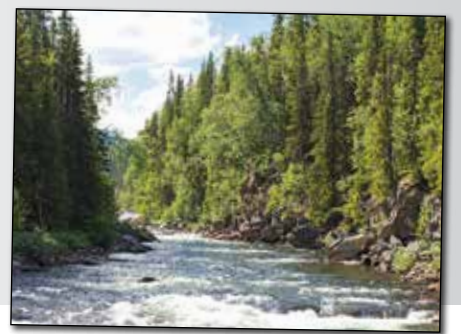




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# THE GRIDLEY HERALD

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FRIDAY • MAY 29, 2020 • VOL. 140 NO. 22

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INSIDE**

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SERVES GRIDLEY  
CAMP FIRE  
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**GRIDLEY  
THUMBS  
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COUNTY FAIR  
CANCELLED**



PAGE 3

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## It's ON! Gridley High Seniors Plan to Walk



Above: From left to right: Teachers Sierra Leatherman and Shannon Job, Vice-Principal Rikki Buresch, Teacher Bianca Morfin and Leadership Advisor Annette Boone are feeling the spirit at Gridley's drive-thru cap and gown pick up. Right: Graduate and Miss Butte County, Lauren Kelly (car) is all smiles as she picks up her cap and gown from GHS Principal Justin Kern (right). Photos provided by Annette Boone

By Seti Long

**GRIDLEY, CA (MPG)** - After much debate and careful consideration, Gridley High School Principal Justin Kern, announced that GHS intends to hold a modified traditional Graduation ceremony for the Class of 2020.

With the multiple disruptions the Class of 2020 has endured thanks to the COVID19 pandemic and so many unknowns, Principal Justin Kern, along with Superintendent Reeves and Vice-Principal Rikki-Lee Buresch held out to the last minute to announce the exciting news to GHS Seniors via email, Friday, May 22nd.

Typically, Gridley High holds graduation the first weekend in

June, but in order to make the somewhat traditional style graduation a reality for the Class of 2020, the school is pushing graduation ceremonies out further to Friday June 19th. Ceremonies will be held out on the football field at 7:00 pm, but entry will be restricted.

At a practice held earlier that morning, each graduate will receive 2 tickets. Principal Kern writes, "Tickets are limited so that we can appropriately space for our special guests within the stadium. I know there are students who will have

difficulties with two guests, and while it saddens me at this time, it is the appropriate thing to do." For those unable to attend, the ceremony will be live streamed so family and friends can watch from home. Additionally, families or attendees

*Continued on page 10*



## Newsom Proposes Cuts to Funding of Paradise's Water District

By Nghia Nguyen,  
Office of Senator  
Jim Nielsen

**SACRAMENTO, CA (MPG)** - While unveiling his revised budget Thursday, Governor Gavin Newsom turned his back on fire victims and the struggling Town of Paradise.

The Governor's May Revise budget claws back \$7.3 million in funding that was approved in last year's budget to help keep the Paradise Irrigation District (PID) financially stable after its customer base was decimated in the 2018 Camp Fire. Without this promised funding, the ability to provide water to Town residents is now in question.

"It's beyond the pale - taking funds from Camp Fire recovery. Every member of the Legislature recognizes that cuts will

need to be made in order to balance the state budget," said James Gallagher (R-Yuba). "But cutting off Paradise's water supply in the middle of the Town's recovery is a cold hearted decision. \$7 million won't balance the budget but it means everything to this Town that has been through so much. It's particularly shocking because we have worked cooperatively with the Governor for the last two years in the wake of this tragedy. It is unacceptable. It won't be tolerated in any way."

Senator Jim Nielsen (R-Tehama) said, "Bringing back clean, reliable water is critical for the health and safety of residents who are rebuilding their lives. Without this funding, the Town of Paradise's recovery effort may come to a halt."

"It is heartless to cut

critical funding that was promised and approved into law to bring back clean water to Paradise, while hundreds of millions of dollars in funding for the unsustainable High Speed Rail and the enforcement of the 'job-killer' AB 5 remain in this budget. It's been said that the 'values' of the state budget must be in its people, and the most sensible policy to close the budget gap so that worthy projects and programs can be funded is to reopen our economy. Putting people back to work will bring many benefits for Californians including revenue for the state treasury," Senator Nielsen added.

Butte County Supervisor Doug Teeter, who lost his house in the Camp Fire and barely escaped the wildfire when he ran into an empty field, is among the local leaders disappointed in the

Governor's decision.

"It baffles my mind that the Governor is proposing cutting promised backfill funding to Paradise Irrigation District which lost 90% of its customer base as a result of the 2018 Camp Fire. The remaining citizens and businesses, even before COVID-19, are not in a position to make up the District's operating costs on their own. No water = no town."

"This decision could ultimately cripple the water district and bring the rebuild of Paradise to a screeching halt," said Kevin Phillips, District Manager of the Paradise Irrigation District. "The District has complied with all of the requirements from the Governor's office to receive the second year of backfill funding. In doing this, the District put

*Continued on page 5*

## Statewide Reopening Places of Worship and Retail Stores

California Department  
of Public Health

**SACRAMENTO, CA (MPG)** - The California Department of Public Health announced the statewide reopening of places of worship for religious services and in-store retail shopping. Modifications are required to keep Californians safe and limit the spread of COVID-19. Subject to approval by county public health departments, all retail stores can reopen for in-store shopping under previously issued guidelines. Under new guidance, places of worship can hold religious services and funerals that limit attendance to 25% of a building's capacity – or up to 100 attendees, whichever is lower – upon approval by the county department of public health.

While the vast majority of large gatherings remain prohibited under the state's stay-at-home order, the Department of Public Health has released guidelines for in-person protests and events designed for political expression. The guidance limits attendance to 25% of an area's maximum occupancy – or up to 100 attendees.

"Together, our actions have helped bend the curve and reduce infections in our state. As sectors continue to open with changes that aim to lower risk, remember that COVID-19 is still present in our communities," said Dr. Sonia Angell, State Public Health Officer and Director of the California Department of Public Health. "As more of us may be leaving our homes, keeping physical distance, wearing face coverings in public, and washing your hands frequently are more important than ever to help protect yourself and those around you."

The new guidance for religious services and cultural ceremonies encourages organizations to continue online services and activities, including to protect individuals who are most at risk for more severe COVID-19, including older adults and people with specific medical conditions.

To reopen for religious services and funerals, places of worship must:

Establish and implement a COVID-19 prevention plan for every location, train staff on the plan, and regularly

*Continued on page 6*



# The New Pi-Line



**The new Pi-Line Honoring Publisher W.D. Burleson**  
By Josh F.W. Cook

From the Original W.D. Burleson Pi -Line of January 30, 1980, Volume 100, No. 44 of the Gridley Herald: *It was a meeting for incoming Rotary presidents, those taking office in July. The District Governor was entertaining 30 or so with cocktails in his suite on the fourth floor of the historic Claremont Hotel on Saturday evening, when he commented "my that feels like an earthquake... Boy! That is*

*an earthquake." By that time, we were talking to ourselves; everyone else was crowded under doorways. The 5.6 magnitude shaker was amplified by the height, and 75-year-old wooden construction, and reminded us of Gridley in 1975, during the Oroville quake. One fellow says, "Hey Burleson, you seen Art Pilot lately?" Squinting through our glasses at his name tag, and then his face, we recognized Ken Kirby, former Gridleyan, now with United Airlines and living in Pacifica. Ken recalled the time he and John Shchor ran through the Chinese restaurant, the Hawaiian Cafe, on Hazel Street ... Much to the consternation of honor Henry Pon. Another slap on the back and another president-elect says he's from Gridley too:*

*Harold Mathews of Rancho Cordova ... cousin of Ken and other Mathews.*

*Small world happenings continued: the next face we knew was that of Willard Renner, farm equipment dealer now of Smith Valley Nevada. Back on the Homefront, you better get in line about Thursday for the Friday opening of Chef Chow Chinese restaurant (where are the A&W used to be). A newspaper friend from years back, Marian Douglas, surfaced in Live Oak recently to donate his bound files of the Live Oak Acorn to the Live Oak library (Barber Branch of Sutter County). The Acorn was purchased from a later publisher, Harold Westlund, by the Yuba City Independent Herald, and publication was discontinued about 15 years ago.*

\*\*\*

*W.D. Burleson published the Gridley Herald for 50 years. Josh F.W. Cook graduated from Gridley High School in 1988* ★

# On With the Show! The Invisibles Take the Stage



The owners of the diner, where the main character, Julia, works, introduce their adorable daughter to some of their patrons. Photo by Leslie Greenetz

By Seti Long

**LIVE OAK, CA (MPG)** - For those who are craving a little drama, Creative Light Theater's original musical, *The Invisibles*, is set to debut Friday, May 29th at 7:00 pm at the Embassy Theater.

