

A Poetic Return to the Maker PAGE 2

Remember the Reason for the Season





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FRIDAY • DECEMBER 25, 2020 • VOL. 140 NO. 52

LAWMAKERS: STOP ENFORCING ON RESTAURANTS



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READY RACCOON IS READY FOR WILD FIRE, ARE YOU?



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CALIFORNIA MAY BE LOSING ITS **BUSINESS MOJO**



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PRESORTED STD. US POSTAGE **PAID** PERMIT 245 Gridley, CA 95948



OSP COOK Kendall Carrell RIORDER REMOS Hora Menchaea Maomie Websier BROW HORBE

A GHS Enchantment

By Seti Long

GRIDLEY, CA (MPG) - Recently Gridley High School Leadership Class put in some serious work to create a little holiday magic for our community with The Christmas Drive Thru Light-Show.

Wednesday, O n December 16th, the GHS Leadership class transformed the u-shaped parking lot of the LDS Church on French Avenue into a socially distanced winter wonderland. The Drive-Thru Light Show was complete with scenes from the Polar Express, The Grinch, Candy Cane Lane, and of course, Santa and his helpers.

Students began planning, designing and creating the scenes weeks prior and used plywood, paint, lights, blow-up decorations and more to bring their ideas to life. As visitors arrived for the show, students directed them to the one-way



GHS Leadership Class spends hours getting the decoration for their Christmas Drive-Thru Light

tune their radios to 92.3 for a holiday soundtrack. A tunnel made entirely of bright purple/pink lights funneled vehicles into the main show, where they could travel at their own scenes. Students were studded throughout waving and wishing patrons a Happy Holiday.

The Drive-Through Light Show is just one of many socially-distanced events

entrance, bidding them to pace through the holiday that the GHS Leadership Class has brought to our community during COVID. Leadership Advisor Jennifer Davison says, "It's been a tough year for our leadership class since we haven't been

Continued on page 3

Vaccinations Begin in **Butte County**

By Seti Long

BUTTE COUNTY, CA (MPG) -Last Thursday, December 17th, the first doses of COVID-19 vaccines arrived in Butte County and vaccinations immediately got underway.

The State of California has allocated nearly 10,000 doses to Butte County which includes a total of 3,000 of the Pfizer vaccine and 7,000 doses of the Moderna vaccine. According to Butte County Health Director, Dannette York, Enloe Medical Center in Chico was the first to receive the vaccinations due to the fact that they are the only hospital in Butte County registered and approved by the State (at the time of this article). Both Oroville Hospital and Orchard Hospital are in the application process to become registered vaccine providers.

In a press conference Thursday afternoon, Enloe hospital spared no time and immediately vaccinated one of their front-line healthcare professionals, broadcasting it for the public. The shot was one of the freshly received Pfizer vaccines and was quick, simple, and given in the upper arm - it drew a round of applause from those in attendance.

During this Phase 1 of vaccine distribution, vaccinations are prioritized for healthcare workers at the highest risk of exposure to COVID-19. Per BCDPH, the vaccine is not available to other healthcare workers of the general public at this time. As supplies increase and additional healthcare providers are brought online as registered vaccination locations in Phases 2. 3 and 4. vaccinations will become available to the public.

The BCDPH asks that healthcare providers, clinics and the public wait to be contacted by the BCDPH about procuring vaccinations, to not overwhelm the department with phone calls which will ultimately slow down the process.

For more information, please visit www.buttecounty.net/ph/COVID19/ vaccine. The BCDPH will continue to update the public with information as they receive it.



The New Pi-Line A Poetic Return to the Maker



By Josh F.W. Cook

Great job Hazel street people. The neighborhood light show is fantastic and at the end of the street is a Starbucks selling hot cinnamon apple cider. ***

Tradition most missed going to Spruce Drugs to get Christmas photos with Santa - which is funny because the Rush family who owned the Pharmacy celebrated Hannukah. This year my grandkids met Santa thru plexiglass. That

is one for the journal.

Too many obituaries on these pages the last few weeks. I think it is nice that the notices are not buried in the back pages, most are on page 2. I like being on the 2nd page and I am honored to be aside from the stories of good people whose lives deserve a mention at their passing.

Graig Rigsbee is retiring as Butte College Athletic Director in 2021. Before taking the job as AD he was the RoadRunner Football Coach. During Rigsbee's 16 years as the head football coach, the Roadrunners went 136-33-2. For those of you who

like Brandon Brothers and I did, that is an average of only 2 losses per year. Butte College is a truly an amazing institution. I am always proud of my alma mater. Butte College is California.

The University of Pacific Gridley Alumni Chapter has figured out that newly elected Gridley City Councilwoman Catalina Sanchez is a UOP Tiger. She should anticipate Frank W. Cook and Brian Hamman will immediately install her as honorary president of the local Tiger club in the near future. It's not often that incumbents lose the election. About 90% of incumbents get re-elected, so I've been interested to learn more about this prestigiously educated local woman who knocked out an incumbent Councilor. After much thorough investigative reporting - (I called her) I found the following: she attended Gridley High School, Chico State, and UOP. Some insights you may have missed in all of the noise of the election - she really enjoys doing calligraphy, and she shares a first name with a touristy island off the coast of Los Angeles. When I told Catalina I graduated from Gridley Union High in '88 and my wife in '92 she kind of giggled and told me that 1988 was the year she was born. I did not have

Speaking of elected officials with unique names; Butte County Supervisorhad Ms. Watson for math, Elect Tod (not Todd)

any more questions after

that.

Kimmelshue was seen this week entering and exiting what will be his Gridley office in the old county courthouse building next to the Veterans Hall. When he was out door knockone of the best colleges in ing in 2019 he promised people that when he was elected he'd have an office in South County, looks like he is keeping his promise. Another odd naming protocol going on is Gridley City Councilman Mike Farr. Everyone refers to him as Mike, rarely as Mike Farr. Mike is just a likable name.

> So with lots of people missing Church because of the pandemic I found a short version of the Story of Jesus birth to share. Here it is: A new star appeared in the sky. Shepherds were taking care of sheep in nearby fields. Angels came and told the shepherds that the Savior had been born. The shepherds went to find and worship the baby Jesus. Far away, Wise Men saw the new star. They knew it was a sign that the Savior had been born. They followed the star until they found Jesus. They gave Him presents and worshipped Him. Jesus grew up in a town called Nazareth. He learned to be helpful, kind, and obedient. He learned everything that He needed to learn to be our Savior. He always followed God's plan for Him. Lots of us find great joy in his teachings - which have spread all over the world. Merry Christmas.

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

By Seti Long

GRIDLEY, CA (MPG) - She needed a frame...and that is what caught Georgie-Ann Waddell's eye first when she saw the painting displayed in the thrift store. The frame was colorful, a unique size and was just what she needed. After purchasing it for a mere \$3.49, Waddell inspected the painting it framed a little closer. The modern landscape done in oil was quite beautiful, was originally priced at \$500, and had been signed by the artist – Frank DeCosta. Her historian's curiosity peeked, Waddell decided to investigate the painting's artist and origins, discovering it was one of DeCosta's lost works.

Research into DeCosta revealed a highly publicized and profitable art career, with numerous articles written on his works and shows. The New York native spent time living and working on both East and West Coasts after graduating from Newark School of Fine Art and Industrial Arts and the Brooklyn Museum Art School. It was in his teens that he discovered his love for painting after being banished to the attic for punishment. It was there he discovered some lost art supplies and the rest was history. DeCosta completed his first painting at the age of 15 and sold it to his



Waddell stands next to her treasure, a painting bought for just \$3.49 and valued at much, much more. Photo by Seti Long

later paintings would sell for upwards of \$5,000 apiece.

