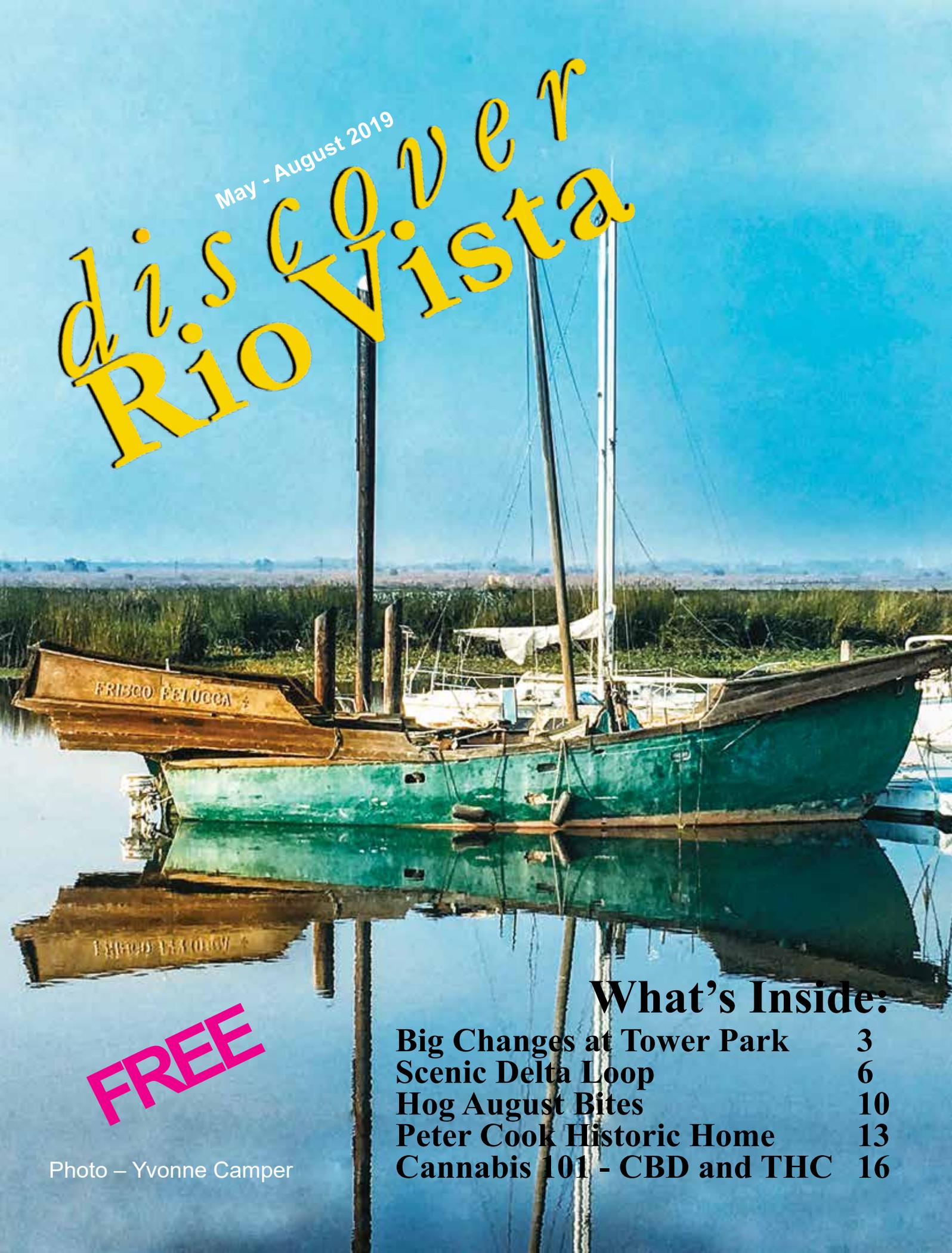


May - August 2019

discover Rio Vista



FREE

Photo – Yvonne Camper

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Big Changes at Tower Park

High class resort camping arrives in the Delta

Story by Tom Surh Photos from towerparkresort.com website

The 2019 summer season marks the completion of major new developments at Tower Park, located 13 miles east of Rio Vista where Highway 12 passes over Potato Slough.

Yogi Bear's Jellystone Park™ Camp-Resort

Known as Yogi Bear's Jellystone Park™ Camp-Resort, this recent addition to the long-time full service Tower Park Marina

is designed especially for families with kids of all ages.

In addition to a full range of camping options that vary from deluxe cabins with air

conditioning and full kitchens to tent camping sites, there is a dizzying array of activities for kids. These include swimming pools, a sandy beach on the slough, mini golf, a water zone, beach volleyball, playgrounds, basketball,



jumping pillow, "lazy river" (a constantly moving flotation circuit), a dog park, "Hey Hey" rides, and hot tubs. These activities are included with the overnight

accommodations or a day camp pass. Additional activities include Lazer Tag, arts and craft activities led by recreation staff, bumper boats and bicycles. Furnished cabana rentals near the water activities come with a mini fridge, TV and ceiling fan so day trippers have a place to hang out.

Tower Park Marina Services

Tower Park is the only marina in the Delta with a full range of water craft for rent. These range from paddle boards and kayaks

to fishing boats for up to six people, pontoon boats for up to ten people, one person electric boats and new two-person mini boats. Marina



services include numerous covered boat slips of varying sizes, valet launch service, fuel and storage for boats and trailers, marine parts and services.

