





# LOOKINGBACK

BY SETI LONG

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

*25 Years Ago (1992)*

"Gridley tree project participants sought"

Letter were mailed today to over 500 property owners asking them to participate in the tree planting program being sponsored by the Gridley Rotary Club and the city. The project is being financed largely by a \$25,000 grant obtained from the federal Small Business Administration obtained through the California Department of Forestry and Fire Protection. The program is also being assisted by the Rotary Club in the form of a \$5,000 investment. This is the first tree planting the city has been able to finance since the 1970's. The property owners are being sent a list of approved trees so they can select the trees to be planted in front of their homes.

*50 Years Ago (1967)*

"Information meeting on new swimming pool slated Thursday"

A public information meeting on Gridley's new swimming pool, which will be constructed on the fairground parking lot in the very near future will be held in conjunction with the Butte County Fair Board meeting Thursday at 8 p.m., at the fairgrounds.

Fair manager Don Brandt will have drawings and plans for the Olympic size pool and the wading pool and will explain the financing of the project. County Supervisor Les Pryde will be at the meeting to answer questions on the proposed tax-supported service area.

The Olympic pool will be t-shaped with the long part 42 feet wide and approximately 165 feet long and the top of the T will be 42'

x 75'. The depth will range from 3 1/2 feet at the other end in the longer part and 4 to 5 feet in the short part. The estimated cost of the project is \$79,000. A public hearing will be held on February 21 at 11 a.m., in Oroville on establishing the tax district service are to provide operating funds for the pool based on the Gridley Union High School district boundaries.

*75 Years Ago (1942)*

Butte County may be allotted one or two more state highway patrolmen within the next few months under increases in the state highway patrol, according to Captain Grover C. Mitchell of the Butte County unit. However, he said the class of 97 highway patrolmen who will go on duty next Monday will be assigned principally to the Los Angeles, San Diego and San Francisco bay areas. The men were trained at Richardson Springs. Another class of 100 will be called for training at the Springs beginning February 28, and later a third class is to be held there.

*100 Years Ago (1917)*

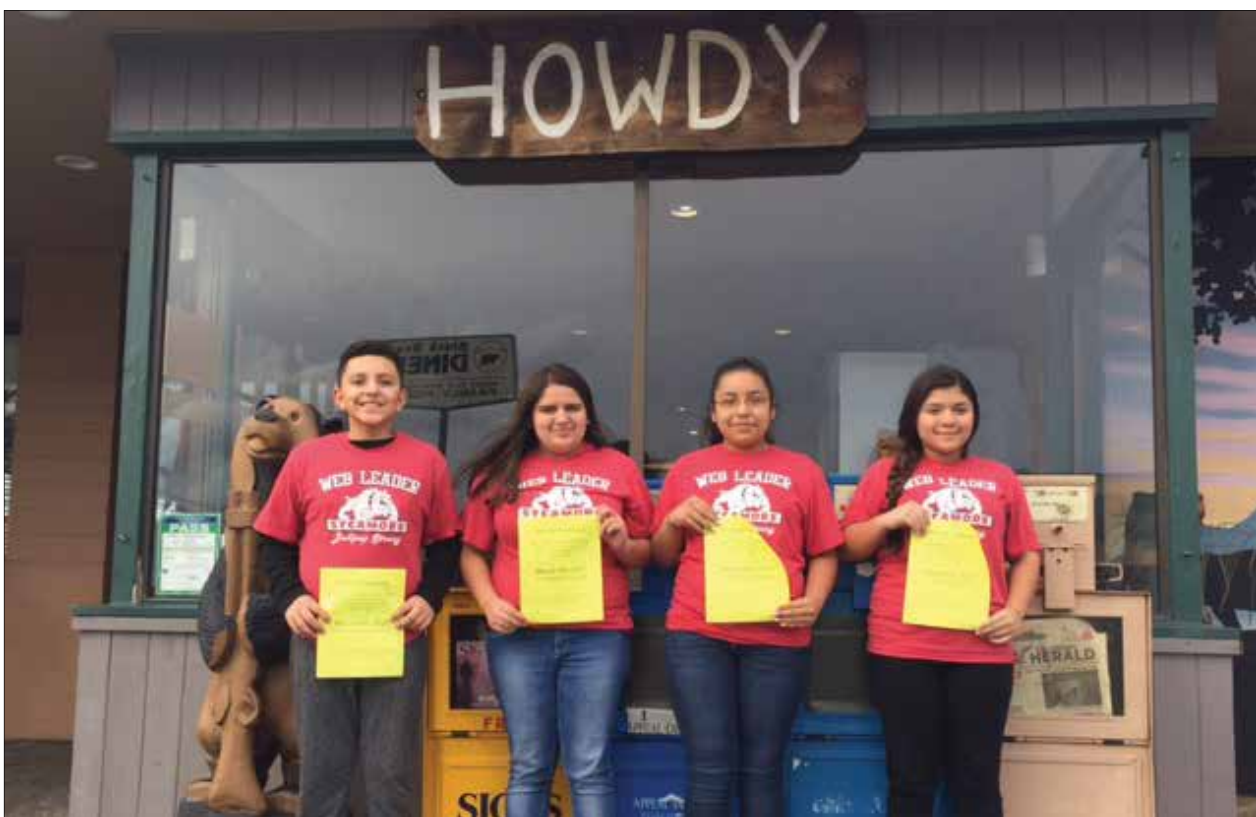
"Only a few more days."

Only a few more days left for the arrangements to be completed for the Gridley Rice Special to the Pacific Automobile Show in San Francisco. This will be a treat to those who have never seen an automobile show. The trip will cost \$4.20 round trip and that includes free admission to the show, rides around the city, and other courtesies.

*125 Years Ago (1892)*

"Millers Combine."