The musical, written and directed by Leslie Greenetz, shadows the main character Julia, as she and her friends navigate life's curveballs, thrills, relationship challenges and more. Without giving too much away, Greenetz describes the story line as "kind of a mashup of *Song of Solomon*, *Jane The Virgin* and *Inside Out* (Disney)" with a focus on the emotional highs, lows, and blessings of Julia's journey.

Greenetz, who has been producing plays for over 30 years, says that with *The Invisibles*, she departs from her usual style of elaborate sets, opting for a simple "black box" set up with unique and detailed prop pieces to allow the focus to fall on her actors. This musical features 8 original tracks, created by Greenetz in partnership with musician and producer Ronnie Rollins, the lyrics sung live by her performers.

Greenetz says that bringing this play to life during the pandemic created quite a few challenges, "It's been really hard to get a cast together because of people being afraid of the gathering. The ones that I have—many of them are acting for the very first time." Despite that, Greenetz says that her cast has



The main character, Julia, and her friends contemplate the path their lives have recently taken. Photo provided by Leslie Greenetz

learned so much and grown amazingly. "I'm very pleased," she says and "they are doing such a great job!"

As far as COVID19 concerns, the fact that Creative Light Theater is part of the Church of Glad Tidings frees them of some current social distancing restrictions. When asked about the ban on social gatherings, Greenetz seemed unworried, sharing that the auditorium was quite large enough for attendees to space out and that those with concerns could always watch the live stream of the performance from the safety of their homes.

*The Invisibles* will hold four showings, Fri-Sat May 29th and 30th and again, Fri-Sat June 1st and 2nd at the Embassy Theater at 1179 Eager Road, Live Oak, CA. The show starts at 7:00 pm nightly and admission is free. To view online, visit [www.churchofgladtidings.com](http://www.churchofgladtidings.com) and click on media. ★

## MEMORIAL NOTICE

**Joseph (Joe) C. Wright**

June 6, 1928 to May 21, 2020

Joe was born in Carlton, OK to Ira and Rosie Wright, he was from a family of 12 children. He was preceded in death by his parents, his first wife ImaJean Barrington Wright, son Darrell Wright, Grandson Jerame Cadek, son-in-law David Freeman, 5 brothers and 4 sisters.

He is survived by his wife Paulette Grattan Wright, 3 daughters; Jeannette Kelso (Glen) of Whidbey Island, WA; Glenda Tipton (Mick) of Irrigon, OR; Nelda Andes (Craig) of Biggs, CA; stepson Daniel Grattan (Julie) of Grass Valley, CA; stepdaughter Chantel Sickle (Dennis) of Las Vegas, NV; 9 grandchildren, 2 step-grandchildren, 18 great-grandchildren, 1 step-great-grandchild, 2 great-great-grandsons, sister Helen Pearson of Sutter, CA, and brother Robert Wright (Wilma) Rio Linda, CA.

When Joe was a young man, his family moved to California, he worked at Pacific Lumber Co. and also at the shipyards in Sausalito, CA. He met and married ImaJean Barrington Wright in 1945. They moved to Gridley and started a family. He

worked for Libby-McNeil and owned a small grocery store in Gridley. In the early 60's he started his own company as a builder/developer. He was very successful and passionate about the homes he built. He was especially proud of the subdivision he developed and built in Gridley, "Butte View Drive".

In the late 70's Joe relocated to Grass Valley, he continued to build homes in Lake Wildwood and Grass Valley. He met and married his current wife, Paulette Grattan Wright and they resided in Grass Valley. Joe started working for Nevada County as a housing inspector in 1978, and then retired in 1993. He built a few more homes after retirement in Grass Valley and Clear Lake area with his son Darrell and stepson Dan.

Joe enjoyed fishing, gardening, reminiscing with family, reading the Bible, helping Dan out at his flooring store and meeting with his pals for morning coffee and a chat. He loved life, family and God. He's resting in peace now and he will be missed beyond words.

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# Warmer Weather Will Speed Snowmelt, Increase River Flows



California’s snowpack will be melting faster, potentially filling rivers and streams with dangerously cold and swift moving water. MPG File Photo

By Paul Moreno,  
Pacific Gas and Electric

**SAN FRANCISCO, CA (MPG)** - With temperatures forecast to increase this week, California’s snowpack will be melting faster, potentially filling rivers and streams with dangerously cold and swift moving water.

As some counties begin to ease shelter-at-home restrictions, Pacific Gas and Electric Company (PG&E) notes that California’s stay-at-home order remains in effect, and it’s important to continue practicing physical distancing. Californians may walk, run, hike and/or bike in their local neighborhoods as long as they continue to practice physical distancing of six feet.

For those who choose to venture near or in water, PG&E encourages them to take extra precautions when in or near rivers, especially around hydroelectric facilities and dams, where water flows can change rapidly. Anglers also are encouraged to take precautions as trout season has opened for most California rivers.

Although California’s snowfall is below normal, runoff is expected to continue into early summer.

“Public safety is our highest priority. We encourage everyone recreating in or near water to plan at all times how they can quickly and safely escape in case of changing water flows and cold temperatures,” said Jan Nimick, PG&E vice president of Power Generation.

Most California rivers are fed by snowmelt, making them cold even in summer. Simple actions such as recognizing if the water is too cold or swift, knowing your limits, wearing a life jacket and simply not entering the water when conditions are deemed unsafe can save a life.

Below are some water safety tips:

**Stay Out and Stay Alive - Stay Out of Canals and Flumes**

Recreating in PG&E canals and flumes is strictly prohibited. Stay off elevated flumes and out of these water conveyances, regardless of who owns them, as they are very dangerous due to slippery sides and fast-moving cold water. Be mindful of signs and warnings. Stay out of areas that are signed as restricted, fenced off or buoy-lined.

**Know the Risks**

Prevention is the best way to save a person from drowning. By the time a person is struggling in the water, a rescue is extremely unlikely and places the rescuer at risk.

Sudden immersion in cold water can stimulate the “gasp reflex,” causing an involuntary inhalation of air or water. It can even trigger cardiac arrest, temporary paralysis, hypothermia and drowning. When

faced with swift water, even the strongest swimmers can be easily overwhelmed.

Cold water entering the ear canal can cause vertigo and disorientation. This can confuse swimmers, potentially causing them to venture deeper into the water.

Cold water also reduces body heat 25 to 30 times faster than air does at the same temperature and causes impairment that can be fatal.

**Learn About Self-Rescue Techniques**

If you do fall into the water, here are some survival tips:

Don’t panic. Try to control your breathing; don’t gasp. A sudden, unexpected fall into cold water causes an involuntary gasp (or torso) reflex. It takes less than one-half cup of water in a person’s lungs to drown. If you remain calm, you have a greater chance of self-rescue; If you have a boat, stay with it. It will help you stay afloat and will be seen more easily by rescuers. If it’s capsized and a portion of the craft is above water, try to climb on top; Stay afloat with the help of a life jacket, regain control of your breathing and keep your head above water in view of rescuers; If possible, remove heavy shoes. Look for ways to increase buoyancy such as by holding onto seat cushions or an ice chest; If you’re in the water with others, huddle together facing each other to help everyone stay afloat and keep warm; If you do fall into a river without a life jacket, keep your feet pointed downstream and turn onto your back; If you fall into the water with waders on, roll onto the shore. Wear a belt with waders.

**Know your Limits**

Swimming in open water is more difficult than in a swimming pool – people tire more quickly and can get into trouble; Many unseen obstacles can be lurking below the water’s surface - this is especially the case during spring and early summer snowmelt. Rising water can make these obstacles even more treacherous. Guided trips for inexperienced paddlers are recommended;

**Wear a Coast Guard - Approved Life Jacket**

Conditions change quickly in open water and even the best swimmers can misjudge the water and their skills when boating or swimming.

**Adult Supervision**

Actively supervise children in and around open bodies of water, giving them your undivided attention. Do not assume that someone is watching them. Appoint a designated “water watcher,” taking turns with other adults. Use the buddy system and never swim alone. ★

# Board of Directors to Cancel Butte County Fair

Butte County Fair  
Press Release

**GRIDLEY, CA (MPG)** - At their monthly meeting Tuesday, May 19th, the Board of Directors of the Butte County Fair passed a resolution to cancel the Butte County Fair this year due to the Covid-19 pandemic. The resolution will be forwarded to Butte County Board of Supervisors and the California Fair & Exposition Board on Wednesday.

