

California Legislature Assembly Gets Into **FOCUS** PAGE 2

Gridley Parks and Recreation **Basketball Tips Off** PAGE 9



FRIDAY • JANUARY 24, 2020 • VOL. 140 NO. 04

THE GRIDLEY

PROUDLY SERVING OUR AREA SINCE 1880

NSIDE

Candidates Square Off

LOCAL WOMAN **TO SERVE IN PUERTO RICO**



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SUICIDE PREVENTION-INTERVENTION FORUM HELD FOR GRIEVING COMMUNITY



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100 Kimmelshue Suc Hilderbrand League of Women Voters

Candidates Tod Kimmelshue and Sue Hilderbrand answer the hard questions at the LWV Candidate Forum. Photo provided by Sue Hilderbrand

By Seti Long

BUTTE COUNTY, CA (MPG) - On the evening of December 15th, the Butte College campus hosted a candidate debate organized by the League District 1 candidates, Bill Connelly of Women Voters. The debate featured Supervisor Candidates for both of Supervisors candidates, Sue District One and District Four, pro- Hilderbrand and Tod Kimmelshue. viding the opportunity for citizens to get a better idea of the political posi- ning from Chico to the north, Oroville bill and their stances on the Butte tion, strategy and outlooks of each to the east, and encompassing south candidate. Vice President of the LWV, Carol Burr opened the candidate forum expressing that the "League of Women Voters is a non-partisan operation and we really want you to learn from the candidates and about the issues that are important to you." Mediated by Burr and her LWV col-

directed to and answers from candidates were limited to a 1-minute time frame.

At about an hour into the debate, the forum transitioned from the and Ian Greene, to District 4 Board

District 4 comprises an area span-

themselves who would answer first, addressing questions from the crowd and delegates from the Chico ER and North State Public Radio as the previous candidates had.

Ouestions ranged from how candidates would approach and tackle issues such as ground water exportation, how to manage developments under the umbrella of the AB 430 Regional Conservation Plan. A majority of topics touched on what the potential candidates would do to prepare and protect the county from local disaster preparedness, future housing and economic development, to statewide relations with Assemblymen, Congressmen and more. The issues were undoubt-Candidates Hilderbrand and edly high-priority to residents here, Continued on page 10

Legislators Announce **Audit Request** of Homelessness Spending

By Joshua Hoover

SACRAMENTO, CA (MPG) -Assemblyman Kevin Kiley (R-Rocklin) and Senator Brian Jones (R-Santee) announced that they have requested a statewide audit of homelessness spending in California. Joining them as coauthors on the request are Assemblymembers Phillip Chen, Steven Choi, James Gallagher, Tom Lackey, and Jay Obernolte. The Joint Legislative Audit Committee will consider the request on February 19, 2020.

"The Governor is approaching our homelessness crisis with the sense of urgency it requires, but it's important that we do not measure success just by how many dollars we spend," Assemblyman Kiley said. "Billions have been spent in recent years, yet people are not getting the help they need and the problem continues to grow. For the Governor's proposed investments to make a difference, we need a much better understanding of what is and is not working in our

CHOICE WINNER ICE BURGIE

READER'S



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



Butte County down to Gridley. First candidate Tod Kimmelshue,

followed by Sue Hilderbrand, addressed the crowd, opening with a thanks for the strong turnout and opportunity to share their platform and qualifications for the position of Supervisor.

league, Debra Barger, questions Kimmelshue rotated between

use of existing resources."

This week the Governor's homelessness taskforce led by Sacramento Mayor Darrell Steinberg and Los Angeles County Supervisor Mark Ridley-Thomas recognized the need to evaluate past and current spending citing, "In order to expand access to mental health and substance abuse treatment for individuals experiencing homelessness, the state should work in tandem with counties to ensure that existing funding, funding proposed in the Governor's budget, and proposed Medi-Cal reforms align with the state's goals to improve access to treatment."

"Solving this dire crisis will definitely take aggressive funding, but simply throwing money at the problem is not a smart solution," said Senator Jones. "We need to ensure taxpayers' hardearned dollars are being spent wisely and used effectively. This audit is necessary and will show us what's working - and what's not working - so we can make informed decisions moving forward that will actually help us start making a dent in the problem."

See the audit request attached for more information.

Assemblyman Kevin Kiley 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.

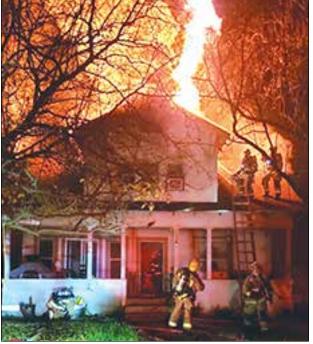
Source: Office of Assemblyman Kevin Kiley ★

Multiple CAL FIRE Units Respond to Gridley Home Blaze

By Naomie Webster

GRIDLEY, CA (MPG) - It was a long night for local firefighters on Sunday, Jan. 19th. A call was received around 7:30 pm, reporting a fire in a two-story home on the 1900 Block of West Liberty St., Gridley, CA. Several units were dispatched to the 2000 square foot residence, including first on the scene, CAL FIRE Butte Station 74 Ladder Truck aided by engines from Biggs and Live Oak, and water tenders from Gridley, Biggs, Richvale, and Palermo.

Upon arrival, firefighters encountered the structure with flames on the first floor and smoke coming from the attic. CAL FIRE Captain, Mike Conaty, says, "Crews overcame construction challenges and were able to extinguish the fire and save the rest of the structure and contents. All



A devastating fire that broke out in the early morning hours of Sunday, left the two-story home inhabitable. Photo provided by Gridley Calfire Captain Chris Richins

the house."

Firefighters were forced to attack the flames from above and below, using the

hand. Units were on scene until after midnight, carryand clean-up of the site.

According to CAL FIRE Captain, Troy Hand at Butte County's CAL FIRE command station, a structure fire of this nature, with a blaze in the attic area, presents several difficulties and requires a lot of manpower to salvage. After containment, they dedicated hours to removing materials from both floors of the building so the fire could not rekindle.

Unfortunately, what was saved of the home was no longer inhabitable. Red Cross was contacted to aid the family in finding temporary accommodations. Luckily, no one was injured. The cause of the fire is still under investigation. Big thanks to the firefighters who arrived to help; Fire Captain Mike Conaty, occupants made it out of ladder to gain the upper Engineers Zach Downing, Casey Dietle, Perry Nunez and all the crews from ing out a heavy overhaul Biggs, Richvale, Live Oak and Palermo.

www.GridleyHerald.com

The New Pi-Line



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

The other day I saw one of those job site signs that counts down how many days have passed since someone been maimed or injured at work, and it seemed odd to me that they put it out for everybody to see. As I stood in line, I just kept thinking what happened 15 days ago, and is the person all right now? So I began to investigate I discovered they have ascertained through reputable research that those kinds of visible reminders reduce the number of accidents people

have at work. I never want to be the risk management guy in the organization. The risk management people have to think about those kinds of things and study every possible danger, something like "if we put up a sign that says don't chop off your arm" the actual number of arms chopped off goes down.

They keep saying that robots are going to replace a sizable chunk of the workforce in the near future. I booked a trip to Reno and checked into a hotel that I found with an app on my phone, and when I got to the hotel, there was no front desk person. All I did was pick up a phone, and a remote person told me to put my driver's license in a scanner, and then the machine printed a key and printed a parking pass and I was done. My friends are who into looking into the future says we will soon book a room on our phones and simply walk up to the

door and wave our cellphone at the doorknob, and the room will open up; no checkin at all.

Speaking of the world in constant change, Harrah's Casino in Reno is closing. The Harrah's is going to become a hotel without gambling owned by another group. Indian gaming in California has reduced the gambling market in Reno by 40%, and in Reno, there used to be little else driving the economy of Reno other than mining and gaming. The new economics of Reno is businesses leaving California. The states that have a part-time legislature, with low taxes and low regulations, advertise to businesses in the Golden State, and it is an easy sell these days. There is an incredible amount of high tech firms moving over the hill. There always seems to be something to write about.

BCSO Updates Investigation for Unlawful Sexual Intercourse with a Minor Victim

Butte County Sheriff's Office Press Release

BUTTE COUNTY, CA (MPG) - January 13, 2020 – Over the past month Detectives have continued to follow-up on this investigation. After conducting additional interviews, Detectives determined Eric Becerril, age 24, was having unlawful sexual intercourse with a minor victim. Becerill is currently in custody in the Butte County Jail. On January 9, 2020, Detectives booked Becerill on three additional felony counts of having unlawful sexual intercourse with a minor victim. The Sheriff's Office is asking anyone with additional information about Becerril to contact Detective Brian Mollath at 530-538-7671.