Waterfront Grille — Fine Dining in the Delta

Under the guidance of Executive Chef Hascher and Manager Flora Ann Jackson, this restaurant has emerged as the premier dining spot in the Delta. The high season menu features a broad range of creative offerings. Starters range from novel items such as Black Bean and Sweet Potato Empanadas and Cauliflower Fritters to standards like Tuna Nicoise or Golden Beet salads. Lunch specialties include a Balsamic Glazed Portobello Sandwich, Baja Style Fish Tacos, and a BLT that features grilled focaccia with BBQ shrimp. Nine Chef Entrees include Prosciutto Wrapped Jumbo Shrimp with avocado salsa, Roasted Corn and Mushroom Risotto as well as Grilled Polenta and Roasted Vegetable Ratatouille. All this, in addition to pizza, sandwiches, burgers and a children's menu. There is also a popular buffet style Sunday brunch.

A large event space with a waterfront view is an attractive spot for destination events such as weddings, anniversaries, and other celebrations with an excellent catering menu at hand.



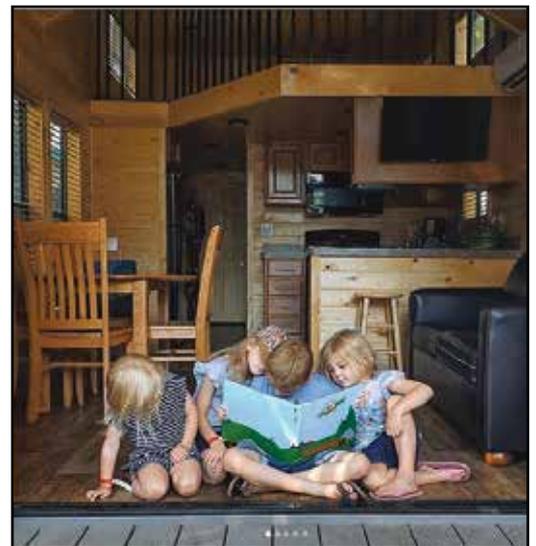
Top Developer of Camping/Glamping Resorts

Tower Park is operated by Northgate Resorts since 2016. Northgate is one of the nation's top developers of high quality camping/glamping resorts. The steady improvements

culminating in this year's roll out has been under the steady guidance of General Manager Paul Craft.

The range and pace of activities varies widely with the seasons, with May 23rd to August 18th being the high season.

The rest of the year, activities are mostly on weekends. The very informative website with specifics is at www.towerparkresort.com.





Discover Rio Vista is a tri-annual magazine published by the RioVision Promotions and Communications team that provides information about events, activities and places of interest in and around Rio Vista.

This magazine is a volunteer effort. We always need distributors who are willing to drop our magazines off to merchants in the Delta area. To volunteer, call RioVision at (707) 360-5244.

May - August 2019 Edition

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See the *Discover Rio Vista* website at: <http://discoverriovista.com>. For additional information about RioVision see: <http://riovistavision.com> and www.facebook.com/riovistavision. RioVision is a non-profit 501(c)(3) group. Donations are tax-deductible.

ON THE COVER: Photographer Yvonne Camper captured the cover photo with her iPhone at Bruno's Yacht Harbor on Twitchell Island as early morning low fog was starting to break, catching the beautiful reflections in the still water.

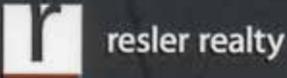


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Visit the Scenic

Step away from

Story by Sandra Kay

Why would you want to take a drive on the Delta Loop? Is it true that it's the seventh wonder of Sacramento County? Step away from the "everyday." Seemingly go back in time while enjoying beautiful scenery, great food, and fun activities – indoors and out.



A lone kayaker enjoys the lovely Delta scenery.

Loop is part of the vast levee system created in the 1800s by Chinese immigrants in response to the Swampland Act Congress passed in 1850. Two million acres of wetlands were partitioned in California. There were 500,000 acres in the Sacramento-San Joaquin Delta. According to historical reports, Europeans entered the Delta back in 1772 after observing the region from atop Mount Diablo. Today, the



Houseboating on the Delta.

the Delta for being one of the States most productive farming regions.

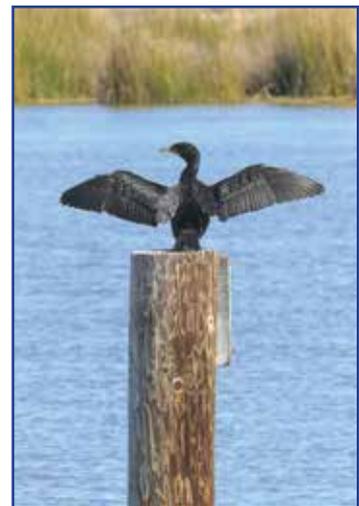
The route, which includes restaurants, boat harbors, RV parks, cabins, kayak rentals, and a sailing school, begins at Highway 12/ Jackson Slough road when traveling east or Highway 12/ Brannan Island Road. When traveling west, continue for 10 miles and you find yourself on winding levee roads that are filled with beautiful views and wonderfully hidden sights. Among them, see waterfowl, beautiful trees, pampas grass, ice plant, cattails and dramatic views of the horizon with the Montezuma Hills, Antioch Bridge and Mount Diablo to the west.

