

Graduation 2021

SPECIAL SECTION INSIDE



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**SEE
INSIDE**

LIONS LEAVE IT ALL ON THE TRACK



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A'S ONWARD TO TOC'S!



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GRIDLEY AREA YOUTH GRADUATE SEMINARY



PAGE 3

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Mrs. Brenda Thomas Day

City Council Commemorates the Inspirational Life of an Educator



Mr. Wayne Thomas and family dressed in Brenda's favorite color, yellow, which is fitting since her own light shone so brightly and touched so many! Former GHS Leadership teacher and advisor's family pictured left to right: Ethan Okelberry, Wayne Thomas, Emily Whitacre, Kevin Okelberry (back) and Missy Okelberry. Photo by Seti Long

By Seti Long

GRIDLEY, CA (MPG) - After the sudden loss of former Gridley High School teacher Mrs. Brenda Thomas in April of this year, a massive outpouring of memories and tales of life-changing inspiration flooded Facebook pages and conversations.

In response, the City of Gridley and City Council found it necessary to recognize the inspirational woman for the impact she had on so many lives.

In a special City Council meeting held June 2nd, 2021, Councilwoman Catalina Sanchez presented a proclamation to the Thomas family declaring it Mrs. Brenda Thomas Day. Full of moving and poignant tributes to the integrity and exemplary nature of Mrs. Thomas, the proclamation is too long to include in its entirety. The following are excerpts from the proclamation that was read aloud to those in attendance:

"Whereas the City of Gridley commemorates and memorializes the life and contributions of Brenda Jan

Shipley Thomas, a distinguished resident, whose public service and influence in our community merit distinct recognition, where her impact is insurmountable to the betterment of Gridley and Butte County.... And whereas Brenda Thomas was the embodiment of commitment to public service and serving individuals with dignity and love.... And whereas Brenda Thomas is a manifestation that one kind word or action, given in pure love, can change the course of someone's entire life.... The City of Gridley has been made a better place by Brenda's leadership, devotion, and commitment to community service. Now, therefore be it resolved by the City of Gridley, California, the City hereby proclaims June 2, 2021 as Mrs. Brenda Thomas Day."

Taking the podium after the proclamation and receiving a beautifully framed artistic rendition of his wife and flowers, Mr. Thomas shared how "lucky we were to get her here." He told the story of how the two made

their way to Gridley, ultimately how his wife came to bless so many lives here and something heartbreakingly perfect about the day to be her day. Choking back tears, Mr. Thomas said, "Today is a great day for this. This is our 50th wedding anniversary today. I'd like to thank you for making this her day."

The rest of the family, dressed in yellow, Mrs. Thomas' favorite color, listened as more came forward with tales of how Mrs. Thomas inspired them and spoke themselves. Daughter Missy Okelberry said "There's been so many people, we appreciate all of you, who have just helped us to honor her and helped us to really realize how special she was.... And how we all have a duty to really carry on her legacy.... to be inspired by her and to serve your community, serve your friends, reach out for people who are on the fringe.... and show love or serve in some way."

Mrs. Thomas' spirit lives on and continues to inspire, even from beyond. ★

Suspicious Vehicle with Red Lights Pulling over Drivers

**By Gridley Police
Department**

GRIDLEY, CA (MPG) - The Gridley Police Department is currently investigating a suspicious activity report where individual(s) were driving in and about the incorporated and unincorporated areas of the City of Gridley, using either solid red lights or red flashing lights to get individuals to pull over. The initial report involved a gray minivan with a driver described as male in his 30's wearing a baseball cap. The motive for this incident is under investigation. So far, this has been a single reported event.

The Gridley Police Department has received updated information on this incident and are conducting further investigation to identify the involved individual(s) and vehicle(s).

Anyone who may have observed this incident or is aware of any additional incidents that may have involved similar circumstances, please contact the Gridley Police Department at (530) 846-5670. Any information obtained will be provided to the investigating Officers.

Safety Tip

In the event this type of activity occurs to anyone, please remember do not place yourself in harm's way. If you are not sure if it is an actual Police Officer, contact the local law enforcement jurisdiction by calling 911. Follow the instructions of the Public Safety Dispatcher who is assisting you. If one does not have cell service or does not have a cell phone, drive to the nearest lighted location where others are present and alert them to you. This can be accomplished by rapidly honking your vehicle's horn to draw their attention. Oftentimes, this type of alerting will distract said individual(s) and they will move on. If possible, without further placing oneself in danger, obtain as much information as possible regarding the individual(s) and involved vehicle(s) and provide this information to the authorities. ★

Animals Everywhere!!

By Seti Long

GRIDLEY, CA (MPG) - Last week, wild animals surrounded McKinley School – they were even climbing the fences!

On closer examination, one would see that the chimpanzees, frogs and butterflies were not about to fly away, but instead were on display for proud students to show their families. It was all a part of McKinley's First Annual Science Showcase, held Wednesday, June 2nd, in lieu of Open House.

McKinley students spent a 6-week period preparing for the Science Showcase. Each week they would rotate to a new classroom to learn about one of six animals. Throughout that week, students would dedicate themselves to the scientific study of the animal



Second Grader Alistar Protolopov shows off his frog! Photo by Seti Long

and then create an artwork depicting the animal. This continued until all classes K-2 completed their study on the following six animals: butterfly, caterpillar, turtle, duck, chimpanzee, and frog.

Student Eli Mullins, when asked about his monkey, said, "They're not monkeys; they're chimpanzees actually. They climb. Have no tails at all, have opposable thumbs and big toes....

and when they are born, they are actually a pinkish color."

Quite impressive! And judging by the smiles, fun for families, students, teachers, and all those involved. ★

**WE
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The New Pi-Line



By Josh F.W. Cook

I went to the office supply warehouse, and right inside the front door were boxes of alcohol-based hand sanitizer with a sign on top of the stack that said hand sanitizer \$3.99 - regularly \$139.99. I take this as a welcome sign that we are moving toward a more normal than regular life. Purell remains the gold standard of alcohol-based hand sanitizers because it does not stink like a cheap tequila. I still have a glass wine bottle of cleaning alcohol from the Almendra

Restaurant and distillery in Durham that I purchased at the height of the pandemic. It smells like some wonderful alcoholic beverage (I don't know which one), and when I put it on my hands people often comment how wonderful it smells and how much it reminds them of their favorite drink or their six years at Chico State. Masks are being given away as well, and they were up to \$3 a piece at one point in the plague - good riddance to them.

Now that we are over 90 degrees on the thermometer every day, it is an excellent time to remind folks that teaching kids to swim is essential. It is a sad newspaper day when we learn that a young person has been lost to drowning. Those of you old enough to know better should also explain

the perils of ditch and river swimming to anyone you know who may be unaware.

It may be a week off schedule, but the historic & spectacular news about the Gridley FFA continues to circulate. Former Gridley FFA legend Marvin J. Cassidy (God rest his Soul) is undoubtedly proud that in the Livestock Pavilion that bears his name Gridley FFA came out of the show with a "five-fer." Gridley won 5 champions - 1 in each breed - Hog, Cow, Goat, Rabbits, and Sheep. That is a historic and amazing achievement. Congratulations to the Gridley High School Ag. Department. People are still talking about it.

Josh F.W. Cook is an educator and public administrator.



Deteriorating Pastures Force Ranchers to Reduce Herds

As pastures continue to dry out, dairy farmers and livestock ranchers say they may need to downsize their herds. Some have already done so. Along the North Coast, for example, ranchers say they must haul water and buy hay for their animals, because ponds and grasses won't sustain them. The cost for such measures can prove prohibitive, forcing ranchers to sell animals earlier than they would prefer.

Water Shortages Affect Tomato Plantings

In the wake of water shortages, food processors have reduced the number of tomatoes they plan to buy from California farmers. A new government estimate says tomato acreage will be down nearly 4% from an original planting-intentions survey released in January. The report cites "concern over water availability" for the reduction. It says tomatoes that were planted have been "developing nicely," and that the overall crop could still be larger than last year's.

Home Improvements Drive Lumber Market

Demand for lumber products rose sharply during the pandemic and has remained high - and California timber operators say they're still trying to catch up with the increased activity. People who stayed at home during the pandemic took on home repairs they had postponed earlier. Timber-market analysts say they expect that demand will continue for a few months, but may tail off as stay-at-home orders relax.

