



## Wolverines' Bennett Headed to the Next Level

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# THE GRIDLEY HERALD

PROUDLY SERVING OUR AREA SINCE 1880



FRIDAY • FEBRUARY 1, 2019 • VOL. 139 NO. 05

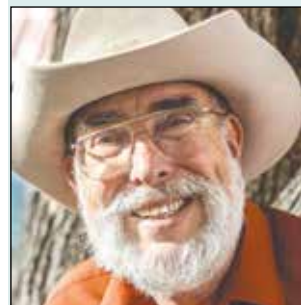
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# High Energy Hope



L to R: Josiah Hayden, Larry Hayden--Hope Center founder, Julie Peterson of central Washington, and Keith Stutznegger--local leader of The Church of Jesus Christ of Latter-day Saints were thrilled for the happy and efficient way volunteers completed the project.

#### Story and Photos by Cindy Scott

**OROVILLE, CA (MPG)** - Nine days after the Camp Fire destroyed Paradise, community volunteers gathered at an empty warehouse in Oroville and assembled 5,000 boxes of basic, non-perishable food items: peanut butter, tuna, granola, Cheerios, beans, etc. The warehouse had been recently offered to the Hope Center for use in Camp Fire relief efforts.

The boxes were quickly and efficiently distributed by Oroville's Hope Center, and so volunteers gathered again at the same warehouse to assemble 2,500 more food boxes. This time, the warehouse was full of pallets of donations, all a part of the Hope Center's donation and distribution operation.

A few volunteers met earlier in the week to carve out an open aisle in the warehouse to make room for the assembly line that would form Saturday morning. They also taped up the 2,500

boxes and stacked them into a pile about 10 feet high.

At 8:00 am Saturday, volunteers came, took their place along the line, and it started again. Eight boxes were neatly placed on a rolling cart. A volunteer rolled the cart down, as others precisely placed cans, bottles, and bags of food according to the four-level "map" designed to maximize the space inside the box. Once boxes arrived at the end of the line, volunteers taped them closed, stacked them on a pallet, wrapped the pallet with plastic, and a volunteer on a forklift stacked the pallets.

As well as distributing the food boxes and other donations through their own non-profit organization, Hope Center is distributing goods through several other organizations in the area serving Camp Fire survivors. The Gridley Camp Fire Relief Group is one of those organizations. Lynne Spencer, who helps manage the donation and distribution



Ione Cunningham of Gridley and husband Bob have participated in several relief projects, including the Gridley donation and distribution center and assembling food boxes.

center behind Orchard Hospital, recently received three pallets of needed items from the Hope Center.

Larry and Stephanie Hayden founded the Hope Center, and Larry currently runs its operations. A few Hope Center employees helped with the food box project. Serevi Serekilevu, originally of Fiji, was on site and enjoyed being part of the high-energy project. He enjoys sharing his forklift skills with the Hope Center and making a difference in relief efforts.

There were three volunteers there from out of the area--Modesto, Martinez,

and central Washington. Cathy Owen, from Martinez in the Bay Area, watches a Facebook page that posts Camp Fire relief projects, and drives in to the area on weekends to help where she can.

Julie Peterson, from Washington, has found herself driving down to help in relief efforts for both the Carr and Camp fires. She shared that she has felt a strong emotional pull to help the victims.

Peterson explained that with the Carr fire, "I did a fundraiser on Facebook and

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# Motel on a Mission

By Seti Long

**GRIDLEY, CA (MPG)** - The Pacific Motel of Gridley and its historical sign has been a fixture in the community for over 50 years. The 15 unit hotel located south of town on Highway 99 had fallen into disrepair and had shut down when the Kanji family bought it in 2012. They saw an opportunity to revive the Gridley landmark and after renovations, celebrated their grand re-opening and ribbon-cutting in November of 2013. In effort to change the motels previous image, owner Rupesh Kanji along with his family, continue to make improvements and renovations, while providing outstanding customer service.



L to R: Hotel Manager Jennifer Redmond with her daughter, Isabella Redmond, work together to provide friendly and heartfelt service to their guests.

Last November, during the Camp Fire disaster, The Pacific Motel saw the chance to really make a difference and they did

just that. The Kanji family immediately contacted their on-site management team, Jennifer and Richard Redmond, instructing them

to reduce rates for evacuees by 50% and if people still didn't have the means, to give them rooms free of charge. Being a family run entity, Pacific Motel was able to cancel all reservations for the months of November and December, clearing space for Camp Fire victims so that they could have a place to call home. Jennifer went above and beyond, posting room openings online, organizing with community members and local business to provide donated hot meals for her guests, clothing, supplies, and more until just past Christmas. A senior guest displaced by the fire that has been staying at the hotel since the beginning of

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## California Driver Cell Phone Use Up in 2018



By Tim Weisberg, OTS

More California drivers are using their cell phone behind the wheel, but less than previous years, a 2018 observational study by the California Office of Traffic Safety (OTS) and California State University, Fresno found.

The study, which was done between August and September of 2018, revealed fewer than five percent (4.52 percent) of California drivers were seen picking up and using their cellphones, compared to less than four percent (3.58 percent) in 2017. As part of the study, surveyors examined driver behavior at 204 locations across 17 counties statewide.

The 2018 numbers are three percent less than 2016 (7.6 percent), a year before the most recent cell phone law went into effect.

"Our goal is to end distracted driving, and there's still work to be done," OTS Director Rhonda Craft said. "This observational survey gives us an idea on where we stand getting drivers' attention away from their phones and where we still have work to do."

Other key findings from the study include:

- Cell phone use was more than 8 times higher (5.55 percent) among drivers with no passengers versus with at least one passenger (less than one percent).
- Cell phone use was higher on local roads than on freeways or highways.
- The most common cell phone use by drivers was to perform a function on the phone. This could be anything from texting, email, GPS, using an app or social media.
- Less than two percent of drivers were observed using their phone with a child passenger.

Under the 2017 hands-free cell phone law, drivers are not allowed to hold their phone for any reason. The phones must be mounted on the dashboard, windshield or center console.

The mounted phone can only be touched once with the swipe or tap of a finger to activate or deactivate a function. If cited, drivers face a \$162 fine for a first offense and at least \$285 for a second offense.

Since the first cell phone laws went into effect more than 10 years ago, the OTS has been urging people to put down their phones and focus on the road. ★

# The New Pi-Line



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

By the time you read this, January will be over. We are well into 2019, and this weekend the rains let up, and we had some rays of sunshine that reminded us spring is coming. I'm getting my hopes up.

Still no construction at the old Chevy dealership on the main drag of Highway 99 through town. The fences blew over in the storm another back in the lot remains empty. They are probably waiting for spring to start their construction as well.

As far as the concept of a main drag goes there should be one upside to the tax on gas the past in the last election, it may bring the widening of the road in Live Oak sooner. If you're driving to Sacramento and you hit Live Oak at about 8:15 you get all the pain of Los Angeles style traffic jam right in lovely Sutter County.

Speaking of the main drag, we have the coolest hardware store anywhere. The Ace Hardware is one of those unique buildings and businesses where it's going to get to be more attractive and awesome the older it is. One of my hobbies is going to hardware stores the one in Durham is really good to. Bremer's hardware was the most amazing place in the world when I was a kid.

It had creaky wooden floors and old guys who knew everything about every tool ever made. And they had guns, lots of guns. I remember when my wife and I got married we got eight crock-pots. We took back six of them, and I got a Smith & Wesson.

Keith, the hardware guy, should consider putting older wood floors in his Ace Hardware next time he remodels and make sure they squeak it's all part of the mystique of hardware stores in rural towns. This is the 18th New Pi Line I have written and just as a refresher for people new to the community this is what you need to know about the Pi Line and why we honor Mr. Burleson.

W.D. "Bill" Burleson worked at the Gridley Herald for 48 years as a reporter, managing editor, and publisher. For many of those years, he published a column of his opinions and observations entitled the Pi-Line. For those of us who grew up in Gridley, that part of the paper usually had the most important and entertaining information about what was going on in the community.

Bill's perspective was shaped by his time in the United States Navy during World War II, he was a Gridley Bulldog and a Chico State alumni. He earned a teaching credential but shortly after college followed his dad into the family business which was the Gridley Herald. Bill was a Methodist and went to Biggs United Methodist Church, he was a member of the Moose, and very active in every civic group in Gridley, Biggs and Live Oak. Bill retired from the Gridley Herald 2005 and died shortly thereafter. Here is a reprint of some of his

column from Wednesday, August 23rd, 1978:

Bill Empey and Leon Jensen were stuck in town Monday. Who? You remember, there the developers from Petaluma who purchased the historic Hazel Hotel. They told us that the windows were covered with plywood this weekend in order to make way for the sandblasting equipment coming pretty soon. The upstairs and west wall will be sandblasted to original brick downstairs storefronts are going to be redone and would in keeping with the 1870's theme that has been adopted by other businesses.

