



**Crunch time arrives
as area hoop squads
start league**

PAGE 9

**Running Prescription
Drug "Interference"**

PAGE 10



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FRIDAY • JANUARY 11, 2019 • VOL. 139 NO. 02

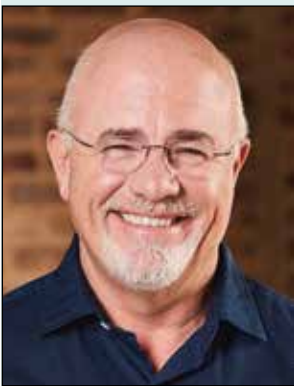
**SEE
INSIDE**

**SPARKY'S
CORNER**



PAGE 10

**DAVE RAMSEY SAYS
WORRIED ABOUT MOM**



PAGE 5

**TO TRULY
APPRECIATE
WARMTH**



PAGE 8

Gridley Unified School District Left Questioning Options After Council Vote



McKinley Elementary School 1st grade teachers understand the need to help those displaced by the Camp Fire but are concerned about the addition of more students to their already packed classrooms. Pictured left to right: Mike Tuft, Mary Manouse, Stephanie Olson, Shelley Hamman, Amber Bozzo, Sandra Allen, Debbie Foster and Daniel Ocampo. Photo by Seti Long

By Seti Long

GRIDLEY, CA (MPG) - Gridley Unified School District remains increasingly concerned with the impact that the FEMA Camp Fire Community will have on Gridley schools now that city council has voted to approve the lease of the Industrial Park.

Butte County is suffering from a shortage of qualified teaching staff, with retired teachers returning to work to help mitigate the lack of available substitute teachers. Gridley schools are experiencing difficulty in the hiring arena, with Principal of McKinley Elementary School, Chris McIntire stating that the only two interviews conducted for open teaching positions were with persons still finishing up their degrees. According to Superintendent Jordan Reeves,

a position was offered to one of the candidates, who after accepting, decided that they were in over their head and ultimately turned down the job. With classrooms already at maximum capacity and funding strained, Gridley teachers are under pressure and now working overtime to play catch-up due to the 3 weeks school was canceled during the Camp Fire Disaster. Requiring the district to accommodate an estimated 300 additional students without concrete answers to funding and resources could have far-reaching negative impacts on current student's quality of education and more.

With the vote now passed, GUSD is under the gun to find the funding they so desperately need. Lack of information, for instance, the exact number of students the district will be

forced to take on, is inhibiting them from being found eligible for certain avenues of funding. With funding for school impact not within the FEMA sphere of ability, the districts only options at this time is the approval of a \$1.3 million non-restricted grant it has applied for and the hope that the City of Gridley will write in monetary provisions for the district into the contract with FEMA.

As it stands, Waterbury expressed that the \$1.3 million grant still "isn't enough" to properly meet the needs of existing and future students of both communities. The GUSD and Gridley residents with school-aged children have requested that the City of Gridley aid in funding for additional trauma counselors for each school site

School District
PAGE 3

Home Invasion Robbery Suspects Sought

GBPD
Special Release

BIGGS, CA (MPG) - On December 30, 2018, at approximately 0400 hours, the Gridley-Biggs Police Department responded to 365 J Street, In Biggs California regarding a Home Invasion/Robbery and Vehicle theft. The occupants of the home were awoken by their dogs barking. When the occupants investigated the barking dogs, they were then held at gun point, questioned and several items of property were taken from the residence, including a 2007 Ford Crown Victoria sedan. The Ford was recovered a short time later in the 1100 block of Eight Street, unoccupied. Some of the property originally taken from the residence was recovered inside of the Ford. The Suspects are described as two (2) black male adults and one white male or Hispanic male adult, approximately 25-30 years of age, thin build, wearing dark clothing and masks.

Identifiable evidence was obtained by GBPD Officers on scene and will be processed for possible DNA and fingerprints. Anyone with information is asked to please contact the Gridley-Biggs Police Department, Detective Alberto Rodriguez at (530) 846-5670. ★

Gridley City Council Votes Unanimously to Lease Industrial Park to FEMA

By Seti Long

GRIDLEY, CA (MPG) - Gridley City Council approved the placement of 350 FEMA modular home units (MHU) at the city's Industrial Park in a unanimous 4-0 vote.

Although the contract is still under negotiation with FEMA and the General Service Agency, and funding for school resources is in limbo, Gridley City Council felt the need to move forward. After a Q&A session with the public, the motion was brought to the table by Mayor Bruce Johnson, with Ray Borges moving to vote and councilman Todd Farr seconding the motion.

The City of Gridley stands to gain \$2.2 million from the lease agreement with FEMA in addition to the development of park infrastructure,



As the City of Gridley furthers contract negotiations with the GSA and FEMA, it plans to address concerns of the community and school district. Photo FEMA

and an adjusted \$460,000 site restoration fee, up from the original \$300,000. The council expects a positive impact to local economy

at 15% across the board, with city electric, water and sewer utilities also estimated to reflect the 15% increase in revenue,

reducing current rates for customers. The town's general fund that supports Police, Fire, Recreation and Street Departments, is

expected to receive \$1.6 million annually. As far as potential residents are concerned, the city is expecting 900 -1,200 residents to join the Gridley community through placement at the FEMA community. The city has used the calculation of .8 students per household to arrive at the figure of 200-280 potential students entering the Gridley School system, but with the option to remain enrolled in Paradise schools, that number could be very different.

Impact on the school district has been one of the top three concerns for residents of Gridley during the FEMA community debate. The Gridley City Council proudly made the "Breaking News" announcement at Monday's meeting

FEMA
PAGE 3

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The New Pi-Line



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

It seems to me that there are far too many people in power in Sacramento and Washington D.C. who were deprived of Gridley High School Hall of Fame Educator Dan Soares' critical thinking skills coursework.

At some point in the early '80s, Mr. Soares went to a teacher development conference where some radical education reform Ph.D. types launched a curriculum enhancement that would require students to think for themselves and critically assess information independently, and come up with rational arguments for what they believe.

For those of us below B grade students, this was traumatic. Most of us had

mastered regurgitating things that we saw in a textbook onto a fill in the bubble test in which you fill in bubbles and/or multiple-choice questions. Everything in the textbook was on the bubble chart multiple-choice test thing, and everything was stable and good in the universe. Then we arrived in Mr. Soares classroom.

The new concept of thinking critically, slowly started to grow on us - when we realized he was never going to give up; the climax was toward the end of our Junior year. After some preparation, and a well planned loaded question offered by Scotty Williams, Robert Buck rhetorically went after Mr. Soares, and the two held a debate second only to Lincoln and Douglas debating for the Presidency of the United States. The topics they covered ranged from the future of the Central Valley, race, religion, air quality, football and the meaning of life for a solid 52 minutes.

