 as it continues to adjust unemployment compensation from previously filed income tax returns.

The American Rescue Plan Act of 2021, which became law in March, excluded up to \$10,200 in 2020 unemployment compensation from taxable income calculations. The exclusion applied to individuals and married couples whose modified adjusted gross income was less than \$150,000.

Refunds by direct deposit will begin July 28 and refunds by paper check will begin July 30. This is the fourth round of refunds related to the unemployment compensation exclusion provision.

Since May, the IRS has issued over 8.7 million unemployment compensation refunds totaling over \$10 billion. The IRS will continue reviewing and adjusting tax returns in this category this summer.

The IRS effort focused on minimizing burden on taxpayers so that most people won't have to take any additional action to receive the refund. The IRS review means most taxpayers affected by this change will not have to file an amended return because IRS employees have reviewed and adjusted their tax returns for them. For taxpayers who overpaid, the IRS will either refund the overpayment or apply it to other outstanding taxes or other federal or state debts owed.

For this round, the IRS identified approximately 1.7 million taxpayers due an adjustment. Of that number, approximately 1.5 million taxpayers are expected to receive a refund. The refund average is \$1,686.

The IRS started with the simplest tax returns and is now reviewing more complex returns. The average refund amount is higher for this round because the IRS included an adjustment to the Advance Premium Tax Credit (APTC).

Most taxpayers need not take any action and there is no need to call the IRS. However, if, because of the

excluded unemployment compensation, taxpayers are now eligible for deductions or credits not claimed on the original return, they should file a Form 1040-X, Amended U.S. Individual Income Tax Return.

#### Taxpayers Should File an Amended Return If They:

Did not submit a Schedule 8812 with the original return to claim the Additional Child Tax Credit and are now eligible for the credit after the unemployment compensation exclusion;

Did not submit a Schedule EIC with the original return to claim the Earned Income Tax Credit (with qualifying dependents) and are now eligible for the credit after the unemployment compensation exclusion;

Are now eligible for any other credits and/or deductions not mentioned below. Make sure to include any required forms or schedules.

#### Taxpayers Do Not Need to File an Amended Return if They:

Already filed a tax return and did not claim the unemployment exclusion; the IRS will determine the correct taxable amount of unemployment compensation and tax;

Have an adjustment, because of the exclusion, that will result in an increase in any non-refundable or refundable credits reported on the original return;

Did not claim the following credits on their tax return but are now eligible when the unemployment exclusion is applied: Recovery Rebate Credit, Earned Income Credit with no qualifying dependents or the Advance Premium Tax Credit. The IRS will calculate the credit and include it in any overpayment;

Filed a married filing joint return, live in a community property state, and entered a smaller exclusion amount than entitled on Schedule 1, line 8.

Taxpayers will generally receive letters from the IRS within 30 days of the adjustment, informing them of what kind of adjustment was made (such as refund, payment of IRS debt payment or payment offset for other authorized debts) and the amount of the adjustment.

## CDC Recommends Face Covering for Indoors

California Department of Public Health

SACRAMENTO, CA (MPG) The COVID 19 vaccines are

The COVID-19 vaccines are effective in preventing serious disease. Unvaccinated persons are more likely to get infected and spread the virus which is transmitted through the air and concentrates indoors. About 15% of our population remains without the option for vaccination (children under 12 years old are not yet eligible) and risk for COVID-19 exposure and infection will remain until we reach full community immunity.

The purpose of this guidance is to provide information about higher risk settings where masks are required or recommended to prevent transmission to persons with higher risk of infection (e.g., unvaccinated or immunocompromised persons), to persons with prolonged, cumulative exposures (e.g., workers), or to persons whose vaccination status is unknown. When people who are not fully vaccinated wear a mask correctly, they protect others as well as themselves. Consistent and correct mask use by people who are not fully vaccinated is especially important indoors.

With the emergence of the more contagious Delta variant in California which now accounts for over 80% of cases sequenced, cases and hospitalizations of COVID-19 are rising throughout the state, especially amongst those that remain unvaccinated.

Despite ongoing outreach and improving COVID-19 vaccine access, as of July 27, 2021, a significant proportion of Californians throughout the state are not yet fully vaccinated. The Delta variant is two times as contagious than early COVID-19 variants, leading to increasing infections.

In California, unvaccinated persons continue to be required to wear masks in all indoor public settings. This guidance is an update, in light of review of the most recent CDC recommendations. To achieve universal masking in indoor public settings, we are recommending that fully vaccinated people also mask in indoor public settings across California. This adds an extra precautionary measure for all to reduce the transmission of COVID-19, especially in communities currently seeing the highest transmission rates. Local health jurisdictions may be more restrictive than this guidance.

In California, fully vaccinated people might choose to wear a mask in indoor nonpublic settings, particularly if they are immunocompromised or at increased risk for severe disease from COVID-19, or if they have someone in their household who is immunocompromised, at increased risk of severe disease, not fully vaccinated, or not yet eligible for vaccination.

In workplaces, employers are subject to the Cal/OSHA COVID-19 Emergency Temporary Standards (ETS) or in some workplaces

the Cal/OSHA Aerosol Transmissible Diseases (ATD) Standard and should consult those regulations for additional applicable requirements.

Masking Requirements
Masks are required for all
individuals in the following
indoor settings, regardless of
vaccination status:

On public transit (examples: airplanes, ships, ferries, trains, subways, buses, taxis, and ride-shares) and in transportation hubs (examples: airport, bus terminal, marina, train station, seaport or other port, subway station, or any other area that provides transportation); Indoors in K-12 schools, childcare; Emergency shelters and cooling centers

Masks are required for all individuals, in the following indoor settings, regardless of vaccination status (and surgical masks are recommended):

Healthcare settings[6]; State and local correctional facilities and detention centers[7]; Homeless shelters[8]; Long Term Care Settings[9] & Adult and Senior Care Facilities[10].