You would not guess by sitting on Highway 12 in traffic that you are on the last piece of dry land for many miles, but the Delta

region is enjoyed by many for its beautiful waterways that have created areas for recreation. Farmers appreciate

Some special things about the area are businesses for adventure such as the Delta Sailing School, which is the only sailing school on the Delta. According to owner Alan Klee, the school has something for everyone, experienced or not. If you have drifted away from sailing and want to get back into it, they can help by offering rental use of a sailboat and experienced teachers. Delta Sailing School has the capacity to teach under an array of conditions to help you become competent in sailing. They sail the Delta and beyond to the big waters of the San Francisco Bay. The company website at <https://www.deltasailingschool.com> is filled with pertinent information that even talks about sailing adventures in the Greek Islands coming up in September.

Another fun adventure awaits at the Kokopelli Kayak rental business, found as a floating Tiki Hut at the Lighthouse restaurant. Even first-time kayak enthusiasts can safely enjoy this fun activity. Kokopelli Kayak rents kayaks by the day, the hour or the weekend. You can take off on your own or go on what they call a pirate run that takes you behind the marinas out to the San Joaquin river, ending up on a beach. It is pet-friendly too if you want to take your pup. See <https://www.kokopellikayaks.com> for more information.



A cormorant spreads its wings.

Speaking of tiki huts and pirates, check out Korth's Pirates Lair Marina, featuring the best lounge chairs on the Loop. Plop down here and enjoy the warm Delta sun after a great brunch or lunch at the Pirates Lair Cafe. According to online posts, this cafe has the best bacon cheeseburger in the Delta.

Boaters can enjoy the ease and comfort of pulling up to one of the many harbors: B&W, Perry's Boat Sales and Slips, Delta

Shores Marina, Rancho Marina, Willow Berm (free breakfast to members on weekends), Korth's Pirates Lair, and Easy



The berths at Korth's Pirates Lair.

C's, that provide docks, slips and covered or non-covered berths. Boat launching on the Delta Loop is very affordable

Delta Loop

the "everyday"

Photos by Doris Noriega

as well. Most of the marinas have gas available and a store



An egret with fledglings.

where you can purchase essentials, snacks, and drinks. If you plan to stay overnight for the weekend or permanently on the Delta Loop there are adequate accommodations waiting for you there with cabins, RV spaces, permanent berths and even a tiny house community.

Have fun and enjoy good food with live music and karaoke at The Spindrift, The Lighthouse and Moore's Riverboat restaurants on the Delta Loop. Appreciate nautical motifs with real ship relics at some and an old paddle wheel boat at another.

So, go ahead and step away from the "everyday" and imagine going back in time to enjoy the many experiences offered on the Delta Loop.



Moore's Riverboat Restaurant.

Following is a list of the businesses mentioned above with their phone numbers. Hours vary, particularly off-season, so it is good to give them a call when making your plans to visit.

| | |
|--|----------------|
| B&W Resort Marina | (916) 777-6161 |
| Delta Sailing School | (916) 966-1855 |
| Delta Shores Marina | (916) 777-4522 |
| Easy C's | (916) 777-5241 |
| Kokopelli Kayak Rentals | (707) 365-3865 |
| Korth's Pirates Lair & Pirates Lair Cafe | (916) 777-6464 |
| Lighthouse Bar & Grill | (916) 777-5702 |
| Moore's Riverboat Restaurant | (916) 292-8940 |
| Park Delta Bay | (916) 777-5588 |
| Perry's Boat Sales & Slips | (916) 777-6461 |
| Rancho Marina RV Park | (916) 623-4925 |
| Sacramento Delta Bay Marina | (916) 777-4153 |
| Spindrift Marina | (916) 777-4945 |
| Spindrift Restaurant | (916) 777-4944 |
| Willow Berm Marina & Yacht Harbor | (916) 777-6313 |

6th Annual Rio Vista Endive Experience

Rio Vista Lions Club and California Endive Farms

When: June 8, 2019
4:30 - 8:30 PM

Where: California Endive Farms
15 Poppyhouse Rd, Rio Vista

Cost: \$55.00 Per Person
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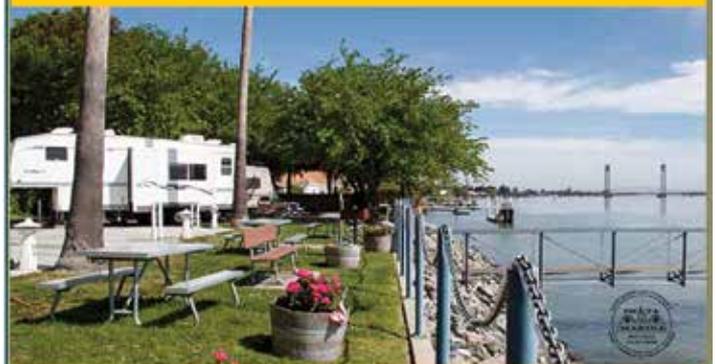
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Delta Marina Yacht Harbor & RV Park

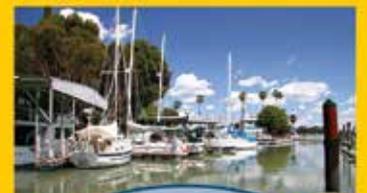
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Spotlight On *Petals On Main*

Story by Laurie Oleksiewicz

Welcome to "Spotlight On," your chance to learn about some of Rio Vista's unique businesses, and the people who own and staff them.

Petals On Main, located in downtown Rio Vista at 122 Main Street, is a welcoming full service florist shop filled with flowers and beautiful hand crafted and gift items.



Victoria holds one of her many flower selections.