The Fair Board said they made this decision after careful consideration of many factors including guidelines and recommendations from both the Governor’s and County offices.

While the fairgrounds have been closed to the public since the beginning of stay-at-home orders in March, the Board held off making a decision about the annual County Fair as long as possible, according to Amy Jernigan, Chairperson of the Board. She said, “Canceling the Fair was a difficult decision. Attending and exhibiting at the Fair has been a tradition in our community for generations. I feel especially bad that we can’t provide the fair



Canceling the Fair was a difficult decision. Attending and exhibiting at the Fair has been a tradition in our community for generations. MPG File photo.

experience for junior exhibitors this year, but we know our decision is in the best interest of the health and well-being of our community at large.” Stephen Kenny, CEO of the Fair, explained, “During a normal year, planning and administrative work for the Fair would have begun in March, doing things like booking entertainment, contracting with vendors and sub-contractors. This year, in order to be fiscally responsible, the Board directed the staff to hold off on that work until there was a high likelihood we would be able to have the Fair.”

Acknowledging the current guidelines from Governor Newsom that no mass

gatherings will be allowed until the end of Stage 4, which will not happen prior to the end of August, and understanding that exhibitors needed to know whether they should be raising animals for show, the Board decided it was time to make the difficult decision to cancel the fair.

In a separate action, the Board of Directors directed staff to investigate opportunities for an online auction for the steers that have already been entered.

Additional information regarding competitive events will be posted on our website (buttecountyfair.org) as it becomes available. Questions can be directed to: clerkoftheboard@buttecountyfair.org ★

# Royal Court to Reign On!

By Seti Long

**GRIDLEY, CA (MPG)** - The Miss Butte County Scholarship Program has announced that it was suspending entries for the 2020 year. This is due in part to COVID19 and the fact that the Butte County Fair, home of the Scholarship programs coronation, has been cancelled.

Instead, the current royals, crowned at the 2019 Butte County Fair, will continue their reign until the 2021 court is installed next summer. This is the first time in the

history of the Scholarship program that a court will reign for two years in a row.

The lovely ladies of the 2020 court are as follows: Miss Butte County: Lauren Kelly, Miss 1st RunnerUp: Kayllen Barnett. Miss Teen Butte County: Adeline Scott, Miss Teen 1st Runner Up: Kelly Duggins, Miss Teen 2nd Runner Up: Katie Bynum. Missette Butte County: Madison Garcia, Missette 1st Runner Up: Ali Khan, Missette 2nd Runner Up: Addison Andes, and Missette 3rd Runner Up: Mia Luli. ★

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# Thoughts to Ponder Social Security Matters

by Kathy Neal



You are sitting safe at home when suddenly, there comes a knock at the door. You open your home to three masked, armed invaders who push you aside and rush into your private quarters. At gun point, they demand all the things you treasure. Without fear, they steal one of the most precious valuables you have, your peace of mind. You wait to see if they will leave without hurting you and your family.

After what seems lifetime of terror they are gone. Your life is now changed forever. You are no longer safe. Those who entered without fear have left fear with you.

This story is heard more and more on the news as society is overrun with greed and the demands of

man. But there is a silent armed invader that enters lives every day that is even more dangerous than these modern bandits. His name – call him ‘devil’ – call him ‘Satan’ – they all mean the same sin. He, too, enters masked as something else, in order to hide his true mission – to steal someone’s peace of mind.

The world today reeks of a dark side, a power so evil that it causes children to steal or kill for brand name clothes. It makes parents abuse their children or take their own lives due to stress. And it makes rather rational humans go on shooting sprees because they feel life has dealt them a bum hand.

No alarm system will protect people from this sinister being if he really desires a person’s heart and soul. He’ll just knock at the heart’s door and push his

way through, using fear to gain control. The only way to fight this evil element, just as people face human criminals, is to be prepared. When sin knocks individuals must not open their lives and minds to its’ power.

People are looking for answers and the devil sugarcoats and shines up answers we want to hear just so he can win us to the dark side.

Just like Luke Skywalker of Star Wars, people must use “the force” against evil.

Individuals must arm themselves with truth, honor, love, and patience and be prepared to protect their homes against all assaults, whether inward or outward. People must be versed in God’s law and Word, but also outfitted with the sword of truth, helmet of caring, shield of grace, and the breastplate of love. ★

## What will my Wife’s Survivor Benefit Be?



By Russell Gloor,  
AMAC Certified Social  
Security Advisor

**Dear Rusty:** I am a 68-year-old retired male and had planned on waiting to collect Social Security benefits beginning at age 70. My wife is currently 53 years old. When I die, would my wife’s spousal benefit at her full retirement age be equal to what I would be receiving at age 70 or be reduced? Also, if I were to die before 70 and before collecting social security, what would be my wife’s survivor benefit at her full retirement age? **Signed: Older Husband**

**Dear Older Husband:** Your wife’s survivor benefit as your widow will depend upon two things – the amount you were receiving (or were eligible to receive) at your death, and the age at which she claims her survivor benefit as your widow.

If you were receiving an increased benefit because you waited until age 70, your wife’s benefit - if she has reached her full retirement age - will be 100% of the amount you were receiving at your death. If she hasn’t yet reached her full retirement



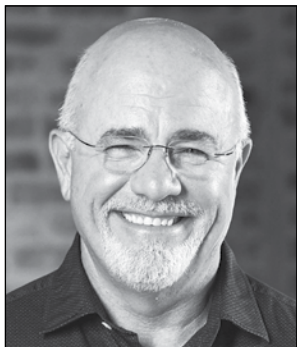
age when she claims her survivor benefit (she could claim as early as age 60) the benefit will be actuarially reduced according to the number of months prior to her full retirement age (FRA) that she claims it. The amount of reduction for claiming her survivor benefit before her FRA is 0.396% for each full month earlier, which is 4.75% per year earlier than her FRA, to a maximum of 28.5%. And for clarity, your wife isn’t required to take the survivor benefit immediately upon your death; she can wait until the benefit reaches 100% at her full retirement age, if desired and if financially feasible.

If your wife is also eligible for a SS benefit on her own work record and you die before she reaches her FRA, she will have the choice to take either her own Social Security benefit or her survivor benefit from you. If her survivor benefit will be her highest possible benefit, she would have the option to take her own SS retirement benefit from her own work record first and delay taking the larger survivor benefit until it reaches maximum at her FRA. Or, if her own benefit at age 70 would be more than her survivor benefit

from you, she could take the smaller survivor benefit first and delay taking her own SS benefit until it reaches maximum at age 70 and switch to her own benefit at that time. The goal is for her to get the highest possible benefit for the rest of her life.

Finally, if you were to die before you started collecting your increased Social Security benefit at age 70, your wife would still have the same options, but her survivor benefit amount would be based upon the amount you were eligible to receive at your death, even though you were not yet collecting. In other words, all those delayed retirement credits (DRCs) you are now earning (and will continue to earn until you are 70) will not be lost – the benefit you have earned up to the point you die will be what your wife’s survivor benefit is based upon.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.* ★



### Consider Rent-to-Own?

Dear Dave,

I’m single, have no kids, and I’ve paid off all my debt. I’m ready to move to Baby Step 3, and increase my emergency fund to cover three to six months of expenses. Now that I’m gaining control of my finances, the idea of leaving apartment life and owning a home is more appealing. Should I consider a rent-to-own deal on a house when the time comes?

– Alex

Dear Alex,

I wouldn’t go that route. In rent-to-own scenarios, you pay more in rent so that some of it will go toward the down payment if you buy the home. However, in most rent-to-own deals, the renter ends up not buying the home. The net result?

## Dave Ramsey Says

You paid more in rent, and you still don’t own a home!

In your situation, being a single guy with no kids, you’re better off to continue renting a while longer and save money like crazy. That way, you can look around, find something you really like, and make a big down payment. And make sure you get a 15-year, fixed-rate mortgage, where the monthly payments are no more than 25 percent of your take home pay.

Good luck, Alex!

– Dave

### Pay Taxes Now or Later?

Dear Dave,

My husband and I owe \$3,500 in federal taxes, along with \$3,000 in state taxes. We’re both still working during the pandemic scare. Would it better to wait until the new July 15 due date to pay taxes, and pay off other debt in the meantime, or go ahead and pay state and federal taxes now, and take care of our other debts with what we have leftover monthly?