Additionally, masks are required for unvaccinated individuals in indoor public settings and businesses (examples: retail, restaurants, theaters, family entertainment centers, meetings, state and local government offices serving the public).

See State Health Officer Order, issued on July 26, 2021, for a full list of highrisk congregate and other healthcare settings where surgical masks are required for unvaccinated workers, and recommendations for respirator use for unvaccinated workers in healthcare and long-term care facilities in situations or settings not covered by Cal OSHA ETS or ATD.

For additional information on types of masks, the most effective masks, and ensuring a well-fitted mask, individuals should refer to CDPH Get the Most out of Masking and see CDPH Masking Guidance Frequently Asked Questions for more information.

#### **Guidance for Businesses, Venue Operators or Hosts**

In settings where masks are required only for unvaccinated individuals, businesses, venue operators or hosts may choose to:

Provide information to all patrons, guests and attendees regarding vaccination

requirements and allow vaccinated individuals to self-attest that they are in compliance prior to entry; Implement vaccine verification to determine whether individuals are required to wear a mask; Require all patrons to wear masks; No person can be prevented from wearing a mask as a condition of participation in an activity or entry into a business.

### Exemptions to Masks Requirements

The following **individuals** are exempt from wearing masks at all times:

Persons younger than two years old. Very young children must not wear a mask because of the risk of suffocation; Persons with a medical condition, mental health condition, or disability that prevents wearing a mask. This includes persons

with a medical condition for whom wearing a mask could obstruct breathing or who are unconscious, incapacitated, or otherwise unable to remove a mask without assistance; Persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication; Persons for whom wearing a mask would create a risk to the person related to their work, as determined by local, state, or federal regulators or workplace safety guidelines.

For more information from the California Department of Public Health visit www.cdph. ca.gov/

ca.gov/
For the Centers for Disease Control and Prevention visit www.cdc. gov/about/default.htm

**Dixon Independent Voice** AUGUST 13, **2021 • 5** 



BOOK REVIEW & SPECIAL EVENTS EDITOR • ☑ amy-shane@att.net • ☑ amy\_fortheloveofbook

### **Head Back to School With** These Great Children's Titles

What's In Dragon's Backpack by Joan Holub, illustrated by Christopher Lee

What do dragons take to school? Open up Dragon's backpack to find out. From storybooks, art, homework, lunch, and more and children will love uncovering all the surprises under 35 lift-the-flaps. With a cute rhyming story, charming illustration, and even a handle to carry the book, this story is the perfect book to get anyone excited about school. This book is also available in - What's In Unicorn's Backpack?



#### PJ Masks Save Lunchtime

Based on the episode "Catboy and the great birthday cake rescue," the PJ mask team must help save Greg's birthday cake from the dreaded Night Ninja. Will they save the gecko cake in time? Fans of PJ masks will love this short story, complete with tearout lunch notes in the back.

Clovis Keeps His Cool by Katelyn Aronson, illustrated by Eve Farb

Clovis has a terrible temper, but thankfully he has learned how to control it. With a slow, gentle breath and his grandmother's calming words, he can face any situation; until the day his old teammates come to mock him. At first, he stays clams, taking in deep breaths and repeating his grandmother's words, and then they go too far. Will Clovis be able to control his temper?

In this delightful story celebrating the art of keeping calm, Clovis takes temper control to a whole new level. A true bull in the china shop, Clovis teaches the simple art and techniques of controlling your temper, but when things get to be a little too much, he also demonstrates the art of "being the bigger person." Paired with the most adorable and expressive bull, readers can't help but fall in love. With one simple image of a bull wearing a white button-up shirt with suspenders, holding a cup of tea, readers know they are in for a treat. With the most exquisite facial expressions, Clovis truly teaches the art of patience, keeping your cool, and

rising above a bad temper. The Princess Bride -**A Counting Story** 

Fans of The Princess Bride will delight in this adorable board book counting adventure. This book perfectly pairs people and objects straight from the movie with charming illustrations.

#### Geraldine Pu and her Lunchbox too by Maggie P Chang

Geraldine Pu loves lunchtime and her lunch box she calls branding, but the others around her make fun of her lunch. First, they say it's smelly and gross and even weird, but Geraldine knows it is none of these. Her lunch is delicious! Will Geraldine gain the confidence to eat the lunch her grandmother packed her, or will she let the others win?

Geraldine is the new lunchtime hero. The perfect book to teach about new foods, new friends, and the most important of all, acceptance. This delightful new series will have readers instantly engaged and cheering, and hopefully with a desire to try new foods. A perfect firsttime "ready-to-read graphic book" is quick, entertaining, and engaging, pulling in even the most reluctant readers.

## Newsom, Facing Recall, **Worries About Blackouts**



By Dan Walters **CALMatters** 

Several factors propelled the 2003 recall of then-Gov. Gray Davis, but one of the most powerful was his clumsy handling of an electric power crisis that had resulted in rolling blackouts.

The crisis resulted from the ill-conceived and misnamed "deregulation" of power supplies that the Legislature and Davis' predecessor, Pete Wilson, had enacted seven years earlier. It virtually invited power suppliers such as Enron to game the system.

When the system failed, Davis was governor and failed to deal with it quickly and effectively. As Davis dithered and power supplies dwindled, one major utility, Pacific Gas and Electric, declared bankruptcy and a second, Southern California Edison, came very close to insolvency.

The state finally stepped into the dysfunctional market and began buying power itself to prevent further blackouts, but the political damage to Davis had been done and the recall campaign was rolling.

This bit of history frames the emergency decree that Gov. Gavin Newsom, who also faces a recall election, issued last Friday.

driving power demand upwards, with drought curtailing hydroelectric generation and with the state more dependent on less reliable solar and wind power, California faces a looming supply shortfall that could force power blackouts.

The state might be 3,500 megawatts short on hot afternoons this summer and as much as 5,000 megawatts short next summer if the drought continues.

