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# THE GRIDLEY HERALD

PROUDLY SERVING OUR AREA SINCE 1880

FRIDAY • MARCH 10, 2017 • VOL. 137 NO. 20

DAYLIGHT SAVING TIME



## LOCAL BRIEFS

### Sheriff to be honored in Oroville

Butte County Sheriff Kory Honea will be honored Saturday, March 11 at Feather Falls Casino for his amazing coverage of our county as we faced a possible spillway failure and called for the immediate evacuation of 100,000 people on February 12, 2017.

The celebration will begin at 2 p.m., and the public is encouraged to attend to show their gratitude.

### St. Patrick's Day Corned Beef & Cabbage Dinner

The Knights of Columbus will host their 18th annual St. Patrick's Day Corned Beef & Cabbage Dinner Friday, March 17 from 6 to 8 p.m., at the Sacred Heart Catholic Church Community Hall.

Tickets are \$16 adults and \$10 children. Children under six eat for free, and take-out is available.

Tickets are available at Ace Hardware, from any Knights of Columbus member, Les Schwab Tire or call Larry Earley at 990-3600.



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## Mother of two in desperate need of kidney

By Lisa Van De Hey  
Publisher/Editor

Imagine being the sister of 24-year-old Yolanda Ofelia Garcia and not being able to donate a kidney because of your own Diabetes.

Tasha Woolhite, 34, of Gridley is currently having surgery herself to have her leg amputated and is beside herself because she feels her sister is running out of time.

Garcia actually has three older sisters but with one expecting a baby and the other two with Diabetes, the chances of a familial donation are very slim. Her blood type is O+.

Their mother was Josephine Herrera of Gridley and the girls grew up here, Yolanda graduating from Esperanza High School in 2010.

Garcia had her baby Estella Rose August 6, 2016 at seven months along.

She also has a seven-year old daughter Isabella Garcia.

"Her time is running out and her heart is weak. She needs a transplant desperately," Woolhite cried Monday from her own hospital bed.

For more information visit the UC Davis website at [www.ucdmc.ucdavis.edu/transplant/bealivingdonor/get\\_started.html](http://www.ucdmc.ucdavis.edu/transplant/bealivingdonor/get_started.html) and enter the name Yolanda Ofelia Garcia with her birthdate of June 22, 1992 to see if you are a match to help this young mother.

For general information at UC Davis Health call 1-800-282-3284 or a 24 hour operator at 916-734-2011.



**TIME IS RUNNING OUT FOR GRIDLEY WOMAN** - Yolanda Ofelia Garcia pictured with her baby Estella Rose is in desperate need of a kidney at just 3 percent functioning and in renal failure.



**TIME TO SPRING FORWARD** - Tobias Baltazar and his little brother Micha Baltazar remind everyone to set their clocks ahead at midnight Saturday for daylight savings time.



**FIRE AT GRIDLEY SENIOR DISTRIBUTION** - Early last Thursday (March 2) morning between 2 and 3 a.m., a Gridley-Biggs Police Officer called in a fire at Gridley Senior Food Distribution which destroyed at 1995 GMC refrigeration truck, which only had liability insurance, two cold boxes which were insured and luckily had no food in them at the time. When the first fire truck arrived flames were said to be 50 feet in the air which was hot enough to damage the tires of another truck sitting in the lot and melted the letters on the wall with the name of the facility. The Gridley Senior Food Distribution has faced hard times financially already and now they will have to replace the much needed truck. (Photo by Lisa Van De Hey)

## CAL FIRE Investigators Arrest Suspected Arsonist

Butte County - A suspected arsonist has been arrested for allegedly setting fire to a vehicle on Friday, March 3rd.

Anthony Wayne Beasley, 25, of Gridley was arrested by CAL FIRE investigators on one count of arson and was booked into Butte County Jail. Butte County Sheriff and Gridley Police Department assisted with the arrest.

Beasley's bail is set at \$75,000.

The vehicle fire was reported to CAL FIRE's Oroville Emergency Command Center at 8:34 a.m. and was located on the 1300 block of Dewsnup Avenue in Gridley.



# LOOKINGBACK

BY SETI LONG

The following are stories that appeared in the Gridley Herald 25, 50, 75, 100 and 125 years ago:

*25 Years Ago (1992)*  
‘BWD Board okays water study memo.’

Butte Water District directors approved a proposed memorandum that could lead to a plan for managing the Butte Basins underground water supplies. The action on the memorandum of understanding clears the way for the Joint Water District Board to participate in the association being formed to have a “Hydrologic model” of the Butte Basins groundwater supplies. The hydrologic model, will show how much underground eater is available and where it is located and how pumping in one part of the Basin will affect supplies in other areas. to finance the studies leading to the preparation of the model, a contribution of \$1.00 an acre is being sought from the participating districts. Biggs-West Gridley Water District, Richvale Irrigation District and Sutter Extension Water District have already approved the memo.

*50 Years Ago (1967)*  
“Five Foreign Exchange students to speak at Dinner.”

Exchange students from five different countries will speak at the Gridley Chapter of the American Field Service benefit dinner. Among the students speaking will be Herb Sprect from West Germany (Gridley High), Ms. Lourdes Ayaso Tiu from the Philippine Islands (Marysville High), Ms. Regula Fischer from Switzerland (Las Plumas High), Ms. Marjo Vanderkool of Australia ( Oroville High) and Victor Alvarado of Costa Rica (Yuba City High). The stu-

dents will talk about their impressions of the American education systems compared to that in their own countries. A Q& A session will follow their speeches.

*75 Years Ago (1942)*  
“Farm Bureau Leaders Study War Effects.”

The far-reaching effects of World War II on Butte County agriculture dominated all discussions at the Butte County Farm Bureau Directors meeting. Directors learned from A.H. Wheeler of West Gridley that the problem of obtaining farm laborers would affect almost everyone in the area. A recent survey showed that 70,000 farm laborers had been inducted into the armed forces and young men in agricultural areas are leaving for war at a rate of about 7,000 a month. Plans are being made to use high school students, city workers and migrant workers to help ease the load.

*100 Years Ago (1917)*  
“Indoor Circus is New Theatre Feature.” Robinson Bro’s and Densmore Trained Animal Show will play our city (Gridley) with twenty big high class circus acts. The exhibition will include a magnificent horde of Shetland Ponies, Dogs, Bears, Monkeys, Apes, Lions, Clown and other acts numerous to mention.

*125 Years Ago (1892)*  
“Death of Ed. Sharkey.”

It is with sorrow that we learn of the death of Ed. Sharkey. He was born near Gridley on June 23rd, 1865 and had resided in Butte County all his life. He was a printer by trade. He fell victim to consumption and moved to Arizona in the past few weeks in the hopes that the weather would be beneficial to his health.

# AAUW and Tech Trek

Each year the Gridley Branch of the American Association of University Women chooses five outstanding seventh grade girls from the local area for scholarships to attend a one-week science camp, known as Tech Trek, held on the campus of the University of California , Davis.

With the cooperation of the middle schools in Gridley, Manzanita, Biggs and Live Oak and help from FOCUS, several local businesses, and private donations the five girls are chosen for academic promise and community involvement. The scholarship winners will be selected by April 1st.

Last month AAUW and Women of the Moose cooperated to put on a very successful dinner which raised money for Tech Trek. The delicious dinner was prepared by Eileen Burke-Trent and members of her family with the help of members of WOM and AAUW. The very capable members of the serve staff were students from MiCasa. We would like to thank them and all the many members of the community who attended this event.

