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Dixon Independent Voice

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BIG TREES AND BIG PAIN
By Jeff Myers



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Students Learn Dixon's History



Museum Docent Dan Rott shows students how phones were used in the "old days."

Story and photos by Debra Dingman

DIXON, CA (MPG) - To some students on the field trips to the Dixon History Museum, the old switchboard that connected all kinds of phone calls in Dixon through one operator might have well been seen as a giant cell phone; except for all the strange different-colored cords coming out of it.

One color meant it was an incoming call and another color meant it was an outgoing call, and some people had to be interrupted from a conversation so someone else could make a call, retired Dixon Principal/Museum Docent Dan Rott explained.



A student leans in for a closer look at a photo held by Docent Melissa Glide of tule grass.

"You might hear someone say, Molly, would you get off the phone so I can call the doctor," said Rott. The children stood in rapt

attention.

Classes from Gretchen Higgins and Anderson Elementary were followed by students from Dixon

Montessori Charter School in touring the museum this past month.

The first part of their tour was held outside by the large wagon where Rott explained that "stagecoaches were dusty and bouncy and not at all like cars are now." People started coming to California because of the discovery of gold. He told them a lot of miners would stop in Silveville—if they could find it because the grass would grow so tall that only a large flag marked the town.

Docents shared that there were three groups of people who settled in this area. First, there were the Native American Indians from the

Continued on page 3

Dixon Closer to Water Rate Increase Decision



City of Dixon Water Ad Hoc Committee member Herb Cross expressed the group's desire to explore all options to make the best decision. Photo by Angela Underwood

By Angela Underwood

DIXON, CA (MPG) - The Water Rate Ad Hoc Committee officially phased out.

On May 21, Dixon Mayor Steve Bird and the other council members discussed the City of Dixon 2024 Cost-of-Service Water Rate Study, a year-long process to conquer a \$417,000 annual operating deficit and deferred capital projects needed.

City Attorney Douglas L. White called it "his honor" to report to City Council on the committee's progress. He said the group, which also entailed public input, achieved the requested results within the proposed one-year time frame for a new rate structure.

"There was a lot of work into communication and trying to get participation from the community and getting people to attend meetings," White said. "I will readily admit we never got the attendance we had hoped to but I think we can all look ourselves in the face and say it was not for lack of outreach."

Public information officer Madeline Graf reiterated some of the outreach and told officials that efforts remain, beginning with the committee's webpage.

"You can access it from the homepage of the city's website," Graf said, adding that the council will consider final rates at the July 16 meeting. "During the next few months, we will continue to do outreach with social media, bill inserts and mailers."

The Water Rate Ad Hoc Committee has two options: a recommendation to raise rates to maintain Dixon's water system or sell it.

Prior to the rate study, the Water Rate Ad Hoc Committee held seven meetings. The year-long rate study consists of nine workshops, which detailed rate-setting, policy, rate objectives, financial planning, cost-of-service and rate design, rate options and customer impacts.

"A majority of the committee supported a second recommendation to conduct Requests for

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DWIC Community Grants Awarded

Story and photo by Debra Dingman

DIXON, CA (MPG) - The 100-year-old Women's Improvement Club is still helping Dixon get better through their Community Grants program that recently awarded seven local organizations more funds.

Dixon Committee Grants Chair, Teri Brown, announced that members of her committee, Jewel Fink, Rebecca Robinson, and Barbara Long were pleased with this year's variety of winners. They were recognized and given checks at a special spring luncheon attended by about 70 members and guests. Each representative shared how the monies would be put to use.

Kelly Pidgeon James accepted \$500 on behalf of Dixon Community Theater. "In the 70s and 80s there was a strong theater presence, and Dixon Community Theater is



Organizations that serve the Dixon community got a boost of support from the Dixon Women's Improvement Club through the DWIC grants program. This year's awards were received by (L-R) Chris Simpson, Linda Beyers, Susana Pérez-Olvera, Hillary Gutierrez, Cookie Powell, and Kelly Pigeon James. Far right is DWIC Grants Chair Teri Brown.

working to bring that back to Dixon," she said. "Money will be used to support upcoming productions."

Dixon Family Services Executive Director Cookie Powell reported the \$500 grant would go to support the growing needs of their

food pantry at 155 North Second Street in downtown Dixon. "The mission is to improve the quality of life for all families and individuals in our diverse community. Our intervention and support services are strengthened by cooperation with the schools,

churches, businesses and the community," she reminded.

Maine Prairie High School was represented by Susana Pérez-Olvera who accepted a check for \$700 which will be used to purchase gift cards which are

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Graduations Are Special!

While the Maine Prairie High School grads celebrated this past Wednesday, June 5, graduates from Dixon High School will be experiencing their ceremony this Saturday, June 8, starting at 9 a.m. in the high school stadium.

Congratulations to all the graduates
again from our newspaper staff! ★

Students underwent mock interviews recently at Dixon High School arranged by Solano County Office of Education for Career Readiness. Several military personnel along with businesswomen Kathy Ernest and Debra Dingman conducted interviews for three students each. The students are holding certificates of completion for their coursework. Courtesy photo

Concerts in the Plaza

Sugar Cookies Are Better Than Ever

Cookie prices start at \$60 a dozen but depends on what design you're looking for. Taking 1 to 2 orders a week, most customers choose to pick up their cookies, however, when businesses order cookies, she will drop them off. There are hardly any limits to your cookie ideas either. As long as the idea you have is realistic and doable, it can be done.

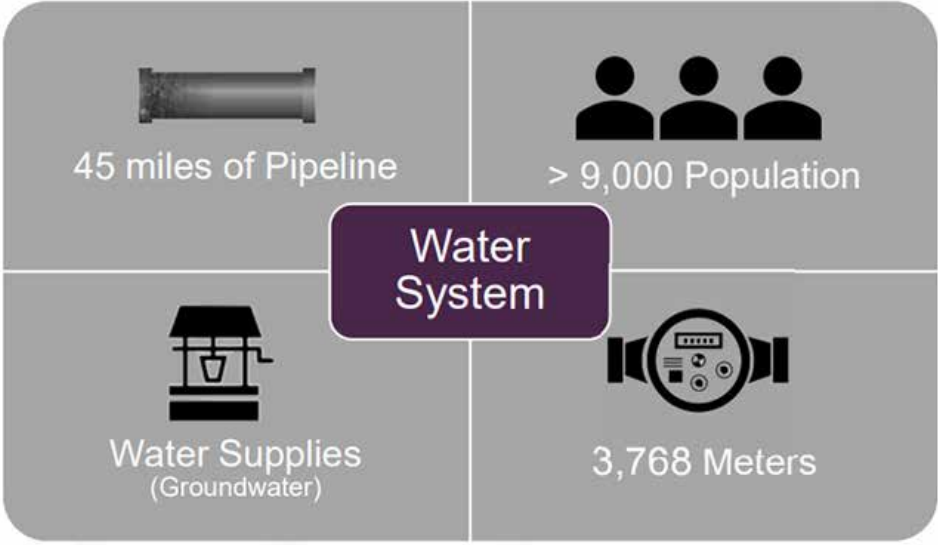


Here is a small sampling of what CB Sugar Cookies offers.
Courtesy photo

When asked what her biggest motivation is, Courtney responded by saying that seeing the customers happy and smiling motivates her to keep making her cookies. She first started the business as a

You should check out CB Sugar Cookies! In this reporter's opinion, they're some of the best sugar cookies yet and they won't disappoint you. @Cbsugarcookies on Instagram has all the info you need to look into to get your cookies ordered today. CB Sugar Cookies are Dixon's best cookies in town. ★

Dixon Closer to Water Rate Increase Decision



Here is the City of Dixon Water System Breakdown as shown in the City of Dixon 2024 Cost-of-Service Water Rate Study. Photo courtesy of the City of Dixon

Continued from page 1

Proposals (RFP) to understand who would be interested if the city were to sell the system to another purveyor,” White said.