Bill and Leon want to fill the vacant rentals in the building and are offering to remodel them to suit the tenant. One choice location on the corner, which Scott's is vacating for another site on the highway, could be redone with windows on the west side but could be restored with anodized aluminum windows, but the plans for apartments upstairs have temporarily been set aside.

We haven't heard much from the owner of the Gridley Hotel recently, but he is said to be still going ahead with plans to restore it. Work is being done now on the old Stone block facing Virginia Street. It is due for a paint job in the near future. The JCPenney store is scheduled for a major remodeling job it may seem a bit slow, but downtown Gridley is being reborn... and looking a lot better, and healthier. Flags were displayed at half mast a division of Forestry Fire Stations recently in memory of firemen killed

fighting the forest fires in Southern California to fire-fighting planes were lost in one week. ★

# FEMA Drones Overhead



Sierra Overhead Analytics drone operator, Harley Hiles, monitors the progression of aerial mapping by drone from his hand-held controller. Photo by Seti Long

By Seti Long

**GRIDLEY, CA (MPG)** - A survey crew from Sierra Overhead Analytics, a civil engineering, environmental engineering and computational modeling firm, was observed at Gridley's Industrial Park Monday afternoon. The future home of 350 FEMA trailers was in the process of being mapped out by the SOA crew using an unmanned aircraft system, or drone, to collect remote-sensing data of the area. Drone operator for SOA, Harley Hiles, explained that the drone is programmed to fly over the site at a 90 degree angle to

the ground, continuously taking pictures while it follows a designated course set by the operator. Hiles said that they expected to get over 3,000 images of the 76 acre site once the drone had finished its fly over.

While the drone is the eye in the sky, the crew on the ground uses standard surveying equipment, such as a theodolite, an instrument with a rotating telescope for measuring horizontal and vertical angles, to measure and mark exact positions, their elevation and the exact distance between two marks. The aerial images

from the drone will be used in coordination with the ground crews survey marks, overlaying and matching the images with those key positions to create a scaled map of the area. According to Connor Beatty of Sierra Overhead Analytics, the survey was a necessary step for future engineers, providing the correct data in order to calculate quantities of building materials, such as concrete for the installation of curbs along roadsides, and the exact dimensions required for the future development of the site. ★

# Motel on a Mission

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the disaster said that "She is our heroine," and that the generosity of the Kanji family was amazing.

Rupesh Kanji said that "from day one, we wanted to help," keeping with their motto of "giving back." To this day, they are still

working with survivors and lending aid where possible. Their selfless acts of kindness have gotten them noticed too. The Pacific Motels presence on Facebook has increased, with them getting more likes. "We are a small business so it's hard for people to know who we are," and what we are about, says

Kanji. "We want to give back."

In the future, the owners plan intend to work with local schools and the Gridley community, donating to programs and supporting causes whenever possible. Thank you, Pacific Motel, for being a Gridley gem. ★

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# High Energy Hope



John and Ann Toman, of Biggs, follow a precise four-level "map" showing how food items must be placed to maximize the space in the box.

HOPE  
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raised \$3000. I bought gift cards and backpacks, drove to Redding, and found evacuees in parking lots that had lost everything. I was able to help people one-on-one and that's what I love doing."

She travels to the area when she can get away from work, finds relief projects, joins in, and then returns home to Washington. She added, "I would do this full time if I didn't have to work."

Peterson was especially excited to participate in the toy drive that started with CHP Officer Blair Parrott. The Butte County Sheriff's office does an annual toy drive. In the past, that toy drive has yielded a few hundred toys for local children. Parrott posted a video asking for more toys, so that Camp Fire children could be served. The video went viral, and 40,000 toys came into the area from across the country.

The project was moved to a chapel in Chico belonging to The Church of Jesus Christ of Latter-day Saints. Volunteers from the Paradise Adventist Church organized the toys over several days and then received fire survivors for distribution. Peterson was amazed at the volunteers, the organization, the generosity, and the gratitude expressed by the survivors who benefitted.

When Peterson travels home from the Camp Fire area, she stops in Redding to continue assisting the fire

survivors she has contacted there. She related, "I'm so full of excitement and love from all the good that is happening here. The second I leave, I want to come back." She plans to keep helping for two years. She is a real estate agent, so she "knows how long it takes to build a house."

After helping with the food boxes, Peterson traveled to a warehouse in Marysville. Working

resident, and local church leader, has organized the two large food box projects. He explained that a government official connected the Humanitarian Services of The Church of Jesus Christ to the Hope Center.

Several semi-trailer loads of food were delivered, and then church members from Oroville and Gridley gathered to assemble the boxes. For Saturday, 200 members assembled 2,500 food boxes



Bob Cunningham, May Sannar, and Kathy Sannar of Gridley stand in front of the pile of empty boxes waiting to be filled with food for fire survivors.

Wardrobes, a non-profit organization that receives and distributes donations from business apparel companies, joined with The Church of Jesus Christ in Chico and Yuba City to make two large shipments of apparel available in the Camp Fire area. The first shipment was distributed in Chico, and the second shipment was organized and made available in Marysville. Peterson met a fire survivor, listened to his story, and "we were both in tears sharing his experience."

Keith Stutznegger, a retired dentist, Oroville

in two hours. Volunteers were happy to work without wearing face masks, which was the case with November's project.

The Hope Center will be delivering pallets of the food boxes to Gridley, to be distributed by the Gridley Camp Fire Group. This group currently maintains a distribution center in the vacant building behind Orchard Hospital, but will soon be moving to a new location to better serve fire survivors. The food boxes will be helpful to those setting up new households in Gridley. ★

# Gridley-Biggs' Lieutenant Smallwood to be New Sutter County Undersheriff



Lieutenant Smallwood

By Seti Long

GRIDLEY, CA (MPG) - Gridley-Biggs Police Departments Lieutenant Scott Smallwood has been selected by Sutter County Sheriff Brandon Barnes as the new Sutter County Sheriff's Office Undersheriff. Although Lieutenant Smallwood and his family currently reside in Yuba City, he has served the communities of Gridley and Biggs as a member of the GBPD for almost 20 years.

Lieutenant Smallwood is a graduate of the FBI National Academy and has 22 years of law enforcement experience. According to Sheriff Barnes, Lieutenant Smallwood is also a gang expert, Lexipol

Administrator, Field Training Administrator, Internal Investigations Administrator and a member of the Critical Incident and Shooting Protocol Team.

In an online post, Lieutenant Smallwood expresses his thanks to his "Gridley and Biggs Family" describing his years with the Gridley Police Department and later the Gridley-Biggs Police Department from the perspective of family. "Family to me is never defined by blood but defined by those who will be by your side in the good and bad. The City of Gridley and City of Biggs is exactly that." He continues "You have truly been that family that has never judged,

we have had our disagreements, but in the end you have always been here for me. For this I want to thank you." He goes on to say, "As I leave today with a full heart, slightly broken, but ready for my next adventure, I truly can say there is no way I would be who I am today without all of you...."

Lieutenant Smallwood will be sworn in as Sutter County Undersheriff on Tuesday, February 5th at 1425 Veterans Memorial Cir, Yuba City. The event is open to the public. The Gridley Herald would like to express our thanks to Lieutenant Smallwood for his years of outstanding service to the communities of Gridley and Biggs. ★



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**MEMORIAL NOTICE**  
**Judith Adair (Cully-Marr) Vickers**  
March 10, 1954 to January 13, 2019



64, of Heavener, OK, was born March 10, 1954 in Gridley, CA. She was a long-time Gridley and Yuba Sutter resident, and passed away peacefully at home in Oklahoma Jan. 13, 2019.

Judy retired after 22 years of service for Caltrans. She loved spending time with her family, friends and pets, being at the ocean and was a member of the Church of Christ. She is survived by her husband, Larry Vickers and dog Lady; Son Kevin Marr (Lauren) of West Sacramento, CA, Stepchildren Steven Vickers of Elk Grove, CA, Stefanie Teixeira (Chris) of Elk Grove, CA; eight grandchildren, two great grandchildren,




and numerous relatives and friends.


