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CELEBRATE BLACK HISTORY MONTH



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Dixon Fruit Market Is Going Nuts



Dixon High student Brett Braun and Oscar Alatorre work at the Dixon Fruit Market, a family-owned and operated business for 40 years that is launching a new franchise, GotNuts.com. They sell 28 varieties of pistachio nuts. Photo by Debra Dingman

By Debra Dingman

DIXON, CA (MPG) - Towering above the rows of crops lining Batavia Road and over the long row of bulldozers on West A Street developing Dixon's Homestead project is a new, huge American flag.

The American dream that started beneath it in 1975 by Eb Sadeghini continues today thanks to his son, Max, who has taken over the oldest fruit stand on Interstate 80. The family-owned and operated business got an updated look, has its own website and posts are regular on social media. The new flag not only draws

traffic from I-80, it is an inspiring sight that Max starts his day with each morning at 5 am before he begins his 13-hour day.

"It gives me peace," said the man who seems to never sleep when asked how he built all the new display stands, added on a large office, installed security measures, and started a new franchise called 'GotNuts.com.'

The family was worried about their 84-year-old father, a co-owner, with the COVID situation so Max stepped out of his own successful career to take the helm and hasn't stopped being innovative since.

"This has been a good business for my Dad," he said adding proudly that one of his sisters is a heart surgeon and the other a dentist.

"But it's not just a store; it's everything to me," he said. "I remember growing up in here." He has always been a high-energy person and feels better when he can stay busy, he said.

A corner of the headquarters is set up with camera and lighting used to build their GotNuts.com business which offers three different displays--one is a variety of 12 different kinds of flavored pistachios, one is chocolates, and the other is

Continued on page 3

River Cats and Giants Announce 10-year Affiliation



Sacramento River Cats Press Release

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats are proud to announce a new long-term partnership with the three-time World Champion San Francisco Giants as part of Major League Baseball's new Player Development License (PDL). The 10-year extension keeps the River Cats as the Giants' top minor league affiliate through the 2030 season.

"The San Francisco Giants are one of Major League Baseball's most respected and storied franchises and we are honored to continue what has been an incredible partnership both on the field and in our communities," states River Cats general manager, Chip Maxson. "The new PDL will allow the River Cats and Giants to focus on long-term player health, wellness, and development, which will lead to an even better fan experience and more championships!"

This will be the seventh season since partnering with the Giants in September of 2014, compiling a record of 332-377 in the process including a championship run in 2019, becoming the only club to win three Triple-A Championships.

"We are excited to continue our dynamic partnership with Sacramento for 10 more seasons," exclaims Giants president of baseball operations, Farhan Zaidi. "Sacramento has proven to be an important affiliate by providing our players an excellent place to play with a passionate fan-base, all in close proximity to San Francisco."

Sacramento is one of San Francisco's four domestic minor league affiliates, alongside Double-A Richmond (Eastern League), Advanced-A Eugene (Northwest League), and Class-A San Jose (California League).

Sutter Health Park is the West Sacramento home of the 2019 Triple-A Champion Sacramento River Cats. Memberships, Mini-Plans, and Flex Plans can be purchased for the 2021 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487).

Future Farmers of America Week Pulls Students Together

By Debra Dingman

DIXON, CA (MPG) - Future Farmers of America week is a week where FFA members hold events and activities to bring attention towards the impact FFA holds on the development of the members, who will eventually turn into our future agricultural leaders.

"The purpose is to show others how important FFA education really is," said Megan Kett, FFA Chapter Reporter.

While training and competitions are all done by Zoom during pandemic restrictions, the Dixon Chapter of Future Farmers of America is still celebrating FFA week.

"We still have the whole officer team meeting and hold monthly chapter meetings virtually on zoom," said Kett. "We figured out how to have contests and how someone could win (contests and games) and figured out how to allow the members to play bingo, do word



Dixon High School students at last year's 'Wear-Blue-Wednesday' when they adorn their FFA jackets and gear to show their FFA spirit. L-R Standing: Xiomara Jiminez, Emily Castaneda, Carolina Garcia, Galilea Gamino, Madison Malmborg. Front row Left: Rudy Radillo and David Hoffmann. Dixon FFA Courtesy Photo

hunts, and just keep getting everyone together."

This week they are going to have dress up days like a cowboy, cowgirl or farmer and another event to teach students how to create a TikTok. There have also been a couple public speaking contests.

"A few of the people

from our Dixon chapter entered and a couple are winners," she said. So we are still trying to push through it and keep everyone involved. For FFA week, they are encouraging all the members to get dressed up in their FFA jackets.

"For this year, we have

planned virtual events including a virtual car show, virtual livestock display, a virtual FFA slideshow and themed dress up days," Kett said. "We hope these events will put us in the direction of keeping the importance of FFA Week alive, even when there are bumps in the road." ★



Ingredients for a Wonderful Life



The new Mr. and Mrs. Devon (Minnema) Nishimura were wed in Chico this past weekend and will reside in Dixon. Photo by Debra Dingman

By Debra Dingman

Talking to my hubby right before our son's wedding, who hadn't spent one minute on his role to give an important toast at the rehearsal dinner, he said he was ready.

"What are you going to say," I asked. "Good luck. Be nice. Communicate. Have a happy life," he responded instantly.

I'm happy to report that he did the most amazing toast and I am so proud. He built it on the premises of creating a great marriage recipe. Since both the groom and bride love to cook, it couldn't have been more perfect.

"The chili you make together might not turn out as you expected ... too salty or spicy, but you learn so that the next time you will make the necessary adjustments and the chili turns out great. The same goes for marriage as you two are from different backgrounds and as you create your new life together, it may get too salty due to disagreements. But remember, your spouse is not your enemy and that any disagreement can be resolved with love, understanding, and respect for each other. Just like adding a little water or a vegetable to a salty soup can make the soup taste really good. We have no doubt that together you will create a recipe for a wonderful life together and we wish you all the happiness in the world."

I rented a charming little house in Chico so that all the family members could have a place similar to our Dixon home to gather and despite last minute cancellations and disappointments, I remained calm and said prayers for the vision of how I wanted it to turn out. It went perfectly.

Everyone gathered and the house was filled with little ones wearing their sparkly dresses and sharp shirts with ties and bathrooms were cluttered with curling irons, hair spray, and make-up. There were grown-ups looking their best with fancy shoes and best of all: photos capturing us altogether.

Even the groom dropped by for a last minute look from mom. My Daddy, who

passed several years ago, was clearly the man I saw in front of me sans blonde hair and I was so proud.

Despite two days of anti-anxiety pills, I still choked up a million times and lost control of the tear ducts repeatedly. I like what my granddaughter told me.

"I think it would be weird if you didn't cry, Nana. He's your last child." The rehearsal dinner went deliciously and the gifts from the bride to her bridesmaids and to her mother and I were large, beautiful paintings by the talented bride. Mine was of magnolias – perfect for living on Magnolia Court. Devon's groomsmen received watches made from wood.