December 13, 2019 - Butte County Sheriff's Office Announces Arrests in Child Endangerment Investigation OROVILLE, CA (MPG) - The Butte County Sheriff's Office (BCSO) announced the arrest of three individuals. The arrests are the culmination of an investigation that began on December 8, 2019. On December 8, BCSO responded to a call for service in the 4400 block of VC Road, Oroville. Upon arrival at the residence, a male later identified as Eric Becerril of Oroville, age 24 is believed to have fled the residence on foot. Deputies contacted two female juvenile victims during the call for service. Both victims were under the influence of heroin. The victims were transported to a local hospital. After obtaining a medical clearance, the victims were turned over to Butte County Children's Services.

Detectives conducted a follow-up investigation and determined Becerril had been allowing the juvenile victims to stay at his

residence. Detectives determined Becerril was also allowing the victims to use heroin at his residence. Detectives obtained an arrest warrant for Becerril for a felony charge of maintaining a residence where narcotics are used/sold. Detectives also obtained a search warrant for Becerril's residence

On December 11, Detectives, Designated Area Deputies, and Detectives from the Butte Interagency Narcotics Task Force (BINTF) served the search warrant. During the service of the search warrant, Becerril was contacted and arrested. Becerril's mother, Anna Valles of Oroville, age 50, and a male later identified as Edward Silvera of Oroville, age 28, were also contacted and arrested. Two juveniles were also contacted during the service of the search warrant.

During a search of the residence, Detectives located numerous evidence items to include heroin, hypodermic needles, and drug paraphernalia. One juvenile victim was turned over to Butte County Children's Services, and the other was turned over to her mother.

Becerril was arrested for a felony charge of maintaining a residence where narcotics are used/sold, possession of heroin, possession of narcotics paraphernalia, and an arrest warrant. Valles was arrested for felony child endangerment and for a felony charge of maintaining a residence where narcotics are used/sold. Silvera was arrested for an arrest warrant, for providing a false name to a peace officer, and for possession of narcotics paraphernalia. This investigation is ongoing. The Sheriff's Office is asking anyone with additional information about Becerril to contact Detective Brian Mollath at 530-538-7671. ★

Nielsen Statement on Gov.'s Spending Plan



Jim Nielsen

By Nghia Nguyen

SACRAMENTO, CA (MPG) - Governor Gavin Newsom unveiled his \$222-billion budget proposal, an increase of 2.3 percent from last year. This plan sets a record for high spending. Senator Jim Nielsen (R-Tehama), Vice Chair of the Senate Budget & Fiscal Review Committee, issued the following statement:

presented a thoughtful budget to the Legislature.

"His proposal to maintain forest management will reduce fuel to help prevent wildfires. Funding to harden homes will help secure houses and potentially save lives.

"I agree with the Governor that money is not the solution to every problem. Providing shelter is only a small part of the solution to homelessness.

"We must address health care, substance abuse prevention, mental health and job training. It is important to encourage opportunities with benchmarks for success.

"Teens are quickly becoming addicted to nicotine. His support to ban flavored nicotine products will bring much relief to parents, teachers and administrators as they help students kick nicotine addiction.

monies to give full health benefits to more adults living in the country illegally is concerning. This permanent spending is costly and will compete with funding for other critical services when the economy shrinks.

"I caution the Governor and lawmakers to ensure we achieve results for Californians, and not just spend."

Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@ senate.ca.gov. Follow him @CASenatorJim.

Source: Office of Senator

California Legislature Assembly Gets Into FOCUS



"The use of taxpayer Jim Nielsen

Statement by Assemblyman Gallagher on Governor's 2020-2021 State Budget

By Curtis Grima

SACRAMENTO, CA (MPG) Assemblyman James Gallagher (R-Yuba City) issued the following state- important, we need to comment in response to the plement this funding with release of Governor Gavin Newsom's 2020-2021 state budget:

"I am pleased that the Governor has placed an emphasis on issues of emergency preparedness in his budget. Vegetation management and home hardening to harden our infrastructure

are key to making us more resilient to wildfires, and I am glad to see investment in these areas.

However, while funding is policy changes to streamline these processes and ensure investments are targeted. This includes expedited environmental review for projects that reduce fire risk and ensuring state law and regulations don't hamper efforts

and respond to emergencies. I look forward to continue working with the administration on these issues this year."

For more information on Assemblyman Gallagher, and to track legislation visit www. assembly.ca.gov/Gallagher

Assemblyman James Gallagher represents the 3rd Assembly District, which encompasses all of Glenn, Sutter, Tehama and Yuba counties as well as portions of Butte and Colusa counties.

FOCUS members Cathie Slota and Pauline Abbott holding the California Legislature Assembly Certificate of Recognition signed by James Gallagher. Photo provided by FOCUS

By Seti Long

GRIDLEY, CA (MPG) - Our local FOCUS group got nizes individuals for their quite a surprise when it recently received a special honor from the California Legislature Assembly. FOCUS, which dedicates itself to promoting literacy and intellectual well-being for children in our area, was awarded a recognition of honor from the California Legislature Assembly for receiving the Friends of the FOCUS's mission is "To Library's Don Wiley award utilize our time, talents, and

group to receive the Don Wiley Award, which recogwork in promoting literacy and support of the local library.

Each year, FOCUS gives hundreds of books to area children and also donates funds for multiple scholarships, youth programs and sends two students to the Teck Trek Science and Math Camp at UC Davis.

in 2019. FOCUS is the first donations to support the growth and development of the children and youth of the Biggs, Gridley, Live Oak, and Richvale through literacy ... "

According to FOCUS member Cathie Slota, the group intends to have the award from the California Legislature Assembly professionally framed and hung at the Gridley Branch of the Butte County Branch near the placards honoring past-year Wiley award winners.

Endorsed By Paid for by Kimmelshue for Supervisor 2020 #1416151 **Butte County Sheriff Kory Honea**



Suicide Prevention-Intervention Forum Held for Grieving Community



Parents and students were in attendance for the Suicide Prevention-Intervention Forum hosted by Gridley Unified School District and Gridley High School on Thursday, January 16, 2020. Photo Courtesy of Joshua Porcayo

within the community and

By Joshua Porcayo

GRIDLEY, CA (MPG) - Gridley Unified School District held a Suicide Prevention-Intervention Forum at the Gridley Community Center on Thursday, January 16, 2020, for tive approach to stimulate members of the local and discussions." One of the surrounding communities. After the tragic loss of two former students, the GUSD and Gridley High School administration took proactive measures to comfort and educate students at each school within the district.

McKinley Elementary Lee Burresch, discussed School (Toni Ormachea), Wilson Elementary School (Sam Stone), Sycamore Middle School (Veronica Brown), Esperanza High School (Savannah Welz), and Gridley High School (Jodie Tull and Jesse Barajas), met with every student during the previous week to discuss various messages from the district-from messages of depression and anxiety, to messages about hope and overcoming life situations.

Gridley Unified Superintendent, Jordan Reeves, opened up the forum with thanking everyone for coming out to an important discussion Elementary school

introductions of the evening's speakers. Gridley High School Principal, Justin Kern, opened up with the reason for the forum and how the District has been "taking a proacmost important things that has come out of the loss in recent weeks is educating the parents and youth about opportunities available within the community and nation when dealing with suicidal tendencies.

Gridley High School School counselors from Assistant Principal, Rikkithe process that was taken within the district to reach out to all students, as well as, letting students know there have been additional counselors on site available to them. "Experts advise that most kids will want to lean on their friends, not counselors," said Burresch, so kids were given resources with phone numbers where they can reach out via a phone call or text message. Since everyone grieves differently, it is best to let an individual grieve his or her own way. Oftentimes, individuals need some space to grieve. McKinley

counselor, Toni Ormachea, provided the educational portion of the forum based around science and statistics in regard to suicide and suicide prevention.

At the end of the forum, every school counselor had a table set up at the back of the room for those in attendance to discuss anything of necessity. Orchard Hospital CEO, Steve Stark, and Kirsten Storne-Piazza, were available as a local resource. Butte County Department of Behavioral Health and Gridley Community Counseling Center had representatives available as well. Also, a Grief Support Group for Survivors of Suicide Loss has been set up, facilitated by Michele Wilkins, RN, to meet once a week at the Gridley Recreation Center, 194 Washington Street, Gridley, California. This group is open to teens and adults.