She is preceded in death by her parents, Samuel Eldon and Elizabeth Jane Cully; Brother, Patrick Cully; Sister, Christine Ercolino; and Son, Daniel Eldon Marr. Cremation arrangements are under the direction of Dowden-Roberts Funeral Home of Heavener, Oklahoma.

A Celebration of Life for friends and family will be held at:  
116 5th St., West Sac., Feb. 7, 2019, 6:30pm.

Judy requested her remains to be sprinkled at the ocean, so please remember her next time you are there.




**MEMORIAL NOTICE**  
**Steven D. Faulk**  
August 5, 1950 to January 22, 2019



Steve was born on August 5, 1950 to Jack and Virginia Faulk in San Jose. He passed away on January 22nd, 2019 following complications of heart surgery.

Steve grew up in Gridley, CA with his two sisters, Patty Faulk Young and Joan Faulk Daniels. He played on the first football team for Butte College and was later inducted into their hall of fame. He went on to attend San Jose State University where he also played football and earned a B.A. in Physical Education. He then received two teaching credentials in special education from Chico State. Steve started his career teaching special education classes at Blair Learning Center, operated by the Kern County Superintendent of Schools Office. At that time he also coached a National Olympics field hockey team which went on to win a national championship. Steve taught special ed. at South High School from 1984-2003. At South High he coached track & field and cross country before he became the Rebel's head football coach. In 2003 he became the Director of Athletics at North High School, a job he loved dearly. He retired in 2012 and enjoyed going to 49er games, playing pool, returning to coach football at




South High, participating on the Bob Elias Hall of Fame board and spending time with his wife and dogs at home.

In 1984 Steve married Jennifer Perkins, and together they had a daughter, Stephanie. Steve treasured his time with his beloved girls. They attended church together at All Saints Anglican Church and later Trinity Anglican Church. Steve also loved studying history, telling fun and fascinating stories about his life, spending time with his many friends and enjoying life to the fullest.

He is survived by his mother Virginia, his wife of 34 years Jennifer, his daughter Stephanie, son-in-law Ryan Naake, his sisters and their families. His untimely passing will leave a hole in the hearts of all who knew him. His legacy of strength, encouragement, humor and wisdom will never be forgotten.

His memorial will be held on February 9th at 10:00 at Trinity Anglican Church, 11300 Campus Park Dr. Bakersfield, CA 93311, with a reception to follow. In lieu of flowers, donations can be sent to SHS Wild at Heart, 4603 Islands Dr. Bakersfield, CA 93312.,

**Crime Reports**



**Gridley- Biggs Police Report**  
January 13<sup>th</sup> - January 24<sup>th</sup>

**01-13-2019:** At 1:24 a.m on Hwy 99, Gridley, CA, Dennis Aaron Swanson, 40, was arrested on Oroville Police Department misdemeanor warrant 16CM04214, cited and released.

**01-13-2019:** At 5:39 a.m. on 2nd Street, Biggs, CA, Christian Duenas Gomez, 31, was arrested on charges of vandalism, possession of methamphetamine, and possession of drug paraphernalia.

**01-13-2019:** At 7:02 a.m. at Orchard Hospital on Spruce Street, Gridley, CA, Luis Antonio Lopez, 35, was arrested on charges of possession of methamphetamine, possession of drug paraphernalia, and violation of probation. Subject was booked into Butte County Jail.

**01-14-2019:** At 11:17 a.m. on Ohio Street, Gridley, CA, Glenda Louise Kennedy, 51, was arrested on battery charges and cited to appear in court.

**01-17-2019:** At 2:08 p.m. at Bank of The West on E. Gridley Rd., Gridley, CA, Ashley Paige Crumpton, 35, was arrested on Butte County Sheriffs Office misdemeanor warrant 18CM03853, cited and released.

**01-17-2019:** At 10:30 at Sycamore Street and Randolph Ave, Gridley, CA, Angie Lynne Duran, 35, was arrested on charges of driving under the influence and was booked into Butte County Jail.

**1-19-2019:** At 3:42 a.m. on Fairview Dr., Gridley, CA, Gregory Larry Dale Carlin, 41, was arrested on charges of threatening to kill or inflict great bodily harm to the reporting party and violating his parole. Subject was transported and booked into Butte County Jail.

**1-19-2019:** At 6:58 a.m. at the Gridley Post Office on Sycamore St., Gridley, CA, Julia Opal Brown, 28, was arrested on GPD warrant SCR104008, cited and released.

**1-19-2019:** At 9:06 a.m. at Daddow Park, Gridley, CA, Ernest Eloy Sandoval, was arrested on GPD warrant 18CM01256, cited and released.

**1-19-2019:** At 9:53 a.m. at Virginia St. and Spruce St., Gridley, CA, Hugo Octavio Santillan, 38, was arrested on YCPD warrant and transported to Butte County Jail.

**1-19-2019:** At 3:32 p.m. on Virginia St., Gridley, CA, Casey Benjamin Dowler, 37, was arrested on a BCSO warrant, cited and released.

**1-23-2019:** At 6:09 p.m. at Sycamore St. and Oregon St., Gridley, CA, Wayne Allen Melton, 64, was arrested on charges of public intoxication, transported and booked into Butte County Jail.

**1-24-2019:** At 1:43 p.m. at Magnolia St. and Kentucky St., Gridley, CA, Stephanie Gail Lolmaugh, 32, was arrested on local warrant 18CM02616, cited and released.

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(916) 319-2002

**District 3 California Assemblyman - James Gallagher**  
2060 Talbert Drive, Suite 110, Chico, CA 95928

(530) 895-4217

**District 4 California Senate - Jim Nielsen**  
State Capitol, Room 3070, Sacramento, CA 95814  
(916) 651-4004

**Governor of California - Jerry Brown**

California State Capitol, Suite 1173, Sacramento, CA 95814  
(916) 445-2841

**District 1 Representative - Doug LaMalfa**

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U.S. House of Representatives, Washington, D.C. 20515

(202) 225-3076

1453 Downer Street, Suite A, Oroville, CA 96965  
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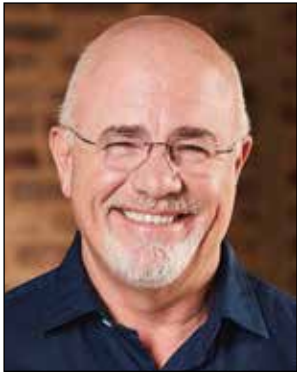
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### Relationships and money

Dear Dave,  
My father-in-law wants to help us with our mortgage. We've been working

hard to pay off our home early, and we've reduced what we owe to around

\$35,000. His idea is to pay off the remainder, then let us pay him back over time. In the past, he has loaned us much smaller amounts and everything has worked out fine. What do you think about this?

— Brianne

Dear Brianne,  
I'm sure this seems like a winning proposition all the way around. My concern is there's a big spiritual and emotional issue that has been left out of the equation. The borrower is always slave to the lender, and nowhere is that more true than in a family.

I understand, too, you have a solid track record with this kind of thing. But anytime you borrow money from family you're playing with fire. When you do something like this, especially with such a large amount, the money issue is

## Dave Ramsey Says

likely to be a shadow hovering over your relationship. Family get together, special events, and holidays will feel different when you're there with your lender instead of just good old dad.

I assume your father-in-law is doing well financially, since he can afford to make this offer. And don't get me wrong, it's a very kind and generous offer.

If I were in his shoes, I might offer instead to pay off the mortgage as a gift to my son and daughter-in-law for working so hard to attain a goal. But it would be a *gift*. No strings attached.

If you have a nice, stable family, this debt will always be there in the back of your mind. If you have a dysfunctional, control-freak kind of family, it's going to be right there in front of you constantly. Either way, I don't think it's worth the risk.

— Dave

### Fight back against fraud

Dear Dave,

We recently learned that my wife's ex-husband used her social security number to establish several credit card accounts. We've written and called the credit card companies, and we're disputing the charges, but is there anything else we can do to protect ourselves and put an end to this?

— Ken

Dear Ken,

You bet there is! File a police report immediately, and if possible, have this guy arrested. He has committed criminal fraud, and it's not something you should take lightly. Also, put a fraud victim alert on your credit bureau reports today.

Don't stop with just alerting the credit card companies about this situation.

You should be speaking with and communicating via email—plus snail mail, if necessary—directly with the fraud victim division at every credit card company involved. Make sure they understand this is a denial of responsibility and not simply a dispute.

Let them know you're sorry this happened, but explain that all these charges in your names are the result of a criminal act perpetrated against you. You may have to stand your ground with the credit card companies, because some of them might try to get you to pay it, anyway. Don't do 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 @DaveRamsey. ★*

## Dear Dietician

### Low Carb



Commentary by  
**Leanne McCrate**

Dear Dietitian,

Many of my friends are following low-carb diets. They say they have lost weight and feel great, but is this a healthy way to lose weight?