On February 25th the Gridley Branch of AAUW, in conjunction with AAUW branches from Chico, Oroville and Paradise also put on Career Trek Day at Butte



**TECH TREK WITH AAUW - Former Tech Trek girls assisting at a fund raising function for FOCUS in 2015 (left to right back row) Paloma Vazquez(2015)-Live Oak Middle School; Marcella Anderson (2011) Manzanita Elementary; Yasmeen Alfaqueeh (2014) Sycamore Middle School; Jackie Aguilar (2015) Manzanita; Brooke Ausselet (2015) Sycamore Middle School; Jean Curcuru TT Coordinator; Marissa Hane (2013) Biggs; (Front row) Emily Brown (2015) Biggs; Julieanna Martinez (2014) Encinal; Eden Cuevas (2014) Live Oak Middle School.**

College. This event is open to all 8th grade girls and their parents. This year 237 girls and their parents attended, where they were exposed to many professions in the STEM (science, technology, engineering and math) fields. Both programs are intended to encourage young girls to learn about and consider the interesting possi-

bilities of a future job in these fields.

On March 11th FOCUS will host a Spring Tea. Several past Tech Trek girls will be expressing their appreciation for FOCUS support by helping out at this event.

AAUW is a national organization encouraging education and the success of women. It is open to anyone with a degree

from an accredited college, university or equivalent institution. Anyone interested in joining the group is encouraged to call President Tracy Howell (846-5499). Monetary donations toward Tech Trek scholarships are greatly appreciated throughout the year and can be sent to P.O. Box 564, Biggs or left at the Gridley Library.

## Survey Finds Sharp Increase in Availability of E-Cigarettes in Butte County

CHICO, CA – March 8, 2017 –New research shows that in Butte County the availability of e-cigarettes has grown over 30% since 2013. These findings are part of new research released today on the availability and marketing of tobacco products, alcohol, condoms and healthy and unhealthy food options in California stores that sell tobacco.

Today, throughout California, health advocates held 13 press events to release results of the scientific survey, which is the largest its kind. It builds upon an initial research released three years ago in March 2014 and provides insights into changes in the availability and marketing of the studied products during this time. Information was collected in the summer of 2016 from more than 7,100 stores in all 58 California counties including pharmacies, supermarkets, delis, convenience and liquor stores as well as tobacco-only stores.

“Overall, the findings show a continuing and alarming discrepancy in our county in the accessibility and marketing between products that promote a healthy lifestyle, and those that don’t,” said Sherry Morgado, BCPHD Assistant Director. “Stores play a critical role on our community’s health, and this survey shows offerings and messaging are out of balance, tipping heavily toward unhealthy options. Our goal is to help re-calibrate the balance toward health.”

The survey found the following for Butte County:

\* In addition to selling cigarettes, 95.5% of stores sell “little cigars” or cigarillos, but only 42.9% of stores sold fresh fruits or vegetables.

\* 39% of stores sold non- or low-fat milk, but nearly 84.4% sell alcohol.

\* 80% of surveyed stores sell condoms, but only 60% sell them on unlocked shelves.

\* E-cigarettes saw a significant increase in Butte County in stores from the last time this survey was conducted, up more than 30%.

“The expanded availability of e-cigarettes are of particular concern and reflect the spike in use by

teens and young adults in the last three years,” said Ellen Michels, BCPHD Health Education Specialist.

Another goal was to examine the accessibility and marketing of healthy and unhealthy products to youth.

“This survey found that our community’s youth are inundated with unhealthy messages and choices. We need to change what information and options our kids are exposed to and work to surround them with healthy choices and messaging instead,” said Miranda Johnson, Supervisor, BCPHD Community Health Program.

The survey found the following for Butte County:

\* Only 13% of stores advertised healthy products on their storefronts, but 76.6% of storefronts advertised unhealthy products. 65.9% of stores near schools have storefront advertising for unhealthy products.

\* More than 44.8% of stores place tobacco products or ads in kid-friendly locations, such as tobacco ads at ‘kid-level’ (three feet or below) or tobacco products near candy or toys.

\* More than 51.5% of stores placed alcohol ads at “kid-level” or near kid-friendly items such as candy or toys.

\* 96.1% of stores sell flavored non-cigarette tobacco products, which often have kid-appealing flavors, such as grape, watermelon, chocolate, gummy candies and even breakfast cereals. Similarly, 95.5% of stores near schools also sell flavored tobacco products.

“Butte County Public Health is committed to continuing to work with local health advocates and partners to provide accurate information and help make the healthy choice the easy choice for Californians,” stated Morgado.

Healthy Stores for a Healthy Community is a statewide campaign formed by tobacco prevention, nutrition, alcohol abuse prevention and STD prevention partners collaborating to improve the health of Californians by informing them about the impact of unhealthy product availability and marketing in the retail environment.

For state and county-specific data and more information on Healthy Stores for a Healthy Community, please visit [www.healthystoreshealthycommunity.com](http://www.healthystoreshealthycommunity.com).



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## Pets of the Week

Navi & Link are a bonded brother & sister, who were brought into the shelter together. Navi is a sweet & playful three year old female Catahoula Leopard dog, retriever mix. Link is a handsome & scruffy grey three year old male terrier mix. Navi & Link were raised around kids, so they would be perfect for any family. These two share a sweet bond so we would like to adopt them out together, with one adoption fee sponsored! Come by our dog adoptions office at 2579 Fair Street in Chico open 7 days a week from noon – 6pm.



*Navi & Link*  
(530)343-7917 or visit [www.buttehumane.org](http://www.buttehumane.org)



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**NEW BUSINESS TO BIGGS AND GRIDLEY AREA CHAMBER OF COMMERCE - George's Auto Repair, at 498 B Street in Biggs is offering oil changes for \$25.99 as their grand opening offer. Chamber board members (L to R) Cathy Mills, Morgan Brynnan, Lynne Spencer, (George Rosales) Teresa Fuentes, Mabel Alcantar and Bob Trueax joined George for a ribbon cutting Tuesday. George has 25 years experience in automotive repair. Call 845-7922 for an appointment. (Photo by Lisa Van De Hey)**

## Is Corned Beef and Cabbage really good for you?

By Jay Croy, RN Orchard Hospital Infection Prevention Control

Aye. The most favorite dish this time of the ye’ar is Corned Beef and Cabbage, with a little potato thrown in thar’.

Mmmm. Corned beef is high in protein, zinc, B-vitamins and thiamin. A 3-oz. piece of corned beef only has about 210 calories. However, like any beef, it’s high in fat so limit your portions.

Most every kid turns their nose up to a good piece of boiled cabbage. But you just can’t have corned beef without cabbage; ’twould be almost sacrilegious. Cabbage is an excellent source of Vitamin C and folic acid. It’s also high in fiber. Tastes so good with the spices all boiled into it.

And who can resist a little potato in the mess. Yes, they are a little high in carbohydrates, but they do contain protein and calcium, and a little iron, zinc, potassium and Vitamin C. Some like to leave the skin on for the extra fiber, but I like to mash it up with the juice from the pot, add a little pepper, and...yeah, that’s good.

Some people like to add mustard to the whole mess; most diets say you can have all the mustard you want- no calories.

I’m su’ar that thar ’ill be some playful, if not pesky, Leprechauns after me gold with the next rain when the sun comes out and reveals my rainbow of many colors. Be careful of those little fellars; they’ll trick ya’ up into tellin’ them where your stash of gold is.

Happy St. Patrick’s Day!