Owned and operated by Victoria Smith, Petals On Main opened in May of 2016 when Victoria moved to Rio Vista. Her floral career spans over 10 years, starting with her original flower shop located in Valley Springs, which included a small gift area. Victoria bought this first flower shop with her sister. "I learned flower arranging from several other helpful and encouraging florists that served the same delivery area. Many classes and workshops have added to my education, some under well-known designers." A career highlight for Victoria was opening the floral department at Jackson Rancheria Casino Resort.

Victoria grew up in Valley Springs. Her children graduated from the same schools as their mother and grandmother. In addition to the floral business, Victoria was active in her community. She held many positions including Land Use Planner, County Supervisor and Executive Director of



An attractive interior display. Photo: Jan Vick

Calaveras County Chamber of Commerce and Retail Management.

Besides her creative way with flowers, Victoria enjoys crafting wall and lawn ornaments by welding together used horseshoes. Apart from her work and creations, Victoria finds relaxation through reading.

Victoria supports Main Street with her shop in the heart of downtown Rio Vista. "Rio Vista has become my home and I pray for continued growth in the town and wisdom for our leaders." Victoria continues to improve the flower and gift selection, and she welcomes suggestions and comments from her customers.

Next time you're on Main Street, be sure to stop in at Petals On Main for an enjoyable shopping experience.

Endive Experience Don't Miss This Festival!

Story by Sam Richards

Endive (pronounced on-deev) is one of the most difficult vegetables in the world to grow, requiring a two-step process before it is ready to be enjoyed. The first growth takes about 150 days in the field, where the chicory plant grows from seed into a deep root. Tops of the leafy plant are then cut off, roots dug up, and placed in cold storage, where they enter a dormancy period. As demand necessitates, roots are removed from cold storage for their second growth, which takes 20 to 28 days in dark, cool, and humid "forcing rooms" similar to mushroom growing. Thus, endives are available year-round, from California Endive Farms in Rio Vista.

To experience this first hand, Rio Vista Lions Club hosts the well-known Endive Experience each year in June — a special event to raise funds for multiple projects that



The table settings are always spectacular at this event.

benefit local residents. Those attending the event have an opportunity to tour the various rooms where endives are forced from root to lovely crisp leaves. Guests also taste a variety of endive hors d'oeuvres prepared by local chefs, followed by a savory grilled dinner with local wines, ending with homemade cobbler from fresh local berries, the perfect summertime dessert.

For this spectacular Endive Experience on June 8th, tickets are \$55 (\$60 reserved). Live music and a stand up comic are part of the package, as well as a silent and very entertaining live auction, featuring delectable home-made cakes, cheesecakes, desserts, wines and excursions to local venues. Reserved tables with preferred seating, wine, and special recognition are available for your group. Tickets are available at Pets 4 All in downtown Rio Vista, online at brownpapertickets.com, or contact Sam Richards at (707) 374-6491 or sam@richards-realestate.com for group reservations and sponsorships.

For those in nearby cities and beyond, this is a perfect road trip, dinner, and opportunity to enjoy the Endive Experience. Come and delight in an evening in Rio Vista, experiencing a great dinner and new information about an upscale veggie, so special... it's grown twice!

See our ad in this issue of *Discover Rio Vista*.

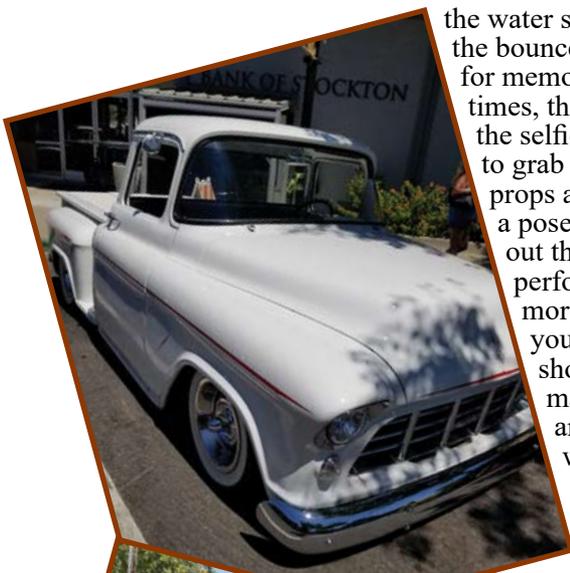
2019 Hog August

6th Annual Rib and Chili

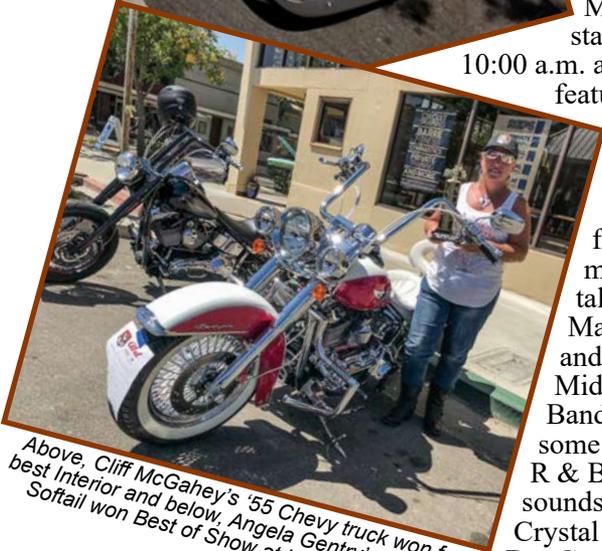
Story and Photos by Robie Williams

Saturday, August 24, 2019 brings a fresh, fun event you don't want to miss! Against the backdrop of the Sacramento River, the 6th Annual Hog August Bites is back after months of planning with lots of new activities for your enjoyment.