As for the requests for proposals, committee co-chair and Councilmember Kevin Johnson is not ready to go there yet due to questions including, “How would another supplier actually work and will it be good for the city?”

Johnson noted the water systems’ “integrity” and how all parts of the city suffer if one part of the city suffers.

“We are all one family,” Johnson said.

White clarified that it is “not the staff’s recommendation” to sell, and neither is it for two ad hoc committee members. Herb Cross and Jack Caldwell said the group is not advocating for the sale of the system but is more interested in exploring all alternatives.

“I feel very strongly we owe the public all the answers we can glean so that they know we have explored all of the possibilities and we are making a valid

decision,” Cross said.

Caldwell, also the Planning Commission chair, said selling the water system will become a priority, if the water rate increase fails.

“We felt it was important to have a good template in place for a running start,” Johnson said.

Johnson said his “faith” remains in managing the city’s water system.

“I am confident that we would be better off but if it ever got to that point, my question would be how would it benefit the city,” Johnson said.

Councilmember Jim Ernest said the public outreach “was done right” and as far as the requests for proposals goes, “I think selling the system is a solid Plan B” if the water rate increase fails.

All Dixon property owners and customers receiving city water service are invited to attend the public hearing at 7 p.m. July 16 at 600 East A St., to comment on the proposed rate adjustments taking effect Aug. 1. ★

Students Learn Dixon’s History



Dixon Historical Society President Kim Schroeder-Evans, far left, talks to the children about the Wintun Tribe.

Continued from page 1

Wintun Tribe (called Patwin.) Children recognized that name because of the local Patwin Park.

“After a hunt, the Wintun thanked the animal for its sacrifice, then every part of the animal was used for food, clothing, tools, utensils, smaller animals, and the habitat. No part of the animal was ever wasted,” offered DHM President Kim Schroeder-Evans. “Also, Patwin, as they are often referred to, means ‘Native People’ in the Wintun language.”

She reminded the students that the Wintun are still here, and they still prepare acorn bread, but with modern appliances.

“They also--still to this day--make cordage, boats, mats, bracelets, skirts, dolls, and baskets out of the tule plant,” she said.

Students learned that the second group of people that came into the area were the Spaniards from Europe. Then there were the Mexicans from Mexico, and they actually came after the Spaniards, Rott told the children when they were done guessing.

After the children saw an old kitchen that had a 100-year-old ice box in it, there was further discussion about the building they were all in: the Coast Ice House. One of the students asked where they “bought” the ice from to bring to the icehouse and Rott told them how men would saw giant cuts of ice from the top of frozen lakes

like Lake Donner and truck them back down the mountains to the cities.

Retired teacher/Docent Melissa Glide was at a large table and demonstrated for the children that through soaking and softening tule, a native and hearty plant, the Wintun used to make huts along with many other things.

Children got to see a large photo of a class of Dixon High graduates. Rott asked if they noticed anything different about their class photo.

“They were a lot more formal back then,” he said. There was a large spinning wheel and a doll set up in a corner display.

“In the old days, there weren’t a lot of stores to go buy things,” he told them. “My parents didn’t have money to buy toys. A lot of kids grew up that way and parents actually thought it was foolish to spend money on toys.”

Students also heard about how and why Dixon came from Silveyville and about ‘King, the best sheep dog’ from Dixon and many more interesting facts about the beginnings of our town. If anyone would like to learn more, the Dixon History Museum is located at 125 West A Street in downtown Dixon and is open Fridays and Saturdays 11 a.m. to 2 p.m. Special museum openings can be arranged by calling (707) 693-3044 or see their website: www.dixonhistoricalsociety.org. ★



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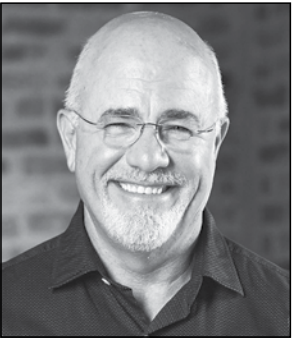
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That's a Pretty Good Deal

Dear Dave,

I'm in college full-time right now, and my parents have been generous enough to pay for some of my school expenses. In addition, they let me live at home while I complete my degree. I work some nights and most weekends so I can go to school debt-free, but I'm trying to figure out how to move out on my own and continue working, while remaining a full-time student and attending career-related campus events. The cost of living is high in our area, so I'm having trouble figuring out how to make it all work. Do you have some advice?

— Will

Dear Will

You sound like a very driven and mature young man. Congratulations on everything you've been able to accomplish so far. I'm glad you're working hard in school with

Dave Ramsey Says

an eye toward the future. First off, out of the three considerations you mentioned — school, work, and cost of living — I think you need to decide which is your number one priority. If I were in your shoes, school would come first.

Now, to go to school without borrowing money, you're going to have to keep working. But finishing school on time, while attending some of the extracurricular events that will move you toward your career, might pre-empt work. You'll have to work enough to pay for things, but if you can finish school and hit your academic and graduation goals while staying at home just a little bit longer? That sounds like a winner to me. It's a pretty nice deal your parents are offering, but I can understand your desire to be out on your own, too.

I want you to be out on your own as soon as you can, as well. But if you do that right now, you're going to have extra bills and be forced to work even more. That's going to throw your entire school process out of whack. Guess what your number one priority was in that

scenario? Right, moving out. If it's the tail that's wagging the dog, it has become the number one priority. If it's disrupting work, and thereby disrupting your academics, then in my mind you've put your focus on the wrong thing.

Your number one goal should be finishing school on time, while attending as many connected events as possible. Meanwhile, keep working enough so that you're able to continue doing all this debt-free. If that means you're staying at home a little bit longer to pull it off, I'd do it!