– Erica

Dear Erica,

If you’re talking about back taxes, I’d say pay them now. You don’t want to play around with the IRS, because they can really mess you up if they decide they’re coming for you.

But if you’re talking about taxes for 2019, I’d go ahead and include them in your debt snowball. If you need to move them up in your debt snowball in order to pay them on time, that’s fine. Whatever you do, don’t pay them late. Sit down together, and lay out a game plan that includes paying your taxes – and all your other debts – *on time!*

– Dave

*Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.* ★

## Art on Wheels Serves Gridley Camp Fire Families



Jessie Mercer and Miranda McWilliams help Ricky Rice create bags of art supplies for his sons and nephew. The art supplies were donated to Camp Fire families. Photo by Cindy Scott.

By Cindy Scott

**GRIDLEY, CA (MPG)** - Jessie Mercer lost her art studio in the Camp Fire. Since then, she has been on a mission to help people heal through art. Mercer is an art therapist who passionately believes that “art makes people feel better.” She created the Butte County Art on Wheels organization and secured grant money through the North Valley Community Foundation and the Red Cross to fund art supplies for Camp Fire survivors.

Mercer created the sculpture “Ridge Key Phoenix,” which was unveiled on the one-year anniversary of the Camp Fire. She

collected house keys from Paradise residents who had lost their homes, and formed 14,000 of the keys into a Phoenix bird sculpture.

Mercer brought donated art supplies to the Gridley FEMA group site and helped residents create bags of art supplies for the children in their families.

Mercer works as a child life specialist for Butte Hope, formerly CalHOPE. Miranda McWilliams, a crisis counselor for Butte Hope, assisted Mercer. Butte Hope is a crisis outreach agency funded by the Red Cross. Together, Mercer and McWilliams were able to distribute bags to over 20 children in Gridley. ★

## Emergency Food Distribution to Come to Gridley Again

By Seti Long

**GRIDLEY, CA (MPG)** - The Community Action Agency of Butte County, Inc. has announced that they will be returning to Gridley on May 29th, for another North State Food Bank Emergency Local Food Distribution event.

From 9:00 am until noon, or until supplies run out, volunteers with the agency will be handing out goods to food insecure

persons and families, at no cost. The emergency food drive will be located at the Gridley LDS church at 300 East Spruce St.

This is a drive-thru event. Participants are asked to stay in their cars for the safety of both themselves and the volunteers. Volunteers will load pre-packaged boxed into the trunk of the vehicles, reducing any person-to-person contact. For more information or other event locations, please visit [www.buttecaa.com](http://www.buttecaa.com) ★

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# HHS Provides \$13 Million for COVID-19 Testing in Rural Communities in California

**U.S. Department of Health and Human Services**

**WASHINGTON, DC (MPG)** - The U.S. Department of Health and Human Services (HHS) through the Health Resources and Services Administration (HRSA) provided \$13,107,276 to 265 Rural Health Clinics (RHCs) in California for COVID-19 testing. Nationally, \$225 million was awarded to over 4,500 RHCs across the country to support COVID-19 testing efforts and expand access to testing in rural communities. Rural Health Clinics are a special designation given to health care practices in underserved rural areas by the Centers for Medicare and Medicaid Services (CMS) that help ensure access to care for rural residents. This funding is through the Paycheck Protection Program and Health Care Enhancement Act that President Trump signed into law on Friday, April

24, 2020 which specifically directed these monies to be allocated to RHCs. HRSA funded RHC organizations based on the number of certified clinic sites they operate, providing nearly \$50,000 per clinic site. “Today’s funding provides rural health clinics with resources and flexibility to boost their testing capabilities to fight COVID-19,” said HHS Secretary Alex Azar. “Further expanding testing capacity, including at RHCs, is a crucial element of safely reopening our country and helping Americans return to work and school. A safe reopening is vital for Americans’ health and well-being, and especially so for those living in rural areas, who may have struggled with access to healthcare long before COVID-19 and found care even harder to access during this crisis.” “The funding may be used for a wide range of COVID-19 testing and related expenses including

planning for implementation of a COVID-19 testing program, procuring supplies to provide testing, training providers and staff on COVID-19 testing procedures, and reporting data to HHS on COVID-19 testing activities,” said HRSA Administrator Tom Engels. “Funds may also be used for building or construction of temporary structures, leasing of properties, and retrofitting facilities as necessary to support COVID-19 response.” HRSA is also awarding \$500,000 to support technical assistance efforts to the RHCs as they expand testing capabilities. This includes activities such as conducting webinars, providing resources and guidance for implementation and management of testing programs. To view a comprehensive state-by-state breakdown of this funding, visit: <https://www.hrsa.gov/rural-health/coronavirus/rural-health-clinics-covid-19-testing-fy20-awards> ★

# Wells Fargo Issues Emergency Funds for Local Homeless Shelters

**By Julie Beckner, Volunteers of America Northern California & Northern Nevada**

**SACRAMENTO, CA (MPG)** - Wells Fargo has granted Volunteers of America Northern California and Northern Nevada (VOA-NCNN) \$100,000 to help meet the urgent needs of people experiencing homelessness and isolation in the face of the COVID-19 pandemic. VOA-NCNN projects a \$3mil+ gap in funding this fiscal year due to COVID-19. Funding from Wells Fargo will help VOA-NCNN: adapt systems, and implement safety and distancing protocols; cover unforeseen expenses to sustain increased and vital meal delivery service for isolated seniors, veterans, disabled, and homeless families; purchase sanitation and other essential supplies for staff and clients; and, support increased payroll expenses for essential staff working around the clock to meet the urgent needs of more than 4,060 residents and clients in its housing and shelter programs. “Wells Fargo consistently steps up to meet the needs of our community, and this time is no different,” says VOA-NCNN spokesperson Christie Holderegger. “This timely funding will help us to remain

responsive in this unprecedented crisis.” “Not everyone is afforded the luxury of sheltering in place in a home. There are thousands of homeless Sacramentans facing this pandemic while living on the streets or in shelters like those operated by VOA-NCNN,” said Wells Fargo Capital Foothills Region Bank President Kevin Barri. “We are grateful for the wonderful programs VOA-NCNN offers some of our most vulnerable neighbors, and thank for them working tirelessly to ensure their safety during this most unprecedented time.” Founded locally in 1911, the Northern California & Northern Nevada office of Volunteers of America is one of the largest providers of social services in the region. The professional paid staff operates more than 52 programs: homeless services and shelters; substance abuse treatment and recovery services; senior, veteran, and youth services; transitional, permanent supportive, and low-income housing. Volunteers of America provides shelter or housing to nearly 3,000 men, women and children every night in Northern California. Learn more about Volunteers of America Northern California & Northern Nevada at [www.voa-ncnn.org](http://www.voa-ncnn.org). ★

# Newsom Proposes Cuts to Funding of Paradise’s Water District

*Continued from page 1*  
on hold projects that could have been started to help sustain our long-term future. By pulling the funding away, it feels like the state led us down a path only to kick us off the cliff.” Nielsen and Gallagher noted that it appears the recent shift is political: that

the Governor is attempting to use the future of Paradise as part of a strategy to gain Republican support for a massive trillion dollar bailout from the federal government to balance the state budget. “The Governor wants to wrap all of our woes around his favorite boogeyman: President Trump,”

said Gallagher. “I’ve managed to work collaboratively with him in the past - but I am done with power play moves, with my constituents being harassed by his regulators and now being used as political pawns in some sort of leverage strategy. Do the right thing and restore the money now.” ★

# Sutter County Arrests 3 Suspects in Farm Equipment Theft

**Sutter County Sheriff’s Press Release**

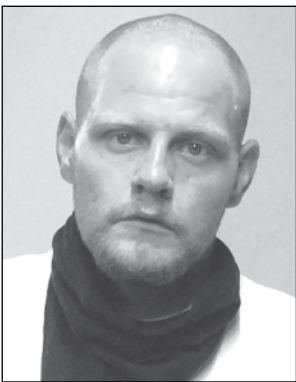
**SUTTER COUNTY, CA (MPG)** - The Sutter County Sheriff’s Detectives have been conducting an extensive investigation relating to the thefts of multiple high-priced pieces of farm equipment that is valued at well over \$200,000. These thefts have occurred in different areas of Sutter County. Sutter County detectives and NET-5 Agents have been working these cases for several weeks. Due to the dedication and hard work of the investigators, on May 5, 2020, at approximately 1430 hours, an undercover sting occurred which led to

the arrest of three suspects and the recovery of approximately \$100,000 worth of farm equipment. 39-year-old Yuba City resident Matthew Lewis, 39-year-old Yuba resident Joshua Walton, and 42-year-old Yuba City resident Jatinder Chohan were all booked into the Sutter County Jail for multiple charges, including possession of stolen property, Grant Theft, Conspiracy, and Resisting Arrest. Due to the order put out by the Judicial Council of California regarding COVID-19 statewide emergency bail schedule that sets bail at \$0 for most misdemeanor and lower-level felony offenses, all three suspects have been released. ★