Newsom wants the state's energy regulators, the independent agency that operates the electric grid and the utilities themselves to go all-out in tapping whatever sources they can to avoid blackouts. That would include the natural gas-fired plants that the state wants to phase out and auxiliary diesel- and natural gas-powered standby plants in industrial plants.

Newsom suspends environmental clearances and other regulatory procedures to accelerate new power sources, including battery banks to back up solar and wind projects. He also directs utilities to pay up to \$2 per kilowatt-hour – manv times the standard rate to industrial customers for reducing their draw from the grid and shifting to backup generators, promising that the state will reimburse their outlays.

Newsom's order declares that "conditions of extreme peril to the safety of persons and property exist due to rapid, unforeseen, sudden, and severe energy shortages throughout California caused by these climate events..."

The key word is "unforeseen," a not-so-subtle disclaimer of political

With high temperatures responsibility if blackouts occur. But in reality, he had plenty of warning that California was short of electric energy.

Last summer, the state experienced brief blackouts during late afternoon and early evening hours as solar power production began its daily decline and the state could not procure enough backup power from the regional grid to cover the deficit.

It was a wakeup call about the state's growing dependence on solar, wind and other emission-free sources that lack the dependability of more traditional generation -unless the state has sufficient battery banks or other ways to store and supply power when needed the most.

"These blackouts, which occurred without prior warning or enough time for preparation, are unacceptable and unbefitting of the nation's largest and most innovative state. This cannot stand," Newsom said at the time.

If Newsom had heeded the 2020 warning and done then what he wants to do now to improve resiliency, the state would have been better equipped to deal with the current shortfall. He has to hope that California will avoid blackouts in the six weeks between now and the close of voting on September 14, or that if the lights do go out, voters won't punish him as they did Gray Davis 18 years

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for *California newspapers.* ★



#### Water Board cutbacks could have Unprecedented Impacts

The California state water board is working on emergency curtailments for the Sacramento-San Joaquin Delta that may have major impacts on California agriculture and water rights holders. Amid severe drought, many farms have fallowed fields and curtailed plantings due to prior cutbacks from state and federal water projects. A California Farm Bureau attorney says the implications of worsening water shortages and continued dry conditions "could be unprecedented."

#### Lemons are Smaller this Year but their Market is Brighter

Water shortages from drought are making for smaller lemons this year. Yet the market looks brighter for the citrus fruit due to recovering demand for lemons in restaurants and food service businesses. The Saticoy Lemon Association in Ventura County says food service orders for lemons are nearing 90 percent of pre-pandemic levels. Last year, amid widespread restaurant closures, the lemon demand was down by nearly two-thirds.

#### Agritourism gets a Boost as Visitors Welcomed Back to the Country

Winery tasting rooms have reopened and pumpkin patches, corn mazes and U-Pick flower fields are gearing up for a resurgence of tourism. The rebound follows widespread closures last year of many California farm festivals, tours and workshops. Many were conducted as virtual events or greatly scaled back. Now some farm open houses are selling out as people are taking drives back into farm country.

#### USDA pilot program aims to help Klamath Basin Agriculture Producers

The U.S. Department of Agriculture is creating a pilot program to assist Klamath River Basin farm businesses impacted by worsening drought. Under the program, the USDA is providing a \$15 million block grant to the Klamath River Drought Response Agency. The local agency will offer payments to agricultural producers who curb their irrigation demands. The USDA will evaluate the program in studying potential additional economic relief for the region.



#### We Don't Need Women to Register for the Draft

If you wonder what Republicans are accomplishing in Washington, look no further than the Senate Armed Services committee, where a majority of them voted to create the predicate for drafting women into the military.

Astonishingly, only five of the committee's 13 GOP members voted against an amendment requiring women to begin to register for the

Selective Service. It's unclear why this is a pressing national need, or why anyone believes that it would help during a major war. Perversely, though, it's considered a blow for gender equity, and, of course, that overwhelms all other considerations for Democrats and Republicans alike.

Currently, men between the ages of 18 and 26 must register with the Selective Service. This is the database that, in theory, we'd draw on in the event of a military draft.

A draft, which we haven't had since the Vietnam War, isn't supfor making people feel good about themselves or a tool of so-called social justice. Its purpose is to funnel manpower into the military as expeditiously as possible during a national crisis.

A draft is a gargantuan effort. As Max Margulies of West Point and Amy Rutenberg of Iowa State aren't as strong. Women

helped process draftees at 11,000 draft and appeals boards. During Vietnam, 31,000 people did this work.

It would unnecessarily complicate this inherently difficult task to also screen all the young women in the country to find those suited to military roles at a time when, presumably, we'd need to quickly find and train new soldiers en masse.

Although women serve admirably and honorably in the armed services, the military is still overwhelmingly male. According to a recent GAO report, the percentage of women in the military overall has increased only slightly, from 15.1% in 2004 to 16.5% in 2018. The numbers are tiny when it to comes to combat arms. As of late 2019, 653 women were serving in combat roles in the Army and 231 female Marines in combat arms billets.

With notable exceptions, women aren't as physically capable as men. A Marine Corps study released in 2015 found that all-male units performed better than gender-integrated units on 69% of tasks. Allmale units were faster. They were more accurate posed to be a mechanism in firing weapons. They engaged targets more quickly. They were more adept at negotiating obstacles. And they were better at evacuating casualties.

> The Marine study noted higher rates of injury for women than for men, resulting from higher levels of fatigue because women simply

University note, dur- got hurt at six times the ing World War II, more rate of men during entrythan 180,000 volunteers level training, and during the assessment for the study, the musculoskeletal injury rate for women was 40.5% and 18.8% for

> The males in the study weighed on average 178 pounds with 20% body fat; the females 142 pounds with 24% body fat. The women had 15% less aerobic power (the top 25th percentile of women overlapped with the bottom 25th percentile of men), and 15% less aerobic capacity (the top 10th percentile of women overlapped with the bottom 50th percentile of

> men). Israel, which drafts both men and women, is often cited as a counterexample. Surrounded by larger hostile countries, it is an international outlier, though, truly desperate for sheer numbers.