DeCosta's works, often depicting mythical themes, sometimes theological, were highly expressive and described as "reminiscent of the grand master painters." DeCosta was once quoted as saying, "I dream that one day in my tottering old age, I'll paint at least one picture that is maybe half as good as Rembrandt's. That is my dream."

Delving deeper, Waddell was able to locate his daughter, Selena De Costa-Edmonds in North Carolina and add personal details to the story. DeCosta-Edmonds' walls are covered in the works of her father – her own personal gallery in his honor. She shares that the painting which Waddell

art teacher for just \$2.00. His rescued had hung in a relative's home in California that recently passed away, the painting thought lost forever. "I'm ashamed that one of his pieces ended up in a thrift store," says DeCosta-Edmonds, but that it was fate for Waddell to discover it and "rescue his legacy". Waddell's interest and passion for reuniting the lost piece of work with the artist invoked an emotional response from his daughter. "Thank you so much for keeping him alive. It's wild that you found this painting and are the type of person who wants to know more. You saw something that you knew was MORE,

> Unfortunately, the artist Frank DeCosta passed away in 2002 as he traveled through Europe arranging the sales of his work there. Intrigued and impassioned, Waddell wishes to preserve and promote his artistic legacy with the help of his daughter and dreams of returning the found painting to DeCosta-Edmonds' personal gallery. DeCosta himself said in an interview "A great dramatic theme is a good foil for the kind of intensity that I try to arrive at in my own day at work." No doubt DeCosta himself would approve of this poetic return home of his lost work.

and there is...."



The acclaimed artist was one of those invited by the Metropolitan Museum to get up close and personal with some of its collection. Seen here, DeCosta copies one of the Met's classics. Photo provided by Selena DeCosta-Edmonds

Farm Bureau President Outlines Priorities

By Dave Kranz.

SACRAMENTO, CA (MPG) - Calling for "farmer-led solutions" to issues confronting agriculture, California Farm Bureau President Jamie Johansson pledged the orga-

nization would respond to state government actions on the pandemic, climate change and other policies.

Speaking to members via webcast from the Farm Bureau building in Sacramento during the 102nd California Farm Bureau Annual Meeting, Johansson said farmers and ranchers acted quickly and responsibly during the COVID-19 pandemic, to adjust working conditions and provide personal protective equipment to employees, and to assure a worried public about the continued availability and safety of food and farm products.

"Make no mistake about it, when it comes to worker safety and when it came to our families' wellbeing, farmers and agriculture led the way," Johansson said.

"We'll continue to work **Farm Bureau Federation** as we move forward through this pandemic, looking into the future of what we need to do to take care of our employees," he added, noting in particular the need to remove roadblocks to creation of more and better

housing. Describing agriculture as "the original green industry," Johansson said state and federal climate policies must recognize the positive contributions farms and ranches make to the environment. He also urged the state to act quickly and decisively to address chronic water shortages and the increasing wildfire threat.

The annual scourge of wildfires "shouldn't become normal," Johansson said. "We should be outraged." Noting that the state has directed significant resources toward wildfire prevention and forest management, he said Farm Bureau will review how effectively those resources have been used and will advocate for timely action.

Johansson celebrated the defeat of a November ballot initiative to create a split-roll property tax, saying farmers and ranchers "changed the debate" on Proposition 15 by describing its likely impacts on food production and prices. With the state government facing budget deficits, he warned of potential new efforts to raise taxes and fees, saying the state can't continue to balance the budget "on the backs of the California taxpayers."

With a new administration about to take office in Washington, D.C., Johansson said Farm Bureau will advocate for balanced environmental, immigration and trade policies.

"We have challenges ahead of us, but we will continue to speak out and make a difference," Johansson said.

The California Farm Bureau works to protect family farms and ranches on behalf of nearly 34,000 members statewide and as part of a nationwide network of nearly 5.6 million Farm Bureau members.

MEMORIAL NOTICE

Glen E Lockhart

June 20, 1931 to December 15, 2020

Glen was called home on Tuesday, December 15, 2020. He was born in Fresno California to Emmon and Norma Lockhart. Glen graduated from Gridley High School in 1948, after his service to his country in the U.S. Army, returned to Gridley and in 1958 married the love of his life, Mary. Together they lived in Empire Nevada, Anderson California, and after 30+ years with Simpson Paper Company, Glen retired and they moved "back home" to Gridley California to be closer to family.

Glen is survived by his sons, Randy, Glen (Charlotte), Allan, and daughter Terrea; 10 grandchildren and 12 great-grandchildren, his brother, Donald



nephews, Paul Coates, Steve Lockhart, Raymond Upton and niece Mary (Stan) Womack were very important to him as were his other 14 nieces and 4 nephews. Glens beloved Mary and brothers; Brant (Geneva), Vernon (Betty), Tommy (Paula) have all gone on before Glen. The family wants to express

(Wanda) Lockhart and sister

Dorothy (Joe) McMillan. His

a special Thank You to the Staff of Hoylid Community Care Center for their excellent care for Glen during this past year and especially during the difficult times caused by the COVID pandemic.

A private burial was held Tuesday, December 22nd in the Gridley Biggs Cemetery. Arrangements entrusted to Gridley-Block Funeral Chapel.

Fire Wise Communities Increasing

By Butte County Fire Safe Council

BUTTE COUNTY, CA (MPG) - Living together in our forested communities means that we have a special obligation to help preserve and protect them from wildfire. In the spirit of promoting community self-reliance and mutual assistance, the National Fire Protection Association facilitates FIREWISE USA®, a nation-wide certification program and information hub. Cohasset became certified this year, and Forest Ranch, Forbestown and Troy Estates of Magalia just received their recertification of Good Standing. If you are interested in becoming a Firewise community or need help with re-certification, contact Ben TestHart at benhart@buttefiresafe.net. The program website has lots of information about how to better protect your home from wildfire, along with nocost learning materials that can be shipped directly to your home. Along with the esteem of being a nationally recognized FIREWISE USA® location, residents who reside in that community are also eligible for discounts on their fire insurance policies if they have them through USAA or the California Fair Plan.

If you'd like to review the free online learning materials please visit:

https://www.nfpa.org/Public-Education/ Fire-causes-and-risks/Wildfire/Firewise-

MEMORIAL NOTICE

June Delores Hearn

December 2, 1943 to December 8, 2020

June Delores Hearn, loving wife, mother, grandmother and sister passed on December 8th. 2020 in Gridley, California at the age of 77. June was born on December 2, 1943 in Hot Springs, Arkansas to Walter and Minnie Miles. June was the 7th of 9 children-4 sisters and 4 brothers. June grew up in Live Oak, California where the family moved when she

was still an infant. June married Kirk Hepworth in 1962 and settled in Gridley. Raising 3 children, she stayed busy with home and family. June loved to spend time with her numerous nieces and nephews. No sports event for her children went unattended. There were many road trips to football, basketball and softball games and tournaments. June sewed doll clothes and Christmas ornaments. Hours were spent painting ceramics with her children. June and her sisters shopped together weekly and many merchants knew them as

"the sisters". In 1973 June realized her dream of going



to Cosmetology school and becoming a hair stylist. From her first salon, Swirl & Curl, to her last, June's Hair Establishment, she committed herself to her clients and often went to rest homes and mortuaries, caring for her "ladies" to the end. June retired after 35 years of working in a profession she dearly loved.

June married Phil Hearn in 1989 and they celebrated 31 years together. They enjoyed traveling and then settled into

life as grandparents.

June is survived by her husband, Phil Hearn, daughters Torrie Scott and Rhonda Ransdell, son Kord Hepworth, grandchildren Casey Ransdell, Morgan Ransdell, Callie Ransdell, Nicholas Hepworth, and Lexi Hepworth, sisters Marge Palmer and Eva Hill and brother Walter "Sonny" Miles.