# Police Arrest U-Haul Thief

**Sutter County Sheriff’s Office**

**SUTTER COUNTY, CA (MPG)** - Approximately 10:44 am, Sutter County Sheriff Deputies located a U-Haul truck that had been reported stolen a few days prior. The truck was located on the 1400 block of Bridge Street. With the assistance of Sutter County Sheriff’s Detectives and the hard work / proactivity of Sutter County



David Munding

Sheriff’s Patrol Deputies, an arrest was made for

possession of the stolen truck, possession of stolen property, and drug related charges. 29-year-old David Munding was arrested and booked into the Sutter County Jail. Due to the order put out by the Judicial Council of California regarding COV19 statewide emergency bail schedule that sets bail at \$0 for most misdemeanor and lower-level felony offense, Munding has been released. ★

# Health Department Receives UV System Donation to Fight COVID-19

**Butte County Public Health**

**BUTTE COUNTY, CA (MPG)** - UV Systems, a Chico based company, has donated one UV sterilization unit to Butte County Public Health (BCPH). This unit is capable of sterilizing up to 2,000 square feet within 15 minutes at 99.9% efficacy. BCPH will utilize the unit to help protect frontline workers and their facilities to further prevent COVID-19. The UV system was delivered to BCPH on Thursday, May 15th and can be used for infectious disease outbreak response, sterilization support and day-to-day healthcare operations. “The Emergency Preparedness Program is grateful to have this

valuable asset to support our local healthcare facilities during this time. We appreciate the generosity of UV systems for their kind donation,” stated Jessica Driskill, Emergency Preparedness and Response Manager for Butte County Public Health. The UV Sterilization unit will become a Butte-Glenn Emergency Preparedness Healthcare Coalition asset. Coalition members may utilize the system during an emergency activation. Butte County Healthcare facilities can request this resource through the Medical Health Operational Area Coordinator (MHOAC) program. UV Systems is a Chico based company dedicated to building high quality UV sterilization systems.

UV-C Sterilization technology has a long history of effectiveness in killing 99.9% of all viruses, bacteria, fungus and mold when used properly. Ultraviolet germicidal irradiation (UVGI) is a disinfection method that uses short-wavelength ultraviolet (ultraviolet C or UVC) light to kill or inactivate microorganisms by destroying nucleic acids and disrupting their DNA, leaving them unable to perform vital cellular functions. For more information about UV Systems you visit: [www.uvsystemsllc.com](http://www.uvsystemsllc.com) Learn more about the BCPH Emergency Response Program, visit: [www.buttecounty.net/ph/Programs/EmergencyPreparedness](http://www.buttecounty.net/ph/Programs/EmergencyPreparedness) ★

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# \$5 Million Allocated for Lead Testing in California Child Care Centers

## State Water Resources Control Board

**SACRAMENTO REGION, CA (MPG)** - The State Water Resources Control Board has executed an agreement to provide approximately \$5 million in grant funds for testing and remediation of lead in drinking water at licensed Child Care Centers.

The passage of Assembly Bill 2370 in 2018 requires that all licensed child care centers constructed before Jan. 1, 2010 test their drinking water for lead and do so within a three-year window. Subsequent testing every five years after the date of the first test is also required. The testing requirement does not apply when services are provided in the home of the caregiver.

Lead is a naturally occurring toxic metal used in many products and found throughout the environment including air, soil and water. Children are particularly susceptible to lead exposure. Lead can slow down growth and development, harm a child's nervous system and impact brain development. Studies have found that even small amounts of lead exposure can make it difficult for children to learn, pay attention and succeed in school. Children under six years old are most at risk, particularly infants.

The California Department of Social Services regulates licensed child care centers and plans to issue directives to centers in early 2020 regarding the requirements for testing and remediation. Once

issued, that information will be posted on the CDSS Provider Information Notices page.

A second 2018 bill, Senate Bill 862, appropriates \$5 million from the General Fund to the SWRCB and prioritizes centers serving infants and preschoolers. The bill gave highest priority for centers that serve infants, those that operate only one center and those with a majority of children receiving subsidized care. The Office of Water Programs at California State University, Sacramento will utilize the grant funds to implement a statewide program to assist priority centers, with support from the California Rural Water Association and the California Child Care Resource and Referral Network. ★

# Statewide Reopening Places of Worship and Retail Stores

*Continued from page 1*

evaluate workplaces for compliance; Train employees and volunteers on COVID-19, including how to prevent it from spreading and which underlying health conditions may make individuals more susceptible to contracting the virus; Implement cleaning and disinfecting protocols; Set physical distancing guidelines; Recommend that staff and guests wear cloth face coverings, and screen staff for temperature and symptoms at the beginning of their shifts; Set parameters around or consider eliminating singing and group recitations. These activities dramatically increase the risk of COVID-19 transmission. ★

For this reason, congregants engaging in singing, particularly in the choir, and group recitation should wear face coverings at all times and when possible, these activities should be conducted outside with greater than 6-foot distancing.

The existing guidance for retailers, previously allowed for counties approved to advance in the reopening process, now applies statewide. Retail can now open for in-store shopping statewide. The guidelines help reduce the risk for workers and customers. Retail does not include personal services such as hair salons, nail salons and barbershops.

In 21 days, the Department of Public

Health, in consultation with local departments of public health, will review and assess the impact of the religious services guidelines and provide further direction as part of a phased-in restoration of activities. This 21-day interval accounts for seven days for religious communities to prepare and reopen in addition to a 14-day incubation period of COVID-19.

More information about the state's COVID-19 guidance is on the California Department of Public Health's Guidance web page.

More information about reopening California and what individuals can do to prevent the spread of COVID-19 is available at covid19.ca.gov. ★

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The following persons are doing business as: AG 1 PORTABLES

2762 Daly Avenue Oroville, CA 95966

David and Mariana Rodriguez, 2762 Daly Avenue Oroville, CA 95966

Date Filed in Butte County: April 14, 2020

The Registrant commenced to transact business under the above business name on: N/A

This Business is Conducted by: A Married Couple

NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.

Publish: May 8, 15, 22, and 29, 2020

(The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0000400

The following persons are doing business as: MOUNTAIN FRUIT COMPANY

24 Bellermine Court Chico, CA 95927

Carleton Allyn Johnston and Joyce Elaine Johnston, 40 Myrtle Drive Oroville, CA 95966

Date Filed in Butte County: April 23, 2020

The Registrant commenced to transact business under the above business name on: 10/1/1997

This Business is Conducted by: A Married Couple

NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.

Publish: May 15, 22, 29, and June 5, 2020

(The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0000448

The following persons are doing business as: CALIFORNIA LIFESTYLE PROPERTIES AND LAND CO

2060 3rd Street Building A Oroville, CA 95965

Mario John Gattavara, 164 Plumas Drive Oroville, CA 95966

Date Filed in Butte County: May 11, 2020

The Registrant commenced to transact business under the above business name on: NA

This Business is Conducted by: Individual

NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.

Publish: May 22, 29, June 5, and 12, 2020

(The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0000260

The following persons are doing business as: IAMS GARDEN

13420 Cirby Creek Road Oroville, CA 95965

Teresita Paz Sisino, 1539 6th Avenue Oroville, CA 95965 and Therese Rubiolo, 13420 Cirby Creek Road Oroville, CA 95965

Date Filed in Butte County: March 3, 2020

The Registrant commenced to transact business under the above business name on: NA

This Business is Conducted by: Unincorporated Association

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Publish: May 22, 29, June 5, and 12, 2020

(The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0000433

The following persons are doing business as: PARADISE PINES CHIROPRACTIC

14154 Skyway Suite 6 Magalia, CA 95954

Gary L. McArthur and Sherri McArthur, PO Box 940 Magalia, CA 95954

Date Filed in Butte County: May 6, 2020

The Registrant commenced to transact business under the above business name on: NA

This Business is Conducted by: A Married Couple

NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.