Signed, Sara

Dear Sara,

As we know by all the weight loss diet books on the shelves, when it comes to cutting calories, there are many approaches. Low carbohydrate, or "carb," diets have gained popularity in recent years because of their ability to produce short-term weight loss and improve cholesterol levels. One dieter following a low-carb routine reported he liked the simplicity of the diet, "If it is a carbohydrate, don't eat it. I don't have to think about it." While

low-carb diets provide some carbohydrates each day, one benefit of this diet is satiety, or the feeling of being satisfied. Protein and fat, the foods that replace carbohydrates, move out of the stomach more slowly than carb foods, resulting in longer sensations of feeling full.

Until recently, the long-term effects of low-carb diets have not been studied. The Prospective Urban Rural Epidemiology (PURE) study, Dehghan, et al. found that diets high in carbohydrates (77% daily calories) were associated with increased death rates; however, diets high in fat (35% daily calories) were associated with lower death rates. This study, which was published in The Lancet, was criticized for its methods.

In another study published in The Lancet, Seidemann, et al. found that both diets high in carbohydrate (<70% total calories) and low (<40% total calories) have been shown to increase all-cause death. A 50-55% energy intake from carbohydrate was found to have the lowest risk of death.

Since the conflicting results of these studies

were confusing to me, you may also find them confusing. This is the takeaway: Not every carbohydrate is created equally when it comes to nutrition. Carbs range from fruits and vegetables to whole grains to sugar. A healthy plan is to choose carbs high in fiber (fruits, vegetables, whole grains) and low in sugar.

If you choose to cut carbs, the healthiest approach is to replace them with lean meats and vegetable sources of protein like nuts, seeds, and peanut butter. Choose polyunsaturated or monounsaturated over animal fat. Monounsaturated fats are found in olive oil, canola oil, avocados, and nuts, while polyunsaturated fats are found in vegetable oil and seeds, as well as fatty fish, like salmon and trout. Keep it simple, and be healthy.

Best health,  
**Dear Dietitian**

*Leanne McCrate, RD, LD, CNSC, aka Dear Dietitian, is an award-winning dietitian based in Missouri. If you have a nutrition question, email her at DearDietitian411@gmail.com. ★*

## Help Wanted

### Recreation Aide

The Gridley Recreation Division has an immediate opening for a **Recreation Aide** to assist in organizing and supervising a variety of Senior services and special events for all ages throughout the year.

The position is part time with an average of 18 hours a week and starts at \$12 an hour. Applications are online at [www.gridley.ca.us](http://www.gridley.ca.us). Applications are *due by Friday, February 8, 2019* at Gridley City Hall.

## Looking Back

BY SETI LONG

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

#### 25 Years Ago (1994) "Boat Ramp Problems"

Local sportsman attended a meeting in order to voice suggestions on how to keep the boat ramp open amid continuing problems with illegal activity. The city is concerned with the high amounts of complaints they are receiving from people experiencing vandalism to their vehicles. A gate was installed 3 years ago to prevent illegal dumping and activity, but since problems persist, the city is considering shutting down access entirely. After an hour debate the council and group of sportsmen unanimously voted to suggest a one time fee of \$25.00 and an annual fee of \$10, mandating that any gate key holder also own a boat (excluding the 45 gun club members that also use the road to access the gun range). The higher fees will be used to provide more security to the area.

#### 50 Years Ago (1969) "Strange Circumstances"

A 39 year old Gridley mother of 6 reportedly drowned in flooding Robinson Creek in the Carmel Valley near Monterey last Sunday under strange circumstances. Mrs. Bicknell has been visiting her brother when they took a drive to view the flooding creek. According to John Smith, Mrs. Bicknell's brother, he had stopped at the roadside because he had been drinking too much. That was when stranger appeared, demanding loot. Smith and his sister jumped out of the car and fell into the raging creek. Smith was able to pull

himself out, but Mrs. Bicknell was swept away. Mr. Smith was found at the scene later, wet but sleeping, Monterey County deputies said. The accident is under investigation.

#### 75 Years Ago (1944) "Widow to be Awarded Damages"

Mrs. Mildred Scull, widow of Daniel Scull who was killed in Biggs when he was struck by a heavy timber being unloaded from a flatcar, sued Southern Pacific railroad for \$40,000. After a jury heard the case at Butte County superior court, Mrs. Scull was awarded a verdict of \$15,000 in damages against the railroad company.

#### 100 Years Ago (1919) "Fake Checks"

Two men have been running a con using fake checks in the Oroville and Gridley area. The check was drawn on the first National Bank of Gridley and was signed by Sam Clayton for a total of \$27.50. The two men pulled the same con in Oroville, once in Albers saloon and once in a meat market for a total \$22.50. When the checks were cashed, there were no funds at the bank under the name Clayton.

#### 125 Years Ago (1894) "Gridley Lodge"

The North Butte Lodge, NO. 230 F and A.M. installed officers Saturday evening. ★

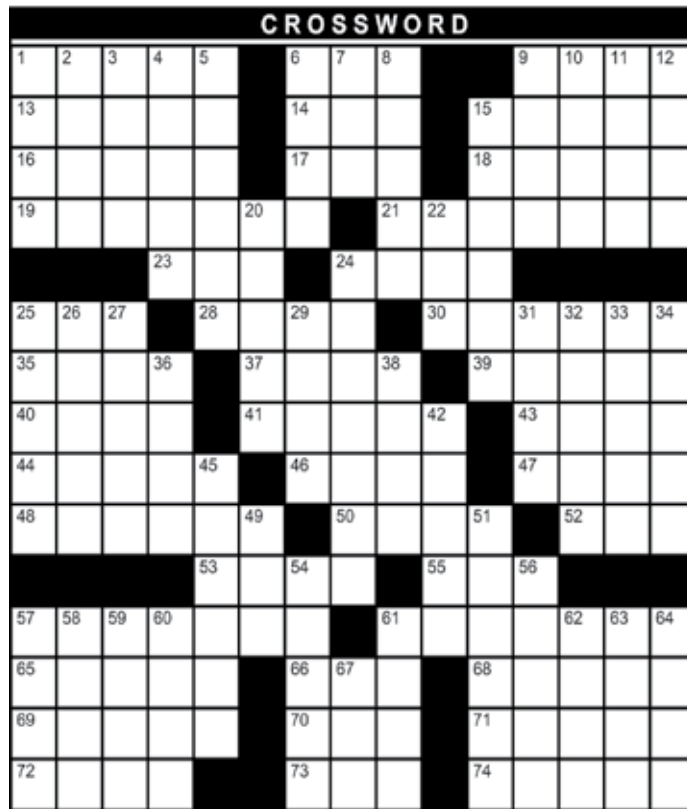
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### CLUES

- ACROSS  
1. Bird hangout  
6. Loquacious person's gift?  
9. Columbus launcher  
13. Nebraska's largest city  
14. Not a thing  
15. Hispaniola republic  
16. Shmear holder  
17. Brouhaha  
18. Court call  
19. "Gaga and Cooper hit  
21. "The Recording \_\_\_\_  
23. "Drake's "Nice \_\_\_\_ What"  
24. Doe's mate  
25. "Best New Artist, 1983: \_\_\_\_ at Work  
28. Aquarium show star  
30. "Why don't you just meet me in the \_\_\_\_  
35. Line of symmetry  
37. Itty-bitty bit  
39. Unwelcome message on computer screen  
40. Roll call call  
41. "Reputation" artist  
43. "The Bridges of Madison County" state  
44. Implant  
46. Delhi wrap  
47. Politicians, for short  
48. Isaac of science fiction fame  
50. "Grammy Hall of Fame's "Sixteen \_\_\_\_  
52. Sodium solution  
53. French Riviera city  
55. Trigonometry abbr.  
57. Danced to Miami Sound Machine in 1985  
61. \* \_\_\_\_ Center  
65. Bay window  
66. Poor man's caviar  
68. Home to BYU  
69. Dish out  
70. Three strikes  
71. Like yesterday's meal  
72. '80s sitcom "Who's the \_\_\_\_?"  
73. "\_\_\_\_ Robinson," 1968