## QuickBooks I, II, III & IV Series (Intro to Using Advanced Features)

NEC Small Business Development Center at Butte College, is presenting a workshop series “QuickBooks I, II, III & IV Series.” The series will be held Tuesday evenings, beginning April 4th through April 25th 2017, from 6:00pm – 8:00pm at NEC Small Business Development Center at Butte College, 2480 Notre Dame Blvd., Chico. The cost of the workshop is \$120.00 per person prepaid or \$130.00 per person at the door.

This 4-part QuickBooks series includes: how QBs works, getting around, learning common accounting terms used by QBs, creating a new company file; setting preferences; entering new customer, vendors accounts, items, bills, budgets, and sales information; backing up your data and basic accounting; reviewing the basic Balance Sheet, P&L, and Cash Flow reports; working with bank accounts; handling PayPal & Square; reconciling accounts; using credit cards, loans & fixed assets; receiving payments & making deposits; generating customer statements; paying bills; downloading bank and credit card activity; issuing 1099s, and memorizing transactions; running related financial reports; analyzing financial data; setting up inventory; tracking & paying sales tax; tracking time; customizing forms/letters; syncing contacts; sharing files electronically with your accountant; exporting to Excel; using the Doc Center; and suggestions on solving technical problems. The trainer is a CPA and QuickBooks ProAdvisor. Training includes manual.

Pre-registration is required (cash, check or credit card). Please register online, call or stop by, NEC Small Business Development Center at Butte College, 2480 Notre Dame Blvd., Chico, 530-895-9017, [www.buttecollegesbdc.com](http://www.buttecollegesbdc.com) for registration and information.

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## Thank you

I would like to thank the Publisher of this newspaper and her very dedicated staff for giving us updated and accurate information through the many weeks since evacuation.

I can only imagine the stress of trying to rush back into town without much sleep while most were sitting down to relax and finding a little normalcy.

The Gridley Herald was hustling, working long hours researching, taking photos, gathering information, attending evacuation meetings, interviewing people and they wereable to pull this off without missing a single print.

I must say my husband and I both felt this was some of the best articles and information that we have personally witnessed in our newspaper’s history as subscribers.

We enjoyed learning about the flood of 1907 and seeing what so many went through on our very streets in flooded conditions.

Thank you,  
Lynne Spencer  
President Gridley Area Chamber of Commerce

## Gridley Thumbs and Roots

By Barbara Ott

The winds have been chilly but I’ve lived here since 2012 so I work out in the icy blast. The mountains were icy and cold but where I lived we rarely had the wind right on us. It would be high in the trees and we would experience gusts, but nothing like what happens in Gridley. So as my hair stood out sideways, I planted the garden bed I am redoing. You might be wondering if it is too early to plant things out. Maybe. If you garden by the book it is too early. If you garden by the seat of your pants, no worries. If I were planting delicate, expensive plants I would be going by the book. I am not, so I get to experiment and find out when it all turns out OK. I did buy a few of the plants I planted but most of them were dug up in the yard and moved or friends shared them. I think they will be fine. The days are mostly warm although the nights are cool. There is the benefit of watering with rain drops. I’ll let you know what happens.

## New Venture Entrepreneurial Series

NEC Small Business Development Center at Butte College, is presenting a series of workshops for start-up and new businesses. The workshops will be held on Wednesday mornings, beginning March 8th, through March 29th, 2017 from 8:30am to 10:30am, at NEC Small Business Development Center at Butte College, 2480 Notre Dame Blvd., Chico. The cost for the series is \$50 per person prepaid or \$60 at the door.

This 4-part training series provides essential information for individuals thinking about starting a new business and new business owners. Topics include: Legal Requirements & Market Analysis, Cost Analysis, Funding Your Small Business and Business Plan Overview. You will learn the legal requirements for business start-up, how to assess your market and calculate start-up costs, and how to plan for direction and to obtain funding. Call or log onto our website for detailed flyer.

Pre-registration is required (cash, check or credit card). Please register online, call or stop by, NEC Small Business Development Center at Butte College, 2480 Notre Dame Blvd., Chico, 530-895-9017, [www.buttecollegesbdc.com](http://www.buttecollegesbdc.com) to register and for information.

## GRIDLEY-BIGGS POLICE LOG

The following are excerpts from the daily incident report of the Gridley/Biggs Police Department (GBPD).

The phone number for the Gridley/Biggs Police Dept is 530-846-5678.

### Arrests and Citations

Sun. 3-5-17  
At 2:57 p.m. Gregory David Morri, 44, of Gridley, was arrested on a Yuba County warrant in the 1400 block of Hwy 99, according to a GBPD report and was transported to Butte County Jail (BCJ).  
At 10:02 p.m. Ethel Lorraine Stafford, 50, of Gridley, was arrested for driving on a suspended drivers license, possession of methamphetamine and drug paraphernalia on Park St, according to a GBPD report and was transported to BCJ.  
At 10:15 p.m. Maria E. Hernandez, 19, of Gridley, was arrested on a misdemeanor warrant in the 1500 block of Hwy 99,

Mon. 3-6-17  
At 12:15 p.m. Jose Roberto Ferreira Corona, 31, of Gridley, was arrested, cited and released on a local warrant on Kentucky St, according to a GBPD report.  
At 9:16 p.m. Cassie Lynn Burbank, 36, of Gridley, was arrested on a local misdemeanor warrant on Dewsnap Ave, according to a GBPD report and was transported to BCJ.

Tues. 3-7-17  
At 7:20 a.m. John Arthur Nelson, 53, of Gridley, was arrested for spousal battery on E. Hazel St, according to a GBPD report and was transported to BCJ.  
At 8:01 p.m. Scott Dennis Sannar, 41, of Gridley, was arrested for public intoxication and violation of probation on Magnolia St, according to a GBPD report and was transported to BCJ.

THE ABOVE BOOKINGS AND REPORTS REFLECT ONLY THE INITIAL ACTIONS TAKEN BY LAW ENFORCEMENT IN THE COURSE OF THEIR DUTY. THIS INFORMATION IS NOT INTENDED TO COMMENT ON THE GUILT OR INNOCENCE OF THOSE LISTED, NOR IS IT AN INDICATION OF THE FINAL DISPOSITION OF THESE CASES.

## Book discussion at Library on “The Road to Cherokee” A California Epic

Mary Ray King’s The Road to Cherokee will be the subject of a book discussion Saturday, March 18 at 2 p.m., at the Gridley Branch Library.

This event is presented by the Association of Northern California Historical Research, Gridley Museum and Gridley Friends of the Library and will tell about the struggle between the farmers of the great Central Valley of California and the hydraulic mining interests, as typified by the Cherokee Mine, one of the largest in the world during it’s heyday.