For more information, contact Michele Wilkins at (209) 613-8137 or Trina Leishman at the Recreation Center (530) 846-3264 or by email at tleishman@gridley.ca.us.

You can also contact the National Suicide Prevention Lifeline at 1-800-273-8255.

GHS Senior Athlete Receives Spirit Award

By Seti Long

GRIDLEY, CA (MPG) - Gridlev High's Sierra Spears (also known as Sierra Brady), has recently been recognized by the California Interscholastic Federation.

Spears was awarded a \$500 scholarship as one of the 2019-20 Fall CIF Spirit of Sport Section winners for her achievements in swim. In the Fall of 2019, Spears was invited to the exclusive Division II Championship Swim Meet in Redding to (Brady) receives prestigious CIF Scholarship. compete as part of a relay team. In order to qualify for the Div. II Championship, swimmers must have extremely tight times in 6 out of 8 events. Spears has also exhibited her talents on the court as a part of the GHS Women's Basketball team. She is highly active within school/community service and leadership programs, while maintaining her GPA - something that the CIF looks at closely to determine its scholarship recipients.



Photo provided by Sierra Spears

Spears is one out of 20 section winners throughout the state of California. According to the announcement from executive director, Ron Nocetti, "the CIF Spirit of Sport Award serves to recognize student-athletes who live the ideals of Pursuing Victory with Honor and are positive role models within their schools and communities."



MEMORIAL NOTICE



Larry Wayne Fesler July 19, 1946 to January 10, 2020



Larry Wayne Fesler passed away January 10, 2020 at home surrounded by family in Gridley, CA. Larry was born on July 19, 1946 in Grants Pass, Oregon and has been a resident of Sutter and Butte County most of his life.

He was a heavy equipment mechanic, farmer, and in sales after serving in the U.S. Army. He was an avid hunter and fisherman

Larry was preceded in death by his parents Charles Lee and Opal Ruth Fesler, brothers Jim,

Bob, Roger and sisters Judy, Flora May and Patricia.

Larry is survived by daughters, Laura (Jonathan) Brown of Live Oak, Shelley (Art) Fregoso of Gridley; sons, Brian (Kim) Fesler and

Hunter "Man's Best Friend" of Gridley; his companion Jean and her family; and grandchildren, Jessica (Isaak), Alex, Jaidyn, Jerzie, Art Jr., and Gabriella.

A memorial service is scheduled for 11:00 a.m. on Monday, January 27, 2020 at Gridley Biggs Cemetery with a reception to follow at the Moose Lodge in Gridlev.

In lieu of flowers the family kindly suggests donations in Larry's honor be made to the North Valley Sparrow

Foundation at northvalleysparrowfoundation.org or sent to P.O. Box 1283 Biggs, CA 95917. Arrangements entrusted to Gridley-Block Funeral Chapel.

VIINCEY I I**y** Ingaji

Meet Sue February 1st at Dragon's Lea Farm. details at electsuehilderbrand.com



✓ Smart growth ✓ Protect our groundwater ✓ Strengthen the economy

Paid for by The Committee to Elect Sue Hilderbrand FPPC#1418860

MEMORIAL NOTICE



Dwight Lewellen April 5, 1934 to January 15, 2020

Dwight Lewellen was born April 5, 1934, in Guyman, OK, to Claude & Florence Lewellen. Dwight went to be with our Lord on January 15, 2020.

Dwight is preceded in death by his loving wife, Carolyn Lewellen of 57 years.

He is survived by his children: Sharon Tuman of Live Oak, Lisa Stockbridge of Biggs, Curtis Lewellen of Gridley, 4 grandchildren and 9 great grandchildren.

He was a groundskeeper for Biggs-Gridley Cemetery for over 20 years. Dwight was also an Army Veteran and was very proud of his service to his country. He loved family and was an outdoorsman at heart.

Services will be held at Victory Chapel of Live Oak, 10615 Live Oak Blvd 95953 Friday January 24, 2020 at 2:00pm.





Kid's Castle **Preschool & After School**

NOW ENROLLING Half & Full Day Programs

Come in and see us anytime no appointment required!



We provide walking transportation to and from *McKinley Elementary* and Wilson School.



www.kidscastlegridley.com

Series of December Storms Provides a Good Start to Sierra Snowpack



Sean de Guzman (left), chief of the California Department of Water Resources Snow Surveys and Water Supply Forecasting Section, conducts the first media snow survey of the 2020 season. Ramesh Gautum, Chief California Cooperative Snow Surveys Program, and Lauren Miller, engineer DWR's Snow Surveys and Water Supply Forecasting Section, help with the survey held approximately 90 miles east of Sacramento off Highway 50 in El Dorado County. Ken James/ Department of Water Resources

By Chris Orrock, Department of Water Resources

SACRAMENTO REGION, CA (MPG) - The Department of Water Resources (DWR) conducted the first manual snow survey of 2020 at Phillips Station. The manual survey recorded 33.5 inches of snow depth and a snow water equivalent (SWE) of 11 inches, which is 97 percent of average for this location. The SWE measures the amount of water contained in the snowpack, which provides a more accurate forecast of spring runoff.

"While the series of cold weather storms in November and December has provided a good start to the 2020 snowpack, precipitation in Northern California is still below average for this time of year," said DWR Director Karla Nemeth. "We receives about 75 percent must remember how variable California's climate is and what a profound impact

climate change has on our of this precipitation comsnowpack."

More telling than a survey at a single location are DWR's electronic readings from 130 stations scattered throughout the State. Measurements indicate that statewide, the snowpack's SWE is 9.3 inches, or 90 percent of the January 2 average.

"It's still too early to predict what the remainder of the year will bring in terms of snowpack," said Sean DeGuzman, chief of DWR's Snow Surveys and Water Supply Forecasting Section. "Climate change is altering the balance of rain and snow in California. That is why it is important to maintain our measurements of the snowpack to document the change in addition to having critical information to forecast spring runoff."

California traditionally of its annual precipitation during December, January and February, with the bulk

ing from atmospheric rivers. Similar to last year, California experienced a dry start to this water year followed by cold, wet December storms that brought the state up to 74 percent of average annual precipitation for this time of year. Climate change is expected to lead to continued warming and fewer but more intense storms impacting the snowpack of the Sierra Nevada. These changes continue to impact the distribution of snow across elevations, its pattern of accumulation, and rate of melt.

DWR conducts five media-oriented snow surveys at Phillips Station each winter in January, February, March, April and, if necessary, May. On average, the snowpack supplies about 30 percent of California's water needs as it melts in the spring and early summer.

For more information visit https://water.ca.gov.

Sacramento Region Rep Elected Vice President of Statewide Water Association

By Fanny Cano, Lucy & Company **Public Relations**

SACRAMENTO REGION, CA (MPG) - At its biennial conference on December 4, 2019, the Association of California Water Agencies (ACWA) elected Director Pam Tobin as vice-president for the 2020-21 term which began on January 1, 2020.

Director Tobin is only the second vice-president of ACWA from the Sacramento region during the Association's 110-year history and is the fourth woman to serve in that role. ACWA is the statewide trade association that represents 400+ public water agencies in California.

"I am honored and humbled by the responsibility I have been given by ACWA's membership. I look forward to contributing to the Association's ongoing success in furthering the interests of its members and, through them, those of all Californians," said Tobin.

As vice-president, Director Tobin will serve as a member of ACWA's leadership team that will guide the of regional and statewide Association's advocacy and collaboration with the Newsom Administration,



San Juan Water District Director Pamela E. Tobin Elected Vice-President of the Association of California Water Agencies. Photo courtesy Lucy & Company Public Relation

California Legislature, Trump Administration and Congress to protect and promote California's water interests.

ACWA vice-presidents normally become president of the Association for the two-year term following their vice-presidency and then serve as immediate past president for another two years. Consequently, Director Tobin will be involved at the highest level of ACWA leadership for the next six years.

Tobin brings a wealth experience to the position, serving

on the ACWA Board of Directors as Chair of ACWA's Region 4 (covering Sacramento, San Joaquin, Solano, Stanislaus and Yolo counties);

As a member of the Association's Federal Affairs and Local Government committees;

And on the Board of the ACWA Joint Powers Insurance Authority.