The bell rang for the next class, and nobody moved, and the debate raged on. Misty Criddle, our class President, and the most Alpha female looked on approvingly, so no one got up from their

chairs (we still do whatever she's tells us to). Mr. Soares never wavered, like a modern Socrates with a band whistle around his neck, he met every one of Robert's questions with a question of his own. Every answer Robert could come up with Mr. Soares would challenge, and Robert would come back. We had never seen anything like it. We learned that kids could say or think or believe anything we wanted to about anything; as long as we could critically assess it and make a sound argument for it — no bubble marking exams, no thoughtless slogans or back of the textbook easy answers. Indeed it was the greatest day for free thinking and intellectualism in the history of Gridley High School.

So to this day when one of my five children ask me a ridiculous question, I usually respond with - "why don't you use your Dan Soares critical thinking skills and figure that out yourself?" I hope they teach it to their kids. At this point "Dan Soares Critical Thinking skills" is part of our family lore and tradition. Today, I write to thank one of my most excellent teachers. Thank you, Mr. Soares, you are the best. ★

Gallagher Reacts to Newsom's Inauguration

By Curtis Grima

SACRAMENTO, CA (MPG) - Assemblyman James Gallagher (R-Yuba City) issued the following statement on January 7, 2018 in reaction to the Governor's Inauguration and the first day of Legislative session in the New Year:

"Although we share different philosophies, I wish to congratulate Governor Newsom on the day of his inauguration. I respect the office and am committed to working with the Governor and his administration to pass meaningful policy reforms to improve

the lives of North State residents.

"I was encouraged to hear the Governor call out the Town of Paradise by name and commit to helping our community recover. I also appreciated his admission that our rural needs have been overlooked and deserve to be given proper attention.

"But let's be clear. Addressing these and other issues means putting aside partisan feuds with our counterparts in Washington D.C. It means forgoing big government solutions in healthcare and housing that will only serve to make California more expensive and out

of reach for far too many.

"Unleashing the power of individual initiative, non-profits, and religious communities is the key to lowering costs and meeting the needs of the poor and underserved. I hope that we can find a way to move in this direction for the benefit of all Californians."

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.

Source: Office of James Gallagher ★

State Senator Jim Nielsen Welcomes Governor and First Partner Newsom

By Nghia Nguyen

SACRAMENTO, CA (MPG) - Senator Jim Nielsen (R-Tehama), who represents the Town of Paradise and the surrounding communities devastated by Camp Fire, congratulated Governor Gavin Newsom in the following statement:

"Congratulations to Governor Gavin Newsom for becoming the 40th Governor of the great State of California.

"The people of Paradise and the North State appreciate your efforts to support the Camp Fire survivors. We look forward to working with you and your administration

on recovery efforts to bring back the local economy and infrastructure for residents, and education for the children.

"We welcome you, First Partner Jennifer Siebel Newsom, and your beautiful children to Sacramento.

"And to our outgoing Governor, I must convey my sincere respect for Jerry Brown. We have served together for many years. He has a heart for public service. Colusa County residents look forward to seeing him and Ann at our community gatherings, and we welcome them with open arms."

Source: Office of Senator Nielsen ★

Basic Sales and Use Tax Seminar

BUTTE COUNTY, CA (MPG) A representative from the California Department of Tax & Fee Administration will provide information on basic sales and use tax requirements including, How To: acquire sales permits, prepare resale and exemption certificates; determine what is taxable and non-taxable; file your sales and use tax return electronically; identify your deductions, exemptions, and tax rate; become an eClient; file & pay online;

Cost: Free. Must register to attend.

maintain adequate records; navigate the application process; understand the definition of what is a sale, and other important facts and responsibilities of a business owner.

Pre-registration is required. Please register online, call or stop by Butte College Small Business Development Center, 2480 Notre Dame Blvd., Chico, 530-895-9017, www.buttecollegesbdc.com to register and for information. ★

Renaissance Dinner Rescheduled to January 18

GRIDLEY, CA (MPG) - Gridley High school Music department is set to host its popular Renaissance Dinner next week on two nights, Friday January 18th and Saturday January 19th at the Gridley. Originally scheduled in November, the show was postponed after the devastating Camp Fire.

This year's dinner will feature a variety of performances by the GHS music department and a gourmet menu prepared by chef Eilene Burke-Trent, of cream of mushroom soup with thyme, a harvest vegetable appetizer, chicken marbella, golden rice, rainbow baby carrots. For dessert, guests will be

treated to lemon lavender cake with vanilla whipped cream.

Ticket can be purchased at Gridley ACE, Childrens Hope, The Wishing Corner and the GHS office for \$18.00 each. Group packages also available. Come enjoy the show and support the GHS Music department. ★

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Crime Reports



Gridley- Biggs Police Report

December 22st - January 3rd

12-22-2018: At 5:29 p.m. on Fairview Dr., Gridley CA, Austin Mitchell Pate, 24, was arrested on local misdemeanor warrant 18CM01921, cited and released.

12-25-2018: At 2:00 p.m. at Magnolia St. and Hwy 99, Gridley, CA, Dolores Elieser Jacabo, 40, was arrested for driving under the influence and transported to Butte County Jail.

12-26-2018: At 3:43 p.m. at Magnolia Terrace and Lincoln St., Gridley, CA, Jose Manuel Santiago Gomez, 37, was arrested on local misdemeanor warrant 18CM01107, Butte County Sheriff Office misdemeanor warrant 17CM06679, and charges of possession of drug paraphernalia.

12-27-2018: At 4:04 p.m. at Dollar Tree Store on Hwy 99, Gridley, CA, Kamaldeep Singh Bassi, 34, was arrested on petty theft charges and possession of drug paraphernalia and transported to Butte County Jail.

12-27-2018: At 8:56 p.m. on Ford Ave., Gridley, CA, Luis Manuel Lopez Jr., 35, was arrested on domestic violence charges and booked into Butte County Jail.

12-28-2018: At 6:17 a.m. at Greenhead Ct., Gridley, CA, Enzo Alexander Rivas was arrested, cited and released on charges of battery.

12-28-2018: At 12:52 p.m. on Sage St. Gridley, CA, Angel Marie Masterson, 46, was arrested on local misdemeanor warrant 17CM01931 cited and released.

12-28-2018: At 9:24 p.m. on Hwy 99, Gridley, CA, Angelica Christine Barrera, 33, and Hayley Ann Willard, 33, were arrested on fresh charges of possession of drug paraphernalia and trespassing. Angelica Barrera was also arrested on four local misdemeanor warrants, 18CM05675, 18CM05819, 18CM05821 and 18CM07615. Hayley Willard was arrested on two local misdemeanor warrants, 18CM05758 and 18CM07537. Both subjects were transported and booked into Butte County Jail

12-28-2018: At 11:06 p.m. at Fastrip Food Store on Hwy 99, Gridley, CA, Gregory Larry Dale Carlin, 41, was arrested for possession of drug paraphernalia and admonished on panhandling.

12-29-2018: At 11:45 at California St. and Sycamore St., Gridley, CA, Laurie Diane Cole was arrested on Sonoma County Felony warrant SCR-651590 and transported to Butte County Jail.