This fun family event tickles your fancy with great food, cold drinks and plenty of activities for the kids.



Send the kids down the water slide or into the bounce house for memorable fun times, then stop by the selfie station to grab some props and strike a pose. Check out the street performers for more fun. Bring your dancing shoes to salsa, mamba, twist and boogie woogie throughout the day. Music starts at 10:00 a.m. and features the



Above, Cliff McGahey's '55 Chevy truck won for best Interior and below, Angela Gentry's 2007 HD Softail won Best of Show at last years event.

following musical talents: Matt Aplin and the Midnight Band for some smooth R & B and sounds from Crystal Image, DonGato Latin Band, Wildcat Mountain

Ramblers, and closing out the evening with a local favorite, the Derek Abel Band. Get your boots scootin' to this music and dance the night away until 10:00 p.m.

Do you have an awesome oldie, a classic restoration, or a car or truck that's under construction? How about a hot corvette? There's always room for classic cars, trucks and motorcycles, so get your applications in early or sign-up on the day of the event for a \$25.00 entry fee. Each entry receives a goodie bag, T-shirt, and dash plaque (while they last). Applications can be found at <http://discoverriovista.com/events> or on Facebook at <https://www.facebook.com/riovistahogaugustbites/>.

You be the judge of some of the best dang chili cooked on the Delta! Chili teams gather early in the morning with their secret ingredients to cook-up huge pots of chili for tasting. You can taste each one by purchasing a tasting kit for \$5.00 from the Chili Tasting Booth located at Front and Main Street. Can the Byron Family win again and make it a four-peat?

Rib cookers from all over the Delta, East Bay, Sacramento and of course local home town favorites tantalize your senses with the smell of ribs being cooked up according to the rules of the Kansas City Barbeque Society. While this is not a KCBS sanctioned event, it is judged upon their criteria for flavor, texture and appearance of the ribs. Once again, Hog August Bites is lucky to have Tracy Allen lead our local panel of all star judges. Tracy is a Kansas City Barbeque Master Judge. New this year is a People's Choice Award for the best ribs! That's right, there is rib tasting for the public! You asked and we made it happen! Also available are ribs for pre-sale, half and whole slabs in limited quantities. Check out our website at <http://discoverriovista.com/events> or our Facebook page at <https://www.facebook.com/riovistahogaugustbites/> for more information!



A water slide for the kids.

Bites Cookoff

Vendors line the streets, providing information and plenty of nifty things to buy. Don't forget to stop in our local stores as some are having surprise sales or offering discounts. For that warm August weather there are cold slushy margaritas available for the adults to cool down or icy chilled beer poured by the Rotary Club.

Hog August Bites is more than just fun and good times — it's also the primary RioVision fund raiser. Building on the momentum of two recent grants towards funding shade covers for the



The Byron family are three-time chili cookoff winners.

Promenade, the money received this year from sponsorships, raffle sales and donations benefit not only the shade covers for the Promenade but also



The band, Senior Edition, performs at last years event.

another van for the Rio Vista High School Booster Club.

If you'd like to sponsor the event, donate to these causes or have questions, please contact us at hogaugustbitesrv@gmail.com.

And at the end of the day, when you're done tasting chili, sampling ribs, dancin', shopping and having a good time with friends, both old and new, remember it was all done to benefit our town and we couldn't have done it without YOU!

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Peter Cook Historic Home - Part 1

By Phil Pezzaglia Photos from the Rio Vista Museum

One of the grandest homes to be built in Rio Vista is the former home of Peter Cook. Located at the corner of Main and Fifth Streets, the two-story brick home was once the host of stately black-tie affairs attended by a variety of state appointed officials.

Although well over a century old, the elegant Cook home is remarkably well preserved. This is a testament to the craftsmanship of the builders, whom Mr. Cook hired to construct the original home and the extensive remodel, which it received a decade after construction. Another consideration is the love and affection for the home by each of its owners.

To get a real sense of the style and design of the house, one must learn first about the man who contracted to have it built to fit his family's needs. Peter Cook was born in New Brunswick, Canada to Neil Cook and Mary Currie. The Cook family left New Brunswick in October 1867, arriving in San Francisco on December 23. It was not long before the family arrived in Rio Vista and settled down. The Cooks bought property and built a home a few miles northwest of town, near Duncan McCormack, Robert Watson, and Peter and James Hamilton. It was on this property that young Peter grew up and obtained his interest in ranching and farming.

Peter did leave Rio Vista to complete his education at Hopkins Academy in Oakland. Then he returned to Rio Vista. Eventually he took Miss Julia Mastin Proctor as his wife, and from this union two children were born: Peter Jr. and Julia. Peter Jr. was born in 1898 and passed away in 1970, while Julia was born in 1892 and passed away in 1900.

During these early years the Cook couple and their children made their home on the family ranch. On December 5, 1905 Peter bought property from Eugene Blanche Naulot Schneily for the sum of \$10.00 on the southwest corner of Main and Fifth Streets. Mr. Cook erected a small but modest single-story home. For the next decade the Cook couple and their son enjoyed the home and life in Rio Vista.

After the devastating floods of 1907 and 1909, Mr. Cook spent a good portion of his time researching and educating himself in river control. He felt there was a definite need for this type of approach. He campaigned to educate farmers and ranchers in the area as to the necessity of a comprehensive plan for river control.