The Central Milling Company of Gridley, Sperry milling Co. and the Stockton Milling Company of Stockton have combined against the Sacramento millers in the flour market. Some business differences is the source of the disagreement.



**FUND RAISER FOR SYCAMORE WEB PROGRAM** - Mark your calendars as March 6 from opening to closing, Sycamore School's WEB program is holding a fundraiser at Black Bear Diner. Dine in or take out and enjoy some food at Black Bear on that day. All proceeds go to the annual 6th grade orientation, and academic and social activities for all 6th graders. (L to R: Gabe Zamora, Elizabeth McCormick, Flor Mendoza, and Arly Valle)

## Sacred Heart Food Closet Now Part of the Gridley Conference of the Society of St. Vincent DePaul

For years, the Sacred Heart Food Closet has operated to provide groceries to needy families in the community with the assistance of generous donors and volunteers. In the spring of 2016, the Food Closet was incorporated into the newly-formed Gridley Conference of the Society of St. Vincent DePaul, making it one of approximately 44,600 conferences and part of a "worldwide, living reality" that includes 800,000 members in 150 countries. While the Conference is affiliated with Sacred Heart Catholic Church, it is independent and has its own members and officers who direct its work.

Members of the Society are known as Vincentians, who are called "... to follow Christ through service to those in need and so bear witness to His compassionate and liberating love." One of the rules for Vincentians is that "No work of charity is foreign to the Society..." The Society serves those in need regardless of creed, ethnic or so-

cial background, health, gender or political opinions... Vincentians strive to seek out and find those in need and the forgotten, the victims of exclusion or adversity."

The Conference serves the communities of Biggs, Live Oak, Richvale and Gridley. A Vincentian strives to be the face and hands of Jesus for someone in need, and to see in the needy person an image of "the suffering Christ." Because of this it has been said that "the Society has two aims: to do a great deal of spiritual good to its members through the exercise of charity, and to do a little spiritual and temporal good to a few poor families in the name of Jesus Christ."

The primary work of the Conference throughout the year has two elements. First, the Conference continues to operate the Food Closet which is located in the Sacred Heart Parish Hall at 1560 Hazel Street in Gridley. Clients who need food can visit the Food Closet and receive free groceries.



ies. The regular hours are Tuesday through Thursday, 9:30 a.m. to 11:30 a.m. At various times of the year, the Food Closet distributes blankets, clothes and coats. The Food Closet serves hundreds of families per year. The second element of the Conference's work is with emergency financial assistance. If clients experience a financial emergency, such as potential eviction, the termination of utility services, or an inability to pay for urgently needed medication, they can contact the Conference to arrange a "home visit", where Vincentians can assess the needs of the client and determine what financial assistance the Conference can provide.

Groceries can also be delivered as part of the home visit to clients who are homebound or unable to access the Food Closet. The Conference began making home visits in May of 2016, and

has helped over seventy families in the community, providing thousands of dollars of financial assistance.

All of the work of the Conference, as well as the services and goods distributed, is provided by volunteers and donors, without any expectation of repayment or obligation on the part of recipients.

None of the work of the Society of St. Vincent DePaul, a tax-exempt 501(c)(3) charitable organization, is possible without donors to provide funds and goods, and without volunteers who generously give their time, talent and treasure to service of the poor in our community. Most recently, Gridley Safeway selected the Conference as this year's exclusive partner in the "Feed the Need" Food Drive. More than \$6,000 of food was donated to the Food Closet in connection with this program.



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**Steve Dowd**  
LIC #0D18025

## Pet of the Week

Stop, in the name of LOVE! Howdy! I'm Cupid, a scruffy terrier mix in search of my fur-ever home. I'm pretty energetic for an older fellow I'd make a great walking or hiking partner. I'm very adventurous and hope my new family loves to experience new things too! I have trouble hearing, but I don't let that slow me down. I think I'd like to go home with another dog friend to keep me company during the day. We would just need to meet first before going home together. I think it'd be fun to have a buddy to explore with! If you're looking for a more mature gentleman with a love for the outdoors to join your family, adopt me today at the Butte Humane Society Dog Adoption Center at 2579 Fair St. open 7 days a week from 12-6 pm.



**(530)343-7917 or visit [www.buttehumane.org](http://www.buttehumane.org)**

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# Gridley Council proud of citizens and staff in mandatory evacuation

By Lisa Van De Hey  
Publisher/Editor

In a special Gridley City Council meeting Thursday morning Mayor Frank Hall and Council members expressed their gratitude for City employees who came to work Sunday when the Mandatory Evacuation was given with many working night and day.

City Electric and Public Works crews drove City streets in an effort to keep the streets and public safe.

The Gridley-Biggs Police Department has been commended by many citizens who observed they and the CHP for the constant coverage stopping vehicles and watching over homes.

Law enforcement stopped any vehicles first on the chance they had not heard of the mandatory evacuation and second to be told they were staying at their own risk.

Gridley's 9-1-1 center was ablaze with hundreds of calls coming in and for a short time Oroville's 9-1-1 center was forwarding calls to Gridley before those calls were rerouted to Paradise.

"We tripled our coverage in the City thanks to the addition of California Highway Patrol Officer," Chief Dean Price stated.

Of course to have this much coverage meant having to feed the troops and Chief Price said they were able to get food from Safeway's deli and Casa Lupe Deli provided free food for the officers working.

Gasoline was reserved at 7-11 for the patrol vehicles and Union 76 was used by many of the officers on duty.

"The town was reasonably quiet, with just one

known burglary at this time," Chief Price stated.

Chief Price gives credit to the citizens who responded quickly when told to leave on short notice.

"Citizens were calm for the most part, lawful and patient with returning. This is very much appreciated as it makes our job easier," the Chief said.