She also served as chair of both the Sacramento Regional Water Authority and Sacramento Groundwater Authority.

For more information For the past two years visit www.acwa.com.

Sell **Your Vehicle** in the **Local Classifieds**



"Best Dental Office" **Bowling Family Dentistry**

Bowl

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You're all family at Bowling Family Dentistry. Pictured Left to Right: Tavi Bowling, Dr. Bob Bowling and Levi Bowling. Photo

Crime Reports

By Naomie Webster

GRIDLEY, CA (MPG) - As a long-standing local business, Bowling Family Dentistry is winner of Best Dental Office for Reader's Choice Awards 2019. Dr. Bob Bowling follows in his father's footsteps joining the family dental practice started by his dad, Dr. Bruce Bowling, over 40 years ago. Dr. Bob Bowling graduated with honors from Boston University in 2011 and has been practicing here for eight years. He loves servicing his friendly hometown community of Gridley.

Bowling Family Dentistry offers some of the latest technology available and full-service dental work. This includes, but is not limited

to, preventative cleanings and exams, basic and major restorative work, cosmetic they are open during the dentistry, and root canals. He plans to expand services to include to dental implants and more.

by Seti Long

Located at 1080 Sycamore St. in Gridley, week and provide complimentary consultations. Call (530) 846-3666 for more information! \star

'Best Fast Food in Town" **Ice Burgie**

By Naomie Webster

GRIDLEY, CA (MPG) - Historical Gridley landmark, Ice Burgie (formerly known as "The Burgie"), is our Best Fast Food in Town winner for the Reader's Choice Awards 2019. Since the 1950s, this burger joint has set local standards for the mouth-watering finger foods we all crave. At 1575 Hwy 99, what was once a drive-thru window is now a walk-up window, and the old-fashioned covered outdoor seating is all part of the experience.

Families gather 'round and stand in line for their famous shaved ice and milkshakes on a hot day. Flavors are almost endless, and concoctions get creative and intricate. Some local favorites include Pineapple Sprite, Cherry Coconut Dr. Pepper, and chocolate chip mint shakes, as well as several Holiday Specials. Pair one of these with their mushroom swiss burger, or their popular "Bulldog Burger"



Owner Jayne Barrow and her daughter Danielle (right), run the local classic - Ice Burgie. Photo by Seti Long

(juicy ground beef patty with grilled onions on sourdough bread) and you'll travel back in time. Follow their weekly online specials and Holiday favorites on their Facebook page! \star

POLICE **Gridley- Biggs Police Report**



01/12/2020: At 8:23 pm at Spruce Ave. and Washington St. in Gridley, CA, Heather Dawn Spann, 41, was arrested for being under the influence of alcohol (23152 (A) VC), DUI with blood alcohol level of 0.08 percent or higher (23152 (B) VC), and for driving without a license (12500 (A) VC). She was booked into Butte County Jail.

01/12/2020: At 8:26 pm at Spruce Ave. and Washington St. in Gridley, CA, Jeffrey Scott Hasty, 53, was arrested for disorderly conduct: alcohol (647 (F) PC) and was booked into Butte County Jail.

01/13/2020: At 4:28 am at Third St. and Trent St. in Biggs, CA, Stephen Anthony Wortham, 28, was cited and released for misdemeanor possession of controlled substance (11377 (A) HS).

01/13/2010: At 9:57 pm at Hwy 99 and Chatfield Ave.in Biggs, CA, Cristobal S. Khamone, 24, was arrested for drug DUI (23152 (F) CVC) and was booked into Butte County Jail.

01/14/2020: At 5:27 pm on 500 Block of Washington St in Gridley, CA, Wayne Allen Melton, 65, was arrested for violation of probation (1203.2 (A) PC), and disorderly conduct : alcohol 647 (F) PC), and was booked into Butte County Jail.

01/14/2020: At 7:29 pm at 1500 Block of Hwy 99 in Gridley, CA, Jose Palacios Cruz, 57, was arrested for possession of controlled substance paraphernalia (11364 (A) H&S), resisting arrest/ obstructing a law enforcement officer, (148 (A) (1) PC), and violating restraining order to prevent domestic violence (273.6 (A) PC). He was booked into Butte County Jail.

01/14/2020: At 10:59 pm at Hazel St. and Hwy 99 in Gridley, CA, Jeremy Shaun Blankenship, 31, was cited and released for driving with suspended license (14601.5 (A) VC), violation of probation (1203.2 (A) PC), no proof of insurance (16028 (A) VC), operating vehicle with interlock device (23247 (e) CVC), and expired registration (4000 (A) (1) CVC).

01/15/2020: At 5:25 at RxR on Laurel St., Gridley, CA, Cecil Shan Pitts, 46, was arrested for assault with a deadly weapon

not a firearm (245 (A) (1) PC), exhibiting deadly weapon (417 (A) (1) PC), and threatening with criminal intention to terrorize (422 PC). He was booked into Butte County Jail.

01/15/2020: At 6:25 pm at the 1800 Block on Magnolia St. in Gridley, CA, Edmund Lyle Gross, 62, was arrested for violation of order to prevent domestic violence (273.6 (A) PC), and was booked into Butte County Jail.

01/16/2020: At 1:26 pm on the 1400 Block at Hwy 99 in Gridley, CA, Keith Gary Barker, 19, was arrested for assault with a deadly weapon, no firearm (245 (A) PC) and was booked into Butte County Jail.

01/16/2010: At 11:04 pm on the 1500 Block at Hwy 99 in Gridley, CA, Michael Alexander Deleon, 27, was arrested for alcohol DUI (23152 (A) VC), and blood alcohol level of 0.08 or higher (23152 (B) VC) and was booked into Butte County Jail.

01/17/2020: At 3:48 pm at Laurel St. and Kentucky St. Gridley, CA, Michael Lee Hoadley, 47, was cited and released for a local bench warrant.

01/17/2020: At 10:08 pm at Hwy 99 and Ord Ranch Rd., Gridley, CA, Cody James Drake, 28, was cited for driving with suspended license (14601.2 (A) VC), no proof of insurance (16028 (A) VC), and expired registration (4000 (A) (1) CVC). 01/17/2020: At 11:23 pm on Hwy 99 at Hazel St., Gridley, CA, Paul Wayne Seim, 50, was cited and released for driving with suspended license from DUI (14601.2 (A) VC), and no proof of insurance (16028 (A) VC).

01/18/2020: At 4:25 pm on Hwy 99 at West Liberty Rd., Gridley, CA, Jesse Wayne Watermanreed, 36, was cited for driving with suspended license from DUI (14601.2 (A) VC).

get more info at www.crimegraphics.com

Dave Ramsey Says



By Irene Nordstrom Gonzales

GRIDLEY, CA (MPG) - I was getting worse day by day. I slept more hours, but I was still exhausted! One day I slept a good ten hours, got up and sat in my recliner and when I opened my eyes again it was 2 pm!

I went to my doctor and told her I was fine except I was tired all the time. She ordered a thyroid test but it came back good. So, she suggested I go to a sleep lab.

Due to unforeseen circumstances, I couldn't get to the lab for months. I started taking vitamins and drinking tons of coffee to stay awake, but nothing helped. My life kept going downhill. I could hardly walk to get my mail

Good Night Irene

couldn't participate in my senior club house activities because I couldn't wake up in time. I started thinking that I was lazy or going crazy.

I had heard of sleep apnea, but I really didn't know what it was about. My problem was that I was sleeping way too much and I was also dreaming, which is not supposed to happen with sleep apnea. I really didn't know what to do.

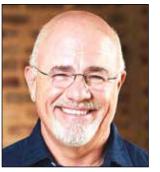
I finally got to spend the night in the sleep lab in Yuba City. I was hereditary. My father and diagnosed with severe obstructive sleep apnea. I was actually only getting four minutes of sleep even lead to death. If this out of an hour's rest! No sounds like you, please go wonder I was exhausted. I am starting to get used to a machine called a cpap I have good nights and that helps provide more sweet dreams.

or throw the trash out. I oxygen to me and helps me sleep better.

> My sleep apnea didn't spring up on me overnight - it turns out I had the symptoms all along. I just never recognized them. Here is a list of some of the symptoms (See your doctor for official symptoms and diagnosis): Loud snoring, feeling exhausted or very tired during the day, waking up gasping for air, being overweight, morning headaches and waking up with a sore throat or dry mouth.