12-30-2018: At 12:32 a.m. on Ohio St., Gridley, CA, Jesse Lee Burton, 40, was arrested on charges of possession of methamphetamine and possession of drug paraphernalia and local misdemeanor warrants 18CM00973 and 18CM05751.

01-03-2019: At 10:10 at Laurel St. and Kentucky St., Gridley, CA, Jesse Lee Burton was arrested and cited for drug paraphernalia.

get more info at www.crimegraphics.com

Gridley Unified School District Left Questioning Options After Council Vote

School District
From PAGE 1

(High School, Sycamore, McKinley and Wilson), an after school program and early-morning drop off/day-care at all school sites, no loss of current outdoor play-space at schools caused by installation of portable classrooms and transportation for students attending schools out of the area without the current transportation system being impacted. Additionally desired is an ADA compliant and safe path for school children to walk from the Industrial Park to Sycamore, McKinley and Wilson Schools. The City has agreed to provide a full-time school resource officer housed at Gridley High School who will provide services to all schools within the district, but that is not yet in writing. Other requests are still under review.

The school district has suggested that FEMA funds be designated to develop GUSD owned property on



McKinley School teachers Shelley Hamman, Amber Bozzo and Sandra Allen discuss issues at hand after students have left for the day. Photo by Seti Long

Randolph Ave., less than a 2 mile drive from the prospective FEMA community. The Randolph Ave. property was slated to be home to a small school of 12 classrooms surrounding a multi-purpose room back in 1968, but measures for funding failed at the poles. Development of that site would be a positive asset for both the school district and the City of Gridley, as current facilities are at max capacity and the future

points to an steady increase in student enrollment.

The priority of Gridley Unified School District remains to protect the children of our community and their educational futures. Dialogue between GUSD, the City of Gridley, and FEMA continues as the feasibility for funding, resources and all other requests are being researched by all parties involved.

Gridley City Council Votes Unanimously to Lease Industrial Park to FEMA

FEMA
From PAGE 1

stating that the Gridley Unified School Districts application for a 1.3\$ million dollar grant had been approved. Gridley Superintendent of Schools Jordan Reeves corrected the false announcement, setting the record straight that no approval had yet been received and that the school district is still waiting for funding allocation. President of the Gridley Unified School District Board Eric Waterbury, again asked that the council wait on making a decision until funding can be approved. In previous meetings, the Council alluded that funds the city received from FEMA would potentially be redirected to aid the school district. There was no mention at Monday's meeting of any plans or intentions of the council to aid GUSD.

A Gridley community survey circulated online with a total of 506 respondents listed increased crime the number one concern with the installation of the FEMA community at the Industrial Park. Increased traffic was a close second, followed by the impact on schools, fraudulent occupancy and the fear MHU's will


remain in place far after the lease period.

The Gridley City Council has stated that it intends to use it's utilities as leverage to force eviction of the park, turning off power to the installation if the terms of lease are not honored and the hard-exit deadline of July 2021 is not met. It was pointed out by an audience member that method would be considered illegal and inhumane treatment. The council and city attorney assured those in attendance at the meeting that occupants of the MHU's would be long gone by that point.

Other questionable statements made by the Council included that the City and FEMA were working with adjacent property owners to ensure access to the Industrial Park via Kentucky Street and that access would be "very likely". Attorney Ralph Nevis, who represents the owners of the property in question, said that access through his client's private land was unlikely and the City needed to consider that Kentucky St. access was not in the developments future.

As the City of Gridley furthers contract negotiations with the GSA and FEMA, it plans to address concerns of the community


and school district, but intends to take advantage of the opportunity to help those displaced by the Camp Fire disaster. ★



MEMORIAL NOTICE

Elliott Leann (Roberson) Mims

September 20, 1941 to January 1, 2019



Leann, as she liked to be called was born in Gridley, CA on September 20th, 1941 to E. H. "Jack" and Elinor Roberson and passed on January 1st, 2019. She lived life to the fullest and was an incredible mother, daughter, sister, wife and friend. She was married to Thomas A. Turk of Oroville, CA and they had Thomas "Tom" II in 1963. They later went separate ways in life and she married Rodney J. Mims, of Nashville, TN. They enjoyed a very special life together travelling the world and entertaining many of the friends and corporate counterparts of Rodney while he was overseeing the construction of the Oroville Dam.

Leann is survived by son Tom and his wife Sylvia,

sister Melissa Roberson of Auburn, CA, grandsons Bryce (Sarah) of Reno, Dillon (Deanna) of Elko, granddaughter Tess of Dyer, NV, Uncle Bill Elliott, Grants Pass, Oregon and numerous cousins. She was preceded in death by her father E.H. Jack and mother Elinor, and husband Rodney.

Leann will be laid to rest in Gridley, CA at a later date in a private graveside service. Tom and family want to thank the staff at Highland Manor Assisted Living and Skilled Nursing for their compassion and care of Mom. In lieu of flowers, please consider a donation to The Terrace at Ruby View Senior Center. 1795 Ruby View Dr, Elko, NV 89801, (775) 738-3030.



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(916) 651-4004

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District 1 Representative - Doug LaMalfa

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Worried about mom

Dear Dave,
My mom is 75, and I'm the executor of her estate. She has \$500,000 in retirement accounts, and the only debt she has is around \$70,000 on her mortgage. Most of her money is in the stock market, with only \$20,000 in a money market account, and this worries me. She lives well within her means, so am I wrong to be concerned? Also, do you think she should go ahead and pay off her mortgage?
—Keith

Dear Keith,
Yes, I would recommend she go ahead a pay off the mortgage. If she can do that at age 75, and still have \$430,000 left, that's the way to go.
Now, being in the stock market at her age sounds like a shock to you. I don't think it's a bad thing at all. It's not what the typical

Dave Ramsey Says

financial planner tells you to do. For the most part, they'll tell you to get super conservative with your money as you get older. But from what you've said, she's not going to use this money. She's going to use the income from this money. So, the money's going to be left alone. If she's in good mutual funds, and not single stocks, I'm not worried about her.

Let's pay off the mortgage, and then she can start taking her income off the remainder. With the house payment out of the way, she won't need as much in terms of income, because she won't be sending money to the bank to pay the note on the house anymore. I'm comfortable with that. I'm 58, and I'm 100 percent into stocks through mutual funds. I don't have anything else, and I really don't ever plan on changing that!.
—Dave

Changing jobs and retirement savings

Dear Dave,
What happens to my Roth 401(k) when I change jobs and go to a company that doesn't offer this type of investment savings account? How should you proceed in this situation?

—Jamie

Dear Jamie,
I know what you mean, man. We're in the media business, too, and around my office it seems like we buy more and newer technology every day. Really, it's like a black hole. You could throw money into it the rest of your life, because practically the very moment you open the box it's obsolete.

We finally decided to designate a percentage of our revenues to equipment replacement. Something is always being replaced, but this way we've got a limit and we've got something set aside to make our technology needs happen. It's like the envelope system. If the envelope's empty, we have to stop buying and put off whatever it is until the cash is available again.