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### THE GRIDLEY HERALD

## Spring Community Yard Sale

# Saturday, April 22

## A map of all yard sales in Gridley, Biggs & Live Oak will Appear in The Gridley Herald in Advance - April 21 8am-?

Call 846-3661 if you plan on having a yard sale & want to be included in the map for just \$20. Deadline to sign up is Tuesday, April 18 or visit our office at 650 Kentucky Street, Gridley

## ELECTED OFFICIALS

**District 2 California Assemblyman - Jim Wood**  
P.O. Box 942849  
Room 6031, Sacramento, CA 94249-0002  
(916) 319-2002  
**District 3 California Assemblyman - James Gallagher**  
2060 Talbert Drive, Suite 110, Chico, CA 95928  
(530) 895-4217  
**District 4 California Senate - Jim Nielsen**  
State Capitol, Room 3070, Sacramento, CA 95814  
(916) 651-4004

**Governor of California - Jerry Brown**  
California State Capitol, Suite 1173, Sacramento, CA 95814  
(916) 445-2841  
**District 1 Representative - Doug LaMalfa**  
506 Cannon House Office Building  
U.S. House of Representatives, Washington, D.C. 20515  
(202) 225-3076  
1453 Downer Street, Suite A, Oroville, CA 96965  
(530) 534-7100

**U.S. Senate - Dianne Feinstein**  
Hart Senate Bld., Ste. 331, Constitution Ave. & 2nd St., N.E. Washington D.C. 20510  
(202) 224-3841  
**U.S. Senate - Kamala Harris**  
Hart Senate Bld., Ste. 112 Constitution Ave. & 2nd St., N.E. Washington D.C. 20510  
(202) 224-3553  
**U.S. President - Donald Trump**  
The White House, Washington D.C. 20500  
(202) 456-1414

# HEALTH

## TIP OF THE WEEK

### Managing your heart health

The common misconception about having heart failure is that your heart immediately stops beating. The reality is that heart failure can be a slow process that happens over time. Here are some tips for managing the disease:

- Take your medications correctly.
- Make a daily plan for diet and exercise, and stick to it.
- Tune in to your body.
- Touch base with your emotions.
- Know your limits.

For more information on heart failure, visit [www.womenheart.org](http://www.womenheart.org).

## ESSENTIAL OILS

### Benefits of eucalyptus oil

With its powers as an anti-inflammatory, deodorant, antiseptic and anti-bacterial agent, eucalyptus oil makes an excellent addition to your medicine cabinet. Here are a few reasons to have a bottle on hand.

**Relieves congestion:** If you're feeling extra stuffy, massage some eucalyptus oil on your temples or add a few drops to your shower.

**Heals wounds:** Thanks to its antiseptic qualities, eucalyptus oil can be used on burns, cuts and bites, [Healthline.com](http://Healthline.com) says.

**Eases muscle pain:** From sprains to stiff muscles, a little oil massaged in a circular motion will help ease the pain.



## STRESS RELIEF

### Find time for meditation

Here are a few ways to squeeze in meditation, according to Mayo Clinic.

**Listen to yourself breathe.** Use the sound and rhythm of your breath to ground you in the present.

**Practice mindfulness.** Step out of your tasks to appreciate your surroundings. Listen to the sounds unfolding around you. What does the air smell like? What does the temperature feel like against your skin?

**Take advantage of scent.** Different scents can energize, calm and recharge. Keep your favorite essential oils on hand for an instant boost.

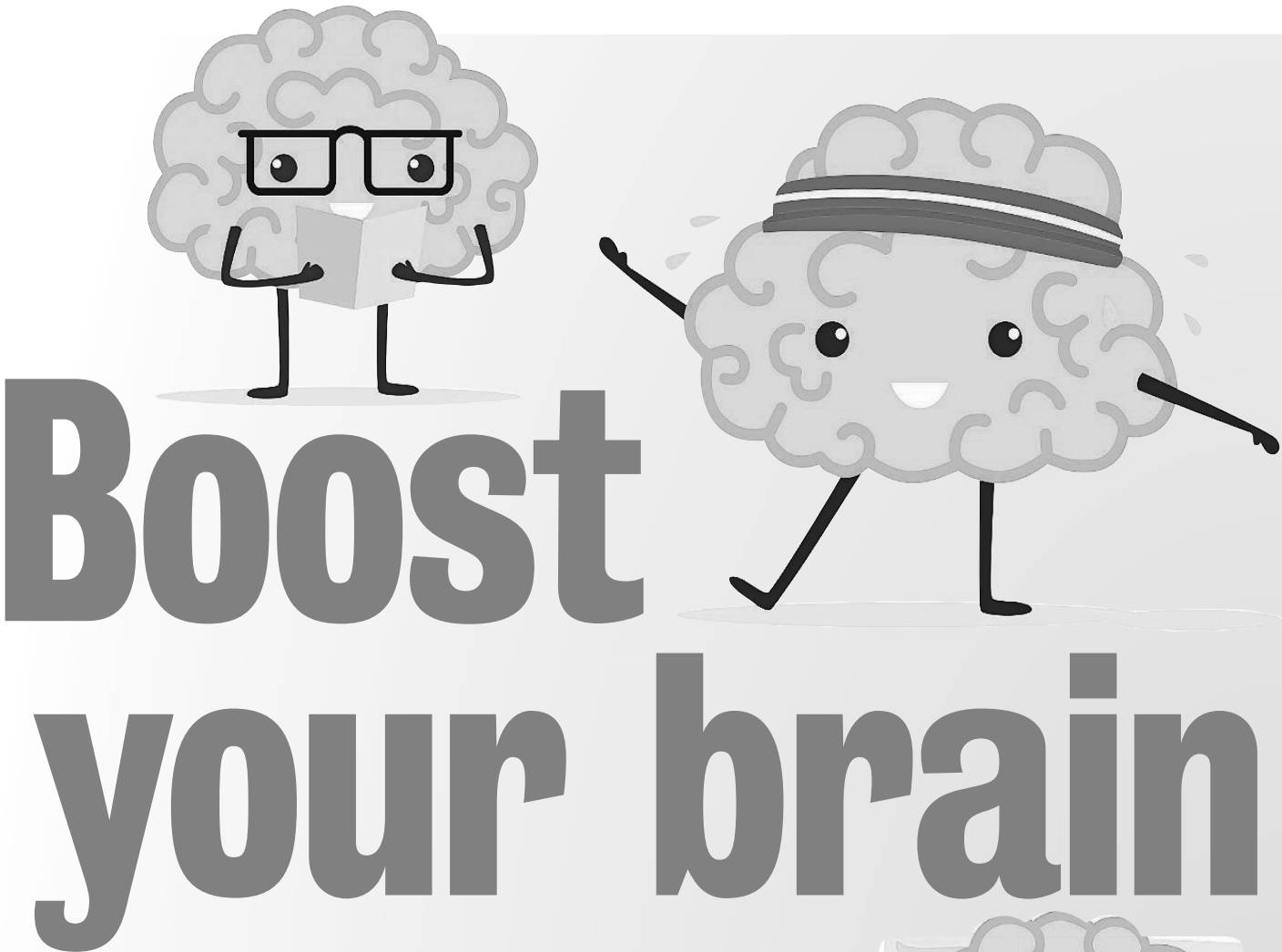
## EXERCISE

### How to tell if you're too sick to exercise

When you end up with the inevitable cold or flu should you sweat it out or stay in bed? These factors from [Health.com](http://Health.com) will help you decide.

- If you're experiencing any symptoms below the neck, such as chest congestion, let yourself rest. Pushing too hard in these conditions will cause more harm than good.
- If you have a fever, exerting yourself will increase your internal temperature even more.
- Extreme fatigue? Don't push it — this is your body telling you it needs to recharge. Get the sleep you need to come back even stronger.

— *Brandpoint*



To optimize brain capacity, you need to rest and rejuvenate, experts say

By **Encarnacion Pyle**  
More Content Now

Everyone knows what to do to keep their heart healthy, but what about the brain? While much of the brain remains a mystery, there is a growing movement to find ways to unlock brain potential so we can live healthier, perform better and eventually delay diseases of the brain.

“Take Alzheimer’s or Parkinson’s, there’s underlying brain degeneration going on for decades before there are outward signs of disability,” said Dr. Ali Rezai, a neurosurgeon at Ohio State University’s Wexner Medical Center.