— Dave

Dave Ramsey is an eight-time No. 1 national best-selling author, personal finance expert and host of The Ramsey Show, heard by more than 20 million listeners each week. He has appeared on Good Morning America, CBS Mornings, 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 lives. He also serves as CEO for the company, Ramsey Solutions. ★



Big Trees and Big Pain

Commentary by Jeff Myers

I was recently able to spend some time camping in Yosemite Valley with my two brothers and my son. The valley is beautiful this spring with water gushing from the more famous waterfalls and rapid snowmelt causing unexpected waterfalls everywhere else. We were able to get in a few great hikes, and on our last full day in the park we decided to drive south and take an easy stroll through the Mariposa Grove of Big Trees.

I hadn't been there in several years but had heard that the area had gone through lots of improvements. I knew we would be required to park in an offsite lot and take a shuttle two miles up to the grove. What I didn't know is that when we got to the lot the shuttle would be out of service and the only way to get up to the big trees would be a challenging hike two miles uphill via the Washburn Trail. We weren't deterred, though, and quickly strapped our daypacks on and started the beautiful, but arduous hike.

My brothers and I aren't in the greatest shape, so we were pretty spent (me especially) when we arrived at the grove. My glutes were on fire! After catching our breath we started walking amongst the giant sequoias. If you've never been around these huge trees or their cousins, the coast redwoods, you owe yourself a trip. There's something so powerful about putting your hands on a living thing that was huge when Jesus of Nazareth was walking the Earth 2,000 years ago! It

staggers you and overwhelms your emotions to actually touch living ancient history.

On the hike back down to our van we were talking and I said something like, "I'm glad we had to go through that hard hike to see those trees. They're so incredible...there's something about it that seems right that they were difficult to get to." My brothers agreed whole-heartedly. But isn't that the way of most great things in life? The best part of our lives, or the things we're most proud of, required lots of work before we could see the greatness in them.


The Apostle Paul puts it this way in Romans 8:18:

"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."

God loves to redeem the suffering, discomfort or hard work in our lives so that it reveals the greatness and beauty of things. The labor pains that produce a new life. The years of discipline that result in education or expertise. The faithfulness that results in a life-long marriage. Or the daily discipleship that helps us know God better. It took a hammer and chisel to give us Michelangelo's David. God, in his love and wisdom, uses his divine hammer and chisel on our lives to clear away everything in us that doesn't look like our best selves and ultimately glorifies him.

Don't shrink from the difficulty or pain in your life right now. The best thing in your life might be on the other side!

Jeff Myers is Lead Pastor of Living Hope Church in Dixon, CA ★




Dare to Live Without Limits

by Bryan Golden

The Battle Inside You

Part 1



There are two opposing forces within you. One is positive, the other negative. The dominant force is the one that determines the path your life takes. Most people are unaware of this conflict, or worse yet, allow the negative to rule them.

Developing an awareness of your thoughts and emotions is essential to cultivating the positive ones, while allowing the others to wither. Your quality of life is directly related to the outcome of your inner battle.

The negative emotions are anger, envy, jealousy, sorrow, regret, greed, arrogance, superiority, self-pity, guilt, resentment, inferiority, lies, and ego. These repel good and attract negative.

Anger clouds your judgement. It impairs your ability to make rational decisions. To minimize, or hopefully eliminate, feelings of anger, remember you can't control the actions of others, but you can control your reaction.

Whenever you want what someone else has, you experience envy and jealousy. You are not in a contest. It doesn't matter what others have. Devote your efforts to pursuing your own goals.

People who constantly feel sorrow or regret are spending too much time in the past. These feelings emanate from events that are over. In order to move forward, decide where you are going from here. If you remain chained to the past, you will sacrifice your future.

Greed is self-absorption. Greedy people are only concerned about their own needs. They are often willing to act in an unscrupulous manner. Greed repels happiness. To get what you want, help others get what they need.

A person who is arrogant believes they are better than others. The attitude of superiority they radiate repels people. You are not better than anyone, and no one is better than you. Treat each person you encounter with respect and dignity.

Victims feel self-pity. You are not a victim; you are in charge of and in control of your life. If you are not happy with your circumstances, change them.

Don't blame others or expect someone else to solve your problems.

Guilt can be self-imposed or precipitated by others. Guilt can be related to things you have done or connected to a decision you are about to make. If you make the best decision possible, with all the information you have at the time, you have nothing to feel guilty about. You will never be able to please everyone, so don't try.

Resentment serves no purpose. You may not like what has happened, or the manner in which you have been treated. Being resentful won't make you feel any better. You will only feel bitter. Regardless of whatever has happened, keep focused on what you want to do next. If you want positive results, take positive actions.

Thinking you are not good enough produces feelings of inferiority. You feel others are better or more important. This leads you to sell yourself short, often settling for much less than is warranted. You are a good person. No one is better than you.

A life based on lies has no foundation and will soon crumble. Don't do anything you are ashamed of. There is never a need to lie about who you are or what you do. If you believe there is, you need to make some changes.

Feeding one's ego turns off other people. Don't brag about what you do or what you have. If your motivation is to impress others, you will never be happy, and ironically, no one will be impressed. It really doesn't matter what other people think.

In the next two columns, I will write about the positive emotions of joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

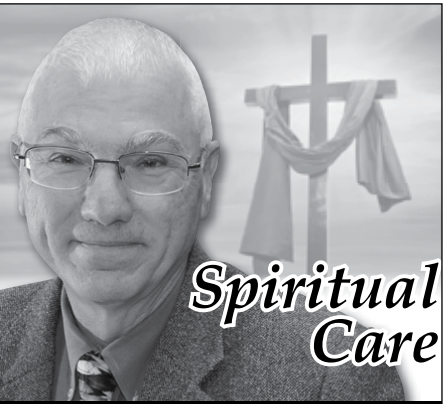
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WE SUPPORT FIRST RESPONDERS

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"Chaplain Faints Again, Misses Deadline"



Spiritual Care

BY NORRIS BURKES

I'm still on a Baltic Sea cruise this week with Holland America. It's been good sailing, but I carry motion sickness medication just in case.

I wonder if that medication would have helped me some years ago when I went to my doctor hoping for a simple steroid shot for the bursitis in my shoulder.

(Stop me if I've told you this story before because I think I may have.)

As the nurse smeared the injection site with disinfectant and placed a surgical drape over my shoulder, it was clear that this wasn't going to be a plain old shot.

To mask my anxiety, I started cracking jokes.

"Will this steroid buff me up and help me play amazing baseball?" I asked.

The doctor seemed unamused as she began reciting the list of things that could possibly go wrong. It was simple things such as nerve damage, infections and twitching.

"Don't worry," she said as I eyed the door, "we've never had a problem."

Easy for her to say. She was on the giving end of the 3-inch needle.

"Do you mind if I sing a hymn?" I asked.

"No, go right ahead," she said.

I began to hum, "Shall We Gather at the River?" but her glare suggested that I change that tune.

A few moments later, as she began the deep injection, I had a news flash. To be more precise, a hot flash.

"Simple" quickly became complicated. "I think I'm going to faint," I said. It felt like severe motion sickness.

"Lie down," the doctor advised, "and don't forget to breathe."

Breathing wasn't my problem at that moment; it was my hearing that felt impaired. I've always heard that hearing

was the last thing to go before you die.