I hope this helps!
—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 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★



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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)
“Butte Theatre Re-opens”

Dennis Stevens, who reopened the Butte Theatre on New Years Eve was commended for his achievement by Gridley City Council. Stevens was met with a hearty round of applause by the larger than usual audience at the City Council meeting. Stevens expressed his appreciation to the Gridley community for the support it gave him in his efforts to carry out the theatre restoration. Councilwoman Susan Ingram proposed that the Council award Stevens a plaque to recognize his achievement and pay tribute to him for mobilizing “community spirit” in support of the restoration.

50 Years Ago (1969)
“City May Be Without Ambulance Service”

Gridley may soon be without ambulance service. At the City Council meeting, City Clerk Estella Smith read a letter from Bud Macey announcing that Gridley Funeral Chapel was planning to discontinue Gridley Ambulance Service. Macey told the council that he would work with any and all parties interested in keeping an ambulance service in Gridley and that he was not going to abandon the service right away. Macey said that recent legislation requires his 1961 ambulance to have \$1,100 in added equipment and must have a trained driver on duty 24 hours a day. Two persons are required on an accident call and Macey states that he often called on Memorial Hospital for the assistance of a nurse when responding to a call. The Gridley Ambulance Service gets around 14 calls a day. Costs of continued operations along with meeting state regulations is making it impossible for small ambulance services to continue.

75 Years Ago (1944)
“Study of Rice Crop Damage Continues”

The Joint Wild Life Management Committee of the California State Chamber of Commerce and Wild Life Service

continues its study aimed at reducing or eliminating damage to rice crops by waterfowl. O.M. Canfield, chairman of the county AAA committee says “In order that the complete story may be in the record, showing location and extent of damage in 1943, which is generally conceded to be a season of greater than normal damage, rice producers are requested to file a rice data form submitted sometime ago by the Butte county Triple A office showing planted acreages, harvested acreages and acreages destroyed or damaged by waterfowl.” Statistics generated from the filings will be used as the basis for organizing duck herding, the distribution of ammunition and more conservation plans for saving the 1944 crop.

100 Years Ago (1919)
“The New Year”

For the first time in four years the world goes into the New Year with an era of peace, actually if not technically. The representatives of the four great powers of the world, England, France, Italy and the United States have been conferring which is to wind up the Great War and so far as newspaper stories go, there seems to be complete accord between them in their determination to do away with wars as far as possible. Locally the year opens with good omens. The rainfall has been generous and not too ample. The lands of the vicinity are being planted or have been planted and the promise of good crops is as good as for many years. Farmers and other business men agree that the past year has been good and the outlook fine. The Herald wishes to thank its patrons for their friendly attitude and to assure them that it will continue to serve them faithfully and in good conscience. The year has been a prosperous one and our list of readers has increased. We wish you a happy and prosperous New Year.

125 Years Ago (1894)
“Thieves”

A vigilance committee has been organized at Gridley for protection against orange thieves. ★

Dear Dietician

Weight Loss



Commentary by Leanne McCrate

Now that the holidays are over and it's back to our normal routine, some of us may resolve to eat healthier in 2019. Many of us have overindulged in certain foods and have picked up a few pounds during the holiday season. For me, it was fudge and my great-grandmother's oatmeal cookies. When I finally mustered the courage to step on the scale, it unsympathetically revealed a four-pound weight gain. I'm hoping two of those pounds are just water. . . maybe?

Not to fear, there are many who claim to have to secret to losing weight. Many of these seem to have logical, intelligent, scientific explanations as to how they have finally unveiled the truth that has eluded

humankind for centuries! Their arguments are convincing enough to make them best-selling authors.

I will tell you the secret to losing weight: eat less and exercise more. It really is that simple. Then why is it so difficult to lose weight and keep it off? Eating healthy takes planning, which takes time when many of us are over-scheduled and exhausted. Exercise takes time, energy, and commitment.

In some cases, overeating may be a compulsion. A food compulsion may be an irresistible urge to eat a certain food and continue eating beyond the point of being full. Those with compulsive eating may eat normal amounts of food in front of others, then wait until everyone has gone to bed, and eat a quart of ice cream. Compulsive eaters often find comfort in food; they may eat out of boredom or sadness.

The compulsion to overeat is often overlooked, even in the medical community, but remains a major contributor to the obesity problem in America today. Compulsive

overeating may include binge eating, where large amounts of calories, sometimes thousands, are consumed in one sitting. It may include using laxatives, vomiting, and/or severely restricting calories in an effort to control one's weight.

There are programs to help those with compulsive food behaviors. Overeaters Anonymous is a 12-step program, similar to Alcoholics Anonymous, that deals with eating problems. Some of the questions on their website that pertain to compulsive eating include:

- *Have I lost weight with a diet or “period of control” only to be followed by bouts of uncontrolled eating and/or weight gain?*
- *Is my eating affecting my health or the way I live my life?*
- *Are there certain foods I can't stop eating after having the first bite? If you think you have an eating compulsion, go to the Overeaters Anonymous web-site at oa.org.*

*It may help you.
Be well, Dear Dietitian*★



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- Sailing vessel with two masts
- “Up the Down Stair” by Kaufman
- Philosopher Marx
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- Soak some ink
- Golf course
- Hawaiian dish
- “Slouching Towards Bethlehem” essayist
- Tax break
- Singer Yoko
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- Three-ply snack
- Parkinson's disease drug
- Debt acknowledgement
- Special way of doing something
- EU money
- Chevy Chase's 1985 comedy
- One little piggie?
- Plunder
- Bias crime perpetrators
- Pied Piper's follower
- Feed the fire
- Rare bills
- Female Nobel winner
- Olden day calculators
- Home-grown healer
- H.S. math class
- Azaria and Aaron
- Known for its cabs
- Sports award
- re
- “But I heard him exclaim, ____ he drove out of sight, Merry Christmas to all...”
- Wander about

DOWN

- “Dr. Seuss's ____”

alphabet book

Chowder protein

“A ____ is a ____.”

Plural of ocellus

Corn holder

British peers

Having the means

Doctor Octopus' first name

Not counterfeit

Greek R

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Shish ____

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For Solutions See Page 8

FEMA Offers Free Advice on Repairs

FEMA Special Release

SACRAMENTO, CA (MPG) - Thousands of homes and businesses were burned to the ground in mid-November, as wildfires spread through portions of Butte, Los Angeles and Ventura counties. Countless other structures were damaged — many so severely as to make them uninhabitable. As recovery efforts continue throughout the damaged areas, free advice is available to those beginning to repair or rebuild their homes and businesses.

The Federal Emergency Management Agency (FEMA) and local hardware and home improvement

stores have teamed-up to answer questions and provide tips and techniques geared to do-it-yourselfers and contractors on how to make homes and businesses better, stronger, safer, and less susceptible to the next disaster.

This week, the FEMA mitigation specialists will be in Butte County at: Home Depot, 2580 Notre Dame Blvd., Chico, CA 95928

Wednesday thru Saturday, Jan. 9-12, 7 a.m. to 5 p.m.