### DOWN

1. Ugly crowds  
2. Wet nurse  
3. Indian music  
4. Elf's perch  
5. Inciting call to a hunting hound  
6. Bite like a beaver  
7. A hand  
8. Swell up  
9. Persian backgammon  
10. Adjutant  
11. Type of cell  
12. Well-ventilated  
15. Deli offering  
20. Florentine iris  
22. Tucker of "Modern Family"  
24. Fill to satisfaction  
25. "Fall Out boy's album  
26. End-of-semester events  
27. Nimbus, pl.  
29. Hang out till these come home?  
31. Type of coffee maker  
32. Salvivate  
33. Humble  
34. Make blank  
36. Appear to be  
38. Bushy do  
42. Color lightly  
45. "Childish Gambino's name  
49. "What nominees do  
51. Like lathered hands  
54. Read-only memory device  
56. Aerosol can emanation  
57. Toothy groomer  
58. Three-ply dunker  
59. Lice eggs  
60. "Bee \_\_\_\_ multiple awards winner  
61. Series of reps, pl.  
62. "Laughing on the inside" text  
63. Fifty-fifty  
64. \* \_\_\_\_ of the Year  
67. Partaker's pronoun



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### CITATION FOR PUBLICATION UNDER CALIFORNIA WELFARE AND INSTITUTIONS CODE SECTION 294

To (names of persons to be Notified, if known, including Names on birth certificate): JASON P. WATSON And anyone claiming to be a Parentof(child'sname):A.M.B. Born on (date): DECEMBER 12, 2012 At (name of hospital or other place of birth and city and state):OROVILLEHOSPITAL OROVILLE, CA A hearing will be held on Date: MARCH 20, 2019 Time: 8:30 AM Dept: TBA Room: TBA Located at: Superior Court Of California County of Butte 1775 Concord Avenue, Chico, CA 95928 At the hearing the court will consider the recommendation of the social worker or probation officer. The social worker or probation officer will recommend that your child be freed from your legal custody so that the child may be adopted. If the court follows the recommendation, all your parental rights to the child will be terminated. You are required to be present At the hearing, to present Evidence, and you have the right to be represented by an attorney. If you do not have an attorney and cannot afford one, the court will appoint an attorney for you. If the court terminated your Parental rights, the order may be final. The court will proceed with this hearing whether or not you are present. Signed: Kimberly Flener, Clerk Dated: JANUARY 10, 2019 Case Number: J-36605 Published: January 18, 25, February 1, and 8, 2019.

### Notice of Intent to Request Release of Funds

February 1, 2019  
City Gridley  
685 Kentucky Street  
Gridley, CA 95948  
(530) 763-4390  
eckert@gridley.ca.us

On or about February 11, 2019, the City Gridley will submit a request to the Department of Housing and Community Development (HCD) for the release of Community Development Block Grant (CDBG) funds under Title I of the Housing and Community Development Act of 1974, to undertake a project known as Sunrise Village Senior Apartments (aka Gridley Senior Apartments) for the purpose of building a 37-unit multi-family, new construction, residential development on a vacant 1.98± acre parcel of land, located at 1470 Highway 99 in the city of Gridley, Butte County, California. The site consists of APN 024-260-079; with an access driveway relocated by lot-line adjustment to the southern 60± feet of APN 024-260-080. The estimated project budget is \$7,775,000, including \$454,348 in CDBG funds. The proposed project will target seniors earning up to 60% of the area median income for Butte County.

The activities proposed comprise a project for which a Finding of No Significant Impact on the environment was published on June 9, 2017. An Environmental Review Record (EER) that documents the environmental determinations for this project is on file at City of Gridley, 685 Kentucky Street, Gridley, CA 95948, and may be examined or copied weekdays 9 A.M. to 5 P.M.

#### PUBLIC COMMENTS

Any individual, group, or agency may submit written comments on the EER to Mr. Paul Eckert at the City of Gridley. All comments received by February 9, 2019, will be considered by the City of Gridley prior to authorizing submission of a request for release of funds.

#### RELEASE OF FUNDS

The City of Gridley certifies to HCD that Paul Eckert, in his capacity as City Administrator, consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. HCD's approval of the certification satisfies its responsibilities under NEPA and related laws and authorities and allows the City or Gridley to use Program funds.

#### OBJECTIONS TO RELEASE OF FUNDS

HCD will accept objections to the Responsible Entity's (RE) Request for Release of Funds and Environmental Certification for a period of fifteen days following the submission date specified above or the actual receipt of the request (whichever is later) only if they are on the following bases: (a) the certification was not executed by the Certifying Officer of the RE; (b) the RE has omitted a step or failed to make a determination or finding required by HUD regulations at 24 CFR part 58 or by CEQ regulations at 40 CFR 1500-1508, as applicable; (c) the RE has omitted one or more steps in the preparation, completion or publication of the Environmental Assessment or Environmental Impact Study per 24 CFR Subparts E, F or G of Part 58, as applicable; (d) the grant recipient or other participant in the development process has committed funds for or undertaken activities not authorized by 24 CFR Part 58 before release of funds and approval of the environmental certification; (e) another Federal, State or local agency has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to Department of Housing and Community Development, 2020 West El Camino Avenue, Sacramento, CA 95833. Potential objectors should contact HCD to verify the actual last day of the objection period.

Paul Eckert  
City of Gridley  
City Administrator

The Gridley Herald 2-1-2019

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2019-0000085

The following persons are doing business as: B AND J FARMS  
2917 5th Street Biggs, CA 95917  
BILL WALTER PIPPIN AND JEAN ANN PIPPIN, 2917 5th Street Biggs, CA 95917  
Date Filed in Butte County: January 16, 2019  
The Registrant commenced to transact business under the above business name on: 1/1/2019

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: January 25, February 1, 8, and 15, 2019 (The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2019-0000128

The following persons are doing business as: HEMKUNT SAHIB FARMS  
636 Larkin Road Gridley, CA 95948  
Harjit Singh Dhillon, 636 Larkin Road Gridley, CA 95948 and Sukhjot Kaur Dhillon, 636 Larkin Road Gridley, CA 95948  
Date Filed in Butte County: January 24, 2019  
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: February 1, 8, 15, and 24, 2019 (The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2019-0000018

The following persons are doing business as: KIMURA DRYER, KIMURA PACKING  
95 Township Road Gridley, CA 95948  
KIMURA FARMS INCORPORATED, 10557 Adeline Live Oak, CA 95948  
Date Filed in Butte County: January 3, 2019  
The Registrant commenced to transact business under the above business name on: 3/16/1974

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: January 11, 18, 25, and February 1, 2019 (The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-0001558

The following persons are doing business as: MEDEIROS FEED SUPPLY  
434 Ophir Road Suite A Oroville, CA 95966  
Kevin Medeiros, 4512 Oro Bangor Hwy Oroville, CA 95966  
Date Filed in Butte County: December 28, 2018  
The Registrant commenced to transact business under the above business name on: N/A

This Business is Conducted by: Individual  
NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.  
Publish: January 11, 18, 25, and February 1, 2019 (The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2019-0000022

The following persons are doing business as: ALVAREZ TRUCKING  
3100 Claremont Drive Oroville, CA 95966  
A.T. INC., 5181 Lower Wyandotte Oroville, CA 95966  
Date Filed in Butte County: January 4, 2019  
The Registrant commenced to transact business under the above business name on: 10/10/2008

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: January 18, 25, February 1, and 8, 2019 (The Gridley Herald)

### FICTITIOUS BUSINESS NAME-STATEMENT OF ABANDONMENT FILE NO. 2017-0000591

The following person has abandoned the use of the fictitious business name:  
HOO DOO EQUIPMENT, 2930 Colusa Hwy Gridley, CA 95948  
Carl Schorr, 2930 Colusa Way Gridley, CA 95948; Susan Schorr, 2930 Colusa Hwy Gridley, CA 95948; Ryan D Schorr, 1523 Ridegebrook Way Chico, CA 95928; and Tracy Schorr, 1474 Bonnell Avenue Gridley, CA 95948  
This Business is Conducted by: General Partnership  
Date filed with Butte County: January 3, 2019  
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 18, 25, February 1, and 8, 2019 (The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2019-0000033

The following persons are doing business as: DA CAPO STYLE HOUSE  
1925 Market Place Chico, CA 95928  
DANIELLE MARIE DIETZ, 436 West 6th Avenue Chico, CA 95926  
Date Filed in Butte County: January 8, 2019  
The Registrant commenced to transact business under the above business name on: 1/8/2019

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 18, 25, February 1, and 8, 2019 (The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-0001553

The following persons are doing business as: SYLVIO'S PIZZERIA AND DELI  
488 B Street Biggs, CA 95917  
Jessica Crane, 39 Dakota Avenue Biggs, CA 95917, Tyler Henry Mowles, 39 Dakota Avenue Biggs, CA 95917 and Kelly Purves, 1026 Buchanan Avenue Yuba City, CA 95993  
Date Filed in Butte County: December 27, 2018  
The Registrant commenced to transact business under the above business name on: N/A  
This Business is Conducted by: General Partnership  
NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code.  
Publish: January 25, February 1, 8, and 15, 2019 (The Gridley Herald)

### FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2019-0000084

The following persons are doing business as: MAXIMUM SECURITY SYSTEMS  
51 Roemelt Lane Oroville, CA 95966  
William Thomas Blankinship, 51 Roemelt Lane Oroville, CA 95966  
Date Filed in Butte County: January 16, 2019  
The Registrant commenced to transact business under the above business name on: 1/16/2019  
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 25, February 1, 8, and 15, 2019 (The Gridley Herald)

### NOTICE TO CREDITORS OF BULK SALE (Secs. 6104-6105 U.C.C.)

Notice is hereby given to creditors of the within named seller that a bulk sale is about to be made of the assets described below.