A private family gathering will be held on December 28th, 2020 at 11:00 am at the Gridley Cemetery to honor and say goodbye to "JuneBug". A celebration of life will be held at a future date.

And the Winner is ...

By Seti Long

GRIDLEY, CA (MPG) - Gridley Area Chamber of Commerce Christmas Light Contest has come to a close, and we have a winner! Actually, a few...

Homes in the city limits (and those who notified the chamber outside the limits) were judged over the weekend and the following addresses shined brighter than the rest. The results are as follows:

Hazel Street Residential Winners are: 1st place - 450 Hazel Street. 2nd place -440 Hazel Street.

Best Hazel Street Business Display -Tiffany's Hair Salon.

Best Gridley Lights & Decorations Winners are: 1st place – 1310 Sycamore Street. 2nd place – 429 California Street. 3rd place – 1840 Laurel.

Dressed in Santa Hats and holiday gear, the Chamber and its members visited each of the homes beginning Friday, December 19th to hand deliver the winners their cash prizes! Thank you for all that participated in this years contest.

Seasonal Affective Disorder

By Evelyn Hill, The Jason Foundation

HENDERSONVILLE, TN (MPG) - Seasonal affective disorder (SAD) is characterized as a type of depression that is related to changes in seasons, typically tied to the start of fall and persisting into the winter months. We know that depressive disorders don't take holidays and this time of year can be stressful. For individuals who suffer from or are at risk for depression, though, the impact of holiday stresses and pressures can be much more severe than the momentary frustrations that almost everyone experiences. Typical symptoms of SAD, sometimes referred to as winter depression, may include the following (Mayo Clinic): Feeling depressed most of the day, nearly every day; A lack of energy; Losing interest in activities you once enjoyed; Feeling sluggish or agitated; Oversleeping or having problems with sleeping; Social withdrawal; Feeling hopeless, worthless or guilty; Substance abuse.

Recently, more people are willing to engage in more meaningful conversations regarding mental health, but that has not always been the case. Many of the same symptoms listed above are commonly associated with warning signs of

suicidal thoughts or behavior, the second leading cause of death for ages 10 - 24 in California. The Jason Foundation, a nationally recognized leader in youth suicide awareness and prevention, has developed a program designed to help reduce the stigma surrounding mental health issues and suicide. #IWONTBESILENT is an awareness campaign to raise the conversation on suicide prevention and mental illness, allowing open conversation regarding these serious subjects. Visit www.iwontbesilent. com to learn how you can become involved and make a difference within your community. Creating an environment where people of all ages feel comfortable to talk about their struggles is an important step in preventing unnecessary tragedies.

Contrary to a prevalent myth, suicide rates do not peak during the holiday season. However, depressed individuals are hardly immune from either depressive episodes or suicidal ideation during this time. If you or someone you love is struggling with depression and/or thinking about suicide, get help now. The National Suicide Prevention Lifeline, 1-800-273-TALK (8255), is a free resource that is available 24 hours a day, seven days a week, for anyone who is in suicidal crisis or emotional distress.

food & Farm

Food System Responds to Pandemic-Related Tests

As the food system continues adjusting to changes caused by the COVID-19 pandemic, marketers say the system has proven resilient so far. Supply chains have had to adapt as restaurants and other food-service facilities have been restricted or closed. The changes have tested food supplies and forced farmers and marketers to reconfigure some operations. But people involved in the food system say they've remained flexible to try to match demand and supplies.

Mandarin Farmers See Rising Demand, Supply

The vitamin C content of citrus fruit has helped boost its popularity during the pandemic, and farmers who grow mandarins say they've seen more demand for their fruit. California Citrus Mutual says it expects increased volumes for this year's mandarin harvest, which began last month and will continue for several more weeks. Recent cool, wet weather has helped the fruit gain color, and farmers say they're expecting a good mandarin season.

Farmers Pledge to Continue **Butterfly Conservation**

Farm organizations say they'll continue efforts to conserve monarch butterfly habitat. The U.S. Fish and Wildlife Service said Tuesday it will defer for a year adding the monarch to a list of federally protected species. The agency designated the butterfly as a candidate for protection. The American Farm Bureau said the action gives farmers and other land managers more time to continue conservation and research work to benefit the butterflies.

Agricultural Graduates Should See Good Job Outlook

College graduates with degrees in agriculture can expect strong job demand, according to a new report. The study estimates steady growth in job opportunities for agricultural graduates, and that employer demand for the available graduates will exceed supply. Although the study began before the pandemic, the report's authors say they're confident demand for agricultural graduates will remain "strong and steady."



A GHS Enchantment



A bright arch of purple welcomed drivers to the Christmas Drive-Thru Light Show, after which visitors were treated to some of the students favorite holiday scenes! Photo by Seti Long

Continued from page 1 able to host many of our traditional events but the kids have worked really hard to come up with creative ideas for the community. After the success of our trunk-or-treat, the class wanted to organize something for the holiday season and they came up with the ambitious idea of a drivethru light display. They've

spent countless hours working on their designs to make sure this is something the whole community can enjoy. They're a creative, tenacious group and I'm so proud of what they've accomplished already this year!"

A steady stream of cars arrived over the two hours the Christmas Drive-Thru Light Show was live, with some driving through twice. The family fun is easily summed up in the words of one twoyear-old-guest: "AGAIN! Let's go again!" For those that missed it this year and the community, the hope is that the drive-thru will return next year by the innovative GHS class and become another new holiday tradition in Gridley. ★

Lawmakers: Stop Enforcing on Restaurants

Commentary by Assemblyman James Gallagher

SACRAMENTO, CA (MPG) -Following Wednesday's San Diego County Superior Court Judgement that suspends enforcement of COVID-19 restrictions on restaurants, a group of 16 lawmakers urged the California Alcoholic Beverage Control (ABC) to immediately cease all enforcement on restaurants that have continued indoor and outdoor dining

The legislative effort as big box stores when it

Assemblyman James practices like social dis-Gallagher (R-Yuba City), tancing and other measures. the same lawmaker who prevailed in a COVID-19 related lawsuit early this year against Governor Gavin Newsom.

"Restaurants statewide have been crushed by the Governor's arbitrary dictates. Yet to this day, the state has not provided any evidence showing that restaurants are responsible for the spread of COVID," said Gallagher. "Dining establishments are just as capable

was spearheaded by comes to following best The lack of science and the recent court decisions in Los Angeles and San Diego should be a wakeup call for the Governor and his minions at the ABC."

Already an estimated 30 percent of California's restaurants are at risk of closing permanently. ABC actions against restaurants will further damage the industry and destroy the jobs for the 1.4 million Californians who rely on their continued



Assembly Education Vice Chair Responds to New Campaign to Close California Schools

Commentary by Assemblyman Kevin Kiley

SACRAMENTO, CA (MPG)

- Assembly Education Committee Vice Chair Kevin Kiley (R-Rocklin) put out the following statement in response to the California Teachers Association's recent call to close California schools:

"Parents, health experts, and a bipartisan coalition of lawmakers agree kids need to be back in the classroom. But despite the overwhelming evidence supporting a safe return, a large Sacramento union

neither students nor teachers - has launched a statewide disinformation campaign to keep schools closed.

"State and local health officials continue to report that COVID-19 is not being spread in our schools. The classroom has become one of the safest places for California students and teachers to be, while the dangers of school closures continue to mount.

"If California's Legislature and Governor give in to this Special Interest pressure instead of following the scientific consensus, it will be one of the

conglomerate – representing most consequential failures of political leadership in our state's history."

> Earlier this week the California Teachers Association launched a statewide campaign calling on its members to contact the Governor "and tell him that no school in counties with COVID-19 rates in the Purple tier should be open for in-person instruction." They also sent a letter to Legislators stating, "schools in communities at Purple Tier levels of transmission and risk should not be open or reopen."