The rain stopped and the outdoor ceremony was stunning with strong blue skies and puffy white clouds surrounded by lush greenery. The minister – who had also provided the marriage counseling – shared about the couple before us and then went through the traditional vows before they recited their own. I'm sure there wasn't a dry eye in the place.

We all walked to the reception across the grounds to a large, white barn filled with twinkling lights, straw floor, and old-fashioned rod-iron chairs. Caitlin's family is heart-warming and it was joyous to blend our relatives.

There were decorated charcuterie boxes tied with sky-blue ribbon and a sprig of rosemary to pick up and desserts later that the bride, who put herself through college as a pastry chef, made. When they drove off a few hours later in the little silver car decorated with trailing ribbons and 'Newly Wed' paint on it, I watched the dazzling bride wave out the window.

Throughout both days, there were hand sanitation tables and masks readily available. After having such a beautiful and surely the most perfect experience in the midst of government restrictions, it shows what I've believed all my life: the American spirit is strong and waking up in this country is still grand! ★

Tickets Available for Lions BBQ!

By Scott Smith

DIXON, CA (MPG) - The Dixon Lions Club will be having their third annual BBQ Tri Tip Drive Thru Fundraiser on Saturday March 10, 2021 at the Tractor Supply parking lot between 4:00 PM & 7:00 PM. For only \$15.00 per meal you get sliced BBQ tri tip, potato salad, baked beans & dinner roll (potato salad & beans will be in a separate container within meal). You must present ticket on day of event when you pick up your meal. All proceeds help fund Dixon High School senior scholarships! For tickets, please call Bill Allard 707-685-1433, purchase at Dixon Florist or from any Dixon Lions Club member!

Since the club's chartering in 1954, Proceeds from past fundraising events have gone to Team Dixon, Dixon



Dixon Lions Club BBQ fundraisers support distinct activities for Dixon school and students. James Bounds and Chris Ford cook at last year's event. Photo provided by Dixon Lions Club

Unified School District, Dixon Toys for Tots, Dixon Schools Athletic Boosters, Dixon Relay for Life, Dixon High School scholarships, Wreaths Across America, Dixon Bids for Kids, Dixon Destination Imagination, Dixon Dolphins swim team, Dixon youth sports

programs, DHS Open House, DHS Sober Grad Night, Dixon FFA, Dixon Elementary School outdoor education trips & Lions Club vision programs.

For more information about the Dixon Lions Club; Website: <http://e-Club-house.org/sites/DixonCA> ★

Historical Society Tags Erwin for Museum Director



Long-time Dixonite and theater expert Gary Erwin accepted the invite to serve as Dixon's First Museum Director and happily hung the City of Dixon business license inside the West A Street facility. Photo by Debra Dingman

By Debra Dingman

DIXON, CA (MPG) - Gary Erwin, a long time Dixon resident and history buff, will be the first Director of the Dixon Historical Society Museum.

"Gary has always been reliable, is the first to volunteer, and you never have to ask him twice," said President Bill Schroeder. "The shoes fit him perfectly. He's got the personality to handle it." Erwin started volunteering with the group in 2016 and whose family has a long history in Dixon, was happy to accept the position.

"There have been opportunities in the past that I thought would bring me back home to Dixon like the horse track or the movie studio but those did not happen," Erwin said. "There is no pathway for Dixon High grads who want to be in entertainment so yes, I am excited." He has worked at the Mosconi Center in San Francisco for 30 years and has not wasted a moment putting his experience to work with planning the future exhibits of the new Dixon Museum at 125 West A Street.

"I want children from Dixon to understand like

I was taught about the world: There is Dixon but there is the world! When I left Dixon, I travelled the world," he explained. "I want to bring in a program where there are active lectures and presentations. My hope is to find people – even if it's a little blue-grass show, for the community. There's all these other genres. There are many other things we can do under the guise of a museum and we should."

He envisions bringing in people who will reenact a person in history such as Mark Twain that will help teach the history of our area and add to the impact of exhibits.

"It's a process of bringing everyone's history," he said. "It is important for everyone to understand that the history of Dixon began with American Natives. Then, we can have speakers on the Spanish era and Mexico's influence in California and also the various influences from Northern Europe and Portuguese people--many of them came from the Azores who were the early dairymen here. We can focus on the Chinese and their contributions and we've discovered a beloved community

member, a Black woman who had been a slave but in her freedom, established an ice cream store here," he added.

But he can't do it without help and hopes volunteers will step up.

"I need researchers, a graphic artist, and someone who can photoshop so I need people to donate time and join the Historical Society. It's those memberships that propel us forward. We need to start preserving iconic things in our community like the giant orange and the small Milk Farm sign," he said.

He encourages the local clubs to work with them like the Boat Club, that can help construct the story of Maine Prairie, for example.

"Gary brought sound and video equipment to record our presentations at meetings which can be found on our website and he's helped with our fundraisers and other projects," said Lorán Hofmann, 1st Vice President. "His greatest loves are Dixon, history, music, his farm, photography, family and friends."

"He's always willing to help," said 2nd Vice President Carol Abrams. "I think he'll be great." ★

Did You Receive a Tax Form for Unemployment Benefits You Never Applied For?

By Linda Williamson, Newsroom Newswire

(MPG) - Now that it's tax season and tax forms are arriving in the mail, many people are beginning to find a nasty surprise in their mailbox: an IRS form 1099-G reporting unemployment benefit income that they did not actually apply for or receive.

If you receive a form 1099-G but did not file for unemployment, someone may have stolen your identity to commit unemployment fraud.

Attorney David Fleck, who has extensive experience in fraud cases, said this is one of the easiest frauds to perpetrate, which is why it has suddenly become common during the pandemic. As unemployment numbers swelled,

unemployment departments across the country became overwhelmed with applications and made thorough background checks of applicants fall by the wayside.

"I've seen so many different scams in my career, and frankly there is nothing new under the sun," he said. "Because these are unusual times, con artists are just using this moment as a way to take advantage of the system."

Learning that your identity has been used to perpetrate a fraud can be a stressful experience, Fleck said, but there are steps you can protect yourself and mitigate the damage: Report the fraud to the California employment development, <https://www.edd.ca.gov/>. California EDD has a form on their

website to use for reporting identity theft and unemployment fraud. You can also call the EDD Fraud Hotline at 1-800-229-6297. File your taxes as normal, and do NOT report the fraudulent income. If you've reported the fraud to EDD, that's all you need to do. You don't need to also report it to the IRS. If you suspect you may be a victim of a broader identity theft, you may want to check the website of The Identity Theft Resource Center, a nonprofit in San Diego. Visit idtheftcenter.org or call 888-400-5530

"Fraudsters never let a crisis go to waste," Fleck said. "But hopefully, now that state officials know this fraud is going on in such large numbers, innocent victims won't be on the hook." ★



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Dixon Fruit Market Going Nuts



A new, giant flag was recently installed at the Dixon Fruit Market as part of the renovations and marketing done by the owner's son. The business has been family-owned and operated for 40 years. Photo by Debra Dingman

Continued from page 1
dried fruit. Everything one needs to set up at a farmer's market, for example, can provide someone up to \$700 income.