Sunday, Jan. 13. 8 a.m. to 6 p.m.

Monday, Jan. 14. 7 a.m. to 3 p.m.

Free reference booklets, in English and Spanish, with information on how to

protect your home or business from natural disasters, will be available at each session. More information about strengthening property can be found at fema.gov/what-mitigation.

All FEMA disaster assistance will be provided without discrimination on the grounds of race, color, sex (including sexual harassment), religion, national origin, age, disability, limited English proficiency, economic status, or retaliation. If you believe your civil rights are being violated, call 800-621-3362 or 800-462-7585 (TTY/TDD).

FEMA's mission: Helping people before, during, and after disasters. ★

QuickBooks I, II, III & IV Series (4 Weeks)

BUTTE COUNTY, CA (MPG) - Butte College Small Business Development Center, is presenting a workshop series "QuickBooks I, II, III & IV Series." The series will be held Tuesday mornings, beginning February 5th, through February 26th, 2019, from 8:30am – 10:30am at Butte College Small Business Development Center, 2480 Notre Dame Blvd., Chico. The cost of the workshop is \$120.00 per person prepaid or \$130.00 per person at the door.

4-weeks, 2-hours a week QuickBooks series includes: how QBs works, getting around, learning common accounting terms used by QBs, creating a new company file; setting preferences; entering new customer, vendors accounts, items, bills, budgets, and sales information; backing up your data and basic accounting; reviewing the basic Balance Sheet, P&L, and Cash Flow reports; working with bank accounts; handling PayPal &

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

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Gridley, CA 95948

NOTICE OF TRUSTEE'S SALE Trustee Sale No. : 0000000773765 Title Order No.: TSG1808-CA-3440393 FHA/VA/PMI No.: ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY APPLIES ONLY TO COPIES PROVIDED TO THE TRUSTOR, NOT TO THIS RECORDED ORIGINAL NOTICE. NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED. YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 09/16/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. BARRETT DAFFIN FRAPPIER TREDER AND WEISS, LLP, as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 09/29/2005 as Instrument No. 2005-0058921 of official records in the office of the County Recorder of BUTTE County, State of CALIFORNIA. EXECUTED BY: FRANCISCO VALLE AND MARIA I. GONZALEZ, HUSBAND AND WIFE AS JOINT TENANTS., WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 01/28/2019 TIME OF SALE: 3:30 PM PLACE OF SALE: AT THE MAIN ENTRANCE TO THE COUNTY COURTHOUSE, 1 COURT STREET, OROVILLE, CA 95965. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 432 SCARLET OAK DR, GRIDLEY, CALIFORNIA 95948 APN#: 010-330-067-000 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$92,059.43. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which

er's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 714-730-2727 for information regarding the trustee's sale or visit this Internet Web site www.servicelinkASAP.com for information regarding the sale of this property, using the file number assigned to this case 0000000773765. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR TRUSTEE SALE INFORMATION PLEASE CALL: AGENCY SALES AND POSTING 714-730-2727 www.servicelinkASAP.com BARRETT DAFFIN FRAPPIER TREDER AND WEISS, LLP as Trustee 20955 Pathfinder Road, Suite 300 Diamond Bar, CA 91765 (866) 795-1852 Dated: 12/13/2018 BARRETT DAFFIN FRAPPIER TREDER AND WEISS, LLP IS ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. A-4678912 12/28/2018, 01/04/2019, 01/11/2019 ASAP#4678912 1-11-19

T.S. NO. 072528-CA APN: 001-113-014-000 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 5/6/2015. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER ON 2/6/2019 at 3:30 PM, CLEAR RECON CORP, as duly appointed trustee under and pursuant to Deed of Trust recorded 5/14/2015, as Instrument No. 2015-0016394, of Official Records in the office of the County Recorder of Butte County, State of CALIFORNIA executed by: DAN E. UPTON AND MARY L. UPTON, HUSBAND AND WIFE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: Outside the Main Entrance to the Butte County Courthouse located at 1 Court Street, Oroville, CA 95965 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if

any, of the real property described above is purported to be: 2957 2ND ST BIGGS, CALIFORNIA 95917 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$121,262.24 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned or its predecessor caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which

may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 072528-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP 4375 Jutland Drive San Diego, California 92117 STOX#915228 190104 1-18-19

LIEN SALE

Notice of Lien Sale of personal property. Mallard Mini Storage, Gridley Ca. Pursuant to self storage facility act (B&P code 21770 et sec) will sell contents of: Name: Peggy Squires unit #169. Items to be sold include boxes & totes of unknown content. Sale to be held online @ Storagetreasures.com on 1-18-2019 @ 12:00PM thru 1-25-2019 @ 12:00PM.

The Gridley Herald Jan. 11 and 18, 2019

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. 2018-0001504

The following persons are doing business as: TOMS SEPTIC SYSTEMS. 6765 Lower Wyandotte Oroville, CA 95966 Tommie Leon Thompson, 6763 Lower Wyandotte Road Oroville, CA 95966 and Tommie Lyle Thompson, 6765 Lower Wyandotte Oroville, CA 95966 Date Filed in Butte County: December 13, 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: December 21, 28, January 4, and 11, 2019 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-0001469

The following persons are doing business as: OROVILLE SOUTHSIDE COMMUNITY IMPROVEMENT ASSOCIATION, INC. 79 Rolling Hills Court Oroville, CA 95966 Oroville Southside Community Improvement Association, Inc, 79 Rolling Hills Court Oroville, CA 95966 Date Filed in Butte County: December 4, 2018 The Registrant commenced to transact business under the above business name on: 4/2/2012 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: December 21, 28, January 4, and 11, 2019 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-0001496

The following persons are doing business as: LUCKY'S FOOD AND GAS 2 2301 ORO DAM BOULEVARD E OROVILLE, CA 95966 RUPINDER KAUR, 1507 Travis Court Yuba City, CA 95993 and CHARANVIR SINGH, 1507 Travis Court Yuba City, CA 95993 Date Filed in Butte County: December 12, 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: December 28, 2018 January 4, 11, and 18, 2019 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-0001494

The following persons are doing business as: WISE STORAGE 6102 Lincoln Boulevard Oroville, CA 95966 Kathy Louise Campbell, 6102 Lincoln Boulevard Oroville, CA 95966, and Nicholas Glen Campbell 13657 Garner Lane Chico, CA 95973 Date Filed in Butte County: December 11, 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: December 28, 2018 January 4, 11, and 18, 2019 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-0001510

The following persons are doing business as: COLLISION PROS 2910 HWY 32 #900 Chico, CA 95973 COLPRO INC, 3760 Grass Valley Hwy Auburn, CA 95602 Date Filed in Butte County: December 14, 2018 The Registrant commenced to transact business under the above business name on: 12/5/2013 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 4, 11, 18, and 25, 2019 (The Gridley Herald)

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Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