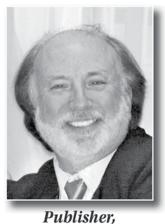
> Getting women to register for the draft has been a longtime priority of "men's rights" groups that think it's unfair that males in the United States should be asked to shoulder a disproportionate burden defending their society the way men have across all cultures since time immemorial.

Then, there are feminists who believe that it is only by raising the prospect of drafting females to fight our wars that women can truly become firstclass citizens.

Neither of these is a good argument, but Congress is inclined to use the Selective Service to make a social point anyway.

Rich Lowry is editor of the National Review.

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### Paul V. Scholl

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# UC Davis Awarded to Research Children Exposed to Chemicals

Environmental Protection Agency News Release

SAN FRANCISCO, CA (MPG) - The U.S. Environmental Protection Agency (EPA) awarded \$1,350,000 in funding to the University of California, Davis, to develop an innovative method for determining children's indoor dust ingestion rates. The method uses unique tracer compounds identified in household dusts. This is part of \$9,272,545 in funding awarded to seven institutions for research to better estimate children's chemical exposures from soil and dust ingestion. Accurate, comprehensive measurements of soil and dust ingestion rates are critical for effective risk assessment, reduction, mitigation and prevention measures.

"EPA is deeply committed to protecting children's health," said EPA Pacific Southwest Laboratory Services & Applied Science Division Director Duane James. "This research will help us to better understand and address children's exposure to chemicals through ingestion of indoor dust."

Young children may ingest significant quantities of soil and dust because they often play on the ground and put their hands and other objects into their mouths that can have dust or soil on them. For children, especially those six months through six years of age, soil and dust ingestion can be a major route of exposure to chemicals such as lead, mercury, polychlorinated biphenyls (PCBs) and asbestos. The research awards announced today will focus on improving estimates of children's ingestion rates of these chemicals. Accurate, comprehensive measurements of soil and dust ingestion rates are critical for effective risk assessment, reduction, mitigation and prevention measures.

EPA's Science to Achieve Results (STAR) Program, which funded today's awards, aims to stimulate and support scientific and engineering research that advances EPA's mission to protect human health and the environment. It is a competitive, peer-reviewed, extramural research program that provides access to the nation's best scientists and engineers in academic and other nonprofit research

institutions. The STAR program funds research on the environmental and public health effects of air quality, climate change, environmental justice, water quality and quantity, hazardous waste, toxic substances and pesticides.

The other six recipients are:

University of Nevada, Reno, Nev., to develop an integrative approach for estimating children's soil and dust ingestion rates:

Emory University, Atlanta, Ga., to conduct community-based research to understand and mitigate chemical contaminant exposure among children in neighborhoods with high lead and heavy metal contamination in soils around West Atlanta;

Florida International University, Miami, Fla., to estimate soil and dust ingestion rates in children by identifying specific tracers of dust and soil exposure combined with relevant environmental information;

Johns Hopkins University, Baltimore, Md., to create an integrated and innovative portfolio of tools and approaches to assess dust and soil exposures for children ages six months to six years via activity pattern and tracer studies:

New York University, New York, N.Y., to evaluate specific home environment factors and practices that lead to elevated levels of individual toxic substances ingestible by infants. It hopes to evaluate mitigation strategies to reduce infants' exposure to harmful chemicals in household dust;

North Carolina Agricultural and Technical State University, Greensboro, N.C., to obtain data on dust loading on various objects and surfaces in children's homes, foods and children's hands. It will also conduct computeraided investigations about children's hand contacts and mouthing patterns.

Learn more about these projects: https://cfpub.epa.gov/ncer\_abstracts/index.cfm/fuseaction/recipients.display/rfa id/666/records per\_page/ALL.

Learn more about EPA's research grants program: https://www.epa.gov/research-grants.

Learn more about EPA's Pacific Southwest Region ★

## CONVERSATIONS

By Shirley Humphrey

# Who Should Set the High Priority Goals for Dixon?

By Shirley Humphrey

According to the National League of Cities, one of the functions of the city council is to set objectives and goals for the city.

As local legislators, council members are responsible for and responsive to the citizens who elected them. One of the responsibilities highlighted for city councils was: Establish long- and short-term objectives and priorities.

Dixon's City Council needs to take seriously establishing goals and objectives. Annual goals need to be set for each project. Once the city's top five goals are set, a written plan will provide an annual roadmap towards completing the projects.

For example, the train station/Dixon Transportation Center was rented for \$1 a month for several years to the Chamber of Commerce though it cost the taxpayers \$2 million. The City of Dixon now owns the building and receives \$1000 per month from Corporate ReMax.

Let's look at another example: The Parkway Boulevard Overpass.

Recently staff established the goal of finishing the Parkway Boulevard Overpass around 2024. But there was one statement that provides an out for staff—"providing funding is available."

It is laudable that the staff set a goal for finishing the Parkway Boulevard, but the goals need to be established by the Council. Think about this. If your boss allowed you to set your goals and timetables at work, how high would you aim? Would you be concerned about setting goals that will enable you to make sure you receive a high annual salary increase?

The Parkway Boulevard Overpass was started in 2004 and the city signed a published booklet assuring citizens that the Parkway Overpass would be finished by August 2007. Now in 2021, the council is looking at 2024 for completion.

The city council should immediately set a goal establishing a firm finish date because our schools will be open for in-class instruction. All of these students from four different schools will be trying to get to

school early in the morning and mid-afternoon. Without Parkway overpass, traffic will be a hindrance.

In talking to moms who have children in these schools, they say there is no way they will let their kids ride their bicycles to the schools, particularly the high school which could require riding their bicycles on State Highway 113

We encourage the city council to charge the city manager with solving this problem as soon as possible and provide a report to the citizens on when this long-term problem will be solved.