“If we could detect these things earlier, you would have more brain capacity to improve and could think about what you would change.”

For these and other reasons, researchers are exploring ways to measure, analyze and improve brain function, said Rezai who directs Ohio State’s Neurological Institute and Center for Brain Health and Performance.

The discoveries will be used to help people manage factors that affect brain performance and find ways to more rapidly replenish reserves.

It’s such a hot topic that Wexner Medical Center will host its second three-day Global Brain Health and Performance Summit in April. The event, which begins April 27, will feature scientists, researchers and athletes who will discuss technologies that measure physiological responses related to brain health.

They’ll also talk about lifestyle practices, such as exercise, mindfulness, nutrition and sleep, and how they affect those on the battlefield and playing field and in everyday life.

Think of your brain as a cellphone, Rezai said, and neurocapacity as your cellphone’s memory.

Your brain can run only so long without having to be recharged, and it can’t operate at 100 percent all the time, he said.

Research suggests that the following may help you maintain your brain health:

1. Be physically active three times a week for at least 30 minutes
2. Eat a healthy diet of meals mostly made of plants, while limiting the amount of red meat, dairy and saturated fat you consume
3. Keep your mind active by learning new things and being engaged socially
4. Maintain good heart health by quitting smoking, reducing alcohol and sodium intake and keeping healthy cholesterol levels
5. Protect your head from injuries by wearing a seatbelt when riding in a car and a helmet when cycling

— *Centers for Disease Control and Prevention*

And if your brain’s capacity isn’t well-managed or isn’t large enough, it won’t operate well.

That’s why we need to eat well, get a good night’s sleep and take other measures to rejuvenate, Rezai said. And it’s never been more important to figure out how best to recharge our brains than now when people seem to be wired into technology 24/7.

“With cellphones, computers, gaming machines, tablets and TV, it’s a constant onslaught of stimulation,” he said.

Not controlled, the blue light emitted from electronic devices such as these can disrupt our circadian rhythm and jeopardize the restful sleep our brains so desperately need, he said.

While adding convenience to our lives and making us more productive, these “always-on, always-connected” devices have other drawbacks as well.

“Sometimes technology can make our brains lazy,” said Dr. Janet Bay, a neurosurgeon and vice president and



lead physician for neuroscience at OhioHealth.

Instead of figuring out how much you want to tip your waiter for dinner in your head, for instance, you might look it up on your phone. Can’t spell a word? Just ask Alexa or Siri.

People’s increasingly hectic lifestyles and the rapid aging of the population — by 2050, more than 89 million Americans will be 65 or older — also makes it important to get a better understanding of the brain-body connection.

The average brain weighs about 3 pounds and comprises the cerebrum, which performs higher cognitive functions such as reason, planning, memory and sensory integration; the cerebellum, responsible for motor functions and balance; and the brain stem, dedicated to involuntary functions like breathing, heart rate and blood pressure.

To borrow a term from the computer world, the brain is the body’s operating system, Rezai said. And though it is less than 2 percent of the body’s weight, it uses 20 percent of the body’s energy.

The majority of the energy consumed powers the rapid firing of millions of neurons that communicate with each other. Scientists believe much of this activity gives rise to the brain’s higher functioning.

While the notion is alluring that people employ just 10 percent of their brains and if they could only tap into the other 90 percent, Bay said, it’s just a myth.

“Your brain is never silent and is always working in the background,” she said.

— *Email Encarnacion Pyle at [epyle@dispatch.com](mailto:epyle@dispatch.com).*

[FREEPIK IMAGES]

## TODAY’S WORKOUT

# Pretzel plank will challenge body and mind

By **Marlo Alleva**  
More Content Now

Most of us stick to the movements and exercises we know our bodies can do. Adding more weight, squatting a little lower or running a little faster are usually the only variations we add. But every once in awhile it’s nice to throw in one of those moves that give us a challenge.

Today’s move is just that. It is a planking pretzel, and this exercise requires focus, balance and definitely a sense of humor. All jokes aside, this planking pretzel hold will tone your core, and upper and lower body, as long as you can hold the move.

To begin this plank variation, start by placing your hands on the ground, shoulder width apart, and extend both legs straight out behind you placing your lower body weight on your toes. Your starting position is a basic plank.

Once you find a good focal point and core engagement, you are ready for the next progression. Begin by extending your left arm straight out in front of your body and lifting your right leg off the floor. You should be balanced on one leg and one opposite arm. Once that feels stable, proceed to bend the elevated leg at the knee, and extend the foot upward. When that feels secure, continue by



**Marlo Alleva demonstrates a planking pretzel.**  
[SCOTT WHEELER/THE LEDGER]

reaching your extended arm back, attempting to touch the elevated foot. If your focus and balance is on point, you should be

able to hold this move for at least a few seconds. If not, you will topple over. Just realign yourself and do it again.

This move can be quite difficult, but with a little bit of practice it is attainable. If you find it hard to hold your balance with your back leg extended onto the toe, drop your stabilizing leg to your knee. When you master this pretzel move at that level, then you are ready to intensify it.

Once you have exhausted all efforts on one side, continue this move to the opposite arm and leg.

— *Marlo Alleva is a correspondent for The Ledger in Lakeland, Florida. She is an instructor at Gold’s Gym and group fitness coordinator at Fontaine-Gills YMCA.*



# Another great contribution to Gridley Museum

One never knows what kind of piece of memorabilia will be added to the Gridley Museum archives in a day.

Recently, a copy of “The Community Church, of Biggs CA Souvenir of The Diamond Jubilee Sixty-third Anniversary \*\* 1872 - 1935 made it’s way into the collection of the museum and what a gem it is.

The souvenir book starts out with the history of the church explaining “The church and the pioneer are so indissolubly interwoven that the story of one is that of the other” which explains how this book covers so much interesting history of not only Biggs, Gridley, Butte School Houses, Cherokee and Manzanita but Honcut, or Moore’s Station as it was known then and Durham, Live Oak and Central School House.

At the back of the book are six pages of advertisements of the old time businesses spanning from Biggs to Oroville.

The first Methodist sermon given in California was by Adna A. Hecox who arrived with his family October 1, 1846. “The church has given a continuous ministry to Biggs since 1872. Prior to that time the circuit riders made occasional visits among the settlers. The organization of the church took place December 4, 1874,” the foreword read.

“Jubilee services are being held Friday evenings, October 4, 1935. We are fortunate in having with us Bishop James C. Baker, who has successfully guided and inspired the churches of the San Francisco area during these hears of difficulty.”

Biggs history noted in the book read: “T.W. Boulware, built a house in 1857, a quarter of a mile south of where they rice mill is today. In 1869, Alfred Muns built a house and store on what is know the north side of town.

“Following the coming of the railroad in 1869-70, Biggs Station developed rapidly until it had a population of upwards of 1,500 people and was considered the second most important town in the county. Forty houses were built in the fall of 1876 and the following January a windstorm blew twenty-five houses including the parsonage off the pegs, unto the ground.

“The first depot agent was Sam Bruton. He was succeeded by Joe Cecil, who also had a store and the post office. On one occasion, he kept a letter two weeks addressed to P.M. Biggs, and then began to inquire if anyone knew a ‘Mr. P.M.’

“A school house - a one story frame building - was built at the northwest corner of town. A few years after ward another one was built, thirty-feet north of it and in 1879-80, a two story brick building was erected on the site of the first one.

Former Governor C.C. Young was brought up in Biggs from his first birthday, until grammar school days were over.