Out on a Limb

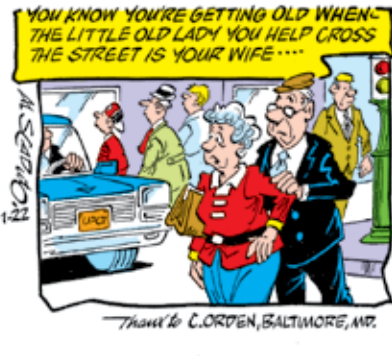
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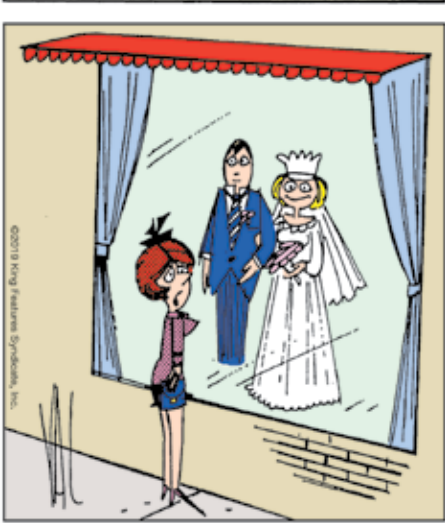
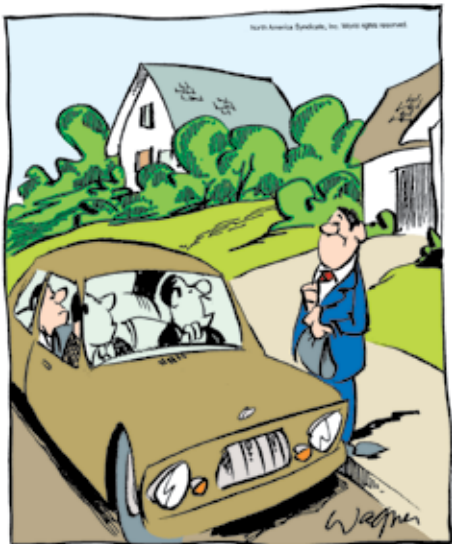
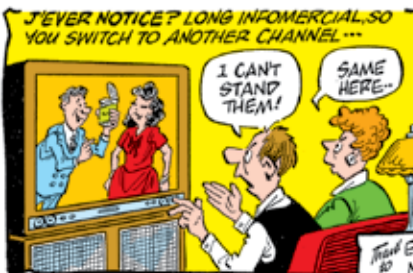
THEY'LL DO IT EVERY TIME



BY AL SCADUTO



by Mike Marland



by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTINOFF



CHEERS & JEERS

by Damian Holbrook

Cheers to A Million Little Things

for scoring one big move. ABC's freshman hit, starring David Giuntoli, James Roday and Romany Malco will relocate to the plush post-Grey's Anatomy slot when it returns January 17, giving Thursdays a double dose of soaps about likable people making terrible life choices.

Jeers to The Marvelous Mrs. Maisel

or being all over the place. And time. Prime Video's showcase for the delightful Rachel Brosnahan (pictured) takes place in the 1950s, but they used tunes by the Go-Go's and David Bowie last year, and Season 2 opened with "Just Leave Everything to Me" from



The delightful Rachel Brosnahan (pictured) takes place in the 1950s.

1969's Hello, Dolly! Oy, we're confused!

Jeers to Riverdale Parents

Hiram (Mark Consuelos), had daughter Veronica arrested, Alice (Madchen Amick) wanted nuns to drug her kid Betty, and even good-guy Fred (Luke Perry) has let son Archie skip weeks of school (albeit to hide from Hiram). No wonder their kids are so messed up!

Cheers to Nailed it!

for cooking up the perfect holiday treat. Netflix's gut-busting kitchen competition returned with a fresh batch of baking fails that brought down the (gingerbread) house and had us wanting to spend every Christmas with hilarious host Nicole Byer. Sleigh, queen!season was proof this Family has already overstayed its welcome.★

Two of the best Netflix series of recent months—the British import Bodyguard

(at a taut six episodes) and Chuck Lorre's The Kominsky Method (at eight)—were distinguished and elevated by their economy of storytelling. (Same for Amazon Prime's Homecoming, with its half-hour episodes.) Bodyguard was just as long as it needed to be—British series tend to be tighter and shorter, and that suits me fine—and if Kominsky left me wanting more, that's a rather rare feeling these days. Now if Netflix would just go ahead and renew it!

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Are Netflix Shows Too Short?

Question: Why is Netflix suddenly making series with only six or eight episodes? Now we feel like we just got into the show and it's over. —Jean

Matt Roush: You are really barking up the wrong critical tree by griping to me about this issue. I am and always have been of the "less is more" school when it comes to binge-watching, and I can think of almost no Netflix series

of the 13-episode variety that wouldn't benefit from significant trimming. I've gone on record saying many of Netflix's originals would be twice as good at half the length, and "Netflix bloat" has become almost a critical cliché. (Case in point: I admired some things about the Netflix version of The Haunting of Hill House, but even at 10 long episodes, some clocking in at over an hour, it felt egregiously padded to me.)

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Gridley Thumbs and Roots



By Barbara Ott

GRIDLEY, CA (MPG) - Freezing temperatures are predicted again. The signs of a mild winter show throughout my neighborhood. The birds reject all black sunflower seeds, so out in the garden a sunflower has grown to two feet tall and developed

a small bud. A few blocks away a large patch of banana trees has a large purplely flower hanging down. I have never seen this patch of banana trees bloom in the six years I've lived in Gridley. Down the street a beautiful smalllace leaf Japanese maple is leafing out. It is way too early and I am expecting these leaves to freeze off. We'll see. I'm hoping it does not freeze so I can watch the banana tree bloom open up and maybe there will be baby bananas.

I was told that there is a house on Fairview that has a banana tree that grows bananas. I think I will go down there and look. Our orange tree is full and the fruit is getting very sweet.

We reduced the size of this tree but it is still bigger than we need. I think we will work at reducing its size some more. My espalier Aprium is looking stellar against the fence. It looks like a tree sculpture in the winter. An espalier is a two-dimensional(kinda) tree that is trained to grow in narrow spaces. Mine is in a natural form so it looks like a flat tree. My garden is too casual for a formal espalier that has a rigid geometric shape like a fan or criss-cross. If you are interested in keeping your backyard fruit trees small, Hodge's Nursery in Durham gives classes in how to prune trees to five feet tall and still produce. ★

Hold Your Ground

Mitigating the Effects of Fire on Your Soil

By Laura Lukes,
UC Master Gardener
of Butte County

I first heard the term on the local evening news: Meteorologist Kris Kuyper was talking about *hydrophobic soils*. This potentially catastrophic natural phenomenon seems counterintuitive: soils which are damaged by the intense heat of fire become water repellent. Their post-fire inability to absorb and filter rainfall can cause immense problems with erosion and runoff. Adding insult to injury, fire also burns plant roots that can help stabilize the soil, and destroys plant stems and leaves that slow rainfall's contact with the ground surface, allowing more time for percolation into the soil.