Sleep apnea can be one of my sisters has it. It is the cause of many serious problems and can get checked. It's worth it.

Since my diagnosis,



Magic Pill

There's No

Dear Dave,

My wife and I made a resolution this year to pay off \$20,000 in credit card debt we've accumulated. I want us to follow your plan, and live on a really tight budget. She wants us to use a debt consolidation company, like some of her friends have done. I'm really against her idea, but how can I change her mind?

-Blake

Dear Blake, I'm glad you two have made the decision to get out of debt, and gain control of your finances. When it comes to this sort of thing, it's wise to remember there's no magic pill. No debt consolidation company is going to get you out consolidation company is of debt and help you stay

out of debt. The answer get out of a financial mess. is learning how to control yourself and your behavior with money.

Using a debt consolidation company seems appealing, because there's usually a lower monthly payment or lower interest rate attached. The problem in most cases, however, is the lower payment or interest rate exists only because the term is extended. You might pay a little less each month, but you end up staying in debt longer.

There are other problems involved in using debt consolidation companies, too. For one thing, it can trash your credit for a long time when it comes to buying a car or a house. For these reasons I sometimes refer to it as a CON-solidation, because the whole thing is basically a con. They make you think you're really doing something about your debt problem, but the debt-and all the bad habits that caused it—are still there.

My guess is your wife's friends think using a debt an easy, harmless way to

But sometimes you've got to be an adult, admit the mistakes you've made, and do what it takes to straighten things out. This kind of thing isn't a math issue. It's a behavior issue. Making the decision to get out of debt and never go back there again, by living on a really tight budget and making sacrifices, is the best way to fix this mess and learn a lesson in the process.

Live like no one else, so that later, you can liveand give-like no one else. Stay away from debt consolidation companies, Blake. Doing this the right way is worth it!

-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 @ DaveRamsev.

Local Woman to **Serve in Puerto Rico**

By Cindy Scott

GRIDLEY, CA (MPG) - Rebecca Brady has graduated from Chico State, but before continuing her schooling, she will serve for 18 months as a full-time missionary in the Puerto Rico San Juan Mission of The Church of Jesus Christ of Latterday Saints. The mission includes all of Puerto Rico and also other islands, such as the Virgin Islands and Dominica. Brady will begin her service in the Missionary Training Center in Mexico City, where she will study the Spanish language and the Gospel of Jesus Christ.

Brady will speak twice on Sunday January 19, first to the Gridley 1st Ward at 9:00



Missing Oroville Woman Found Alive Near Butte Meadows

Butte County Sheriff's Office (BCSO) Press Release

BUTTE MEADOWS, CA (MPG) - On January 15, 2020, at approximately 12:00 p.m., a Butte County Sheriff's Office (BCSO) helicopter was flying over the Butte Meadows area, when a BCSO Sergeant spotted a vehicle, approximately three miles from the Bambi Inn, covered in snow, that matched the description of the Toyota 4Runner belonging to Paula Beth James, age 68 of Oroville. The alive. BCSO Search and pilot landed the helicopter



Paula Beth James. Photo provided by Highway Patrol California

hiked to the vehicle, which was located approximately 150 yards off the road on Skyway, and located James Rescue responded with a to paramedics staging nearby. James was taken to a local hospital and is currently in stable condition.

BCSO Deputies, Detectives, Search and Rescue Members and Pilots spent more than 100 hours searching for James, utilizing our helicopter, snowmobiles, CodeRED emergency mass notifications, CodeRED Bulletin Board (833-512-5378), Wireless Emergency Alert (WEA), and a CHP Silver Alert in an effort to locate James and we are all grateful for this fortunate outcome and wish her a

am at 400 Spruce Street, and then at 12:30 pm to the Young Single Adult Branch at 1259 French Avenue in Gridley. Her parents are Mathew and Terri Brady. ★

Chico State graduate Rebecca Brady. Picture courtesy of Brady family

Thoughts to Ponder

now pay up for the fun, the



The waiting is over! Christmas has come and gone. Packages have been put away, lights stored. and trees put out in the garbage or turned into mulch. Packed away are angels for windows, wreath for the doors, and left-over ribbon and wrappings. Another holiday has ended, and memories have been stashed in our minds to cherish until next year.

But has everything been packed? What about the realization that the reason for the Christmas celebration lived long after that wonderful day--lived until He changed the world?

As we put away our decorations and write our thank yous for gifts, do we also put away God's gift? Should we not be writing a thank You for His presence and His reason for the season?

As the bills roll in during January, we are faced with food, the gifts, and the fantasy. What price did we pay for the holiday? Jesus paid it all: He gave His all-His life. As we write out the checks to clear the debts, we must remember that the biggest debt was cleared not b the paying of money, but by the sacrifice of one life so precious that it changed the whole world. New rules for life were set and the old laws were fulfilled by the birth – life – and death of one man known as Jesus -Son of God.

Try to think what the world would be like if there had been no Jesus. How different things would be how many books would not have been written, how many plays and movies never produced, a complete lack of Christmas. No manger scenes, no singing Christmas carols, not Christmas tree, no hymns about Jesus, and no churches. Yes, a complete lack of anything Christian.

If we pack up Jesus until next December, then we

the cold reality that we must have done the same thing we have shut out the knowledge that Christmas lives every day in our hearts. We can be just as jolly, just as concerned, just as giving each day of the year as we are at Christmas IF we keep the reason for the season foremost in our minds and hearts.

> More important than Jesus' birth is His life and death. To have an Easter, we need a Christmas and to have a Christmas, we need a promise from the Lord to save the world, and we have it.

As the we go into the new year greet the world fresh and untarnished. let's start anew with a promise to keep Christmas alive 365 or 366 this leap year. Keeping the spirit and love of Christ will help meet the problems that the world hands us.

Joy to the world: His Kingdom live!!

Come celebrate Jesus' Kingdom with the Gridley United Methodist Church every Sunday at 10 am. We will keep His promise alive every day of the year.

and two BCSO employees Sno Cat, to transport James speedy recovery.

North State Lawmakers Introduce Legislation to Combat Power Shutoffs

By Curtis Grima

SACRAMENTO, CA (MPG) - Assemblyman James Gallagher (R-Yuba City) and Senator Jim Nielsen (R-Tehama), who represent the area devastated by last year's Camp Fire, introduced legislation that will help prevent future wildfires and utility power shutoff events. AB 1941 and AB 1942 would direct additional funding into utility infrastructure upgrades and forest fuel reduction projects - two of the primary factors of catastrophic wildfires and power shutoff events.

"PG&E needs to get back to the basics of providing safe and reliable power," said Gallagher. "There is no doubt that PG&E's mismanagement is the primary culprit in these devastating fires and PSPS events. But policies coming out of the State Capitol that distract from these primary objectives only make matters worse."

Senator Nielsen said, "Power shutoffs are unacceptable. Too many lives were interrupted; many people went without pay. PG&E executives need to be held accountable."

PG&E is currently spending roughly \$2.4 billion annually to uphold a legislative mandate to buy renewable power. At the same time, the company spent only \$1.5 billion to update its century old infrastructure in 2017. A century-old transmission tower was cited as the ignition source of the Camp Fire, and a utility tower reportedly may also be the source of the Kincade Fire.

AB 1941 will temporarily pause the state's renewable power mandates until infrastructure and vegetation management conditions are improved. The legislation will require that savings from this temporary relief may only be used by Investor Owned Utilities (IOUs) to harden the grid and update decaying infrastructure. Also during this time, and any proposed bonuses and salary increases for executives would be prohibited.

AB 1942 will appropriate \$330 million from the Greenhouse Gas Reduction Fund for forest and fire prevention programs and projects that reduce greenhouse gas emissions caused by uncontrolled wildfires. Scott Stephens, a professor of fire science at the University of California, Berkeley estimates that 20% to 25% of the wildfire damage resulted from climate change, and "75% is the way we manage lands and develop our landscape."

The independent Legislative Analyst's Office (LAO) determined that forestry management is one of the most cost effective ways to reduce carbon emissions . In addition to the LAO, the San Francisco Chronicle recently opined this would be a better use of cap and trade funds.

California IOUs have already met their goals of reaching 33% renewable solar and wind energy and PG&E is already producing 85% of its power from renewable and carbon-free sources. The lawmakers noted that every dollar spent on the additional cost of renewable energy is one dollar that is not available to be spent on vegetation management, line insulation, and undergrounding.