"A lot of people are hurting for money so these are already to go including the cardboard displays," he explained. All the items are grown locally and are from local farmers. That part of the business will be launched first of March but bags of 28 different flavored pistachios that they create in their own special kitchen are always for sale inside the fruit stand.

Also inside are flawlessly displayed oranges, lemons, apples, and other produce that looks like a rainbow of bright colors. For the I-80 travelers stopping to grab refreshments, Max coordinates with Good Scoop Ice Cream and sells their organic ice cream as well. One can also buy local honey, a large variety of fruit 'butters', almonds, and bottled or can drinks.

"We ship dried fruits and nuts to our customers all over the country," he said adding that he is currently working on building

a coffee, waffle, ice cream, and espresso drive-thru. He has met with City officials and Cal-Trans about ensuring the freeway exit provides a safe stop for the businesses there.

"We love this place. It is a very special place for our family so we take care of it like our grandfathers took care of it," said Max.

For more information, call (707) 678-4211, email dixonfruitmarket@gmail.com, or drop by 7808 Batavia Road near the I-80/West A Street onramp. Or, you can just look for the giant flag. ★

FTC Sends More than \$1.7 Million in Refunds

By Nicole Drayton,
Federal Trade Commission

WASHINGTON D.C. (MPG)

The Federal Trade Commission is sending more than \$1.7 million to people who lost money to a debt relief scheme that targeted individuals trying to pay down their student loan debt.

The FTC alleged that the operators behind Student Debt Relief Group tricked people into thinking the company was affiliated with the Department of Education, charged consumers illegal upfront fees, and collected monthly fees they falsely claimed would be credited toward consumers' student loans. In reality, the operators of the scheme pocketed people's money and responded to consumer complaints by changing the name of their company rather than their business practices.

Under the final settlement the defendants, individual

Salzar Tahour and his companies – Los Angeles-based M&T Financial Group and American Counseling Center Corp., doing business as Student Debt Relief Group, SDRG, Student Loan Relief Counselors, SLRC, StuDebt, and Capital Advocates Group – are banned from engaging in any future debt relief activities and from making misrepresentations or unsubstantiated claims related to financial or any other products or services.

The FTC is sending 867 checks and 18,559 refunds through PayPal, averaging about \$88 each.

People who get a refund via PayPal will have 30 days to accept the payment. For more details about the PayPal payment process, please read the related FAQ. People who receive checks should deposit or cash their checks within 90 days. The FTC never requires people to pay money or provide account

information to get a refund payment or to cash a refund check. If recipients have questions about the refunds, they should contact the FTC's refund administrator, JND Legal Administration, at 833-961-3421.

The FTC's interactive dashboards for refund data provide a state-by-state breakdown of FTC refunds. In 2020, FTC actions led to \$483 million in refunds to consumers across the country.

The Federal Trade Commission works to promote competition and to protect and educate consumers. You can learn more about consumer topics and report scams, fraud, and bad business practices online at ReportFraud.ftc.gov. Like the FTC on Facebook, follow us on Twitter, get consumer alerts, read our blogs, and subscribe to press releases for the latest FTC news and resources. ★

Museum Readies for Spring Opening



Diane Schroeder, Bill Schroeder, Gary Erwin, Loran Hoffmann, Carol Abrams, and Maria Cornejo-Lopez cleaned and sanitized display cabinets in the front area of the new museum that will be in the heart of downtown Dixon. The group plans to open this spring with its first exhibit which will include notable bells of Dixon. Photo by Debra Dingman

By Loran Hoffman

DIXON, CA (MPG) - Work is underway preparing the Dixon History Museum for the artifacts that will be exhibited and displayed in the downtown building at 125 West A Street. The building is located behind Bud's Pub and Grill and had previously been the home of the popular Barn and Pantry.

Many out of town people stop by and are a little confused when they walk through the door expecting organic fresh produce and a cup of coffee only to discover a completely different ambiance. The volunteers they encounter are working to convert the old building into a museum. The volunteers

explain that the Barn and Pantry still exists, but is now two-doors down. Visitors are grateful to still be able to visit the Barn and Pantry and look forward to visiting the Dixon History Museum when they return.

Second-Vice President, Carol Abrams and member, Cammie Garton, were part of a crew that worked recently restoring several display showcases to their original splendor. The showcases had been stored for five or more years in garages, basements, and barns of Dixon Historical Society members until the Society was able to locate a building for the Dixon History Museum. The day was highly successful as painting was completed,

floors were cleaned, and siding that had been blown off during the storm the previous week was repaired.

Gary Erwin was chosen to be the first Museum Director and will be working to establish a museum that celebrates the diversity of all the inhabitants, both past and present, and maintains the culture that is unique to Dixon.

The group is still hoping for a spring opening. Two additional Directors will also be named in the near future. They include a Communications Director and a Foundation Director. If you are interested in learning more about either of these volunteer positions please contact Bill Schroeder at (707) 761-9574. ★

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Psalm 23

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

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE #FCS055917

1. Petitioner Devon Hideo Minnema filed a petition with this court for a decree changing names as follows:

Present name	Proposed name
Devon Hideo Minnema	Devon Hideo Alan Nishimura

2. THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. **March 10, 2021 9:00 a.m. Department 12 Room 11 Superior Court of California, County of Solano, Old Solano Court House 580 Texas Street Fairfield, CA 94533**
 Judge of the Superior Court: Christina A. Carringer
 DATED: January 22, 2021
 Publish: January 29 February 5, 12, and 19, 2021 (The Dixon Independent Voice)

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2021-000252

The following persons are doing business as: : **SUSAN'S JEWELS OF THE SEA**
1305 Rehrmann Drive Dixon, CA 95620
Susan J. Rosten, 1305 Rehrmann Drive Dixon, CA 95620
 Date Filed in Solano County: February 2, 2021
 The Registrant commenced to transact business under the above business name on: N/A
 This Business is Conducted by: An Individual

NOTICE: In Accordance with subdivision (a) of section 17920 A Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except as provided in subdivision (b) of section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of registered owner. A new fictitious Business name statement must be filed before the expiration February 1, 2026. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see section 14411 ET SEQ., business and professions code.)

Publish: February 12, 19, 26, and March 5, 2021 (The DIXON INDEPENDENT VOICE)

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2021-000219

The following persons are doing business as: : **MOTEL 6 VACAVILLE**
107 Lawrence Drive Vacaville, CA 95687
D Vaca Hotel, LLC, 8762 Preston Trace Blvd. Frisco, TX 75033
 Date Filed in Solano County: January 28, 2021
 The Registrant commenced to transact business under the above business name on: 1/27/2021
 This Business is Conducted by: A Limited Liability Company

NOTICE: In Accordance with subdivision (a) of section 17920 A Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except as provided in subdivision (b) of section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of registered owner. A new fictitious Business name statement must be filed before the expiration January 27, 2026. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see section 14411 ET SEQ., business and professions code.)