California Pear Crop Should Be Larger

Pear farmers expect the California harvest to begin in about a month, and say early prospects for the crop appear positive. The California Pear Advisory Board reports the crop should be "more plentiful than the last two years." The board says farmers will wait until pears reach optimum maturity to begin harvest. The market outlook for the pear crop also appears positive, although the board expresses concern about South American imports.

Farm Bureau President Urges Additional Flexibility in Conservation Programs

By Dave Kranz, California Farm Bureau

SACRAMENTO, CA (MPG) - Land that produces food and farm products also provides crucial conservation and climate benefits - and federal conservation programs must focus on keeping working lands working, according to California Farm Bureau testimony before a congressional subcommittee today.

California Farm Bureau President Jamie Johansson testified virtually before the U.S. House Agriculture Subcommittee on Conservation and Forestry.

Johansson said the California Farm Bureau supports participation by farmers, ranchers and foresters in voluntary, climate-smart practices that sequester carbon, reduce greenhouse gas emissions and build climate resilience.

"Our farmers and ranchers have a proven track record of doing more with less," he said, noting farmer investments in water recharge, irrigation efficiency, energy conservation, cleaner-running farm equipment and numerous other on-farm conservation practices.

"With so much already happening at the field level, it is important to consider how new federal policies and programs will overlay with existing state climate programs and grower-led initiatives," Johansson said.

To achieve the best results, he said,

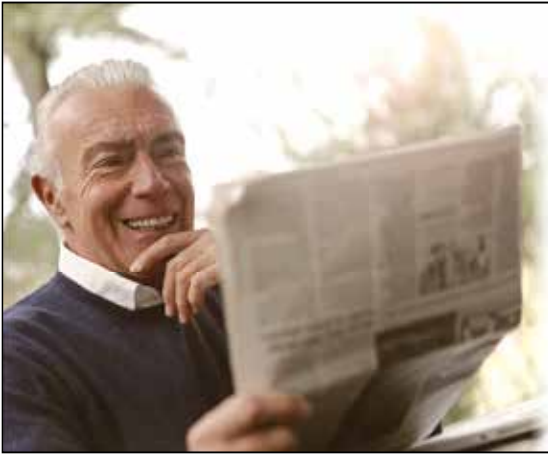
federal conservation programs must retain and enhance their flexibility to incorporate all crop types and farm sizes. Practices encouraged by the programs must be "broad and outcome-based," Johansson said, "emphasizing a list of options as opposed to a prescriptive checklist."

Noting that he and his family have been forced to evacuate due to wildfires on three separate occasions, Johansson urged the subcommittee to include forestry and grazing practices as strategies to restore forest and rangeland health, and to ensure sufficient disaster assistance for farmers and ranchers.

In encouraging long-term adoption of climate-smart agricultural practices, financial and technical assistance to farmers and ranchers must be "consistent, sustainable and long term," he said.

"To further the adoption of on-farm climate-smart practices, we must not only compensate early adopters but also consider the economics of the farm and assist those being expected to do more," Johansson concluded. "Only in working together can we achieve solutions that make agriculture more climate resilient while remaining viable."

The California Farm Bureau works to protect family farms and ranches on behalf of nearly 32,000 members statewide and as part of a nationwide network of nearly 5.6 million Farm Bureau members.



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Gridley Police Finds Molotov Cocktail at Gridley Library



Gridley Police Department Bomb Squad. Photo Gridley Police Department

Gridley Police Department

GRIDLEY, CA (MPG) - On Sunday, May 30th, 2021 at approximately 10:27 am, Gridley Police Department Officers observed a Toyota 4Runner parked diagonally across two disabled parking spots at the Gridley Branch Library. Officers initiated a traffic enforcement stop for the violation. The driver, Ronald Montgomery, was contacted and said he was parked the way he was, due to his employment. Montgomery was delivering local newspapers to the location (not The Gridley Herald).

A records check of Montgomery revealed him to be on active CDCR parole. Officers conducted a parole search of Montgomery's person and of his vehicle. In the passenger seat, under several newspapers, Officers located a glass jar with pale yellow liquid consistent with gasoline. The jar contained a long cloth, extending from a hole in

the lid and appeared to be an incendiary device, consistent with a Molotov cocktail. A Molotov cocktail is a crude incendiary bomb made from a breakable container, such as a bottle, filled with flammable liquid and provided with a rag wick, meant to be thrown similar to a grenade.

The Butte County Interagency Bomb Squad and CAL FIRE Hazmat Team was called for assistance regarding authentication and disposal of the incendiary device. During an extensive interview, Montgomery admitted to constructing the device for self-protection.

Montgomery is currently being held at the Butte County Jail for the violation of possession of an explosive destructive device, possession of an explosive destructive device in a public place, possession of drug paraphernalia and violation of parole. Montgomery is being held with a \$516,000 bail.

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Inmates and Others Charged with COVID Unemployment Insurance Fraud

By Michael L. Ramsey,
Butte County District Attorney's Office

OROVILLE, CA (MPG) - Butte County District Attorney Mike Ramsey announced that fifteen (15) Butte County Jail inmates and their outside supporters were charged this week with felonies for fraudulently applying for COVID-19 related unemployment financial aid. In several instances, inmates received over \$30,000 in unemployment benefits while they were incarcerated in the Butte County Jail. Over \$369,000 in fraudulently obtained unemployment monies have thus far been identified. Ramsey said that in addition to charges of fraud, several of those arrested also face charges for identity theft.

Ramsey said his office became aware of the potential fraud soon after the State of California began issuing expanded COVID-19 unemployment relief benefits. Ramsey said his office quickly created a team of investigators and prosecutors to look into the allegations. Starting with a list of Butte County Jail inmates, evidence was found showing show numerous people were working together to fraudulently obtain financial benefits.

Ramsey said investigating these cases

was extraordinarily complex and time-consuming. The 15 people charged today were just the first wave of cases Ramsey expects to see in the months to follow. Ramsey said his office is currently investigating over 20 additional cases. The investigation to date has uncovered \$369,513.72 of money fraudulently obtained.

While his office was investigating the fraud, Ramsey said it became clear this was a statewide issue. Due to the ease of the online application process and the lack of controls or checks and balances at the state EDD, the program was ripe for abuse. Once local agencies identified the problem they reached out to EDD for the records needed to verify the theft. Ramsey stated the number of suspected fraud cases throughout the state created an information request backlog with EDD, slowing the local investigations. Ramsey said unlike many states, California did not create a system to cross-reference applications for benefits with those currently incarcerated in prisons and local jails. Ramsey said his team has expended hundreds of hours investigating these cases with search warrants into suspect's homes, bank accounts, social media accounts, and cell phones. ★

Gridley Area Youth Graduate Seminary



Seminary graduates complete four years of early morning classes during their high school years. Back row left to right: Elias Counihan, Dakota Dewsnup, Chance Nicolson, Nicholas Goodman. Front row left to right: Jason Bishop, Kayllen Barnette, Collette Hansen, Rylee Leishman, Justin Bishop. Photo by Cindy Scott.

By Cindy Scott

GRIDLEY, CA (MPG) - Nine youth from Gridley and Live Oak graduated from the seminary program of The Church of Jesus Christ of Latter-day Saints. Seminary is held in the early morning, before school classes begin. Students study and discuss the Gospel of Jesus Christ, scripture and doctrine, and share

experiences of faith. Youth attend seminary during their four high school years. Each year focuses on a book of scripture, including the Old and New Testaments. These graduates participated in distance-learning seminary for several months, when Covid restrictions shut down area schools. Diplomas are awarded to students who complete all four years. ★

Public Notice: Comments Sought on the Draft Sustainable Mangement Criteria Chapter

From Butte County

BUTTE COUNTY, CA (MPG) - Public review drafts of the Sustainable Management Criteria and Monitoring Network Chapters for the Vina subbasin are available for review and a 30-day public comment period. The public comment period ends on June 18, 2021.