Julia M. Cook, Queen of Hearts Marin County Pageant, 1916.

He was appointed to the position of Vice-Chairman of the San Joaquin-Sacramento River Association. The organizers, or pioneers of this project, were Peter Cook, John Irish, V.S. McClatchy and Alfred Anderson. Governor Hiram W. Johnson appointed Mr. Cook to the State Reclamation Board in 1912, a position that he held for some time. It was Peter's keen interest in reclamation, river control and improvement that gave him the background for such a position. However, he always held the interests of the farmer first and foremost in his decisions.

Mr. Cook also had an interest in financial institutions. He was one of the organizers of the Bank of Rio Vista, which was chartered in April 1904. He held the position of Vice-President of both the Midlands Land Company and the Sacramento Land Company, was a director of the California-Western States Life Insurance Co., and the manager of the Lathrop Alfalfa Land Company.

His many interests also included education, which he held in the highest

regard. When the Rio Vista Joint Union High School was established in 1912, he was instrumental in helping to purchase the land from Felix Drouin for the new school. He was on the Board of Trustees of the Rio Vista Joint Union High School for many years, serving as both a trustee and as president.

Peter Cook always considered himself a rancher, by vocation. This is apparent in his listing in the "Index of Registration of 1910," which lists his position as "rancher." He was a great asset to the town of Rio Vista, and always had the best interests of the farmers and citizens of Rio Vista and the area closest to his heart.



Peter Cook Home, March 1929.



Peter Cook, date unknown.

The next issue of Discover Rio Vista magazine features Part 2 of this story, including the description of a daring robbery that took place at this home in 1920 and an urban legend regarding Mr. Cook.

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In The Net With Fish'n Dog Drew

Water Impact On Inland Chinook Salmon

Story by Drew Gidlof

The February 2018 report from the Pacific Fishery Management Council stated the Fall-run of the Chinook salmon was “overfished.” Fishery managers consider 122,000 to be the minimum number of spawning adult fall-run salmon necessary to sustain the Sacramento River’s salmon population. The 1976 Magnuson-Stevens fishery law requires that regional management councils establish rebuilding plans for fish populations that have been declared “overfished.” Despite several amendments to clarify the act over the years and a failed 2017 Congressional House Resolution attempt to replace the word “overfished” with “depleted,” the rebuilding plan continues to focus only on fishery limits, without looking at inland environmental conditions.

At the California Department of Fish and Wildlife 2019 Salmon Information Meeting held in February, it was reported the Sacramento River Fall Chinook Adult and Jack Spawning for 2018 was 105,739 Adults and 41,184 Jacks. This is a rise in the numbers reported for the three previous years, but still below the numbers reported in 2012 – 2014.

Was this rise due to the fishing limits? No, not entirely. One of the underlying issues for a healthy Chinook salmon fishery is the availability of good water flows for salmon as they migrate to lay their eggs. Rainfall impacts the annual run off into our creeks, streams, and rivers, especially the Sacramento River. California had drought years in 2014 – 2015, followed by a return to normal rain conditions (actually 4.30 inches above the average) in 2016, but in 2017 saw the return of drought conditions. The California Department of Water Resources reported below average precipitation for Water Year 2018. Water years run from July 1 through June 30.

Marc Gorelnik, a member of the Pacific Fishery Management Council, was quoted in a March 19, 2018 article about the drought and the way the United States Bureau of Reclamation managed water flows for plunging salmon numbers: “In 2014 and 2015, they were supposed to impound enough cold water behind Shasta Dam for the fish and they did not. Instead, the agency released so much water from Lake Shasta early in the year that, by the time the salmon had returned to the Sacramento to spawn, the lake’s cold water was gone – delivered largely to Sacramento Valley rice farmers. This proved lethal for the fish’s temperature-sensitive eggs.”

Tens of millions of fertilized salmon eggs were reported killed in 2014 and 2015, when the sun heated water –

warmed to lethal temperatures for the eggs – flowed for weeks out of the severely depleted Lake Shasta. Shasta is located a few miles upstream of prime Chinook spawning grounds.



Shasta Lake in 2016 as it begins to refill.

In 2017 California’s population grew to 39.54 million people. The state population has more than doubled since our last dam was built to provide storage for the State Water Project or Federal Central Valley project for Farms and Cities. This creates a large supply vs. demand problem in California, which impacts the necessary flows in the Sacramento River and other waterways, needed to sustain the Inland Chinook salmon fishery.

Our previous article outlined the 2015 Coleman National Fish Hatchery trucking program to release Chinook smolts near the ocean. This method was used to avoid unacceptably high levels of juvenile fish mortality that could have resulted in 2015. Robert Clarke, Fisheries Program Supervisor for the USFWS Pacific Northwest Region, stated on 3/23/15, “Trucking juveniles drastically increase straying and reduces adult returns to the Upper River and hatchery. However, if we were to release our fish at the hatchery under the current drought conditions, it is very likely we would not get enough adults back to meet our egg needs three years from now.”



Spawning salmon.

Once these smolts were released by trucking they faced additional challenges once in the ocean. Unusually weak wind systems multiple years in a row curtailed deep-water upwelling, resulting in almost no plankton and krill for the young salmon to eat. They starved upon reaching the open ocean. The impacts of limited water, and limited food created the perfect storm, impacting the potential survival of

this hatch of Chinook salmon.