Then came a muffled question from the nursing assistant. "Do you feel your heart beating faster?"

"I don't think so," I whined as I felt her offering her hand. I'd always heard that in a near-death experience, someone will take your hand and walk you through a tunnel toward the light.

"Your pulse is slowing a bit, but don't worry," the doctor reported, "I think you're having a vagal response."

"What's a vagal response?" I asked.

I didn't hear an immediate answer, so I persisted.

"Is that some kind of anaphylactic shock?"

I wanted her to know I knew some medical lingo. Anaphylactic shock is a life-threatening condition where blood pressure becomes too low to sustain life.

I wondered if it might be the kind of thing that often precipitates near-death experiences.

"Lord," I silently prayed, "if this is going to be a near-death deal, please send me back before my column deadline."

I was imagining the headline: "Chaplain Reports Existence of God After Near-death Experience."

It was definitely Pulitzer-Prize stuff; but as I thought about it, I wasn't sure I was ready for an exclusive with the Holy. So, I nodded to the doctor and pronounced, "We're done here."

Nevertheless, I did learn a few things.

First, I learned that sometimes the best evidence we have of God's existence is the warm hand of another. Thankfully, this means that God will always have a pulse, even when I don't.

Second, I think maybe sometimes we need to allow God to find us through the kindness of others. I was looking for God down that tunnel and, while I didn't see God, I did see someone who showed compassion.

In other words, God showed up and she was wearing scrubs.

The third thing I learned is the definition of a "vagal response."

"A vagal response," my doctor explained as she called me back from the proverbial tunnel of white light, "is pretty much like fainting."

"We'll have to try this next week. I'll get you a prescription for Xanax for your anxiety."

Wow. I guess searching for faith isn't for the faint of heart. ★



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Start Summer Adventures with these New Children’s Books



The Door That Had Never Been Opened Before
by Mr. & Mrs. Macleod; UNSQ Kids

The Grunion House had many floors and many doors, but one particular door had never been opened before. The door was built shut, and no one knew why. They only knew that Great Grandma Grunion built it that way for a reason, a reason no one knew. Sheila was determined to open the door, while Gerald followed the rules and kept the door shut. Until...

This is a timeless adventure of wills and might, as two children battle between curiosity and courage. But who will be victorious?

Ollie the Acorn and the Mighty Idea
by Andrew Hacket, Kaz Windness; Page St. Kids

Ollie dreamed of being a tall oak tree — a tree strong enough to stand up to the bully, Everett next door. Then Everett takes Ollie's sapling, and Ollie gets an idea: He will swallow an acorn to become a strong Oak tree, strong enough to stand up to a bully. He couldn't, he shouldn't, but he did. As Ollie grows into a mighty Oak tree, he realizes that might not be the answer, and getting even just might make you feel smaller. How will Ollie's fix his mighty idea?

Readers will instantly root for Ollie and hope that he will find the right answer to stand up to his bully. This fun and silly story has strong roots that touch base on many subjects, such as kindness, standing up for yourself, and even friendship.

Tell Me About Oceans
by Lisa Varchol Perron and Jennifer Falkner; Little Simon

Why is the ocean blue? How do the creatures move? Why does the water creep on the sand? This beautiful board book explores many questions about oceans with simple, understandable answers. Bright, colorful illustrations make this book engaging and perfect for younger readers.

Look
by Gabi Snyder and Samantha Cotterill; Simon & Schuster

In this giant world, there are so many things to take in. But what if we take a moment to stop and Look? What if you could see the light and the dark, patterns, big and small, and all the hidden shapes? There are so many things to take in, but it can be beautiful if you stop and look.

Look, is a lovely celebration of the world around us. The perfect book to open the door to new adventures and new exciting, artistic ways to look at the world around us.

Walkies A Dogs Tale
by Estrela Lourenco; Page Street Kids

This wordless picture book hilariously highlights the adventure of walking a dog. From the misadventures of rainy days, puddles, mud, piles of leaves and even fireflies in the night sky,

Walkies is a fun story that sparks dialog and imagination and is perfect for anyone who has ever had to “walk to the dog.” ★



Riley Reviews

LIFETIME TRUE CRIME MOVIES TAKE CENTER STAGE FOR MONTH OF JUNE

A Film and TV Review by Tim Riley

LIFETIME TRUE CRIME MOVIES IN JUNE

The Lifetime cable channel regularly churns out crime movies that are “Ripped from the Headlines,” and the month of June will feature more movies than normally, with the biggest star being Teri Hatcher in “The Killer Inside: The Ruth Finley Story.”

Known for her television roles, Hatcher portrayed Lois Lane in the series “Lois & Clark: The New Adventures of Superman,” followed later in the role of Susan Mayer in the long-running “Desperate Housewives” series. She was also Paris Carver in the James Bond film “Tomorrow Never Dies.”

A Lifetime movie will debut every Friday and Saturday in June beginning with “The Girl Locked Upstairs: The Tanya Katch Story” on Friday, June 8th. Tanya (Jordyn Ashley Olsen) was fourteen and at risk, struggling with an unhappy home life and a victim of bullying at her new school.

Feeling isolated and lonely, she is befriended by Tom Hose (Robert Baker), the school’s security guard, who manages to lure Tanya to his home, where he held her captive and sexually abused her for over a decade.

Convinced he had Tanya brainwashed and that she would never attempt an escape, Tom eventually allows her to take on a part-time job. Out from under Tom’s watchful eye, Tanya finally finds the courage to take a dangerous step toward freedom.

Following the premiere, Lifetime will debut “Beyond the Headlines: The Tanya Kach Story with Elizabeth Smart.” The documentary follows executive producer Elizabeth Smart as she meets the real-life Tanya Kach, who had vanished from a Pittsburgh suburb at such a young age.

Debuting the next day, “Gaslit by My Husband: The Morgan Metzger Story,” based on a true story, follows Morgan (Jana Kramer) and Rodney Metzger (Austin Nichols), who were childhood sweethearts and married by the time Morgan was just 21 years old.

The couple loses their first child shortly after birth but are overjoyed when they have twins a year later. Tensions begin to rise when Rodney loses his job and goes into debt. He blames their fights on Morgan’s drinking and convinces his wife that she pushed him down the stairs in a blackout rage.

The couple finally separates and Morgan’s life turns around, until Rodney gets diagnosed with cancer. Not long after, a masked intruder breaks into Morgan’s home and assaults her.

Rodney suspiciously shows up only minutes after the intruder is gone. When authorities question him, Rodney’s story

doesn’t seem to be adding up. Does Rodney really have cancer and is he the hero he claims to be, or has he been gas-lighting Morgan for decades?

On June 15th, “Yoga Teacher Killer: The Kaitlin Armstrong Story” is based on the true events of a deadly love triangle that led authorities on an international manhunt.

When pro-cyclist Moriah Wilson (Larissa Dias) is found dead after a short-lived affair with fellow professional Colin Strickland (Kyle Schmid), all signs point to Texan yoga teacher and Strickland’s on-and-off girlfriend Kaitlin Armstrong (Caity Lotz).