The North State lawmakers noted that California is moving backward on its carbon reduction due to recent wildfires. Last year's fires generated 45 million metric tons of carbon - more than nine times California's combined reductions achieved in 2016 and 2017.

"California must get smarter about its climate goals. Century-old infrastructure, tinderbox forests and PSPS events are unacceptable. Renewable energy mandates that take away from addressing these issues while fires continue to burn are intolerable. With our plan, we can do better on carbon reduction and combating catastrophic fire," Gallagher concluded.



WEEKLY COMICS

Amber Waves The Spats by Jeff Pickering by Dave T. Phipps SEEMS LIKE EVERYTIME I'M THINKING WHINING HECK, NOT ONLY THAT, SON, IT'S TIME YOU EARN YEARS AGO I ... BUT THEY WHY...DID PEOPLE IT SNOWS OLD DAD IS THE ONE WHO SHOVELS I FEED ALL THE ANIMALS AND BALE ALL THE HAVI YOUR KEEP. WHAT DO YOU FOLLOWED BY QUITE A WORKED IN A CLOSED STOP BUYING WANT TO DO FIRST? BIT OF COMPLAINING IT DOWN. SWEAT SHOP SWEAT? Out on a Limb by Gary Kopervas THEY'LL DO IT EVERY TIME BY AL SCADUTO PAINFULLY AWKWARD. LAYFULLY AWKWARD. ORDER IN THE COURT-JUS WOULDN'T YOU LIKE TO HEA OH, HELLO, CAROL GOGOOD TO SEE YOU EVEN SUPERMARKET OH, HELLO, CAROL ... SO GOOD TO SEE YOU EVEN THOUSH YOU TOLD ME YOU WERE TOO SICK TO GD OUT. IS THIS THE "ALEX" I'VE HEARD SO MUCH ABOUT?" DO YOU SWEAR TO TELL THE TRUTH, THE WHOLE TRUTH AND NOTHING THOUGH YOU TOUP ME YOU WERE TOO SICK TO GO OUT. IS THIS THE "ALEX" I'VE HEARD SO MUCH ABOUT?... I'VE GOT 6 CANS OF SODA --- 2 DOZEN EGGS --- 5 FROZEN CORN --- 2 SORRY, LADY .. THIS BUT THE TRUTH, SO HELP YOU? LINE IS FOR IO ITEMS ORANGE JUICE ... 4 OR LESS COTTAGE CHEESE---**2** DECAF TEA ... 5 TOWEL ROLLS--6 FACIAL SOAPS 6 CANS SARDINES ... 4 BREAD ... THAT'S EXACTLY XPRES L1 ONEY BURTO MARYSVILLE.W 10 DIFFERENT ITEMS by Mike Marland R.F.D. EVER HAPPEN TO YOU? THAT NICE OLD LADY YOU THINK IS OLDER THAN YOU-HEH-HEH-TURNS OUT TO WE'RE ON PACE FOR A JUNE HAS BROUGHT US HOME FIVE BE .. WELL, LISTEN IN RECORD-SETTIN' COLDS FROM SCHOOL SO FAR H'MM ... OH, YES ... I DO YEAR, SIM! AND IT'S ONLY JANUARY! REMEMBER YOU ...YOU WEREA YES .. I WENT TO SENIOR WHEN I WAS A DODOVILLE HIGH SCHOOL HI DAD! FACE MASK ? ALSCAPUTO200PTONLINE.NET EBRAND DE LA Just Like Cats & Dogs by Dave T. Phipps GBILT LAFF-A-DAY HOCUS-FOCUS BOB, YOU'RE A NEWLYWED NOW SO TAKE MY 00 R ADVICE. NEVER GO TO BED ANGRY. SIMPLY PICK JTATE NRN4G NEUTRAL TERRITORY WITH NON-BREAKABLES REFEREES NEL LICENK Find at least six differences in details between panels 100 Rusino "I've been rubbing this thing for two hours! Differences: 1. Button is added. 2. Straw is moved. 3. Pill bifferent. 4. Hair is different. 5. Knob is moved. 6. Sleeve "I only stayed married to him so I could sue Where have you been?"

STATEPOINT CROSSWORD • SUPER BOWL

Crossword Puzzle Solutions on Page 7 **CLUES**

the tobacco company!



From Service to Sales Koady Terry was born and raised in Biggs and Gridley. He returned home after serving our

Unra



country for 8 Years in the U.S. Army. Koady has worked in our Service Department for 2 years before moving to sales.

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Sutter County. Some restrictions apply.

Deadline for all advertising is Friday noon for the next week's issue.



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Gridley Thumbs and Roots



By Barbara Ott

January is a great month to prune Japanese maples, may they be big or small. I have three small lace leaf Japanese maples in the front yard. One is mature and simply needs shaping and trimming. The other two are a young and still a bit spindly. These are still being

shaped. I like them short stoppers. These wonderful and full but not so full that light cannot get into them. Thanks to a Gridley resident who is a maple expert, I've been learning how to do right by my beloved Japanese maples. One of the pluses about Japanese maples is their fall color. One of mine is a brilliant crimson in the fall, another is a bright yellow and the third is a reddish to orange.

The goal is that there will eventually be three areas of these wonderful fall colors shining out in three parts of the yard. The mature tree does this beautifully. The two babies are still working on having enough size and leaves to be show

trees are also a major part of my yard simplification process. I'm slowly taking out plants that grow too close to them. This gives the trees room to spread and be eye catching. It also gives me some direction on which plants to get rid of in a purposeful way. There are some exceptions to this process of having fewer plants around the trees. Those exceptions are bulbs. Hey, they are there only in the spring, mostly. They pop up while the trees are leafless and look beautiful and are ready to be gone once the leaves come out. It also allows for the very full garden look that I love for a short time.



Commentary by Leanne McCrate

Dear Readers,

Last week we discussed U.S. News' rankings of the top 3 diets for overall health, so it seems only balanced to discuss the bottom 3 this week. A panel of nutrition experts evaluated the diets based on seven categories: how easy it is to follow, its ability to produce short-term and long-term weight loss, its nutritional completeness, its safety and its potential for preventing and managing diabetes and heart disease (1).

Coming in at #33 is the Whole 30 Diet. Its claim, although lacking scientific evidence, is that our modern, industrialized food production is the cause of many health problems. In this diet, alcohol, grains, dairy, legumes, and sugar are eliminated for 30 days. On the 31 st day, you begin adding foods back to your diet so you can identify the ones that cause digestive distress (2).

#34 is the Keto Diet, a high-fat, low carbohydrate diet. This diet provides quick weight loss in the beginning, and many claim they don't ger than carbs. Since you are taking in very few carbs, your body's preferred energy source, your body goes into a state of ketosis where it relies on fat for energy.

The fat isn't broken down efficiently in the absence of carbohydrates, producing ketones in the process. Hence, the name Keto.

Bringing up the rear is yet another low carb diet, the Dukan Diet at #35. This diet was created by Dr. Pierre Dukan. a French physician who specializes in weight management. Its premise is that eating protein helps people lose weight, so on this diet you basically eat a lot of meat with nonstarchy vegetables. It promises fast weight loss in the beginning and once vou've reached your goal, you slowly add bread, cheese and fruit back to your meal plan (3).

The one thing all these diets have in common is that they are all low carbohydrate diets. As I've stated in the past, these diets produce fast weight loss in the beginning by depleting the body's glycogen stores. Glycogen is a form of carbohydrate stored in the muscles and liver that is used for energy in between meals. Water is released when glycogen stores are depleted, resulting in a quick 3-to-5-pound weight loss.

The vast majority of research on nutrition and disease prevention shows that a diet rich in fruits, vegetables, and whole grains, i.e., healthy carbohydrates, is the key to preventing chronic illnesses such as diabetes and heart disease. Therefore, we need more of these foods in our diets to provide better health.

Dear Dietitian does not recommend any of the above diets for weight loss or better health. These diets restrict healthy foods and may result in nutrient deficiencies. Please talk to your doctor or dietitian before beginning a new diet.

Until next time, be healthy!

Dear Dietitian

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1. U.S. news best diets: how we rated 35 eating plans (2020, January 2). Retrieved from https://health.usnews. com/wellness/food/articles/ how-us-news-ranks-best-diets

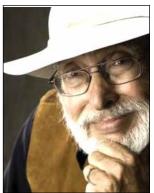
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Leanne McCrate, RD, LD, CNSC, is an awardwinning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at deardietitian411@gmail.com. Dear Dietitian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

Slim Randles' HOME COUNTRY



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

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

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

Successfully Retired?