Publish: February 12, 19, 26, and March 5, 2021 (The DIXON INDEPENDENT VOICE)

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2021-000218

The following persons are doing business as: : **MOTEL 6 Vallejo**
1455 Enterprise Street Vallejo, CA 94589
D Vaca Hotel, LLC, 8762 Preston Trace Blvd. Frisco, TX 75033
 Date Filed in Solano County: January 28, 2021
 The Registrant commenced to transact business under the above business name on: 1/27/2021
 This Business is Conducted by: A Limited Liability Company

NOTICE: In Accordance with subdivision (a) of section 17920 A Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except as provided in subdivision (b) of section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of registered owner. A new fictitious Business name statement must be filed before the expiration January 27, 2026. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see section 14411 ET SEQ., business and professions code.)

Publish: February 12, 19, 26, and March 5, 2021 (The DIXON INDEPENDENT VOICE)

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2021-000283

The following persons are doing business as: : **PERCIVAL CUSTOMS AND FABRICATION**
6104 Chicorp Lane Elmira, CA 95625
Wayne Percival, 1005 Weyand Way Dixon, CA 95620, Houston Percival, 1005 Weyand Way Dixon, CA 95620
 Date Filed in Solano County: February 3, 2021
 The Registrant commenced to transact business under the above business name on: N/A
 This Business is Conducted by: A General Partnership

NOTICE: In Accordance with subdivision (a) of section 17920 A Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk, except as provided in subdivision (b) of section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of registered owner. A new fictitious Business name statement must be filed before the expiration February 2, 2026. The filing of this statement does not itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see section 14411 ET SEQ., business and professions code.)

Publish: February 19, 26, March 5, and 12, 2021 (The DIXON INDEPENDENT VOICE)

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CONVERSATIONS

By Loran Hoffmann and Shirley Humphrey

The Impact of COVID-19 on Dixon's Senior Programs

When the COVID-19 pandemic hit in March, 2020, most senior centers were shut down. To date, Centers in Dixon and the surrounding area are still not open.

We checked with staff at some surrounding Senior Centers to find out if they are open and what is being offered for their senior clientele. We also checked web sites.

Most centers are closed due to the COVID-19 Pandemic. A few are offering virtual programs for seniors. For example, Suisun and Rio Vista offered games virtually. The Vacaville Senior Program has established performance measures for senior programs. Davis Senior Center offers a number of programs to their residents.

Suisun City asked residents to participate in an online survey to help Council to understand resident satisfaction levels with the city's current services and to help guide future decision making the city's Strategic Planning, service prioritization, and budgeting. The survey results will be available mid-February 2021.

Vacaville spends the most funds on their senior programs; Rio Vista spends the least. Dixon spends just over \$154,000. There is no evidence that any virtual programs or programs of any kind are being offered in Dixon for seniors.

The popular and essential Meals on Wheels federally funded program serves people from all backgrounds and income levels. During the pandemic Solano County continues to operate the program, although on a limited basis.

Dixon: The city's budget for senior programs is \$154,422. Two positions are funded. The Meals on Wheels program is run by county staff. The Senior Center is closed. Programs appear not to be offered now for seniors. It doesn't appear that Dixon expends any Community Block Development Funds to subsidize the program as in other communities.

Just over \$126,000 is spent on salaries. It was impossible to obtain information on programs because we called 678-7022 many times, but the phone was not answered on any of the days that we called. The web site contains information that is confusing and misleading. For example, if you click on the Senior Calendar, the calendar information is for March 2020.

Rio Vista: The city spends about \$24,000 on the Senior Center. Most of the funds were spent on utilities. The meals on wheels program is run by volunteers. City has kept a few virtual programs for seniors going during the Covid pandemic, but the city senior is closed. Trilogy, the 55+ Senior Housing Development in Rio Vista, does offer some programs.

Suisun: The senior program is closed during the pandemic. Meals on Wheels are offered through the county. Virtual on-line programs are offered. Prior to the pandemic, the city funded a senior coordinator and a portion of the recreation manager salary was devoted to senior programs. The senior coordinator's position is not filled now.

Suisun City asked residents to participate in an online survey to help the City Council to understand resident satisfaction levels with our current services and to help guide future decision making on our Strategic Planning, service prioritization, and budgeting. The survey results will be available in mid-February 2021.

Vacaville: The total budget for the McBride Center is \$208,071. The program generated \$71,400 in revenue. Some of the revenue generated is from facility rental. The budget for the Community Services Department (senior programs) is: \$256,519. Revenue generated is \$100,000.

There are "performance measures" for each department in the city of Vacaville. For Senior Programs, the "performance measures" are:

Implemented a new membership program that offers discounts and benefits; A selection of 45-day trips were offered to the senior Community; Expanded technology classes to include Digital Photography, Online banking and buying, and photo editing; Launched a new "pop-up" space (the former Area Agency on Aging office) to build partnerships and potential sponsorships with local businesses; Launched the Silver Sneakers program to provide additional affordable classes to older adults while receiving partial reimbursements based on the number of registered participants.

Seniors may want to contact their city council representative to ask them to oversee the design of a survey to find out what programs Dixon seniors actually want. From the information gained through the survey, the city staff should work with the Senior Advocates to design performance measures to find out how the Dixon Senior Center is doing.

The COVID-19 pandemic will eventually be over, but one thing we have learned is that classes can be offered virtually. Exercise is important for residents of all ages. Exercise programs can help seniors improve posture, get stronger, move better, reduce pain, feel good, learn and do something new through Fit for Life classes. Dynaband, strength and fitness, and Tai-Chi classes are popular with seniors and can easily be offered virtually.

Senior Commissions and Advocate Groups can meet through Zoom.

We know that staff have been working very hard during this pandemic, that they often listen to complaints from frustrated from residents, but we can prepare to do a better job with taxpayer funds in the future.

Since there are few programs for seniors in Dixon and the phone is not answered, it is not clear what the staff funded to work on senior programs are doing. ★

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Board of Parole Denies Violent Offender's Request for Parole

Solano County DA Press Release

SOLANO, CA (MPG) - On February 10, 2021, a Board of Parole Hearing was held for Inmate Renako Ayers, who is currently serving a 63 year sentence at California Department of Corrections Rehabilitation (CDCR) for several violent offenses. The Parole Board denied Inmate Ayers' request for parole.

Inmate Ayers crime spree began on April 16, 1994, at approximately 1:30 a.m., as he approached a woman walking her dog in Vallejo. Inmate Ayers held the woman at gunpoint, ordered her into some nearby bushes, forced her to orally copulate him, and then he raped her. As the victim tried to put her clothes back on, Inmate Ayers hit her on the head multiple times with a glass bottle breaking several of her teeth. When she tried to run away, she was shot in the ankle.