> Current California Department of Public Health

guidelines allow schools to remain open under the Purple Tier and Health and Human Services Secretary Mark Ghaly and his team have stated on multiple occasions that schools are not a source of community spread.

Assemblyman Kevin Kilev represents the 6th Assembly District, which includes the Sacramento, Placer, and El Dorado County communities of Cameron Park, El Dorado Hills, Fair Oaks, Folsom, Granite Bay, Lincoln, Loomis, Orangevale, Penryn, Rocklin, Roseville, and Sheridan.

Women's Federation **Cancels December** and January Meetings

By Chary Dunn. Sutter Yuba Republican Women

YUBA CITY, CA (MPG) - The Sutter Yuba Republican Women Federated have cancelled their December and January meetings in compliance with the state and county cover restrictions on large gatherings.

The members meet on the third Thursday of every month at Hillcrest Catering for lunch and speakers of

local and state interests. Any woman who is a registered republican in the bi county area is welcome. Associate memberships are available to spouses and friends who are also registered republicans. The members are encouraged to donate a toy to a local toy drive this Christmas season in lieu of the luncheon.,

For information contact Pat Middleton, President. She will gladly send you a membership form. (218-1196)

NFIP Offers Protection from Potential Mudflow Losses

By Angela Byrd, Governor's Office of **Emergency Services**

SACRAMENTO, CA (MPG) -Anyone living downhill from an area that was burned in the recent wildfires will be at risk of mudflows for the next few years.

The fires killed plants that absorbed rain with roots that held the soil together. With nothing to hold the earth together it may not take much rain to turn the soil into a mudflow that could be flowing straight toward your house - if you live downhill from a fire-scorched area.

Damage from a mudflow is often serious and costly. To be protected from that risk property owners can take out a flood insurance policy from FEMA's National Flood Insurance Program (NFIP).

An NFIP policy cov-

general definition of flooding under the standard flood insurance policy. Mudflow is defined separately as "a river of liquid and flowing mud on the surfaces of normally dry land areas, as when earth is carried by a current of water."

Traditionally, homeowners insurance excludes coverage for mudflow. Recently, some California homeowners insurance has covered mudflow. You should consult with your insurance agent whether your homeowners policy would cover a mudflow loss.

The NFIP provides flood insurance protection to property owners, renters and business owners in communities that agree to mitigate effects of flooding. If your community participates in the NFIP program, you can buy a flood insurance policy through a ers mudflow if it meets the licensed property and casualty

insurance agent. Single-family dwellings may be insured for up to a maximum of \$250,000 and residential contents may be insured in a separate policy up to a maximum of \$100,000.

With few exceptions, NFIP policies have a 30-day waiting period before they become effective. Those at risk of flooding or mudflows are encouraged to buy insurance now as winter rains will soon

You should talk to your insurance agent if you have questions, would like additional information and/or are ready to purchase a flood insurance policy. If your insurance agent does not sell flood insurance, you can contact the NFIP Help Center at 800-427-4661 to request an agent referral.

You can also find more information about flood insurance at floodsmart.gov.

Regional Child Support Agency Approved for Sutter, Colusa, and Yolo Counties

By Charles Smith, Sutter County

SUTTER COUNTY, CA (MPG)

- The Boards of Supervisors of Colusa, Sutter, and Yolo Counties have approved a shared memorandum of understanding (MOU) which will create a combined, regional child support agency to serve the three counties.

The counties began exploring the potential of regionalizing the three child support programs in January of 2019 which included a complete examination of the various aspects of child support and department operations. During a time when child support allocations from the State of California have been flat for almost two decades, creating a single child support agency would generate increased

efficiencies, cost effectiveness, shared key positions, centralized mail processing, and a consolidated training program. With a more strategic use of resources, the agency will be better able to serve its communities' child support need and continue to provide a high level of customer support and service delivery.

The newly approved agency, titled "The Colusa, Sutter, and Yolo Regional Child Support Agency", begins January 2, 2021. Each of the three counties will retain a physical child support location to ensure easy access by customers.

"This is a wonderful example of government collaboration! I am proud to be part of this process," said Colusa County Administrative Officer Wendy Tyler.

"It's a big step for all three counties and I'm looking forward to seeing its continued development," said Director of the California Department of Child Support Services David Kilgore.

"This is an exciting milestone as we have undertaken a deliberative process including the staff of the three offices, working to design a regional operation that is able to continue to support these three communities." said Director of Colusa, Sutter, and Yolo County Child Support Offices Natalie Dillon.

Colusa County: www. countyofcolusa.org/96/ Child-Support-Services

Sutter County: www.suttercounty.org/doc/government/ depts/css/css home

Yolo County: www.yolocountychildsupport.org ★







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Yuba-Sutter Specialty Crop **Technical Assistance Hub Grant**

By Jennifer Wallace Sanders. **Sutter County**

The grant project seeks to expand and strengthen the California Farm Demonstration Network. a project partnership that includes California Association of Resource Conservation Districts, the California Department of Food and Agriculture; Natural Resources Conservation Service; University of California at Davis; University of California Agriculture and Natural Resources; and the California Farm Bureau Federation.

SACRAMENTO, CA (MPG) - The California Association of Resource Conservation Districts (CARCD) is pleased to announce the award of four Specialty Crop Technical Assistance Hubs grants. Four organizations will receive \$35,000 each to create or expand hubs, and provide stipends to partner farmers. These will consist of agricultural technical assistance providers developing a series of farmer-to-farmer demonstration events showcasing the most locally relevant conservation practices. Demonstration events will be structured in a farmer-to-farmer style for knowledge and experience sharing, keeping the farmers' expertise at the forefront in order to provide trusted and applicable information and peer support to farmers. While small, the grants will have real impact, helping specialty crop farmers weather challenges of COVID-19 and strengthen

to an unpredictable future climate.

The Yuba-Sutter Specialty Crop Technical Assistance Hub will be based in Yuba and Sutter Counties, providing services to the entire Northern region. Specialty crop growers in the region will have access to technical assistance for a variety of climate resilience strategies, with special focus for Punjabi speaking growers, a traditionally underserved socially disadvantaged group. Services will also be available in Spanish and English. Specialty crops highlighted will include peaches, prunes, walnuts, almonds, commercial nursery, vegetable seed, processing tomato, and dry beans, among others. Demonstrations will cover compost application, water efficiency, cover crop plantings, hedgerow installation, and whole orchard recycling. Partners in the hub include Sutter County Resource Conservation District, Yuba County Resource Conservation District, and Evans Agricultural Consulting.

Sutter County RCD is looking for specialty crop growers interested in hosting a demonstration event. Host growers will receive a \$1000 stipend for participating. For more information, please send an email to scrcdoffice@gmail.com.

The three additional Grantees include the Farmer Veteran Coalition, the Tulare County Farm Bureau, and the Community Alliance with Family Farmers. Counties that are involved in these hubs include: Solano, Yolo, Sacramento,

the resilience of their farms Colusa, Yuba, Sutter, Tulare, Kings, Madera, Ventura and Santa Barbara counties.

> "CARCD is proud to expand the California Farm Demonstration Network with this grant targeting our state's specialty crop farmers," said Karen Buhr, executive director of CARCD. "We were thrilled with the response we got when we requested proposals from across the spectrum of agricultural technical assistance providers in the state, not just resource conservation districts. Each proposal demonstrated the commitment to serve farmers in a way that is creative and farmer-led. It is the farmer-led aspect of these projects that is a priority of the Network and we are happy to facilitate that peer discovery through this funding opportunity."

> The projects are getting underway, and will be completed by the spring of 2022.