Publish: May 22, 29, June 5, and 12, 2020

(The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0000482

The following persons are doing business as: MADISON HOME PHARMACY CORP

2800 Lincoln Boulevard Suite B Oroville, CA 95966

Madison Home Pharmacy Corp, 2800 Lincoln Boulevard Suite B Oroville, CA 95966

Date Filed in Butte County: May 18, 2020

The Registrant commenced to transact business under the above business name on: August 1, 2018

This Business is Conducted by: Corporation

NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.

Publish: May 29, June 5, 12, and 19, 2020

(The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0000394

The following persons are doing business as: GREAT ESCAPE TRAVEL

973 East Avenue Suite M Chico, CA 95926

Timothy Carl Colbie, 1103 Downing Avenue Chico, CA 95926

Date Filed in Butte County: April 21, 2020

The Registrant commenced to transact business under the above business name on: NA

This Business is Conducted by: Individual

NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.

Publish: May 29, June 5, 12, and 19, 2020

(The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2020-0000405

The following persons are doing business as: HEREDIA POLLINATION SERVICE

1641 Wade Road Gridley, CA 95948

Jesus Heredia Tinoco, 1641 Wade Road Gridley, CA 95948

Date Filed in Butte County: April 24, 2020

The Registrant commenced to transact business under the above business name on: NA

This Business is Conducted by: Individual

NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.

Publish: May 29, June 5, 12, and 19, 2020

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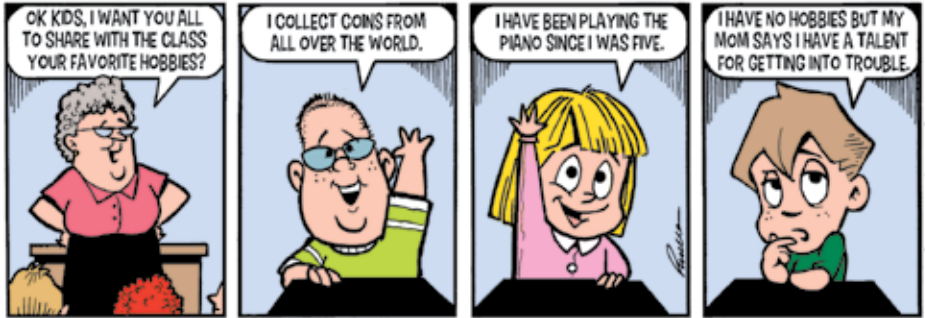
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# WEEKLY COMICS

## Amber Waves

by Dave T. Phipps



## The Spats

by Jeff Pickering



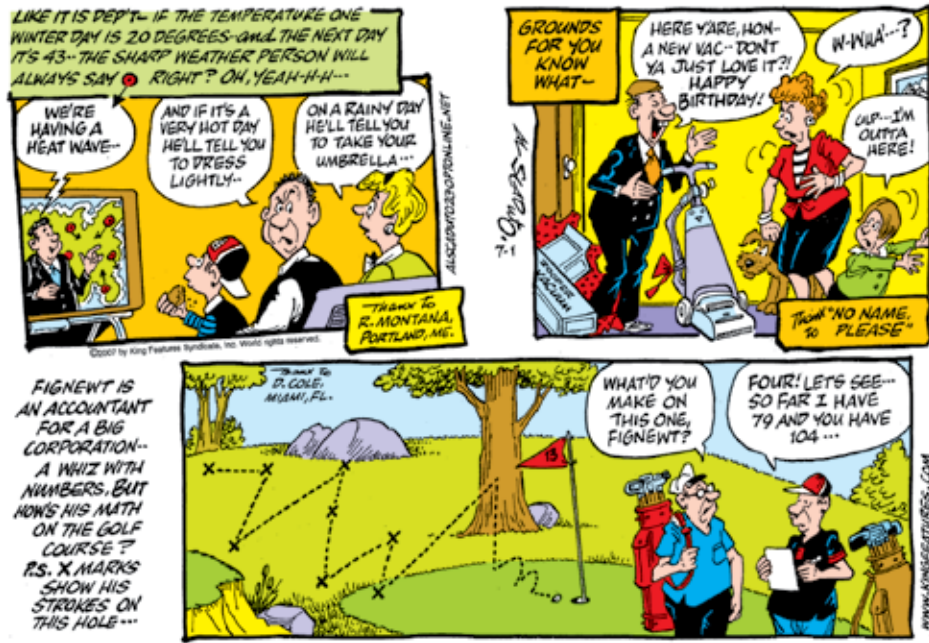
## Out on a Limb

by Gary Kopervas



## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



## R.F.D.

by Mike Marland



## GRIN & BEAR IT

## LAFF-A-DAY



## Just Like Cats & Dogs

by Dave T. Phipps



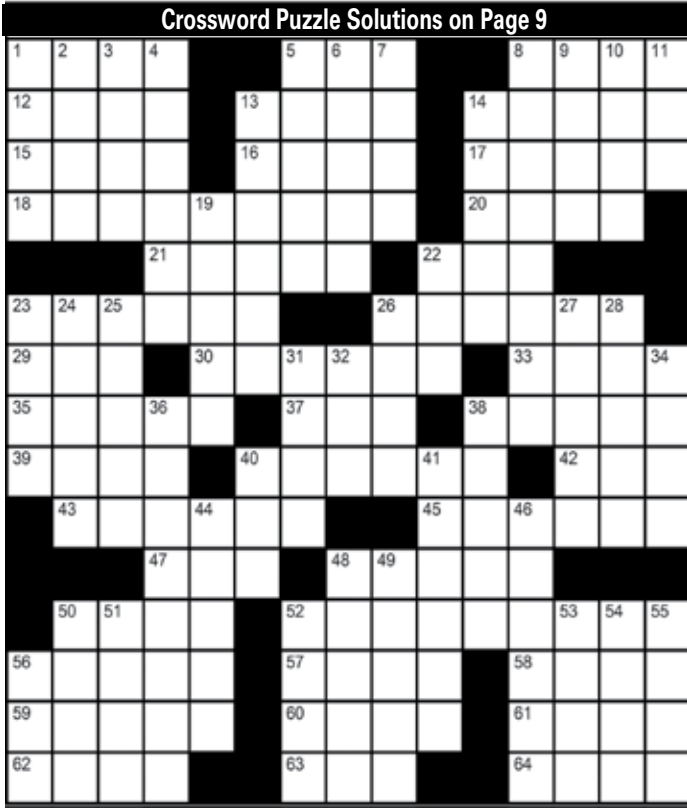
## HOCUS-FOCUS

BY HENRY BOLTHOFF



## STATEPOINT CROSSWORD • TONY WINNERS

- CLUES**
- ACROSS**
- "A Visit from St. Nicholas" beginning
  - Clock std.
  - U-\_\_\_\_\_
  - "Webber's "Evita" collaborator
  - Away from wind
  - Boy Scout rank
  - Picnic invaders
  - Digestive aid
  - Change, as in the Constitution
  - "Like Tony Awards 2020
  - Entry document
  - Fill with spirits
  - 10 decibels
  - "Kiss Me, Kate" composer/lyricist
  - Sound of leaves in wind
  - Before, archaic
  - Admirer
  - "My bad"
  - Garments
  - Barbie's beau
  - Annoy a bedfellow
  - Result of too many drinks
  - Type of tunic
  - F in FWIW
  - Brown's beagle
  - "M in "M. Butterfly"
  - Bar association
  - "Mack the \_\_\_\_\_"
  - "Tony winner David \_\_\_\_\_
  - Pierce
  - "Musical with the most wins, with The \_\_\_\_\_"
  - "Jellicles" cries
  - Vietnam's neighbor
  - Flu symptom
  - Pond buildup
  - Sunrise point
  - "Just \_\_\_\_\_"
  - "4-time winner Tom Stoppard's output
  - Tap choice
  - Tallest volcano in Europe
- DOWN**
- Catch-22, e.g.
  - Brown bagger
  - "Before and after intermission
  - Final six lines of a sonnet
  - Sparkle
  - More than a scuffle
  - Like a ball ready for a drive
  - "Musical with most nominations
  - "Tony nominee, "Rock of \_\_\_\_\_"
  - Longer forearm bone
  - Bulb type
  - "All \_\_\_\_\_!"
  - Roof overhang
  - Humble requests
  - Pesky, clingy plant
  - Cribbage pieces
  - Un-written exams
  - Old episode
  - "La Bohème," reimagined
  - Shower accessory
  - Erasable programmable read only memory
  - Thumbs-up
  - Gridiron official, for short
  - Blood fluids
  - "Coveted destination
  - Mix-up
  - Typically has April 15th as deadline