After accused of allegedly killing Wilson in a jealous rage, Armstrong disappears into thin air. On the run, Armstrong alters her looks in attempts to elude the authorities as they work to track her down, leading them to places that they never expected to find her.

“Danger in the Dorm,” premiering on June 16, is inspired by one of Ann Rule’s earliest true crime works, which tells the story of Kathleen (Clara Alexandrova) after the tragic murder of her childhood best friend.

Kathleen must shed her rebellious youthful spirit in order to catch a killer who’s preying on young girls around campus, even as her mother Joanne (Bethenny Frankel), tries to protect her daughter from suffering the same fate as her friend.

Launching on June 22nd, “The Bad Orphan” is a psychological drama centered on Jessica (Betsy Brandt) and Karl (Mark Taylor), loving parents of Rhiannon (Eve Edwards), who after years of trying to add to their family are elated to adopt Gabby (Chloe Coco Chapman).


The girl is an 8-year-old orphan born with personal challenges. The idea of a perfect family comes into question when the parents discover that Gabby is a troubled little girl, and the family begins to believe things aren’t what they seem.

As the unsettling behavior of the orphan child worsens and lies are uncovered, cracks in the family dynamic form with Jessica becoming increasingly concerned that Gabby is a threat to their family.

Lifetime has had a track record of delivering powerful films based on true stories. “Prosecuting Casey Anthony,” starring Rob Lowe as the prosecutor in the famous murder trial, was particularly stunning for what led to the controversial verdict.

“Natalee Holloway,” based on her mother’s book “Loving Natalee,” was a truly heartbreaking story about the disappearance of the 18-year-old while on vacation in Aruba.


Part of next week’s column will conclude with the two remaining original Lifetime crime movies, ending most notably with Teri Hatcher’s as the titular character in “The Killer Inside: The Ruth Finley Story.” ★



**Publisher,
Paul V. Scholl**

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CLUES

ACROSS

1. House pest
6. Emergency responder, acr.
9. Meme dance moves
13. Below, prefix
14. Swimmer's distance
15. Not urban
16. Take a base
17. Grazing spot
18. Stressful or unnerving
19. "Clint Eastwood's "Space ____"
21. "First U.S. space station
23. Salty dog's domain
24. Fail to mention
25. Spermatozoa counterpart
28. Ukrainian person, e.g.
30. State of submission
35. Network of nerves
37. Muscle or strength
39. ____ Mara, Africa
40. Shapeless form
41. Cliffside dwelling
43. *Saturn's environs, sing.
44. Poetic feet
46. Darn a sock, e.g.
47. Per person
48. Rendezvouses
50. Mine entrance
52. After-tax amount
53. Litter's lightest
55. French vineyard
57. *Sun's outer layer, not beer brand
60. *Second S in ISS
64. Ancient Celtic priest
65. Sun kiss
67. "Mea ____," or "my fault"
68. **"From the Earth to the Moon" author
69. In the past
70. Judge
71. Education station
72. Order's partner
73. Food between meals

DOWN

1. Reduced Instruction Set Computer
2. "I'm ____ you!"
3. Not many (2 words)
4. Dungeness and snow, e.g.
5. *Circles of light around sun and moon
6. 90-degree pipes, e.g.
7. * ____ Jamison, the first African-American woman in space
8. Tetanus symptom
9. Two-fold
10. Diva's solo
11. Prickle on a wire
12. Sylvester Stallone's nickname
15. Johnny Cash's "Get ____"
20. Churchill/Roosevelt/Stalin meeting site
22. Model-builder's purchase
24. Gorge oneself
25. *Planet's path
26. Type of consonant
27. Skeleton, archaic
29. Attention-getting interjection
31. Like pink steak
32. Of the Orient
33. Jousting pole
34. * ____-year
36. Opposite of flows
38. *Solar ____ , sun's emission
42. Authoritative proclamation
45. Walked with long steps
49. *Solar System center
51. Parcels
54. Birth-related
56. One-eighty
57. Manitoba native
58. Couple's pronoun
59. Dorothy Hamill's turf
60. Jon of "Game of Thrones"
61. Pelvic parts
62. Petroleum-exporting grp.
63. Police informer
64. VHS successor
66. Palindromic title

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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.

DWIC Community Grants Awarded

Continued from page 1

used as attendance incentives, she said. She also encouraged DWIC members to visit the campus and see “what a wonderful school it is with great students.”

Scouts BSA Troop 1625, Hillary Gutierrez accepted \$500 for her daughter, Isabella, who was in school but who had organized and created her Eagle Scout project: Emergency buckets/toilets for Tremont Elementary. Money will be used to help defray the cost of creating more kits for other Dixon schools.

Erica Hurtado of TEAM Dixon was not able to attend the meeting due to a family emergency but let Brown know how much the \$500 grant money is appreciated and will be used to help pay for renting the Dixon pool for their end of summer swim program.

Tremont Elementary teacher Linda

Beyers represented Tremont Elementary School 4th Grade Class who reported the \$500 grant was used to help pay for their annual Sutter’s Fort field trip in Sacramento. The schools are chosen through a lottery, she explained, and when Tremont was selected, they discovered the cost of bussing the students would be \$4,000.

School Director Chris Simpson at Valley of the Sacred Heart Academy accepted the \$500 award which will be used for education materials. The Catholic School at St. Peter’s Parish in downtown Dixon offers TK through 12th grade and is one of 50 nationally and internationally recognized schools.

All recipients expressed heartfelt gratitude to the DWIC members and for their work at the annual DWIC annual fundraising dinner and auction at Bud’s each February. ★

TEAM Dixon Looking for New Buddies

By Allison Latham, Dixon Montessori Charter School 8th Grade Student

DIXON, CA (MPG) - Calling all kids ages 12 and up who are looking to help special needs kids! TEAM Dixon is a non-profit organization that helps bring special needs kids together with a buddy to help them participate in sports, act in plays, and do other fun activities like arts and crafts.

The “TEAM” in TEAM Dixon stands for “Together Everyone Always Matter.” The organization strives to make sure all special needs kids are included.

TEAM Dixon was established in 2013, when Erica Hurtado saw what the community needed after watching the Challengers Baseball League for special needs kids as she is a parent of a special needs child. Not only were the special needs kids having fun, but the parents found a new community to connect with one another.

The buddies in TEAM Dixon are able to help a special needs child do something that they may not be able to do without them.

“My goal is to keep building an inclusive community,” she said. Erica has been involved in TEAM Dixon for 11 years and is helping create bonds between buddies and special needs children that will last forever.

Becoming a buddy is a great way to get involved in the community. Buddies are volunteers who help the special needs kids stay safe but also feel included.

TEAM Dixon hosts many events throughout the year. Some of those events include Challengers Baseball League, Bowling Night, and Summer Swim. In order to become a

buddy, you have to be ages 12 and up. To sign up, you have to go to TEAM Dixon’s website and fill out the “Buddy Application.” This form will help leaders pair buddies with someone with the same interests.