The names and business address(es) of the seller are:

Sangha Enterprises  
1536 Hwy 99  
Gridley, CA 95948

As listed by the seller, all other business names and addresses used by the seller within three years before the date such list was sent or delivered to the buyer are:

None

The names and business addresses of the buyer are:

Tajinder Kaur and  
Baldev Singh Pannu  
1536 Hwy 99  
Gridley, CA 95948

The assets to be sold are described in general as:

Equipment, furniture, inventory, and other tangible assets

and are located at: 1536 Hwy 99, Gridley, CA 95948

The business names used by the seller at that location is: Little Caesar's

The anticipated date of the bulk sale is Feb. 21, 2019 at the office of OLD REPUBLIC TITLE COMPANY.

This bulk sale is subject to California Uniform Commercial Code Section 6106.2. The name and address of the person with whom claims may be filed is:

OLD REPUBLIC TITLE COMPANY  
Attn: Leslye Rossiter  
855 Harter Parkway, Suite 130  
Yuba City, CA 95993

and the last date for filing claims shall be Feb. 20, 2019 which is the business day before the sale date specified above.

Dated: January 22, 2019

Baldev Singh  
Sangha Enterprises  
By: Baljinder Singh, Managing Partner

Avtar Sangha  
Sangha Enterprises  
By: Avtar Sangha, Operating Partner

Tajinder Kaur  
Tajinder Kaur

Baldev Singh Pannu  
Baldev Singh Pannu

The Gridley Herald 2-1-2019

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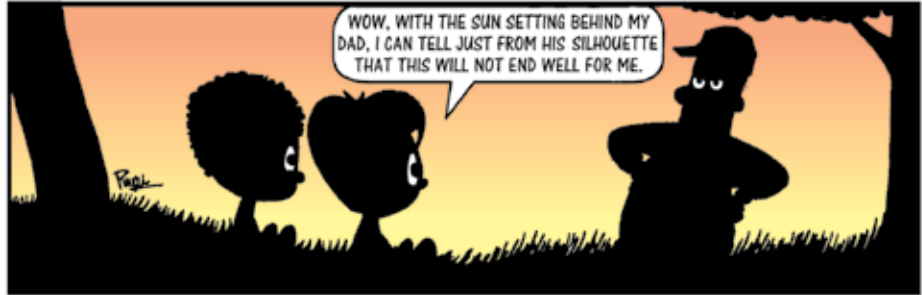
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# WEEKLY COMICS

## Amber Waves by Dave T. Phipps



## Out on a Limb by Gary Kopervas



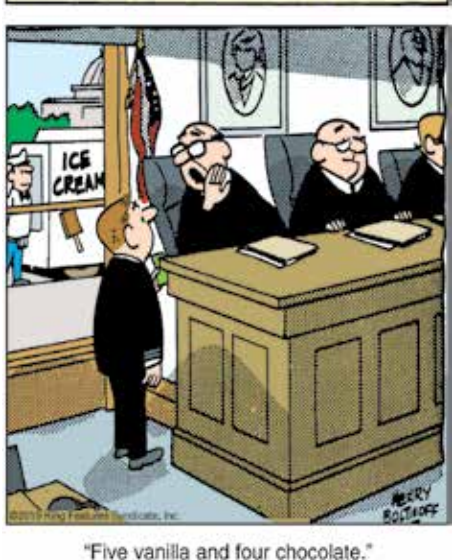
## R.F.D. by Mike Marland



## GRIN & BEAR IT



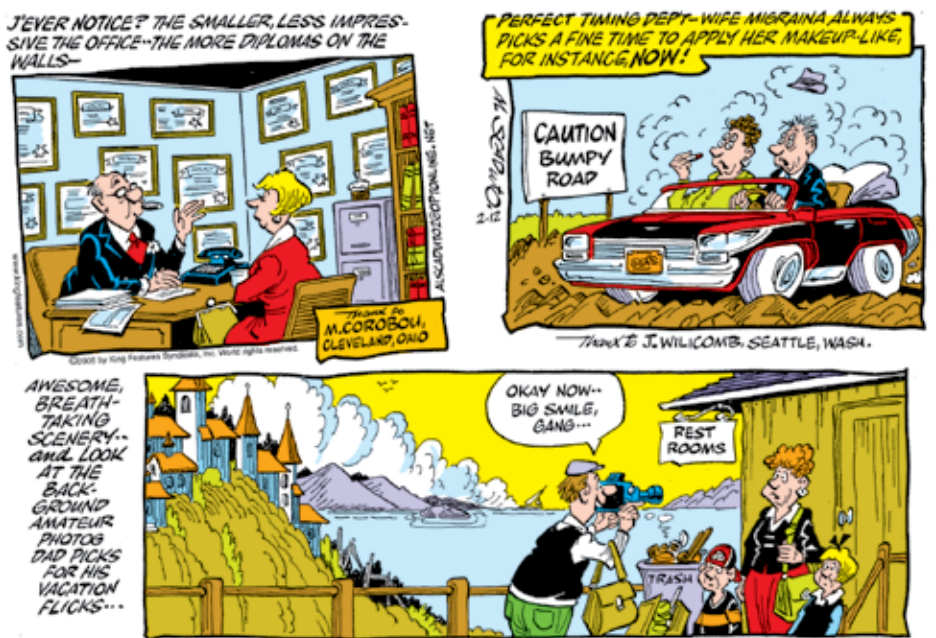
## LAFF-A-DAY



## The Spats by Jeff Pickering



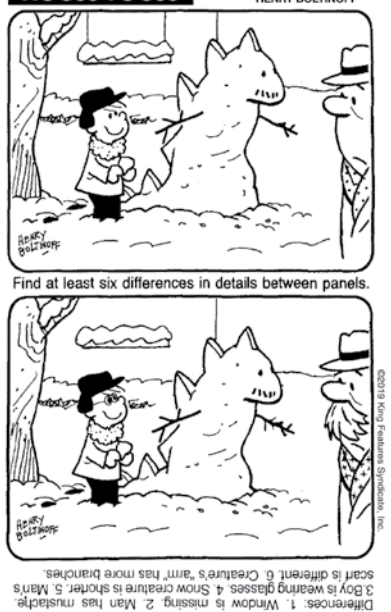
## THEY'LL DO IT EVERY TIME BY AL SCADUTO



## Just Like Cats & Dogs by Dave T. Phipps



## HOCUS-FOCUS BY HENRY BOLTINOFF



# CHEERS & JEERS

by Damian Holbrook

### Cheers to Gotham

for beginning its end at the end. Usually, flash- forwards are cop-outs, but the final season's opening shot of our heroes—and villains!—teaming up in the near future was a perfect tease to the hell Jim Gordon (Ben McKenzie, pictured) is about to unleash on the, uh, Bane of his beloved city before the Fox series wraps.

### Cheers to Tidying Up With Marie Kondo

for sparking the joy of how-to shows that actually teach us how to do things! In translating her bestselling guide to getting rid of clutter, the guru of domestic simplicity has given Netflix a soothing, bingeable original that's as instructive as

it is inspiring for anyone whose home looks like a Hoarders episode.

### Jeers to Owen (Kevin McKidd) on Grey's Anatomy

for his sickeningly bad form. Our stomachs turned when the trauma surgeon told lover Amelia (Caterina Scorsone) that he was having a baby with Teddy (Kim Raver)—while all three of them were trapped in an elevator—then almost hooked up with her. We thought doctors were supposed to do no harm!