The documents can be found online: www.vinagsa.org/sustainable-management-criteria

To better organize public comments, we

are requesting that commenters use a comment tracking sheet (available with the draft documents). This Cover Letter provides important background on the drafts, highlights focus areas for public comment and provides direction for submitting comments. We look forward to your thoughts on the Sustainable Management Criteria and Monitoring Network Chapters. This is a significant step in developing the Groundwater Sustainability Plan in the Vina Subbasin. ★

Community COVID-19 Vaccination Clinic Opens for Appointments June 17th

Butte County Public Health

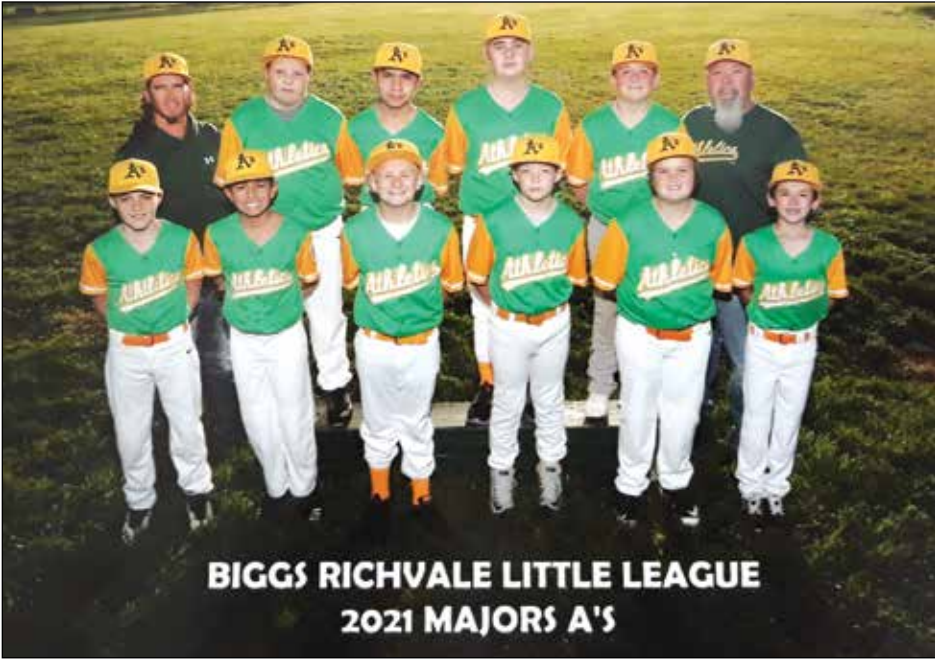
BUTTE COUNTY, CA (MPG) - Butte County Public Health (BCPH), in partnership with Enloe Medical Center and Orchard Hospital will host a community COVID-19 vaccination clinic in Gridley on Thursday, June 17th at 200 East Spruce Street in Gridley from 3-5pm. The clinic will be offering Pfizer for ages 12 and older.

Depending on demand, this may be a one-time only clinic.

While appointments are encouraged, walk-ins are welcome. COVID-19 vaccinations are free of cost for all Californians, regardless of immigration status, or background. No ID required. Spanish translators will be available on site.

Gridley Community Vaccination Clinic, 200 East Spruce Street in Gridley
Vaccinations will be available for people living or working in Butte County, ages 12 and older, who would like to book a first or second dose COVID-19 vaccine appointment.
Thursday, June 17th | 3-5pm | Pfizer, ages 12+
Book at MyTurn.ca.gov or call (833) 422-4255. Press 2 for Spanish. Google Chrome works best for booking on MyTurn.
To see a full list of COVID-19 vaccination locations throughout Butte County, visit the BCPH COVID-19 Vaccine website: www.ButteCounty.net/COVIDvaccine. ★

A's Onward to TOC's!



Front Row (L to R): Brayden Martin, Dominic Rodriguez, Austin Wilson, Collin Beck, Dennis Dewhurst, Zack Lavy. Back Row (L to R): Coach Dan Headley, Ayden Owen, Xavier Caro, Fenix Headley, Cameron Kroupa, Manager Mike Buck. Not Pictured: Hudson Brewer, Coach Dave Brewer. Photo provided by Mike Buck

By Mike Buck

BIGGS, CA (MPG) - First we want to start by thanking the Biggs Little League Board for all their hard work. They spent countless hours making an interleague schedule with Gridley, Oroville and Palermo while keeping our baseball field and facility in top notch shape.

Next, I want to thank all of the parents for 100 percent game day participation and about 95 percent for practice. Thank you to all the umpires in every town. Our experience was very professional. We would really like to thank Meredith Lavy for her work with the snack bar and Michelle Martin for keeping our scorebook all season. Thank you, Dave Brewer, Dan Headley and Matt Martin for your great coaching.

Now for the Team! We saw great

strides on defense and on offense throughout the season. We had two impressive catchers in Brayden Martin and Hudson Brewer. The pitching staff was anchored down by Dennis Dewhurst, who pitched 54 innings, striking out 104 batters, and walking just 16! He was absolutely amazing at times.

Cameron Kroupa, Collin Beck, Brayden Martin, and Hudson Brewer also performed well on the mound this season.

Hitting, Brewer lead the team in homeruns, 2. Other batting averages have Dewhurst batting at .629, followed by Brewer .515, Kroupa .489, Beck .408, Headley .400, Martin and Owen at .386, respectively. The overall team record is 11-3.

Our first Tournament of Champions championship game will be held June 12th, 2021, in Durham. ★

Dollar General Literacy Foundation Awards \$54,500 to Support Literacy and Education

Dollar General Literacy Foundation Press Release

GOODLETTSVILLE, TN (MPG) - The Dollar General Literacy Foundation announced the award of approximately \$55,000 in literacy grants to California nonprofit organizations. These grants are part of the Dollar General Literacy Foundation's recent \$10.5 million donation to support summer, family and adult literacy programs, representing the organization's largest one-day grant donation in its 28-year history.

A comprehensive list of grant recipients may be found online at www.dgliteracy.org. The grants awarded to California organizations are expected to positively impact the lives of more than 3,069 residents.

"We understand the meaningful impact that the Dollar General Literacy Foundation investments and grants can have on local schools, nonprofits and libraries, and we are pleased to provide our largest one-day grant award to serve additional students this year," said Todd Vasos, Dollar General's CEO and Dollar General Literacy Foundation board member. "Our support of communities' educational advancements remains unwavering. We are proud to champion the positive work by each of today's recipients and are happy to help individuals increase their potential and pursue their dreams of a better tomorrow through the power of education and literacy."

Grant recipients plan to use awarded funds to promote literacy and learning across a variety of programs including promoting childhood summer reading, helping adults learn to read and prepare for the high school equivalency exam and helping individuals to learn English.

The Dollar General Literacy Foundation is also currently accepting applications for youth literacy grants through Thursday, May 20, 2021 until 10 p.m. CT. Youth literacy grants support schools, public libraries, and nonprofit organizations in implementing new literacy efforts or expanding existing ones. Funding can be used to purchase new technology, equipment, books,

materials, or software to enhance literacy programs. Grant applications may be found online at <http://www.dgliteracy.org>.

The Dollar General Literacy Foundation supports organizations that increase access to educational programming, stimulate and enable innovation in the delivery of educational instruction and inspire a love of reading. Each year, the Dollar General Literacy Foundation awards funds to nonprofit organizations, schools, and libraries within a 15-mile radius of a Dollar General store or distribution center to support adult, family, summer, and youth literacy programs. The Foundation also offers a student referral program for individuals interested in learning how to read, speak English, or prepare for the high school equivalency exam. Referrals to a local organization that provides free literacy services are available online here or through referral cards found in the Learn to Read brochures that are available at the cash register of every Dollar General store.

For additional information, photographs or items to supplement a story, please visit the Dollar General Newsroom or contact the Media Relations Department at 1-877-944-DGPR (3477) or via email at dgpr@dollargeneral.com.

The Dollar General Literacy Foundation is proud to support initiatives that help others improve their lives through Doliteracy and education. Since 1993, the Foundation has awarded more than \$197 million in grants, helping more than 14 million individuals take their first steps toward literacy, a general education diploma or English proficiency. Cal Turner, Jr. founded the Dollar General Literacy Foundation to honor his grandfather and Dollar General's co-founder, J.L. Turner, who was functionally illiterate having dropped out of school in the third grade to support his family. The Foundation aims to provide support to schools, libraries and nonprofit organizations that seek to improve adult, summer, youth and family literacy initiatives. To learn more about the Dollar General Literacy Foundation, visit www.dgliteracy.org. ★

CAL FIRE Investigator Makes Arson Arrest

CAL FIRE Press Release

BUTTE COUNTY, CA (MPG) - At approximately 10:35 pm on Thursday, May 27, a fire was reported to the CAL FIRE/Butte County Fire Department Emergency Command Center (ECC).

Firefighters arrived to find a travel trailer on fire and requested a CAL FIRE Prevention Officer.