Sutter County Resource Conservation District is a special district formed under Division 9 of the California Public Resources Code. We work closely with farmers, ranchers, partners, and the community to get conservation on the ground in the Yuba-Sutter area. We are governed by a 5 member board of local landowners who understand the agricultural and environmental concerns facing the Yuba-Sutter area. Our staff is all involved in the agricultural world and cares deeply for the community they live and work in. We do on the ground projects, educational programs, provide technical workshops, coordinate workgroups, and much

California May be Losing its Business Mojo



Bv Dan Walters CALMatters

The timing could not have been more ironic.

As veteran Democratic operative Dee Dee Myers – she was Bill Clinton's press secretary at one point in her lengthy career - became Gov. Gavin Newsom's new ambassador to business this month, three of California's biggest and best-known corporate entities announced moves to arch-rival Texas.

The splashiest émigré is Elon Musk, founder of the Tesla electric car company and other high-technology firms, who had already chosen Texas for expansions of his automobile and space businesses.

Musk revealed his personal move at a business conference and compared California to a sports team with a long winning streak, saying, "they do tend to get a little complacent, a little entitled, and then they don't win the championship anymore." California, he said, "has been winning for a long time. And I think they're taking them for granted a little bit."

Very quickly, two other stalwarts of the San Francisco Bay Area's high-tech community also announced departures to Texas. Hewlett-Packard Enterprise Co. and software giant Oracle.

Hewlett Packard Enterprise is building a "state-of-the-art" campus near Houston for 2,600 workers and said, "HPE's largest U.S. employment hub, Houston, is an attractive market to recruit and retain future diverse talent."

Oracle, which is moving its headquarters to Austin, said, "We believe these moves best position Oracle for growth and provide our personnel with more flexibility about where and how they work."

The three announcements - and Musk's comments especially - renew a question that has hovered over California for several years: Do the state's high taxes, high operating and living costs and a political drift to the left make it hostile to business? And, parenthetically, does Texas, which has no personal income tax and is a reliably conservative, pro-business state, benefit from that perceived hostility?

"Anyone who doesn't believe that this latest departure isn't a threat to California's economy is a business climate denier," Jim Wunderman, president and CEO of the Bay Area Council, said in a statement. "We are watching the unraveling on one of the world's mightiest economies and the consequences will be devastating. California for too long has willfully ignored our awful business climate, even as we've enjoyed incredible success and prosperity."

Wunderman added, "We can't afford to dither any longer or California will permanently lose hundreds of thousands if not millions of jobs to states like Texas that place value on business

and investment."

Clearly the COVID-19 pandemic has had an effect on corporate attitudes. Many employers are now embracing workat-home arrangements that make physical location less important and the Bay Area has been seeing an outward migration to communities, such as Sacramento, with less congestion and lower housing costs as a result. In that sense, moving headquarters staff to low-cost Texas buys more bang for the buck and makes perfect

But there are other recent developments that may have a cumulative effect. They include state legislators' calls for higher personal and corporate taxes, political efforts to help unions organize workers in the high-tech sector, legislation to dictate corporate board memberships, and direct slaps such as San Francisco's new tax on corporations whose chief executives are paid over 100 times more than their rank-and-file workers.

We may have reached a tipping point in which the disadvantages of doing business in California outweigh the advantages. We should remember what happened to Detroit, which was the Silicon Valley of its day a century ago, but took its prosperity for granted and paid a heavy financial and social price for its complacency.

Good luck, Dee Dee. You'll need it.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers.

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Forensic audit finds that security log files were deleted from all Dominion machines to hide vote-switching | 15 Dec 2020 | After election officials identified "glitches" that switched 6,000 Trump votes to Biden, the courts in Antrim County Michigan ordered an audit of Dominion voting machines. The forensic audit was carried out by the Allied Security Operations Group (ASOG). This group conducted a forensic duplication on the county's election management server. They investigated compact flash cards used by local precincts in their Dominion ImageCast system, and they audited the memory sticks used by Dominion Voter Assist Terminals and the memory sticks used for the poll book. This forensic audit found blatant evidence of a coordinated attack on the 2020 Presidential election. The Federal Election Commission allows an error rate of .0008 percent for all voting machines used in US elections. The Dominion machines in Antrim county had an error rate of 68.05 percent! Even more shocking: The ballot-adjudication logs and the security logs for the November 3 general election were removed. All log files for previous elections were still contained on the machines, but someone on the inside was able to erase the allimportant log files for the 2020 election.

Mitch McConnell received donations from Dominion Voting Systems and **shut down two election integrity bills in 2020** | 18 Dec 2020 | The Senate Majority Leader, Mitch McConnell (R-KY) (who Trump should have jettisoned day one along w. Paul Ryan), is urging Senate Republicans to accept the Biden electors without objection when they are presented to Congress on January 6... A closer examination of Mitch McConnell finds he took donations from lobbyists who work for Dominion Voting Systems. Dominion lobbyists, David Cohen and Brian Wild both donated to the McConnell campaign funds in March of 2020. McConnell also received thousands of dollars from Emily Kirlin and Jen Olson, lobbyists for ES&S, another voting system company. Both Dominion and ES&S represent about 80 percent of all voting machines in the country. Both systems rely on a software developed by Microsoft called "Election Guard." McConnell also helped suppress election integrity efforts earlier in 2020. In July, McConnell blocked two bills that would "bolster election security." One of the bills would have required a physical paper trail of every single ballot cast in the country.

Money From Facebook's Zuckerberg Used to Undermine Election, Violate Law - Report | 16 Dec 2020 | Hundreds of millions of dollars from Facebook founder Mark Zuckerberg was used to violate election laws, according to a new report. The Amistad Project of the Thomas More Society, a national constitutional litigation organization, released the 39-page report, alleging that Zuckerberg's \$500 million given to election officials was used to treat voters unequally and improperly influence the election for Democratic presidential candidate Joe Biden. The bulk of the funds went to the Center for Tech and Civic Life (CTCL), a nonprofit started by former managers and staff at the New Organizing Institute, a progressive nonprofit. According to the report, the nonprofit earlier this year "began sending agents into states to recruit certain Democrat strongholds to prepare grants requesting monies

YouTube Announces Restrictive Ban on Videos Questioning the 2020 Election | 09 Dec 2020 | YouTube announced Wednesday it will ban content questioning the outcome of this year's presidential election. The video platform said in a blog post that it will now start removing content "alleging that widespread fraud or errors changed the outcome of the 2020 U.S. Presidential election." YouTube linked its decision to the fact that Tuesday was "safe harbor" day in the election calendar. Current law requires that Congress recognize electors chosen by this day in states where all election disputes are resolved, according to USA Today.

Gridley Thumbs and Roots



By Barbara Ott

The Winter Solstice is on its way. The longest night of the year. The beginning of light coming back into the world. I've got lots of time on my hands. I've been cutting back perennials and raking leaves. This gives me lots of thinking time. Do you wonder about the ins and outs of Latin names of plants? Just for you the whys and wherefores of scientific names. Merry

Christmas, this is a gift you sailor, devil's rib, ruin of never knew you wanted.

Gardeners come in many varieties. There are those who insist on knowing scientific plant names, others who don't care about plant names, and those who use common plant names. Common plant names are the most enjoyable. They connect us to history. For example, a sweet little plant commonly called Kenilworth Ivy. Its' scientific name is Cymbalaria muralis. It has a string of common names. Some of these names give insight into herbal medicine, others warn you about growth habits, others are flights of fancy. These are some of Kenilworth ivy's common names: Ivy-leaved toadflax, coliseum ivy, oxford ivy, mother of thousands, pennywort, wandering

Rome. Ruin of Rome turns out to mean it was found in the ruins of Rome (it likes rock walls) not that it ruined Rome. These common names take one back to ancient pagan times, then onto the Roman Empire and into modern days. Other common names for Kenilworth Ivy are warnings: mother of thousands and wandering sailor. This little plant likes to travel (seeds readily). the common names tell its story, instead of relying on simple identification. I know of at least one other plant with the common name of mother of thousands, it is a succulent. From this discussion one gets the reason for each plant having an individual scientific name. It's supposed to make identification of plants easier.