### Jeers to The Masked Singer

for being so weird! Fox's new oddity wants judges Jenny McCarthy, Robin Thicke, Nicole Scherzinger and Ken Jeong to guess the



Usually, flash - forwards are cop-outs, but the final season's opening shot of our heroes—and villains! (Ben McKenzie, pictured).

crooning celebs disguised as giant deer, with host Nick Cannon or plush cyclops, while we want to know who will be paying our therapy bill for the nightmares these outfits inspire. ★

## ASK MATT BY MATT ROUSH TV Guide Senior Critic

### Is MODERN FAMILY As Good As It Used To Be?

**Question:** Might be a totally controversial topic, but do you feel like Modern Family has gotten stale over the years? I mean, I don't think it's bad or anything. There are a few gems every now and then, and I still adore Mitch (Jesse Tyler Ferguson), Cam (Eric Stonestreet), Phil (Ty Burrell), Gloria (Sofia Vergara) and Jay's (Ed O'Neill) characters, but the show just hasn't been the

same the last three or four seasons. — Flo

**Matt Roush:** I appreciate how reluctant you are to call a favorite show out when it no longer lives up to your expectations, but you're hardly alone on this one. *Modern Family* is still popular enough that ABC (and the 20th Television studio) is reluctant to let it end gracefully, but it's obvious to most that its best days are behind it. For me, the problem with this show (unlike *The Middle*, which always lived in its

shadow) is that the younger family members for the most part didn't develop into characters who are still fresh and funny. The traits that were amusing in the adults still by and large work after ten seasons, some weeks more effectively than others, but *Modern Family* is an example of how difficult it can be to sustain such a high degree of quality over the long haul, especially when so many of the situations are built on misunderstandings and farce. (The show's high concept of breaking the fourth wall also now seems more intrusive than innovative.)

To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](http://tvinsider.com) To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](http://tvinsider.com) ★

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# Gridley Thumbs and Roots



By Barbara Ott

GRIDLEY, CA (MPG) - Here we are at the mid point between the Winter Solstice and the Spring Equinox. The days are getting longer so the earth will start to warm. We are headed for the time of fertility and new plantings. February 1 st or 2 nd is celebrated in much of Northern Europe for this reason, a celebration of

the coming of light. In ancient times it was known as Imolc. It was a time of lighting candles and fires representing the return of warmth and the increasing power of the Sun. It was a time of Spring cleaning and determining what type of weather was on the horizon. Would Winter continue or would the planting for Spring be able to begin. It then became the celebration of Candlemas in the Catholic Church of the Middle Ages. St Brigit was celebrated at this time to bless the home and livestock. It is said that the household and church candles were counted at this time to see if any more needed to be made based on the weather of the year. All of these old

traditions are wrapped up today in America with the celebration of Ground Hog Day. An old poem says, “If Candlemas Day be fair and bright, Winter will have another fight. If Candlemas Day brings cloud and rain, Winter won't come again. Some of this comes from Irish folklore, where a malicious creature in Irish folklore, the Cailleach, would spend the day of Imbolc collecting firewood for herself if winter was to last a while longer. She needed a bright and dry day to collect wood. So, if Imbolc was wet and windy, the Cailleach went to sleep instead and winter would soon be over. The bulbs are up and spring is in the air. ★

# Firewise Your Landscape Maintenance



Photo courtesy firewise.org, provided by Jeanne C Lawrence

By Brent McGhie, UC Master Gardener of Butte County

Even when homeowners have created a defensible space, the job of protecting their home from fire is never done. There will always be ongoing and annual jobs to do. Additionally, there are special tasks that will need to be completed every few years or on an as needed basis.

A key ongoing yard maintenance goal is to keep plants green and lush, especially within the 30 feet closest to the home (the “home ignition zone”). Of course this means regular watering, which can be time consuming, but employing a drip irrigation system on a timer largely eliminates that concern. Using appropriate native plants should cut down on the overall need for watering as well.

The ground in the inner 30 feet around a home should also be kept free of leaves, pine needles, weeds and other ground fuels. Dead plants and/or tree branches should be immediately removed, as should any tree branches overhanging the roof. Tree branches should also be kept at least 10 feet away from a chimney. Vines growing on trees, shrubs, or fences can act as fire ladders and should be removed. Roofs and gutters should be kept free of leaves, needles and twigs. Gutter covers can reduce, if not eliminate, fuel build-up in this area.

If raised decks or porches are present, prevent combustible materials from accumulating in the areas beneath them. A preferable alternative to continually raking under decks and porches is to screen or enclose them with fire-resistant materials. If screening is used, the mesh should be no greater

than one-quarter-inch. Flammable materials should be cleared from decks. This includes not only natural materials like leaves and needles, but items such as brooms and stacked wood.

Annually, before fire season starts, grasses and weeds should be mowed to a height of about three to four inches for at least 30 feet around homes and other structures. Grasses and weeds should be maintained at this height throughout the fire season. In fact, ground fuels should be kept at a minimum throughout the defensible space. As an alternative to mowing, string trimmers are a safer option for vegetation removal. To reduce the risk of fire due to mowing, make sure your equipment is properly maintained, mow before 10 a.m. and never mow on a hot or windy day.

Vegetation throughout the defensible space should be pruned for proper spacing, both vertically and horizontally, at least once per year. Cal Fire recommends that the lower branches of a mature tree be pruned to create a clearance of three times the height of the shrubs beneath it, while the distance between shrubs should be at least twice the height of the shrubs. In addition to maintaining proper spacing, pruning also makes plants more fire resistant. Cutting back woody perennials encourages less flammable new growth and thinning overgrown shrubs reduces their fuel load. Avoid topping landscape trees. Topping not only increases the fire hazard by encouraging excessive branching, but it is not healthy for trees.

Woodpiles should be located at least 30 feet from a home and should have at least 10 feet of cleared space around them. Covering a woodpile, or

storing wood in a fire-resistant structure such as a metal shed, lowers the odds of the pile igniting during a wildfire. In addition, miscellaneous combustible materials including construction debris and brush piles should be removed from your yard as quickly as possible.

To aid firefighters, be sure your address is clearly posted so that it is easily visible from the street, especially at night. Also, be certain firefighters have easy access to water sources in your yard and, if possible, clearly mark those water sources. Fires often lead to power outages, so if you are on a well, it would be prudent to have an emergency generator to operate the pump if the power does fail.

Cal Fire has developed a “Homeowners Checklist” that describes how to make your home fire safe. It is an excellent, easy-to-use, comprehensive guide for homeowners and can be found online at [https://www.fire.ca.gov/communications/downloads/fact\\_sheets/Checklist.pdf](https://www.fire.ca.gov/communications/downloads/fact_sheets/Checklist.pdf). It is highly recommended. For more information on creating fire-resistant landscapes, see the Fire-Safe Landscape section of the UC Master Gardeners of Butte County website. For other topics of interest to local gardeners please visit our home page at <http://ucanr.edu/sites/bcmg/>. And if you have a gardening question or problem, call our Hotline at (530) 538-7201.

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# Alex Padilla Sponsors New Constitutional Amendment for Voting Rights to Parolees

SOS Press Office release

SACRAMENTO, CA (MPG) - Secretary of State Alex Padilla joined Assemblymembers Kevin McCarty (D-Sacramento), Sydney Kamlager-Dove (D-Los Angeles), Rob Bonta (D-Oakland), Ash Kalra (D-San Jose) and criminal justice reform advocates to introduce ACA 6, known as the Free the Vote Act, legislation aimed to restore the right to vote for people on parole. In California, a person’s right to vote is suspended when they are incarcerated or on parole for a felony conviction. As a result, approximately 48,600

Californians on parole are unable to vote in state, federal, or local elections.

“Civic participation is foundational to a sense of community—and it can play a major role in reducing recidivism,” Secretary of State Alex Padilla said. “If we are serious about reintegrating the formerly incarcerated into society, we should not be shunning them from democracy. California has led the way in expanding voting rights that are fundamental to American citizenship.”

Nationwide, there are an estimated six million Americans that are unable to vote because of felony disenfranchisement. Formerly incarcerated

people on parole are working, paying taxes, and raising their families in our communities. However because of a conviction, they are excluded from participating in the democratic voting process.

“It is time to restore the right to vote for individuals who have served their time,” said Assemblymember Kevin McCarty (D-Sacramento). “ACA 6 will eliminate an arbitrary barrier to voting, reduce recidivism and give formerly incarcerated people an opportunity to demonstrate their ability to become productive, contributing members of our society.” ★

# Slim Randles’ HOME COUNTRY



The magic of flight is too special not to be shared

big playground and took off. He fed the string out quickly, and by the time he’d reached the monkey bars at the other end of the field, he discovered he’d been successful. The kite stayed up and swung with the breeze, and the tug on the string told him he had once again mastered flight.