After investigating the fire and conducting interviews, it was determined that Tasha Wright was responsible for the fire. Wright was arrested on

two charges: one count of Penal Code 451(d) arson to personal property, and one count of Penal Code 454(a)(2) arson during a declared state of emergency and transported to the Butte County Jail, where she is being held in lieu of \$300,000 bail. ★

Dear Dietitian FODMAP Diet



**Commentary
by Leanne McCrate**

Dear Dietitian,

I have irritable bowel syndrome (IBS) and appreciated your column on a high fiber diet to manage IBS. My symptoms are usually pretty well-controlled, thank goodness. I've been reading about the low FODMAP diet, and it seems pretty detailed. Should I try it?

Thanks, Katie

Dear Katie,

The low FODMAP diet was created by a research team at the Monash University in Melbourne, Australia, as a treatment for irritable bowel disease (IBS) (1). As you know, IBS is an intestinal disorder that requires a diagnosis by a physician or other qualified clinician. Sufferers of this condition may experience abdominal pain, flatulence, diarrhea, or constipation.

FODMAP is an acronym that stands for "Fermentable Oligo-, Di-, Mono-saccharides And Polyols. These are short-chain carbohydrates that are not easily absorbed in the small intestine. They draw water into the gut and are broken down by gut bacteria, creating gas in the process. Their digestion can cause abdominal discomfort, bloating, and excess gas. These short-chain carbohydrates are not bad for you. On the contrary, they are found in delicious, nutritious foods like fruits, vegetables, and milk.

In the FODMAP diet, oligosaccharides of concern are fructans and galactans. Fructans are found in onions, garlic, and wheat, to name a few foods. Galactans are found in chickpeas, beans, and cabbage (2). The main disaccharide

of concern is lactose, found in milk and other dairy products.

Fructose is a monosaccharide. People with IBS may have trouble tolerating fruits with high fructose content, such as watermelon and mangoes. Other problematic foods include honey, agave, and high fructose corn syrup (3).

Polyols are sugar alcohols that occur naturally in some fruits like apples and pears and some vegetables, such as mushrooms and cauliflower (4). Sugar alcohols are also manufactured commercially and are used as sugar substitutes. These include sorbitol, mannitol, xylitol, and maltitol.

The low FODMAP diet has two stages. In the first stage, lasting six to eight weeks, FODMAP foods are removed from the diet. In the second phase, each FODMAP food is added back to the diet. The slow reintroduction of foods makes it possible to identify which ones are causing problems.

As you mention, Katie, your IBS symptoms are under good control, and you are correct in saying this diet is very detailed. Also, keep in mind that, as with any diet, there are risks. While many IBS sufferers have found relief from their symptoms with a low FODMAP diet, risks include unnecessary food restrictions and nutrient deficiencies. If you decide to give it a try, contact a Registered Dietitian Nutritionist for proper instruction.

Until next time, be healthy!

Dear Dietitian

References

1. Gibson, PR. History of the low FODMAP diet. *J Gastroenterol Hepatol.* 2017 Mar; 32 Suppl 1:5-7.
- 2-4. King, Kristi. (2019, August 2). What is the Low FODMAP Diet? Retrieved from URL <https://www.eatright.org/health/allergies-and-intolerances/food-intolerances-and-sensitivities/what-is-the-low-fodmap-diet>

Leanne McCrate, RDN, LD, CNSC, is an award-winning dietitian based in St. Louis, Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at deardietitian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or diet plans. ★

PAID ADVERTISEMENT

New Bladder Control Pill Sales May Surpass Adult Diapers By 2022

Drug-free discovery works, say doctors. Many adults ditching diapers and pads for clinical strength pill that triggers day and night bladder support.

Over 150,000 doses have shipped to bladder sufferers so far, and sales continue to climb every day for the 'diaper replacing' new pill called BladderMax.

"We knew we had a great product, but it's even exceeded our expectations," said Keith Graham, Manager of Call Center Operations for BladderMax.

"People just keep placing orders, it's pretty amazing," he said.

But a closer look at this new bladder control sensation suggests that maybe the company shouldn't have been caught off guard by its success.

There are very good reasons for BladderMax's surging popularity.

To begin with, clinical studies show BladderMax not only reduces embarrassing bladder leakages quickly, but also works to strengthen and calm the bladder for lasting relief.

Plus, at just \$2 per daily dose, it's very affordable.

This may be another reason why American diaper companies are starting to panic over its' release.

"With daily use, BladderMax offers day and night bladder control relief without side effects," says Diane Lewis, Chief Researcher for BladderMax.

"And seniors in clinical studies reported a higher quality of life in just days as a result of needing less diapers. That's why so many doctors nationwide are now recommending it to patients," added Lewis.

WHAT SCIENTISTS DISCOVERED

BladderMax contains a proprietary compound with a known ability to reduce stress, urgency, and overflow leakages in seniors suffering from overactive bladder.

This compound is not a drug. It is the active ingredient in BladderMax.

Studies show it naturally strengthens the bladder's muscle tone while relaxing the urination muscles resulting in a decrease in sudden urgency.

Many sufferers enjoy a reduction in bathroom trips both day and night. Others are able to get back to doing the things they love without worrying about embarrassing leakages.

"I couldn't sit through a movie without having to go to the bathroom 3-4 times," says Theresa Johnson of Duluth, GA. "but since using BladderMax I can not only sit through a movie, but I can drive on the freeway to another city without having to immediately go to the bathroom."

With so much positive feedback, it's easy to see why sales for this newly approved bladder pill continue to climb every day.

SLASHES EMBARRASSING LEAKAGES BY 79%

The 6 week clinical study was carried out by scientists in Japan. The results were published in the *Journal of Medicine and Pharmaceutical Science* in 2001.



As new pill gains popularity, products like these will become unnecessary.

The study involved seniors who suffered from frequent and embarrassing bladder leakages. They were not instructed to change their daily routines. They were only told to take BladderMax's active ingredient every day.

The results were incredible.

Taking BladderMax's active ingredient significantly reduced both sudden urges to go and embarrassing urine leakages compared to the placebo.

In fact, many experienced a 79% reduction in embarrassing accidents when coughing, sneezing, laughing or physical activity at 6 weeks.

They also enjoyed a 39% decrease in daytime trips to the bathroom, and a 68% decrease in nighttime trips.

With these studies medical doctors and researchers have now proven BladderMax to be a clinically effective treatment for reducing embarrassing bladder leakages and incontinence.

The findings are impressive, no doubt, but results will vary.

But with results like these it's easy to see why thousands of callers are jamming the phone lines trying to get their hands on BladderMax.

HOW IT WORKS IS INCREDIBLE

Studies show that as many as one in six adults over age 40 suffers from an overactive bladder and embarrassing leakages.

"Losing control of when and how we go to the bathroom is just an indication of a weakening of the pelvic muscles caused by age-related hormonal changes," says Lewis.

"It happens in both men and women, and it is actually quite common."

The natural compound found in BladderMax contains the necessary ingredients needed to help strengthen bladder muscles to relieve urgency, while reducing frequency.

Plus, it helps relax bladder muscles allowing for complete emptying of the bladder.

This proprietary compound is known as 'EFLA940'®.

And with over 17 years of medical use there have been no adverse side effects reported.

This is a bonus for incontinence sufferers who have been taking prescription and over the counter medications that can cause dry mouth and constipation.

This seems to be another reason why BladderMax's release has triggered such a frenzy of sales.

RECOMMENDED BY U.S. MEDICAL DOCTORS

"Many of my patients used to complain that coughing, sneezing or even getting up quickly from a chair results in wetting themselves and they fear becoming a social outcast," reports Dr. Clifford James M.D. "But BladderMax changes all that."

"BladderMax effectively treats urinary disorders, specifically overactive bladder," said Dr. Christie Wilkins, board certified doctor of natural medicine.

"I use BladderMax everyday for my overactive bladder. I also have my sister and mother taking it regularly as well," said Dr. Jennifer Freeman, G.P. from NY.

DOUBLE YOUR MONEY BACK GUARANTEE

Users of BladderMax report incredible results. That's why it comes with an equally incredible guarantee.

"There's only one reason why we can offer such a guarantee," said Kyle Harris, Founder of BladderMax. "It works for those who use it. It's as simple as that," he added.

Here's how it works: Take the pill exactly as directed. Then follow the simple instructions. You must be thrilled and amazed as your bladder control greatly improves.

Otherwise, return the product as directed and you'll receive double your money back!