In 2017, around 3,000 Chinook salmon returned to Coleman National Fish Hatchery outside of Anderson, California. Each female salmon lays an average of 5,000 eggs. That run was only enough to fertilize about 6 million eggs. Coleman’s goal is 12 million eggs per year and is generally the state’s most productive salmon hatchery.

Thoughtful management of water flow in California’s river and careful placement of hatchery released salmon, combined with any necessary fishing limits are needed to maintain California’s Chinook salmon population. Additionally, common sense decisions regarding water storage balanced with demands must occur.

Until next time, “remember to keep those fishing lines tight”. Boonie, the river dog, and Drew hope to see you on the water this summer.

Cannabis 101

CBD and THC explained

Story and Photos by Raina Rivera, of Rio Vista Farms

New businesses are breaking ground in the Delta. Rio Vista is becoming home to a hub of cannabis companies – from indoor farms, extraction facilities, and recreational shops. Our community varies from the weekend hobbyist to those seeking the healing aid of cannabis.

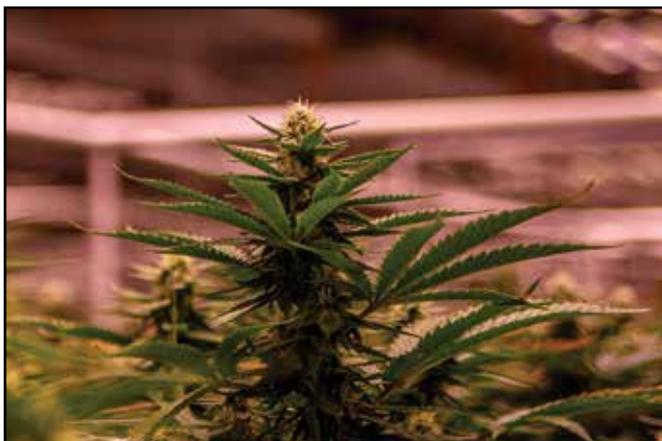


Immature cannabis plants.

CBD, cannabidiol, is just one of over a hundred phytocannabinoids, a part of the cannabis plant. CBD is safe and non-addictive. CBD is also related to the phytocannabinoid tetrahydrocannabinol (THC), the compound that produces the “high.”

In the case of healing, THC acts like a “window” and CBD is the “breeze.” THC opens our CB1 receptors (primarily found in the brain and central nervous system) and CB2 receptors (commonly found in peripheral

organs, especially cells associated with the immune system) to let in CBD; CBD then can find where it is most needed.



Maturing/budding cannabis plants.

CBD and THC impact us by mimicking and augmenting the effects of the compounds in our bodies called “endogenous cannabinoids” – so named because of their similarity to the compounds found in the cannabis plant. These endocannabinoids are part of our endocannabinoid system.

The more THC you have in your ratio the wider you open the “window,” the more CBD “breeze” comes through to interact with your CB1 and CB2 receptors. However, each patient’s endocannabinoid system is different. Some patients respond best to CBD (with or without THC), while others may find that micro-dosing THC is their best medication.

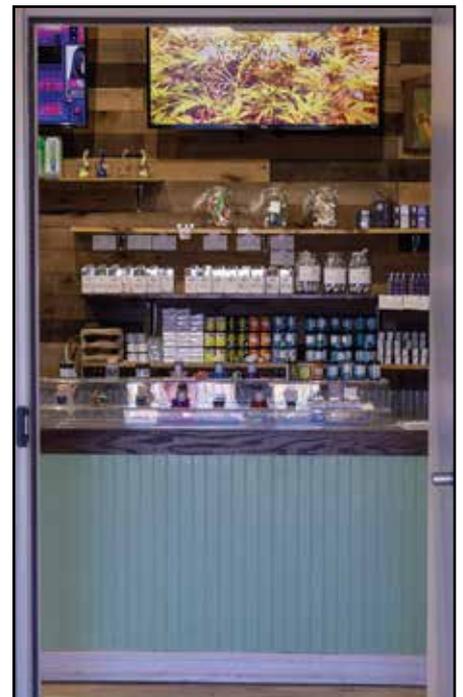
Putting it generically, CBD and/or THC can aid in treatment, acting as an anti-inflammatory, nerve suppressant and/or mood stabilizer. Studies have shown CBD and/or THC has been helpful for patients with cancers, fibromyalgia, epilepsy, Crohn’s Disease, chronic pain, anxiety, stress and depression. CBD and/or THC can also function as an alternative for opiates, as well as treating general pain management of arthritis, worked muscles and more.

CBD and THC can be found in many forms of use. Tinctures are most common, a sublingual oil application that goes under the tongue then is swallowed.

There are also capsules and tablets, edibles (usually a candy) or smokeables, either as raw cannabis flower or in a processed, concentrated “vape” cartridge.

With all applications you’ll also find CBD and THC is available in many “weights” or ratios. There is full CBD (canna or hemp derived) that comes in mg denotations from 50mg up to 2000mg. Then you’ll find ratios from 30:1 to 1:10, the first number is designated for CBD and the second number is designated for THC. Exact testing numbers are displayed on all cannabis market items.

What may work for your friend, may not work for you. Cannabis is to be treated like any other pharmaceutical. There is a learning curve and it is to be respected. Though there is no ability to over-dose to the point of permanent harm or death, it is still a very uncomfortable feeling to take too much. Always, discuss what is best for you by visiting your local “budtender” (a person who sells cannabis in a legal establishment), with any additional questions about how CBD or THC may be able to help you and where to start.