A few years ago, I had a conversation with Cecilia Aguiar Currey about Winters' goal setting. My recollection is that the business people, citizens, and council set the goals for the next decade together. She told me that every department head was responsible for reaching the goals. She stated that some years great progress was made; during other years, progress was not as good, but everyone supported the town's goals and worked together.

What say you?



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## Crossword Puzzle on Page 7

В S Ε Ε 0 S O D O 0 W Ν Н ١ В В 0 R O О S 0 Ρ Ε S Ν С Ε 0 Ε Ν G В 0 W Ν S Ε D Μ Ε Α R O В O G Ε Ε G Ε D S Ε R Α Ν G Ν Ε R D Α W F Ε Т 0 Ε Ε Т S Α Ε В R Α Α O Т Υ R R Т S Ρ Т O Ν S Ε

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#### Sudoku Puzzle on Page 7

2	5	3	7	8	9	1	6	4
1	7	6	5	4	3	9	2	8
9	8	4	2	1	6	7	3	5
7	3	8	6	5	1	4	9	2
6	9	2	3	7	4	5	8	1
5	4	1	8	9	2	6	7	3
4	1	7	9	3	8	2	5	6
3	2	5	1	6	7	8	4	9
			4		_		4	_

8 | 6 | 9 | 4 | 2 | 5 | 3 | 1 | 7

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#### **CLUES**

16. Beauty shop

work \_\_\_\_\_ "
21. \*"So no one told you life

40. Bright thought

symphony

48. Dines at home

50. Telephoned

57. \*"Gee, our old.

65. Loosen laces

68. Kind of artery

70. Recipe amt.

72. \*"Where the kisses are hers and and his, Three's company too" 73. Sigma Alpha Epsilon

1. Brewer's kiln 2. "Ta-ta!" in Italy

3. \*"If you're out on the road feeling

4. Remote in manner

6. Not many (2 words)

11. Astronaut's insignia

20. Sad newspaper notices 22. Goes with skip and a jump

24. Without a trace of moisture (2 words)

27. Concerning, archaic

9. Goe's with rave

exclamation

17. European Economic Community

19. \*"Scooby-Dooby-Doo

was gonna be

25. Place to get a massage

30. Pie nuts 35. Sharpen

gossip

44 Famous Beethoven

46. Microsoft browser 47. "Young Frankenstein"

52. Up to present time 53. Neat 55. Diamond stat

61. \*"Let's ride with the fam ily down the street through the courtesy of Fred's

66. Opposite of vend

69. One Beatle

71. Opposite of atonal

Down

74. Rosetta Stone, e.g.

lonely, and so 5. S.S. of "Gilligan's Island"

8. Right-hand page
9. Schneider and Reiner

10. Afresh

25. \*"Everybody's got a special kind of story, everybody finds a way to

## **Crossword Puzzle Solutions on Page 7**

**ACROSS** 

6. Credit card-related acronym

13 Garlic mayo 14. "Jack and the Beanstalk"

15. Echo sounder

18. Falstaffian in body

where are you? We got some

23. Pocket watch chain 24. Uncouth one

28. Boozer

37. Orange powder drink mix 39. Tennis-affected joint

41. Reputation-damaging 43. Symphony member

leading actor

great, those were the days"

C StatePoint Media where everybody knows your 31. Heidi's "Magic Wooden Shoe"

34. \*"Sunny day, sweepin' the clouds away on my way to where the air is 36. "Good 38. Lady née Stefani Joanne

7. \*"Movin' on up to the east side. we finally got a piece of the

12. Three pointer 15. Evening party

26. Podium, pl. 29. \*"Sometimes you wanna go

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Road'

" cooking show

32. The Beatles'

33. Not a soul (2 words)

Angelina Germanotta

42. Extend subscription

49. Naught

57. Verdant

58. Initial stake

51. Barley kernels

54. Financial woes

45. Infamous German leader

56. Where there's trouble?

60. A snob puts them on

63. Bibliographical abbr.

61. Use a keyboard

62. Marine eagle

hear a

59. Hollywood Walk of Fame honor

64. \*"Just sit right back and you'll

67. \*"Oh boy it's swell to say, Good

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

6

2

8 4

3 5

9

Solutions on Page 7



#### **Dare to Live Without Limits**

by Bryan Golden

Weeds Inhibit Your Growth

garden becomes overrun with weeds, the plants you are trying to grow wither and die. This happens because the competing for nutrients in the soil, water, and light. Desirable plants rarely grow in a weed choked garden.

Weeds grow without any care. They appear even though you don't plant them. They require no watering or feeding. They'll sprout in the worst growing conditions where it is impossible to get the plants you want started.

Cultivating a thriving garden requires the pulling of weeds as soon as they appear. This maintenance process is constant. It's just as important as watering and fertilizing. Without regular weeding, all of your other gardening efforts are wasted.

Your mind is like a garden. You want to cultivate good thoughts and positive energy. Just as in the garden, mental weeds interfere with your growth. You need to identify your mental weeds so they can be eliminated as soon as they emerge.

Negative thoughts, like garden weeds, grow uninvited. They pop up at the most inopportune times, crowding out positive thoughts. If not removed, they grow, and spread continuously. Negative thoughts prosper without any specific

You want to eliminate your mental weeds while caring for your positive thoughts. It's your positive thoughts which lead to positive

If your flower or vegetable emotions and actions. Every aspect of your life is enhanced by growing a lush positive mental garden.

Negative self-talk is a weeds take up space while frequent source of mental weeds. This is where you constantly tell yourself what you can't do and why, along with what won't work and why. Negative self-talk also includes incessant complaining about problems, situations, and people.

Eliminate negative self-talk by replacing it with positive self-talk. Continuously tell yourself about all of the good aspects of your life for which you are thankful. Tell yourself all you are capable of and what you will accomplish.

Being problem oriented creates mental weeds. Problem orientation is when you always look for problems in every situation. You then use the problems as excuses for inaction, or reasons for failure.