Erica is a huge part of TEAM Dixon and if it wasn’t for her, TEAM Dixon wouldn’t be successful. Erica said that it makes her proud, not just of herself, but because of the

community they have built. She is proud of all the teens and what they do for TEAM Dixon. She reported that she loves it there and there is still good in the world.

TEAM Dixon’s mission is to give opportunities to special needs kids to gain confidence and support in an inclusive community. It also gives opportunities to middle and high schoolers to show their love and kindness.

To support the mission of their organization, TEAM Dixon gets donations from businesses and sponsors in Dixon and also hosts an annual fundraiser. This year, the concert and auction will be held at Green River Brewery in Winters, and they will be hosting the band, Vinyl Ride. It will be held on September 7. There will be games and a bounce house for the families and there will be a performance by TEAM Dixon kids.

A great way to see if you want to join the community of TEAM Dixon is to come out to summer swim with an experienced buddy and see what TEAM Dixon is all about. Their first Swim Friday is June 14 from 6 to 8 p.m. and swim nights will run through July. TEAM Dixon has a great group of buddies and volunteers but are always looking to expand the list to support their important role in the community. ★



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PUBLIC NOTICE

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) is proposing to modify an existing telecommunications facility by collocating antennas at 74-ft 2-in on an 80-ft tall (95-ft measured to highest appurtenance) silo located at 401 North 1st Street, Dixon, Solano County, California 95620. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Project 014941-PR - EJG, EBI Consulting, 21 B Street, Burlington, MA 01803, egiacomarra@ebiconsulting.com or at 774.258.0042.

Dixon Independent Voice 6-7-2024

NOTICE OF PUBLIC HEARING OF THE CITY OF DIXON CITY COUNCIL

NOTICE IS HEREBY GIVEN that the City of Dixon (“City”) City Council (“City Council”) will conduct a public hearing at a regular meeting on Tuesday, June 18, 2024, at 7:00 p.m., at Council Chambers located at 600 East A Street, Dixon, California 95620, to receive public comment and consider potential transit capital projects funded in part with federal funding under 49 U.S.C. Section 5311 through the California Department of Transportation.

ALL INTERESTED PARTIES are invited to attend the Tuesday, June 18, 2024, public hearing to express opinions or submit evidence for or against the potential transit capital projects funded in part with federal funding under 49 U.S.C. Section 5311 through the California Department of Transportation. At the above noted time and place, testimony from interested persons will be heard and considered by the City Council prior to taking action or making any recommendation on the potential transit capital projects funded in part with federal funding under 49 U.S.C. Section 5311 through the California Department of Transportation. Upon request, the agenda and the documents in the meeting agenda packet can be made available to persons with a disability. In compliance with the Americans with Disabilities Act, the City encourages those with disabilities to participate fully in the regular meeting process. Any person requiring special assistance to participate in the meeting should call (707) 678-7000 (voice) or (707) 678-1489 (TTY) at least forty-eight (48) hours prior to the meeting.

Interested individuals will be given an opportunity to speak in favor of, or opposition to, the above proposed action. Written comments are also accepted prior to the hearing by the City Clerk’s office, at 600 East A Street, Dixon, CA 95620.

Copies of the agenda packet and supporting documents will be available for public review at City Hall, 600 East A Street, Dixon, CA 95620, at least three (3) days before the meeting.

If you have any questions, please call the Deputy City Clerk at (707) 678-7000, ext. 1116, or stop by the office at 600 East A Street, Dixon, CA 95620.

BY ORDER OF THE DIXON CITY COUNCIL, KRISTIN M JANISCH, ELECTED CITY CLERK

DATED: May 29, 2024

Dixon Independent Voice 6-7-2024

Non-Flushable Wipes Clogging Water System

By Angela Underwood

DIXON, CA (MPG) - City officials ask residents to stop flushing non-flushable materials.
Public information officer Madeline Graf said the Dixon Wastewater Treatment Facility fills up gallons of daily non-flushable debris that threatens pipes.
“Our engineering team reached out to me and let me know we need to start an education campaign regarding the use of flushable wipes as it is an issue getting out of hand at the Wastewater Treatment Facility,” Graf said.
Federal legislation backs the local warning with the Protecting Infrastructure and Promoting Environmental Stewardship Act, PIPES, and the Wastewater Infrastructure Pollution Prevention and Environmental Safety, WIPPES Act.
California Congressman Alan Lowenthal partnered with Michigan Congresswoman Lisa McClain to create both pieces of legislation. The PIPES Act mandates a marketing certification process regarding single-use ‘flushable’ wet wipes, and WIPPES mandates manufacturers put ‘Do Not Flush’ on synthetic wet wipes.
Lowenthal said in a press statement, “The problem of flushed wet wipes has created tremendous problems for our water infrastructure for many years and is just one facet of our growing plastics waste pollution crisis.”
“The WIPPES Act would provide consumers with the information they need to properly dispose of these wipes, and in doing so protect our water infrastructure and our environment,” Lowenthal said.
Graf points to the PIPES and WIPPES Acts, adding, “Often items marked ‘flushable’ should not be flushed and cause issues at our treatment facility.”
Graf explained that while "the automated screens catch about 95% of the materials" at the Dixon facility, “they have still been filling 3-4 5-gallon buckets of debris daily.”
With Dixon facing proposed water rate increases and water treatment infrastructure issues, the extra pressure on the system is detrimental.
“This debris can end up shredded and clog the motors, creating costly repairs,” Graf said.
Disinfectant wipes and paper towels can also clog pipes and should not be flushed along with synthetic wipes. The public information officer and city officials ask residents to consider the federal acts and the local warning before flushing non-flushable materials, which will inevitably cause an infrastructure issue. ★

MPG

WE SUPPORT FIRST RESPONDERS

Persons listed in this log from the Dixon Police Department are considered innocent unless proven guilty in a court of law. Only activities deemed significant by the Police Dept. are included.

DIXON POLICE LOG

Monday, May 20, 2024

1200 - Information report about a male possibly impersonating a police officer in the 1400 block of Ary Lane.

1500 - Telemarketing Scam.

Tuesday, May 21, 2024

0846 - Battery between students on school grounds.

1012 - Theft report to document, fraudulent charges from bank account.

1230 - Battery report in the 1300 block of North Lincoln Street.

1400 - Hit and Run investigation in the area of Pitt School Road and Rehrmann Drive.

2204 - Confidential report taken in the 800 block of West B Street.

Wednesday, May 22, 2024

1826 - Report of a violation of a served restraining order in the 800 block of Elm Street.

Thursday, May 23, 2024

1604 - An informational report was taken in the 200 block of 8th Street.

1833 - Two suspects entered a grocery store in the 200 block of E Dorset Drive and committed a theft. In their escape from the store, the suspects left behind a shopping cart full of stolen items which were recovered. Later it was determined that the license plate in the suspect’s vehicle was fake.