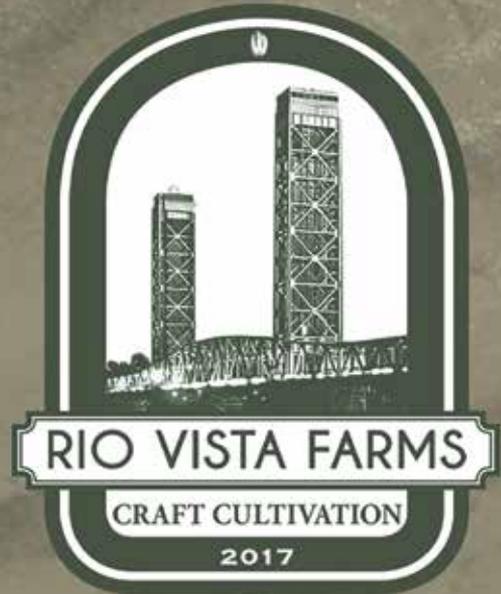
Retail front counter at Rio Vista Farms.

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We pride ourselves on being a valued member of our community, and with that we donate 1% of gross receipts to First Responders, numerous donations to community schools for vital programs for our children, and pride ourselves on our community involvement.



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Event Calendar

Saturday, May 4, 9:00 am - 3:00 pm
Trilogy Community Garage Sales
 Trilogy 55+ community west of Rio Vista



Grab a map at the Trilogy gate to locate hundreds of participating houses. Find furniture, appliances, yard equipment, clothing, housewares, antiques and more!

Thursday, May 9 - Sunday, May 12
Dixon May Fair
 655 South 1st Street, Dixon

Experience a small town fair with lots of animals, entertainment, a carnival and more! Our local 4H and FFA members will be there.



Saturdays, begins May 11 - October 5
9:00 am - 1:00 pm
Farmers Market
 Downtown Rio Vista



Enjoy locally grown fruits, vegetables, artisan baked goods and foods as you enjoy the spectacular view of the Sacramento River.

Third Saturdays
9:00 am - 1:00 pm
Sidewalk Saturday
 May 18, June 15, July 20 & August 17
 Downtown Rio Vista



Sidewalk Saturday runs concurrently with the Farmers Market from May 18 through October 5. Monthly themes liven up your shopping experience.



Monday, May 27
11:00 am parade, 11:40 am ceremony
Memorial Day Parade & Ceremony
 Parade, 7th St to City Hall, Service, City Hall, Rio Vista
 Celebrate, honor and remember the men and women who served or died in military service for our country. See www.RioVista.org or call (707) 374-2700 for more info.

Saturday, June 8, 4:30 - 8:30 pm
Endive Experience
 15 Poppy House Rd., Rio Vista

See the ad on page 7 or the *Endive Experience* article on page 9.



Sunday, June 2, 1:00 - 4:00 pm
TAG Art Show
 Trilogy Vista Club, Diablo Ballroom
 1201 Clubhouse Drive

Enjoy a juried art show featuring professional works in various media by talented Trilogy residents.

Thursday, June 27 - Sunday, June 30
Solano County Fair
 900 Fairgrounds Drive, Vallejo

Enjoy livestock, agricultural and horticultural exhibits, loads of entertainment, carnival rides, and more. See www.scfair.com/ for more info.



Saturday, June 30 - Sunday, July 1, noon to 5:00 pm
Walnut Grove Buddhist Church Bazaar
 14105 Pine Street, Walnut Grove

Enjoy the great food and games for all! There was no info about the 2019 event at time of print, so check their Facebook page at <https://www.facebook.com/wgcbazaar/> before you go.



Saturday, July 27, 6:00 - 9:00 pm
Tequila y Mas



Point Restaurant, 120 Marina Dr, Rio Vista

Savor various artisan tequila brands and delicious food at this event benefiting student scholarships sponsored by the Rio Vista Rotary club. Purchase \$35.00 tickets at Abel Chevrolet and Fosters Bighorn or email Derek Abel at cub@driveabel.com, Edwin Okamura at edwin@comortgage.com and Hector De La Rosa at delarosah@sbcglobal.net.

Sunday, July 28, 9:00 am - 6:30 pm
Courtland Pear Fair
 180 Primasing Avenue, Courtland

Enjoy the pancake breakfast, country run, kids area, arts and crafts, parade, live music, quilt show, car show, wine, beer and more! See <http://pearfair.com> for more info.



Friday, August 9
"Kinser Cup" Golf Tourney
 Rio Vista Golf Club



American Legion Post 178 hosts the 5th Annual "Kinser Cup" Golf Tournament. Call (707) 374-6554 for more info.

Saturday, August 18, 10:00 am - 10:00 pm
Hog August Bites
 Downtown Rio Vista

See the 2019 *Hog August Bites* article on page 10 for more details.



Saturday, August 25, 10:00 am - 2:00 pm
Clothing Exchange



D.H. White School Tapella Auditorium, 500 Elm Way
 St. Brigid's Episcopal Church holds its semi-annual Children's Clothing Exchange in the multipurpose room at D.H. White Elementary School. Bring your child's outgrown clothing to exchange for free usable garments. Please, childrens clothing only! For more info, contact Karin Zilla at (925) 351-3771 or zilla.kzilla@gmail.com.

Saturday, September 7, 6:00 pm - 8:00 pm
CARE Wine Pull

Veteran's Memorial Hall, 610 St. Francis Way
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