"GBPD has the responsibility of keeping the public safe in both Gridley and Biggs and we had good contact with Mayor Thompson and City Administrator Mark Sorenson along with our City Administrator Paul Eckert and Council here," Chief Price stated.

The biggest impact may be the loss of the floating boat ramp, which in the scheme of things is not a huge concern.

The boat ramp was designed to float with the rise of the river but went downstream and the condition will be reviewed later when things settle down.

The main reason for the Thursday meeting was to ratify the emergency declared at 6:11 p.m., Sunday in accordance with the California Emergency Services Act.

"In order to obtain State and Federal dollars to help with the repairs, a local emergency must be declared," the staff report requesting the ratification stated.

"Staff acted extraordinarily, unselfishly. They came to work to protect lives and property.

"I appreciate the Council's help with what was needed," City Administrator Eckert told Council members.

Mayor Hall said everyone pulled together and made the evacuation work well.

## Non-Profit Organization seeking local host families for high school exchange students

ASSE International Student Exchange Programs (ASSE), in cooperation with your community high school, is looking for local families to host boys and girls between the ages of 15 to 18 from a variety of countries: Norway, Denmark, Spain, Italy, Japan, to name a few.

ASSE students are enthusiastic and excited to experience American culture while they practice their English. They also love to share their own culture and language with their host families. Host families welcome these students into their family, not as a guest, but as a family member, giving everyone involved a rich cultural experience.

The exchange students have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests.

To become an ASSE Host Family or to find out how to become involved with ASSE in your community, please call the ASSE Western Regional Office at 1-800-733-2773 or go to [www.host.asse.com](http://www.host.asse.com) to begin your host family application. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today!

## Celebrating Ripe Olive Day in Oroville

Celebrate Ripe Olive Day on Tuesday, February 21, 2017 from  
11:30 – 3:00 at the  
Ehmann Home, 1480 Lincoln St. in Historic Downtown Oroville  
"The House that Olives Built"  
Honoring Lodestar Farms since 1993- Jamie Johannson, owner  
Buffet at Noon with Everything made with olives  
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Tours of the Ehmann Home available  
sponsored by Butte County Historical Society  
This event not to be confused with "The Olive Festival" which is June 17.  
877-7436 or 533-9418 [buttecountyhistoricalsociet.org](http://buttecountyhistoricalsociet.org)



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# OBITUARY

## Sara Haydon

Services for Sara Haydon, a Gridley native and resident for many years, will be held on Friday, February 24, at the Gridley Cemetery Pavilion from 11:30 -12:30. All are invited. Any memorials should be to either Kaleidoscope or Gridley AAUW, as Sara and her late husband George were instrumental in starting both organizations. A gathering will be held at Casa Lupe following at 1:30.

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Each year, more deaths occur due to flooding than from any other thunderstorm related hazard. Why? The main reason is people underestimate the force and power of water. Many of the deaths occur in automobiles as they are swept downstream. Of these drownings, many are preventable, but too many people continue to drive around the barriers that warn you the road is flooded. Whether you are driving or walking, if you come to a flooded road, Turn Around, Don't Drown. You will not know the depth of the water nor will you know the condition of the road under the water.

Follow these safety rules:

- Monitor the NOAA Weather Radio, or your favorite news source for vital weather related information.
- If flooding occurs, get to higher ground. Get out of areas subject to flooding. This includes dips, low spots, canyons, washes etc.
- Avoid areas already flooded, especially if the water is flowing fast. Do not attempt to cross flowing streams. Turn Around, Don't Drown
- Road beds may be washed out under flood waters. NEVER drive through flooded roadways. Turn Around, Don't Drown. If your vehicle is suddenly caught in rising water, leave it immediately and seek higher ground.
- Do not camp or park your vehicle along streams and washes, particularly during threatening conditions.
- Be especially cautious at night when it is harder to recognize flood dangers.

As a reminder, East Gridley Road and Gridley Colusa Highway are currently closed due to flooding. Check the Butte County website for up to the date road closures.

Thank you and be safe!!  
Gridley Fire Station 74

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# HEALTH

## TIP OF THE WEEK

### Take action on Afib to avoid risks

Atrial fibrillation, or Afib, affects nearly 3 million Americans and is the most common heart rhythm disorder, causing a quivering or irregular heartbeat. Without treatment, Afib can double the risk of heart-related deaths and increase the risk of stroke by five times. Repeated incidents of Afib can lead to irreversible heart rhythm abnormalities, blood clots, chronic fatigue, stroke and heart failure.

— *Brandpoint/Get SMARTAboutAfib.com*

## KIDS' HEALTH

### Monitors could lead to false alarms

Thanks to “smart” clothing for babies, parents can keep track of their baby’s vital signs on their smartphones, but pediatricians are recommending that parents be cautious about this new technology. According to researchers at the Children’s Hospital of Philadelphia, these monitors could lead to repeated false alarms and unnecessary tests, because babies can set one off by kicking or rolling, or experience a harmless change in their vitals that is read as life-threatening.

— *More Content Now*

## SENIOR HEALTH

### Hip fractures could have short- and long-term effects

According to the Centers for Disease Control and Prevention, one in five elderly patients who suffer a hip fracture will die within the first year of the injury, but new analysis suggests the increased risk of dying after a hip fracture can last for years after the injury. The Consortium on Health and Ageing: Network of Cohorts in Europe and United States (CHANCES) found that hip fractures were linked with a two-fold increased risk of dying eight years or more after the injury after analyzing eight studies involving 122,808 participants.

— *More Content Now*

## NEW RESEARCH

### Breath test could help detect cancer

A new breath test designed to detect stomach and oesophageal cancer has shown promise, according to researchers at the Imperial College London. They found a new breath test that measures the levels of five chemicals could diagnose cancer with an overall accuracy of 85 percent. The research was based on the results of previous research that has suggested that there are different levels of specific chemicals between patients with stomach or oesophageal cancer and patients with upper gastrointestinal symptoms without cancer.