Friday, May 24, 2024

1051 - A vandalism report was taken at Hall Park.

1830 - Attempted grand theft investigation at a business in the 200 block of East Dorset Drive.

1850 - Domestic Violence investigation.

0040 - Danielle Rosenberger was contacted and later arrested for violating a restraining order and resisting a police officer in the 800 block of Elm Drive.

Saturday, May 25, 2024

0707 - Burglary report 1200 block Hopkins Drive.

0951 - Grand Theft report 1100 block Dawson Drive.

1135 - Vandalism report at Northwest Park.

0231 - A traffic collision report was taken in the 600 block of South 1st Street.

Sunday, May 26, 2024

0035 - Information report taken in the 600 block of Berkshire Drive.

Monday, May 27, 2024

1300 - Suspicious Circumstances report, possible squatters in a residence in the 100 block of West Chestnut Street. 1630 - Theft of a license plate from a vehicle

1955 - Battery report in the 800 block of North Adams Street resulted in the arrest of Melissa Figueroa (45) of Dixon for battery. She was released with a citation.

0405 - Burglary reported in the 1200 block of Stratford Avenue.

Tuesday, May 28, 2024

1200 - Confidential Report.

1300 - Confidential Report.

1550 - Theft of a package from a front porch in the 300 block of South Second Street.

1630 - Mandated Elder Abuse Report.

0009 - Report of an assault with a deadly weapon in the 200 block of East Dorset Drive.

POLICE DIXON CALIFORNIA 1945

The Single Largest Cut in Gavin Newsom’s New Budget Hits California Health Care Providers



Gov. Gavin Newsom’s plan to close the state deficit includes a significant cut to Medi-Cal and a repurposing of money from the so-called MCO tax that had been intended to increase payments to California health care providers. Here, patients visit Martin Luther King Jr. Community Hospital in Los Angeles on July 26, 2022. Photo by Pablo Unzueta for CalMatters

By Kristen Hwang
CALMatters.org

The single largest cut in Gov. Gavin Newsom’s latest budget proposal threatens to undo a multi-billion-dollar deal he made with health care industry leaders last year to shore up the state’s expansive public insurance program with a new tax.

Newsom wants to take \$6.7 billion that had been earmarked for increased Medi-Cal payments to health care providers and instead use it to help plug the ballooning state deficit. Providers last year agreed to be taxed to generate that money with the stipulation that it be invested in Medi-Cal, the state’s insurance program for lower-income households.

Newsom said his budget proposal preserves core services for programs like Medi-Cal and emphasized that his administration has expanded services “like no other state in U.S. history has ever expanded.”

“We are maintaining that,” Newsom said during a recent budget presentation.

Groups representing doctors, hospitals and patients warn the cut would weaken an already overburdened health care system that serves one-third of the state’s population. Industry groups have gathered signatures to place a measure on the November ballot that would overrule any cuts made in the state budget and to prevent Newsom and future governors from repurposing Medi-Cal funds.

“We are deeply disappointed that the governor’s proposal jeopardizes access to health care for millions of Californians,” the Coalition to Protect Access to Care, the group supporting the ballot measure, said in a statement.

The coalition is the same group that brokered last year’s deal — known as the Managed Care Organization, or MCO, tax — and is primarily supported by the California



Gov. Gavin Newsom addresses the media during a press conference unveiling his revised 2024-25 budget proposal at the Capitol Annex Swing Space in Sacramento on May 10, 2024. His proposal includes a change to the so-called MCO tax on California health care services. Photo by Fred Greaves for CalMatters

Medical Association, California Hospital Association, ambulance operators, Planned Parenthood Affiliates of California and health insurers.

Under the original deal, the health insurance plans serving Medi-Cal patients would get taxed in order for the state to claim a dollar-for-dollar matching amount of money from the federal government. The promise was that the money generated — upwards of \$35 billion for the state over four years — would be invested in the Medi-Cal system to increase reimbursement rates and attract doctors and other providers who otherwise say they don’t get paid enough.

Instead, Newsom’s new proposal increases the tax on health plans, uses the new money to alleviate the deficit, and cancels planned Medi-Cal rate increases for emergency room doctors, specialists and certain other providers.

Increased payments that started in January for primary care, obstetrics and mental health would not be touched.

“This is mind-boggling for the public, but really the story is about equality,” said John Baackes, chief executive of L.A. Care Health Plan, the largest publicly operated health plan in the country.

For the past decade, California lawmakers have steadily restored Medi-Cal services cut during the Great Recession, added new ones, and expanded eligibility to include all low-income Californians regardless of citizenship. Today Medi-Cal covers things like dental exams, hearing aids, doula services and acupuncture. It is one of the most comprehensive public insurance plans in the country.

Expanding Medi-Cal access

L.A. Care serves more than 3 million Medi-Cal members in Southern California. Between

January and March, more than 164,000 new members were enrolled when California granted Medi-Cal to working-age, undocumented immigrants. But increasing enrollment and benefits without providing more incentives to providers has strained the health system to a breaking point, Baackes said.

“Nobody is saying that the state doesn’t have a (budget) problem. We know they have a problem, but the cost that’s going to be paid by the people who benefit from the Medi-Cal program is very difficult for the providers to accept,” Baackes said.

In recent budget hearings, representatives from the Newsom administration said they were trying to protect Medi-Cal’s core services while balancing a \$27.6 billion deficit.

“These decisions and proposals are difficult and not put forward lightly,” said Michelle Baass, director of the Department of

Health Care Services, which oversees Medi-Cal, during a recent Assembly budget hearing.

At that hearing, lawmakers who approved the tax deal last year accused the administration of not being honest about how the money would be used.

“I’m just wondering if any of the discussions we’ve had about the shortages, the closures, the issues that we have on the ground, the workforce shortages, if any of those things came into thought as you were trying to preserve core services, which is important, but if you don’t have providers to go to, what have we done?” said Assemblymember Akilah Weber, a Democrat and obstetrician from La Mesa, in the hearing.

Looking to California’s November election

Jarrold DePriest, president of Maxim Healthcare Services, said he was shocked to learn the “dollars meant to protect Medi-Cal” could be

diverted. DePriest’s company provides home health services, such as nurses for people who would otherwise be confined in a hospital. A majority of its clients are children with complex health needs like cerebral palsy or severe respiratory problems, DePriest said.

Between 2018 and 2024, the number of nurses his company employs dropped by half because Medi-Cal reimbursement rates haven’t kept up with salaries and inflation, DePriest said. Consequently his company serves nearly 10,000 fewer patients.

“Down the road things will get worse and worse,” DePriest said.

His group and others, like air ambulance operators, were not included in the original Medi-Cal rate deal and are fighting for some of the tax revenue — but it’s unlikely with the current deficit. The proposed cuts signal to them that the state is unwilling to invest in Medi-Cal, which is exactly what ballot measure proponents hoped to avoid.

Dustin Corcoran, president of the California Medical Association and leader of the ballot coalition, said providers will only accept more Medi-Cal patients if they are confident the state will fund the program permanently.