The chemistry of soil hydrophobia is fairly basic. Plant materials that burn hot release a waxy substance that penetrates the soil while still in gas form. It takes very high temperatures to produce this gas which coats soil particles when it cools and becomes solid. To the naked eye, hydrophobic soils look like their non-hydrophobic counterparts. But biologically speaking, they have now become latent disaster zones.

According to an article by Douglas Kent ("First Aid for Sonoma County's Fire-Damaged Soil," Santa Rosa *Press Democrat*, October 27, 2017), "erosion leaps as high as 200 percent following fires in urbanized areas." The slopes and vales that comprise the mountain communities of Paradise, Magalia, and Concow, and those in Butte Creek Canyon, mean that the immediate danger from water repellent soil comes in the form of flash flooding and the flow of debris and mud. Hydrophobia in burn-scarred soils makes them as water repellent as pavement, and the National Weather Service notes that it takes much less rainfall to cause a flash flood in post-fire landscapes. Their rule of thumb is "if you can look uphill from where you are and see a burned area, you are at risk."

Runoff caused by rainfall on water-shedding soils can also cause the loss of fertile topsoil. And it can clog water conveyance facilities including manmade culverts, gutters, and ditches, as well as streams and rivers. The upside of rainfall on soil

hydrophobicity is that, generally speaking, water repellency weakens with each rain event.

The type of soil and the intensity of the fire determine how deeply hydrophobia penetrates the soil, and how long the condition persists. Paradoxically, the fastest draining soils, (light, sandy soils with large pores) are the most prone to post fire hydrophobicity because they transmit the heat more easily than heavy, dense, clay soils. Soil types within the approximately 240 square miles burned by the Camp Fire vary from the sandy loam found in parts of Butte Creek Canyon to the red, rocky soils of the ridge communities. In general, the bulk of the burned area is perched atop the Tuscan formation. In its *Soil Survey of Butte Area, California, Parts of Butte and Plumas Counties*, the Natural Resources Conservation Service (NRCS) notes that these ridges "consist mainly of mudflow breccia, volcanic sandstone, and volcanic conglomerate." The soils sitting on these thick layers of volcanic bedrock tend to be naturally clayey and slow draining.

The depth of hydrophobic soils can range from one-half inch to three inches, but a depth of about one inch is most common, according to the University of Idaho Cooperative Extension System's *Fire No. 5* publication. In some cases, the water repellent soil layer lies a few inches under the soil surface. Although hydrophobic soils can take up to six years to recover their ability to absorb and filtrate rainfall, in most cases this recovery takes about one year. Regardless of the physiology of hydrophobicity, what matters most is how to mitigate its effects.

Prescriptions for large scale mitigation within the burnt forested public lands, and the large acreages of undeveloped private landholdings, are outside of the scope of this article. For the private landowner, the following steps outlined by Douglas Kent in his *Press Democrat* article can be taken to lessen and control the damage caused by the treacherous combination of heavy rain and burn-scarred soils. These procedures can be followed if the homeowner is 1) allowed back onto his / her property and 2) able to stay long enough to put

these measures in place.

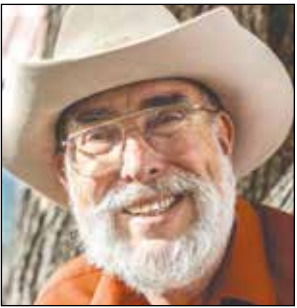
To hold your ground:

- Clear drainage systems such as culverts, diversion ditches, or narrow swales, of debris. Clogged drains are a primary cause of erosion, even without fire damage.
- Divert water from areas originally designed to sheet runoff to the landscape: instead, redirect the runoff towards your newly cleared drainage systems or, if they exist, towards storm drain systems such as gutters. Use sandbags, diversion ditches, boards stacked on top of one another and staked in place, dry stacked walls, or bales to redirect water flow.
- Minimize foot and equipment traffic on burned landscapes. Such traffic can further compact already damaged soils on flat areas, and can weaken soil bonds and dislodge soil particles on slopes. Develop plans to restore your injured landscape before tramping on it, and keep all traffic to the bare minimum during restoration activities.
- Leave non-toxic debris in place wherever possible. Burnt plant remnants and other garden features can protect the landscape from wind and water erosion, and help protect any seeds and plants that survived the fire.

You may not want (or be able) to return to your property within the perimeter of the Camp Fire. *On behalf of the Butte County Master Gardener Program, we hope this information will help you in the process of healing the scars on your land and those in your soul. If you don't, we hope you find peace and beauty wherever you choose to land and to landscape.*

For more information on dealing with the effects of wildfire on soil, and landscaping with the possibility of fire in mind, see the Fire-Safe Landscape section of the UC Master Gardeners of Butte County website at <https://ucanr.edu/sites/bcmg/resources/firesafe/>. Among other resources, it contains a link to "The New Normal: Rebuilding Soil After Fire," a powerpoint presentation from the UC Master Gardeners of Sonoma County which covers how wildfires affect soil, soil regeneration, and strategies for dealing with toxic soil. ★

Slim Randles' HOME COUNTRY



To truly appreciate warmth, we must first get cold

we could go along. To fly over the farms and valleys, to coast along on the rising thermals, to sail down the long way to warmth and sand and comfort, how nice it might be.

But if we did that, we'd miss the snow, and the fire in the fireplace when the work was done in the evening. We'd miss how the snowy world looks just at dusk when the snow is an alpenglow orange and tells us secrets it has saved for us all these years. If we went to the winter feeding grounds, we wouldn't be able to appreciate how splendid the spring will be with the basking rays of sun on our necks and the swelling of the buds in the fruit trees. To truly appreciate warmth, we must first get cold, and that's evidently a part of our lives

that the geese won't ever get to share.

Of course, they seem quite content to sail on down the southern winds to the warm places, leaving us to wrap ourselves tighter in thicker clothes and dream of sandy beaches and snorkels. Have a good winter, geese. Eat a crab or two for me. You see, I'll be here for you to honk at when you head north again in the spring. I'll be right here, living in the same place. Cold or hot, windy or still, my world and my responsibilities are here, and I'll be right here taking care of them.

It's my way of doing things, and I'm used to it.

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Crossword Puzzle on Page 5

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

Sudoku Puzzle on Page 5

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

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SPORTS

Crunch time arrives as area basketball squads start league play



Gridley's Kennedy Tull looks to get the ball inside to a teammate during a game against Marysville earlier this season.

Story and photos by David Vantress

GRIDLEY, CA (MPG) - Most prep basketball coaches will tell you that the first part of the season is to prepare for the league campaign.

For Gridley, Live Oak and Biggs' boys and girls basketball teams, that time has arrived, as league play for all three schools was set to begin this week.

Gridley girls head coach Becca McCray said she used the nonleague season to experiment with lineups and try to find a good mix for the rest of the season.

And since the Bulldogs have a BVL title to defend, finding that mix is especially important.

"We've got a lot of experience this year, and we've been able to being some of our new players along," McCray said.