Replace a problem orientation with a solution orientation where you focus on finding solutions for each problem rather than complaining. Don't waste any energy whining. Once a problem is identified, all that matters is finding an effective

Thoughts which harm you are mental weeds. Let go of anger, bitterness, and resentment because they fuel explosive mental weed growth. You have no control over other people or circumstances but you do have control over your response.

Worry is mental weed

fertilizer. Worry is like being in a rocking chair; it is a lot of activity which doesn't get you anywhere. Replace worry with action. Take positive action which improves situations you can influence, or have control over. Let go of circumstances which are beyond your control.

Negative information overload creates mental weeds. You are surrounded by negative news. The internet, T.V., social media, newspapers, magazines, and gossip, provide a constant source of negativity. Continuous exposure to a never-ending stream of negative news rapidly dampens your positivity.

Limit, or even eliminate your exposure to negative information by being very selective as to what information you follow. You can stay informed without becoming immersed in negativity. If you are upset by what you are watching, or reading, reduce the amount of time you spend taking in depressing information.

Take good care of your mental garden. Keep out the weeds by choosing happiness and positivity. Watch for any mental weeds which spring up. Eliminate them with positive thoughts and actions.

**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. © 2021 Bryan Golden



## **Riley Reviews**

#### "STILLWATER" COMPELLING TALE OF REDEMPTION; RANDOM TV NEWS

A Film and TV Review by Tim Riley

#### "STILLWATER" RATED R

The case of Amanda Knox, an American student living in Italy who was arrested and charged with the murder of her roommate, created sensational headlines. She was convicted and sentenced to a lengthy prison term even though she maintained her innocence.

"Stillwater" ostensibly trades on the Knox case at least in the sense that another American studying abroad, Allison (Abigail Breslin) from Oklahoma, ends up in a French prison for the murder of her roommate.

Arguably, "Stillwater," a city in Oklahoma that is the home of Allison, is more about the redemption of her father Bill Baker (Matt Damon), an unemployed oil rig worker who travels to Marseille to deliver supplies and news to his estranged daughter.

Bill's working-class hard life has been marred by a past of alcohol and drug abuse, and though Allison doesn't trust him, he tries to make up for not being in her life with an effort to chase a new tip that could exonerate Allison.

When Allison's French lawyer declines to pursue a new investigation, Bill takes matters into his own hands, even though he's confronted with a language barrier and cultural differences, and there are dark turns as he pursues a lead for exculpatory DNA.

Dressed in jeans, plaid shirt and baseball cap, the stoic Bill stands out among the locals as the quintessential heartland American. He has better luck after helping a young girl locked out of the hotel room next to his.

Life takes a new direction for Bill when the mother of the girl, avant-garde actress Virginie (Camille Cottin), appreciates his act of kindness to the winsome 8-yearold Maya (Lilou Siauvaud), a charming scene-stealer.

Virginie becomes a translator, and conveniently, Bill becomes a tenant at her home. The emotional core of "Stillwater" is the new life Bill forges with Virginie and Maya, but then Bill faces difficult choices that threaten his last shot at redemption.

Though plodding in its pacing at times, "Stillwater" merits attention for a suspenseful story and notable acting from an international cast. The ending may seem to be inconclusive. What is not in doubt is how good are Damon and the two French actresses in his orbit.

#### RANDOM TV NEWS

Joseph Gordon-Levitt grew up on the small screen with roles on multiple series, most notably in his co-starring role in the long-running NBC comedy "3rd Rock from the Sun."

Now he returns to series television as

writer, director and star of "Mr. Corman" on Apple TV+. Gordon-Levitt's Josh Corman is an artist at heart but not by trade. Things haven't been going his

A lifelong dream of a career in music didn't pan out for Josh, and he finds himself teaching fifth grade at a school in the San Fernando Valley, his ex-fiance Megan has moved out and his high school buddy has moved in.

Aware that he still has a lot to be thankful for, Josh struggles nevertheless through universal feelings of anxiety, loneliness and self-doubt. "Mr. Corman" is intended to be a darkly funny and relatable comedy-drama for the 30-something

The British outlandish sense of black comedy comes to "Masterpiece" on PBS in September with the four-episodes series "Guilt" about a hit-and-run that conjures up the old saying, "It's not the crime, it's the cover-up."

Mark Bonnar and Jamie Sives star as brothers Max and Jake who forgot the ancient dictum and thus hide their guilt after running into an elderly pedestrian during an inebriated drive home from a

Not ordinary perpetrators, Max and Jake carry the victim's corpse to his house nearby and set him up in an easy chair. They find a letter that he has terminal cancer, leading Max to say, "He was

dying slowly. We just made it quick." Farcical turns abound in "Guilt," and classic slacker Jake falls in love with the victim's niece. Max hires an alcoholic detective to botch an investigation but who then decides to go sober and solve the case. British critics raved about the series, and maybe we will too.

As a forewarning we may not remember thirteen months from now, Amazon Studios has announced that its highly anticipated, yet-to-be-titled "The Lord of the Rings" television series will premiere Friday, September 2, 2022 on its Prime

This new epic drama brings to screens for the very first time J.R.R. Tolkien's fabled Second Age of Middle-Earth's history. It begins in a time of relative peace, thousands of years before the events of Tolkien's "The Hobbit" and "The Lord of the Rings" books.

The series will follow an ensemble cast of characters, both familiar and new, as they confront the long-feared re-emergence of evil to Middle-Earth. Filming the first season has been completed in New Zealand.

The announcement quoted Bilbo Baggins saying, "Now I think I am quite ready to go on another journey." Fans of "The Lord of the Rings" book, which have sold more than 150 million copies, might ask why we have to wait more than a year for the new series.