— *More Content Now*



## BOOK PICK

**“Is It All in Your Head? True Stories of Imaginary Illness,”** by **Suzanne O’Sullivan** — Neurologist Suzanne O’Sullivan, MD, addresses the taboos surrounding psychosomatic disorders, teaching us that “it’s all in your head” doesn’t mean that something isn’t real, as the body is often the stand-in for the mind when the latter doesn’t possess the tools to put words to its sorrow. — *Other Press*

By **Encarnacion Pyle**  
More Content Now

At first, Chuck Brockman started misplacing his keys and wallet. It must be signs of getting older, Brockman thought. He was 56 at the time, which, “while not old, wasn’t young, either,” he told himself.

He then kept forgetting to punch in and out of work and couldn’t remember how to add or the combination to his locker.

His doctor told him he was stressed and overworked and should try relaxing more.

But once he started having hallucinations and vivid dreams, including one in which an angel told him the date of his not-so-distant death, Brockman knew he was dealing with something much more serious.

So he went back to his doctor, who diagnosed Alzheimer’s disease, the sixth-leading cause of death in the United States.

A specialist later confirmed that Brockman had early-onset Lewy body dementia, a neurodegenerative disorder often confused with other disorders because of similar symptoms. People with Lewy body, for example, can experience confusion or memory loss like Alzheimer’s, or stiffness, tremors and trouble with gait like Parkinson’s.

Though initially reluctant to accept the diagnosis, he now is thankful for the early detection and the opportunity it has given him and his wife, Mindy, to plan for what’s to come.

“I’ve accepted it,” said Brockman, now 61, who attends as many support groups as he can to help himself and others. “I figured the good Lord gave it to me for a reason, and maybe it’s to be an advocate. I’m at peace with that.”

In one study, nearly 1 in 9 people age 45 or older reported increased confusion or memory loss over the previous 12 months, according to data released by the Centers for Disease Control and Prevention. But fewer than half talked to their doctors about their concerns, despite the benefits of early detection.

“There’s definitely a stigma attached to Alzheimer’s disease, and many people are afraid to talk about memory changes because they assume the worst,” said Vince McGrail, executive director and CEO of the central Ohio chapter of the Alzheimer’s Association.

Americans said they feared developing Alzheimer’s disease more than any other major, life-threatening disease including cancer, stroke, heart disease or diabetes, according to another survey. Because there’s no cure, prevention or treatment to slow the progression of Alzheimer’s disease, many see getting it as a death sentence, McGrail said.

Nationally, an estimated 5.4 million Americans are living with the disease at an annual cost to taxpayers of \$236 billion, according to the Alzheimer’s Association.

While some might have mild cognitive impairment or be in the early stages of Alzheimer’s disease or other forms of dementia, experiencing increasing or worsening confusion or memory problems — “subjective cognitive decline,” as it is called — is just a warning sign, he said.

Early and accurate detection allows whatever is causing the problem — whether it’s dementia-related or something else entirely — to be targeted before severe deterioration occurs, said Tricia Bingham, director of programs and services for the central Ohio Alzheimer’s Association chapter.

“People don’t realize it, but research has shown that 9 percent of individuals experiencing dementia-like symptoms actually have a potentially reversible cause such as depression or a vitamin B12 deficiency,” she said.

An early diagnosis, even if for Alzheimer’s or another form of dementia, also allows individuals and their families to get treatment to help with symptoms, build a care team, enroll in support services and participate in clinical trials, she said.

Affected individuals can be involved in important decisions about their care and finances while they still have the capacity to make them, she said.

Despite hating that he had to stop driving and working, Brockman said he still feels like his old self and now focuses on what he can do, instead of what he can’t. He and his wife enjoy the education, encouragement and support they receive at the various support groups they attend.

They joined family and friends in participating in last year’s Columbus Walk to End Alzheimer’s, raising \$900 for Alzheimer’s care, support and research.

Brockman, who recently was asked by the national Alzheimer’s Association to serve as a Lewy body dementia advocate, also was approved to participate in a drug trial through Ohio State University’s Wexner Medical Center. And he and his wife are doing things they’ve always dreamed of, such as attending a Florida State-Clemson game in Tallahassee last fall. No more putting things off, they agreed.

“We’re not going to let it stand in our way,” Mrs. Brockman said. “I’m focused on living in a way I wasn’t before my diagnosis,” Mr. Brockman added.

If you have questions or concerns about memory loss generally or Alzheimer’s and other dementias specifically, call the Alzheimer’s Association 24-7 Helpline at 1-800-272-3900, or go to [www.alz.org](http://www.alz.org).

— *Encarnacion Pyle writes for The Columbus (Ohio) Dispatch. She can be reached at [epyle@dispatch.com](mailto:epyle@dispatch.com).*

# ALZHEIMER'S AHEAD

Early diagnosis  
beneficial for people  
with dementia

An estimated  
**5.4 million**  
Americans  
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Alzheimer's at  
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“  
There’s definitely  
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”

— Vince McGrail,  
executive director  
and CEO of the  
central Ohio chapter  
of the Alzheimer's  
Association

## TODAY'S WORKOUT

# Target outer thighs with side steps, resistance band

By **Marlo Alleva**  
More Content Now

One month down on our yearly fitness journey of 2017. No matter the length of measurement — weekly, monthly, yearly — most of us measure our goals day by day.

Many of us have fitness plans that have days designated to certain muscle groups and corresponding exercises.

And then there are those days that particular areas need a little extra TLC.

So our move today is just that, a side step with a resistance band.

This move will target the outer thighs, and all

you need is a medium resistance or yoga band.