He fed out even more string until his kite was over the street, then even more until it flew over the houses across the street. Finally, he was down to the stick itself. It was all there, in his hands. Flight. I’ll bet if I had enough string I could sail this to the moon.

He grinned and looked around at the other happy pilots, and then he saw Joey sitting over to one side in his wheelchair, and Joey was smiling, too.

What fun, being a pilot ... pretending this was your own jet fighter, waiting in the sky to do your bidding.

Carefully, Miguel moved his command post over to Joey’s wheelchair and handed him the controls. The magic of flight is too special not to be shared.

Brought to you by The Fly Fisherman’s Bucket List by Slim Randles. Available from [www.riograndebooks.com](http://www.riograndebooks.com). ★

## Crossword Puzzle on Page 5

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

## Sudoku Puzzle on Page 5

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

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# SPORTS

## Bulldog Boys Tame Oroville, Stay Perfect in BVL



Gridley's Javier Rodriguez (25), Cam Erickson (23) and Grant Tull (4) surround an Oroville player in the paint at Farmer's Hall last Friday night.

**Story and photo by David Vantress**

**GRIDLEY, CA (MPG)** - The Gridley High School boys basketball team has been playing some pretty good basketball as of late. That trend continued last Friday night at home when the Bulldogs improved to 13-9 overall (4-0 BVL) with a 57-41 win over Oroville.

This was a game the Bulldogs were in control of from the opening tip. Gridley opened with an 8-2 run and never looked back.

Gridley head coach Chay Dake said his team is peaking at the night time as the stretch drive kicks into high gear. "Our defense is setting the tone for us," Dake said.

Sophomore Grant Tull led the way for Gridley with 23 points. Cam Erickson added 13. The Bulldogs hosted Las Plumas on Tuesday for Senior Night and Wheatland

on Thursday night.

Meanwhile, on Friday night in Oroville, it was the Gridley girls pulling out a slim 46-45 win to improve to 15-8 (3-1). The Bulldogs also overwhelmed Paradise, 83-18 earlier in the week.

Maddyson Tull led the Bulldogs with 23 points against Paradise. Kennedy Tull added 17 and Ally Mardesich chipped in with 12. Gridley was scheduled to travel to Las Plumas on Tuesday of this week and head to Wheatland on Friday.

Live Oak's boys fell to 7-13 last week (1-4 SVL) with a pair of losses. The Lions lost to Winters, 47-45 on Tuesday of last week, and fell to Colusa, 73-56 on Friday night. The Lions were scheduled to host Pierce on Friday night of this week.

The Lion girls are now 4-13 overall (1-4 SVL) after

splitting their two games last week. Live Oak beat Winters, 41-26 on Tuesday and lost to Colusa, 39-27 on Friday night. The Lion girls were scheduled to travel to Pierce on Thursday of this week.

The Biggs girls improved to an area-leading 17-1 overall (4-0 Mountain Valley League) with a 66-30 win over Esparto last week. The Wolverines were scheduled to travel to Quincy on Wednesday of this week and host Esparto on Friday.

The Biggs boys, finally, had mixed results last week, beating Esparto on the road, 62-47 on Tuesday and falling on the road at CORE Butte, 48-27 on Friday. The Wolverines were scheduled to travel to Quincy on Wednesday of this week and host Esparto on Friday. Both games were slated to be part of varsity boys-girls double-headers. ★

## Wolverines' Bennett Headed to the Next Level

**Story by David Vantress; photo contributed.**

**BIGGS, CA (MPG)** - The odds against a high school football player moving on to play their beloved sport in college are long indeed. About 1 in 16, to be exact.

According to the NCAA, just six percent of high school football players make it to the next level. A local player has beaten those long odds.

Former Biggs High School standout quarterback Tucker Bennett, a three-year letterwinner at Biggs, has committed to play at Dakota State University in Madison, South Dakota. Dakota State competes in the NAIA. The Trojans were 3-8 in 2018. Bennett said he expects to redshirt in 2019 and compete for the starting quarterback job in 2020.

It's been an eventful three years for Bennett, who also played basketball for the Wolverines and has had to battle injury over this high school career. Bennett's sophomore season included helping lead the Wolverines to a NSCIF Division 5 championship and state playoff appearance. That, Bennett said, will end up being his favorite on-field memory as his high school career ends.

But Bennett added that it's the off-field memories that will stay with him the most. "Off-season training, those moments in the locker room with the guys," Bennett said. "It's not just under the



Former Biggs High School quarterback Tucker Bennett, center, recently signed to play NAIA college football at Dakota State University in South Dakota. Also pictured, from left, are Bennett's brother-in-law, Thomas Deniz, and sister Charley Deniz; and parents Shannon and Chris Bennett.

lights."

Bennett threw for 4,084 yards in his three seasons, including 40 TDS against just 16 interceptions. And anchoring the Wolverine secondary from his safety position, Bennett had 14 interceptions and 19 total tackles.

Bennett said he owes much of his success to his teammates and coaches, especially head coach Tucker Rutledge and quarterback coach K.C. Berry. "I'm thankful to them for all their work helping me grow into an adult and get to the next level," Bennett said.

The Wolverine standout said he found everything he was looking for in his college choice on his visit to Dakota State. "Academics, team, fit ... DSU offered everything I was looking for," Bennett said.



Bennett added that he had a few more people to thank. "Thank you, Mom and Dad for all the countless hours

spent on driving me to all my various activities and supporting all my dreams," Bennett said.

Rutledge said he was fortunate to inherit a budding star quarterback when he took over at Biggs in 2016. "Tucker always put in the work, both on the field and in the classroom," Rutledge said. "It's very exciting to see that work paying off for him." Rutledge said Bennett has all the tools to succeed in college both on and off the field. "He's one of our smartest kids," Rutledge said. Indeed, Bennett is a 4.0 student.

Rutledge said Bennett appears to be stepping into an ideal situation for a young quarterback making the jump to the next level. "Redshirting will be ideal for him," Rutledge said. "He can ease into the college game, learn what he needs to learn, and be ready when his opportunity arrives." ★

# SPARKY'S CORNER



## NATIONAL BURN AWARENESS WEEK

With National Burn Awareness Week being in the month of February, here is some basic information on pediatric scalding emergencies.

**DO**

Set water heater temperature to no higher than 120°F/48°C, or just below the medium setting. Create a "no kid zone" in the kitchen around stoves, ovens and hot items. Keep hot drinks away from the edge of tables and counters. Use a travel mug with a tight-fitting lid for all hot drinks. Place pots and pans on the back burner with handles turned away from the edge of the stove.

**DON'T**

Leave a child unattended in the bathtub; if you must leave, take the children with you. Allow young children to adjust the water temperature or sit near faucet handles. Set anything hot on tabletops within reach of young children who can pull them down. Allow appliance cords (slow-cookers, deep-fryers, coffeemakers) to dangle over the counter edge.


**THE FIX**

If a burn injury does happen...

- 1) Cool the burn with COOL (not cold) water to stop the burning process.
- 2) Remove all clothing and/or diaper from the injured area.
- 3) Cover the area with a clean dry sheet or bandages.
- 4) Seek medical attention and call 911.

**THE FACTS**

The average annual cost of scald injuries is \$44 million. Over 136,000 children were seen in emergency rooms for burn injuries in 2011. 1,100 children die each year from fire and burns. ★





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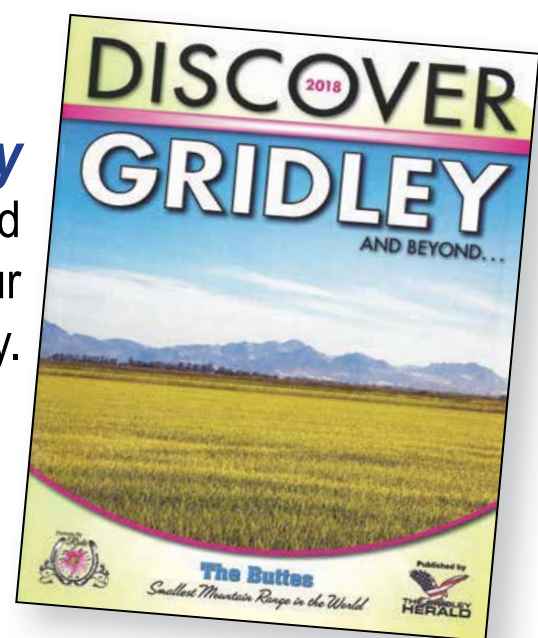


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