Six months later, on October 14, 1994, Inmate

Ayers approached two young girls in Vallejo, pointed a gun at them, and said he would shoot them if they would not comply. One of the girls was able to get away but the other was not and was forced to orally copulate Inmate Ayers.

The following day, the inmate broke into the bedroom window of a young girl. The minor victim woke up and saw Inmate Ayers pointing a gun at her. Inmate Ayers then held her against the bedroom door and said he would shoot her if she screamed. She courageously pushed past him and ran out of the bedroom. Inmate Ayers fled.

The following day, Inmate Ayers victimized another person whose car was broke down. The driver was held at gunpoint and ordered to orally copulate Inmate Ayers. When the male victim moved, Inmate Ayers shot him in the stomach. While trying to get away the victim was shot again. He suffered serious injuries and one of his kidneys had to

be removed.

On May 10, 1995, a jury found Inmate Ayers Guilty of Attempted Murder, Rape, two counts of Forcible Copulation, three counts of Assault with a Firearm, Assault with a Deadly Weapon, Residential Burglary, Assault with Intent to Commit Rape, and Mayhem. The jury also found true the enhancements for Personal Use of a Deadly Weapon and Causing Great Bodily Injury. On April 16, 1996, Inmate Ayers was sentenced to 63 years, 8 months in state prison.

Chief Deputy District Attorney Sharon Henry opposed the release of Inmate Ayers, arguing that he currently poses a high risk for future violence if released on parole. Inmate Ayers testified at his parole hearing in support of his request for release. The Parole Board denied his request for release finding that he does currently pose an unreasonable risk to the community should he be released. ★



Don't Quit on the GOP

After losing a national election, it's natural that a political party goes through a period of soul-searching and internal turmoil.

The Republican Party, though, has taken it to another level.

President Donald Trump brought most of the GOP along for the ride during his conspiracy-fueled attempt to overturn the election.

His loyalists have been scouring the landscape searching for Republicans to censure or primary for insufficient loyalty to him.

The most famous Republican House freshman mused not too long ago about a space laser starting the 2018 California wildfires.

And Trump has maintained his hold on the party seemingly effortlessly.

This dismaying chapter has led to declarations that the party is doomed or calls to split it up.

A former chair of the Washington state GOP wrote in an op-ed in The Seattle Times urging, as the headline put it, "Let's form a new Republican Party." This prompted a Chris Cillizza item at CNN headlined, "Should Republicans Disband the GOP?"

There's been a spate of articles by erstwhile Republicans announcing they are done with the party.

Jonathan Last wrote a piece in The New

Republic titled: "The Republican Party is dead. It is the Trump cult now." Washington Post columnist Kathleen Parker declared, "The party isn't doomed; it's dead."

This seems a mite premature about a party that represents roughly half the country and is on the cusp of a majority in the House, tied 50-50 in the Senate, and in control of the governorships in 27 states and both the governorship and state legislature in 22 of those.

If we are going to consider this geographically diverse collection of officeholders – whose careers in many instances pre-date Trump and will outlast him – a mere personality cult, the word "cult" has lost its meaning.

The fortunes of our political parties ebb and flow and their iterations change over time, but they are deeply embedded institutions of our public life.

As Dan McLaughlin, my colleague at National Review, points out, the Republican Party has, since its inception, been a fusion of a classic liberal wing with a more populist, elemental conservatism.

What's different about Trump is that he represents the ascendance of the populist wing after it had long been in a subordinate position in the party. Even he, though, retained key traditional policy priorities of the GOP, from tax cuts and judges to religious liberty and abortion.

That said, the party does need to get beyond Trump, who is a three-time loser now – in the 2018 midterms, in his 2020 reelection campaign, and in the Georgia special

elections. In electoral terms, "all the winning" stopped circa November 2016.

It if feels now as though the post-Trump GOP will never arrive, American politics moves quickly. Richard Nixon resigned in 1974, leaving the GOP in utter disarray – and yet Reagan won a landslide six years later. The Tea Party sprang to life from nowhere in 2009 and had disappeared by 2016, subsumed into the Trump phenomenon.

There will inevitably be an overwhelming controversy in the Biden administration or a crisis that moves us beyond the politics of the Trump presidency and the immediate aftermath.

New issues will emerge, and there are plenty of talented, ambitious Republican politicians who think they are better suited to win a presidential election and serve as president than Donald Trump 2.0. The incentives are for them to slipstream behind Trump for now, but that won't always be true.

The temptation to splinter from the GOP might be alluring to elements of both the populists and the Republican traditionalists, but this a dead end.

The Republican Party is the only plausible electoral vehicle for any sort of right-of-center politics in America. It is worth fighting over, and it will be.

That struggle is sure to be toxic and unpredictable – except for the fact that at the end of the day the Grand Old Party will still be standing.

Rich Lowry is editor of the National Review.

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CALIFORNIA ENVIRONMENTAL QUALITY ACT (CEQA): DTSC has determined that the issuance of this permit is exempt from the requirements of CEQA and has filed a Notice of Exemption (NOE) with the State Clearinghouse. The Emergency Permit, NOE, UC-Davis's request for this project are available for review at the file room located at:

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CONTACT INFORMATION: If you have any questions or concerns, please contact:

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Riley Reviews

“CRIME SCENE” PROBES BIZARRE CASE AT NOTORIOUS HOTEL

A TV Review by Tim Riley

“CRIME SCENE: THE VANISHING AT THE CECIL HOTEL” ON NETFLIX

A tourist checking into a hotel would usually check out at the front desk at the end of a stay. What happens when a guest arrives at a hotel, settles into a room and there’s never a sign of departure?

That’s the mystery behind the bizarre case of a young Canadian visitor taking up lodging in a sketchy hotel in a dangerous part of downtown Los Angeles, which is uncomfortably proximate to the widespread homeless encampments of Skid Row.

Netflix’s four-part docuseries “Crime Scene: The Vanishing at the Cecil Hotel” explores what happened to 21-year-old Elisa Lam, a student at the University of British Columbia and a prodigious blogger who used Tumblr as a personal diary.

Director and Executive Producer Joe Berlinger (“Conversations with a Killer: The Ted Bundy Tapes”), a serious filmmaker with landmark documentaries to his credit, has expressed a fascination with what can make a certain place a nexus of crime.

“The Vanishing at the Cecil Hotel” is equally focused on the unfortunate disappearance of Elisa Lam and the history of a once glorious hotel built in 1924, which one of the many talking heads in the documentary asks is “consumed by a nexus of dark energy.”

For another person, the Cecil Hotel is described as “an exalted space of crime, of violence, of spookiness that continues to call to us.” But it’s the affordable room rate that draws Elisa Lam to the Cecil on January 28, 2013.

At about the same time, a young couple from England checked in to the Cecil, observing their awe of the very spacious lobby that was beautiful and grand, and indeed it appears to be exactly that.