Thoughts to Ponder



What is the saddest day of the year? December 26th!

Happy Holidays! Merry Christmas! You've made to the day. December 25th!! You have attended all work and school functions and parties. You wrapped and distributed all the packages. Your kitchen filled with goodies to eat and fill those hungry tummies.

All the decorations made it up and now maybe you can only enjoy it for few hours today. Then, "What did I forget? Did I get it all done? Who did I forget to buy for?"

Then out of your mouth or someone's mouth comes, "I'll be glad when Christmas is over. I'm all worn out!"

by Kathy Neal

Do you know the saddest day of the year? December 26 th, the day after Christmas. Christmas has come and gone, and all your hard work and stress is over. Crash!! Family is gone. Dishes sit I the sink. Wrapping paper is smashed into the trash and here and there are the crumbs of the goodies vou cooked. Now what? It's time to undecorate and store Christmas for another year. Sad!

But should it be this way? Didn't you enjoy the holiday a little? Did you get to smile at a child's face in awe of the lights and colors around them? Did you get to hear the voice of a loved one from far away? Did you get to hold the hand of an elderly person in need of compassion as they face this, like so many other holidays, alone?

God never meant for us to

be in overload for this holiday event. He meant for it to be filled with love, peace, and joy. Maybe if we cut back on the need to impress others, and the push to be the best at hosting long enough to realize that the real reason that we celebrate is that one gift that was presented to a broken world; so that all who believe will have life long after here.

Simple! Loving! Caring! Words that should ring out instead of: Buy! Cook! Wrap! Do! Giving from the heart and accepting from the heart is much more important than a price tag or a name brand.

Greet Christmas as an innocent child and embrace the magic of the season. Make December 26 th and every day of the year a celebration of new life because God has given you the best give of all - SALVATION!

Slim Randles' HOME COUNTRY



It was a rare treat to have Vince come in the Mule Barn truck stop and join us for coffee. He's usually too busy taking care of what we all know around the valley here as the "gas station gun

shop." Vince is one of those lucky guys who figured out how to scratch his passion itch while earning a living. The passion is guns and the living is pumping gas. Ever since he received a firearms the newer cars now, and Jimmy Dollar, an illuslicense from the feds, it's I don't know how to fix trated kids book about a been more fun to fill up. them. I don't even know houndman and his family He often has 12 gauge how to tell when the darn of dogs. Available at www. shells on sale, you see.

I Think What You Need is to Hire a Teenager

"Yo Vince," Steve said, 'everything okay at the gas station gun shop?"

Vince sipped coffee and shook his head. "I've found myself to be on the horns of a dilemma, guys. That's why I came in here today. I need advice."

Someone actually asks for advice from those of us in the world dilemma think tank? Some of us have been waiting years to hear that.

"What's the problem, Vince?" asked Doc. "You know we always have advice for people whether they want it or not. All kinds of advice."

"It's the computers, Doc," said Vince. "They've got 'em in all things go on the fritz."

"Are you sure they're plugged in?" asked Dewey. We figured that was about all Dewey knew about computers.

"They're in the car, Dewey," said Doc.

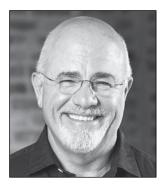
"Oh ... yeah." Steve doesn't know

much about them, either, but he's real big on giving "I think I have the

answer to your problem, Vince," Steve said. We all looked at the mustached seer of the sagebrush. "Yep," Steve said, "I

think what you need is to hire a teenager. That should take care of it." We don't even charge

for this, you know. Brought to you by Ol' riograndebooks.com. ★



Only You Can Make It Happen

Dear Dave,

I've got so many things I want to address and change about my life, both personally and professionally, in the coming year. Do you have any advice or practices for helping people be successful and achieve their goals?

– Tim

Dear Tim,

Goals are dreams, but you can't stop with just dreaming. Examining your goals inside and out, and by thoughtfully constructing small, achievable steps toward them is the key to creatyour responsibility -

Dave Ramsey Says

fix things in your life. If you're waiting for someone or something else to make things better, you're going to be disappointed.

When it comes to setting and achieving goals, be specific about what you want to achieve. Vague, unspecified ideas will only cause you to feel overwhelmed, and this will likely lead to you giving up. Also, make your goals measurable. If you want to lose weight, don't simply write down "lose weight" as a goal. How much weight do you want to lose? How many pounds would you have to lose per week in order to see the desired result in a specified amount of time?

This one may sound silly, but are the goals you have in mind your goals? If a spouse or friend sets goals for you, you're probably not going to succeed. Creating a goal, and taking ownership of it, will time frame will help you not someone else's - to develop more realistic

goals, too. And last, always put your goals in writing. Write them down, and review them often. This will provide you with added motivation to make your goals a reality.

Successful people examine and reassess their lives on a regular basis. When they realize changes need to be made, they start living intentionally, in writing, on paper, and on purpose!

– Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Dave Ramsey Show, heard by more than 16 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money. ing change in your life. give you more incentive to build wealth and enhance Remember, too, that it's meet your goal. Setting a their lives. He also serves as CEO for Ramsey Solutions.

Ready Raccoon is Ready for Wild Fire, Are You?



Ready has Friends in all the right places. Photo courtesy Butte County Fire.

By Butte County Fire Safe Council

BUTTE COUNTY, CA (MPG) - Every good cause needs to be represented by a good mascot, and Butte County Fire Safe Council may have the best! WildFire Ready Raccoon (his friends call him "Ready") lives here in Butte County and wants everyone to be prepared for wildfire. Whether its authoring books, performing at public events, or even writing and signing rap songs, Ready is ready to do what it takes to get the message

out. "Every little thing folks do to prepare turns into A LOT of benefit when its time to evacuate and then come home to a house that survived a wildfire", says Ready, "Having Go Bags, human AND animal evacuation plans, defensible space, it all adds up in the long run".

If you would like a free copy of Ready's book, or other children's learning/engagement material, please call 530-877-0984. If you'd like to listen to Ready Raccoon rapping about wildfire safety, www.buttefiresafe.net/

Chico Residents Arrested for Residential Burglary

By BCSO Press Releease

CHICO, CA (MPG) - In December of 2020, deputies and detectives began conducting an investigation into a residential burglary that occurred at a Chico residence. During the investigation deputies and detectives identified Cory Dobbins, age 20, of Chico and Denise Hernandez, age 46, of Chico as suspects.

On December 12, Dobbins and Hernandez were contacted by the Chico Police Department during an unrelated investigation. During the contact Chico Police Officers located property taken during the residential burglary.

Detectives conducted follow-up and located additional evidence showing Dobbins and Hernandez committed the burglary.

Lic. #48639

BCSO obtained an ANDE DNA machine in 2018. The ANDE DNA machine allows for rapid DNA, which is the generation of a DNA ID to identify DNA within hours. BCSO used the ANDE DNA machine during this investigation and located DNA evidence showing Hernandez was at the Chico residence during the burglary.

Dobbins and Hernandez were both booked into the Butte County Jail for a felony count of residential burglary. Dobbins and Hernandez are scheduled to be arraigned at the Butte County Superior Court on Thursday, December 17, at 3 PM.

The Sheriff's Office is asking anyone with additional information about this investigation to contact Detective Brian Mollath at 530-538-7671.