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

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

So after the shaking yous, we talked about kids and business, and the new crop of youngsters coming up this year. I couldn't help thinking ol' Herb Our little town is a bit might jump at the chance to dive back in the world of commerce again, but he disabused me of that right away. "All through with that,"

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

Successfully retired?

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

Brought to you by our radio show, "Home Country with Slim Randles." Let us know if you like it. I know you

Dear Dietitian

Bottom 3 Diets

feel hungry because they are filling up on fat, which stays in the stomach lon-



Crossword Puzzle on Page 6





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Sudoku Puzzle on Page 6

Earn extra money for just a few hours delivery work per week! CALL 916-773-1111



Carbon Monoxide

An average of 430 people die from Carbon Monoxide poisoning every year. Carbon Monoxide is a silent odorless, tasteless killer that routinely kills an entire family at once. Red blood cells absorb Carbon Monoxide over 300 times better than Oxygen causing a person to suffocate while breathing. Carbon Monoxide poising makes people sleepy, most won't even realize it's happening. Other signs of Carbon Monoxide poising are: headaches, dizziness, nausea, confusion, feeling faint, or a shortness of breath. CAL FIRE/Gridley Fire Department would like to offer these helpful tips to prevent poisoning:

- Install CO alarms outside each sleeping area and on every level of the home including the basement. (It's also the Law)
- Keep CO alarms clear of dust and debris.
- Ensure CO alarms are plugged all the way into a working outlet, or have working batteries.
- Have your gas appliances, especially furnaces and water heaters inspected before winter.
- Don't leave a car, lawnmower, or other gas powered tools running in a garage or shed.
- Don't use any gasoline-powered engines (mowers, weed trimmers, snow blowers, chain saws, small engines or generators) in enclosed spaces.
- Don't use a charcoal or gas grill indoors -- even in a fireplace.
- Don't use a gas oven to heat your home, even for a short time.
- Don't sleep in any room with an unvented gas or kerosene space heater.

Don't ignore symptoms, particularly if more than one person is feeling them. You could lose consciousness and die if you do nothing.

- Have your gas appliances, especially furnaces and water heaters inspected before winter.
- Call 911 or your local emergency number.
- GET FRESH AIR IMMEDIATELY. Open doors and windows turn off combustion appliances and leave the house.
- DO NOT re-enter the premises until cleared by emergency or utilities personnel.

CHP Encourages California Motorists to Prepare for New Year With New Traffic Laws



By Jaime Coffee, California Highway Patrol

SACRAMENTO REGION. **CA (MPG)** - New laws approved by the California Legislature in 2019 will affect roadway safety in several ways, including increased distracted driving penalties, peace officer use of deadly force, bicycle turning movements at intersections, wildlife salvage permits, and motor carrier permit rules.

In support of the Department's mission of

of Safety, Service, and Security, the California Highway Patrol (CHP) is highlighting several new laws passed this year. Except where noted, these laws are effective January 1, 2020.

License Points for Distracted Driving (AB 47, Daly)

Current law prohibits a person from driving a motor vehicle while using a wireless telephone in a handheld manner; if found in violation, the offense is punishable by a fine. However, beginning July 1, 2021, this new law will levy an additional penalty on a driver found in violation of California's hands-free law: a point will be added on to a driver's record for each hands-free violation occurring within 36 months

providing the highest level of a prior conviction for the mandatory training to all expiration date, under and Game Commission, in same offense.

Peace Officer use of Deadly Force (AB 392, Weber)

Beginning January 1, 2020, this new law revises the standards for use of deadly force by peace officers. The use of deadly force by a peace officer is justifiable when the officer reasonably believes it is necessary. Section 835a of the Penal Code amends the reasonable force standard to "objectively reasonable force."

Law Enforcement: **Use of Deadly Force:** Training: Policies (SB 230, Caballero)

With the enactment of AB 392, this new law requires law enforcement agencies to rewrite use of

peace officers in order to comply with the new law.

Traffic Control Devices: Bicycles (AB 1266, Rivas)

This new law allows bicycles to travel straight through a right or lefthand turn-only lane while at an intersection, if an official traffic control device indicates the movement is permitted. The Department of Transportation would be required to develop standards to implement the provisions.

Transportation: Omnibus Bill (AB 1810, Committee on Transportation)

Amends Section 34621 of the California Vehicle Code (CVC) allowing motor carriers of property to continue operating for Additionally, this bill force policy and provide 30 days past their permit would authorize the Fish

specified circumstances. This legislation also provided for an amendment establish a wildlife salvage to Section 23229 CVC. California law will now prohibit the consumption of cannabis, in any manner, by passengers in a bus, taxicab, pedicab, limousine, housecars, or camper. This exemption is now only applicable to alcoholic beverages consumed by passengers in these types of vehicles.

Wildlife Salvage Permits (SB 395, Archuleta)

Directs the Department of Fish and Wildlife to conduct a wildlife-collision data collection pilot program to support wildlife conservation efforts. consultation with the CHP and other stakeholders, to pilot program authorizing the issuance of a permit for the removal and recovery of deer, elk, pronghorn antelope, and wild pigs killed because of a collision with a vehicle, if the wild game meat is used for human consumption.



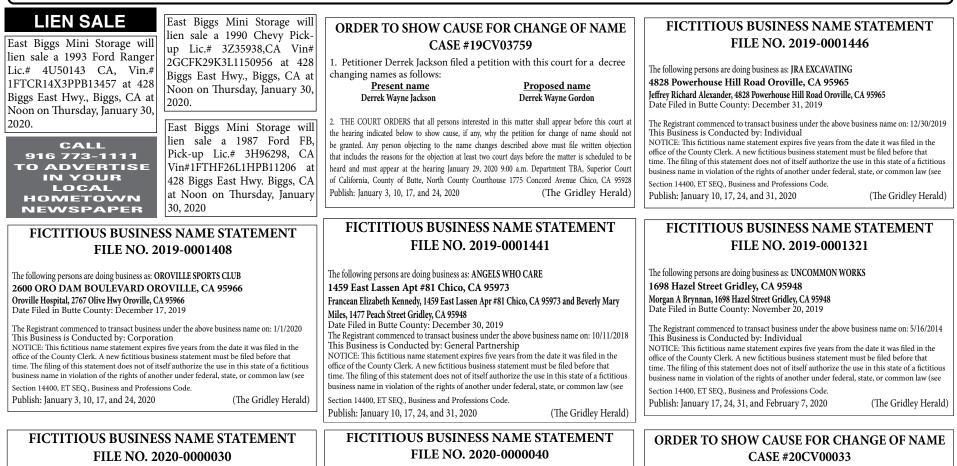
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1. Petitioner Joan Elizabeth Swearingen filed a petition with this court The following persons are doing business as: OROVILLE HOPSITAL POST ACUTE CENTER for a decree changing names as follows: Proposed name Present name

Joan Elizabeth Sweari

Date Filed in Butte County: January 8, 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: January 17, 24, 31, and February 7, 2020

1000 Executive Parkway Oroville, CA 95966 Date Filed in Butte County: January 10, 2020

1000 Executive Parkway LLC, 2767 Olive Highway Oroville, CA 95966

The Registrant commenced to transact business under the above business name on: 2/24/2014 This Business is Conducted by: Limited Liability 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.