Another talking head found the Cecil to be a “very deceiving hotel. There’s a lot of beauty to it, but it was the complete opposite of beauty.” He’s either been a guest in a shabby room or was ruminating about the hotel’s notorious history.

This docuseries should be a cautionary tale for any unwary traveler unfamiliar with their surroundings. LAPD Detective Sergeant Jim McSorley says the neighborhood is “Ground Zero of one of the most dangerous and violent places in the United States of America.”

Interestingly, what we learn about Elisa as a person is exclusively derived from her prolific social media posts which paint a fascinating picture of the mind of a person eager for adventure

while coping with a bipolar disorder.

Her first days in Los Angeles appear to be normal activities, with a visit to a fabled bookstore and a television show taping where it is revealed her odd behavior had her escorted from the premises.

Whether a flight of fancy or insightful, one of Elisa posts on Tumblr divulged a thought process in her state of mind that could be very telling: “My mouth is my downfall and it will get me in trouble.”

The night of January 31, 2013 is the last time that Elisa is seen, and it happens to be from video surveillance of a hotel elevator which fuels a wide range of conspiracy theories and speculations that consume social media, blogs and YouTube.

In the video, Elisa is seen acting strangely, entering and exiting and then re-entering the elevator, pushing the buttons of multiple floors, making odd hand gestures and looking as if someone might be in the hallway, and then hiding in a corner of the elevator.

When this video is released by the police in hopes of getting clues to her vanishing, internet sleuths and conspiracy theorists go into overdrive, with some accusing the police and the hotel of a cover-up and others targeting a potential suspect.

With nothing more to latch on to than a death metal video, a musician with the stage name of Morbid (Pablo Vergara), the lead singer of Dynasty of Darkness and worshipper of Satan, is identified by a foreign news outlet as a suspect.

As it turns out, Pablo Vergara stayed at the hotel a year earlier and the police found he was not in the country at the same as Elisa. In an interview, Vergara sums up that the Cecil is “just a portal to hell. Once you step in there, bad things happen.”¹⁰⁰

Amy Price, the hotel’s general manager at the time, adds her views to the hotel’s problems with drug dealers, prostitutes, and murders, noting that around 80 deaths occurred during her ten years.

The Cecil was even the home to infamous serial killer Richard Ramirez, the Night Stalker. Was Elisa Lam a victim of a murderous guest or one of the low-income tenants? Was she a victim of a psychotic episode due to her bipolar disorder?

A fascination with true-crime stories is trying to figure out what really happened. In this case, there are so many questions, and the best reason to watch “The Vanishing at the Cecil Hotel” to the end is likely your own thoughts about why and how Elisa Lam wound up in a bad place. ★

Celebrate Black History Month with These Great Titles



Curls by Ruth Forman, Illustrated by Geneva Bowers

“Shine big hair love.” Five little girls celebrate the beauty of their hair in the poetic board book, *Curls*. Exuding strong, confident self-love, the gorgeous illustrations paired with just a few simple words will make this book a favorite story to read time and time again.



Jump at the Sun - The True Life Tale of Unstoppable Storycatcher Zora Neale Hurston by Alicia D. Williams, Illustrated by Jacqueline Alcantara

Blazing a trail of her own, the unstoppable Zora Neale Hurston never accepted no for an answer. As a little girl, Zora always had a story to tell, and while many were

out to stop her, Zora always followed her mama’s advice to “Jump at the Sun.” As Zora forged her own path, she breathed life into the stories she heard as she grew up and shined a light to her own, becoming a world-renowned writer, folklorist, and anthropologist. Inspiring and powerful, *Jump at the Sun* delivers a story that everyone who has a love for the art of storytelling should read.

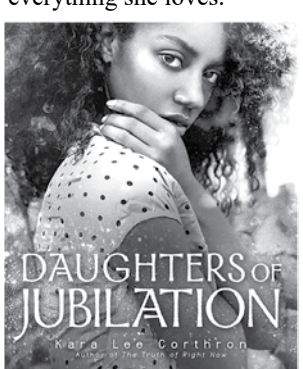
Me & Mama by Cozbi A. Cabrera

A little girl is thrilled to share a day with just her mama. One little girl’s joy captures each small step of the day, along with all their subtle differences. From eating breakfast to getting dressed to exploring a walk in the rain, *Me & Mama* celebrates the ordinary joys in life along with the beauty of a mother-daughter relationship. With artwork that is a celebration in itself, readers will feel a simple calling to repeatedly read this book and gaze upon the artwork while also creating their own beautiful, memorable day.

Wings of Ebony by J. Elle

Rue’s life is upended after her mother’s death, but everything quickly falls apart when the father she never knew forces her to leave. Taken away from her little sister and the only life she has ever known, Rue’s father takes her to the hidden island of *Ghizon*, where

the truth is finally revealed. Half-god and half-human, Rue is forced to live where the leaders thrive on the suffering of humans. Desperate to see her sister again, Rue sacrifices everything to see her, only to discover that an evil force is threatening the very lives of those she loves back home. Now, it is up to Rue and her new power as a half-god to save her neighborhood, her sister, and everything she loves.



Daughters of Jubilation by Kara Lee Corthron

Evie has enough to worry about with taking care of her sisters, helping her single mother, and balancing a new crush on the horizon. But, when her magical abilities start to grow, everything quickly changes. Called the Jubilation, Evie’s magical abilities have been passed down generations as a protection, but as her powers grow, so do the demons from her past. Now, it will be up to Evie to learn how to harness her Jubilation in order to discover her power within, stand against those who have harmed her, and also to heal. ★

Food & Farm NEWS

Valentine’s Day Flower Demand Increases

People may not be able to take their sweethearts on a date as readily this Valentine’s Day, but they can still buy flowers – and that has been a boon for California flower growers. Demand for flowers has risen prior to the holiday, and supply may be constricted. Some growers went out of business earlier in the pandemic, and air transportation of imported roses has been disrupted. California leads the nation in production of flowers and nursery crops.

Work Continues to Provide More Covid-19 Vaccinations

Local health officials and farm groups continue efforts to provide more COVID-19 vaccinations for farm employees. County Farm Bureaus and other organizations have been helping to arrange vaccination clinics and surveying farmers to gauge local needs. A number of clinics have been held, with more planned once vaccine supplies improve. A two-day clinic in Santa Cruz County provided vaccinations for 1,300 farm employees.

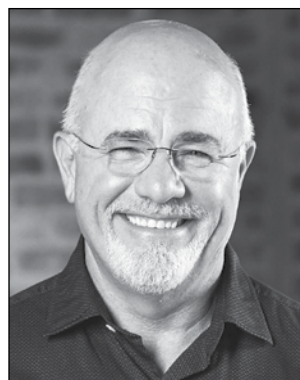
Analyst Assesses Crop Outlook For 2021

After a seesaw year for many crops and commodities, the economic outlook for several key California crops includes moderate improvements this year. An analyst for Rabobank says market prospects for processing tomatoes look “generally positive,” and predicts modest increases in rice and almond prices. Pandemic-related swings in demand disrupted markets last year, and uncertainties linger about domestic and international demand.