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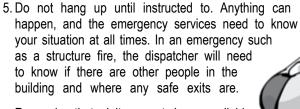
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Calling 911

- 1. Do not panic. This is easier said than done. Panic does not help. Instead, begin to plan what you will say to the dispatcher.
- 2. Find a phone. Preferably a land line unless it's a fire or burglary. This will help determine your location. If it's a fire, don't stay in the building, get out first.
- 3. Call 911. Pick up the receiver and dial 911. Be aware that, sometimes, it takes time for the phone to route to the correct answering point. Do not hang up if you do not connect immediately!!
- 4. Know what you will be asked. Make sure that you are aware of each of the following:
 - The phone number of your phone. The dispatcher will need instructions on how to get to where you are, and may need to call back for more information. Know the phone number of your phone.
 - · Location. Give the dispatcher your address or a detailed description of your location. The emergency is not always located where you are calling from. Always be aware of your surroundings and where you are. Try to keep a watch out for the road signs, business names and intersections whenever you may travel.

 Nature of the emergency: Do you require assistance from law enforcement, medical professionals, and/ or fire fighters? Have a detailed, yet concise, description of the emergency. In general, the most important thing is why you need assistance (a traffic accident, for example).



Remember that adults are not always available to call 911, so teach your children how to use 911. Practice with a pretend phone, and make sure they understand it's important to call 911 only in an emergency.

Thank You, and Happy Holidays!!

Sparky the Dog **Gridley Fire Station 74**

STATEPOINT CROSSWORD • YEAR IN REVIEW

CLUES

1. *New wardrobe

accessory 5. *RIP

- 8 Flock's echo 12. Reply from a tunnel?
- 13 Feline noise
- 14. Edward Teller's "baby"
- 15. Beat 16 Competently
- 17. Savory jelly 18. *Blue vs. red competition
- 20. One third of a three-piece 21. Mailed greetings
- 22. Long time ____ biloba
- 26. Anointing oil 30. Nurses' ora.
- 31. Leafy vegetable 34. "Cogito. sum'
- 35. Mooring spots
- 37. Bring into play 38. Old Brazilian coins
- 39. Prefix with 'graph' 40. *Joe's running mate
- 42. PGA peg
- 43. What bees did 45. Fixes firmly
- 47. Summer mo. 48. R in NPR 50 Widespread
- 52. *WHO's March announcement
- 55. Cliffside dwelling 56. Drop-off spot
- 57. Sonic sound 59. Sports figures, e.g.
- 60. Persian backgammon Water carrier 62. *Late basketball legend
- __ lightning, cause of California wildfires 64. X-ray units
- DOWN
- 1. Copy cats 2. Flu symptom
- 3. Synagogue 4. 1/100th of a ruble
- 5. Bid again 6. Western neckwear, pl
- 7. Gwyneth, to friends 8. *Like a vote during lockdown

C StatePoint Media

53. *Caucus state

55. Pose a question

54. Like most universities

58. Robinson or Doubtfire

- 9. What Joy Mangano does on TV 10. Do like exhaust pipe
- 11. *"Transplant" network
- of honor
- 14. It's often wreaked 19. Zoo enclosures
- 22. Compass dir.
- 23. Labored breaths
- 24. *Jared Kushner to Donald Trump
- 25. Nigerian money
- 26. Part of an eye 27. About to explode
- 28. Looked at, amorously 29. Smelling organs
- 32. Two of the same
- 33. Philosopher's study 36. *Best Picture Oscar-winner
- 38. China grass 40. Party barrel
- 41. Having a cover 44. *What Zoom host does to
- guests, sometimes 46. Type of jacket
- 49. Ticked off
- power in 2020 Emirates 51. United
- 48. "M*A*S*H" character 50. *President Trump used this 52. Be undecided

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through: For Solutions See Page 7

Dear Dietitian

Top Diets



Commentary by Leanne McCrate

Dear Readers:

It seems that most Americans, including me, will be happy to put the year 2020 in the past. No doubt, it's been a tough year. It's difficult to focus on a healthy diet during the holidays, with so many sweets available, but the new year is just around the corner, and many people will resolve to eat healthier.

The U.S. News & World Report ranks thirty-five diets every year. A panel of nutrition experts, including Registered Dietitians, Professors of Nutrition, and Medical Doctors, evaluates the diets. The diets are assessed based on seven categories: the ability to produce short-term and long-term weight loss, the ease of following the diet, the diet's ability to prevent heart disease and diabetes, its nutritional value, and its safety.

The #1-ranked diet is the Mediterranean Diet. By now, most of us are familiar with this diet. It is a plant-based meal plan rich in fruits, vegetables, whole grains, nuts, fish, and olive oil. Red meat is eaten no more than once a week, and red wine is often enjoyed with meals. This diet is associated with lower rates of cardiovascular disease and diabetes than Western diets. It replaces saturated fat with monounsaturated fat found in olive oil and polyunsaturated fat found in nuts. It is likely the combination of foods in this diet that produces health

The DASH (Dietary Approaches to Stop Hypertension) diet came in at #2. This meal plan originated in the 1990s when the National Institute of Health (NIH) funded research to determine if nutrition changes alone could lower blood pressure. Researchers found that dietary intervention reduced systolic blood pressure (top number) 6-11 points (1). The DASH diet is a wellbalanced plan emphasizing fruits and vegetables, whole grains, low-fat dairy, and unsaturated fats. Meat is limited to 6 ounces a day, and salt is below 2300 mg per day. It even allows five servings of sweets each week. Alcohol is permitted in moderation, but remember, these beverages tend to be high in calories.

The Flexitarian Diet, rounding out the top three, is a vegetarian diet that allows meat once in a while. The term "flexitarian" was coined by dietitian Dawn Blatner Jackson. On this diet, you get the health benefits of a vegetarian diet and the satisfaction of a steak when you are craving meat. In her book, Jackson outlines three stages of the diet that gradually decrease the amount of meat in your diet. The goal is to focus on eating more plant foods. Moderate alcohol intake is allowed

All of these diets focus on lifestyle changes, which evolve gradually. It takes time. Fortunately, when we eat better, we feel better, giving us encouragement to carry on. Another thing these diets have in common is they all emphasize fruits, vegetables, and whole grains. A healthy diet is wellbalanced and allows a variety of foods from all food groups.

Until next time, be healthy! Dear Dietitian

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Leanne McCrate, RDN, 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.

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0000990

The following persons are doing business as: PARTY TOWN CHICO 1937 E 20th Street, Suite B6, Chico, CA 95928 Priscilla Corbitt, 630 Oasis Drive, Chico, CA 95973 Date Filed in Butte County: November 9, 2020 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 SEO., Business and Professions Code.

Publish: December 4, 11, 18 and 25, 2020.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE #20CV01862

1. Petitioner Rosalie Roberta Leaird filed a petition with this court for a decree changing names as follows:

Present name Rosalie Roberta Leaird

Proposed name Rosalie Roberta Harland

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 January 13, 2021 9:00 a.m. Department TBA, Superior Court of California, County of Butte, North County Courthouse 1775 Concord Avenue Chico, CA 95928 (The Gridley Herald) Publish: December 4, 11, 18, and 25, 2020

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0001178

The following persons are doing business as: THE MANE PARLOR

330 W. 3rd Street Chico, CA 95928 Lauren Backer, 577 El Reno Drive Chico, CA 95973

Date Filed in Butte County: November 30, 2020
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 fictitiou business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEO., Business and Professions Code.