After competing at the Las Plumas Tournament last weekend, the Bulldog girls are 11-6. They had been

idle since defeating Live Oak Dec. 18 in Gridley.

Gridley bested Paradise, 70-33; topped Las Plumas in the semifinals, 50-31; and lost to Chico in the title tilt, 56-48.

The Tull sisters – sophomore Kennedy and senior Maddyson – had 22 points apiece to pace the Bulldogs against Paradise. Senior Zaira Bandilla had nine.

The Gridley girls were set to host 13-0 Wheatland Tuesday night at Farmer's Hall to open BVL play.

The Gridley boys, meanwhile, have scuffled a bit on their way to a 7-9 mark.

The Bulldogs were 1-2 at the Oroville Tournament, falling to Paradise in the opening round, 69-39 on Thursday; beating Las Plumas, 73-34 on Friday; and wrapping up tournament play with a 50-40 loss to Colusa on Saturday.

Second-year Gridley head coach Chay Duke also said he likes to use the non-league games to experiment

with lineups and find something that works for everyone.

And the Bulldogs also have one of the best prep boys basketball tournaments in California – the Gridley Invitational Basketball Tournament – to use as a tuneup.

The Bulldogs went 0-3 in their showcase hoopfest, but Duke said the high level of competition helps Gridley.

The Bulldog boys were scheduled to travel to Wheatland to open BVL play on Tuesday against the Pirates.

Meanwhile, in Live Oak, the Lion boys are 6-9 as they open the 2019 portion of the 2018-19 season. They were set to open the SVL slate Tuesday night on the road at Pierce.

The Lion boys find themselves in the middle of the SVL pack as league play starts. Pierce leads the way at 12-4, so it's right into the fire for the Lions. Colusa is

11–5; Winters is 4-11; and Willows is 3-12.

The Lion girls find themselves in a state of transition under new coach Nick Roberts. Live Oak is off to a 2-9 start, but Roberts said his girls are playing hard and hustling on every play.

"We're very young," Roberts said. "We're learning each other."

The Lions were set to start their SVL schedule Tuesday night at home against Pierce.



Gridley's Wyatt Dreesmann battles for the opening tip with a Salesian player during the Gridley Invitational Basketball Tournament last month

So far in 2018-19, Willows is at the head of the pack at 11-5. Colusa is 8-8; Pierce 2-13 and Willows 0-14.


Up State Route 99 in Biggs, the Wolverine boys are also getting to know a new coach, Buster Callaway. The Wolverines are off to a 4-9 start after going 0-3 at the Heart of the Game Tournament in East Nicolaus last weekend.

The Wolverine girls, on the other hand, are off to a great start at 12-1

under longtime coach Tim Sheridan.



The Biggs girls won all three of their games at the aforementioned Heart of the Game Tournament in East Nicolaus last weekend, topping Los Molinos, 67-27; besting East Nicolaus, 51-27 and defeating Redding Christian, 53-41.

Both Biggs teams were set to open Mountain Valley League play on the road at Portola on Tuesday with a four-game JV-varsity quadrupleheader. ★



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SPARKY'S CORNER



On average, 33 vehicle fires are reported per hour, and these fires kill one person a day. Cars and other passenger vehicles account for the vast majority of vehicle fires and associated losses. While only about 19% of vehicle fires actually occurred on highways and 17% were in parking lots; 33% occurred on streets, roads or driveways. When vehicles burn in

driveways the fire often spreads to the home causing more damage and endangering the lives of people inside. CAL FIRE/Gridley Fire Department would like to offer these helpful tips:

- Most vehicle fires resulted from mechanical or electrical failures or malfunctions.
- Have your vehicles inspected at least annually by a trained, professional mechanic.

- Watch for fluid leaks under vehicles, cracked or blistered hoses, or wiring that is loose, has exposed metal or has cracked insulation.
- Have any fluid leaks, damaged hoses or wiring repaired as soon as possible.
- Be alert to changes in the way your vehicle sounds when running, or to a visible plume coming from the tailpipe. A louder than usual exhaust tone, smoke coming from the tailpipe or a back-firing exhaust could mean problems or damage to the high-temperature exhaust and emission control system on the vehicle. If a vehicle fire occurs:
- Pull off to the side of the road and stop as soon as safe to do so. Avoid areas of vegetation.
- Turn off the ignition to shut off electric systems and stop the flow of fuel.
- Keep the hood closed, more air will make the fire bigger.
- Make sure everyone gets out of the vehicle and stays at least 100 feet away, be aware of traffic.
- Call 9-1-1. Firefighters are specially trained to combat vehicle fires; never try to fight a vehicle fire yourself.



Running Prescription Drug “Interference”



Beneficiaries choose from a slate of private drug coverage plans, forcing insurers to compete to offer the best options at the lowest price.

Commentary by Peter J. Pitts

Is the direct federal negotiation of drug prices a good idea? Consider the "non-interference clause" that currently prohibits such actions in Medicare Part D -- the federal program that subsidizes prescription drugs for seniors.

A repeal of the non-interference clause would result in a sharp increase in Medicare drug prices and a substantial decline in patient choice.

The non-interference clause empowers private insurers to negotiate drug prices with manufacturers and prohibits government officials from getting involved. So far, private insurers that offer Part D plans have had great success in keeping pharmaceutical prices down. The Congressional Budget Office observed that Part D plans have "secured rebates somewhat larger than the average rebates observed in commercial health plans."

Just look to the program's success.

Between 2004 and 2013, Part D cost \$349 billion less than initial estimates.

And premiums for the program are roughly half of the government's original projections.

These unprecedented results are largely due to Part D's market-based structure. Beneficiaries choose from a slate of private drug coverage plans, forcing insurers to compete to offer the best options at the lowest price.

Nearly 9 in 10 enrollees are happy with their Part D plan. A full 90 percent of enrollees say that their plan is easy to use and that their prescription spending would be higher without Part D coverage.

Doing away with the non-interference clause would disrupt the program.

For starters, the move "would have a negligible effect on federal spending." According to the CBO, to achieve any significant savings, the government would have to follow through on its threats of "not allowing [certain] drug[s] to be prescribed."

In other words, the government would drop some drugs from Medicare's coverage to save money.

That would be a raw deal for patients. The average

Part D plan provides access to more than 95 percent of the top 200 Medicare Part D Drugs.

Should Part D plans drop medicines from their formularies to cut costs, Medicare Part D as we know it would cease to exist. And this coverage disruption would send America's 44 million Part D enrollees scrambling to maintain access to the medications they need.

Patients who rely on drugs that are dropped from their Part D formularies will be forced to pay for them out-of-pocket. Others could be forced onto new therapies entirely. Facing higher out-of-pocket spending, some patients could abandon their treatment regimens.

And when patients stop taking their medications, their conditions worsen and overall healthcare costs rise.

In other words, the President's reform would backfire -- threatening patients and sending health expenditures through the roof.

Peter J. Pitts, a former FDA Associate Commissioner, is President of the Center for Medicine in the Public Interest. ★

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