“We are indebted to the old newspapers of the county for many items of interest. One of the earliest weekly county newspapers was the ‘North Californian.’ When election came, it was run as a daily for both parties, and published on alternate days, first as the ‘North Californian,’ with C.G. Lincoln, editor and the next day as ‘The Butte Democrat,’ with A.N. Wyman, Editor.

“In 1862 farmers were urged to raise rice, as it would be four times more profitable than wheat. There was a great flood that year and one of lesser degree, two years afterward.

“The first issue of ‘The Butte County Register,’ was printed in Biggs in 1877. William Sharkey was editor and proprietor. Two years later, the newspaper

office was moved to Oroville. ‘The Hamilton Policy,’ was edited and published in the eighties by Wilkie Collins, ‘The Hamilton and The Argus’ were also published in Biggs, and supply us with many interesting local items. Biggs had a band, known as the Hamilton Brass Band and its members were said to be ‘all blow hards, but they do intersperse it with some melodious sounds.’ At a later date it was considered the best band north of Sacramento.

“Biggs had all the saloons it could conveniently handle, there being nine of them, besides other places where liquor could be obtained. On occasions, Saturday nights were made quite lively when ‘several threshing crews came in to see the sights. They got drunk and decided to settle personal quarrels. In three hours they had eight fights and in one of them, the two men tell through the drug store window at the corner of B and Front Streets.’ Other news items say, ‘Poker’s the prevailing pastime.’ ‘Biggs is in need of a pest house, the flies are bad.’ People of good taste objected to ‘hog-wallowing’ around the depot which was an eyesore to the town.’ ‘Mr. X, gravedigger calls upon all indebted to him to pay up.’ All places of business were open on Sundays.

There was a creamery, cannery, colored barbers shop, undertaking establishment, photographers studio, millinery stores, two newspaper offices, four blacksmith shops, banks, dentists and ‘physicians think Biggs distressingly healthy.’

“Reference is often made to the Biggs-Oroville stage line. Lively times were seen during elections, when bands, banners, colored lights and torch light processions were common: Marysville, Gridley, Oroville, Chico and Biggs, all combining.

“There were regulations regarding the sprinkling of dusty streets in front of homes and it was strictly forbidden to irrigate gardens on Sunday.

“George Ditzler a popular young man, was credited with being the champion bicycle rider in the district and a young lady in town ‘beat anything in the state by her aerobatic stunts’ as she stood erect on the saddle of a big wheel bicycle and going at a high speed, ‘cut capers, that are almost appalling.’ Chinese pheasants were introduced in the county in 1890.

Editor’s note: Next, we will feature the Biggs Circuit Organized and Building The Biggs Church.

## Veterans needs our help after accident

Our fellow Legionnaire of South Butte Post 210 and member of the American Legion Riders, Dan Cole was involved in a very serious motorcycle accident in February. He is in a coma and expected to remain in a coma for the next few months. He is also expected to suffer from some degree of paralysis. As a result, Patsy is having to pay bills and subsist on only her social security benefits. An

added financial stress is that Dan has been taken to Redding to recover, so Patsy is having to drive 2 hours to see him. It’s time for us to mobilize as a community and help our brother and his family through this very unfortunate and trying time.

Post 210 has set up a Go Fund Me account to benefit Dan and his wife Patsy. We have set the target goal at \$20,000 so that we can provide

ongoing emergency funding for them in the coming months and possibly years. The account is set up for the Commander to withdraw the funds. This will be done under the eye of the Finance Officer, who maintains the actual account. The Commander will withdraw funds monthly or as needed and give it to Mrs. Cole for her to use as she sees fit. ANY DONATIONS HELP!



The web address to donate is: [www.gofundme.com/american-legion-aid-for-dan-cole](http://www.gofundme.com/american-legion-aid-for-dan-cole)

## Spillway update - Hyatt Powerplant running

The flood control spillway flows remain at 0 cubic feet per second (cfs). Inflows are approximately 10,000 to 15,000 cfs which has resulted in the lake rising from 858.8 feet to 859.7 feet elevation in the last 24 hours. All 5 operational units at the Hyatt Powerplant are currently running, allowing for a total outflow of 8,800 cfs. This situation will be monitored throughout the day to determine the efficiency and safety of excavation during flows.

Contractors continue to remove sediment and debris below the spillway. This operation will continue 24 hours per day. Approximately 715,000 cubic yards of material have been removed from the debris pile to date. Work continues on the area below the emergency spillway.

Flows to meet environmental requirements are being met by releases through the Thermalito Diversion Dam and Thermalito Afterbay River Outlet. The low flow section of the Feather River (the river channel through Oroville) is currently at 3,750 cfs. The total flow to the Feather River at the Thermalito Afterbay River Outlet is currently 5,650 cfs. Flows will gradually increase over the next 24 hours.

## Winter Pow Wow planned in Marysville

The Yuba Sutter Winter Pow Wow will be held Saturday, March 18 from noon to 6 p.m., at the Allyn Scott Youth Civic Center at 1830 B Street in Marysville.

All drums and dancers welcome along with the public. There will be no admission fee.

Open Gourd at noon, grand entry at 1 p.m., followed by raffle, team dance contest, craft and food vendors.

For more information call 530-749-6196 or email: [pbennett@mjuds.k12.ca.us](mailto:pbennett@mjuds.k12.ca.us).



Fun Facts about your Local Fire Department

Sparky and his friends at the firehouse would like to inform you of some fun facts about your CAL FIRE/Gridley Fire Department.

- \* The city of Gridley contracts its fire protection with CAL FIRE/ Butte County Fire Department
- \* Station 74 here in Gridley runs upwards of 1200 emergency calls per year
- \* There is a minimum of four highly trained firefighters living at the station for their 72 hour shift
- \* We operate multiple fire engines, water rescue equipment, and a 110 foot aerial ladder truck
- \* We currently have a 12 member volunteer fire company comprised of local community members
- \* There is no charge for our service which includes responding to medical aids, fires, rescues, hazardous material issues and much more!
- \* We are happy to give educational talks to local school children including tours of the firehouse!
- \* We issue residential and agricultural burn permits as well as campfire permits all free of charge during business hours which are 8-12 and 1:30-5pm seven days a week.

CAL FIRE/Gridley Fire Department appreciates your community support and invites you to stop by and meet your local firefighters to better understand YOUR local Gridley firehouse for our Open House on Saturday, October 15 from 10-2. We will have station tours, fire engine displays, Sparky the Fire Dog, Children Activities and fire fighter demonstrations!

### Taking Carrier Applications

Pick up an application at  
**650 Kentucky St. Gridley**  
**846-3661**

### Narcotics Anonymous Meetings in Gridley

Open to anyone wishing to attend, meeting will be held:

Sunday, 7 p.m., 410 Jackson Street (St. Timothy's Episcopal Church)

Wednesday, 7 p.m., 410 Jackson Street (St. Timothy's Episcopal Church)

Thursday, 7 p.m., 580 Washington St. (Gridley Christian Church)

Friday, 7 p.m., 410 Jackson Street (St. Timothy's Episcopal Church)

Call 1-877-669-1669 for more information.

[www.gridleyherald.com](http://www.gridleyherald.com)

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Classified ads to run Wednesday must be in out office by noon on Tuesday. Classified ads to run Friday must be in our office by noon on Thursday.  
The Gridley Herald is no responsible for moe than one incorrect insertion. Be sure to check your ad the first time it appears in the paper.