To begin this move, loop the band under both of your feet, and apply resistance by pulling upward with both hands. Keep your chest tall and your core engaged for strength and balance. You should be standing on the band to execute this move.

Now it is time to start movement. Keeping a good grasp on your band, proceed to push outward with one foot at a time, keeping your foot placement flexed, pushing through the heel. Once you reach a full extension on one side, bring the foot back to the floor and

immediately push through the other foot. Imagine the movement of a pendulum. You will want to keep your pace swift and controlled, maintaining your balance and core strength throughout the whole exercise.

Shoot for at least 10 extensions on each foot per set, giving yourself three to five sets total. This move is just fine on its own as needed or even better if you add it into any lower-body routine.

— *Marlo Alleva, an instructor at Gold's Gym and group fitness coordinator at Fontaine-Gills YMCA, can be reached at [faluvzpa@msn](mailto:faluvzpa@msn).*



**Marlo Alleva demonstrates side steps with a resistance band.**  
SCOTT WHEELER/THE LEDGER



# Echeveria and Sempervivum and Graptopetalum, Oh My!

By Barbara Ott, Butte County Master Gardener

The current emphasis on water-wise gardening has created an interest in succulents. All succulents are able to store water and food in their leaves, stems and roots. These stored nutrients can be released when needed. This makes them drought tolerant. Succulents require good drainage, deep but intermittent water, bright light, and good air circulation. The soil should be open and airy with low organic matter.

Many gardeners grow succulents in the Crassulaceae family. Among the most popular are Echeveria, Graptopetalum, Aeonium, and Sempervivum. Echeveria, Graptopetalum, and Aeonium are hardy to USDA zones 9-12 (Or Sunset zones 8, 9, 12-24); while the harder Sempervivum can thrive in a broader range, down to zone 5 (or Sunset zones 2-24, according to the Sunset Western Garden Book).

Because many purchased succulents are unmarked, while others are given by friends as cuttings, it can be difficult to know the genus of a particular plant. This is especially the case because the genera of Echeveria, Sempervivum, and Graptopetalum are similar in appearance. However, careful observation will aid in identifying succulents. First, look to see if the succulent is spiky or chubby, and whether it forms rosettes. What is

the shape of the leaves? Look at size, texture, and color. Notice if offsets hang from the edges of a rosette, or attach to its center.

Echeverias are valued for their colors and variations. Native to the Americas, their rosettes range in size from three-quarters of an inch to 20 inches in diameter. Echeverias have thicker and wider leaves than Sempervivums. While both include varieties commonly called “hens and chicks” they are from different genera. The leaves of Echeveria are spoon-shaped, and gray, green or bluish in color. These plants flower in the warmer months. Their bell shaped flowers appear on stalks that rise up through the leaves, and can be white, orange, pink, or red. Echeveria offsets (chicks) grow out from a single base stem and form clumps.

Sempervivums are native to Europe. Their value as talismans is reflected in their name semper (always) and vivus (living). This reputation comes from their ability to survive in freezing weather while their leaves stay green. Sempervivums are commonly called Houseleeks or Hen and Chickens. Open rosettes range from one to five inches across and form clumps to two feet or wider. The leaves of Sempervivum are narrower than those of Echeveria, they have pointy

Table for identifying Echeveria, Sempervivum, and Graptopetalum:

Characteristics of common varieties	<i>Echeveria</i>	<i>Sempervivum</i>	<i>Graptopetalum</i>
Origin	North & South America	Europe	South America
Rosette size	3/4”-20” diameter	1”-5” diameter	2”-5” diameter
Offset Spread	spread from a main stem	clumping, stolon held	rosettes break off from root
Leaves	thick & spoon-like	narrow & pointy	thickest & rounded
Leaf color	gray-green, bluish	gray-green, red-brown	chalky gold or green
Flower shape	bell shaped	star shaped	star shaped
Flower color	white, orange, pink, red	red, yellow, pink	white/red, yellow
Flower growth pattern	on stem amidst leaves	on stolon from center	stem from center
Common name	Hen & Chicks	Hen & Chicks Houseleek	Ghost plant

Table created by Barbara Ott

tips, and are gray-green to red-brown in color. Small, pink, red, or orange star-shaped flowers arise on fleshy stems to 10 inches tall. These succulents reproduce from offsets attached to a stolon (a stem that can take root). The stolon breaks easily, allowing the tiny offsets to roll away before forming roots.

Graptopetalum are native to South America. These succulents are so closely related to Echeveria that they hybridize to form the intergeneric hybrid x Graptoveria. The rosettes are two to five inches in diameter and have gently pointed chubby leaves, noticeably thicker than those of Echeveria. The rosettes grow at the tips of ever-lengthening stems, creating a low cascading grouping about 12 inches tall. Commonly called Mexican Ghost Plant,



their leaves are a pale, chalky, ghostlike gold or green. With partial shade and regular water the color changes to a mauve blue. The flowers are star-shaped, large, white-and-red or yellow and one-quarter of an inch in diameter. They bloom

in spring and early summer. Graptopetalum reproduces by rosettes that break off and root.

When looking at “mystery” succulents think in terms of leaf shape, color, and thickness. Then look to see if there are offsets. Are the

offsets located on stolons or attached to a main stem? Watch for flowers and see if they are bell shaped or star shaped. All of these characteristics will provide information about the genus of the “mystery” succulent.

# Grow a High Yield Vegetable Garden This Season

By Melinda Myers

Spend less time and money while growing a bounty of flavorful vegetables this growing season. Increase your harvest, even in small garden spaces, with proper planning and easy care, high yielding vegetables.

A productive garden starts with a plan, but choosing the best vegetables to grow and where to plant them can be overwhelming.