READERS GET SPECIAL DISCOUNT SUPPLY

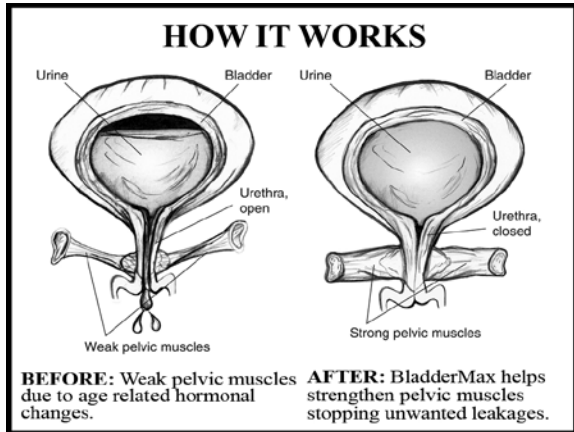
This is the official release of BladderMax in California. And so, the company is offering a special discount supply to any person who calls within the next 48 hours.

A Regional Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try BladderMax.

Starting at 7:00 am today, the order hotline will be open for 48-hours. All you have to do is call TOLL FREE **1-800-254-9966**. The company will do the rest.

IMPORTANT: Due to BladderMax's recent media exposure, phone lines are often busy. If you call, and do not immediately get through, please be patient and call back.

Current supplies of BladderMax are limited. So consumers that don't get through to the order hotline within the next 48-hours will have to wait until more inventory is produced. This could take as long as six weeks.



These Statements Have Not Been Evaluated By The Food And Drug Administration. This Product Is Not Intended To Diagnose, Treat, Cure Or Prevent Any Disease. All Clinical Studies On BladderMax's Active Ingredient Were Independently Conducted And Were Not Sponsored By The Makers Of BladderMax.

SPARKY'S CORNER



Heat Illness

CAL FIRE/ Gridley Fire Department would like to remind everyone of the importance of avoiding heat related injuries (*heat stress, heat exhaustion and heat stroke*) and maintaining proper hydration during the hot summer months. Heat illness prevention starts with avoiding excess exposure to hot temperatures. Complete outdoor tasks in the cooler morning hours and stay indoors during the afternoon heat. Keep in mind health and fitness influences as well as exogenous factors (*medications, drugs, alcohol, etc.*) can contribute to heat illness. Proper hydration is achieved by drinking water throughout the day and limiting caffeinated energy drinks and soda which dehydrate the body. Follow these simple tips from CAL FIRE to ensure a safe and fun summer!

Thank You, and Be Safe!!

**Sparky the Dog
Gridley Fire Station 74**



Gridley Thumbs and Roots



By Barbara Ott

Backyard bird watching is a natural fit for gardeners. Birds bring seeds into the yard. Some poop out seeds that take root. Blue jays are busy farmers planting acorns and pecans everywhere. This gives them a future food source. That plan fails because those big seeds quickly grow into baby trees. We think of birds as cute feathered little things. They are that and so much more.

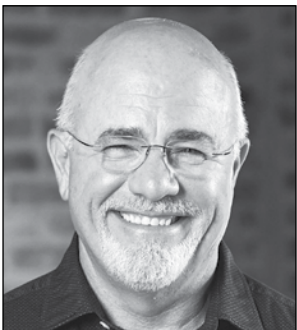
An article in *Scientific*

American written by Emily Singer, on June 12, 2015 is all about the relationship between dinosaurs and birds. I've always loved to learn about dinosaurs and I love to watch birds. The idea that birds are mini dinosaur remnants makes sense to me. I've watched the vicious behavior birds exhibit to one another. A friend of mine watched marauding sparrows attack and kill the new hatchlings of blue birds in her yard. She said it was horrifying.

"The present scientific consensus is that **birds** are a group of maniraptoran theropod **dinosaurs** that originated during the Mesozoic Era. A close relationship between **birds** and **dinosaurs** was first proposed in the nineteenth century after the discovery of the primitive **bird** Archaeopteryx in Germany. Not only are

birds much smaller than their dinosaur ancestors, they closely resemble dinosaur embryos."

This possible resemblance of birds to dinosaur embryos can be further supported by studies of alligators and their descension from a common ancestor with dinosaurs. They can be studied by scientists looking for comparisons in today's world. It turns out that birds are more closely related to alligators than alligators are to modern lizards. "Alligator embryos look quite similar to chickens. Fossilized baby dinosaur skulls show the same pattern, they resemble adult birds. In short, birds resemble tiny, infantile dinosaurs that can reproduce." Now that is the stuff of nightmares, right in your garden. I wonder if dinosaurs chirped instead of roared. ★



Dave Ramsey Says

idea connected to something they enjoy and want others to experience. Often, that can grow into a career – or even a business.

I think it takes a lot of time, reflection, insight, and self-evaluation before anything can be termed a calling. I know this is true in some cases, because that's how it happened with me. I can't honestly tell you that when I first started on radio, or began formally teaching and writing I knew it was God's plan for my life. I knew early on I was drawn to it, and felt there was a need for it, but it took a while for me to understand and accept that it was what I was really meant to do.

I hope this helps a little bit, Tony. Just be honest

with yourself, think about it, and pray about it a lot, too. God wants what's best for you, so make sure you include Him in everything. It worked for me. I've been doing what I do for nearly three decades now, and I still love it. I'm convinced that it is God's calling on my life.

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

A Calling or a Job?

Dear Dave,

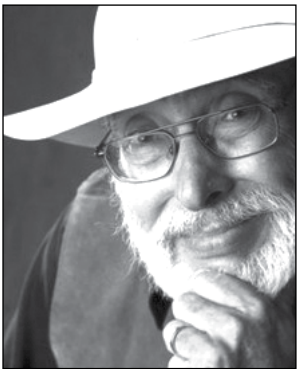
When it comes to your career and profession, how can you tell if you've truly found your calling in life?

–Tony

Dear Tony

I don't think it's common for most folks to feel like they've experienced some kind of grand revelation, and suddenly they know what they're supposed to do with their lives. Personally, I believe this kind of thing usually starts out as an activity or

Slim Randles' HOME COUNTRY



Slim Randles

Ran into Herb Collins the other day down by the school. He volunteers there, from time to time, helping kids with their math homework, and trying to recruit future members of The Great World of Business.

He loved business, back in the days when he lived in the city and ran the pawn shop. For years now, ever since he hung up his jeweler's loupe, he's told us that there was an excitement to making the right deal.

"It has to be right for the customer and for me, or

Successfully Retired?

it isn't right at all," Herb always says. "You can do that and make several people happy and earn a living. There's no need to take unfair advantage of someone just to earn a living."

Our little town is a bit tame after city life, but it's Herb's wife's home town and she wanted to come back here to live after he retired. So Herb turned to helping kids understand how wonderful business can be. He's advised kids on the most effective way of delivering newspapers on their bicycles, he's suggested advertising gimmicks for kids with summer lemonade stands, and he's helped several boys market their skills with a lawn mower. You can take the man out of the business, I guess, but it's hard to take the business

out of the man.

So after the shaking hands and the how-are-yous, we talked about kids and business, and the new crop of youngsters coming up this year. I couldn't help thinking ol' Herb might jump at the chance to dive back in the world of commerce again, but he disabused me of that right away.

"All through with that," he said, shaking his head. "I was a successful businessman and now I'm successfully retired."

Successfully retired? "That's right," he grinned. "I have a wife and a television set, and they both work."

Brought to you by Home Country with Slim Randles, the radio show now on 70 country classics stations nationwide. ★

Thoughts to Ponder

by Kathy Neal



world, He is our light.

Like sheep, we humans have a habit of going astray, getting lost, and falling in ditches. They have blindly followed their human leaders. Over and over, they have to be rescued and put back in their gated area by the Real Shepherd. Thank God we have the good Shepherd to guide us home.

Like fruitful branches we need to be trimmed, watered, and groomed for growth. Jesus as the vine from God's power is the source of our food for growth. Being trimmed causes uncomfortable feelings but necessary for new growth. Without Him we can't produce good fruit.

Being salt and light are the results of staying close to the source of power so we can bring light to darkness and flavor to life. The Bible

is often referred to as a "Lamp unto my feet". Through God's teachings, commandments, and lessons we can pierce the darkness of sin and pain.

Being, God's ambassadors and soldiers we can put flavor back into a broken world and light to a darkness of sin in lives of others. Pull that saltshaker out and sprinkle love everywhere. Turn on the light of your heart and soul and let it shine to people who need a lamp of guidance.

Be the best believer, follower, sheep, whatever you find yourself. God needs you!!!