(The Gridlev Herald)

LEGAL ADS

916 773-1111

Publish: January 17, 24, 31, and February 7, 2020

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 March 4, 2020 9:00 a.m. Department TBA, Superior Court of California, County of Butte, North County Courthouse 1775 Concord Avenue Chico, CA 95928 Publish: January 24, 31, February 7, and 14, 2020 (The Gridley Herald)

ANY CNP/

Announcement

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For Rent

(The Gridley Herald)

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

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development

for those that meet USDA Rural Development auidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

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



Financial Services

Struggling With Your Private Student Loan Payment? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 866-305-5862 (Mon-Fri 9am-5pm Eastern) (Cal-SCAN

Health & Medical

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Health & Medical

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Work Wanted

I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. I do respite home health work-References, College grad, security and Health background. Tim, 916-370-0858. (MPG 12-31-19)





SPORTS Sycamore/Biggs Middle Schools Top Manzanita Reskothall Tournament

Gridley Parks and Recreation Basketball Tips Off



Marc Hansen flies high for the finger roll put in during opening day of the Gridley Parks and Recreation basketball league on Saturday, January 11, 2020. Photo Courtesy of Joshua Porcayo

By Joshua Porcayo

GRIDLEY, CA (MPG) - Gridley Parks and Recreation basketball season tipped off Saturday, January 11th, at Manzanita Elementary School. This year there are over two hundred youth basketball players from the surrounding Gridley, Biggs, and Live Oak areas participating in the eight week long basketball season. There are twenty-two teams coached by parents and guardians who volunteer their time helping these youth players learn the fundamentals of the game. This year there are four 1st grade teams, eight 2nd grade and 3rd grade teams combined, 4th grade and 5th grade teams combined, and 6th, 7th, and 8th

grade teams combined. The rec basketball league gives players of all levels an opportunity to learn



Aubree Vaughan looks to shoot the open shot during opening day of the Gridley Parks and Recreation basketball league. Photo courtesy of Joshua Porcayo

players get an opportunity to get comfortable playing on an organized team. Before each game teams are given thirty minutes to practice the basics of the game. The younger age groups are still early in the development stages, learning how to dribble, the various ways to pass the ball, and how to shoot. They learn the difference between offense and defense and the positions on the court. The older age groups are a bit more advanced in understanding of the game, but usually have been playing the game for a few years. Just like professional athletes, they all have something to work on to get better at their craft.

The Gridley Parks and Recreation basketball season runs every Saturday from January 11th to March 7th starting at 8:00AM with the last game starting at 7:00PM.



Manzanita Basketball Tournament



Sycamore Middle School and Biggs Middle School 8th grade basketball players pose for a picture following the annual Manzanita Invitational Basketball Tournament on Saturday, January 18, 2020. Pictured left to right: Emmet Smallwood, 1st place team All-Tourney; Carson Wallace, 1st place team MVP; Ally Williams, 1st place team MVP; and Kloe Seipert; 1st place team All-Tourney. Photo Courtesy of Joshua Porcavo

By Joshua Porcayo

GRIDLEY, CA (MPG) - Manzanita Elementary School held their annual Manzanita Invitational Basketball Tournament on Saturday, January 18, 2020. This annual round robin tournament hosts both boys and girls basketball from the surrounding area of 7th grade and 8th grade basket-

with Sycamore pulling out the 31-28 win. Manzanita took on Live Oak in the third game, with a 35-29 Manzanita victory. In the fourth game, Sycamore and Biggs faced off, with Sycamore winning 35-11. In the fifth game, Live Oak took on Biggs, with Live Oak winning 33-14. The last game of the evening set up a winner takes all match-up between Manzanita and Sycamore. For the last game of the eve-



Biggs Middle School 8th grade girls basketball team posing for a picture with their 1st place trophy following the annual Manzanita Invitational Basketball Tournament on Saturday, January 18, 2020.

ball players. This year's tournament included Sycamore Middle School (boys and girls), Biggs Middle School (boys and girls), Ishi Hills Middle School (girls), Live Oak Middle School (boys), and host, Manzanita Elementary School (boys and girls). The boys and girls from each school gave the packed crowds an intense and exciting show for twelve hours straight. Each game was 32-minutes in length with girls and boys alternating on the court each game.

The girls got their tournament started with the first game of the day between Biggs and Sycamore. Biggs went on to win 25-9. In the second game for the girls, Biggs tipped off against Manzanita. Biggs again won by a score of 12-4. Biggs and Ishi Hills fought in a nailbiter for the third game for the girls, with Biggs winning 16-13. With Biggs beating all three teams, they claimed first place in the tournament. Manzanita took on Ishi Hills in the fourth game, with Ishi Hills winning 12-10. Sycamore and Ishi Hills battled in the fifth game, with Sycamore winning 14-10. In the last girl's game between Manzanita and Sycamore, with the winner taking second place in the tournament, Sycamore defeated Manzanita 29-11. Biggs took first place, Sycamore took second place. Ishi Hills took third place, and Manzanita took fourth place. Ally Williams, of Biggs, took home the Most Valuable Player award. Kloe Seipert (Biggs), Gisselle Fuentes (Sycamore), Madalyn Robertson (Ishi Hills), and Allex Speer (Manzanita), all took home All-Tourney awards. For the boys' tournament, Manzanita tipped off against Biggs for the first game. Manzanita went on to win 31-18. In the second game, Sycamore took on Live Oak in a close contest, ning, and for first and second place in the boy's tournament, this game was an intense back and forth nailbiter. Tied at 17-17 apiece at halftime, after some huge 3-point shots from both teams, Sycamore went on to win 36-34 to claim first place. Manzanita took second place in the tournament, with Live Oak taking third place, and Biggs taking fourth place.

Carson Wallace, of Sycamore, took home the Most Valuable Player award. Emmet Smallwood (Sycamore), Aaron Kullar (Manzanita), Noah Cuevas (Live Oak), and Chase McLean (Biggs), all took home All-Tourney awards.

Manzanita Athletic Director, Laura Sannar, would like to give a special thank you to the local businesses for their generous donations to the concessions this year: Safeway, Casa Lupe, Starbucks, Live Oak Donuts, Sav Mor, and the Sherwood Family, as well as, the Manzanita parents that made donations for the event. All proceeds from the concessions go to the 6th grade class at Manzanita; Another special thank you to the Manzanita Boosters Club for sponsoring the tournament. The parents, grandparents, and friends who worked real hard to fundraise for the athletic programs at the school. Manzanita Boosters Club Officers: EmmaLee Bowling (President), Bree Kelly (Vice President), Heather Yost (Secretary), Amanda Hansen (Treasurer), and Libby Tolman (Publicity); Lastly, a special thank you to JoAnne Engelmann (Concessions Chair), Ravi Kullar (Entry Table Chair), and all the parents who volunteered their time at the door and concessions. Without all the volunteers, donations, Boosters, referees, and school participants, this tournament wouldn't be such a great success.



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Gridley Recreational Basketball First Practice/Game is January 11th at Manzanita School

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One Month Left to Apply for SBA Disaster Loans

SBA Disaster News Release

SACRAMENTO, CA (MPG) - Director Tanya N. Garfield of the U.S. Small Business Administration's Disaster Field Operations Center-West reminded California private nonprofit organizations of the Feb. 18, 2020, deadline to apply for an SBA federal disaster loan for economic injury caused by severe winter storms, flooding, landslides and mudslides that occurred Feb. 24 – March 1, 2019. Private nonprofits that provide essential services of a governmental nature are eligible for assistance.

According to Garfield, eligible private nonprofits of any size may apply for SBA Economic Injury Disaster Loans of up to \$2 million to help meet working capital needs caused by the disaster. "Economic Injury Disaster Loans may be used to pay fixed debts, payroll, accounts payable and other bills that cannot be paid because of the disaster's impact. Economic injury assistance is available regardless of whether the private nonprofit suffered any property damage," Garfield said.

These low-interest federal disaster loans are available in Amador, Butte, Colusa, Del Norte, El Dorado, Glenn, Humboldt, Lake, Marin, Mariposa, Mendocino, Monterey, Napa, Sonoma, Tehama, Trinity, Tuolumne and Yolo counties.

The interest rate is 2.75 percent with terms up to 30 years. Loan amounts and terms are set by SBA and are based on each applicant's financial condition.

Applicants may apply online, receive additional disaster assistance information and download applications at https:// disasterloan.sba.gov/ela. Applicants may also call SBA's Customer Service Center at (800) 659-2955 or email disastercustomerservice@sba.gov for more information on SBA disaster assistance. Individuals who are deaf or hard of hearing may call (800) 877-8339. Completed applications should be mailed to U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

The U.S. Small Business Administration makes the American dream of business ownership a reality. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow or expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. To learn more, visit www.sba.gov.

Candidates Square Off

Continued from page 1 due to the fact that Butte County absorbed most of the displaced Camp Fire survivors, recovery efforts and is still being impacted so heavily by the disaster.

Candidates

\$

Admission With

This Ad

to address questions candidates Hilderbrand for about an hour, leav- and Kimmelshue, along ing it up to the audience to decide who they felt visit "the League of would best represent the Women Voters Presents: whole of Butte County, Butte County Board of especially south Butte Supervisors Candidate County's needs.

Kimmelshue and and hear firsthand the www.youtube.com/ Hilderbrand continued detailed responses of watch?v=uD2 21Ht0EA.★

with Connelly and Greene, Forums" video broad-To watch the forum cast on Youtube at https://





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