You can break out the graph paper and pencils to design your garden or turn to technology for help. Many websites and apps provide ready-to-use garden plans or planning guidelines. Gardener’s Supply (gardeners.com) offers free pre-planned gardens that do the planning for you. Reduce maintenance by growing easy care vegetables featured in the Plant-it & Forget-it garden. Or grow more than 50 pounds of produce in just 18 square feet of space with the High Yield Vegetable Garden Plan and High Yield Vegetable Seeds.

These and other intensively planted gardens require proper soil preparation to maximize productivity. Invest time up front to reduce ongoing maintenance and increase your harvest. Dig several inches of compost or other organic matter into the top 8 to 12 inches of the soil. This improves drainage in heavy soil and increases the water holding ability in fast draining soils. Incorporate a slow release organic fertilizer at the same time. This provides needed nutrients throughout the growing season. Check the label and your plants to determine if a mid-season application is needed.

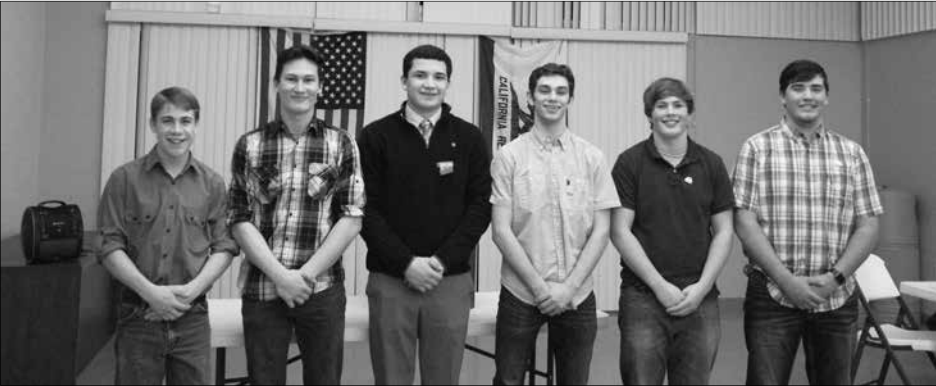
Maximize your planting budget by starting your plants from seeds. Many gardeners like to start long season plants like tomatoes and broccoli from seeds indoors. This keeps their green thumb warmed up for the season and provides the greatest selection of vegetable varieties. Others buy these plants from their local garden center. Start seeds of shorter season crops like greens,

radishes, and squash directly in the garden when the growing season begins. Check the seed packet for specific directions on when and how to plant these seeds indoors and out.

When shopping for seeds, select varieties suited to your climate and known for their disease resistance and high yield. Most vegetables produce best when grown in full sun. Greens and root crops are a bit more shade tolerant.

Once planted, cover the soil surrounding the seeded rows and transplant with a thin layer of shredded leaves, herbicide-free grass clippings or evergreen needles. This mulch helps conserve moisture and suppress weeds. Plus, it improves the soil as it breaks down. You’ll save time and improve your plants’ health and productivity with this one task.

After it’s planted and mulched, you’ll spend minimal time maintaining your garden. But be sure to plan a bit of time to enjoy the big, flavorful harvest your high yield



**LIVE OAK LIONS STUDENT SPEAKER CONTEST** - Thanked for doing a wonderful job representing themselves and Live Oak High School, Live Oak Lion Jason Banks introduced the six speakers competing Tuesday night at the Maple Park Neighborhood Center meeting room (L to R) Orrin Jones, Michael Quillen, Julio Vasquez, George Ortega, First Place Winner Joseph Fredericks and Ryan Johnson. Sutter County Supervisor Ron Sullenger, Live Oak Councilman Lakhvir Ghag and Live Oak School Board Trustee Roger Christianson served as judges with Live Oak Lions Vice President Jason Banks serving as Student Speakers Contest Chairperson. The theme for the contest was “Is the Right to Privacy a Threat to National Security.” Fredericks will represent the Live Oak Lions at the Zone Contest to be hosted by Gridley Lions Club March 1 at 7 p.m., and open to the public.(Photo by Lisa Van De Hey)

garden is sure to provide.

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses “How to Grow Anything: Food Gardening For Everyone” DVD set and the nationally syndicated Melinda’s Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener’s Supply Company for her expertise to write this article. Myers’ web site is [www.melinda-myers.com](http://www.melinda-myers.com).

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Classified ads to run Wednesday must be in out office by noon on Tuesday. Classified ads to run Friday must be in our office by noon on Thursday.  
The Gridley Herald is no responsible for moe than one incorrect insertion. Be sure to check your ad the first time it appears in the paper.

OFFICE HOURS: MONDAY-THURSDAY 8AM-5PM & FRIDAY 8AM-3PM

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## ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE #16CV2928

1. Petitioner **Jennfer Lynn Omstead** filed a petition with this court for a decree changing names as follows:  

<b>Present name</b> <b>Jennifer Lynn Omstead</b>	<b>Proposed name</b> <b>Jennifer Lynn Conley</b>
-----------------------------------------------------	-----------------------------------------------------

2. THE COURT ORDERS that all persons interested in this matter shall appear before this court to show cause, if, any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing **March 3, 2017 9:00 a.m. Dept: TBA, Superior Court of California, County of Butte, North County Courthouse 1775 Concord Ave., Chico, CA 95928.**  
Publish: January 27, February 3, 10, 17, 2017 (The Gridley Herald)

## ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE #17CV00160

1. Petitioner **Alana Lenore Pendery** filed a petition with this court for a decree changing names as follows:  

<b>Present name</b> <b>Alana Lenore Pendery</b>	<b>Proposed name</b> <b>Cynthia Joy Pendery</b>
----------------------------------------------------	----------------------------------------------------