Come be with us as we follow the Shepherd who will guide is all. The Gridley United Methodist Church meets Sundays at 10 am. We are located on the corner of Magnolia and Haskell Streets. ★

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District 3 California Assemblyman - James Gallagher
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(530) 895-4217

District 4 California Senate - Jim Nielsen
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Gallagher Questions Governor's 'Transformational' Budget Proposal

By **Curtis Grima**,
Office of Assemblyman
James Gallagher

SACRAMENTO, CA (MPG) - Assemblyman James Gallagher (R-Yuba City), released the following statement in response to Governor Newsom's 2021 May Revision: "The Governor is right that this is a transformational time in our history. But

the question is: What is California transforming into?

Newsom is transforming us into a communistic dystopia where government is big, all-encompassing and mostly contributing to the problems we face. Blackouts and catastrophic wildfires have become the norm. Homelessness has

skyrocketed. Affordability and access to housing, education, and overall quality of life are getting exponentially worse.

We need transformational policies that: Allows people to work more freely and flexibly (Repeal AB 5). Addresses climate change and our environment without putting people out of work and pricing us out of

California. Brings greater understanding and reconciliation on issues of race instead of further dividing us with reparations and critical race theory. Allows innovation, not stagnation, in our education system so that all kids receive the best education possible. Puts Government to work for us, instead of the other way around." ★



James Gallagher

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Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"



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Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

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Each tour includes a day in Cooperstown and guided tour, and then a free day in Manhattan (hotel near Times Square multiple nights).
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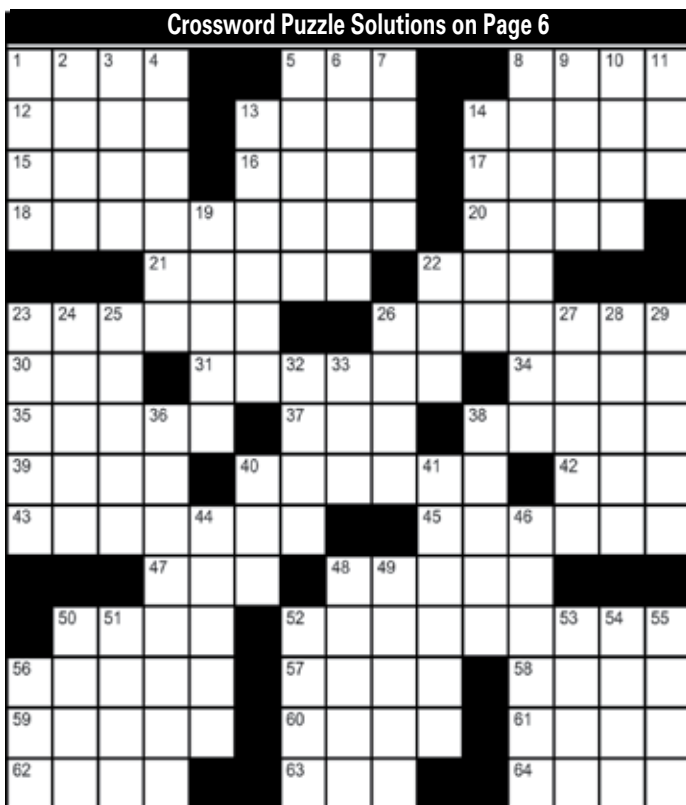
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CLUES

- ACROSS**
- *Treble or bass ____
 - Pharaoh's cobra
 - *Zeus' sister and wife, and character in Broadway musical "Xanadu"
 - Hair-dwelling parasites
 - Quinceañera or bat mitzvah, e.g.
 - Puts money in the bank
 - Pearl Harbor locale
 - Flair
 - Inuit boat
 - *Record-holding musical for most awards received by a single production, with The 20.
 - *Broadway hit "Jagged Little ____"
 - *Comment to the audience
 - Web address
 - *"er ____", at the pump
 - Private chapel
 - Keats' poem
 - Quit
 - Medley
 - ____ or do nothing
 - Right-angle building extension
 - Razor nick
 - Like lemon
 - Make a choice
 - 1960s teen idol, Bobby
 - Give authority
 - Bias crime perpetrators
 - *Theater, e.g.
 - Cordial disposition
 - Surrender
 - *Non-musical with record number of Tony nominations
 - Shredded cabbage dishes
 - *Melpomene, e.g.
 - Just a little
 - Gold unit
 - Lodge fellows
 - *"Game of Thrones" bastard
 - Without purpose
 - Past tense of "is"
 - Short-term employee

- DOWN**
- Hoof sound
 - Yarn spinner
 - Canyon sound
 - Like medieval European society
 - Was sick
 - Fixed look
 - Montblanc and such
 - *Musical with record number of Tony nominations
 - Like most fairytale stepmothers
 - Madrid's Club de Fútbol
 - Pose a question
 - Chef's prescription
 - Toyota sports car model
 - Shylock's practice
 - Coffee pot
 - *Bob ____, choreographer with most Tony awards
 - *"Break a leg" or "have two left feet," e.g.
 - Reduce pressure (2 words)
 - Eye up and down
 - Mediterranean appetizer
 - Type of potato masher
 - Ox connectors
 - *Tiresias in "Oedipus Rex," e.g.
 - Feverish



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- *NYC district
- Washington, e.g.
- Sun's descent
- Union-like herb
- Seize by force
- Obsolete office position
- Spurious wing
- *Comedy and tragedy, on a Tony medallion
- Attired
- *James ____ Jones, multiple Tony winner
- Old World duck
- Like Silver's owner
- H or O in H2O, e.g.
- Make a raucous noise
- Mogul equipment



For Solutions See Page 6

Crossword Puzzle on Page 6



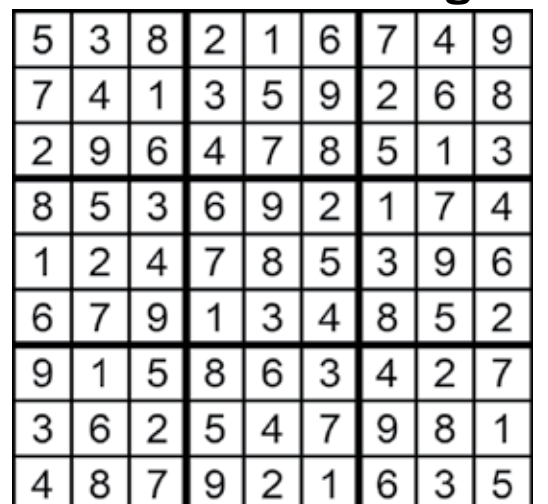
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Sudoku Puzzle on Page 6



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Assemblywoman Dahle Opposes Tax Increases and Costly Regulation on Businesses

By Eric Brahms, Office of Assemblywoman Megan Dahle

SACRAMENTO, CA (MPG) - On June 3, 2021, Assemblywoman Megan Dahle (R-Bieber) and other Assembly Republicans were successful in stopping legislation advanced by the majority party in Sacramento that would have imposed a costly excise tax on firearms, and several bills proposing more

burdensome environmental regulation and red tape on businesses.

“Despite the fact that California is ranked one of the worst states to do business in the nation and we have one of the highest costs of living, the super majority in Sacramento continues to push forward legislation that would make matters worse.” Said Dahle. “Even in the wake of an international pandemic when our businesses are hanging on

by a thread, the majority party continues to push forward bills that aggravate these issues. I have, and will continue, to oppose legislation that makes it harder for businesses to survive in our state, and tax increases on our already over-taxed constituents. For now we have stopped these bills, but we must remain vigilant to stave off further attempts by the majority party that will only make life more expensive for Californians.”