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- In the thick of
- Falstaffian in body
- Base of the decimal system
- Cattle enclosure in African village
- Pirate's "necklace"
- "Setting of Tony winner 'Hades-town'"
- Vinyasa workout
- #19 Down, sing.
- "The Grand Slam of showbusiness, acr.
- The Colosseum, today
- Pura \_\_\_\_\_, or pure silk
- Atlas page



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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 9

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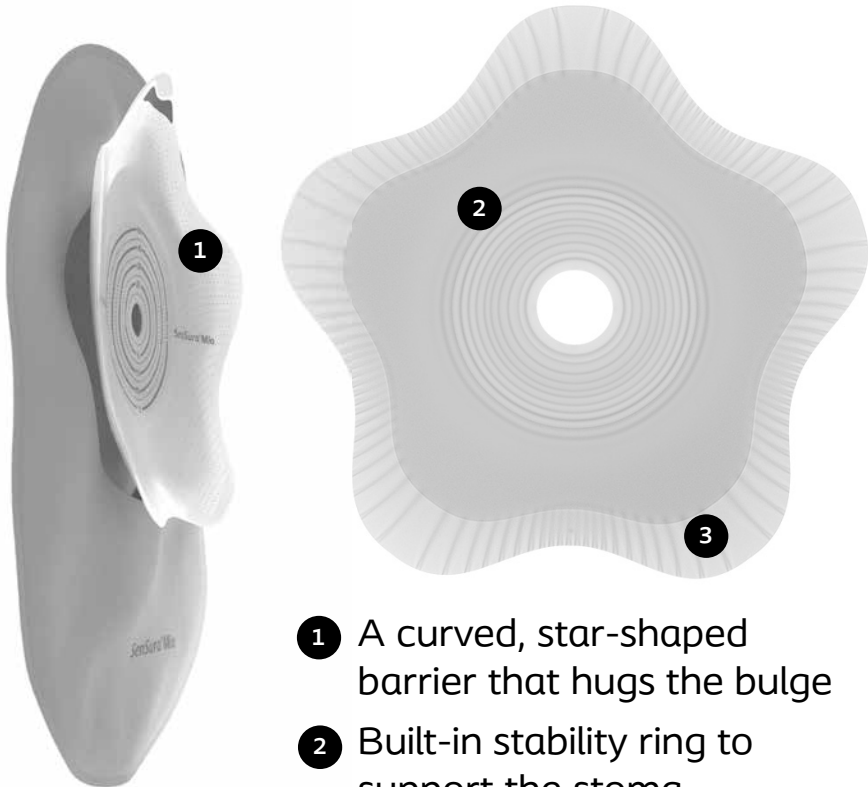


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# Crime Reports



## Gridley- Biggs Police Report

**May 15<sup>th</sup> - May 22<sup>nd</sup>**

**5-15-20:** At 3:14 pm on the 200 block of Magnolia St., Gridley, CA, Vincent Colt Moreno, 30, was arrested for public intoxication (647 (f) PC) and booked into Butte County Jail.

**5-15-20:** At 10:03 pm on Magnolia and Randolph Streets, Gridley, CA, Angel Corona, 27, was cited for possession of a controlled substance (11377 (a) PC) and violation of probation (1203.2 (a) PC).

**5-18-20:** At 4:13 pm on Magnolia and Kentucky Streets, Gridley, CA, Marquis Levar Jones, 40, was cited on an outside agency misdemeanor warrant.

**5-20-20:** At 11:01 am on the 100 block of “A” St., Biggs, CA, Maria Deborah Jean Chavera, 26, was arrested on an outside agency misdemeanor warrant and booked into Butte County Jail.

**5-20-20:** At 1:10 pm on the 600 block of Kentucky St., Gridley, CA, Ronn Nathan Wade, 36, was cited for a local misdemeanor bench warrant.

**5-21-20:** At Rite Aid in Gridley, CA, Amanda Joy Pack, 34, was cited for possession of a narcotic controlled substance (11350 (a) H&S), possession of drug paraphernalia (11364 (a) H&S), violation of probation (1203.2 (A) PC), and shoplifting in the amount totaling \$950 or less.

**5-21-20:** At 12:07 am on the 100 block of Sycamore St., Gridley, CA, Jennifer Ryann Melton, 37, was arrested on a local misdemeanor bench warrant and booked into Butte County Jail.

**5-22-20:** At 3:34 pm on the 200 block of California St., Gridley, CA, Gino Grimaldo, 24, was cited for shoplifting in the amount totaling \$950 or less.

**5-22-20:** At 5:03 pm at Independence Place and Paradise Way in Gridley, CA, Manuel Rene Perez JR, 39, was arrested for 3 outside agency misdemeanor warrants and one felony bench warrant and booked into Butte County Jail.

**get more info at [www.crimegraphics.com](http://www.crimegraphics.com)**



# Gridley Thumbs and Roots



By Barbara Ott

Pathogens are on my mind. A *pathogen* is a biological agent that causes disease to its host, disrupting the normal physiology of a multicellular animal or plant. The ability of pathogenic microorganisms to harm both animal and plant hosts has been known since the demonstration in the 1870s that microbes were causal agents of disease.

Gardeners have many experiences with plant

pathogens. A plant disorder seen by gardeners is blossom end rot. No pathogen here, it is an environmental problem. It is caused by irregular watering and calcium deficiency. This common garden “disease” is often brought on by rapid growth from too much fertilizer, high salt levels or drought. Sometimes a pathogen joins in, a black, fuzzy-like growth that completely rots the fruit. Consistent watering is the cure.

A fungal disease that affects peaches and nectarines is leaf curl (*Taphrina deformans*). Commonly found in backyard orchards. In spring leaf areas become thick and puckered causing leaf curl and distortion. When severe, leaf curl will reduce fruit production. Environmental conditions can prolong this disease. The fungi overwinter as spores (conidia) underneath bark,

around buds and in other protected areas. The fungus produces many new spores which are blown from tree to tree. It can be contained by using copper-based fungicides and keeping the ground under the tree clean.

Mosaic virus is common on squash. It overwinters on perennial weeds and is spread by insects that feed on them. Aphids, leafhoppers, whiteflies and cucumber beetles are common garden pests that transmit this disease. There are no cures for viral diseases like mosaic. Every effort needs to be made to prevent this virus from entering the garden. The virus can spread through human activity, and tools.

Wash your hands and disinfect garden tools to reduce the risk of contamination. We have only a few choices when it comes to virus contamination. ★

# Slim Randles’ HOME COUNTRY



Slim Randles

Windy walked out away from his house, but kept his mask in his pocket. There was never any quit when Windy decided to whip something, and this time it was that coronavirus. Our little valley had pretty much shut down, just like almost everyone else’s.

For the loquacious Windy Wilson, whose most precious word was “audience” it was an especially tough time. Stay home. Wash your hands. Wear

## Quarantine Means Staying Home Alone

your mask, and don’t go where there are more than five people.

Well, that wiped out any visit to the Mule Barn truck stop coffee shop. So what was left? He couldn’t even corner any school kids coming home from class, because they weren’t going to school right now.

So Windy went home, petted his dog, Ramses, and picked up the phone.

“Hi Mamie. Windy here.”

“Hi Windy,” she said, cheerfully, “what’s up?”

“It’s this danged coronary virus goin’ round,” he said, “they tell everybody to stay home and don’t do nothin’. Quarantine, they said. So I was a wonderin’ if you would like to quarantine with me ‘til they get

this thing whipped.”

“You mean,” said the very pleasant holistic widow, “live in the same house?”

“Well, we don’t hafta go that far. I could go home and stay there overnight and then we can quarantine-up again in the mornin’.”

She chuckled. “Windy, you are a wonderful guy, but I don’t think it works that way. Quarantine means staying home alone.”

“With just my dog?”

“Afraid so.”

“Wonder why them doctors invented this here virus in the first place. Sure ain’t fun.”