2. THE COURT ORDERS that all persons interested in this matter shall appear before this court to show cause, if, any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing **March 24, 2017 Time: 9:00 a.m. Dept: TBA- Michael Candela, Superior Court of California, County of Butte, North County Courthouse 1775 Concord Avenue Chico, CA 95928.**  
Publish: January 27, February 3, 10, 17, 2017 (The Gridley Herald)

## ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE #17CV00154

1. Petitioners **Esperanza Carrillo and Adan Bautista** filed a petition with this court for a decree changing names as follows:  

<b>Present name</b> <b>Miguel Angel Bautista-Guzman</b>	<b>Proposed name</b> <b>Michael Bautista-Guzman</b>
------------------------------------------------------------	--------------------------------------------------------

2. THE COURT ORDERS that all persons interested in this matter shall appear before this court to show cause, if, any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing **March 24, 2017 Time: 9:00 a.m. Dept: TBA- Superior Court of California, County of Butte, North County Courthouse 1775 Concord Avenue Chico, CA 95928.**  
Publish: February 3, 10, 17, 24, 2017 (The Gridley Herald)

**CASE # 17PR00053**  
**NOTICE OF PETITION TO ADMINISTER ESTATE OF OLIVER EUGENE GRAMPS**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of **OLIVER EUGENE GRAMPS**

A Petition for Probate has been filed by: **BETSY PHILLIPS-FORRESTER** in the Superior Court of California, County of **BUTTE**  
THE PETITION FOR PROBATE requests that: **BETSY PHILLIPS-FORRESTER** be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

[X] THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act.(This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to this petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: **March 14, 2017 at 9:00 a.m.** in Dept. TBA located at **1775 Concord Avenue Chico, California 95928.**

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Petitioner: Betsy Phillips-Forrester  
164 Spruce Street  
Arroyo Grande, CA 93420  
(805) 668-0652

Publish: February 17, 22, 24, 2017 (The Gridley Herald)

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# AT&T keeping customers and first responders connected during Oroville Dam Response

*Customers Can Text to Donate to Help Those Impacted by the Oroville Evacuations*

AT&T is committed to providing its customers with reliable communications before, during and after disasters - and has one of the industry's largest and most advanced disaster response programs to keep its networks operational.

"Staying connected during the potential Oroville Dam failure is critically important to consumers, businesses and our emergency management officials," said Jeni Bell, Vice President and General Manager, AT&T Northern California/Northern Nevada. "That's why AT&T invests a tremendous amount of resources in our network reliability and disaster response capabilities."

Local AT&T emergency response teams and Network Disaster Recovery (NDR) teams have deployed a Satellite Cell on Wheels (SatCOLT) to support wireless communications in the area.

AT&T also announced the launch of a text-to-give campaign to benefit those impacted by the California floods, including the Oroville Dam spillway evacuations. Donations collected during the giving campaign will benefit American Red Cross and will enable the Red Cross to prepare for, respond to and help people recover from these disasters.

Wireless customers who wish to provide financial support can text-to-donate in two easy steps. Donations sent via text-to-donate are added to a customer's monthly wireless bill. Simply text CAFLOODS to 90999 to make a \$10 donation to the American Red Cross.\*\*

AT&T is the first private sector company to receive certification under the Department of Homeland Security's Private Sector Preparedness, or PS-Prep, program. PS-Prep certification validates that AT&T is able to maintain or recover its own business operations in the face of an emergency or disaster, whether natural, man-made, or cyber in nature.

With more than \$600 million invested in the Network Disaster Recovery (NDR) program, AT&T's fleet of equipment includes more than 320 technology and equipment, making it one of the nation's largest and most advanced disaster programs.



**HEARTSHINE PAGEANT POSTPONED** - Due to the Oroville Dam Spillway Evacuations the Miss Heartshine California Pageant that was to be held this weekend has been postponed to April 21-23 at the Ramada Inn in Chico. Angelina Benson (pictured) and Rosaliana Valencia are set to compete in Miss Heartshine California. Please cancel reservations if you have reserved rooms for this event this weekend. (Photo by Lisa Van De Hey)



**CANALS AT CAPACITY** - Whether driving south and seeing the Feather River at Nicolaus full, our own view at East Gridley Road's Feather River Bridge or just looking at area canals the amount of water is only going to increase with six days of rain predicted. (Photo by Lisa Van De Hey)



**NORTH OF THE FEATHER RIVER BRIDGE** - Water was rushing along the Feather River Saturday before a Mandatory Evacuation was announced Sunday afternoon. Residents are on high alert to see what this weekend's storm brings as the spillway continues to be built up. Please check the facebook page of Gridley-Biggs Police Department, the Butte County Sheriff's Department, the Sheriff's website at [www.buttecounty.net/sheriff](http://www.buttecounty.net/sheriff) or Caltrans for road closures [www.dot.ca.gov](http://www.dot.ca.gov). (Photos by Lisa Van De hey)



**TOWN VIRTUALLY EMPTY** - On Tuesday following the lift of the Mandatory Evacuation parking lots in Gridley were still virtually empty. Casa Lupe Deli offered free meals to any emergency personnel working. (Photo by Lisa Van De Hey)

## Oroville Evacuation Order Lifted; 2-1-1 Support Continues

The Butte County Sheriff has lifted the Oroville Spillway evacuation order, but an evacuation warning remains in effect as significant rainfall is expected over the next week.

United Way of Northern California (UWNC) will continue to provide important information through its 2-1-1 helpline. Since Sunday, 2-1-1 NorCal has been on disaster footing, linking callers and online users to information regarding shelters, road closures and important services.

Larry Olmstead, President and CEO of UWNC, said United Way welcomes donations to support the helpline's disaster efforts. "2-1-1 NorCal and 2-1-1 Butte phone lines and web services are being taxed by this crisis, and we expect high call volume to continue throughout the week as residents return home and look for services and updates on the flood situation," Olmstead said.