Treatment for Citrus Disease Shows Potential

A naturally occurring substance from a close relative of citrus plants has shown more promise in fighting the deadly plant disease known as HLB. New research with a peptide derived from Australian finger limes shows the peptide can kill bacteria that cause HLB and stimulate a citrus tree’s immune response against new infection. University of California, Riverside, researchers say they have begun field tests of the peptide in Florida. ★

Dave Ramsey Says



Retirement Funding Comes Before College Savings

Dear Dave,

A friend told me about your Baby Steps program. I have one question, though. I noticed that according to your plan, saving for retirement should come before saving up a college fund for your kids. Why is this?

– Natalie

Dear Natalie,

In short, college funding is not a necessity. Being able to set aside money for college is a great thing to do if parents can afford that sort of thing. But you can fund your education in other ways. There are loads of

scholarships out there just for getting good grades. You can also work while you’re taking classes. And one of the biggest things when it comes to getting an education is choosing a school or training program you can afford. Trust me, I believe in education. But there are lots of ways to get a college degree, or other career training, without your parents having to foot the bill or taking out student loans.

Another reason I advise this approach is because everyone is going to retire someday – unless, unfortunately, they happen to die before reaching retirement age. Retiring and eating are necessities. College is a luxury. Lots of people succeed in life without going to college, and thousands have worked their way through college. I worked 40-plus hours a week in college, and still graduated in four years. The only good way to retire is by planning for it years ahead of time, and that means saving and investing. Sure, you should try to help your kids with their educations if you can. Even a little bit each month over the course of several years can help a lot. But some parents might not be able to put a dime toward their kids’ educations after high school. That doesn’t make them bad people or bad parents. And it doesn’t mean their kids can’t still go to college, and avoid debt doing it!

– Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Dave Ramsey Show, heard by more than 16 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people gain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions. ★

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Crossword Puzzle on Page 8

H	E	R	B			G	M	T		S	O	M	E							
O	V	E	R			B	O	A	R		P	U	R	E	E					
P	I	N	E			Y	O	R	E		U	L	C	E	R					
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						D	O	D	O			A	L	L			D	O	O	M

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Sudoku Puzzle on Page 8

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

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 - Wild hog
 - Blender setting
 - Coniferous tree
 - Of long ago
 - Gastric problem
 - "A show that had a Ball
 - Surveyor's map
 - Changes to a manuscript
 - Mai follower
 - Get a move on
 - "Superman" portrayer
 - Knot-tying words
 - Like unskilled work
 - Play with a bow
 - New Mexico's state flower
 - Will Ferrell's Christmas classic
 - On the radio
 - Nobel Peace Prize capital
 - Beat around the bush
 - Toddler
 - SAT administrator
 - Software plug-ins
 - Facebook photo option
 - Indulgence of impulses
 - Brees or Barrymore
 - "Dragnet" sergeant
 - Old Brazilian coins
 - Pakistan's official language
 - "Your Show of Shows" comedian Reiner
 - Novelist Zola
 - Not made up
 - "The of Night"
 - Extinct bird
 - Call minus c
 - Gloom's companion
- DOWN
- Arizona tribe
 - Bad to the bone
 - Nevada city near Lake Tahoe
 - Warrant for officer promotion with no pay
 - As opposed to stay in
 - Chagall and Anthony
 - 3-pointer in basketball
 - "Toast of the Town" host
 - Willy of "Free Willy"
 - Track event
 - Always, to a poet
 - Reference to the writer
 - Between larvae and adults
 - Allergic reaction to bee sting
 - Aviv
 - "Ranger's call to Silver
 - Sunbaked, archaically speaking
 - Wall or pedestal support
 - Kon-Tiki, e.g.
 - One of the Muses
 - Offspring
 - Getting warm
 - Not in good health
 - Tiny leftovers
 - Abbott's comedic partner
 - Online purchase
 - "Marjorie Reynolds" in "The Life of Riley"
 - Scolding
 - Schoolmarm's whip
 - Defrosted
 - Popular winter boot brand
 - Put it to the metal
 - Audition tape

Crossword Puzzle Solutions on Page 8

1	2	3	4		5	6	7		8	9	10	11		
12					13				14					
15					16				17					
18					19				20					
					21				22					
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									52			53	54	55
56									57			58		
59									60			61		
62									63			64		

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1. Arizona tribe

2. Bad to the bone

3. Nevada city near Lake Tahoe

4. Warrant for officer promotion with no pay

5. As opposed to stay in

6. Chagall and Anthony

7. 3-pointer in basketball

8. "Toast of the Town" host

9. Willy of "Free Willy"

10. Track event

11. Always, to a poet

12. Reference to the writer

13. Between larvae and adults

14. Allergic reaction to bee sting

15. Aviv

16. "Ranger's call to Silver

17. Sunbaked, archaically speaking

18. Wall or pedestal support

19. Kon-Tiki, e.g.

20. One of the Muses

21. Offspring

22. Getting warm

23. Not in good health

24. Tiny leftovers

25. Abbott's comedic partner

26. Online purchase

27. "Marjorie Reynolds" in "The Life of Riley"