OFFICE HOURS: MONDAY-THURSDAY 8AM-5PM & FRIDAY 8AM-3PM

# CLASSIFIEDS

## 10 REAL ESTATE

**Pasture 4acre Grazing** in Gridley 562-619-7658

## 30 FOR RENT

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**2BD/2BA E. of Gridley.** Newly updated. \$1,300/mo + dep. No Pets or Smoking. 530-846-6155.

**Haskell Senior Apts.** 1BD, rec room & laundry facilities. Nice senior community a great place to live. \$575/mo up to \$675. 150 Haskell St., Gridley 530-846-6934.

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## 170 HELP WANTED

**Lifeguards Needed** at Biggs Unified School District. \$11.00 - \$12.13/hour. Must have CPR, Lifeguard certification, First Aid and Safety cards. Deadline: Open until filled. Classified Application at [www.biggs.org](http://www.biggs.org), or 300 B Street, Biggs. (530) 868-1281, 250

## 170 HELP WANTED

**LOCAL DRIVERS WANTED!** Be your own boss. Flexible hours. Unlimited earning potential. Must be 21 with valid U.S. drivers license, insurance & reliable vehicle. Call 855-648-2951

**Multi Subject Teacher** needed at Biggs Elementary School. See [www.biggs.org](http://www.biggs.org) or Edjoin for information and application. Deadline: March 17, 2017 or Open until filled.

**Pool Manager** needed at Biggs Unified School District. \$16.50 - \$18.19/hour. Summer season. Deadline: March 15th or until filled after that date. Application at [www.biggs.org](http://www.biggs.org), [dcyr@biggs.org](mailto:dcyr@biggs.org), or 300 B Street, Biggs. (530) 868-1281, 250.

**School Speech Therapist** needed at Biggs Unified School District. See [www.biggs.org](http://www.biggs.org) or Edjoin for information and application. Deadline: March 17, 2017, 2017 or Open until filled.

## 190 BUSINESS OPPORTUNITIES

**\$\$HELP-WANTED\$\$ Earn Extra** Income Assembling CD Cases from home. CALL LIVE OPERATORS NOW! 1-800-405-7619 Ext 651 [www.easywork-greatpay.com](http://www.easywork-greatpay.com)

## 210 YARD SALE

**March 10 & 11, 8-2, 3140 Fourth St, Biggs.** Lots of teenage girl clothes, name brands and shoes. Some Boy clothes, Baby Items, some furniture and stock pile items. Lots of misc. Cancelled if raining.

## 265 MISCELLANEOUS

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## LODGE AND SERVICE DIRECTORY

<b>GRIDLEY ROTARY CLUB</b> MEETS THURSDAYS 12:15 P.M. CORNER HAZEL & OREGON STS. SACRED HEART HALL JAG KALKAT PRESIDENT RAVIE AUJLA SEC.	<b>WOMEN OF THE MOOSE</b> GRIDLEY NO. 1185 MEET FIRST THURSDAY 5 P.M. 1533 HWY 99 OFFICERS MEET SECOND WEDNESDAY 5 P.M. SENIOR REGENT MARNA ANDES PHONE 846-4610 RECORDER CHRIS MICHLET PHONE 533-5869 LODGE 846-4610
<b>NORTH BUTTE LODGE</b> NO 230 F&M MEETS SECOND THURSDAY EACH MONTH 7:30 P.M. VISITING BROTHERS CORDIALLY INVITED SYCAMORE AND VERMONT DREW BECKER WORKSHIPFUL MASTER ED BECKER SECT.	<b>GRIDLEY QUOTA CLUB</b> MEETS 2ND AND 4TH WEDNESDAY 12:00 NOON PRESBYTERIAN CHURCH SOCIAL HALL 495 KENTUCKY STREET, PO BOX 144, GRIDLEY MARIE WHEELER, PRESIDENT KARI WHEELER, PRESIDENT-ELECT PAM SCOTT, VICE PRESIDENT JENNIFER SEPULVEDA, SECRETARY PAT TEAGUE, TREASURER
<b>AMERICAN LEGION</b> MEETS SECOND TUESDAY OF EACH MONTH VETERANS MEMORIAL HALL, 249 SYCAMORE MEETING BEGINS AT 7 P.M.	<b>KNIGHTS OF COLUMBUS</b> ST. MARY'S COUNCIL #12527 P.O. BOX 717, GRIDLEY GRAND KNIGHT - SIXTO MOTA FINANCIAL SECRETARY - ROBERT MILLER FATHER JOSEPH O'CALLAHAN ASSEMBLY #2706 FAITHFUL NAVIGATOR - LUCIO ANGEL FAITH COMPTROLLER - FIDENCIO RAMIREZ
<b>AMERICAN ASSOCIATION OF UNIVERSITY WOMEN</b> GRIDLEY BRANCH MEET 2ND THURSDAY AT LIBRARY AT 4:00 P.M. OPEN TO ALL COLLEGE GRADUATES OR HOLDERS OF EQUIVALENT DEGREES (AA, BA, BS, RN, ETC.) PRESIDENT TRACY HOWELL CONTACT FOR MTG. DATES <a href="mailto:tracy@howellitis.com">tracy@howellitis.com</a> PHONE 846-7962	<b>WARREN H. MCCUTCHEON</b> POST 5731 VFW & AUXILIARY MEETS 1ST WEDNESDAY AT 7:00 P.M. MEMORIAL HALL GRIDLEY GEORGE HIRALEZ COMMANDER DAN MARINELLA ADJUTANT LYNNE SPENCER AUX. PRES. 249 SYCAMORE, 530-846-3422
<b>LOYAL ORDER OF THE MOOSE</b> GRIDLEY 1594 1533 HWY. 99E PHONE 846-4610 MEETS SECOND AND FOURTH WEDNESDAYS ADMINISTRATOR GOVERNOR, RAY MICHELET - 846-4610	<b>FRIENDS OF THE GRIDLEY LIBRARY</b> MEETS 2ND THURSDAY OF EACH MONTH AT 6:00 P.M. 846-3323 GRIDLEY BRANCH, BUTTE COUNTY LIBRARY PRESIDENT PENNY LOUTON OPEN TO ALL LIBRARY SUPPORTERS
<b>FOCUS</b> HANDS HELPING CHILDREN P.O. BOX 1141, GRIDLEY (MEETS FIRST THURSDAY FROM SEPTEMBER TO JUNE) <a href="http://WWW.FOCUS-HHC.ORG">WWW.FOCUS-HHC.ORG</a> FOCUS.HHC.INFO@GMAIL.COM 530-868-5949	<b>WANT TO SPREAD THE WORD ABOUT YOUR GROUP/ORGANIZATION?</b> <a href="mailto:email_herald.rachel@gmail.com">email_herald.rachel@gmail.com</a> for more information
<b>GRIDLEY AREA CHAMBER OF COMMERCE</b> MEETS SECOND MONDAY OF EACH MONTH AT 6:30 P.M. PRESIDENT - LYNNE SPENCER VICE PRESIDENT - ZACH TORRES INTERIM SECRETARY - BRITTNEY KELLY TREASURER - CATHY MILLS 890 HAZEL STREET, GRIDLEY 530-846-3142	



# Biggs High School Students of the Month - FEBRUARY



**FRESHMAN – Maedean Sharrock**  
Maedean is a Freshman with a 4.20 GPA. She participates in FFA, Softball, Volleyball, and ASB serving as the Freshman Class Vice President. She has helped serve at the Richvale Spaghetti Dinner, softball fundraiser and cleaned the Oroville Softball fields. In her spare time she enjoys art, horses, hunting, training dogs, video production, photography and writing narratives. She plans to attend a university to further her education after she graduates high school. Maedean was nominated by the staff because she is helpful, a good student and friendly to everyone on campus.