*Brought to you by the nice people who call up friends and relatives just to ask how they’re doing.* ★



## Crossword Puzzle on Page 7

T	W	A	S			G	M	T			H	A	U	L
R	I	C	E			A	L	E	E		E	A	G	L
A	N	T	S			B	I	L	E		A	M	E	N
P	O	S	T	P	O	N	E	D			V	I	S	A
				E	L	A	T	E			B	E	L	
P	O	R	T	E	R					R	U	S	T	L
E	R	E		A	D	O	R	E	R		O	O	P	S
G	A	R	B	S		K	E	N			S	N	O	R
S	L	U	R		C	A	F	T	A	N		F	O	R
				S	N	O	O	P	Y			M	A	D
				A	B	A				K	N	I	F	E
				H	Y	D	E			P	R	O	D	U
M	E	O	W	S						L	A	O	S	
A	L	G	A	E						E	A	S	T	
P	L	A	Y							A	L	E		

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## Sudoku Puzzle on Page 7

6	4	9	7	1	3	5	2	8
8	5	7	6	2	4	9	3	1
2	1	3	5	8	9	6	7	4
3	7	2	4	6	1	8	9	5
1	6	8	9	5	2	7	4	3
5	9	4	3	7	8	1	6	2
4	8	1	2	9	7	3	5	6
9	2	5	1	3	6	4	8	7
7	3	6	8	4	5	2	1	9

# Dear Dietitian

## Fibromyalgia



Commentary by Leanne McCrate

Dear Dietitian,

I was recently diagnosed with fibromyalgia. There is a lot of information on the internet about diet to help with this. Some websites say one thing, others say another. It’s very confusing, and I need your help.

Thank You ~ Joyce

Dear Joyce,

While the internet has brought a world of information to our fingertips, nutrition information must be evaluated for its authenticity. Fibromyalgia (FM) is a disorder characterized by chronic widespread pain, sleep problems, fatigue, and problems with memory and thinking (‘fibro fog’). According to the Centers for Disease Control and Prevention, FM affects around 4 million Americans (1). The cause of FM is not well understood, and there is no cure.

It is important to note that while nutrition therapy is a hot topic in research, not all diseases are treatable with nutrition. For example, treatment for diabetes and heart disease includes nutrition therapy. However, there is no dietary intervention for the prevention or treatment of Parkinson’s disease. Whether there will be evidence-based nutrition therapy for FM remains to be seen.

Some claim that nutrition therapies for fibromyalgia are promising, but more studies are needed before scientific conclusions can be made. Special diets that have been shown to improve FM symptoms are weight-loss, low FODMAP (fermentable oligo-, di-, mono- saccharides and polyols) and a mostly raw vegetarian diet. Improvements in pain levels, quality of sleep, anxiety and depression, and inflammatory labs were noted (2). If you choose a low FODMAP or mostly raw vegetarian diet, it would be wise to consult with a Registered Dietitian Nutritionist. The RDN will provide diet education to ensure that all your nutrient needs are met.

A weight loss-diet possibly helps in two ways. Extra weight means more work for the muscles and can be damaging to the joints over time. It follows that shedding those unwanted pounds will make it easier on the body. Also, fat cells produce inflammatory molecules, which may contribute to pain. When the fat cells are eliminated, pain is diminished. Similarly, the mostly raw vegetarian diet is believed to improve symptoms by decreasing inflammation.

Many patients who suffer from FM have intestinal problems, such as nausea, vomiting, and abdominal pain. The low FODMAP diet may ease FM symptoms by improving the environment of the intestines, also referred to as the gut microbiota.

As for supplements, there is some evidence that vitamin D or magnesium deficiency is common in those who suffer from FM. You may ask your doctor to test your blood levels to see if you need a supplement. Supplementation with these nutrients is helpful only if there is a deficiency (3).

Other natural remedies have been studied to see if they have a benefit for FM patients. These remedies include soy, Sam-e, and creatine. However, there is not enough evidence to determine if these products are helpful (4).

The development of well-designed studies is needed to determine the effects of nutrition intervention in patients with FM. Not until then will we have a clear path to move forward with nutrition therapy. Consult your doctor if you think you may have fibromyalgia.

Until next time, be healthy!

Dear Dietitian

### References

1. What is Fibromyalgia? (Oct 11, 2017) Retrieved from <https://www.cdc.gov/arthritis/basics/fibromyalgia.htm>

2. Silva, A.R., et al. (2019) Dietary interventions in fibromyalgia: a systematic review, *Annals of Medicine*, 51:sup1, 2-14, DOI: 10.1080/07853890.2018.1564360

3-4 Fibromyalgia: In Depth (May 2016) Retrieved from <https://www.nccih.nih.gov/health/fibromyalgia-in-depth>

Leanne McCrate, RDN, LD, CNSC, aka Dear Dietitian, is an award-winning dietitian based in 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](mailto:deardietitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans. ★

# SPARKY'S CORNER



## Medical Oxygen Safety

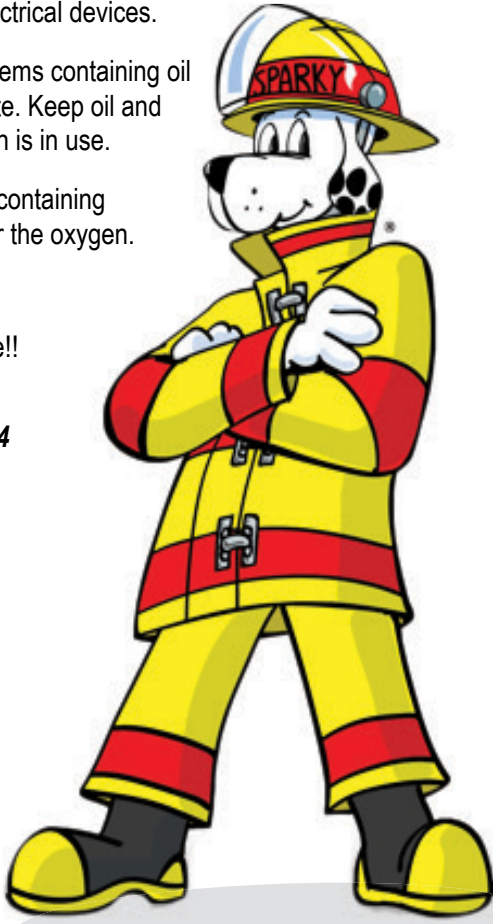
Portable medical oxygen in the home has grown over the past decade. Medical oxygen adds a higher percentage of oxygen to the air a patient uses to breathe. If a fire should start in an oxygen-enriched area, the material burning will burn more quickly. Homes where medical oxygen is used need specific fire safety rules to keep people safe from fire and burns.

### SAFETY TIPS

- There is no safe way to smoke in the home when oxygen is in use. A patient on oxygen should not smoke.
- Candles, matches, wood stoves and even sparking toys, can be ignition sources and should not be used in the home.
- Keep oxygen cylinders at least five feet from a heat source, open flames or electrical devices.
- Body oil, hand lotion and items containing oil and grease can easily ignite. Keep oil and grease away where oxygen is in use.
- Never use aerosol sprays containing combustible materials near the oxygen.

Thank You, and Be Safe!!

Sparky the Dog  
Gridley Fire Station 74





# It's ON!

## Gridley High Seniors Plan to Walk



*Continued from page 1*

will not be allowed on the field after the graduation ceremonies have concluded, with graduates reuniting with loved ones out in front of the school. The email does say, “If social restrictions are loosened prior to June 19th, we will re-examine our dismissal procedures.”

Gridley Unified School District Admin are still keeping a close eye on the situation and are prepared to make changes to the plan if necessary. Superintendent Reeves stressed the need to remain flexible and have multiple plans in place in the event that the COVID19 pandemic worsens and restrictions prevent the

graduation ceremonies to proceed as hoped.

Principal Kern says, “I want to thank the Board of Trustees and Superintendent Reeves for balancing health concerns while prioritizing our students that have unfairly lost so much, and allowing our celebration of your successes to take place.” He continues, “Mrs. Buresch and I are extremely thankful for the opportunity to recognize the Class of 2020. As I have stated this is a benchmark and not a finish line, but we recognize this is a significant milestone for many of you and your families and we couldn’t be more excited to be able to celebrate this moment with you! ★



GHS Principal Justin Kern and Vice Principal Rikki Buresch had special posters made for each graduate of the Class of 2020, using head shots by Chasing Butterflies, planting them on the football field as if it were the actual graduation ceremonies. Afterwards, they surprised the graduates with the posters by secretly placing them in the yards of each student’s home during the night. Photo provided by Justin Kern



Teachers Shannon Job (left) and Sierra Leatherman (right) hand one of Gridley’s Valedictorians, Macy McClellan (middle) her graduation gown. Photo provided by Annette Boone



GHS Seniors Alyra Andes (left) and Makenna Byrne (right) getting excited for graduation after picking up their cap and gown. Photo provided by Annette Boone

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