28. Scolding

29. Schoolmarm's whip

30. Defrosted

31. Popular winter boot brand

32. Put it to the metal

33. Audition tape

34. SWAT attack

35. France/Switzerland border mountain range

36. Carpenter's groove

37. Ben Affleck's 2013 Oscar winner

38. Original matter

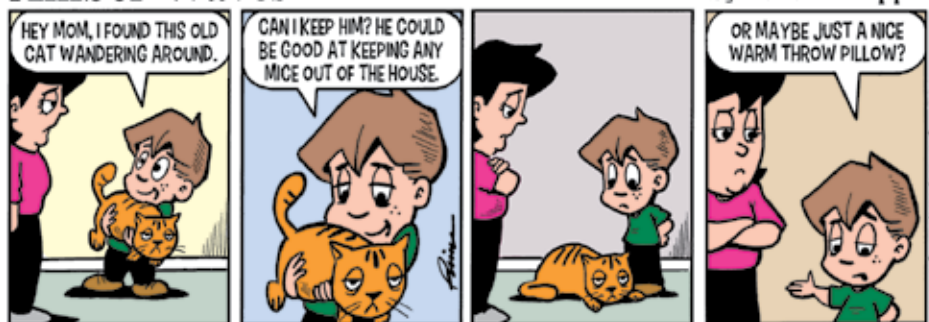
39. Buttons or Skelton

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

Solutions on Page 8

WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



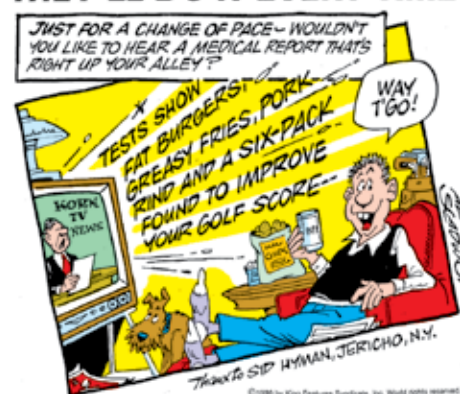
by Jeff Pickering

Out on a Limb

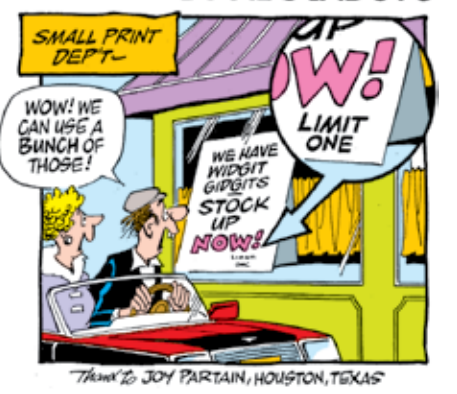


by Gary Kopervas

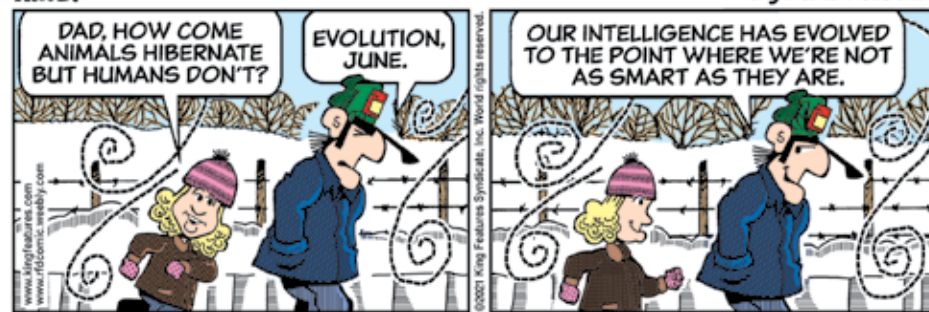
THEY'LL DO IT EVERY TIME



BY AL SCADUTO



R.F.D.



by Mike Marland



GRIN and BEAR IT



LAFF-A-DAY



Just Like Cats & Dogs



by Dave T. Phipps

HOCUS-FOCUS



BY HENRY BOLTINOFF

"Mr. Figby, your wife wants you near enough to get her hands on you."

"Now we know what that funny little plug was."

Find at least six differences in details between panels.
Differences: 1. Sale sign is added. 2. Burton missing from woman's back. 3. Ceiling light is added. 4. Square is missing. 5. Man's tie is white. 6. Flow of rings is missing.

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Wounded Heroes Documentary Brings Hope to Our Military, First Responders, and Everyone Battling Post Traumatic Stress

By Nicki Thomas,
Veteran PR

CHICAGO, IL (MPG) - New film shines a light on bold new alternative non-drug treatments and programs that heal the wounds of PTS

In the Wounded Heroes Documentary due out March 5th, 2021, PTS sufferers are finally getting their voices heard as they speak out about their mistreatment by the healthcare system, the medications that are making them worse, and the amazing new proven therapies that are giving them back their lives.

An alarming statistic by the Department of Veterans Affairs report anywhere from 17 to 22 veteran suicides every single day.

Many feel it does not need to be that way.

After learning about this statistic and the serious side effects of overmedicating veterans, California filmmaker, Michael Gier, went on a mission to find successful alternative non-drug treatments that restore lives from the destruction of PTS.

"Post-Traumatic Stress among our veterans is a serious problem," said Gier. "Most are given prescription medications, or drug cocktails as many call them, some of these prescriptions are black labeled with serious side effects."

Gier, who traveled all over the country interviewing veterans, military brass, politicians, doctors, and other experts, said many veterans feel medication is just a band-aid over a wound that will never heal.

"Our veterans deserve so



The new film shines a light on bold new alternative non-drug treatments and programs that heal the wounds of PTS. Photo credit Veteran PR

much more than just a band-aid and that is what inspired me to create this film," said Gier.

Wounded Heroes Documentary is a 3-year passion project, funded primarily by Michael Gier and his wife Terri Gier, and features life changing options that give those suffering from PTS hope, potentially saving lives.

"These men and women served our country for years and the best we can do is give them drugs; some as many as eighteen different prescriptions, forty pills a day?!" said Gier. "I knew there had to be better options."

In the film, Gier interviews health care professionals who are using alternative therapies that have been successfully proven to dramatically decrease their patients' medication or help them become completely PTS prescription free.

Gier said by creating the film he wanted to bring as much awareness as possible about these life changing treatments and that everyone suffering from PTS needed to know there were other options out there for them.

"These aren't just therapies that can help our soldiers and veterans," said

Gier. "Firefighters, police officers, and first responders all deal with PTS, and even more people from all walks of life are being affected by Covid-19. These can benefit them too."

Veterans reported the alternative treatments helped change their lives significantly for the better and went from contemplating suicide to finding happiness and gratitude in their daily lives.

"I feel alive again, I feel rejuvenated, I feel like a soldier again." - Kyle Green, US Army 1998 - 2008

"I'm happier today than I've ever been in my entire life." - Chuck Gardea, US

Air Force 1989 - 2015, Firefighter/Paramedic 1998 - 2015

"I didn't even know this kind of happiness was possible." - Sherri Waters, US Army

"You can change your life around. And there is light at the end of the tunnel, I am proof." - Antonio Zavala, French Foreign Legion 1985 - 1990 / US Army 1992 - 2006

Dr. Shauna Springer, Ph.D., known as "Doc Springer" in the military community, is one of the nation's leading experts on trauma, military transition, and close relationships. She has become a trusted Doc to

countless warfighters across the country and has gained the respect of warriors of all ranks. Her unique role has given her a deep understanding of warrior culture, and the warfighter.

Dr. Springer is a proud advocate of the film.

"The feeling that Post-Traumatic Stress is a "life sentence" is killing warriors - and people across America. Many have given up, but they need to know that there is life beyond trauma - not just survival, but a good life - a connected, emotionally fulfilling life. Wounded Heroes presents this life changing story of hope," said Dr. Springer.

The Wounded Heroes Documentary will be available for streaming across multiple platforms including Amazon, iTunes, Google, and more starting March 5th, 2021.

Visit www.wounded-heroesdocumentary.com to learn more and join the grassroots effort to help spread the word and impact countless lives.

The Wounded Heroes Documentary is the passion project of producer and director Michael Gier of Gier Productions, LLC. To date, he's produced and directed hundreds of TV commercials, corporate video projects, and short and feature films. This is his first documentary.

An estimated 13 million Americans have PTS at any given time. - Sidran Institute (Traumatic Stress Education & Advocacy)

For more information: www.WoundedHeroesDocumentary.com ★

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