## **CLG NEWS UPDATES**

#### Provided by Citizens for Legitimate Government (CLG) See legitgov.org

Shock poll shows Gavin Newsom losing recall vote by double digits | 5 Aug 2021 | Just prior to the start of the first televised debate in the Gavin Newsom recall election Wednesday evening, a shock poll showed the governor losing the first question ("Should Gavin Newsom be recalled?") by double digits. The poll came from Survey USA and the San Diego Union Tribune, and was conducted among 1,100 Californians from Aug. 2 to Aug. 4. It found that 51% of respondents were in favor of recalling Newsom, while only 40% wanted to keep him in power. The previous Survey USA/San Diego Union Tribune poll from May found 36% in favor of the recall with 47% opposed.

Dixie Fire grows 100,000 acres in 24 hours, becoming third largest in Calif. history  $\mid 6$ Aug 2021 | Update Aug. 6, 8:23 p.m.: The Dixie Fire grew slightly, to 434,813 acres, with containment at just 21%, according to Cal Fire's update on Friday evening. California's largest wildfire this year grew more than 100,000 acres in 24 hours, with its total burn area increasing from 322,502 acres Thursday to 432,813 acres Friday morning, making it the third largest blaze in state history.

New FBI Initiative Will Put 'Hate Crime' Quotas on Local Law Enforcement | 29 July 2021 | The Department of Justice and the FBI have a message for local police departments: start charging more white people with hate crimes or invite an investigation. Associate Attorney General Vanita Gupta told an assembly of FBI agents yesterday that they are now tasked with hounding police departments in their district if they do not register any "hate crimes."

Rand Paul: A 'no-fly list' for the unvaccinated is 'obscene' and 'authoritarian' | 5 Aug 2021 | Sen. Rand Paul (R-Ky.) on Thursday responded to a former Obama administration official [former Assistant Secretary for Homeland Security Juliette Kayyem] who is calling for a federal "no-fly list" for Americans who have not had a COVID-19 vaccine, calling the idea "obscene." "If we now disagree in our personal medical decision with the left they're going to declare that we're a terrorist and that we can't fly," Paul said on Fox News' "Fox & Friends" Thursday morning. "Even the CDC says you're not supposed to get vaccinated if you've been infected within three months. So what are you going to do? Tell people they can't fly for three months even according to the CDC?" he asked.

White House doesn't deny it is considering withholding funds to force vaccinations 5 Aug 2021 | The White House did not deny a report that the Biden regime is considering leveraging federal financial muscle to push institutions to require Americans get vaccinated. The Washington Post reported Thursday that the administration is considering withholding federal funds and using federal regulatory powers in a bid to push Americans to get vaccinated. The plan could target institutions such as long-term-care facilities, cruise ships, and universities, hoping to reach many of the 90 million Americans who are eligible for the vaccine but have not yet received it.

Border Patrol not testing migrants for COVID before they're released across US | 2 Aug 2021 | Migrants who illegally come across the U.S.-Mexico border and are apprehended by Border Patrol are not being tested for the coronavirus before being released from custody and allowed to travel across the United States, the Washington Examiner has learned. "They aren't tested at encounter. [Unaccompanied children] and family units are moved out of custody quickly. If they are infected and do not have obvious symptoms, they are sent out," a senior Customs and Border Protection official told the Washington Examiner on Monday.

Scientific Journal Paper Suggests Making it a 'Federal Hate Crime' to Criticize Fauci 3 Aug 2021 | A scientific journal article authored by Professor Peter Hotez, a frequent guest on corporate media networks, called to "extend federal hate-crime protections" for scientists facing criticism from alleged "far-right extremists," including National Institute of Allergy and Infectious Diseases Director Anthony Fauci. Dr. Hotez, who himself has been funded by Anthony Fauci's National Institute of Allergy and Infectious Diseases (NIAID) since 1993, offered the robust defense of scientists including Fauci and EcoHealth Alliance President Peter Daszak in a recent paper: "Mounting Antiscience Aggression in the United States." "There is a troubling new expansion of antiscience aggression in the United States. It's arising from far-right extremism," the paper, published in the peer-reviewed Public Library of Science (PLOS) Biology journal, begins.



#### Does my Mom Need Long-term Care Insurance?

Dear Dave,

My dad passed away about a year ago, but he left my mom in really good shape financially. They never had any consumer debt, the house is paid for, and they had about \$1 million in assets. Dad also left her a \$500,000 trust. Mom is going to be 60 next year. She is in good health, but considering her age and financial situation, do you think she needs long-term care insurance?

- Darby

Dear Darby

about your dad. Losing a spouse, or a father, is tough at any age. The good news is your dad did a great job That's just not true.

## **Dave Ramsey Says**

of planning to take care of your mom. He left her in fine shape money-wise, but yes, she needs long term care insurance and a good estate planner. You need to help your mom do everything possible to handle her situation wisely.

I usually suggest folks wait until age 60 to buy long-term care insurance, because the likelihood of filing a claim before then is very slim. In fact, about 95% of long-term care claims are filed for people over 70. That's why, in most cases, it doesn't make sense to get long-term care insurance earlier than age 60.

Insurance isn't a onesize-fits-all kind of thing, though. If someone has a family history of illness or other health issues at a younger age, they may shouldn't buy long-term care coverage at a young I'm so sorry to hear age just because you're paranoid of what might happen, or because you think you'll save money.

In the event your mom becomes unable to take care of herself at some point, long-term care insurance would be an absolute necessity. The cost of nursing home care these days is astronomical. Again, your mom is in a great place financially, but a prolonged stay in a nursing home somewhere down the road could eat up her nest egg in a hurry.

Long-term care insurance is a wise part of any good asset management plan.