Approximately 200,000 people were ordered to leave their homes last Sunday due to storm damage to the Lake Oroville dam.

2-1-1 is the 24-hour, 7-day social services helpline that provides free and confidential information and referral services. During crises such as the Spillway incident it is a vital conduit for official disaster information. UWNC operates 2-1-1 NorCal, covering Shasta and Tehama counties. 2-1-1 Butte is operated by Help Central Inc., a United Way partner agency. Both agencies maintain 2-1-1 websites, [www.211norcal.org](http://www.211norcal.org) and [www.helpcentral.org](http://www.helpcentral.org).

Tax-deductible contributions can be made through MobileCause: <https://app.mobilecause.com/f/188e/n>. Or this shortcut link: [igfn.us/f/188e/n](https://igfn.us/f/188e/n).

Donors also can text OROVILLE to 91999. Or donate on the United Way website, [www.norcalunitedway.org](http://www.norcalunitedway.org)

Olmstead said that should the evacuation order be reinstated, funds raised would also be used to support organizations assisting displaced families.

## Parkinson's disease: Recognize early onset symptoms

Parkinson's disease is a neurological movement disorder. Classic motor symptoms, such as tremor, rigidity and extreme slowness of movements and reflexes, called bradykinesia, are typically used to identify Parkinson's. However, identification of other, more subtle symptoms may help identify the disease years before more obvious motor conditions present themselves.

Since Parkinson's is a chronic and progressive neurological disease, symptoms are often mild at the onset, becoming more severe over time. Initial symptoms may be so subtle that they're even difficult for specialists to detect, according to the The Michael J. Fox Foundation for Parkinson's Research. Symptoms also may be different for some patients than others and may progress at different paces.

Dopamine loss is a major contributor to the onset of Parkinson's disease. Dopamine controls movement and mood, so when dopamine is affected, walking, talking and writing can be impacted. Depression or anxiety may accompany other symptoms.

The National Institutes of Health says Parkinson's disease affects as many as 500,000 people in the United States. An early diagnosis may help improve quality of life and delay the onset of greater motor issues. Here's what to look for and discuss with a doctor.

- Micrographia and other handwriting issues occur. Those with Parkinson's disease may start experiencing changes in their handwriting. Penmanship may look cramped, and letters tend to be smaller than normal (micrographia). Individuals may find it difficult to hold a pen and write.
- Tremors take place in a limb. Tremors usually begin in the hands or fingers and may even mimic a pill-rolling technique, which is a tremor between the thumb and forefinger. Tremors usually occur when the limb is at rest.
- Pace or activities slow down. Parkinson's disease may reduce one's ability to move and may slow down movements. An early symptom may be a noticeable slowing down in steps or ability to react to something, like a ball being thrown one's way. Some with Parkinson's may drag their feet or shuffle as they walk or find it difficult to get out of a chair.



- Loss of automatic movements and functions can occur. Difficulty with unconscious movements, such as blinking, smiling or even swinging arms, may occur when a person has Parkinson's disease. Movements may be uncoordinated and stiff. Increased salivation and perspiration also may be indicators.
  - Poor balance and loss of posture may develop. People with Parkinson's disease may hunch over more and more and be unable to stand up straight. Balance issues, such as greater incidences of falls or being able to tip over more easily, may occur.
  - Speech can change. Changes in speech can begin, including hesitating before speaking, slurring words or speaking in a monotone voice.
  - Others may notice a masked face. This describes a vacant or fixed stare and lack of facial animation.
  - Sleep issues may increase. Parkinson's disease can affect sleeping patterns and behaviors. People with Parkinson's may experience vivid dreams and nightmares, as well as an inability to stay asleep. Day-time drowsiness may also occur.
- Parkinson's disease is rare, and symptoms that mimic those of Parkinson's may be caused by other conditions. However, if you or someone you know is experiencing repeated symptoms of any of the ones described here, speak with your general practitioner or a neurologist.



# SPORTS

## Lions' Hernandez a long way from home

By David Vantress  
Sports/News Reporter

It's a long way from the Canary Islands of Spain to Live Oak.

But that is just the journey Live Oak High School student Isabel Hernandez made this year.

Oh, and addition to learning a new culture, working on her English, and making new friends, Hernandez has been playing a little basketball.

A lot of basketball, actually.

Hernandez has been a key piece of the puzzle

for a Live Oak girl basketball team that has had an excellent season: The Lions are 16-4 and should earn a spot in the upcoming CIF Northern Division playoffs.

Anderson knew he had a special player pretty quickly.

"As soon as she picked up a ball in her first practice, we knew we had something pretty special," Anderson said.

Hernandez has been averaging about 22 ppg. for the Lions and has adapted nicely to the point guard position.

That's freed up Les-

lie Fregoso to do more shooting, moving over to the 2-guard spot, and Fregoso has also been able to score more.

Fregoso said it didn't take long at all for Hernandez to fit in with the team.

"She's very funny," Fregoso said.

Hernandez said she mainly wanted to be an exchange student to work on her English.

But the basketball has been a nice bonus.

Hernandez knew when she arrived here in the U.S. last summer that she wanted to play basketball.

"It's been great to make new friends and be part of the team," Hernandez said.

In a few months, Hernandez's exchange student year will be up. But she said she is thinking about staying and looking into going to college here.

And maybe playing basketball at the next level, too.



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Live Oak High School junior girls basketball player Isabel Hernandez is pictured with head coach David Anderson. Hernandez is an exchange student from Spain. (Photo by David Vantress)

### Athletes of the week

Isabel Hernandez



Hernandez led the Lions with 22 points, including three 3-pointers, in Live Oak's 58-42 win over Winters.

Tyler Little



Little had a monster game with 15 points, 21 rebounds and four blocked shots in the Bulldogs' 54-44 win over Orland.

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