The following bills were successfully stopped on the Assembly floor: AB 1395 would have imposed more misguided environmental regulations that are unachievable. AB 1223 would impose an excise tax on firearms and ammunition. AB 1371 would ban the use of certain packaging materials by small and large online retailers, dramatically increasing the cost to businesses and consumer prices. ★



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Saeed Iqbal Khan, 1810 Vermont Street, Gridley, CA 95948
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The Registrant commenced to transact business under the above business name on: May 6, 2006
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NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.
Publish: May 21, 28 and June 4, 11, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0000579

The following persons are doing business as: CRAZED
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Kuuiipo Corner & Shay Monk Vigil, 100 Penzance Avenue, Apt. 37, Chico, CA 95973
Date Filed in Butte County: April 30, 2021
The Registrant commenced to transact business under the above business name on: N/A
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Publish: May 28, June 4, 11 and 18, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0000580

The following persons are doing business as: CT WELDING AND FABRICATION
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Armando Nunez, 830 Vermont Street, Gridley, CA 95948
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This Business is Conducted by: Individual
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Publish: May 28, June 4, 11 and 18, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0000636

The following persons are doing business as: ORCHARD HARDWOODS
319 W 9th Street, 9B, Chico, CA 95928
Joseph Stuart Bottom, 319 W 9th Street, 9B, Chico, CA 95928
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This Business is Conducted by: Individual
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Publish: May 28, June 4, 11 and 18, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0000671

The following persons are doing business as: SOLO CREATIVE SERVICES
1229 Marian Avenue, Chico, CA 95928
Thurston Keith Crawford, 1229 Marian Avenue, Chico, CA 95928
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The Registrant commenced to transact business under the above business name on: October 1, 2020
This Business is Conducted by: Individual
NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.
Publish: May 28, June 4, 11 and 18, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0000675

The following persons are doing business as: MP FARMS
2491 Highway 70, Oroville, CA 95965
Carole A Sillick, 671 Sierra Point Road, Brishane, CA 94005
Date Filed in Butte County: May 24, 2021
The Registrant commenced to transact business under the above business name on: April 12, 2000
This Business is Conducted by: Individual
NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.
Publish: June 4, 11, 18 & 25, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0000643

The following persons are doing business as: BIDWELL DUPLICATE BRIDGE
955 Salem Street, Chico, CA 95926
Steven Gregory Kaessner, 1045 Cordelia Court, Chico, CA 95926
Date Filed in Butte County: May 17, 2021
The Registrant commenced to transact business under the above business name on: N/A
This Business is Conducted by: Individual
NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.
Publish: May 28, June 4, 11 and 18, 2021 (The Gridley Herald)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE #21CV01309

1. Petitioner Mildred Charlene Palmer (Married name and on my driver's license) filed a petition with this court for a decree changing names as follows:

Present name	Proposed name
Mildred Charlene Egan	Mildred Charlene Wright
(This is on my Birth Certificate now)	(Only want to change on my Birth Certificate now)

2. THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing July 14, 2021 9:00 a.m. Department TBA, Superior Court of California, County of Butte, North County Courthouse 1775 Concord Avenue Chico, CA 95928
Publish: June 4, 11, 18 & 25, 2021 (The Gridley Herald)

Summons

SUMMONS
(CITACION JUDICIAL)
CASE NUMBER:
19CV00993

NOTICE TO DEFENDANT: Kathleen G. Shadwick

YOU ARE BEING SUED BY PLAINTIFF: Butte County Credit Bureau A Corp

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.

Tiene 30 DIAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen

su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniendose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperacion de \$10,000 o mas de valor recibida mediante un acuerdo o una concesion de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desear el caso.

The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, County of Butte, 1775 Concord Avenue Chico, CA 95928

The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Joseph L Selby (#249546) Law Offices of Ferris & Selby 2607 Forest Avenue Suite 130 Chico, CA 95928
Tel: 530-366-4290
Date: (Fecha) 03/29/2019
Clerk (Secretario) R Phillips, Deputy (Adjunto)
January May 28 and June 4, 11, 18, 2021
SHADWICK 6-18-21

(FAMILY LAW)
CASE NUMBER: (Numero del Caso):
21FL00597

NOTICE TO RESPONDENT
(Name): AVISO AL DEMANDADO
(Nombre): Glenn W. Powell

YOU HAVE BEEN SUED. Read the information below and on the next page. PETITIONER'S NAME IS: (NOMBRE DEL DEMANDANTE): Amber L. Edington

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.org) or by contacting your local county bar association. NOTICE: RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouse or domestic partners until the petition is dismissed, a judgment is entered or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.

The name and address of the court are: (El nombre y direccion de la corte es): Butte County Superior Court North Butte County Courthouse 1775 Concord Avenue Chico, CA 95928

The name, address and telephone number of the petitioner's attorney, or the petitioner without an attorney are: (El nombre, dirección y número de teléfono del abogado del peticionario, o del peticionario sin abogado es): Amber L. Edington 655 Gardella Avenue Oroville, CA 95965
Date: (Fecha) 5/04/2021
By Clerk of Court Deputy STANDARD FAMILY LAW RESTRAINING ORDERS
Starting immediately, you and your spouse or domestic partner are restrained from:

1. removing the minor children of the parties from the state or applying for a new or replacement passport for those minor children without the prior written consent of the other party or an order of the court;
2. cashing, borrowing against, canceling, transferring, disposing of, or changing the beneficiaries of any insurance or other coverage, including life, health automobile, and disability, held for the benefit of the parties and their minor children;
3. transferring, encumbering, hy-

pothecating, concealing, or in any way disposing of any property, real or personal, whether community, quasi-community, or separate, without the written consent of the other party or an order of the court, except in the usual course of business or for the necessities of life; and
4. creating a nonprobate transfer or modifying a nonprobate transfer in a manner that affects the disposition of property subject to the transfer, without the written consent of the other party or an order of the court. Before revocation of a nonprobate transfer can take effect or a right of survivorship to property can be eliminated, notice of the change must be filed and served on the other party.

You must notify each other of any proposed extraordinary expenditures at least five business days prior to incurring these extraordinary expenditures and account to the court for all extraordinary expenditures made after these restraining orders are effective. However, you may use community property, quasi-community property, or your own separate property to pay an attorney to help you or pay court costs.

NOTICE-ACCESS TO AFFORDABLE HEALTH INSURANCE: Do you or someone in your household need affordable health insurance? If so, you should apply for Covered California. Covered California can help reduce the cost you pay towards high quality affordable health care. For more information, visit www.coveredca.com. Or call Covered California at 1-800-300-1506

WARNING-IMPORANT INFORMATION
California law provides that, for purposes of division of property upon dissolution of a marriage or domestic partnership or upon legal separation, property acquired by the parties during marriage or domestic partnership in joint form is presumed to be community property. If either party to this action should die before the jointly held community property is divided, the language in the deed that characterizes how title is held (i.e., joint tenancy, tenants in common, or community property) will be controlling, and not the community property presumption. You should consult your attorney if you want the community property presumption to be written into the recorded title to the property.
Publish: June 4, 11, 18 & 25, 2021
EDINGTON 6-25-21

(FAMILY LAW)
CASE NUMBER: (Numero del Caso):
21FL00584

NOTICE TO RESPONDENT
(Name): AVISO AL DEMANDADO
(Nombre): Wallace L. Vaughan

YOU HAVE BEEN SUED. Read the information below and on the next page. PETITIONER'S NAME IS: (NOMBRE DEL DEMANDANTE): Shawna L. Vaughan

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.org) or by contacting your local county bar association. NOTICE: RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouse or domestic partners until the petition is dismissed, a judgment is entered or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.

The name and address of the court are: (El nombre y direccion de la corte es): Butte County Superior Court North Butte County Courthouse 1775 Concord Avenue Chico, CA 95928

The name, address and telephone number of the petitioner's attorney, or the petitioner without an attorney are: (El nombre, dirección y número de teléfono del abogado del peticionario, o del peticionario sin abogado es): Shawna L. Vaughan
338 Biggs East Hwy Biggs, CA 95917
Date: (Fecha) 5/04/2021
By Clerk of Court Deputy STANDARD FAMILY LAW RESTRAINING ORDERS
Starting immediately, you and your spouse or domestic partner are restrained from:

1. removing the minor children of the parties from the state or applying for a new or replacement passport for those minor children without the prior written consent of the other party or an order of the court;
2. cashing, borrowing against, canceling, transferring, disposing of, or changing the beneficiaries of any insurance or other coverage, including life, health automobile, and disability, held for the benefit of the parties and their minor children;
3. transferring, encumbering, hy-

pothecating, concealing, or in any way disposing of any property, real or personal, whether community, quasi-community, or separate, without the written consent of the other party or an order of the court, except in the usual course of business or for the necessities of life; and
4. creating a nonprobate transfer or modifying a nonprobate transfer in a manner that affects the disposition of property subject to the transfer, without the written consent of the other party or an order of the court. Before revocation of a nonprobate transfer can take effect or a right of survivorship to property can be eliminated, notice of the change must be filed and served on the other party.

You must notify each other of any proposed extraordinary expenditures at least five business days prior to incurring these extraordinary expenditures and account to the court for all extraordinary expenditures made after these restraining orders are effective. However, you may use community property, quasi-community property, or your own separate property to pay an attorney to help you or pay court costs.