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good need to get long-term care Morning America, CBS insurance earlier. But you This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their

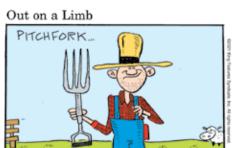


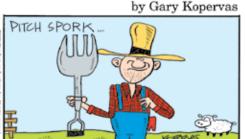
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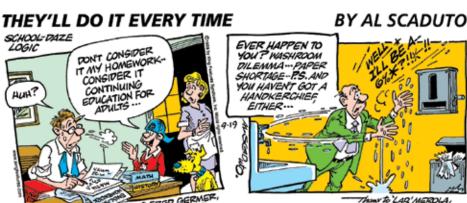
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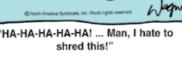




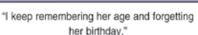




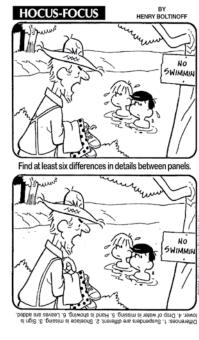












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## JKMS Grand Opening More Like Family Reunion

By Debra Dingman

DIXON, CA (MPG) - One might have expected a lot of 6th, 7th, and 8th graders at the John Knight Middle School Grand Opening last week but there were few in sight. Instead, it was dozens of silver or white-haired people who came for a family reunion and a who's who of past Dixon Unified Administration.

District Superintendent Brian Dolan opened the ceremony by welcoming everyone to the \$24 million restoration project noting that if they had built a new school, it would have cost three to four times more.

"It was in bad shape; empty, vandalized, and neglected," he said. "I'm really proud of this beautiful school. We did the right thing." Dolan was referring to the passing of Measure Q, which passed with 60-percent approval.

"From the beginning, the primary function was to restore, renovate, and reopen the old Dixon High School campus," he said.

#### **Honored Leaders**

Dolan recognized old and new School Board representatives, retired administrators, teachers and many staff who worked with John Knight at sometime during various positions of his District leadership.

People like former Superintendent Bill Hewitt were there and so was Sheldon Yip. Dan Rott, also a past teacher and Principal alongside Knight, was a speaker.

Citizens of the

Oversight Committee were recognized for diligence in overseeing expenditures: Tad Smith, Andrea Kett, Julie Mustard, Jorjet Portier, Gary Riddle, and Jack Holman.

He recognized support from State Senator Bill Dodd, Assemblywoman Cecilia Aguiar-Curry, County Supervisor John Vasquez, Mayor Steve Bird, and Councilman Jim Ernest, most of whom were in the audience. He also gave kudos to District Secretary Stephanie Arias and his "co-pilot through the restoration," Cicely Garcia-Bernhardt.

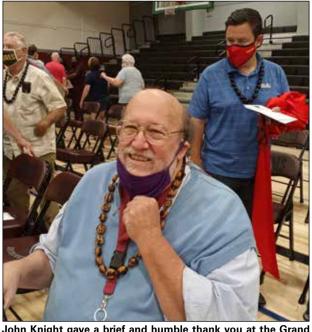
"Thank you for the honor and what you've done to make this a place to continue an education legacy," he told them.

#### **Building History, Renovation**

Fourth and A Street was a hub in its early years and work was done on the new high school in 1823. In 1939, there was a bronze plaque placed outside the first-grade class and a boot scraper was just down the steps, Dolan said, listing historical dates.

In 1948, the Dixon Unified School District was born and 1950 saw a bus shed built. Six classrooms were added in 1952 and shop buildings were added in 1957. The music building was added in 1966 and by 1978, a multi-purpose room and a small gym were also added. There are 24 portable classes and in 2000 a complete modernization took

"It was in 2016 that



John Knight gave a brief and humble thank you at the Grand Opening of the new school named after him. Photo by Debra Dingman



David Salzer, new math teacher at the JKMS served as one of the tour guides through the renovated new facility. Here, he shows off the brand new kitchen. Photo by Debra Dingman

Measure Q was passed with voters approving \$34.2 million to prepare this campus," Dolan said, adding that in 2018

construction started for "limited modernization although it didn't feel limited in any sense," he said. There are lots of improvements that cannot be easily seen such as new roofs and all new windows and the unplanned expense of tenting the entire campus to kill termites.

There is new plumbing and electrical, and the kitchen was completely gutted and rebuilt for fire codes. They discovered after moving in that 'low-flow' toilets didn't have enough water pressure to truly flush so had to re-do sewer lines, too.

"The locker room was rebuilt and the odors also went away," he said, drawing a laugh from the audience. There is new air conditioning, a new library, and a new central office, too. No one would think the school wasn't brand new with polished floors, clean and freshly painted walls, and attractive landscaping.

#### John Knight

"There were two things that defined John's life and that was education and baseball," said friend and classmate Dan Rott about Knight's growing up in Dixon. "John's 8th grade teacher was C.A. Jacobs and John was a freshman in this brandnew gymnasium when it was first built." Knight played baseball in Dixon High before attending Stanford University and in 1970, started his career as a teacher.

"One thing you heard over and over is 'Never follow John Knight after any speaking engagement," Rott said with a laugh. This thought was echoed by Knight's two daughters, Heather Bennett and Beth Hawkins, who teased

they "got stopped all the time wherever they went for long conversations" with their dad. They honored him for his love of teaching and learning and kissed him upon leaving the podium. Knight hobbled with his cane to say thank you to everyone and posed for the official ribbon cutting while surrounded by several grandchildren.

"Never heard anyone ever say anything negative about John Knight," closed Rott. "He is worthy of celebration and [naming this school after him] couldn't happen to a more deserving person."

Chad Phillips' son, 8th grader Trevor, agreed.

"He was my principal and one of the nicest guys I ever met. He always said 'Hi' to you," he said.

Going Forward

Chad's son, Trevor, is considering the Independent Study program after dreading the 6-hours a day mask requirement, he confided.

"It's been long enough," he said thoughtfully. "We shouldn't have to do this anymore. We're going to have to learn to live with Covid." Both Phillips got to hear from the new JKMS Principal Kamilah O'Conner who gave a short but passionate address.

"I thank you for the opportunity to love and share my commitment and dedication to students and families of this community," she said. "This is an exciting new era where the past and the present have come together for the future!"



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