**SOPHOMORE – Kameron Smith**  
Kameron is a Sophomore with a 4.16 GPA. This is his 2nd year at BHS. He participates in baseball, basketball, track, FFA, ASB, CSF and Upward Bound. He has volunteered at the Bidwell Park clean up days and FOCUS. In his spare time he enjoys playing sports and hanging out with his friends Angel and Jorge. He hopes to get a scholarship to play baseball in college and further his education by studying to be a math professor or teacher. Kameron was nominated by the staff because he is a diligent student getting his work done in a timely manner.



**JUNIOR – Monico Rodriguez**  
Monico is a Junior with a 3.32 GPA. He has attended BHS for 3 years. He enjoys playing video games, drawing and Monster Jam in his spare time. He helps his class by working in the snack bar during sporting events and is the BHS mascot. In the future he plans to study to become an Engineer. Monico was nominated by the staff because he is always willing to lend a helping hand around campus.



**SENIOR – Mohammad Tabusum**  
Mohammad is a Senior with a 4.16 GPA. He has attended BHS for 2 years. He enjoys playing video games in his spare time. He plans to attend college after high school and become a video game designer. He was nominated by the staff because he is a good example to the other students, always gets his work done and shows good participating in the classroom.



**AWARDS ASSEMBLY AT WILSON** - Wilson School Principal Tracey Allen was pelted with Silly String last Friday during an awards assembly and concluding the Literacy Week festivities and Dr. Seuss' birthday celebration. (Photo by Lisa Van De Hey)




## Crazy Hair Day at Wilson School

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# SPORTS

## Bulldog nine off with a win in 2017

By David Vantress  
Sports/News Reporter

The Gridley High School baseball team seems to be ready to pick right up where it left off in 2016.

The Bulldogs, coming off an appearance in the CIF Northern Section Division 4 championship game last year, bested area rival Live Oak, 13-3 in a contest halted after six innings due to the 10-run rule.

The Bulldogs (1-0) got a big day at the plate from senior Jared Kopp, who went 3-for-4 with a double, triple and four runs scored.

Braden Shipman, Ty Cota, Frank Leyva and Wyatt Swinney each had two hits for the Bulldogs in the win over the Lions.

Gridley coach Dan Crabtree said he's pleased with what he's seen from his team so far. The Bulldogs lost nine seniors off last year's section final squad.

There are four seniors on this year's team.

Crabtree said the Bulldogs have not had a lot of outside practice time with the recent rains and the Oroville Dam evacuation order that wiped out several days of school last month.

Live Oak dropped to 0-2 on the young season. The Lions lost their 2017 opener to Hamilton last week, 18-2.

Live Oak coach Rob Burgess said his team is working on finding consistent pitching and hitting.

Meanwhile, the Gridley softball team struggled in its home opener Tuesday afternoon, falling to the Lions, 12-7.

Gridley coach Elmer Brock liked his team's spirit, including a late rally in the final innings, but said his team has a lot to work on.

In boys tennis, Gridley dropped an 8-0 Butte View League contest to rival Sutter.



The Gridley High School varsity baseball team is pictured after Tuesday's 13-3 win over Live Oak. (Photo by David Vantress)

## CAL FIRE/Butte County Fire honors career and volunteer personnel and graduates new volunteer firefighters



Butte County – CAL FIRE/Butte County Fire Department recognized the accomplishments of career and volunteer personnel and held a graduation ceremony for 29 new members to the rank of Volunteer Firefighter at an Awards Banquet on Saturday, March 4th, 2017. The event was attended by over 400 career personnel, volunteers and family members.

The 29 new volunteer firefighters were recruited during a process that started in August 2016. Over the following months, the recruits spent a total of 6,000 hours learning the skills that are required to respond to county emergencies. The graduating class attended classroom courses, studied subjects on a self-paced schedule and proved their skills during hands-on scenarios. These volunteer firefighters will join veteran volunteers throughout the county, bringing the total number of Butte County Fire Department Volunteers to 186, responding to over 19,000 calls a year.

In addition to the graduation ceremony, various volunteers and career staff were recognized with awards that included Organizational Enhancement, Years of Service, Leadership, Benchmark, Superior Accomplishment, Volunteer Firefighter, Career Firefighter of the Year and Employee of the Year.

Also 24 volunteer firefighters that graduated from

the volunteer training academy in the spring of 2016, completed their 1 year probationary period and were badge pinned by the Fire Chief or a family member.

"I am extremely proud of the dedication of our career and volunteer personnel", stated Fire Chief Darren Read. "Their service and teamwork is what fulfills our department's mission in every aspect of our duties."

A list of the awards and the recipients follows:

Superior Accomplishment Awards

Fire Captains Joe Verska, Chris Vatcher, Chris Boyd

Fire Prevention Bureau Battalion Chief Shannon Garrett, Fire Captains Sims Hawkins, and Mike Waters.

Station 63 Personnel All Shifts

Butte County Volunteer Company 33

CAL FIRE/ BCFD Fire Pals Program

Fire Captain Sims Hawkins

Organizational Enhancement Award

Volunteer Lieutenant John Sylvia

Employee of the Year

Kathy Evans

Leadership Award

Battalion Chief John Messina

Volunteer Firefighter of the Year

Volunteer Captain Tim Anderson

Career Firefighter of the Year

Fire Captain Miguel Watson

## DWR to continue work on debris pile in diversion pool

Over the past week, the Feather River watershed has experienced cool and dry weather. These weather conditions have allowed the Department of Water Resources' (DWR) Oroville Emergency Response team to make tremendous progress removing approximately 650,000 cubic yards of debris from the Diversion Pool channel. The lake level will likely reach 860 feet later tonight.

Based on forecasted weather conditions, reservoir inflows, and the reoperation of the Hyatt Powerplant, DWR will delay the release of water over the Flood Control Spillway until approximately March 17. This delay will allow continued removal of the debris at a higher production rate permitting additional protective measures to be implemented on the Flood Control Spillway.

Lake level may increase to a forecasted level of 865 feet during this period. This forecasted lake level is based on twice-a-day modeling that considers lake inflows and Hyatt Powerplant releases between 7,000 cubic feet per second (cfs) and 13,500 cfs. At a lake level of 865 feet there will still be 36 feet of flood storage in the reservoir. DWR will continue to monitor weather conditions, lake inflows, and Hyatt Powerplant releases in order to determine whether use of the Flood Control Spillway is needed prior to March 17.

GRIDLEYHERALD.COM

**KNIGHTS OF COLUMBUS**

**18<sup>th</sup> Annual St. Patrick's Day**

**Corned Beef & Cabbage Dinner**  
**MARCH 17, 6PM - 8PM**  
**Take Out Available**  
**Beer & Wine, Door Prizes**

Sacred Heart Catholic Church Community Hall  
1561 Hazel Street • Gridley

Tickets available at ACE, Les Schwab, or from Larry Earley 990-3600

Adults \$16  
Children 7-14 \$10  
Children 6 & Under FREE

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## Melodies at 2:00, Musical Variety

This month's Melodies at 2:00 will include the Free Spirit Trio, the Flute Trio and Dan Gates on the Pipe Organ and Piano.

on March 14 from 2 – 3 p.m. (Coffee and snacks at 3)

This program will be presented to the elementary students at 1:20 p.m., at the Richvale Church, 5219 Church Street, Richvale.

Refreshments will be served at 3 p.m.

## Taking Carrier Applications

Pick up an application at  
**650 Kentucky St.  
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846-3661**