Publish: December 11, 18, 25, 2020 and January 1, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0000678

The following persons are doing business as: J AND J ELECTRIC 777 Ohio Street Gridley, CA 95948

Iason Owens Crandall, 777 Ohio Street Gridley, CA 95948

Date Filed in Butte County: July 6, 2020
The Registrant commenced to transact business under the above business name on: 4/12/2010 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: December 11, 18, 25, 2020 and January 1, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0001163

The following persons are doing business as: RIDGE FINANCIAL PLANNING 6779 Skyway Suite A Paradise, CA 95969

Heidi Elick, 4618 Round Valley Ranch Road Paradise, CA 95969

Date Filed in Butte County: November 24, 2020
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: December 11, 18, 25, 2020 and January 1, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0001187

The following persons are doing business as: NORCAL READING SOLUTIONS

845 Justeson Avenue Gridley, CA 95948

Julie Lynn Crandall, 845 Justeson Avenue Gridley, CA 95948
Date Filed in Butte County: December 1, 2020
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: December 11, 18, 25, 2020 and January 1, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME- STATEMENT OF ABANDONMENT FILE NO. 2017-0001193

The following persons have abandoned the use of the Fictitious Business Name: INDUSTRIAL ELECTRONICS

9 Hollis Lane Gridley, CA 95948 John Kurt Neiswanger, 9 Hollis Lane Gridley, CA 95948

Date Filed in Butte County: September 5, 2017

The Registrant commenced to transact business under the above business name on: N/A This Business is Conducted by: Individual

Publish: December 11, 18, 25, 2020 and January 1, 2021 (The Gridley Herald)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE #20CV02248

1. Petitioner Damian Camacho Macias and Silvia Mendoza Ledezma filed a petition with this court for a decree changing names as follows:

Present name Damian Camacho Mendoza Jr Proposed name Damian Camacho Jr

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 January 13, 2021 9:00 a.m. Department TBA, Superior Court of California, County of Butte, North County Courthouse 1775 Concord Avenue Chico, CA 95928 Publish: December 11, 18, 25, 2020 and January 1, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0001162

The following persons are doing business as: STRIVE DANCE AND PERFORMING ARTS 1920 Bird Street Oroville, CA 95965

Jennifer Stampanoni, 2020 6th Street Oroville, CA 95965
Date Filed in Butte County: November 24, 2020
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: December 18, 25, 2020 January 1, and 8, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0001217

The following persons are doing business as: YUM E FOODS 1335 Meyers Street Oroville, CA 95966 Nancy A Freund, 14A Mulberry Lane Oroville, CA 95965

Date Filed in Butte County: December 8, 2020 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: December 18, 25, 2020 January 1, and 8, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME- STATEMENT OF ABANDONMENT FILE NO. 2017-0000562

The following persons have abandoned the use of the Fictitious Business Name: STRIVE DANCE AND PERFORMING ARTS 1920 Bird Street Oroville, CA 95965

Jennifer Stampanoni, 2020 6th Street Oroville, CA 95965 and Randall Edwards, 425

Nelson Avenue #1 Oroville, CA 95965 Date Filed in Butte County: April 20, 2017

The Registrant commenced to transact business under the above business name on: N/A This Business is Conducted by: Individual

Publish: December 18, 25, 2020 January 1, and 8, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0001255

The following persons are doing business as: LAND ONE REAL ESTATE DEVELOPMENT 2 Glenview Court Chico, CA 95928

Daniela T Ferguson, 2 Glenview Court Chico, CA 95928, and Lindsay K. Poulin, 3564 Shadowtree Lane Chico, CA 95928

Date Filed in Butte County: December 16, 2020 The Registrant commenced to transact business under the above business name on: N/A This Business is Conducted by: General Partnership

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: December 25, 2020 January 1, 8, and 15, 2021 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0001189

The following persons are doing business as: MOM'S BUCHA 2385 Montgomery Street Oroville, CA 95965

The Banana Bunch LLC, 2385 Montgomery Street Oroville, CA 95965 Date Filed in Butte County: December 1, 2020
The Registrant commenced to transact business under the above business name on: N/A

This Business is Conducted by: Limited Liability Company 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: December 25, 2020 January 1, 8, and 15, 2021 (The Gridley Herald)



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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

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is available and provided by

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

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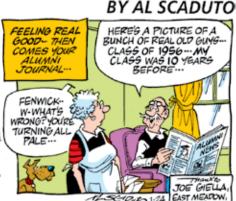


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by Mike Marland





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IMPORTANT SOCCER ANNOUNCEMENT

I am so sad to inform the public that in accordance with State and Local health mandates, we will not be having a Fall Soccer Season. My heart is broken for our youth and families who love this sport. As Gridley Recreation, our first concern is your health and safety.

All registration payments have been held and will be available to pick up and sign out at City Hall.

YOU WILL RECEIVE YOUR PAYMENT BACK IN FULL.











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CA State Parks to Allocate \$37 Million for Recreational Infrastructure Enhancements

SACRAMENTO, CA (MPG) -The California Department of Parks and Recreation (State Parks) announced \$37 million in allocations to 30 agencies under the Proposition 68 Recreational Infrastructure Revenue Enhancement (RIRE) Grant Program. This non-competitive grant prolocal government agencies that passed local ballot revenue enhancement measures between Nov. 1, 2012, through Nov. 30, 2018, aimed at improving and enhancing local or regional park infrastructure. RIRE funds are proportionally allocated based on the population of the voting area.

"These funds continue to address California's historic underinvestment in recreation facilities," said California State Parks Director Armando Quintero. "State Parks looks forward to working with communities to create new and improved recreational opportunities all across California."

Climate, Coastal Protection, by the Office of Grants and www.parks.ca.gov.

Act of 2018 (Proposition 68), which directed a total of \$650.2 million in funding to California State Parks for competitive grants to create new non-state parks and enhance recreational opportunities for all Californians. This is the state's largest investment in grant funding history targeted for gram provides funding to underserved communities. Recognizing the need to encourage local investment and to have access to outdoor recreation facilities, the bond also provides funds for new parks that will help attract new and diverse visitors.

A full list of allocations under the RIRE Grant Program is available on DPR's website at www.parks. ca.gov/RIRE. Grant recipients are required to submit project proposals describing how the grant funds will be spent. The allocations must be spent to improve or enhance local park and recreation infrastructure.

Since 1964, more than 7,400 parks throughout In 2018, California vot- California have been creers passed the California ated or improved through

By California State Parks and Outdoor Access for All Local Services (OGALS). The mission of OGALS is to address California's diverse recreational, cultural and historical resource needs by developing grant programs, administering funds, offering technical assistance, building partnerships and providing leadership through quality customer service. For more information on Proposition 68 programs and other grant programs, visit www.parks.ca.gov/grants

California State Parks and the recreational programs supported by its divisions of Boating and Waterways, Historic Preservation and Off-Highway Motor Vehicle Recreation provide the opportunity for families, friends, and communities to connect. Off-highway motor vehicle recreation, boating activities, horseback riding, cycling, hiking, camping, rock climbing, tours, hikes, school group enrichment, and special events are just some of the activities enjoyed in 280 park units organized into 21 field districts through-Drought, Water, Parks, grant programs administered out the state. Learn more at

Man Arrested for Possession of Child Pornography

BCSO Press Release

CHICO, CA (MPG) - Earlier this year, Butte County Sheriff's Office detectives began investigating Robert Ridgley, age 36, of Chico. During the investigation detectives located evidence indicating Ridgley was

downloading child pornography. On December 15, detectives served a search warrant at Ridgley's residence, which is located in the 200 block of East Lassen Avenue, Chico.

During the service of the search warrant detectives seized multiple electronic devices that belonged to Ridgley. Detectives later conducted forensic searches of the electronic devices and located multiple images

of child pornography. Detectives also located evidence indicating Ridgley was the individual who downloaded the child pornography.

On December 16, detectives contacted Ridgley and placed him under arrest for a felony count of possessing over 600 images of child pornography. Ridgley was booked into the Butte County Jail on the afternoon of

December 16. Ridgley is scheduled to be arraigned at the Butte County Superior Court on Friday, December 18, at 3 PM. The Sheriff's Office is asking anyone with additional information about this investigation to contact Detective Mary Barker or Deputy Matt Galvez at 530-538-7671. ★



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