“Medi-Cal has been underfunded for so long, one of the things we were trying to accomplish was the predictability and stability of rates,” Corcoran said. “You can’t have providers in situations where they don’t believe in consistency in the rates, and they have to choose between bankruptcy and patient abandonment. That shouldn’t be a choice that a provider ever has to make.”

Supported by the California Health Care Foundation (CHCF), which works to ensure that people have access to the care they need, when they need it, at a price they can afford. Visit www.chcf.org to learn more. ★

COMICS & PUZZLES

The Spats

WHAT DOES JEFF BEZOS DO EVERY NIGHT BEFORE BED?

HE PUTS HIS PAJAMAZON.

by Jeff Pickering

Amber Waves

GRANDPA, YOU KNOW, THIS GAME IS KIND OF BORING.

I USUALLY PLAY FIRST- PERSON VIRTUAL GAMES ON MY PLAYSTATION.

WHEN I WAS A KID WE PLAYED HOPSCOTCH, JACKS AND KICK THE CAN.

WOW, NO WONDER NO ONE EVER SMILED IN THOSE OLD-TIMEY PICTURES.

by Dave T. Phipps

Out on a Limb

ANOTHER DAY ON THE HONEY FARM.

DANG! I REALLY HATE THAT IT'S ALWAYS ME WHO HAS TO MILK THE BEES.

by Gary Kopervas

TIGER

HOLD IT, TIGER

THERE'S A LOTTA JUNK IN OUR WAY. HOW 'BOUT CLEARING IT?

ALL CLEAR HUGO!

by BUD BLAKE

POPEYE

ANDY THERE, WIMPY, IS VA READY TGO?

I CERTAINLY AM, POPEYE.

VA KNT EATS TH ANIMALS AT TH BOO

YOU CAN DO ANYTHING IF YOU TRYVA BELONG IN YOURSELF.

BAKED WITH A LIGHT WHITE WINE SAUCE.

BRASED WITH A HONEY GLAZE.

BREADED WITH RICE FLAE

BROILED COVERED IN BROWN GRANE

WOULD VA STOP IT, WIMPY? VER BENE AWTFUL!

WOULD VA LIKES IT IF A JERN TOLD VA HOW THEVD COOK VA UP?

SLOW-ROASTER, SERVED WITH A GREEN CHU STUFFING.

DISGUSTRATN.

TD PAIR WELL WITH A FINE RIEKING.

DISGUSTRATN AN AWCRGANT!

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

CRIN & BEAR IT

"No, Figgy ... a steroid-free zone doesn't mean you get them for nothing!"

Just Like Cats & Dogs

by Dave T. Phipps

I HAD TO ASK THE CHECKOUT GIRL FOR A NAPKIN. NEXT TIME COULD YOU PLEASE AT LEAST MAKE IT TO THE CAR TO EAT?

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Nightmares and Hallucinations Could Signal Autoimmune Disease

A new study shows many people are unaware of mental and neurological symptoms of diseases such as lupus

UC Davis Health News Release

SACRAMENTO, CA (MPG) - An increase in nightmares and hallucinations could signal the onset of autoimmune diseases, such as lupus. These neuropsychiatric symptoms can also act as early warning signs and help people with lupus potentially identify a coming flare when their disease worsens for a period.

Those are the findings of an international team of researchers from the University of Cambridge, King’s College London, UC Davis School of Medicine, and other institutions.

The study was published in eClinicalMedicine, a publication of The Lancet.

James Alan Bourgeois, a professor in the UC Davis Department of Psychiatry and Behavioral Sciences and vice chair of Hospital Psychiatry Services at UC Davis Health, is a co-author of the study.

“Many people don’t know that neuropsychiatric symptoms, including confusion, hallucinations and vivid nightmares, can be part of autoimmune diseases like lupus,” Bourgeois said. “If someone presents with new psychotic symptoms and has other autoimmune symptoms, and a family history of autoimmune disease, a provider is advised to clinically evaluate him or her for lupus before assuming a patient has schizophrenia or other primary psychotic disorder.”

Melanie Sloan is a researcher in the Department of Public Health and Primary Care at the University of Cambridge and lead author of the paper. “It’s important that clinicians talk to their patients about these types of symptoms and spend time writing down each patient’s individual progression of symptoms,” Sloan said. “Patients often know which symptoms are a bad sign that their disease is about to



Neuropsychiatric symptoms, including confusion, hallucinations and vivid nightmares, can be part of autoimmune diseases like lupus,” said James Alan Bourgeois, a professor in the UC Davis Department of Psychiatry and Behavioral Sciences. Photo courtesy Pixabay

flare, but both patients and doctors can be reluctant to discuss mental health and neurological symptoms, particularly if they don’t realize that these can be a part of autoimmune diseases.”

Lupus, formally known as systemic lupus erythematosus (SLE), is an autoimmune inflammatory disease known for its effect on many organs, including the brain. According to the Lupus Foundation of America, about 1.5 million people in the U.S. have lupus, and an estimated 5 million globally. The majority of those

with lupus — nine out of 10 — are people who were designated female at birth.

Methods

The researchers surveyed 676 people living with lupus and 400 clinicians. They also conducted detailed interviews with 69 people living with systemic autoimmune rheumatic diseases (including lupus) and 50 clinicians.

In the study, the team asked patients about the timing of 29 neuropsychiatric symptoms (such

as depression, hallucinations, and loss of balance). In interviews, patients were also asked if they could list the order of symptoms that usually occurred when their disease was flaring.

One of the more common symptoms reported was disrupted dream sleep, experienced by three in five patients, a third of whom reported this symptom appearing over a year before the onset of lupus.

Just under one in four patients reported hallucinations, although for 85% of these, the symptoms

did not appear until around the onset of the disease or later.

When the researchers interviewed the patients, however, they found three in five lupus patients and one in three with other rheumatology-related conditions reported increasingly disrupted dreaming sleep just before their hallucinations.

These nightmares were often vivid and distressing, involving being attacked, trapped, crushed or falling.

The study interviewers found that using the term “daymares” to talk about hallucinations often led to a “lightbulb moment” for patients, and they felt that it was a less frightening and stigmatized word.

Patients experiencing hallucinations were reluctant to share their experiences. Many specialists said they had never considered nightmares and hallucinations as being related to disease flares.

David D’Cruz is a professor from King’s College London and senior author of the study. “For many years, I have discussed nightmares with my lupus patients and thought that there was a link with their disease activity,” D’Cruz said. “This research provides evidence of this, and we are strongly encouraging more doctors to ask about nightmares and other neuropsychiatric symptoms — thought to be unusual, but actually very common in systemic autoimmunity — to help us detect disease flares earlier.”

The importance of recognizing these symptoms was highlighted by reports that some patients had initially been misdiagnosed or even hospitalized with a psychotic episode or suicidal ideation, which was only later found to be the first sign of their autoimmune disease.

The research was funded by the U.K.-registered charity The Lupus Trust. ★



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