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WARNING-IMPORANT INFORMATION
California law provides that, for purposes of division of property upon dissolution of a marriage or domestic partnership or upon legal separation, property acquired by the parties during marriage or domestic partnership in joint form is presumed to be community property. If either party to this action should die before the jointly held community property is divided, the language in the deed that characterizes how title is held (i.e., joint tenancy, tenants in common, or community property) will be controlling, and not the community property presumption. You should consult your attorney if you want the community property presumption to be written into the recorded title to the property.
Publish: June 4, 11, 18 & 25, 2021
VAUGHAN 6-25-21

WEEKLY COMICS

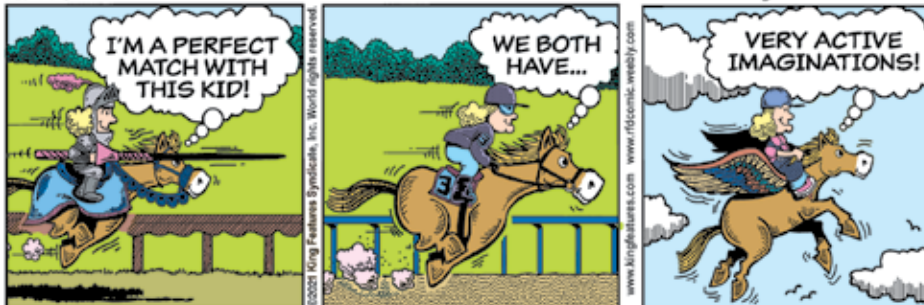
Amber Waves



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R.F.D.



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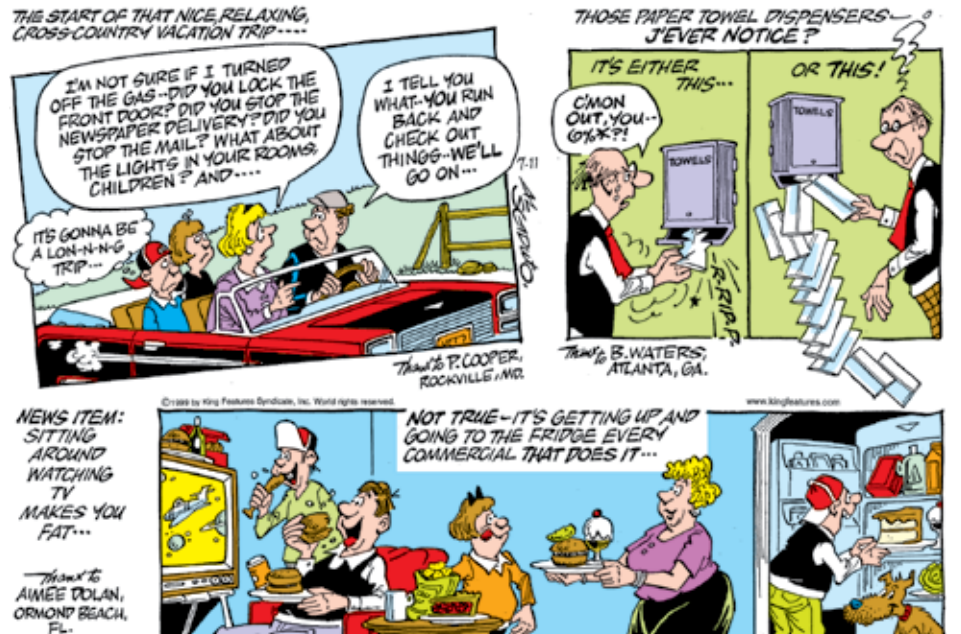
LAFF-A-DAY



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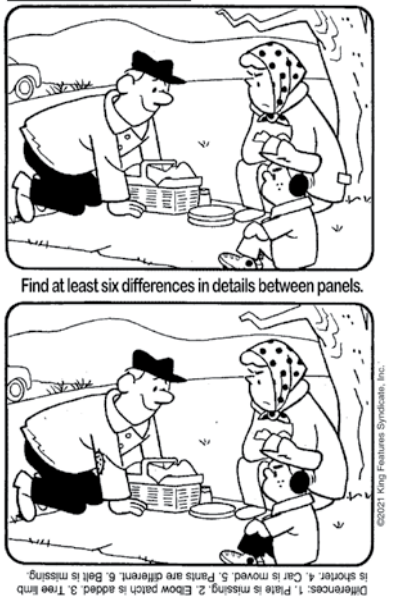
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Description: In this 4-part webinar series, you will learn how to build a business that focuses on providing great customer experience. How to leverage different online platforms to get more sales. How to identify the right metrics to track for business success **Presenter:** Shane Barker – owner of Clout Consulting, LLC is a digital marketing consultant who specializes in ecommerce, influencer marketing, product launches, sales funnels, targeted traffic, and website conversions to drive sales. He has consulted with Fortune 500 companies, influencers with digital products, and a number of A-List celebrities, and is an instructor at UCLA.

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- Learn how to set up a data-driven strategy for your email marketing campaigns
- Learn the best online marketing automation software for your business
- Get the inside scoop on online reviews:
 - Why they matter -How to get them
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JUNE 22, 2021 - PART 4

Establishing And Tracking KPIs

- Learn the difference between metrics and analytics
- Understand why it's important to track KPIs
- Get to know the difference between Vanity Metrics and Actionable Metrics
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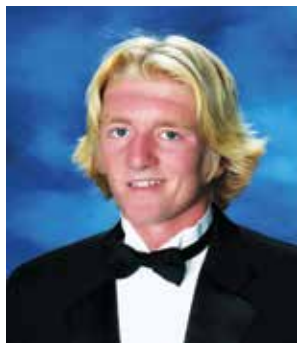
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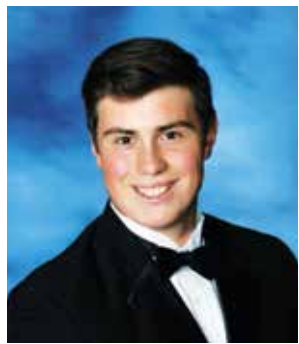
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Melanie Cunningham



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Noah Dixon



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Gabriela Espinoza



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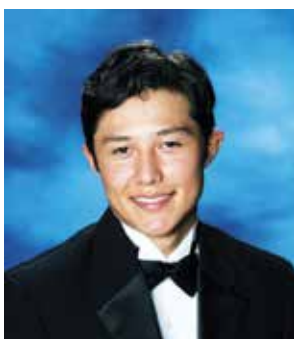
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Ally Mardesich



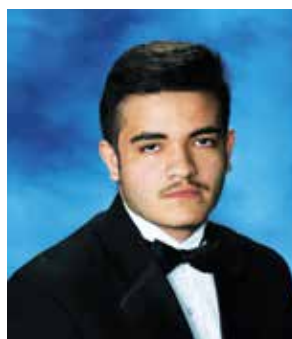
Morelia Marquez



Ezra Martinez



Julia Martinez



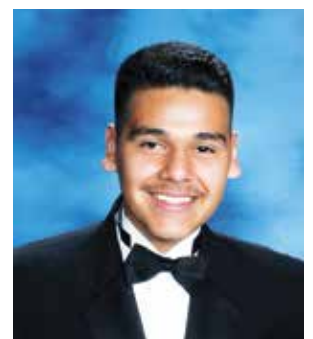
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Elizabeth McCormick



Bishop Medina



Damian Mendoza Jr.



Malia Montero



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Jose Nava Jr.



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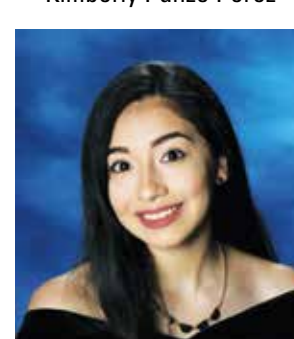
Christopher Richins



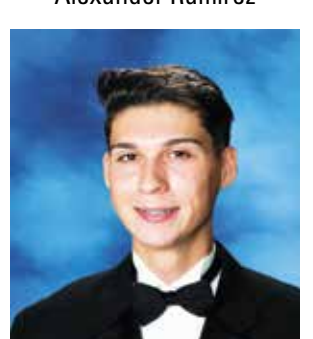
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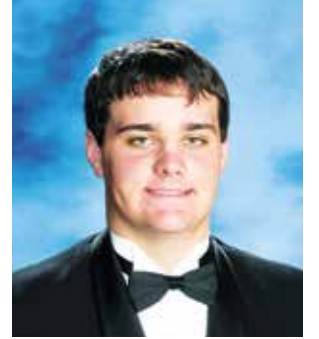
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